

viridian

Ethical vitamins with an organic heart

THE **7** DAY **SUGAR DETOX** PLAN

The facts, figures, recipes and support
you need to transform your health

IN JUST 7 DAYS

HOW MUCH SUGAR ARE YOU EATING?

A simple way to work out how much sugar you are eating is to roughly tally the food you ate yesterday in teaspoon equivalents: **1 teaspoon = 4 grams of "sugars" from food labels**

HOW MANY GRAMS OF SUGAR DID YOU EAT YESTERDAY?

LIGHT USER

0-5

You're within healthy daily levels so you'll soon get the benefits of our 7 Day Sugar Detox

MEDIUM USER

6-10

You're getting close to unhealthy daily sugar intake levels. It's time to cut down, start with our 7 Day Sugar Detox

HEAVY USER

11-15

You really need to reduce your intake of sugar to reduce health risks. Our 7 Day Sugar Detox is the perfect start.

VERY HEAVY USER

16+

Poor you. Sugar may be playing havoc with your health. Start your 7 Day Sugar Detox now!

FOOD	SERVING SIZE	TEASPOONS OF SUGAR
Granola	43g	2 teaspoons
Muesli	45g	2.5 teaspoons
Breakfast bar	43g bar	3 teaspoons
Yoghurt, blueberry	100g	3.3 teaspoons
Smoothie	1 bottle (250ml)	6.5 teaspoons
Pressed orange juice	1 glass (248g)	5.25 teaspoons
Coffee, whole milk latte	1 medium (450ml)	4 teaspoons
Coffee, whole milk, cappuccino	1 medium (312ml)	3.2 teaspoons
Gin and tonic	1 can (250ml)	3.5 teaspoons
Wine, white or red	1 glass (175ml)	0.5 teaspoons
Beer, ale	1 pint (500ml)	1 teaspoon
Cider	1 bottle (568ml)	5 teaspoons
Pizza	1 slice (107g)	0.95 teaspoons
American muffin	1 medium muffin	4.75 teaspoons
Carrot cake	1 medium slice	3 teaspoons
Chocolate, 70% dark	4 squares (50g)	2 teaspoons
Soda, cola	1 can (330ml)	8.75 teaspoons
Pasta sauce	1 serving (128g)	2.75 teaspoons
Salad cream	2 tablespoons (30g)	1.5 teaspoons
Cheeseburger	1	1.95 teaspoons

FOLLOW OUR PLAN AND CUT OUT A BAG OF SUGAR IN 7 DAYS

Based on the average intake of added sugars for men and women in the United Kingdom of 478.8g and 344.4g per week respectively. Average added sugar intakes in the UK: Boys 4-10yrs, 63.0g/day, 441g/week.

Boys 11-18 yrs, 84.0g/day, 588g/week. Men 19-64 yrs, 68.4g/day, 478.8g/week. Men 65+ yrs, 58.5g/day, 409.5g/week. Girls 4-10 yrs, 58.5g/day, 409.5g/week. Girls 11-18 yrs, 63.9g/day, 447.3g/week. Women 19-64 yrs, 49.2g/day, 344.4g/week. Women 65+ yrs, 46.2g/day, 323.4g/week.

Source: Official Statistics. National Diet and Nutrition Survey: results from Years 1 to 4 (combined) of the rolling programme for 2008 and 2009 to 2011 and 2012. From: Public Health England and Food Standards Agency.

First published: 14 May 2014.

TRANSFORM YOUR HEALTH

Sugar hides everywhere

Most people do not realise they are eating excess sugar because it is not from the sugar bowl but instead mostly “hidden sugars” in common foods, from cereals to salad dressing.

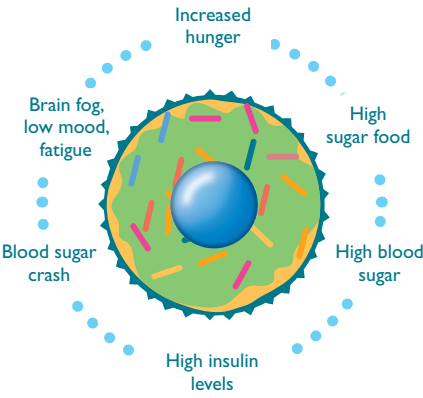
The trouble with sugar is it’s sneaky. You may not take sugar in your tea, but sugar is added to most processed foods by manufacturers.

Quitting sugar can help transform your health by reducing sweet cravings, body weight, improving blood glucose balance and overall well-being.

