

The Annual BIGGEST EVER COMMUNITY DETOX

February 9th - 15th

CLEAN GREEN WHOLEFOODS

Sign up in Store from January 9th. IT'S FREE! Receive a detox gift pack and our RE-BOOT E-Book FREE when you sign up.

Join Lee Holmes on a clean **GREEN** detox journey!



LEE HOLMES

The 7 SIMPLE STEPS

- 1 register for the community detox in stores
- 2 **AVOID**
alcohol
caffeine
meat
soft drinks
Sugar
white flour & processed foods
deep fried food
artificial colours, preservatives, flavours
ENJOY
fresh organic seasonal fruit & veg
legumes & eggs
nuts & seeds
wholegrains
3L of filtered each day and herbal tea
fresh juices and dairy free smoothies
Coconut water
Salads and raw veggies with every meal

- 3 Plan your meals for the detox week.
Some helpful tips:
a. To prepare all your meals from the week, purchase our Wholefoods for Wellness cook book which is all about detoxing
b. To cheat, you can eat in our stores each day during the detox and order our detox dinners on line for only \$14.95 each at www.aboutlife.com.au

- 4 Do your shopping for detox week. You can use our suggested shopping list over the page & for more shopping tips go to www.aboutlife.com.au or our cook book.

NOW YOU'RE READY TO START THE DETOX WEEK....SO MAKE SURE YOU FOLLOW YOUR PLANNED DIET

- 5 Enjoy a fresh raw juice every day. Only \$4.90 in our stores, or prepare your own at home.

- 6 Try and attend any of our great detox events like our Wholefoods for Wellness cooking classes

- 7 Once you have finished the 7 day detox, celebrate, but be sure to incorporate some of the great things you have been doing during detox into your daily routine. You are also now ready to follow the RE-BOOT 5 day cleanse for more amazing results.

EVENTS

CLASSES WITH LEE HOLMES

All Classes cost \$59.00 pp
Purchase tickets from: aboutlife.com.au

Detox launch and cooking class

Monday Feb 9th - Rozelle - 6pm - 8pm

Clean Green Vegetarian book launch

Tuesday Feb 10th - Double Bay 6.30pm - 8.30pm

Clean Green Vegetarian Cooking Class

Wednesday Feb 11th - Surry Hills 6pm - 8pm



available in store for \$34.99

FREE EXCLUSIVE DETOX TAILORED BOOT CAMP SESSIONS WITH FITNESS EXPRESS OZ

This is the perfect way to sweat out those toxins as you find your energy towards the end of your detox week.

LIMITED PLACES AVAILABLE! BOOK NOW TO AVOID DISAPPOINTMENT!

For locations and to book your place in one of the following sessions, visit aboutlife.com.au

Wednesday 11th February: 6:30am - 7:30am Balmain

Thursday 12th February: 5:30pm - 6:30pm Rushcutters Bay

Friday 13th February: 6:30am - 7:30am Bay Run

FITNESSEXPRESS
www.fitnessexpressoz.com



Let's go COCONUTS!

Coconut drinking bars in stores - Saturday Feb 14th
11am-2pm. In ALL STORES!

