



WITH CHARLOTTE PICKLES

FOOD AS YOUR FUEL- WORKBOOK

INCREASE YOUR MENTAL AND
PHYSICAL ENERGY



Introduction

Welcome to the 'Food as your Fuel' online nutrition programme.



This 10-day programme promotes self-reflection, goal-setting and education as an integrated solution to your nutrition goals.

The programme has been designed to support you to make specific dietary change to achieve better outcomes for your physical, mental and emotional health.

Whether your goal is to lose a little weight, to improve concentration, to have more energy, or to address underlying health concerns that are impacting your working life*, this programme is for you.

We know that making dietary change can be extremely difficult due to a range of factors including lack of support, lack of planning, poor mental health, poor physical health, financial implications, access to healthier options, etc.

We therefore want the programme to be as solution-focused as possible to support you to identify your health goals and make realistic and sustainable dietary change with the support of an online forum and our Nutritional Therapist, Charlotte Pickles, who is available to answer your questions throughout the duration of the programme.

Please find the following documents within your Workbook which will help to guide and support you throughout the programme:

- Preparing for the Challenge (page 3)
- Food Diary (page 4)
- Self-Assessment & Setting Goals (page 5)
- Programme Guidelines (page 6-7)
- Shopping List Guidelines (page 8-9)
- Breakfast Ideas (page 10-11)
- Loving Lunchtime (page 12)
- Recommended Recipes (snacks, smoothies & juices) (page 13-16)

*If you have any ongoing health concerns or are taking medications please consult your GP or healthcare practitioner before embarking upon significant dietary change.

Preparing for the Challenge:

During the week leading up to the start of the 10-day programme, you will need to prepare yourself so that you are mentally prepared to make practical changes to the way you eat.



The following are things you need to do **before** you start the challenge:

1. Keep a Food Diary

- Use the Food Diary on the next page to record everything you eat and drink over the next few days; this includes all snacks and drinks.
Alternatively use your phone to take pictures or download a Food Diary app to help you record your intake.

2. Goal setting.

- When you have completed your Food Diary, you will need to review it and consider 3 changes (actions) you would like to make over the course of the 10-day programme.
- You may have one overarching goal that you are working towards; your 3 actions should set out what you are going to do to achieve this and how you are going to do it. They should be **actions** that are realistic and achievable. For example:

Overarching Goal =

“I’d like to avoid the afternoon slump and keep focused throughout the day”

i. **Drink at least 1 litre of water daily.**

I am going to buy a water bottle and ensure I drink at least 1 full bottle of water throughout the day. I am going to add fresh lemon to encourage me to drink it.

ii. **Have breakfast daily.**

I am going to make overnight oats or a smoothie the night before so that it’s ready for me to take to work with me/drink on my commute to work in the morning.

iii. **Cut out the sugary snacks.**

I am going to be prepared with fruit, granola bars (see recipe ideas!), nuts/seeds so that I have an alternative snack ready when I would usually choose chocolate/biscuits/sweets.

3. Food preparation and menu planning

- Now that you know your own dietary pitfalls and have identified your food goals and actions, you need to get prepared!
- Clear out your food cupboards and your fridge so that you’re not tempted with foods that you should be trying to avoid. Give the chocolates to your neighbour and finish off that open bottle of wine.
- Replenish your cupboards and fridge with the foods recommended in your **Shopping List Guidelines**.
- Plan your breakfast and lunch options and buy the ingredients ready to prepare them. If you can’t take food to work with, consider the ‘healthiest’ options available to you at work, which fit within the guidelines provided.
- Make the recommended snacks/bakes (see recipe ideas) ready to take to work with you.



Charlotte Pickles
NUTRITION

UNICORN
full of goodness
And Co



Food Diary

Please keep an accurate record of all foods and drinks you consume over the next 4 days.
Keep a record of times of consumption, amounts consumed and whether it was home-made or shop-bought.

	Morning	Mid-morning	Mid-day	Mid-afternoon	Early evening	Evening
Day 1						
Day 2						
Day 3						
Day 4						

Self-Assessment & Setting Goals

Completing a self-assessment prior to embarking upon dietary change helps you to review your progress and keep track of change.

Setting goals for yourself is another really important part of the programme. Use your Food Diary to help you to identify food challenges you would like to address over the course of the 10-days.



Please use the page below to complete your **Self-Assessment** and to help you set **3 Food Goals/Actions**.