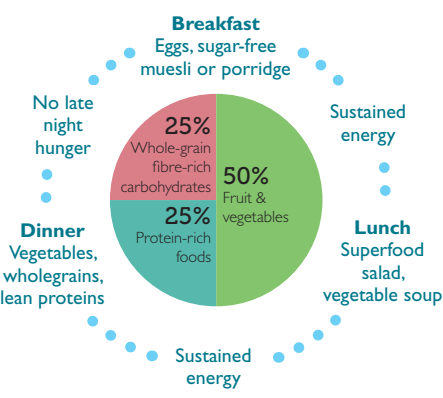
Our 7 Day Sugar Detox helps you eliminate added sugars from your diet for better health and vitality.

SUCROSE • FRUCTOSE • HIGH-FRUCTOSE CORN SYRUP • HONEY • CORN SYRUP • MAPLE SYRUP • MOLASSES
MALTODEXTRIN • MALTITOL • AGAVE NECTAR OR SYRUP • EVAPORATED CANE JUICE • ERYTHRITOL • BARLEY MALT
DEXTROSE • COCONUT SUGAR • CANE SUGAR • FRUIT JUICE CONCENTRATE • GRAPE SUGAR • GRAPE CONCENTRATE
RAW SUGAR • BROWN SUGAR • DEMERARA SUGAR • PALM SUGAR • BROWN RICE SYRUP • DATE SUGAR

Sugar can sabotage your metabolism and vitality



How a sugar detox can improve your energy



THE **7** DAY SUGAR DETOX PLAN

HOW IT WORKS

Follow our 7 day plan

Healthy recipes to
follow every day

Take the Viridian Chromium
and Cinnamon supplement

After 7 days –

FEEL TRANSFORMED

GETTING STARTED

Our 7 Day Sugar Detox needs a little planning. Here's a guide:

Read the **7** rules

Set yourself a start date.

Clear out sugary foods and drinks – once your blood sugars level out you shouldn't need to snack.

Look at our meal planner on page 18. Organisation will stop you turning to convenience foods, often packed with sugar.

Stock your cupboards.

Set your start date
Are you ready?

More about our Viridian supplement

Nutritional support for healthy blood glucose.

Doing your 7 Day Sugar Detox with nutritional support from Cinnamon, Chromium and Alpha Lipoic acid may help support your food plan and improve success.

Chromium is an important mineral that contributes to the maintenance of normal blood



glucose levels, while Cinnamon, also known as “sweet wood” has been used in several clinical studies as well as having a long history of traditional use. We recommend taking two capsules daily, one with breakfast and one with dinner.

REMEMBER TO FOLLOW THESE

7 RULES

1

Take your Viridian supplement

2

Do not add any form of sugar or alternative sweeteners –
Your allowance is zero

3

No sugary drinks or sodas

4

Avoid processed foods

5

Eat 3 meals a day - this will keep
your blood sugar stable

6

Eat plenty of vegetables and limit
fruit to 2 to 3 servings per day

7

Drink plenty of water

THE 7 DAY EATING PLAN

Chef Oliver McCabe has created a 7 day meal plan exclusively for Viridian Nutrition. It provides tasty, energy boosting meals every day guaranteed to make you feel great.

LITE recipes have been designed to be equally nutritious but quicker and simpler if you're short on time.



Ready, Steady, Go



What are you waiting for?

In just 7 days you're going to feel amazing with bags more energy. Have a quick recap of the rules then you're good to go.



Decide when to start your 7 Day Sugar Detox. Do give yourself plenty of time to plan and prepare.

Don't choose a time when you will be busy, stressed or have little time to cook.



/ /

BREAKFAST

Vegan Overnight Oats



Sugar-Free
Chia Seed
Granola



Mixed Berry
Smoothie



Easy Buckwheat Pancakes



Organic
Wholegrain
Cereal



EASY BUCKWHEAT PANCAKES (Serves 6)

INGREDIENTS

- 200g buckwheat flour
- 60ml hot water
- 300ml almond milk
- 1 tablespoon of almond butter
- 2 capsules of Viridian Organic Maca Root powder (optional)
- 1 teaspoon of Viridian Organic Raw Coconut Oil

- Pinch of fine rock salt
- 3 tablespoons Viridian Organic Raw Coconut Oil

METHOD

1. Place the flour in a large bowl. Open two capsules of Viridian Organic Maca. Add the hot water, almond milk, a pinch of salt, almond butter, maca and 1 teaspoon of coconut oil mix thoroughly.
2. Heat the coconut oil in a large frying pan or on a griddle over a medium heat. Pour a ladleful of batter onto the pan and cook both sides until golden brown.

