

SELECT STORES DALKEY FUELFOOD CLEANSE PLAN

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What's a cleanse?

A super cleanse means you replace "regular" food for fresh-pressed veggies and fruits, including some much-needed protein. This gives your digestive system, liver, kidneys, and gall bladder a break from processing toxins, fat, and other components of your diet that take a lot of work to sort out, giving you simply good, clean energy to work with.

Overall, these smoothies & juices are alkalizing, cleansing, energizing, healing and highly nutritious because the ingredients are largely raw and still contain a lot of their life force (the nutrients present at the time of picking).

We use Organic and local conventional fruit, vegetables & super foods where possible. Containing wheatgrass and Spirulina is ideal for giving you energy. It will help you get you through your lengthy day and get you from desk to dinner.

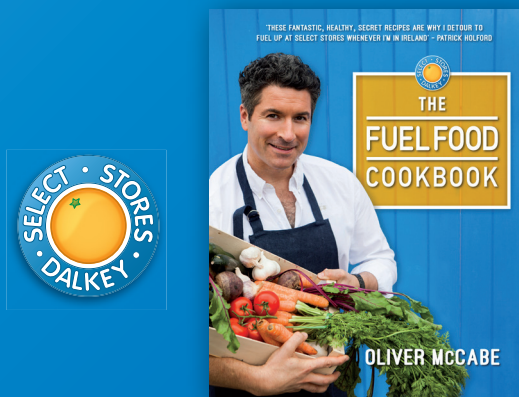
Reasons to cleanse?

- To cleanse the tissues of pollutants: toxic metals and agricultural chemical residues in water and food, airborne pollutants, certain additives in foods and drinks, household and other solvents, alcohol, tobacco smoke, prescription medications, recreational drugs etc.
- To kick-start a sensible weight loss programme.
- To cleanse the tissues before adopting a better diet to improve health.
- To cleanse the gut of microbial toxins (with the help of herbs, enemas, colonics).



- To highlight diet related disorders of body and mind.
- For seasonal cleansing. It is traditional to fast in Spring to help clear out the accumulations from the heavier winter diet. Autumn is also a good time for a cleanse – to bolster the immune system and general vitality for Winter.
- Sensible routine fasting makes the body less disease prone, many find it lessens the frequency and severity of colds and flu (but they may be more common at first).
- To encourage awareness of the power of food in our lives.
- To help overcome emotional attachments to food.
- For reflection, contemplation, to help in meditation and self awareness.

A safe and effective cleanse programme is based on these principles.



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SELECT STORES DALKEY

FUELFOOD

CLEANSE PLAN 80% VEG 20% FRUIT



Cleanse: 1 Day €23, 2 Day €45, 3 day €65, 6 day €120, 7 day €140

1 FuelFood green smoothie for breakfast

1 FuelFood green smoothie or veg soup for lunch

FuelFood fresh fruit to snack on

Choice of FuelFood Stews, bakes

or warm salads for dinner

1 to 7 day cleanse
must be ordered 24 hrs in advance

The Super Green Smoothie



Lime | Avocado | Apple | Cucumber |
Wheatgrass | Spirulina

(350 cal) (SF,GF,NF,DF,PV)

Fast & Fabulous Smoothie



Cucumber | Lime | Avocado | Celery |
Spinach | Apple | Spirulina

(350 cal) (C,SF,GF,DF,NF,PV)

Brucie Baby Smoothie



Carrot | Avocado | Ginger | Cucumber |
Celery | Barleygrass

(350 cal) (C,SF,GF,NF,DF,PV)

Focused & Fuelled Smoothie



Apple | Celery | Parsley | Cucumber
Spinach | Avocado | Kale | Wheatgrass

(350 cal) (C,SF,GF,NF,DF,PV)

GF Gluten Free
SF Sugar Free
NF Nut Free
DF Dairy Free

P Paleo
V Vegan
VG Vegetarian
G Contains gluten

C Contains Celery
N Contains Nuts
F Contains Fish
SOY Contains Soya

M Contains Milk
MUS Contains Mustard
SE Contains sesame