Self-Assessment:

Please rate your energy levels. (1 = low/10 = high)	1	2	3	4	5	6	7	8	9	10
Please rate your stress levels. (1 = low/10 = high)	1	2	3	4	5	6	7	8	9	10
Please rate your memory. (1 = low/10 = high)	1	2	3	4	5	6	7	8	9	10
Please rate your ability to concentrate. (1 = low/10 = high)	1	2	3	4	5	6	7	8	9	10
Please rate your general mood (1 = low/10 = high)	1	2	3	4	5	6	7	8	9	10
Please rate your body/weight satisfaction (1 = low/10 = high)	1	2	3	4	5	6	7	8	9	10

Goal Setting:

You might have an overarching goal (or aim) that you'd like to work towards like 'I'd like to lose weight and feel better about my body' or 'I want to balance my blood sugars and mood', but you will need to break this down to manageable and achievable actions.

Record your goal and choose 3 actions that are going to help you to achieve it below:

My overarching goal is to:

To achieve this I am going to:	...and this is how I'm going to do it:
1)	
2)	
3)	

Food as your Fuel

Programme Guidelines:

The programme runs over 10 working days (plus the weekend in-between if you can stick to it then too!).



The programme is designed to support digestion, detoxification and to increase your energy yield.

We all have different starting points so consider what is realistic for you, take it slowly and remember this is about establishing new routines not extreme dieting!

We won't be counting calories in this programme, you will be focusing on fuelling your body with whole and nutrient-rich foods, whilst at the same time cutting out the foods that are slowing you down.

If you have any allergies/intolerances please continue to keep those foods out of your diet.

If you're struggling with ideas or have any questions about the guidelines please contact Charlotte prior to the commencement of the programme.

During the 'Food as your Fuel' programme you should try to avoid the following:

- **Alcohol**
- **Caffeine** (this depends on your starting point but try to reduce by at least 50%). This includes energy drinks.
- **Simple carbohydrates.** Cut out the white pasta, white bread, white rice and white potatoes. Opt for wholegrains, brown/red rice and sweet potato or butternut squash instead.
- **Wheat.** Try cutting down on the wheat during the programme and see how you feel. Wheat is in bread, wraps, pasta, biscuits, cakes, pastries, etc. If you think you'll struggle without bread for two weeks try a good quality sourdough instead as this is easier to digest.
- **Refined sugar** in chocolate, sweets, biscuits, baked goods and processed foods.
- **Artificial sweeteners, flavourings, preservatives and additives** found in processed foods, condiments, drinks, etc. Always check labels.
- **Hydrogenated and trans fats** in take-aways, fried foods, crisps and processed/baked goods.

 Alcohol	 Refined sugar	 Wheat products
 Caffeine (reduce)	 'Bad' fats (fried foods, take-aways, processed foods, etc.)	 Processed foods / Ready meals
 Simple carbohydrates	 Artificial additives, sweeteners, flavourings and preservatives	 Fizzy drinks / energy drinks

During the ‘Food as your Fuel’ programme please try to include the following:

The guidelines below provide a general guide, if you have any allergies/intolerances or have been asked to follow specific dietary guidelines by your GP or practitioner, e.g. FODMAP diet or the low histamine diet, please amend the plan to suit your needs.



- **Vegetables and fruits!**

Increase your intake by 50%.

Check your Food Diary to work out how many daily portions you are currently having.

1 portion = 1 handful, or 2 inches ginger/turmeric, or 1 bulb of garlic, etc.

White potatoes don't count towards your vegetable intake.

Choose:

- Green vegetables (e.g. spinach, kale, broccoli, green beans, peas, asparagus)
- Colourful vegetables (e.g. carrots, bell peppers, squash, red onions, red cabbage, beetroot, tomatoes)
- Others (e.g. mushrooms, onions, garlic, fennel, artichoke, celery, cauliflower)

- **Natural flavourings** using herbs and spices (see **shopping list guidelines** for ideas)

- **Water** (preferably filtered). 1.5-2L daily.

Your exact water requirements vary depending on factors such as temperature and physical exertion.

Aim for 6-8 glasses daily. If you exercise or work in a warm/dry environment you may need more.

Add freshly squeezed lemon, mint, parsley or cucumber for additional cleansing properties

- **Herbal teas**, e.g. green tea, chamomile, peppermint, fresh lemon and ginger.