SUGAR FREE CHIA SEED GRANOLA (Serves 6)

INGREDIENTS

5 tablespoons Viridian Organic
Raw Coconut Oil, melted
2 tablespoons ground cinnamon
Pinch of fine rock salt
350g brown rice flakes
200g millet flakes
65g pumpkin seeds
65g chia seeds
65g hemp seeds
60g dried cranberries
100g walnuts, chopped
65g dried goji berries
8 dried figs, chopped

METHOD

1. Preheat the oven to 170°C/325°F/Gas Mark 3
2. Combine the melted coconut oil, cinnamon and salt in a small bowl.
3. Mix the brown rice and millet flakes and all the seeds, nuts and goji berries in a large bowl. Pour the liquid mixture into the bowl and mix until uniform (you can use your hands, but make sure they're clean).
4. Spread the granola on a baking sheet and bake for 35-40 minutes, until golden. Remove and allow to cool before mixing in the remaining ingredients.
5. Granola should be kept in an airtight container in a cool shaded place for up to 10 days.

MIXED BERRY SMOOTHIE (Serves 1)

INGREDIENTS

LITE

1 apple, chopped
1 large ripe/spotty banana
½ cup of frozen or fresh berries
200ml unsweetened plant-based milk
2 teaspoons Viridian Organic Omega 3:6:9 Oil

METHOD

1. Add all the ingredients to a blender and blend until smooth.

VEGAN OVERNIGHT OATS (Serves 1)

INGREDIENTS

LITE

1 large ripe/spotty banana
2 tablespoon chia seeds
¼ teaspoon cinnamon
½ cup gluten-free rolled oats
¾ cup of your favourite plant based milk
¼ teaspoon vanilla extract
Handful of blueberries (optional)

METHOD

1. Add chia seeds, cinnamon and oats in a small bowl and combine.
2. Add milk and vanilla extract to dry ingredients and mix well. Leave covered in a fridge overnight or for at least two hours.
3. In a small bowl, mash the banana until almost smooth and add to the overnight mixture. Top with blueberries (optional) and eat straight away.

ORGANIC WHOLEGRAIN CEREAL (Serves 1)

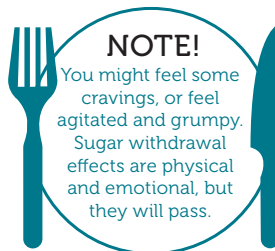
INGREDIENTS

LITE

Organic Wholegrain Cereal
Fresh berries (optional)
Your favourite plant-based milk

METHOD

1. A serving of organic wholegrain cereal.
2. Add favourite plant-based milk.



LUNCH



Chilli Non Carne



Quinoa Green Bean Salad



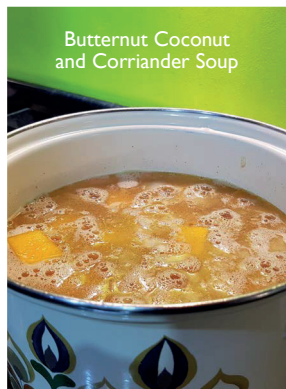
Pea and Mint Soup



Lentil and Orange Soup



Chickpea and Rice Salad



Butternut Coconut and Coriander Soup

BUTTERNUT COCONUT & CORIANDER SOUP

(Serves 4)

INGREDIENTS

- 1 tablespoon Viridian Organic Raw Coconut Oil
- 1 large onion, chopped
- 1.5kg butternut squash, peeled and cut into 5cm cubes
- 1-2 cloves of garlic, minced
- 1½ litres low salt vegetable stock (you can use less or more according to desired thickness)
- 1 teaspoon ground coriander
- 80g creamed coconut, grated

Juice of ½ lime
Fine rock salt and freshly ground black pepper
Crusty bread to serve

METHOD

1. Heat the oil in a large saucepan over a low to medium heat. Sauté the onion for 5–7 minutes, until tender. Add the butternut squash and garlic and stir for a further minute or two.
2. Add the vegetable stock and ground coriander and bring to a boil. Simmer for 20–30 minutes, until the squash is cooked. Stir in the grated creamed coconut and leave to stand for a minute so that it can melt into the soup. Blend until smooth.
3. Stir in the lime juice and salt and pepper to taste, and serve with crusty bread.

CHILLI NON CARNE

(Serves 4)

INGREDIENTS

1 ½ tablespoon Viridian Organic Raw Coconut Oil
2 large onions, chopped
4 cloves of garlic, crushed
4 x 400g cans of chopped tomatoes
2 x 400g cans of pinto beans, drained, rinsed and mashed
400g tofu diced into small pieces
2 red peppers, chopped
2 teaspoons chilli powder
1 teaspoon fine rock salt
1 teaspoon freshly ground black pepper
Sprinkle of nutritional yeast

METHOD

1. Heat the coconut oil in a large wok over a low to medium heat. Sauté the onion and garlic for 5–8 minutes, until softened.
2. Add the chopped tomatoes, mashed pinto beans, tofu mince, red pepper, chilli powder, salt and pepper. Simmer, covered, for 30 minutes on a low heat.
3. Eat straight out of a bowl or with tortilla chips. Top with a sprinkle of nutritional yeast or make tacos with chopped onions, shredded lettuce and grated vegan cheese. This is also gorgeous with brown or white basmati rice.

