

2016 BOOKLET



MULLEN NATURAL HEALTH CENTRE

Healthy Habits

CHALLENGE

5th SEPT - 25th SEPT

INCLUDES | STARTUP GUIDE
| RECOMMENDED SUPPLEMENTS |
WEEKLY MEAL PLANS | RECIPES + MORE



MULLEN NATURAL HEALTH CENTRE

Welcome to the Mullen Health 21-Day Healthy Habits Challenge

This program has been designed by our Naturopaths to help you get back to the basics of healthy living and give you the tools to create healthy habits for long-term wellness.

It takes just 21 days to form a habit, so for the next three weeks you will be eating natural foods to cleanse your body of toxins, reduce the workload of your vital organs, and restore your body's ability to heal and repair itself.

In just 21 days you will have more energy, improved digestion and you may even shift a few unwanted kilos too!

In this book, you will find a three-week suggested meal plan and a three-day juicing guide, as well as all the recipes you will need to complete your challenge.

Finally, we have included a list of products we recommend to help you with your shopping and details of our recommended supplements, which will expedite the process.

Don't forget to click on the links below and join our online community.

Like our Facebook page - www.facebook.com/mullennaturalhealth

Join our Mullen Health 21 Day Reset group -
www.facebook.com/groups/mullen21dayreset

for daily updates, recipes, support and motivation - we're
on this journey with you!



To contact us or make an appointment with one of our Naturopaths call

(02) 4961 4075 or email info@mullenhealth.com.au

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For any questions relating to the contents of this guide, please contact Mullen Health on (02) 4961 4075.

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1. Why do the Healthy Habits Challenge?

Your body is constantly exposed to harmful chemicals and toxins found in the food you eat, the products you use and even the water you drink.

The processed foods we're all used to eating are loaded with sugar, artificial sweeteners, processed fats and oils, chemicals, food additives, preservatives, heavy metals and pesticides, all of which contribute to the toxicity in our bodies.

You're able to break down and eliminate a portion of these toxins, but some remain lodged in your cells and tissues, causing a toxic overload in your liver. This build up can cause you to feel sluggish, as well as cause headaches, high cholesterol, food intolerances, digestive complaints, skin conditions and weight gain.

Cleansing your body of these stored toxins will improve your digestion, complexion, hormonal health and cardiovascular health. Detoxing can also help promote weight loss and give you a boost of energy!

It takes 21 days to form a habit, so this program is designed to help you form new healthy habits that you can continue long after the Challenge has finished.

2. Testimonials

The Detox didn't seem like a detox, the food was great and even the juice for three days was refreshing. My husband decided to join in and over the two weeks he weighed in this morning 5 kgs lighter. I lost 2.5 kgs. We are both feeling great, more energy and sleeping well.

Ann - Nelson Bay

My 'first' ever detox -it felt so good to be feeding my body nothing but goodness,I would recommend doing this Spring detox to anyone who truly loves their body and the wellness you can feel and achieve.

Kristie -Vacy NSW

After a sceptical start and the coffee withdrawal subsided I thoroughly enjoyed it and immediately began to feel clearer in the head and more sustainable energy throughout the day, also noticed more motivation with day to day activities.

Paul, Charlestown

I was fortunate enough to come across the Mullen Health Healthy Habits Challenge in 2015. What a great program! The booklet included all the information needed to get started straight away and made it so easy for a busy working mum like myself. Meal plans including recipes was the biggest help for me as I didn't have to research anything. Everything I needed was at my fingertips. I successfully lost some weight and more importantly felt so much better, my energy levels and over all well being were greatly enhanced. I have had friends pay a lot of money for programs and information like this so being free was an extra bonus. My program went for 21 days and at its completion I didn't turn back, I wanted to keep feeling so good. I may have lapsed a little now, so looking forward to the next challenge coming up!

Kristyn, Wallsend



3. Before you begin

We must warn you that cutting out toxic foods like caffeine and sugar can cause withdrawal symptoms like tiredness, headaches, mood swings and digestive issues.

The good news is, this is all a normal part of the withdrawal process and it should generally only last a few days, depending on your body's toxicity. Trust us, it will all be worth it in the end! To ensure you get through withdrawal with minimal symptoms, drink plenty of purified water, take the recommended supplements and please call us if you are at all concerned.

You should not detox if you are:

- Underweight
- Pregnant or breast feeding
- Anemic
- Diabetic (Type 1)
- Following a course of prescription medication (check with your Naturopath)
- Suffering from kidney failure
- Suffering from severe liver disease

Speak to your practitioner if any of these conditions relate to you. If you have any questions, please phone us on (02) 4961 4075 or email info@mullenhealth.com.au - we're only too happy to help!