- **Good quality protein**, e.g. organic poultry, organic eggs, wild or line caught fish, beans and pulses, quinoa – aim for 0.8g of protein per 1kg of your weight.

Adjust the amount to suit your needs, e.g. if your aim is to build muscle or you are recovering from injury/surgery, you will need more.

- **Good fats**, i.e. oily fish (sardines, mackerel, anchovies, salmon, herring – think **SMASH**), nuts and seeds, avocado, olive oil, coconut oil, organic dairy.

- **Natural sugars/sweeteners** (fresh and dried fruit, raw honey, raw cacao, cinnamon, date/maple syrup)

✓ Vegetables and fruits (5 or more a day)	✓ Good quality protein	✓ Natural flavourings (herbs and spices)
✓ Water (at least 6 glasses a day)	✓ ‘Good’ fats (oily fish, olive oil, avocado, nuts and seeds)	✓ Whole, unprocessed foods
✓ Herbal teas	✓ Natural sugars	✓ Organic produce where possible

Food as your Fuel

Shopping List Guidelines:

Use the following as a guideline to support you as you prepare for the Food as your Fuel Programme.



Vegetables	Fruits	Protein
Kale	Lemons/limes	Organic chicken or turkey
Spinach	Oranges	Organic eggs
Broccoli	Berries (especially blueberries)	Beans and pulses, e.g. lentils, kidney beans, black beans, chickpeas, including hummus.
Spring greens/cabbage	Red grapes	White fish (wild or line caught)
Green beans	Apples (especially green)	Organic grass-fed meat (once a week only during the programme)
Asparagus	Bananas	Fermented soy, e.g. miso, tempeh, natto
Watercress	Kiwi fruit	
Rocket	Cherries	
Romaine lettuce	Pineapple (including core)	
Artichoke	Melon	
Celery	Dried fruits (without sulfites)	
Fennel		
Carrots		
Tomatoes		
Beetroot		
Bell peppers		
Mushrooms		
Peas		
Sweet potato		
Butternut squash		
Pumpkin		
Celeriac		
Onions/leeks		
Garlic		

<p>Grains</p> <p>Oats</p> <p>Quinoa</p> <p>Amaranth</p> <p>Buckwheat</p> <p>Brown, red or wild rice</p>	<p>Fats</p> <p>Oily fish – wild or line caught (salmon, mackerel, sardines, anchovies, herring, trout)</p> <p>Nuts and seeds, especially:</p> <p>Flax seeds</p> <p>Chia seeds</p> <p>Sesame seeds</p> <p>Almonds</p> <p>Cashews</p> <p>Brazil nuts</p> <p>Walnuts</p> <p>Pumpkin seeds</p> <p>Nut butters (preferably almond or cashew nut butter)</p> <p>Avocado (or avocado oil)</p> <p>Olive oil (or olives)</p> <p>Coconut oil (or coconut)</p>	<p>Condiments and flavourings:</p> <p>Raw cacao</p> <p>Raw honey</p> <p>Apple Cider Vinegar (with the mother enzymes)</p> <p>Fresh turmeric</p> <p>Fresh ginger</p> <p>Fresh herbs and spices:</p> <p>Parsley, rosemary, coriander, basil, dill, cumin, chilli, cayenne, fennel seeds, turmeric, mint, cinnamon, cloves, mustard seeds, etc.</p> <p>Lemon/limes</p> <p>Tamari soy</p> <p>Date syrup / maple syrup</p> <p>Himalayan pink salt or rock salt</p> <p>Black pepper</p>
<p>Dairy:</p> <p>Goat's and sheep's dairy</p> <p>Feta, Manchego, goat's cheese</p> <p>Kefir or live yoghurt</p> <p>Coconut, almond, rice or oat milk (check the ingredients; recommended 'clean' brands include Rude Health, Rebel Kitchen and Plenish)</p>	<p>Drinks:</p> <p>Water (preferably filtered)</p> <p>Herbal teas</p> <p>Broth (bone or vegetable)</p> <p>Aloe Vera Juice</p> <p>Coconut water</p>	<p>Snacks (always check ingredients, preferably make your own!):</p> <p>Oatcakes</p> <p>Buckwheat crackers</p> <p>Fresh fruit with nuts/seeds</p> <p>Raw cacao energy balls/ Homemade bakes (see recipes attached)</p> <p>Hummus or other bean dip</p> <p>Smashed avocado</p> <p>Boiled egg</p> <p>Raw crudites (carrot, cucumber, celery)</p>

Food as your Fuel

Breakfast Ideas



Breakfast can be a challenging meal for many of us. We often fall into bad habits, including skipping breakfast altogether, relying on coffee to get through the morning or choosing a simple/refined carbohydrate option on-the-go, e.g. toast, pastry or cereal.

