

# SELECT STORES DALKEY SUPER DETOX CLEANSE MENU

Created by our nutritionist  
**Oliver McCabe**  
Dip Nt, Itec Diploma in Diet & Nutrition

## What's a super detox cleanse?

A super detox 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.



We are proud to have  
Irish Organic Trust Certification.

Awarded 'Best for Healthy Juices'  
**Hot Press Magazine Best in Dublin**

Awarded 'Best Juice Bar'  
**McKenna's Bridgestone Guide Ireland**

'A haven for exceptional juices  
and smoothies'  
**Sunday Times Food Magazine**

No. 1 Health Food shop/Juice Bar Ireland  
**Irish Times 'Bestshops 2014'**



# SELECT STORES DALKEY SUPER DETOX CLEANSE MENU

80% VEG 20% FRUIT

Lose Weight ► Improve Skin ► Stay Healthy

Detox Cleanse: 1 Day €20, 2 Day €40, 3 day €60, 6 day €120, 7 day €140

1 super detox smoothie for breakfast

1 super detox smoothie for lunch

2 raw pieces of fruit and veg to snack on

Choice of Natural Vegetarian Stew or Smoothie

for Dinner or Salad Box or

Savoury Vegetarian Burger (Millet, Lentil or Buckwheat)

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

## Super Detox Smoothie



Lime | Pineapple | Avocado | Apple  
Cucumber | Wheatgrass | Spirulina

## Super Detox Brucie Baby Smoothie



Carrot | Avocado | Ginger | Pineapple  
Cucumber | Celery | Barleygrass

## Super Detox Fast & Fabulous Smoothie



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

## Super Detox Smoothie Focused & Fuelled



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



South Dublin's only  
Natural Juice Bar  
as seen on TV3/RTÉ



Select Stores Juice Bar  
1 Railway Rd  
Dalkey, Co. Dublin

T 01 285 9611  
info@selectstores.ie  
www.selectstores.ie



## FOODS THAT MAY BE EATEN WHILE ON DETOX COURSE

Boiled cooked organic brown rice, lentils, quinoa, millet, steamed broccoli, mangetout, Rooibos tea, herbal tea with no caffeine.

Snack on carrots, celery, avocado.

## FOODS THAT MAY NOT BE EATEN

Wheat, white rice, meat, chicken, fish, potato, any dairy or sugars NO ALCOHOL OR CAFFEINE, tea, herbal teas.

Do not eat any more fruit than 2 apples provided per day in package

Please consult with your doctor before starting detox course if you are on medication, have any food allergies or severe digestive disorders such as IBS.

## REASONS TO DETOX

- 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 detoxify 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 detox – 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 mediation and self awareness.

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

## AFTER OLIVER'S SUPER DETOX CLEANSE MAINTENANCE MEAL PLAN:

Remember portion control

### HEALTHY BREAKFAST

Oats – Porridge with flax seed or chia seed and fresh fruit

Oats – Bircher Muesli with seeds and fresh fruit

Organic Eggs – Boiled or poached with avocado with toasted rye or spelt bread

Grab a Super Detox smoothie from Select Stores

### HEALTHY LUNCH

Vegetable soup – no cream no salt

Vegetable stew – no wheat

Super food salad – mixed leaves, quinoa grain with stir fried steamed vegetables and with grilled chicken, salmon or tofu.

Grab a salad box or savoury veggie burger from Select Stores

Grab a Super Detox Smoothie from Select Stores

### HEALTHY SNACKS

Handful of organic unsalted nuts (almond, brazil nuts) and seeds (pumpkin, sunflower)

Almond butter with oatcakes

Fresh low GI fruit (pears, apples, berries)

### HEALTHY DINNER

Protein – grilled salmon, fish, organic chicken, Spring lamb, tofu with steamed green veg or stir fried steamed green veg served with small bowl of quinoa or brown rice seasoned with tamari pr unsalted yeast free stock.

### HEALTHY DESSERT

Nobo coconut ice cream with some Keen almond butter

Drink 2 litres of bottled water a day  
Supplements – B vitamins, Probiotics