4. Get Prepared

Make sure you're ready for our Healthy Habits Challenge by following this checklist:

One week before, make sure you:

- Read through this guide so you are familiar with the program
- Drop into Mullen Health to pick up your recommended supplements
- Start to cut down on caffeine and sugar the week before – trust us!
- Talk to your family and friends – if your loved ones know what you are doing, they are more likely to support you over the next three weeks. Who knows, maybe they will do it with you!
- Check your calendar – plan for events and social outings in advance. Bring snacks or eat beforehand if you are going somewhere where there won't be a healthy option.

The weekend before:

- Clean out your fridge and pantry – temptation is easier to resist if it's not staring you in the face. Get rid of any foods that aren't part of your Challenge and replace them with healthy, nutrient dense fruits and vegetables.
- Shop weekly – write a list of everything you'll need for the week and get it in one big shop, that way you'll have everything you need at hand.
- Prepare a meal or two in advance on Sunday – if you find yourself short of time to cook during the week, food preparation on a Sunday will make sure you stick to your goals.
- Get a good night's sleep – you want to start the week feeling fresh and energised!
- Shop for your fruit and vegetables at the Farmers Markets so you can purchase fresh and organic at great prices. The Newcastle Farmers Markets (Newcastle Showground) are held every Sunday and the Lake Macquarie Farmers Markets (Speers Point Park) are held every 2nd and 4th Saturday of the month.

Prepping for your Healthy Habits challenge

The best way to stay on track with new dietary habits is to be organised and prepared. We recommend allowing yourself a few hours on the weekend to prepare healthy home-cooked food. By scheduling time to prepare, you are setting yourself up to succeed as well as taking the pressure away from adapting to a new change.

So here's our guide to meal prep:



Make a Plan

Whether you are sticking to our meal plan or making up your own selections, having a guide or plan of what you are eating for the week will help with your organisation. It helps to reduce that overwhelming feeling of change. With a plan in place your planning to succeed!

Write down a rough guide for breakfast, lunch and dinner for a week or use our meal plans provided. You could organise your lists on a Saturday, in the sun over a nice cup of tea. So on Sunday you are ready for the farmers markets and you know exactly what you want. After the markets, your ready to start your meal prep with all your amazing produce!

Easy meals

It's always a good idea to make up some patties like salmon, chicken or vegetable. Make different types if you can to avoid getting bored with the same meal. These are great on-the-go meals or snacks and they freeze well so always do a double batch.

- [Lentil Patties](#)
- [Chicken and Tarragon Patties](#)
- [Fish Patties](#)
- [Salmon Patties](#)

Veggies

Cut up a big batch of vegetables and roast in the oven. These can be roasted with garlic or herbs like rosemary to thyme to enhance the flavour as well as a good sprinkle of Himalayan salt. These vegetables can be used to boost the flavour and nutrient value of salads or used for a quick meal once you add your protein of choice.

- [Baked Vegetables](#)

Carbs

Cook up some rice or quinoa, enough for 3 days. This can be used to make salads or a side for lunch or dinner. Try this rice salad. You can pre-make and divide in a few containers and you have ready to grab lunch on the go!

- [Dayna's Rice Salad](#)

Snacks

Cut up vegetable sticks and place in containers ready to grab or they can be placed in containers in serving size amounts. This way you can grab it in the morning and don't need to think!

Have a small container of nuts with you- not too much if you think you may over eat. Nuts are a good snack to have in your bag or at your desk as they are satisfying and may help reduce cravings.



Sweets

Make some protein balls if you feel you have a sweet tooth. These are a great clean snack as they contain good proteins and fats as well as giving you the treat your after without the guilt. Here is a few recipes here.

- [Lemon Coconut Ginger Balls](#)
- [Breakfast Energy Balls](#)
- [Choc Orange Bliss Balls](#)
- [Energy Bar](#)
- [Tracey's Nut Balls](#)

Dressings and dips

A few other things to prep are hummus, dressings and guacamole. These can be used as a snack or as an addition to meals.

- [Hummus](#)
- [Tahini Dressing](#)
- [Oriental Dressing](#)
- [Home made Guacamole](#)

Bone Broth

Now it's time to put on a bone broth, which you can use as stock, in soups or as a nourishing drink all on its own. It's so simple to do and it's a great way to use up your vegetable scraps from your meal prep! You can use beef or chicken bones- Here is some info on how to make a bone broth.

- [Bone Broth](#)
- [Chicken Stock](#)

5. Supplements

You will get great results undertaking our 21-Day Healthy Habits Challenge by just changing the food you eat, but Naturopathic supplements will take your Challenge to a whole new level by speeding up the process and helping to restore balance to your digestion, liver, immune system and kidneys.

**15%
OFF**

Buy both the Thermophase Detox Essentials and the G-Tox Express in the lead up to the challenge to receive 15% off!!

