



p u r i t i

Programs for Life

Kitchen Manual

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Please note: For programs of differing duration please select daily menus of your choice.

1 Day Program

Menu

8.00am

Apple & Ginger Hottie

1 apple juiced, 2" piece of ginger juiced, 1 lime juiced,
350g watermelon juiced, mix together and drink.

11.00am

Smooth Operator

1 apple juiced, ¼ juiced cabbage and 1 juiced carrot. Mix and drink.

3.00pm

Alkaline Special

A large handful of coriander, ¼ cabbage (red or green), 3 celery stalks, 1 cucumber, 100g cantaloupe melon,
handful of parsley. Juice, mix and drink.

7.00pm

Evening Broth

as per menu attached

1 Day Program

Produce list

2	Apples Green & Red
1	Carrot
3 sticks	Celery
1	Lime
2 inch	Ginger
350g	Watermelon
1/2	Cabbage
1	Cucumber
100g	Cantaloupe melon
Handful	Parsley
Handful	Corriander

Also a selection of local fresh vegetables (broth) and seasonal fresh herbs and pepper-NO SALT.

Seasonal fresh vegetables (broth).

Please do not use any of the cabbage family, brussels sprouts, broccoli, cauliflower, asparagus or spinach as these vegetables can release toxins into the broth during cooking.

* Please feel free to substitute vegetables or fruits which are not in season or are unavailable.

3 Day Pre-Prep Eco Diet

Day 1

Breakfast

Papaya & Avocado Salad

250g papaya cubed,
1 avocado cubed,
2 fresh figs chopped,
½ teaspoon of cinnamon,
1 lime juice,
15ml coconut oil.

Chop all ingredients, mix with cinnamon, lime and coconut oil and serve.
This fruit salad is a great way to begin the morning.

Lunchtime

Carrot Salad

150g carrot grated,
15g raisins,
1 red apple grated,
handful of rocket and 2 stalks of celery finely chopped,
1 tsp sunflower seeds.

Peel and grate the apple and carrots; finely chop the celery.
Combine all ingredients in a bowl and toss.

Almond Mayo

8 tbsp of almonds soaked in coconut water overnight,
4 dates soaked for 30 minutes in coconut water,
juice of 1 lime,
4 tbsp of coconut oil.

Combine all ingredients except coconut oil until thoroughly mixed.
Whilst blending add coconut oil.

Evening Broth

as per menu attached

3 Day Pre-Prep Eco Diet

Day 2

Breakfast

Nana Papaya Pudding

150g papaya peeled and seeded,
1 banana peeled and cut into chunks,
20ml of coconut cream,
1 tbsp of oats, 15ml coconut oil.

Put the papaya in the blender and blend just enough to break up the fruit.
Add the banana and cream blend until smooth.
Sprinkle with the oats and serve

Lunch-time

Cucumber & Avocado Salad

½ small cucumber chopped,
1 ripe avocado cubed,
2 garlic cloves chopped finely,
¼ red onion chopped finely,
1 tomato chopped,
1 dessertspoon walnuts,
Juice of 3 lemons/limes,
Pepper to taste,
15ml coconut oil.

Prepare vegetables and mix in large bowl.
Mix lime juice and coconut oil and drizzle over salad.

Evening Broth

as per menu attached

3 Day Pre-Prep Eco Diet

Day 3

Breakfast

Passion Smoothie

1 banana,
1 coconut water,
150g mixed fresh fruit,
20ml coconut milk,
Pinch of nutmeg & cinnamon,
40g grated 70% dark organic chocolate added to mix.

Sprinkle a teaspoon of the grated chocolate to the top of the smoothie.
Blend and drink.

Lunch time

Coconut Cream

1 flesh coconut,
½ coconut water,
5 cashews soaked in water for 10-12 hours,
4 dates pitted,
1 vanilla bean scraped and added to mix (optional).

Use as a dip for your favorite raw vegetables.

Raw vegetables chopped and served: broccoli, carrots, celery,
red pepper, green pepper, yellow pepper, cucumber & French beans.

Blend all ingredients until smooth.
This is great as a dip for fruit or raw vegetables; a great metaboliser.

