



Easy Peasy Detox

Week Guide



The moment has arrived. You've been feeling a bit off your game because you haven't been eating as healthy as usual for the past few weeks (or months). You've let your powerfood lifestyle slip just a bit. If this is how you're feeling, isn't it time we did something about it? Let's start this year off right by taking extra good care of ourselves. So, what's the plan? Clean out your kitchen and spend a week focusing exclusively on powerfood ([link](#)) - only allow whole, unprocessed food that is free of additives, artificial flavor and color, preservatives and sweeteners to find its way into your kitchen. Can you imagine? Your entire fridge and all your cupboards filled with fresh, whole foods? Heaven! But for this cleanse, we're taking things a step further... As you know, in some of my recipes I use things like goat cheese and maple syrup. You guessed it. We're cutting those things out too. What it comes down to is, don't eat too much and avoid gluten, soy, meat, dairy products, caffeine, alcohol and added sugars. That's it! And to be clear, the goal here is not to starve yourself the whole time. The goal is to give your body a chance to cleanse itself a bit. Give your body some time to rest and rejuvenate. With this week menu, you'll be back on track in no time and you'll start your happy and healthy new year off with a big energy boost. Who's with me? Share your Easy Peasy Cleanse food on social media using the hashtags **#easypeasy-cleanse** and **#renskroes**. That way I can send some mental support to you as you go. ;-) Good luck dear Powerfoodies!

Please note: the serving sizes differ in each recipe, so make sure to take note of this when you're shopping for groceries. All the recipes in this guide are linked to the relevant recipe on the website. Click on a dish and you'll see the recipe appear on your screen in no time flat. Super handy!

Love,
Rens

Day #1

Start

Wake up tea

Breakfast

Sour power smoothie

Snack

1 x Chocosnack

Lunch

Beet soup

Dinner

Pumpkin quinoa curry

*click here
for the recipe!*



Day #2

Start

Golden drink

Breakfast

Green juice

Snack

1 x Soft breakfast cookie

Lunch

Winter detox salad + 2 x crunchy crackers

Dinner

Beet soup

Day #3

Start

Wake up tea

Breakfast

Lemon booster

Snack

1 x Chocosnack

Lunch

Dahl soup

Dinner

Summer rolls

Snack

Chai Goodnight drink

Day #4

Start

Golden drink

Breakfast

Love mousse

Lunch

Dahl soup

Snack

1 x Rice cracker with nut butter

Dinner

Stuffed portobello's

*Detox tip: Make sure you drink
enough water during the day!*





Day #5

Start
Wake up tea

Breakfast
Green machine

Lunch
Stuffed portobello's

Snack
Veggies with homemade hummus

Dinner
Sweet pumpkin soup

Day #6

Start
Golden drink

Breakfast
Happiness mousse

Lunch
Sweet pumpkin soup

Snack
1 x Chocosnack

Dinner
Beet salad

Day #7

Start
Wake up tea

Breakfast
3 x Soft breakfast cookie

Lunch
Beet salad

Dinner
Cashew Ramen

Snack
Chai Goodnight Drink