ONLY \$136.95

We recommend:

1. **Thermophase Detox Essentials** (\$85.10)

This product is the equivalent of five supplements in one:

- It contains powerful antioxidants such as green tea, selenium, vitamin C and zinc
- It reduces your toxic load by promoting healthy liver detoxification using herbs such as St. Mary's Thistle and turmeric, as well as amino acids like cysteine and taurine.
- It helps to repair your digestive system and promote healthy bacteria through the use of glutamine and arabinogalactan.
- Assists with energy production
- Helps with fat loss

Dosage: 1 scoop twice daily



2. **G-Tox Express** (\$76.05)

A powerful detoxification food supplement that helps to clean out and repair your digestive system and kidneys, while balancing out acidic pH.

Dosage: 2 scoops x twice daily Note: If you are on blood pressure medication that restricts you from taking any extra potassium, we recommend you speak to one of our Naturopaths for an alternative.



3. **Glucobalance** (\$28.50)

This is a great option for those with a sweet tooth although is not essential. Glucobalance is specifically designed to improve insulin resistance with nutrients like Chromium, B Vitamins, Manganese and Zinc. It also contains the herbal extract of Gymnema, which has been shown to be beneficial for reducing sugar cravings.

Dosage: 1 Tablet 3 times daily (with each meal)



If you're not a patient of Mullen Health but would like to do our 21-Day Healthy Habits Challenge, call (02) 4961 4075 to book your free 15 minute phone consultation where we can run you through the program and ensure it is safe for you to participate in.

6. Products We Recommend

Shopping can be a nightmare at the best of times, so we thought we'd give you a hand. If you are looking for some great products that are safe to use during the challenge, we recommend the following:



Brookfarm Infused Macadamia Oil

Use with fresh lemon or lime as an alternative to salad dressing. Available from Mullen Health



Bonsoy Soy Milk

The only soy milk we recommend. Available from most supermarkets



UltraMeal

A low GI protein drink, suitable as a breakfast meal replacement. Available from Mullen Health



Herbamare

Use Herbamare Vegetable Salt to season foods. Available from Supermarkets in the Health Food aisle.



Keto Bars

A healthy snack. Available from Mullen Health



Meredith Dairy Sheeps Milk Yoghurt

A great dairy alternative. Available from Health Food stores



Rice Milk from Pure Harvest

Available from most supermarkets



Vitality Tea

Available from Mullen Health



Brookfarm Gluten Free Muesli or Paleo Pure Muesli

Available from Mullen Health



Gabrielle's Bliss Balls

Another healthy snack. Available from Mullen Health



COYO - Coconut Yoghurt.

Available from health food stores

7. Food Guidelines

For the next three weeks, your goal will be to eat a nutrient-rich diet full of: fresh fruits and vegetables, high-quality white proteins (eg fish and chicken), good fats (eg avocado and nuts) and complex carbohydrates (eg peas and beans). You need to avoid: sugar, gluten, dairy products, processed foods, processed fats (eg margarine), red meat, caffeine and alcohol. The below guidelines will give you more detail.

Protein to enjoy

Serving size: 1 palm sized portion per meal unless otherwise specified. Choose organic where possible.

- Chicken
- Eggs
- Fresh fish (3-4 serves per week) excluding those in the 'Avoid' list. Calamari can be enjoyed as part of the fresh fish intake.
- Kangaroo
- Tempeh*
- Tofu*
- Turkey

* Consume roughly two palm-sized portions per meal

Protein to avoid

All mince (unless made at home using meat from the 'protein to enjoy' list).

- Beef
- Duck
- Fish susceptible to higher heavy metal content such as tuna, king mackerel, marlin, swordfish and shark.
- Lamb
- Pork
- Sausages
- Shellfish including prawns, shellfish, oysters, mussels, crab. Cured/smoked meats and deli meats * (i.e. smoked salmon, salami, ham, etc.)
- Tinned meat
- Veal

* These foods are high in nitrates and are best avoided during detox.

Nuts & seeds to enjoy

Serving size: 1 small handful of raw, natural nuts may be consumed daily. Choose organic where possible. * Nut spreads of these nuts and seeds are also appropriate. Limit to one to two tablespoons per day.

- Almonds
- Brazil nuts
- Chia seeds
- Coconut
- Hazelnuts
- Linseeds/flaxseeds
- Macadamia nuts
- Pecans
- Pepitas
- Pine nuts
- Sesame seeds
- Sunflower seeds
- Walnuts

Nuts to avoid

- Peanuts (including peanut butter) • roasted and/or salted nuts

Beans & legumes to enjoy

Serving size: Limit to 1 to 2 serves per day. (1 serve = 30 g cooked)

Choose organic where possible.