QUINOA GREEN BEAN SALAD (Serves 4)

INGREDIENTS

200g quinoa
500ml water
Fine rock salt
240g fresh French beans
310g canned chickpeas, rinsed and drained
160g canned kidney beans, rinsed and drained
220g jar of roasted red peppers, rinsed, drained and chopped
1 teaspoon dried tarragon
Freshly ground black pepper
3 tablespoons extra virgin olive oil
1 tablespoon balsamic vinegar

METHOD

1. Rinse the quinoa under cold running water and drain. Bring the water to a boil in a small pot. Stir in the quinoa and a pinch of salt. Reduce the heat, cover and simmer for 15–20 minutes, until the quinoa is fluffy and tender and all the water has been absorbed. Remove from the heat, uncover and let it cool.
2. Meanwhile, bring a medium-sized pan of unsalted water to a boil. Top and tail the French beans and cut them into 5cm pieces. Blanch these beans for 3–5 minutes, until tender but still crunchy. Lift them into a colander with a slotted spoon and refresh under cold running water; then drain and dry well with a tea towel.
3. Whisk together the olive oil and balsamic vinegar in a small bowl. Put the cooled quinoa in a large bowl with the French beans, chickpeas, kidney beans, red pepper, tarragon and some salt and pepper and toss with the dressing. Serve chilled or at room temperature.

CHICKPEA & RICE SALAD (Serves 1)

INGREDIENTS

LITE

150g tinned chickpeas
75g rice
Handful of mixed salad leaves
2–3 tomatoes, quartered
Inch piece of cucumber slices
½ yellow pepper slices
¼ red onion slices
¼ carrot grated
8 olives
1 tablespoon of olive oil
20 leaves of fresh basil
½ teaspoon cumin seeds
Salt and pepper to taste

METHOD

1. Cook rice on the hob for 10–15 minutes until 'al dente'.
2. Drain and serve mixed with the salad ingredients and chickpeas and drizzle with the olive oil and seasoning.

MEDITERRANEAN CHICKPEA STEW (Serves 4)

INGREDIENTS

2 medium leeks
2 tablespoons Viridian Organic Raw Coconut Oil
1 ½ teaspoons ground coriander
1 teaspoon ground cumin
1 teaspoon ground fennel seed
½ teaspoon fine rock salt
Pinch of cayenne pepper
1 x 400g can of chopped tomatoes with their juices
1 x 400g can of chickpeas, rinsed and drained
12 Kalamata or green olives, pitted and chopped
Zest of 1 lemon
1 tablespoon freshly squeezed lemon juice
Cooked millet or basmati rice, or wholewheat bread, to serve

METHOD

1. Trim the leeks, slit them in half lengthwise and rinse well under running water to remove any sand or grit. Coarsely chop the leeks.
2. Heat the oil in a large saucepan over a medium heat. Add the leeks, coriander, cumin, fennel seed, salt and cayenne pepper. Cook, stirring often, for about 5 minutes, until the leeks are soft.
3. Add the tomatoes with their liquid, the chickpeas, olives and lemon zest and bring to a boil. Reduce the heat to medium to low and cook, stirring occasionally, for about 15 minutes, until the tomato sauce is very thick. Remove from the heat and stir in the lemon juice. Serve immediately over cooked millet or rice, or with wholewheat bread.

PEA & MINT SOUP (Serves 4)

INGREDIENTS

30g Viridian Organic Raw Coconut Oil
4 spring onions or mint leaves chopped
450g frozen peas
750ml vegan vegetable stock
1 red onion
Juice and zest from one lemon
4 sprigs of mint, chopped

LITE

1 garlic clove
Salt and pepper to serve

METHOD

1. Heat the coconut oil over a medium heat in a large pan, add the red onion and crushed garlic and sweat until cooked.
2. Add the peas and stir well, then pour in 750ml water; bring to the boil, then simmer until the peas are tender (about 10 minutes depending on size). Add the leaves from the sprigs of mint to the soup and purée using a blender or hand blender then add the lemon juice and season to taste.
3. Serve garnished with the chopped spring onions or mint leaves.

Tip: In early summer, fresh lemon balm makes a wonderful alternative to mint.