Evening Broth

as per menu attached

3 Day Pre-Prep Eco Diet

Produce List

8 tbsp	Almonds
2	Avocado
2	Banana
7	Carrot
5	Cashews
3 bunch	Celery
½ tsp	Cinnamon
3	Coconuts
40ml	Coconut cream
100ml	Coconut oil
½	Cucumber
8	Dates
2	Fresh figs
2 bulbs	Garlic
5	Limes
150g	Mixed fresh fruit
pinch	Nutmeg
1 tbsp	Oats
2	Onions
400g	Papaya
15g	Raisins
1	Red apple
2	Red bell pepper
¼	Red onion
handful	Rocket
1 tsp	Sunflower seeds
2	Sweet potato
1	Tomato
1	Vanilla bean
1 tbl	Walnuts
40g	70% dark organic chocolate

Selection of the following organic produce for dips:

broccoli
carrots
celery
red pepper
green pepper
yellow pepper
cucumber
french beans

Also a selection of local fresh vegetables (broth) and seasonal fresh herbs and pepper-NO SALT.

Seasonal fresh vegetables (broth).

Please do not use any of the cabbage family, brussels sprouts, broccoli, cauliflower, asparagus or spinach as these vegetables can release toxins into the broth during cooking.

* Please feel free to substitute vegetables or fruits which are not in season or are unavailable.

4 Day Purification Program

Day 1

8.00am

Banana Coco Smoothie

1 large banana, 1 coconut water,
flesh of one coconut, 20ml coconut cream.

Place 1 Banana into a blender add fresh coconut water, scrape out flesh of coconut and add to blender together with 20ml of coconut cream. Blend for 1 minute add Puriti Super Pure Power Shake Sachet and blend for 30 seconds.

Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

11.00am

Taster

1 apple, 150g prunes pitted, 250ml of cooled prune water/
or prune juice if whole prunes are not available

Soak whole prunes in hot water for 10 minutes to soften. Blend softened prunes with the pure water/prune juice when cool. Juice the apple in a juicer, add the fresh apple juice to the blender, blend together with blended prunes (or prune juice) for 1 minute. Pour into a 300ml glass, add a straw and serve immediately.

Guest to add own Pur-Oil.

3.00pm

Energy Boost

1 apple, 150g cucumber, 4 celery stalks,
½ fennel, 1 tbsp fresh spinach,
1 tbsp parsley, half a pomelo.

Juice the apple, cucumber, celery, fennel, fresh spinach,
parsley and half pomelo in your juicer.

Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

7.00pm

Evening Broth

(as per recipe instructions)

4 Day Purification Program

Day 2

8.00am

Bromelain Special

160g pineapple, 140g pomelo, 1 lemon grass stalk,
1 coconut water, flesh of one coconut, 20ml coconut cream,
Juice the pomelo, lemon grass & pineapple.

Place the juices into blender, add Puriti Super Pure Power Shake Sachet, blend for 30 seconds. Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

11.00am

Energy Special

140g pomelo juiced 250g papaya, 1 mango blended.
Juice the pomelo, place into blender then add papaya and mango, blend together for 1 minute or until smooth. Pour into a 300ml glass, add a straw and serve immediately. Guest to add own Pur-Oil.

3.00pm

Regulator

1 red pepper, 6 carrots, 20 lettuce leaves.
Juice the red pepper, carrots and lettuce leaves in a juicer.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

7.00pm

Evening Broth
(as per recipe instructions)

4 Day Purification Program

Day 3

8.00am

Holiday Cocktail

2 apples, 1 large bunch of seedless grapes (green or black),
1 lime, 1 coconut water, flesh of one coconut & 20ml coconut cream.
Juice the apples, grapes and lime in a juicer. Add to blender with fresh
coconut water, coconut flesh and coconut cream. Blend well for 1 minute
add Puriti Super Pure Power Shake Sachet, blend for 30 seconds.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

11.00am

Passion Cocktail

1 dragon fruit, 10 mangosteens, 1 mango.
Blend dragon fruit, mangosteens and the mango together.
Add a little pure water if too thick.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

3.00pm

Red Body Cleanser

2 apples, 3 celery stalks, 2 beetroots. Juice in
a juicer apples, celery and beetroots.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

7.00pm

Evening Broth
(as per recipe instructions)

4 Day Purification Program

Day 4

8.00am

Watermelon Juice

200g watermelon, mint sprigs, 1 coconut water,
flesh of one coconut, 20ml coconut cream.