- Alfalfa sprouts
- Azuki beans (or adzuki)
- Broad beans
- Bean sprouts
- Black beans
- Borlotti bean
- Broad beans
- Butter bean
- Chickpeas or garbanzos
- Kidney beans
- Lentils
- Lima beans
- Mung beans
- Navy beans
- Pinto beans
- Split peas

Beans & legumes to avoid

- Flavoured and salted canned* beans or those with additives, preservatives.

* Canned food products are often combined with additives and preservatives to prolong their lifespan. Cans themselves are also a common source of other chemicals such as Bisphenol-A (BPA) known to have adverse effects on health.

Vegetables to enjoy

Serving size: Minimum of 4 handfuls of salad and 3 handfuls vegetables per day. Choose organic where possible.

- enjoy all fresh vegetables
- Homemade or organic fermented vegetables such as kimchi and sauerkraut

Vegetables to avoid

- Avoid canned, dried / dehydrated, frozen and/or pickled vegetables.

Fruit to enjoy

Serving size: Limit to 3 serves daily due to high sugar content. 1 serve = 1 piece or 1 handful of chopped fruit.

- enjoy all fresh fruits
- Fruits dehydrated at home without additives are permitted.

Note: if fruit is frozen, choose organic with no additives.

Fruit to avoid

- Canned fruit due to added sugar and preservatives.
- Crystallised/candied fruit
- Dried fruit due to high sulphite content.

Dairy/ Dairy substitutes to enjoy

- Goat's milk products**
- Organic, unsweetened nut milk (i.e. almond milk)
- Organic, unsweetened rice milk
- Organic, unsweetened soy milk**
- Plain coconut yoghurt
- Sheep's milk products**

** Some individuals are sensitive to these products and they may therefore not be appropriate as part of an integrated Detoxification Program. Ask your Practitioner if these foods are suitable for you.

Dairy/ Dairy substitutes to avoid

- Avoid all dairy products made from cow's milk, including milk, yoghurt, cheese, ice-cream.

Grains/ Grain alternatives to enjoy

- Almond meal
 - Amaranth
 - Brown rice
 - Buckwheat
 - Coconut flour
 - Corn
 - Gluten-free flour
 - Gluten-free natural rice cakes*
 - Gluten-free natural rice crackers*
 - Hazelnut meal
 - Lupin
 - Millet
 - Polenta
 - Quinoa
 - Red rice
 - Wild rice
- * as snack options only.

Grains to avoid

Avoid all gluten containing grains including:

- Barley
- Oats
- Rye
- Spelt
- Triticale
- Wheat

Avoid processed wheat/gluten containing grain products (i.e. refined white or wholemeal bread, wheat crackers/biscuits, etc.)

Oils to enjoy

Use cold pressed, organic oils where possible.

- Coconut oil
- Flaxseed oil
- Macadamia oil
- Olive oil
- Rice bran oil
- Sesame oil
- Walnut oil

Oils to avoid

- Butter
- Canola oil
- Duck fat
- Fried foods
- Ghee
- Margarine
- Peanut oil
- Vegetable oil

Dressings, condiments, sweeteners, and seasonings to enjoy

- All herbs and spices
- Garlic
- Homemade dressings and sauces
- Homemade dips and spreads (i.e. guacamole, hummus, tahini etc.)
- Lemon juice
- Organic tamari
- Salt – Celtic, sea or Himalayan
- Honey
- 100% maple syrup

Dressings, condiments, sweeteners, and seasonings to avoid

- Additives (i.e. MSG)
- Artificial colours
- Preservatives
- Sugar, coconut sugar, rice bran syrup
- Aspartame, saccharine
- Commercially made sauces and condiments
- Spice/Herb blends containing added salts, sugars, and artificial ingredients
- Wasabi

Beverages to enjoy

Serving size: Consume 2-3 L of pure water daily.

- Herbal tea, green tea - not sweetened or flavoured. Choose organic where possible
- Juices made from fresh fruit and vegetables
- Pure filtered water (can be flavoured with fresh lemon, orange, ginger, cucumber, mint, etc.)
- Unflavoured sparkling mineral water

Beverages to avoid

- Alcohol
- Black tea
- Caffeinated soft drinks
- Coffee
- Fruit drinks and cordials
- Reconstituted fruit juice
- Soft drink/carbonated beverages



