

# Detox Diet Menu Plan and Shopping List

Based on the detox diet in "The Swiss Secret to Optimal Health" by Dr. Thoman Rau

## Day 1

### Morning To Do:

- start some lentils sprouting (for day 3 lunch)
- start alfalfa sprouts (for day 3 lunch) if you are growing your own.
- start bean sprouts (for day 4 lunch) if you are growing your own.
- Make Alkaline Soup:

#### RECIPE: all finely diced:

1 1/2 c zucchini (about 1/2 of an 8-10 inch zucchini)

1 c green beans (about 1 very large handful)

3/4 c celery (about 1 lg stalk)

3/4 c carrots (about 2 med. carrots)

sea salt, optional

w/ 2 quarts water. Boil and skim scum, reduce heat, simmer 10-12 min or until soft. Let stand covered 10 minutes.

### Breakfast

Drink 1 c. AS(Alkaline soup) broth

1/2 grapefruit, preferably ruby red

1 T flaxseed oil

1/4 cup steel cut oats with 1 date

1 small apple

1 cup herb tea

### Snack

1/2 apple or small carrot

### Lunch

salad: shredded raw veggies of your choice

1/3 c shredded zucchini tossed with lemon juice and evoo

1/2 c asian sesame slaw: shredded cabbage, rice vinegar, Asian sesame oil, sesame seeds

steamed veggies:

broccoli, carrots, 1 small yukon gold potato. Sprinkle with sunflower seeds

### Snack

6 cucumber sticks, 1/2 avocado, or 1/2 apple

### Dinner

1/2 c fresh carrot juice-or other veg. juice

1 cup alkaline soup, including 1/2 c diced veggies from soup

lightly steamed: 1/2 c olive oil-steamed spinach and 1/2 c steamed broccoli florets

1 c herb tea

### Night To Do: soak 2 T chickpeas (for day 2 lunch)

#### NEEDED:

2 c zucchini

3 c carrots

1/4 c steel cut oats

lemon

rice vinegar

1 c broccoli

1 cucumber

1 c green beans

1/2 grapefruit

1 1/2 apple

date

Asian sesame oil

1 sm yukon gold potato

1/2 lb baby spinach

3/4 c celery

1 T flaxseed oil

2 pkts herb tea

cabbage

sesame seeds

sunflower seeds

## Day 2

### **Breakfast**

Drink 1 c. AS broth  
1/2 grapefruit, preferably ruby red  
1 T flaxseed oil  
1/4 cup steel cut oats with 1 date  
1 small apple  
1 cup herb tea

### **Snack**

1/2 apple or small carrot

**Todo: cook 2 T chickpeas by steaming them for 30-40 minutes.**

### **Lunch**

salad: your choice of shredded raw vegetables dressed with lemon juice and EVOO **or** 1 c shredded romaine lettuce, 1 med. carrot shredded, 2 T steamed chickpeas, 2 T red bell pepper, tossed with 1 T each lemon juice and EVOO  
steamed veggies: cauliflower, green beans, 1 small sweet potato. Sprinkle with lemon juice or balsamic vinegar and EVOO or sunflower oil and pumpkin seeds

### **Snack**

6 cucumber sticks, 1/2 avocado, or 1/2 apple

### **Dinner**

1/2 c fresh beet juice-or other veg. juice  
1 cup alkaline soup, including 1/2 c diced veggies from soup  
lightly steamed: 1 c steamed broccoli florets + 1/2 c steamed sliced potatoes, dressed with lemon juice and EVOO  
1 c herb tea

### ***NEEDED:***

*1/2 grapefruit  
1 T flaxseed oil  
1/4 cup steel cut oats with 1 date  
1 1/2 small apple  
2 herb tea  
romaine lettuce  
carrot  
2 T chickpeas  
red bell pepper  
cauliflower  
green beans  
1 sm sweet potato  
pumpkin seeds  
cucumber  
beet-1/2 c juice  
1 c broccoli  
1 med potato*