LENTIL & ORANGE SOUP (Serves 4)

INGREDIENTS

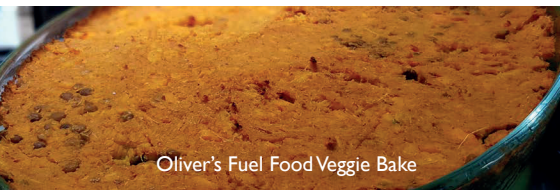
1 teaspoon cumin seeds
2 teaspoons coriander seeds
1 onion, chopped
250g carrots, diced
100g red lentils
3 skinned oranges, segmented with skins removed
2 tablespoons coconut yogurt
Coriander, chopped
Pinch of paprika
600ml vegetable stock

LITE

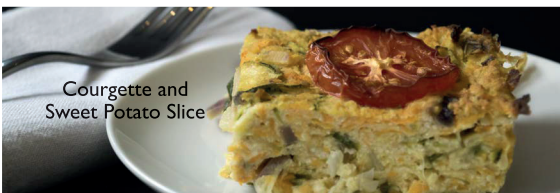
METHOD

1. Crush the seeds using a mortar and pestle, lightly dry fry for 2 minutes.
2. Add the carrots, lentils, onion, oranges and stock and bring to the boil. Cover and simmer for 30 minutes until lentils are soft.
3. Blend and return to the pan to reheat.
4. Season with salt and pepper.
5. Serve into bowls adding a swirl of yogurt, chopped coriander and a sprinkle of paprika.

DINNER



Oliver's Fuel Food Veggie Bake



Courgette and
Sweet Potato Slice



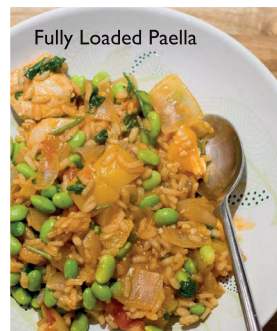
Living Dahl Burgers



Tofu Stir Fry



Roasted Cauliflower and Garlic Kale



Fully Loaded Paella

SWEET POTATO & QUINOA CURRY (Serves 6)

INGREDIENTS

2 tablespoons Viridian Organic Raw Coconut Oil
1 large red onion, finely chopped
1 clove of garlic, minced
1 teaspoon grated fresh root ginger
1 low salt vegetable stock cube
400ml hot water
2 medium sweet potatoes, peeled and diced
1 x 400g can of chickpeas, drained and rinsed
200g quinoa
1 tablespoon mild curry powder
1 tablespoon ground cumin
80g baby spinach
Fine rock salt and freshly ground black pepper

METHOD

1. Heat the coconut oil in a large pan over a low to medium heat. Add the onion, garlic and ginger and cook for 5–8 minutes, until softened.
2. Dissolve the stock cube (if using) in 400ml of hot water in a jug. Add the broth or water, sweet potatoes, chickpeas, quinoa, curry powder and cumin to the pan.
3. Bring to a boil, then reduce the heat and cover.
4. Simmer for 20 minutes, until the quinoa and sweet potatoes are cooked through. Add a little water if the liquid evaporates before the quinoa is fully cooked.
5. Add the spinach and stir well. Cover again and cook just until the spinach has wilted. Add salt and pepper if desired.

OLIVER'S FUEL FOOD

VEGGIE BAKE (Serves 4)

INGREDIENTS

- 1.6 litres water
- 4 low salt vegetable stock cubes
- 400g brown lentils, washed and rinsed
- 400g millet, washed and rinsed
- 400g baby spinach
- 2-3 medium sweet potatoes, peeled and cubed
- 2 tablespoons harissa paste
- 2 teaspoons ground turmeric
- 4 tablespoons Viridian Organic Raw Coconut Oil
- 300g onions, diced
- 300g red peppers, diced
- 4 large cloves of garlic, minced

METHOD

1. Preheat the oven to 180°C/350°F/Gas Mark 4. Boil the water and add the vegetable stock cubes. Stir to dissolve and leave to one side.
2. To begin with, you need three medium saucepans. In the first saucepan, cover the lentils with 800ml of the vegetable stock. Simmer for 25 minutes, until the stock has been soaked up and the lentils have collapsed. Add some more water and continue to cook for 10 minutes more, until the lentils are cooked through. Drain off any excess water in a colander or sieve and set aside.
3. The second saucepan is for the millet. Again, add 800ml of the vegetable stock and simmer for 15 minutes, until the stock has been soaked up by the millet. Add some water and continue to cook for 5 minutes more, until the millet is fluffy. Drain off any excess water in a colander or sieve and set aside.
4. While the millet is cooking, use a sieve to steam about 100g of the baby spinach over the saucepan. This will take 5 minutes. Set aside.
5. The last saucepan is for the sweet potatoes. Cover them with hot water and simmer for about 20 minutes, until soft. Drain and place the sweet potatoes back into the saucepan. Mash with the harissa paste and turmeric until you have a thick purée.
6. Now heat 1 tablespoon of oil in a wok over a medium heat. Add the onions, peppers, the rest

of the baby spinach and the garlic. Sauté for 5 minutes, until the vegetables are soft. Add a little water to the base of the wok if it looks too dry. Remove from the heat once the vegetables are soft.