8. A few basic rules to follow

- Stick to the meal plan, or mix-and-match.
- Each of the recipes in this 21-Day Healthy Habits Challenge has been chosen by our Naturopaths to meet the above guidelines and get you results.
- You can stick to the provided meal plans closely, or if you prefer, choose your favourites and cook in bulk.
- There are also many more recipes on our website visit - <http://www.mullenhealth.com.au/recipe-categories/healthy-habits-challenge-recipes>
- Start each day with a glass of hot water with a squeeze of lemon juice followed by a raw fruit and vegetable juice 15-30 minutes later.
- Drink a minimum of 6 to 8 glasses of purified water per day (around 2 litres). We suggest you keep a jug on your sink or at your desk so that you know how much water you are drinking. Herbal teas can count towards your total – we love peppermint, dandelion, chamomile and Mullen’s Vitality Tea. Mullen Health sell a variety of different teas. Visit us in-store or shop online - <http://www.mullenhealth.com.au/shop/herbal-teas>
- Chew well, eat slowly and don’t drink with your meals. Instead, drink either 15 minutes before eating or one hour after.
- Exercise is an essential part of detoxing... and life! Walk, swim, cycle, or do whatever takes your fancy. Just make sure you get out for at least 30 minutes a day, five times a week.
- Make extra portions of food for lunches and dinners to save time during the week.
- Feel free to treat yourself with dessert a maximum of two nights per week.
- For Vegetarians: The suggested meal plan includes white proteins such as fish and chicken, but there are plenty of vegetarian options that can be easily substituted. You can also find more recipes on our website.

Stage 1: The first 12 days (you can mix and match meals as you like, or stick with the plan)

- Start each day with a glass of hot water with a squeeze of lemon juice.
- Follow this 15 to 30 minutes later with a raw fruit and vegetable juice using apple, carrot, celery and parsley.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>On rising</i>	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)
<i>Breakfast</i>	Green smoothie	Ultra meal energy shake with berries and almond milk	High protein muesli with 3T of coconut yogurt	2 boiled eggs with baby spinach leaves, avocado and tomato	Breakfast bowl	Omelette
<i>Snack</i>	Apple slices with nut butter with Mullen Health Green Tea	Tracey's nut balls with Mullen Health Vitality Tea	Tamari almonds with Mullen Health Green Tea	Carrot and celery sticks with hummus with Mullen Health Vitality Tea	2 rice thins with avocado and hummus with Mullen Health Green Tea	Lemon Coconut and ginger balls
<i>Lunch</i>	4-6 Rice thins with salmon, avocado and spinach	Chicken salad	Rice salad	Left over Lentil bolognaise with rocket and spinach	2 boiled eggs with Mexican salad	Chicken salad
<i>Snack</i>	Carrot and celery sticks with hummus	Cucumber and fennel slices with nut butter	Tracey's nut balls	Apple slices with nut butter	Tropical turmeric smoothie	Kale chips
<i>Dinner</i>	Orange and Lemon chicken with roasted vegetables and steamed broccoli	Fish bake with salad	Lentil bolognaise with zucchini noodles	Grilled fish with Mexican salad	Tofu and Vegetable stirfry with brown rice	Cauliflower fried rice and add chicken or fish
<i>Dessert</i>		Steamed pear with cashew cream and/or Mullen Health Stress Less Tea				Chia pudding and/or Mullen Health Sleep Easy Tea

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<i>On rising</i>	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)
<i>Breakfast</i>	2 x Poached or boiled eggs with spinach, avocado, carrot and tomato	Breakfast bowl	Ultra meal energy shake with berries and almond milk	Omelette with spinach, avocado and tomato	Green smoothie	Vanilla and coconut chia porridge
<i>Morning tea</i>	Tamarind almonds with Mullen Health Green Tea	Tracey's nut balls	Apple slices with nut butter	1 cup of berries with ¼ cup of pumpkin seeds	2 rice cakes with avocado and tomato	¼ cup of raw nuts and seeds
<i>Lunch</i>	Left over Cauliflower fried rice with grilled chicken	4-6 Corn thins with avocado, lemon juice. Add a tin of salmon or 2 boiled eggs.	Left over Lentil patties with spinach, carrot, cucumber and fennel	Rice salad	Chicken salad	Left over Frittata with rocket and lemon salad
<i>Snack</i>	Veggie snack wraps	Carrot and celery sticks with hummus	¼ cup of raw nuts	Sliced fennel and apple slices with tahini or nut butter	Kale chips	Lemon coconut and ginger balls
<i>Dinner</i>	Salmon patties with steamed broccoli, bok choy, carrots and capsicum	Lentil patties with side of rocket and spinach and squeeze of lemon juice	Chicken breast with avocado, tomato and mango salad	Baked fish with rocket, pear and walnut salad	Frittata with side of rocket and spinach and squeeze of lemon juice	Salmon patties with avocado, tomato and mango salsa .
<i>Dessert</i>		Superfood log and/or Mullen Health Stress Less Tea			Seasonal fruit and coconut yogurt and/or Mullen Health Sleep Easy Tea	



Stage 2: Three-Day Juice Fast

This is the exciting stage of your detox! For the best results, follow the fresh fruit and vegetable juice program for the next three days and continue with your recommended supplements. If you find this a bit daunting, choose your favourite recipes to make over the next three days.