## Day 3

### **Breakfast**

Drink 1 c. AS broth  
1/2 grapefruit, preferably ruby red  
1 T flaxseed oil  
1/4 cup steel cut oats with 1 date  
1 small apple  
1 cup herb tea

### **Snack**

1/2 apple or small carrot

### **Lunch**

salad: your choice of shredded raw vegetables dressed with lemon juice and EVOO, 1/2 c **alfalfa sprouts**, 1/3 cup shredded beet and carrot salad: beets, carrots, balsamic vinegar, sunflower oil  
steamed veggies: swiss chard, zucchini slices, kohlrabi Sprinkle with lemon juice or balsamic vinegar and EVOO or sunflower oil and **sprouted lentils**

### **Snack**

6 cucumber sticks, 1/2 avocado, or 1/2 apple

### **Dinner**

1/2 c fresh carrot juice-or other veg. juice  
1 cup alkaline soup, including 1/2 c diced veggies from soup  
lightly steamed: 1/2 c butternut squash and 1 c baby spinach dressed with balsamic vinegar and EVOO  
1 c herb tea

### **NEEDED:**

1.5 c zucchini  
1 c green beans  
3/4 c celery  
7 carrots  
1/2 grapefruit, preferably ruby red  
1 T flaxseed oil  
1/4 cup steel cut oats with 1 date  
1 1/2 small apple  
2 cup herb tea  
alfalfa sprouts  
2 beets  
balsamic vinegar  
lentils  
cucumber  
1/2 c butternut squash  
1 c baby spinach

## **Day 4**

### **Breakfast**

Drink 1 c. AS broth  
1/2 grapefruit, preferably ruby red  
1 T flaxseed oil  
1/4 cup steel cut oats with 1 date  
1 small apple  
1 cup herb tea

### **Snack**

1/2 apple or small carrot

### **Lunch**

salad: your choice of shredded raw vegetables dressed with lemon juice and EVOO or 1 c baby spinach lease, 1/2 c **bean sprouts**, 1 med carrot-peeled and shredded, 1/3 c shredded cucumber, tossed with 1 T each lemon juice and EVOO. Sprinkle with 2 t flax seeds

steamed veggies: broccoli, carrot slices, 1 sm potato. Sprinkle with lemon juice or balsamic vinegar and EVOO or sunflower oil.

### **Snack**

6 cucumber sticks, 1/2 avocado, or 1/2 apple

### **Dinner**

1/2 c fresh beet juice-or other veg. juice  
1 cup alkaline soup, including 1/2 c diced veggies from soup  
1 globe artichoke  
if you need it: 1 sm sweet potato, baked and mashed with 1 t sunflower oil  
1 c herb tea

**Night To Do: soak 1/4 c chickpeas for tomorrow's lunch**

### ***NEEDED:***

*1/2 grapefruit, preferably ruby red  
1 T flaxseed oil  
1/4 cup steel cut oats with 1 date  
1 1/2 small apple  
2 cup herb tea  
1 c baby spinach  
1/2 c bean sprouts  
3 med carrot  
1/3 c cucumber  
flax seeds  
broccoli  
1 sm potato  
cucumber  
beet-juice  
1 globe artichoke  
1 sm sweet potato*

## Day 5

### **Breakfast**

Drink 1 c. AS broth  
1/2 grapefruit, preferably ruby red  
1 T flaxseed oil  
1/4 cup steel cut oats with 1 date  
1 small apple  
1 cup herb tea

### **Snack**

1/2 apple or small carrot

### **Lunch**

salad: 1/2 cup cauliflower, raw or lightly steamed, 1/4 c shredded carrot, 1/4 c shredded cucumber, and arugula leaves tossed with lemon juice or balsamic vinegar and EVOO or sunflower oil

your choice of shredded raw vegetables dressed with lemon juice and EVOO.

steamed veggies: shredded cabbage, 1/2 c sweet potato, swiss chard. Also, 1/4 c spiced steamed chickpeas (sprinkle chickpeas with cumin and olive oil)