Although those simple-carb options are handy, they are not equipping you with the energy and nutrients you need to power through the morning.

Relying on coffee only puts extra pressure on your adrenal glands and contributes to poor blood sugar control and dips in energy.

If you are someone who skips breakfast or finds it hard to face food in the morning, start slowly by introducing a light breakfast or simply starting your day with a glass of water with freshly squeezed lemon juice.

If you don't have time for breakfast, prepare a smoothie the night before and take it to work with you to sip throughout the morning

Either way, what you choose at breakfast can have a huge impact on your mood, energy and concentration for the rest of the day.

Here are some ideas:

- **Fresh veggie juice.** See separate handout with juicing recipes. These are ones that you make at home using a juicer (*not* a blender like the Nutri-bullet). You can buy juices, but ensure they are mainly made with vegetables with no more than 50% fruit juice. Fruit juice by itself can spike blood sugar levels, contributing to blood sugar imbalance and poor energy control. You can choose to have a vegetable juice by itself for a light breakfast or have it alongside another choice from below.
- **Chia breakfast.** This is a really easy breakfast option that can be prepared the night before. Mash up a small banana (optional, you can have it without banana if you prefer), add 2 tablespoons of chia seeds, half a teaspoon of cinnamon and cover with almond or coconut milk. Leave to soak overnight. In the morning your chia breakfast is ready! You can add raw cacao powder or top with ground nuts/seeds or fresh fruit if you wish.
- **Overnight oats.** Soak oats overnight in water or non-dairy milk like coconut or almond milk. You can add flax and chia seeds to be soaked with the oats and a teaspoon of cinnamon. In the morning throw in some berries/grated apple/banana, pumpkin seeds (or other seeds of your choice) and a little raw honey. Take to work in a sealed container or take time to eat before leaving for work.

- **Smoothie.** Smoothies are a great way to pack in lots of nutrients in one hit. Unlike juices, smoothies retain the fiber from fruits and vegetables which can be very beneficial for gut health and cardiovascular health. Smoothies are also much more of a 'meal' than a juice and will keep you full until lunchtime if you include the right ingredients. To make a smoothie you will need a blender. You can play about with ingredients to find a smoothie that you like, but try to stick to the following rules:
 - **Choose your vegetable:**
 - E.g. spinach, kale, broccoli, carrots, celery, beetroot, fennel, cucumber, courgette, etc.
 - **Choose your fruit:**
 - E.g. lemon, apple, pineapple, oranges, kiwi, banana, berries
 - **Add protein/good fats:**
 - Nuts and seeds (especially flax, almonds, pumpkin seeds, sunflower seeds)
 - Nut butters - try adding a spoonful of almond or cashew nut butter.
 - Coconut oil – try adding a teaspoon of coconut oil
 - If you can't have nuts/seeds, you don't like coconut oil or you want more protein, add a good quality protein powder.
 - **Add fresh herbs or spices (optional).** E.g. 2 inches ginger or turmeric root, a handful of parsley or coriander.
 - **Superfood powders (optional).** Try adding a teaspoon of spirulina, barley grass, maca or other superfood powder to your smoothie.
 - **Add liquid.** Mix with 200ml water, coconut water or milk of your choice (preferably non-dairy or organic).

- **Eggs.** However you like them; poached/scrambled/boiled. Add some wilted spinach and mushrooms to increase nutrient value. If you don't have time to cook in the morning, take a boiled egg to work and have that with a piece of fruit – just make sure your colleagues don't mind the smell!

- **Banana pancakes.** 1 banana (mashed), 2 eggs (beaten). Combine together with ½ teaspoon of cinnamon. Heat some coconut oil in a pan and make little pancakes with the mixture. Have on their own or with a little coconut yoghurt and some fresh fruit.