- Start each day the same with a glass of hot water with a squeeze of lemon juice
- All juices are to be made up of 75% juice, 25% purified water and sip slowly.
- Times are approximate, although make sure you drink your juice before you get hungry. You can have as much as you would like.
- Make sure your bowels keep moving through this stage. If it needs help, try 2 heaped teaspoons of Psyllium Husk in a glass of water before bed. Remember to always follow with a glass of water.
- [Vegetable soup](#) or [Green Smoothie](#) (see recipe) is available to substitute any juice throughout the weekend
- You can also substitute a juice or add in a cup of bone broth any time during the juice fast. You can have it warm on its own or with a squeeze of lemon juice in it.
- For more green smoothie ideas see page 25.

<i>Saturday / Sunday / Monday</i>	
<i>8am</i>	Green Smoothie or fruit juice, any combination, except melon as it is best on its own.
<i>11am</i>	Fruit juice (if unable to get fresh juice here, try a commercial orange juice that is 100% juice or make extra at breakfast to take with you)
<i>2pm</i>	Fruit juice, carrot and celery
<i>5pm</i>	Vegetable juice, carrot, celery, beetroot (add other vegetables if you wish)
<i>8pm</i>	Vegetable juice, carrot, celery, beetroot (add other vegetables if you wish)

Fruit juice suggestions

- Apple, pear and fresh mint leaves • Apple and orange • Apple, pineapple, strawberries or blueberries • Apple, mango and pineapple
- Orange, pear and raspberries (frozen) • Rockmelon, watermelon and grapefruit are best on their own.

Best vegetables to juice

- Carrot, Beetroot, Celery, Spinach, Broccoli, Cucumber • Add apple or pear juice to your vegetable juice to improve the taste if needed • Add raw ginger root or mint leaves to any of your juice combinations for extra flavour and zest!

Stage 3: The final 6 days (you can mix and match meals as you like, or stick with the plan)

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>On rising</i>	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)	½ lemon in warm water Fresh vegetable juice (optional)
<i>Breakfast</i>	Omelette with rocket	Chia pudding	High protein muesli with coconut yogurt	Green smoothie	Berry chia breakfast sundae	2 poached or boiled eggs with spinach, mushroom and avocado Tracey's nut balls
<i>Snack</i>	2 rice cakes with avocado and lemon	2 T of coconut yogurt with grated apple	Carrot and celery sticks with hummus	¼ cup of raw nuts and seeds	Apple slices with nut butter and cinnamon	
<i>Lunch</i>	Quinoa salad with shredded vegetables	Left over Stir-fry and vegetables with grilled chicken	Left over Pad Thai	Mango salad with a tin of salmon	Chicken with pomegranate, mandarin and avocado salad	Left over cauliflower rice with grilled chicken
<i>Snack</i>	Veggie snack wraps	Boiled egg	Chia pudding	Carrot and celery sticks with hummus	Tracey's nut balls	Kale chips
<i>Dinner</i>	Stir-fry and vegetables	Pad Thai	Apple kaleslaw with creamy dressing	Grilled chicken with Kate's easy salad	Cauliflower rice	Miso glazed salmon with sweet potato and bok choy
<i>Dessert</i>		Raspberry ripple and/or Mullen Health Stress Less Tea			Mango freeze and/or Mullen Health Sleep Easy Tea	



9. Breakfast

This is the most important meal of the day as it is the first nutrients your body will receive after fasting all night.

Try these breakfast options:

(Click through to go to each of the recipes)

- + [Almond Chia Fruit Porridge](#)
- + [Berry Quinoa Flake Porridge](#)
- + [Vanilla Coconut Chia Porridge](#)
- + [Quinoa Porridge](#)
- + [Vanilla And Blueberry Granola](#)
- + [Chocolate Granola](#)
- + [Pumpkin Ginger Spiced Granola](#)
- + [Cranberry And Walnut Granola](#)
- + [High Protein Muesli](#)
- + [Breakfast Energy Balls](#)
- + [Supercharged Breakfast Bars](#)
- + [Berry Chia Breakfast Sundae](#)
- + [Cashew Coconut Yogurt](#)
- + [Coconut Breakfast Cakes](#)
- + [Poached Eggs With Wilted Spinach](#)
- + [Mini Frittatas With Spinach & Tomato](#)
- + [Vegetable Frittata](#)
- + [Omelette](#)
- + [Quick Spanish Omelette](#)
- + [Quinoa And Beetroot Frittata](#)
- + [Sardines With Avocado](#)
- + [Spicy Breakfast Eggs](#)
- + [Spinach And Egg Surprise](#)
- + [Zucchini Coconut Pancakes](#)
- + [Zucchini Fritters](#)
- + [Baked Beans](#)

10. Smoothie - Breakfast Ideas

Smoothies are a great on the go breakfast. They can be prepared the night before, the liquid added in the morning and blended for a simple nourishing start to the day.