DETOX DINNERS \$14.95 each or \$99.95 for all 7 dinners

Meals available for collection in-stores from 3pm each day

order online NOW!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<ul style="list-style-type: none"> *Cleansing & nourishing broth with cayenne, lemon and fresh herbs. *Lentil Moussaka with sunflower seed "cheese" * Green Cleansing Salad with extra virgin olive oil and apple cider vinegar *Kombucha Shot with ginger and lemon 	<ul style="list-style-type: none"> *Cleansing & nourishing broth with cayenne, lemon and fresh herbs. *Eggplant and green bean curry with activated almonds * Green Cleansing Salad with extra virgin olive oil and apple cider vinegar *Kombucha Shot with ginger and lemon 	<ul style="list-style-type: none"> *Cleansing & nourishing broth with cayenne, lemon and fresh herbs. *Kale pesto zucchini noodles * Green Cleansing Salad with extra virgin olive oil and apple cider vinegar *Kombucha Shot with ginger and lemon 	<ul style="list-style-type: none"> *Cleansing & nourishing broth with cayenne, lemon and fresh herbs. *Nutritious Asian Bowl with sesame, edamame and kale chips * Green Cleansing Salad with extra virgin olive oil and apple cider vinegar *Kombucha Shot with ginger and lemon
FRIDAY	SATURDAY	SUNDAY	
<ul style="list-style-type: none"> *Cleansing & nourishing broth with cayenne, lemon and fresh herbs. *Friday Pizza with goats cheese and nutritional yeast flakes * Green Cleansing Salad with extra virgin olive oil and apple cider vinegar *Kombucha Shot with ginger and lemon 	<ul style="list-style-type: none"> *Cleansing & nourishing broth with cayenne, lemon and fresh herbs. *Sunflower seed falafel balls with cauliflower tabouli and tahini dipping sauce * Green Cleansing Salad with extra virgin olive oil and apple cider vinegar *Kombucha Shot with ginger and lemon 	<ul style="list-style-type: none"> *Cleansing & nourishing broth with cayenne, lemon and fresh herbs. *Creamy curried cauliflower with cashews and brown rice. * Green Cleansing Salad with extra virgin olive oil and apple cider vinegar *Kombucha Shot with ginger and lemon 	



\$4.90 in juice bars during detox week



DAILY DETOX JUICES

MONDAY
RE-BOOT
The Cleanser

TUESDAY
RE-BOOT
The Green Blast

WEDNESDAY
RE-BOOT
The Alkaliser

THURSDAY
RE-BOOT
Turmeric Power

FRIDAY
RE-BOOT
Green Energiser

SATURDAY
RE-BOOT
Zesty Carrot

SUNDAY
RE-BOOT
Cool Cucumber

SHOPPING LIST

IN YOUR PANTRY

- ☐ Chia seeds
- ☐ Coconut flakes
- ☐ Ground cinnamon
- ☐ Sea salt/celtic salt/himalayan salt
- ☐ Vanilla powder/or extract
- ☐ Activated nuts/sunflower seeds/ sesame seeds/pepitas
- ☐ Brown rice/black rice/red rice
- ☐ Beans/legumes/lentils-soaked
- ☐ Nori Rolls
- ☐ Rice Paper
- ☐ Grains/Red, White & Black quinoa/ amaranth/millet (pre-soaked)
- ☐ Turmeric/cayenne pepper

IN YOUR FRIDGE

- ☐ Goat & Sheep milk cheese
- ☐ Nut paste; macadamia, almond, peanut, cashew
- ☐ Tahini
- ☐ Eggs
- ☐ Yoghurt; full fat sheep's milk/goat's milk
- ☐ Avocadoes
- ☐ Coconut water
- ☐ Coconut cream
- ☐ Organic butter
- ☐ All vegetables; lots of leafy greens, fresh sprouts & herbs
- ☐ Fresh low fructose fruit; berries, lemons, raspberries, strawberries, limes, pears, paw paw, apple & kiwi
- ☐ Chlorophyll
- ☐ Almond, rice, quinoa milk
- ☐ Tempeh and Tofu
- ☐ Fermented cabbage/veggies

IN YOUR FREEZER

- ☐ Vegetables; broccoli, beetroot, pumpkin
- ☐ Frozen berries

SUPERFOODS

- ☐ Raw cacao powder/ nibs/beans
- ☐ Goji berries
- ☐ Bee pollen
- ☐ Spirulina

OILS

- ☐ Coconut
- ☐ Olive
- ☐ Nut oils
- ☐ Seed oils-flaxseed/ chia/avo

CONDIMENTS

- ☐ Coconut Amino Sauce
- ☐ Apple cider vinegar
- ☐ Nutritional yeast flakes
- ☐ Tamari

SWEETENERS

- ☐ Rice malt syrup
- ☐ Stevia
- ☐ Raw Honey

TEAS

- ☐ Chai
- ☐ Dandelion or rooibos
- ☐ Herbal blends containing cinnamon, fennel, nutmeg, liquorice
- ☐ Green tea
- ☐ Detox blend

CLEAN GREEN VEGETARIAN DETOX COOKING CLASSES

To kick off the Community Detox, join LEE HOLMES at these exciting and informative classes. Tuck into some vegetarian clean wholefood cooking and get Lee's advice on how to eat clean for life! **Cost: \$59**
For dates and to purchase tickets, visit aboutlife.com.au
superchargedfood.com