### **Snack**

6 cucumber sticks, 1/2 avocado, or 1/2 apple

### **Dinner**

1/2 c fresh carrot juice-or other veg. juice  
1 cup alkaline soup, including 1/2 c diced veggies from soup  
lightly steamed: 1 c broccoli florets, 1 small potato, dressed with lemon juice and EVOO  
1 c herb tea

### ***NEEDED:***

*1.5 c zucchini  
1 c green beans  
3/4 c celery  
2 c carrots  
1/2 grapefruit, preferably ruby red  
1 T flaxseed oil  
1/4 cup steel cut oats with 1 date  
1 1/2 small apple  
2 cup herb tea  
1/2 c cauliflower  
1 cucumber  
arugula leaves  
cabbage  
1/2 c sweet potato  
swiss chard  
chickpeas  
broccoli florets  
sm potato*

## **Day 6**

### **Breakfast**

Drink 1 c. AS broth

½ grapefruit, preferably ruby red

1 T flaxseed oil

¼ cup steel cut oats with 1 date

1 small apple

1 cup herb tea

### **Snack**

½ apple or small carrot

### **Lunch**

Repeat any day but yesterday: leftovers! :-)

### **Snack**

6 cucumber sticks, ½ avocado, or ½ apple

### **Dinner**

Same as Day 1, 3, or 4: leftovers! :-)

### ***NEEDED:***

*½ grapefruit, preferably ruby red*

*1 T flaxseed oil*

*¼ cup steel cut oats with 1 date*

*1 ½ small apple*

*2 cup herb tea*

*cucumber*

## Day 7

### **Breakfast**

Drink 1 c. AS broth  
1/2 grapefruit, preferably ruby red  
1 T flaxseed oil  
1/4 cup steel cut oats with 1 date  
1 small apple  
1 cup herb tea

### **Snack**

1/2 apple or small carrot

### **Lunch**

Repeat any day but yesterday: leftovers! :-)

### **Snack**

6 cucumber sticks, 1/2 avocado, or 1/2 apple

### **Dinner**

Same as Day 1, 3, or 4: leftovers! :-)

### ***NEEDED:***

*1.5 c zucchini  
1 c green beans  
3/4 c celery  
3/4 c carrots  
1/2 grapefruit, preferably ruby red  
1 T flaxseed oil  
1/4 cup steel cut oats with 1 date  
1 1/2 small apple  
2 cup herb tea  
cucumber*

## Shopping List for Week 1—I WAY overestimated the amounts to buy! Buy less! :-)

steel-cut oats, 2c  
herbal tea, 14 cups worth

chickpeas (garbanzo beans), 1 small pkg.  
alfalfa for sprouting (or alfalfa sprouts-they are 1.50 for a package.)  
mung bean sprouts, 1/2 c  
lentils for sprouting  
flax seeds  
pumpkin seeds  
sesame seeds

balsamic vinegar  
rice vinegar  
sunflower oil  
Asian sesame oil  
flax seed oil

zucchini, 7 c  
green beans, 4 c + 1 serving  
celery, 8 stalks or 3 cups  
carrots, 24  
grapefruit-preferable ruby red, 4  
small apples, 12-14  
lemon, 10? (Plus whatever you need for your water)  
dates, 7  
cabbage, 2 servings  
broccoli, 2 c + 2 servings  
yukon gold potato, 1 (Or maybe 2, if you want one on day 6 or 7)  
cucumbers, 7 (This is assuming that 2/3 of a cucumber equals one afternoon snack.)  
baby spinach, 2 c + 1/2 lb  
romaine lettuce, 1 serving  
red bell pepper, 1 small  
cauliflower, 1/2 c + 1 serving  
sweet potato, 3 small  
beets, 2 +enough to make 2 c juice  
potatoes, 3 med or small  
swiss chard, 1 serving  
arugula leaves, 1 serving  
1 globe artichoke  
butternut squash, 1/2 c  
avocado, if you want any for snacks (there is already enough of everything else if you want to skip it)