Try these smoothie options:

(Click through to go to each of the recipes)

+ [Bananarami Smoothie](#)

+ [Berry Smoothie](#)

+ [Bombshell Breakfast](#)

+ [Chai-Spiced Almond Milk Latte](#)

+ [Coconut Rough](#)

+ [David's Green Smoothie](#)

+ [Kirsty's Green Smoothie](#)

+ [Pumpkin Pie Smoothie](#)

+ [Super Green Smoothie](#)

+ [Tropical Turmeric Smoothie](#)

11. Salads

Salads are full of nutrients and fibre and help assist the body with detoxification. Preparing extra salad at dinner helps to organise you for tomorrow's lunch. All you will need to do is add your protein of choice.

Try these salad options:

(Click through to go to each of the recipes)

+ [Apple Kaleslaw With Creamy Dressing](#)

+ [Calamari Treasure Salad](#)

+ [Dayna's Rice Salad](#)

+ [Rice Salad II](#)

+ [Detox Salad With Tahini Dressing](#)

+ [Fresh Garden Salad](#)

+ [Kate's Easy Salad](#)

+ [Mango Salad](#)

+ [Mediterranean Salad](#)

+ [Mexican Street Salad](#)

+ [Minted Quinoa Salad With Orange And Fig](#)

+ [Pomegranate Mandarin And Avocado Salad](#)

+ [Quinoa And Cannellini Salad](#)

+ [Prawn and Mango Salad](#)

+ [Quinoa Salad with Shredded Vegetables](#)

+ [Red Cabbage Salad](#)

+ [Roast Vegetable Salad](#)

+ [Superfood Salad](#)

12. Soups

Soups can be a great lunch or dinner as they can be prepared in bulk, frozen and defrosted when needed. They are great when you want a light meal for lunch or dinner. Using bone broth as a base will increase the nutritional content.

Try these soup options:

(Click through to go to each of the recipes)

+ [Chilled Out Cucumber And Avocado Soup](#)

+ [Country Vegetable Soup](#)

+ [Pumpkin Soup](#)

+ [Thai Fish Soup](#)

+ [Vegetable Soup On A Cold Night](#)

+ [Chicken Coconut Soup](#)

+ [Chicken stock](#)

+ [How to make bone broth](#)

13. Meals

One of the easiest ways to have healthy and nutritious meals is to cook batches of food in advance or make extra when preparing. Making extras at dinner time will organise you for tomorrow's lunch and that way you've got plenty of fresh, healthy food available that isn't just plain bread and spread.

Dinner should be one of your smaller meals of the day so that you aren't going to bed with a full stomach. Try and eat before 7pm each night to avoid this!

Try these meal options: (Click through to go to each of the recipes)

- + [Baked Fish With Slivered Almonds](#)
- + [Baked Fish With Toasted Almonds](#)
- + [Baked Maple Chicken With Sweet Potato](#)
- + [Beef Lamb Meatballs With Coconut](#)
- + [Calming Brown Rice](#)
- + [Cheesy Spinach Quiche](#)
- + [Chicken And Tangy Pineapple](#)
- + [Chicken And Tarragon Patties](#)
- + [Chicken With Mango Sauce](#)
- + [Chickpea Flat Bread With Homemade Hummus And Salmon](#)
- + [Chole Chaat Vegetarian Chickpea Curry](#)
- + [Fish Bake](#)
- + [Fish In A Bag](#)
- + [Fish Patties](#)
- + [Fragrant Fish Stew](#)
- + [Garlic And Rosemary Chicken](#)
- + [Grilled Snapper With Dill Sauce](#)
- + [Herbed Roasted Chicken With Vegetables](#)
- + [Lemon Chicken Nibbles](#)
- + [Lentil Patties](#)
- + [Mango Chicken](#)
- + [Marsala Chicken Vegetable Curry](#)
- + [Miso Glazed Salmon](#)
- + [Nut Crusted Fish And Salad Greens](#)
- + [Orange Lemon Chicken](#)
- + [Pad Thai](#)
- + [Poached Snapper And Eggs](#)
- + [Quick Tasty Chicken](#)
- + [Salmon And Cauli Rice With Vegetables](#)
- + [Salmon Patties](#)
- + [Salmon Treasure Salad](#)
- + [Sauteed Thai Lime Chicken With Sesame Chicken And Sesame Stirfry](#)
- + [Seasoned Chicken With Shredded Cabbage](#)
- + [Spanish Chicken Casserole](#)
- + [Spinach And Pumpkin Curry](#)
- + [Spring Green Vegetable Tart](#)
- + [Stirfry With Vegetables](#)
- + [Tofu And Bok Choy](#)
- + [Tofu And Vegetable Stirfry With Brown Rice](#)
- + [Tofu And Veggie Stirfry In A Wok](#)
- + [Vegetarian Stirfry](#)
- + [Whole Roasted Lemon And Sage Chicken](#)
- + [Wok Fried Ginger Chicken And Almonds](#)
- + [Zucchini And Carrot Bake](#)
- + [Zucchini And Smoked Salmon Fritters](#)
- + [Zucchini Noodles With Avocado Mint And Spinach Pesto](#)
- + [Zucchini Noodles With Basil Pesto And Pan Fried Salmon](#)