Blend watermelon, mint sprigs and 1 coconut water,
flesh of one coconut and 20ml coconut cream. Blend well for 1 minute
add Puriti Super Pure Power Shake Sachet, blend for 30 seconds. Pour
into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

11.00am

Tamarind Tickle

100g tamarind flesh, 1 banana, 1 coconut water, 20ml coconut cream.
Add hot boiled water to tamarind flesh soak until tender,
sieve and allow to cool. Blend soaked tamarind, banana,
coconut water and coconut cream together for 1 minute.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

3.00pm

Alkaline Special

100g cabbage (red or green), 3 celery stalks,
1 cucumber, 100g cantaloupe melon, 30g parsley. Juice
cabbage, celery, cucumber and parsley in the juicer,
then blend melon add juice of vegetables to blender and blended melon.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

7.00pm

Evening Broth

(as per recipe instructions)

4 Day Purification Program

Produce list

6	Apples Green & Red
2	Bananas
2	Beetroots
1	Cabbage Red or Green
1	Cantaloupe Melon
10	Carrots
4 bunch	Celery
320ml	Coconut Cream
2	Cucumbers
1	Dragon Fruit
1	Fennel
1 bulb	Garlic
1	Lemon Grass Stalk
1	Lettuce
1	Lime
2	Mangoes
1 bag	Mint Sprig
2	Onions
1	Papaya
1 bag	Parsley
10	Mangosteens
1	Pineapple
2	Pomelo/Grapefruit
150g	Prunes Pitted
3	Red bell pepper
1 bag	Seedless Grapes
1 bag	Spinach
2	Sweet potato
100g	Tamarind
4	Young Green Coconuts
1	Watermelon

Also a selection of local fresh vegetables (broth) and seasonal fresh herbs and pepper-NO SALT.

Seasonal fresh vegetables (broth).

Please do not use any of the cabbage family, brussels sprouts, broccoli, cauliflower, asparagus or spinach as these vegetables can release toxins into the broth during cooking.

* Please feel free to substitute vegetables or fruits which are not in season or are unavailable

8 Day Purification Program

Day 1

8.00am

Banana Coco Smoothie

1 large banana, 1 coconut water,
flesh of one coconut, 20ml coconut cream.

Place 1 Banana into a blender add fresh coconut water, scrape out flesh of coconut and add to blender together with 20ml of coconut cream. Blend for 1 minute add Puriti Super Pure Power Shake Sachet and blend for 30 seconds.

Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

11.00am

Taster

1 apple, 150g prunes pitted, 250ml of cooled prune water/
or prune juice if whole prunes are not available

Soak whole prunes in hot water for 10 minutes to soften. Blend softened prunes with the pure water/prune juice when cool. Juice the apple in a juicer, add the fresh apple juice to the blender, blend together with blended prunes (or prune juice) for 1 minute. Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

3.00pm

Energy Boost

1 apple, 150g cucumber, 4 celery stalks,
½ fennel, 1 tbsp fresh spinach,
1 tbsp parsley, half a pomelo.

Juice the apple, cucumber, celery, fennel, fresh spinach, parsley and half pomelo in your juicer.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

7.00pm

Evening Broth

(as per recipe instructions)

8 Day Purification Program

Day 2

8.00am

Bromeiain Special

160g pineapple, 140g pomelo, 1 lemon grass stalk,
1 coconut water, flesh of one coconut, 20ml coconut cream,
Juice the pomelo, lemon grass & pineapple.
Place the juices into blender, add Puriti Super Pure Power Shake Sachet, blend
for 30 seconds. Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

11.00am

Energy Special

140g pomelo juiced 250g papaya, 1 mango blended.
Juice the pomelo, place into blender then add papaya and mango, blend together
for 1 minute or until smooth. Pour into a 300ml glass, add a straw and serve
immediately. Guest to add own Pur-Oil.

3.00pm

Regulator

1 red pepper, 6 carrots, 20 lettuce leaves.
Juice the red pepper, carrots and lettuce leaves in a juicer.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

7.00pm

Evening Broth
(as per recipe instructions)

8 Day Purification Program

Day 3

8.00am

Holiday Cocktail

2 apples, 1 large bunch of seedless grapes (green or black),
1 lime, 1 coconut water, flesh of one coconut & 20ml coconut cream.
Juice the apples, grapes and lime in a juicer. Add to blender with fresh
coconut water, coconut flesh and coconut cream. Blend well for 1 minute
add Puriti Super Pure Power Shake Sachet, blend for 30 seconds.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

11.00am

Passion Cocktail

1 dragon fruit, 10 mangosteens, 1 mango.
Blend dragon fruit, mangosteens and the mango together.
Add a little pure water if too thick.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

3.00pm

Red Body Cleanser

2 apples, 3 celery stalks, 2 beetroots. Juice in
a juicer apples, celery and beetroots.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

7.00pm

Evening Broth
(as per recipe instructions)

8 Day Purification Program

Day 4

8.00am

Watermelon Juice

200g watermelon, mint sprigs, 1 coconut water,
flesh of one coconut, 20ml coconut cream.