- **Huevos Rancheros (Mexican 'ranch-style' eggs).** One for the weekend when you have more time! Make a simple spicy tomato sauce by cooking down some sliced onions, garlic and fresh chilli in olive oil or coconut oil. Add a tin of tomatoes (or fresh chopped tomatoes) and continue to cook down. Add black beans for extra protein, fibre and antioxidants. Add a little black pepper, pink Himalayan salt and some fresh coriander. Once your sauce is nice and thick, make two little wells and break your eggs into them so that they poach in the juices. Cover with a lid and leave to cook for 5 minutes or until the eggs are cooked to your liking.

- **Continental Breakfast.**

If you will find it hard to move away from cereals and toast for breakfast, ensure that your cereal isn't one laden with sugar/additives and that it includes wholegrains.

If choosing toast, make sure it is a good quality wholemeal/wholegrain or a sourdough. Spread with a protein source like almond butter, avocado, egg or hummus to support energy. Have a handful of berries or a piece of fruit alongside your choice to ensure antioxidants at breakfast.

Food as your Fuel

Loving Lunchtime!



Lunch can be a challenge too!

Not being prepared, not having access to healthy choices, not having time – too many reasons for us to skip the lunchtime meal or make choices that are not supporting us to keep well and energised.

So...here are my **Top Ten Tips** to support digestion and optimise nutrient intake at lunchtime:

Practicalities:

- 1) **Have breakfast** (see previous section) to avoid making choices driven by a need for glucose (sugar) at lunchtime.
- 2) **Take time out at lunchtime**, even if it's just 10-15 minutes. It's tempting to keep ploughing through your work, especially if you've got a deadline, but giving yourself a break will actually enhance productivity and help you to re-focus the mind.
- 3) **Ask a colleague to join you.** Creating a culture where it's ok to stop for lunch is really important. Use the time to connect with your colleagues and think about your food choices.
- 4) **Rest and Digest.** Eat slowly and mindfully to help your body to digest your food and for maximum nutrient absorption. Another good reason to move away from your desk.
- 5) **Lunchtime meetings.** Suggest that people bring their lunch to the meeting (how many 'lunchtime meetings' don't actually involve food??). Or at least take healthy snacks to support your energy reserves during the meeting.

Lunch-time Options:

- 6) **Be prepared.** If you know there aren't any healthy options for you at work, take your lunch to work with you. Prepare a salad, a soup or a smoothie; keep it in the fridge, then follow steps 1-5.
- 7) **Salads.** Try ditching the bread and choose a salad instead. Use the following guidelines:
 - a. Choose a green salad base, e.g. rocket, watercress/other salad leafy greens.
 - b. Add colourful salad vegetables, e.g. bell peppers, tomato, grated courgette/carrot, beetroot, celery, fennel, artichoke, sugar snap peas, steamed broccoli.
 - c. Add a good source of protein and healthy fats to sustain you. Choose from:
Grilled chicken, Salmon/tuna or other oily fish (tuna twice a week only), Eggs, Avocado, Feta/manchego, Hummus / bean salad, Quinoa.
 - d. Add a dressing. Drizzle with extra virgin olive oil, raw apple cider vinegar or lemon juice. Add Himalayan pink salt/rock salt, black pepper and whatever herbs/spices you like.
- 8) **Soups.** Be mindful of shop-bought soups because of added sugar and salt. Home-made are great if you can get organised – batch cook and freeze until needed. Take to work in a flask.
- 9) **Meal-deals.** If choosing a 'meal-deal', choose a whole meal/wholegrain sandwich or a wrap with plenty of protein filling; e.g. chicken, egg, halloumi, etc and salad veggies.
Avoid the crisps, choose fruit instead, plus some unsalted nuts/seeds.
Choose water for your drink.
- 10) **Eating out.** If eating out with colleagues, choose a salad option or at least choose a veg/side-salad with your meal instead of the chips or baked potato.
Avoid take-aways/fast-food at lunchtime.

Food as your Fuel

Recommended Recipes:



Raw cacao energy balls



Makes 20 balls

Ingredients:

100g almonds
12 soft pitted dates
2 tablespoons of raw cacao powder
1 tablespoon of almond butter
1 tablespoon of coconut oil

Optional: Add 1 tablespoon of maca powder or matcha green tea powder for additional anti-oxidant and energising properties.

Method:

- 1) Begin by placing the almonds in the food processor and pulsing until they are nicely crushed.
- 2) Add the dates and coconut oil and pulse until fully mixed.
- 3) Add the almond butter and cacao and then mix again in the food processor. Add a pinch of salt if desired.
- 4) Take a dessert spoon of the mixture and roll into a ball. Continue doing this until the mixture is finished.
- 5) Place the rolled balls into the freezer for an hour, then remove and store in an airtight container in the fridge. They can store in the fridge for a couple of weeks.

