

REDUCE BLOATING: 3-Day 'Light & Clean' Detox Plan

High Fibre Breakfast (294Cals)



Ingredients: 40g rolled oats, 100ml water, 100ml milk, 1 tbsp peanut butter.

Steps: Cook oats and stir in peanut butter.

Protein Packed Dinner (315.5Cals)



Ingredients: 150g Red cabbage, shredded; 2 tsp Olive Oil; 85g Salmon / Chicken Breast, baked; ½ tbsp of Mixed Seeds.

Steps: In a bowl, combine red cabbage, olive oil and mixed seeds. Top salad with salmon / chicken breast.

**Vegan: Choose beans, lentils, chickpeas or tofu.

Drinks



Only drink Water, Green Tea and/or Raw Apple Cider Vinegar. MUST drink at least 8-10 cups (2-2.5L) a day.

Light Lunch (332Cals)



Ingredients: 200g carrots, chopped into cubes; 1 onion, diced; 1/2 can of chickpeas; 1 tsp olive oil; 2 cups of chicken / vegetable stock; handful of parsley.

Steps: 1) Heat olive oil in a pan, add carrots & onion, cook for 2-3mins until fragrant.

2) Add stock, bring to a boil and cook for 15-20mins until carrots are very tender.

3) Remove from heat and puree the carrots with a hand / food blender.

4) Bring the pot back to a boil under low heat, add chickpeas and parsley. Simmer for 5mins and serve.

Snack - Green Smoothie (240Cals)



4 Ingredients to make a Fat Burning Green Smoothie:

Ingredient 1: Choose Your Green Vegetable (150g)

Ingredient 2: Choose Your Liquid (200ml)

Ingredient 3: Choose Your Fruit / Vegetable (150g)

Ingredient 4: Choose Your Add-Ons (1tbsp)

**I used Spinach, Soya Milk, Banana & Goji Berries.

Blend it up to make 2 Cups (0.5L) of smoothie!

FULL VIDEO is available at
www.youtube.com/user/joannasohofficial
www.joannasoh.com