Blend watermelon, mint sprigs and 1 coconut water,
flesh of one coconut and 20ml coconut cream. Blend well for 1 minute
add Puriti Super Pure Power Shake Sachet, blend for 30 seconds. Pour
into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

11.00am

Tamarind Tickle

100g tamarind flesh, 1 banana, 1 coconut water, 20ml coconut cream.

Add hot boiled water to tamarind flesh soak until tender,
sieve and allow to cool. Blend soaked tamarind, banana,
coconut water and coconut cream together for 1 minute.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

3.00pm

Alkaline Special

100g cabbage (red or green), 3 celery stalks,
1 cucumber, 100g cantaloupe melon, 30g parsley. Juice
cabbage, celery, cucumber and parsley in the juicer,
then blend melon add juice of vegetables to blender and blended melon.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

7.00pm

Evening Broth

(as per recipe instructions)

8 Day Purification Program

Day 5

8.00am

Morning Tonic

½ pomelo, 1 coconut water,
flesh of one coconut, 20ml coconut cream.
Juice pomelo in juicer then add to blender, add coconut water, flesh of coconut
and coconut cream to blender. Blend well for 1 minute add Puriti Super Pure
Power Shake Sachet, blend for 30 seconds. Pour into a 300ml glass, add a straw
and serve immediately. Guest to add own Pur-Oil.

11.00am

Action Juice

40g grapes, 1 pear, 1 apple, 150g pineapple
Add grapes, pear, apple and pineapple to juicer.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

3.00pm

Rejuvenator

10g basil, 3 carrots, 3 celery stalks, 4 tomatoes
Add basil, carrots, celery and tomatoes to juicer.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

7.00pm

Evening Broth
(as per recipe instructions)

8 Day Purification Program

Day 6

8.00am

Healing Smoothie

1 ripe mango, 1 firm kiwi fruit peeled,
1 coconut water, flesh of one coconut, 20ml coconut cream.
Blend mango, kiwi, coconut water, flesh of coconut, coconut cream. Blend well
for 1 minute add Puriti Super Pure Power Shake Sachet, blend for 30 seconds.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

11.00pm

Melon Smoothies

300g cantaloupe melon, peeled, seeded and chopped,
2 kiwi's, 10 fresh mint leaves, 50ml pure water.
Blend melon, kiwi's mint leaves and add pure water to mixture.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

3.00pm

Energy Juice

5 asparagus spears, ½ lettuce, 2 carrots,
1 broccoli spear, 2 apples.
Add asparagus spears, lettuce, carrots, broccoli spears and apples to juicer.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

7.00pm

Evening Broth
(as per recipe instructions)

8 Day Purification Program

Day 7

8.00am

Morning Sunshine Juice

1 lime, 250g papaya, 2 inch fresh ginger,
1 coconut water, flesh of one coconut, 20ml coconut cream.
Juice the lime and ginger then add to blender.

Place papaya, coconut water, flesh of coconut and coconut cream into blender.
Blend well for 1 minute add Puriti Super Pure Power Shake Sachet, blend for 30
seconds. Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

11.00am

Apple & Ginger Juice

1 apple, 2 inch piece of ginger, 1 lime, 350g guava fruit.
Add apple, ginger, lime and guava to juicer.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

3.00pm

Popeye's Garden Tonic

250g fresh spinach, 2 celery stalks,
5 asparagus spears, 4 tomatoes.
Add spinach, celery, asparagus spears, and tomatoes to juicer.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

7.00pm

Evening Broth
(as per recipe instructions)

8 Day Purification Program

Day 8

8.00am

Papaya Fruit Salad

250g papaya, 3 fresh figs, ½ tsp cinnamon, 1 lime juiced.
Chop all ingredients, mix and serve.