Food as your Fuel

Recommended Recipes:



Granola Bars

Makes about 20 bars

Ingredients:

200g oats
100g raisins
65g pumpkin seeds
65g sunflower seeds
65g ground flaxseeds
35g chia seeds
2 tsp cinnamon
2 tbsp almond butter
200g soft pitted dates



Method:

- 1) Place the dates in a saucepan with 2 mugs of water (500ml). Heat and simmer for 5-10 minutes until soft and mushy.
- 2) Whilst the dates cook, place the seeds, raisins and oats into a large mixing bowl.
- 3) Once the dates are cooked put them and the remaining water in a blender with the cinnamon and almond butter and pulse until smooth.
- 4) Pour the date 'syrup' over the oats and seeds and mix well until everything is coated.
- 5) Line a baking tray with parchment paper (use coconut oil or butter to grease the tray first), then pour the mixture into the tray and press it down firmly making sure it is tightly packed and smooth across the top.
- 6) Bake for 20 minutes at 180 degrees, then remove from the oven and use a knife or pizza slice to score the bars.
- 7) Return to the oven for a further 15-20 minutes
- 8) Remove and cut them fully into bars before allowing to cool.
- 9) Store in an airtight container for up to 5 days.

Food as your Fuel

Recommended Recipes:

Smoothies

Superfood Smoothies!

Smoothies are great as a breakfast replacement, but it's important to include a good blend of vegetables with fruits, healthy fats and proteins in order to balance blood glucose levels and energy.

You can add protein powder for additional protein (try pea or hemp protein), as well as other superfood powders e.g. spirulina, chlorella, wheatgrass, maca powder, etc.

Don't worry if you don't have all the ingredients in the recipes, just throw in what you have – focusing on vegetables before fruits!



Red 'Cleanse & Detox' Smoothie:

- 1 x beetroot
- 2 x handfuls mixed berries
- 1 x pineapple slice (including core)
- ½ lemon
- ½ fennel bulb
- 1 x celery stick
- 4" chunk cucumber
- 2" ginger root
- 1 x handful fresh mint leaves
- 1 x dessert spoon pumpkin seeds
- 1 x dessert spoon pomegranate seeds



Green 'Energise' Smoothie:

- ½ avocado
- 1 x handful spinach leaves
- ½ green apple
- 1 x kiwi fruit
- 4" chunk courgette
- 1 x handful fresh parsley
- 1 x small handful almonds (or almond butter)
- 1 x dessert spoon flaxseeds
- 1 x inch turmeric root
- ½ teaspoon ground cinnamon
- 200ml pure coconut water

Food as your Fuel

Juicing



Juicing is a great way to increase your nutrient intake by increasing the amount and range of vegetables you consume as well as supporting nutrient absorption.

Juicing vegetables and fruits extracts the juice from the fibre so you are left with a liquid. This is different to a smoothie where you end up with a blended drink with a thicker consistency.

A cold-press masticating juicer is the best choice for keeping nutrients and enzymes intact.

They're not cheap so if you don't have one, take a look on E-bay or see if a friend has one that you can borrow.

Below are a few recipes to get you started, you don't need to stick to these, but use them as a guide to nutrient-rich ingredients and useful combinations.

Daily Greens Juice

- 1 green apple
- 1 stalk celery
- ¼ of a cucumber
- 2 handfuls of spinach or kale
- ½ bulb fennel
- 1 handful of fresh coriander or parsley rolled into a ball.



Liver Detoxification

- 1 beetroot scrubbed and chopped
 - ¼ cup cubed raw artichoke
 - 1 lemon including rind
 - 2 sticks celery
 - 1 carrot (peeled and chopped)
 - 2 inch piece of turmeric root
 - 1 handful parsley
- Dash of apple cider vinegar added at the end

Digestive-Aid

- ¼ head red cabbage
- 2 carrots
- 1 green apple
- 1 inch fresh ginger
- 1oz coriander or wheatgrass
- ¼ bulb fennel
- 1 lemon
- ¼ cup aloe vera juice added at the end

Keep it simple – quick and easy juice!

- 2 x carrots
- 2 x apples
- 1 x inch fresh ginger