7. This is the fun part: layering. Grab a medium-sized deep baking tray or dish and grease with the remaining tablespoon of oil. Add the millet as your base, using a spatula or wooden spoon to flatten it. Next add the vegetable mix on top of the millet, again flattening it. Add the lentils and flatten them, then top it off with the lightly spiced sweet potato mash. As you do so, mix the steamed baby spinach on top and create your own design.
8. Finally, pop the dish in the oven for 20 minutes, until the top is toasty. Cut servings with a large knife and serve with a spatula. It's beautiful with a salad of your choice.

FULLY LOADED PAELLA

(Serves 4)

INGREDIENTS

- 3 tablespoons Viridian Organic Raw Coconut Oil
- 1 large onion, chopped finely
- 6 cloves of garlic, minced
- ½ teaspoon chilli flakes
- Pinch of fine rock salt
- 2 large yellow peppers, diced
- 1 x 400g can of plum tomatoes, roughly chopped
- 2 tablespoons chopped fresh thyme
- 1 teaspoon chilli powder
- 1 tablespoon paprika
- 250g Arborio rice
- 2 low salt vegetable stock cubes
- 600ml hot water
- 225g edamame beans
- 15g fresh coriander, chopped
- 15g fresh flat-leaf parsley, chopped
- Pinch of freshly ground black pepper

METHOD

1. Heat the oil in a large wok over a low to medium heat. Sauté the onion, garlic, chilli flakes and a pinch of salt for 5–8 minutes, until the onions are soft. Add the yellow peppers, tomatoes, thyme, chilli powder and paprika and simmer, covered, for 10 minutes. Stir in the rice to coat it well.
2. Dissolve the stock cubes in the hot water in a jug, then pour into the wok. Cover and reduce the heat to low. Cook until the rice is tender and most of the liquid has been absorbed. This should take about 25 minutes.
3. Add the edamame beans towards the end of the cooking time. Stir in the fresh herbs and season to taste with black pepper before dishing up.

COURGETTE & SWEET POTATO SLICE

(Serves 4)

INGREDIENTS



- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 teaspoon dried rosemary
- 450g courgette, grated
- 250g sweet potato, grated
- 150g ground almonds
- Sea salt and cracked black pepper
- 5 eggs*
- ¼ cup of nutritional yeast
- ½ teaspoon paprika
- ½ teaspoon chilli flakes
- 3 tomatoes, sliced

METHOD

1. Pre-heat the oven to 200°C/400°F/Gas Mark 6 and line a baking dish with parchment paper.
2. Mix all ingredients except eggs and tomatoes in a large bowl.
3. If using vegan eggs, follow instructions on packaging.
4. Make a well in the mixture and add the eggs, mix well.
5. Spread the mixture over the baking dish evenly and top with the sliced tomatoes.
6. Bake for 1 hour or until a skewer comes out clean.

**For vegan eggs - check the shelves at your local health food store.*

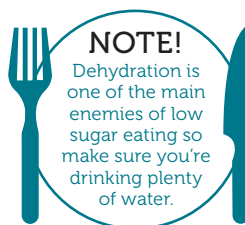
TOFU STIR FRY (Serves 4)

INGREDIENTS

- 1 tablespoon of Viridian Organic Raw Coconut Oil
- 1 head of broccoli, chopped
- 4 garlic cloves, sliced
- 1 red chilli, deseeded and finely sliced
- 1 bunch spring onions, sliced
- 140g tinned black beans
- 300g pack marinated organic tofu pieces
- 1 tablespoon balsamic vinegar
- 25g raw cashew nuts
- 1 large chopped onion
- 4 garlic chopped cloves
- 2 bunches chopped and de-stalked kale
- ¼ cup vegetable stock
- Salt and pepper to taste
- Cooked noodles to serve

METHOD

1. Heat the coconut oil in a non-stick wok and add the garlic, chilli and broccoli, then fry for 5 mins or until just tender, adding a little water if it begins to catch.
2. Toss through the spring onions, haricot beans and tofu, stir-fry for 5 mins.
3. Add the balsamic vinegar and cashews to warm through, and serve over cooked noodles.