11.00am

The Big Apple

2 apples, 1 lime, 2cm piece of ginger
Add apples, lime and ginger to the juicer.
Pour into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

3.00pm

Tomato Heaven

4 tomatoes, 1 carrot, ½ cucumber, ½ beetroot.
Add tomatoes, carrot, cucumber, and beetroot to juicer. Pour
into a 300ml glass, add a straw and serve immediately.
Guest to add own Pur-Oil.

7.00pm

Evening Broth

(as per recipe instructions)

8 Day Purification Program

Produce list

Quantities

12
10
2
1 bag
3
1
1
1
24
5 bunch
½ teaspoon
620ml
2
1
1
6 inch piece
3
6
2 bulbs
1
3
1
1
5
3
1 bag
1
1 bag
10
5
1
2
4
150g
6
1 bag
1 bag
5
12
100g
8
1

Ingredients

Apples Green & Red
Asparagus Spears
Bananas
Basil
Beetroots Broccoli
Heads Cabbage Red or
Green Cantaloupe
Melon Carrots
Celery
Cinnamon
Coconut Cream
Cucumbers
Dragon Fruit
Fennel
Fresh Ginger
Fresh Figs
Cloves
Garlic
Guava
Kiwi Fruit
Lemon Grass Stalk
Lettuce
Limes
Mangoes
Mint Sprigs
Papaya
Parsley
Mangosteens
Onion
Pear
Pineapple
Pomelo/Grapefruit
Prunes Pitted
Red bell pepper
Seedless Grapes
Spinach
Sweet Potato
Tomatoes
Tamarind
Young Green Coconuts
Watermelon

Also a selection of local fresh vegetables (broth) and seasonal fresh herbs and pepper-NO SALT.

Seasonal fresh vegetables (broth).

Please do not use any of the cabbage family, brussels sprouts, broccoli, cauliflower, asparagus or spinach as these vegetables can release toxins into the broth during cooking.

* Please feel free to substitute vegetables or fruits which are not in season or are unavailable.

8 Day Eco Diet

DAY 1

Breakfast

Papaya & Avocado Salad

250g papaya cubed,
1 avocado cubed,
2 fresh figs chopped,
½ tsp cinnamon,
1 lime juice,
15ml coconut oil.

Chop all ingredients, mix with cinnamon, lime and coconut oil and serve.
This fruit salad is a great way to begin the morning.

Lunch-time

Carrot Salad

150g carrot grated,
15g raisins,
1 red apple grated,
handful of rocket and 2 celery stalks finely chopped,
1 tsp sunflower seeds.

Peel and grate the apple and carrots; finely chop the celery.
Combine all ingredients in a bowl and toss.

Almond Mayo

8 tbsp of almonds soaked in coconut water overnight,
4 dates soaked for 30 minutes in coconut water,
juice of 1 lime, 4 tbsp of coconut oil.

Drain ingredients and combine all ingredients in a bowl except
the coconut oil until thoroughly mixed.
Add to a blender all the ingredients add then add the coconut oil.

Evening Broth

8 Day Eco Diet

DAY 2

Breakfast

Nana Papaya Pudding

150g papaya peeled and seeded,
1 banana peeled and cut into chunks,
20ml of coconut cream,
1 tbsp oats,

Put the papaya in the blender and blend just enough to break up the fruit. Add the banana and cream mix together then pour the papaya on to the banana and cream mixture. Sprinkle with the oats and serve.

Lunch-time

Cucumber & Avocado Salad

½ small cucumber chopped,
1 ripe avocado cubed,
2 garlic cloves chopped finely,
¼ red onion chopped finely,
1 tomato chopped,
1 dsp walnuts,
Juice of 3 limes,
Pepper to taste,
15ml coconut oil.

Prepare vegetables and mix in large bowl. Blend lime juice garlic, coconut oil and drizzle over salad. Serve.

Evening Broth

8 Day Eco Diet

DAY 3

Breakfast

Passion Smoothie

1 banana,
1 coconut water,
150g mixed fresh fruit,
20ml coconut milk,
Pinch of nutmeg & cinnamon,
40g grated 70% dark organic chocolate added to mix.

Sprinkle a teaspoon of the grated chocolate to the top of the smoothie.
Blend and drink.

Lunch-time

Coconut Cream

1 flesh coconut,
½ coconut water,
5 cashews soaked in water for 10-12 hours,
4 dates pitted, 1 vanilla bean scraped and added to mix (optional).