14. Side Dishes

Try these sides:

(Click through to go to each of the recipes)

+ [Asian Greens with Ginger and Shallots](#)

+ [Avocado Dressing](#)

+ [Baked Vegetables](#)

+ [BBQ Green Beans with Sesame](#)

+ [Cauliflower Rice](#)

+ [Chickpea Flatbread](#)

+ [David's Cauliflower Rice](#)

+ [Green Beans with Tomato Mint and Basil](#)

+ [Greens Side Dish](#)

+ [Homemade Gravy](#)

+ [Honey Mustard Vegetables](#)

+ [Oriental Dressing](#)

+ [Stuffed Tomatoes with Cashews and Spinach](#)

+ [Tahini Dressing](#)

15. Desserts

Try these desserts:

(Click through to go to each of the recipes)

+ [Banana almond cookies](#)

+ [Caramelised banana with coconut and macadamia crumble](#)

+ [Banana bread](#)

+ [Butterscotch cream](#)

+ [Caramel slice](#)

+ [Chia pudding](#)

+ [Chia seed and almond meal bread](#)

+ [Choc orange pots](#)

+ [Chocolate fudge](#)

+ [Love heart chocolates](#)

+ [Superfood log](#)

+ [Steamed pear with cashew cream](#)

+ [Hummingbird Slice](#)

+ [Mango Freeze](#)

16. Snacks

We recommend you prepare for two snacks a day.

One of these snacks should be a serve of fruit, and for the other, you can choose from:

- + [Apple Muesli Cup](#)
- + [Banana Bread](#)
- + [Breakfast Energy Bars](#)
- + [Cashew Coconut Yogurt](#)
- + [Cashew Yogurt](#)
- + [Coconut Yogurt](#)
- + [Chia Pudding](#)
- + [Choc Orange Bliss Balls With Orange Cream](#)
- + [Energy Bar](#)
- + [Garlic And Tamari Chicken Drumsticks](#)
- + [Homemade Guacamole](#)
- + [Hummus](#)
- + [Kale Chips](#)
- + [Lemon Coconut And Ginger Balls](#)
- + [Veggie Chips](#)
- + [Tamari And Garlic Kebabs](#)
- + [Red Capsicum Dip](#)
- + [Shish Kebabs](#)
- + [Spicy Guacamole](#)
- + [Tracey's Nut Balls](#)
- + [Vegie Snack Wraps](#)
- + [Zucchini Hummus](#)

17. Juices



Fruit Juice

- Apple (green), watermelon, strawberry, kiwi fruit and banana (delicious and the banana gives the juice extra body)
- Watermelon, strawberry, pineapple and orange

Vegetable Juice

- Tomato, carrot, beetroot, celery (tomato adds extra body)
- Carrot, ginger, beetroot, apple and celery

Vegetable Soup

- Warm broccoli, cauliflower, carrot, and pumpkin, steamed and then blend. Add Herbamare for taste.

For more juice & smoothie recipes follow this link to our Healthy Habits recipes page - <http://www.mullenhealth.com.au/recipe-categories/healthy-habits-challenge-recipes>

How to make a green smoothie

Green smoothies can be anything you want them to be - but here are a few basic guidelines below.

If you are time-poor you might also like to try preparing your smoothie ingredients at the beginning of the week. Just place all your chopped up ingredients in a snap-lock bag, freeze, and then take out and blend each day.



2 - 3 handfuls of leafy greens

- kale • baby spinach • cos lettuce • or any other dark leafy greens



add 1-2 peices of fruit

- banana • berries
- kiwi fruit • apple
- orange • pear • pineapple
- mango • or any of your favourite fruits



add 1-2 cups of liquid

- purified water
- coconut water
- almond milk
- coconut milk



add healthy fats

- coconut oil
- chia seeds
- nuts
- seeds



choose optional extras

- ice • honey • dates
- lemon • lime • ginger
- maca powder
- vital greens • protein powder





18. Congratulations!

You have completed your three week challenge! Well done for sticking with it!
If you have enjoyed the past three weeks, why not try and keep it up for a little while longer.

We look forward to seeing you at your next appointment!