LIVING DAHL BURGERS

(Serves 8)

INGREDIENTS

1 tablespoon Viridian Raw Organic Coconut Oil
1 large onion, diced
4 cloves of garlic finely chopped
1 tablespoon grated fresh root ginger
½ bunch of fresh coriander, leaves reserved, roots and stems finely chopped
1 cinnamon stick, 8 cardamom pods, crushed
1 teaspoon yellow mustard seeds
2 teaspoons ground coriander
2 teaspoons paprika
1 teaspoon ground cumin
½ teaspoon ground turmeric
½ teaspoon ground ginger
½ teaspoon chilli powder
½ teaspoon fine rock salt
400g red lentils (pre-soaked weight)
200g cooked brown rice
1 medium sweet potato, peeled and chopped into large medallions
1 ½ litres water
150g baby spinach
100g brown rice flour
2 tablespoons of Viridian Raw Organic Coconut Oil for frying burgers

METHOD

1. Warm the coconut oil in a large saucepan over a low to medium heat.
2. Add the onion and cook, stirring, for 5–8 minutes, until softened. Add the garlic, ginger, coriander roots and stems, cinnamon stick, crushed cardamom and mustard seeds, and cook for 2 minutes, stirring. Add the remaining spices and the salt and cook for 1 minute more, stirring.
3. Add the lentils, sweet potatoes and water to the saucepan and bring to a boil over a high heat. Reduce the heat to low and allow the dahl to simmer for 15–20 minutes, until the lentils have collapsed and the sweet potatoes are tender.
4. Take off the heat and stir through the spinach and most of the coriander leaves. Add brown rice, brown rice flour to the lentils and mix well. Leave to cool, covered in refrigerator for few hours or overnight before forming burgers.

5. Form medium-sized burgers with clean hands. Heat a little Viridian Raw Organic Coconut Oil in a large frying pan over a medium heat. Fry for 5 mins turning occasionally until cooked through and golden on the outside.

ROASTED CAULIFLOWER & GARLIC KALE

(Serves 4)

INGREDIENTS

LITE

For the roasted vegetables:

1 large head cauliflower, sliced lengthwise through the core into 4 or 5 'steaks'
2 chopped parsnips
2 chopped bell peppers
4–6 chopped cloves garlic
2 tablespoons of Viridian Organic Coconut Oil
For the garlic kale: 2 tablespoons of Viridian Organic Raw Coconut Oil
1 large chopped onion
4 garlic chopped cloves
2 bunches chopped and de-stalked kale
¼ cup gluten free vegetable stock
Salt and pepper to taste

METHOD

1. Preheat oven to 225°C/425°F/Gas Mark 7. Melt the coconut oil in a large baking tray. When melted carefully toss the cauliflower, parsnips, peppers and garlic until everything is coated with oil. Roast for 25 minutes or until the vegetables are tender and browned.
2. During the last 10 minutes while the vegetables are roasting, take a large saucepan and heat the coconut oil. Add the onion and cook for a couple of minutes until the onion is softened. Add the garlic for another minute. Gradually add the kale. Toss it with the salt and pepper to taste.
3. Add the vegetable stock, cover and simmer gently for another two minutes. Don't over-cook, the kale should still be bright green.
4. Serve the two dishes together while hot.

SNACKS

HANDFUL OF ALMONDS

(8 to 12 almonds)

A nutrient dense snack which is easy to grab on the go. Almonds are a high source of protein, essential fats, fibre, magnesium and antioxidant vitamin E, all of which help with cognitive function, heart health and healthy skin maintenance.



FRESH FRUIT (Serves 1)

Natures dessert helping to beat those sugary cravings, nutrient dense and rich in antioxidants.



RICE CRACKERS & CLASSIC HUMMUS

(Serves 8)

INGREDIENTS

400g dried chickpeas
5 tablespoons dark tahini paste
3 tablespoons freshly squeezed lemon juice
2 tablespoons extra virgin olive oil
1 teaspoon smoked paprika
1 teaspoon tamari
Pinch of fine rock salt

METHOD

1. Soak the dried chickpeas overnight in plenty of water in an airtight container in a moderately temperate place.
2. The following day, drain the chickpeas and rinse thoroughly. Place in a large saucepan, cover with three times their volume of cold water and bring to a boil, then reduce to a simmer and cook for 1 hour, until tender.
3. Drain and add to a blender with all the remaining ingredients. Blend together, adding water as needed to reach your desired consistency. You will probably need to stop the blender several times to scrape down the sides. Add more smoked paprika, salt, lemon juice or tahini to taste.
4. Transfer to an airtight container or a glass jar, cover and refrigerate for several hours before serving.



NOTE!

Each day should be plain sailing as long as you're prepared. If you're hungry, eat something non-sugary such as veg, cheese, nuts or seeds.