Use as a dip for your favorite raw vegetables.

Raw vegetables chopped and served: broccoli, carrots, celery,
red pepper, green pepper, yellow pepper, cucumber & French beans.

Blend all ingredients until smooth.

This is great as a dip for fruit or raw vegetables; a great metaboliser.

Evening Broth

8 Day Eco Diet

DAY 4

Breakfast

Tropical Granola Delight

Soak the following overnight in coconut water for a healthy nutritious breakfast: 1 tbsp oats, ½ tbsp almonds, ½ tbsp walnuts, ½ tsp pumpkin seeds, ½ tsp sunflower seeds, 2 dates, ½ tbsp raisins, 1 cored and chopped pear, ½ tsp cinnamon.

Gently mix to a chunky consistency.
Pour coconut water into the mixture after mixing.

This will give you energy and power for the day.

Lunch-time

Mui Favorite Avocado Salad

1 avocado mashed, ½ small red onion finely chopped,
½ small red bell pepper finely chopped,
½ tbsp pistachio, 2 garlic cloves finely chopped,
juice of one lime, 1 tbsp fresh coriander chopped,
¼ lettuce and ½ cucumber coarsely chopped,
cayenne pepper to taste.

Mix all ingredients together and serve with mango chutney.

Mango Chutney

200ml chopped mangoes, 200ml chopped tomatoes,
1 tbsp red onion, 1 tbsp coriander, juice of 2 limes,
1 finely chopped chilli. Mix together and chill until served.

Evening Broth

8 Day Eco Diet

DAY 5

Breakfast

Sparkling Memory

2 medium size carrots,
3 celery stalks,
¼ small cabbage chopped,
1 lime juiced,

Juice all ingredients together and drink.

Lunch-time

Rainbow Salad

¼ green cabbage grated or sliced very thin,
¼ red cabbage grated or sliced very thin,
¼ red onion, 2 tomatoes chopped,
½ carrot, grated, ½ red bell pepper,
1 julienne carrot, 1 tbsp almonds.

Coconut Cream Dressing

1 garlic clove, 2 dessertspoons of coconut cream add to blender
with the juice of one lime and 15ml coconut oil.

Mix all the vegetables in a large bowl and drizzle the
coconut cream dressing; add pepper to taste.

Evening Broth

8 Day Eco Diet

DAY 6

Breakfast

Energizing Smoothie

$\frac{1}{4}$ glass of coconut water
 $\frac{1}{4}$ of a pineapple peeled and juiced,
1 mango peeled and cut into pieces add to blender,

Blend pineapple, mango and 5 strawberries with $\frac{1}{4}$ of coconut water.
Blend until creamy

Lunch-time

Gingered Carrot Coleslaw

1 carrot, grated,
 $\frac{1}{4}$ shredded red cabbage,
2 tbsp raisins, 1 tbsp pine nut seeds,
1 tbsp of finely chopped parsley,
1 tbsp of finely chopped spring onion.

Toss together Puriti salad dressing:

Juice of 1 lime,
2 tbsp lemon juice,
1 tbsp grated ginger,
1 tbsp coconut cream,
15ml coconut oil.

Blend dressing, pour over salad and toss. This salad is especially delightful if it is allowed to sit for about 15 minutes.

Evening Broth

8 Day Eco Diet

DAY 7

Breakfast

Arise & Shine Pudding

2 tbsp muesli soaked over night in coconut water,
1 apple juiced, ½ tsp cinnamon,
½ inch fresh ginger root juiced,
juice of 1 lime.

Combine the mix in a bowl and serve.

Lunch-time

Avocado and Apple Salad

1 small avocado, pitted, peeled and sliced,
5 black olives, 1 apple peeled cored and julienne,
¼ lettuce roughly chopped,
15ml coconut oil, 1 lime juiced, pepper to taste.

Place coconut oil and lime juice in blender and use as a dressing.

Season with pepper; add to the avocado, apple, olives,
lettuce leaves and gently toss.

Evening Broth

8 Day Eco Diet

DAY 8

Breakfast

Banana Coco Smoothie

1 banana,
1 coconut water, Flesh of one coconut,
20ml coconut cream, 15ml coconut oil,
40g of 70% dark organic chocolate grated; added to mix.

Blend and drink.

Lunch-time

Cucumber Salad

1 cucumber peeled and sliced,
1 tbsp of coriander,
1 tsp of curry powder,
1 garlic clove finely chopped,
1 tsp of spring onion,
15ml coconut oil, 1 tbsp lime juice.

For curry powder use: ½ tsp mustard seed,
½ tsp of cumin seeds, 1 tsp coriander,
½ tsp cayenne powder, ½ tsp turmeric, ½ tsp fresh ginger.

Combine mixture and sprinkle 1 tsp onto cucumber salad.

Store the rest of the curry powder until needed.

Evening Broth

8 Day Eco Diet

Produce List

10 tbsp	Almonds
2	Apples
4	Avocado
3	Banana
1	Cabbage
20	Carrots
5	Cashews
4 bunch	Celery
1	Chili
1 1/2 tsp	Cinnamon
7	Coconuts
120ml	Coconut cream
200ml	Coconut oil
3 tbsp	Coriander
2	Cucumber
10	Dates
2	Fresh figs
2 bulbs	Garlic
2 tbsp	Ginger
1/4	Green cabbage
1	Lemon
1/2	Lettuce
14	Limes
3	Mangoes
150g	Mixed fresh fruit
2 tbsp	Muesli
pinch	Nutmeg
2 tbsp	Oats
4	Onions
5	Olives black
400g	Papaya
1 tbsp	Parsley
1	Pear
1/4	Pineapple
1 tbsp	Pine nut seeds
1/2 tbsp	Pistachio
1/2 tsp	Sunflower seeds
80g	Raisins
1/2	Red cabbage
2	Red onion
5	Red bell pepper
handful	Rocket
2 tbsp	Spring onion
5	Strawberries
1 tsp	Sunflower seeds
4	Sweet potato
6	Tomato
1	Vanilla bean
1 1/2 tbl	Walnuts
80g	70% dark organic chocolate

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8 Day Eco Diet

Produce List

Selection of the following organic produce for dips:

broccoli
carrots
celery
red pepper
green pepper
yellow pepper
cucumber
french beans

Also a selection of local fresh vegetables (broth) and seasonal fresh herbs and pepper-NO SALT.

Seasonal fresh vegetables (broth).

Please do not use any of the cabbage family, brussels sprouts, broccoli, cauliflower, asparagus or spinach as these vegetables can release toxins into the broth during cooking.

* Please feel free to substitute vegetables or fruits which are not in season or are unavailable

THE LAST RESORT Jacket Potato

Used only at guests request

Take one medium size potato, scrub until clean and prick several times with a fork.

Bake uncovered in the oven for a minimum of one hour at 190 degrees (more for a crispy skin) slice down the centre and add a small knob of butter or coconut oil and pepper to taste (no salt).

Evening Broth Recipe

To be served each evening at 7.00pm

The evening broth is to be drunk nightly; this broth will allow your body to assimilate the vitamins and minerals which reside in the water after boiling. The broth is rich in minerals and helps balance the pH of your body, promoting cleansing of all the tissues in your body.

Wash and clean your selection of organic vegetables (use organic wherever possible) scrub well but do not peel. Add the roughly cut vegetables to a large pan of boiling water.

4 carrots, 1 bunch of celery (complete with stalk and leaves), 1 bell pepper (cut in half with seeds removed), 1 onion sliced in half, 6 garlic bulbs cut in half sideways, 1 sweet potato, fresh herbs and an assortment of fresh seasonal green vegetables.

Do not include any of the cabbage family: brussels sprouts, broccoli, cauliflower, asparagus and spinach, as these vegetables can release toxins as they are being blanched. Please do not use salt.

Fill a large pan four inches from the brim with pure water and add your organic vegetables. Bring to the boil, occasionally skimming the froth. Pepper and herbs are to be added about midway into the process. Boil for approximately two hours, to a point where the vegetables no longer have any taste or form; they will now have transferred their healing properties to the liquid broth.

For a concentrated broth boil uncovered until the liquid level drops. For a regular broth boil covered.

Once finished, strain to produce a top quality, ultra nutritious broth. You will have enough broth for approximately three nights; place in containers and either refrigerate or freeze for later use. Do not keep at room temperature overnight.

Miso may be added to the pan for extra taste. Miso helps to neutralize environmental pollutants in the body and is also considered to be a longevity tonic. Choose a lighter coloured miso, as it tends to be less salty.