SEEDY MANGO & DATE ENERGY BARS (Serves 8)

INGREDIENTS

80g Viridian Organic Coconut Oil plus extra for greasing
80g Medjool dates, stoned and finely chopped
80g dark tahini (or you can use a pumpkin seed spread or peanut butter)
120g rolled oats (you can also use quinoa flakes)
80g chopped hazelnuts
50g dried mango
40g pumpkin seeds
40g sesame seeds
40g sunflower seeds
20g ground flax seeds

METHOD

1. Preheat the oven to 180°C/350°F/Gas Mark 4. Lightly grease a 20cm square tin and line the base with baking parchment. In a small saucepan cover chopped dates in boiling water just to the tops of dates and simmer for 10 minutes until softened and a thick syrup is produced. Then add coconut oil and tahini and melt together over low to medium heat. Stir constant until smooth and thick.
2. Combine the oats, hazelnuts, mango and seeds in a large bowl.
3. Pour in the melted coconut mixture and stir well to combine.
4. Spoon the mixture into the prepared tin and press it down firmly and evenly with the back of a spoon. Bake for about 20 minutes, until lightly golden on top. Leave to cool, then slice into bars or squares. Eat straight away or store in an airtight container in the fridge for up to 10 days.

COCONUT CRUNCHES (Makes 12)

INGREDIENTS

170g pecans
170g almonds
290g creamed coconut block
3 tablespoons of Viridian Organic Raw Coconut Oil
¼ teaspoon fine rock salt
25g desiccated coconut, toasted

METHOD

1. Preheat the oven to 150°C/300°F/Gas Mark 2. Spread the nuts on a baking sheet and toast very lightly for 15 minutes.
2. Grate the block of creamed coconut into a small bowl and place in hot water to soften coconut. In a medium-sized bowl, beat the creamed coconut, coconut oil and salt with a food processor until creamy. Fold in the toasted nuts and mix well with a large spoon until all the nuts are well coated.
3. Line the baking sheet with parchment paper and spread out the nut mixture evenly. Sprinkle with the desiccated coconut and place the baking sheet in the refrigerator. When cold, break into bite-size pieces. Store in an airtight container in the refrigerator for up to 10 days.

CONGRATULATIONS, YOU FINISHED! BUT WHAT NOW?

Read on for how to continue your good work.

AFTER YOUR DETOX...

Your 7 Day Sugar Detox was much more than a quick-fix diet; it was a journey of personal discovery.

Sugar is an excellent example of how processed foods can sabotage healthy eating, and during the detox you empowered yourself with knowledge and practical experience that can help you transform your diet for better health and vitality.

Now that you have finished you can be more flexible with your diet.

The World Health Organization (WHO) recommends that refined sugars contribute less than 5% of your total daily energy intake, which is about 6-7 teaspoons of sugar for adults or about 3-4 teaspoons for children. Importantly, this is a maximum level, so it is best to consume as little added sugar as possible.

If you want to use sweeteners we recommend healthier options such raw honey, maple syrup (not maple flavoured syrup), coconut sugar, xylitol, stevia leaf, blackstrap molasses, 100% fruit jam and dates or date syrup. They have less impact on your blood sugar and have nutritional benefits beyond their sweetness.

viridian

Ethical vitamins with an organic heart

Viridian Nutrition is the leading brand of ethical vitamins and was founded in 1999 on the fundamental principles of purity, environment and charity. From the seed to the recycling bank we maintain an ethical philosophy at every stage. Find out more about us at your local health food store.

To find out more visit:

www.findahealthstore.com



MEAL PLANNER

Meals/Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Daily supplement checklist and mood log

Today I have had:

Supplement 1 ☐ Supplement 2 ☐

I am feeling: ☐  ☐  ☐ 

Today I have had:

Supplement 1 ☐ Supplement 2 ☐

I am feeling: ☐  ☐  ☐ 

Today I have had:

Supplement 1 ☐ Supplement 2 ☐

I am feeling: ☐  ☐  ☐ 

Today I have had:

Supplement 1 ☐ Supplement 2 ☐

I am feeling: ☐  ☐  ☐ 

Today I have had:

Supplement 1 ☐ Supplement 2 ☐

I am feeling: ☐  ☐  ☐ 

Today I have had:

Supplement 1 ☐ Supplement 2 ☐

I am feeling: ☐  ☐  ☐ 

Today I have had:

Supplement 1 ☐ Supplement 2 ☐

I am feeling: ☐  ☐  ☐ 

NOTES

[illegible]

We Health Food Stores



Choosing the right supplement programme for your personal needs can be confusing. Allow the staff at your local specialist health store to take you through the vitamin maze, where trained and knowledgeable advisors are on hand to develop the ideal programme of nutritional supplements just for you.

The Viridian Nutrition range is available from carefully selected health food stores and specialist health counters worldwide. Health food stores offer expertise, range and caring.

Where else would someone take you by the hand, offer a shoulder to cry on, a listening ear, a knowledgeable mind and kind heart?

If you have a particular health condition or concern, please first visit a health professional (a GP or a qualified practitioner) to ensure you have the correct diagnosis.

Often with chronic health conditions, the health food store will give excellent advice for dietary and lifestyle modifications, a supplement programme and possibly assistance from topical products.

Your nearest specialist health store: