



the
Kick-Start

CLEANSE



MOVE NOURISH BELIEVE

INTRO

If you're looking to re-start, re-align or re-balance your body, then you've come to the right place. Our beautiful and gentle 3-day kick-start cleanse is the ultimate support you need for a quick and nourishing overhaul. Unlike those cleanses that leave you hungry and headachy (oh, we've been there) ours does the trick without any dreaded deprivation.

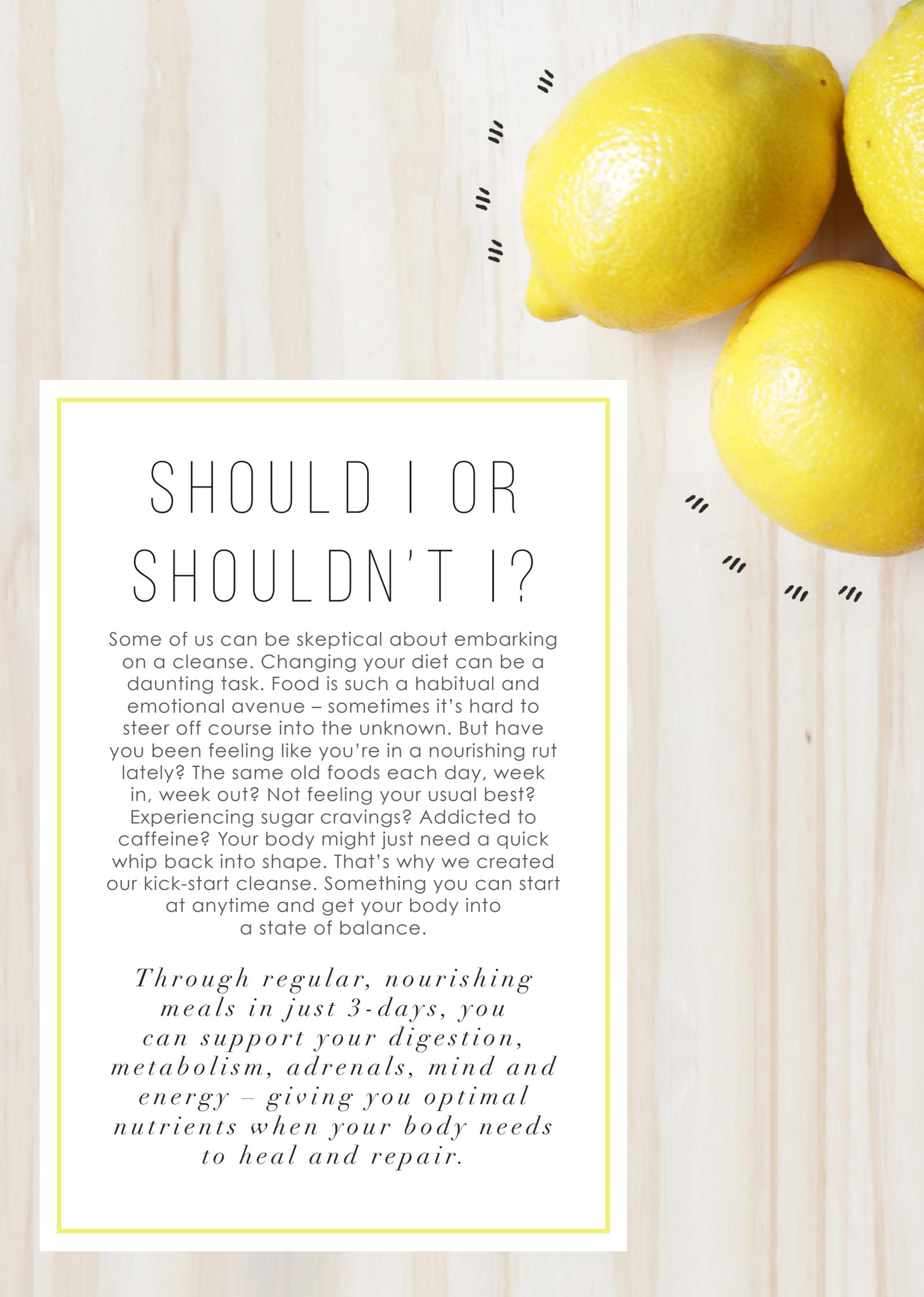
The secret is our yummy and healing foods that are loaded with dense nutrients, resistant starch, metabolism boosting carbs, and clean green recipes to keep you feeling fuller, for longer.

Through regular, nourishing meals in just 3-days, you can support your digestion into a regular rhythm of absorb and rest – giving you optimal nutrients when your body needs to heal and repair.

If your body needs a little extra care, this stress-free cleanse will help get both your mind and body functioning at its best.

Happy nourishing,

From your trusty team at
Move Nourish Believe x

The background of the page is a light-colored wooden surface with vertical grain patterns. In the upper right corner, three bright yellow lemons are arranged. To the left of the lemons, there are several sets of three short, parallel black lines, resembling a decorative border or a stylized 'E' shape, arranged in a vertical column.

SHOULD I OR SHOULDN'T I?

Some of us can be skeptical about embarking on a cleanse. Changing your diet can be a daunting task. Food is such a habitual and emotional avenue – sometimes it's hard to steer off course into the unknown. But have you been feeling like you're in a nourishing rut lately? The same old foods each day, week in, week out? Not feeling your usual best? Experiencing sugar cravings? Addicted to caffeine? Your body might just need a quick whip back into shape. That's why we created our kick-start cleanse. Something you can start at anytime and get your body into a state of balance.

Through regular, nourishing meals in just 3-days, you can support your digestion, metabolism, adrenals, mind and energy – giving you optimal nutrients when your body needs to heal and repair.

THE BENEFITS



Boosts your energy

While you're detoxing, you're stopping the influx of the things that made you want to do a cleanse in the first place. Our livers work tirelessly to filter through everything, but by cutting out the sugar, caffeine, junk foods and replacing them with fresh, nourishing, wholesome foods aimed at giving you a nutritional boost, you'll be getting natural energy that doesn't come with the typical sugar crash. It's also very important to stay hydrated while on any cleanse to continue flushing out your system.



Think more clearly

With wastes being eliminated and nutritionally dense foods being consumed, you can expect to feel more energy and be more mentally sharp. The food we eat affects our bodies in profound ways, and poor diet is a big contributor to anxiety and depression.



Your adrenals are supported

Foods within our cleanse are specifically chosen to support your adrenals (those wonderful glands that make our stress hormones) through balancing blood sugar metabolism with supportive nutrients such as vitamin C, iodine and selenium necessary for thyroid support and metabolic regulation.

Take these 3 days to breakthrough addictions to caffeine, sugar, fried food and chocolate by giving your adrenals support to function without stimulants.



Improves your glow

Including an abundance of fresh fruits, vegetables, fibre and tonics will improve your skin tone and your inner glow. By eliminating and flushing out toxins it will give skin-healing nutrients where needed such as vitamin A, zinc and essential fatty acids.



It embraces healthy changes

Detox programs and dietary changes are a sure-fire way to put a wedge between your old ways and your new ones. If you have addictions to sugar, caffeine or junk foods you can use a cleanse to help you kick those habits. Often when we cut these things out cold turkey, it can cause us to go back to our old ways with limited success on our original plan – but we don't believe in restriction, more-so healthy adaptation! By replacing the bad foods with delicious healthy ones, you can retrain your brain to be satisfied on whole, healthy foods (that still taste good) and stick to some great new habits.

WHAT YOU NEED TO KNOW *when on a cleanse:*

▶ *How to maximize it*

3 days is achievable without being restrictive, and it takes a lot to change your nourishing habits. Maximizing a cleanse is all about helping the detoxification process move along. You can do this by getting in the sauna, adding Epsom salts to your bath, practicing yoga each day, walking in nature (or the beach) to help stimulate the lymphatic flow, helping to rid the body of excess toxins.

It's a good idea to try drinking 1.5 litres of filtered water with 1/8th of a teaspoon of Himalayan sea salt each day to help flush toxins and hydrate cells to reduce aging and give your skin that magic glow! Along with your hydration, getting 20 minutes of sunshine daily to optimize vitamin d levels will optimize feel good hormones and thyroid function.

▶ *How to stay on track after you've finished*

After a cleanse your body has adjusted to the balanced nutritious meals, and has been used to getting rid of more than its accumulating. So you will notice that the coffee you once downed thoughtlessly will give you the jitters, and the sugar high after a chocolate bar.

The cleansing process doesn't just stop at day 3 either. Your system is functioning much cleaner than it did before, so the foods that you choose post cleanse should support the process of digestion and elimination such as chia, apples and lemon. Maintaining your water intake and food timings helps keep the digestive and elimination system in rhythm. This optimizes food enzyme production and prevents blood sugar crashes that cause bad food blowouts, yikes.

Having small regular meals avoids overloading digestion, so binging on a large pizza to celebrate post cleanse isn't the best idea!

Lastly, pick a tonic you enjoyed having during your cleanse and keep it up each day with your super snacks on hand to give you the best chance at maintaining that feel good cleanse feeling!



SHOPPING LIST

VEGETABLES AND HERBS

One bunch of asparagus
One bunch kale
Watercress or rocket
One small broccoli head
2 spring onions
2 brown onions
1 red onion
9 carrots
1 head cauliflower
Baby spinach
2 medium beetroot
1 large bunch coriander (or parsley)
Dried shiitake mushroom
Garlic
Mint
Fresh basil
Fresh ginger
Pumpkin
2-3 chili's
Half a bunch of celery
1 Leek
1 zucchini
200g green beans
Curry leaves
1 Lebanese cucumber
1 bunch broccolini
2 kaffir lime leaves

FRUITS

2 apple
4 lemons
3 limes
1 pear
Avocado
Blueberries, fresh or frozen
Raspberries, fresh or frozen

NUTS AND SEEDS

White sesame seeds
Black sesame seeds
Brazil nuts
Almonds
Almond meal
Cashews
Chia seeds
Pecans
Cumin seeds
Coriander seeds
Pepitas (pumpkin seeds)
Linseed

PROTEIN/DAIRY

2 eggs
Coconut yoghurt or natural Greek yoghurt
1 chicken breast

CANNED GOODS/OILS AND PANTRY ITEMS

Macadamia oil
Olive oil
Chili powder
Coconut oil
Brown rice syrup
Coconut flour
2 litre chicken or vegetable broth (real stock not powdered)
Ghee (alternatively you can use coconut oil)
Tamari
Dried goji berries
Chlorophyll
Almond mylk
Bee pollen
Curry powder
Coconut palm sugar
Adzuki beans
1 tin organic chopped tomatoes
Coconut milk
Apple cider vinegar (with mother)
Manuka honey
Quinoa flakes
Kelp noodles
Small handful of dates
Tahini
Quinoa
Dulse flakes
1 tin cannellini beans
Coconut flakes

CHECK IF YOU ALREADY HAVE

Sea salt or Himalayan salt
Smoked paprika
Cinnamon
Honey
Cardamom
Nutmeg
Pepper
Vanilla bean paste
Coconut oil
Cumin
Cayenne pepper



DAY ONE

Ease into the first day of detoxing with a delicious and savoury breakfast bowl full of greens, antioxidants, protein and healthy fats to nourish and keep you feeling full.

The rest of the day will see you eating meat-free with loads of flavourful and nourishing options. Enjoy your bone broth in a mug much like you would sip on a tea for optimum gut healing and general wellbeing benefits, snack on some spiced nuts full of selenium to assist your metabolic function and finish the day with a nourishing, tasty and filling green detox soup with seed crackers.



Green breakfast bowl with macadamia chilli oil

PREP TIME: 20 MINUTES
COOK TIME: 5 MINUTES
SERVES: 1

YOU WILL NEED:

1 egg, poached
5 spears of asparagus, steamed
3 leaves kale, finely shredded
Handful of watercress or rocket
¼ cup broccoli, steamed
¼ avocado, sliced
1 tsp. of gomasio (sesame and seaweed salt substitute)
1 spring onion, thinly sliced
2 tsp. of macadamia oil
Pinch of chilli powder
Lemon wedge to serve (optional)

METHOD:

Arrange egg, asparagus, kale, watercress or rocket, broccoli, avocado. Sprinkle on gomasio. Combine oil and chilli and drizzle over greens. Serve with lemon wedge.

Gomasio (a salt substitute that's high in calcium)

YOU WILL NEED:

1 tbsp. white sesame seeds
1 tbsp. black sesame seeds
2 tsp. of dulse flakes
¼ tsp. of sea salt

METHOD:

Combine all ingredients in a small jar or container. Store in cool dry place. Use as a condiment on fish, chicken, avocado, vegetables or salads to boost mineral intake.





Smokey honey roasted carrot salad & cauliflower salad

PREP TIME: 15 MINS
COOK TIME: 30-40 MINS
SERVES: 2

YOU WILL NEED:

8 baby carrots with tops on (any carrots work fine)
½ head cauliflower, cut into florets
100g baby spinach
1 medium beetroot, washed and grated.
½ bunch coriander, roughly chopped
3 tbsp. smoked paprika
Pinch cinnamon
4 tbsp. honey
Salt
Coconut oil for cooking

METHOD:

Preheat oven to 180°C/350°F. Cut the carrots in half, place on a baking tray and lightly coat in oil. Sprinkle 1 tbsp. paprika over the carrots and place in oven. Do the same with the cauliflower, and cook until nice and crisp on edges.

Mix the beetroot, spinach and coriander in a bowl and place aside.

Once the carrots are almost cooked (slightly softened), sprinkle over the remainder of the paprika, and drizzle over the honey and place back in the oven to finish cooking.

Once your vegetables have finished cooking, place them into the bowl (with the spinach, beetroot and coriander), add seasoning to taste and mix. Serve, topped with a pinch of cinnamon.

Spiced Brazil nuts and almonds

PREP TIME: 5 MINUTES
COOK TIME: 30 MINUTES
MAKES: 8 PORTIONS

YOU WILL NEED:

1-cup Brazil nuts
1-cup almonds
2 tsp. cinnamon
½ tsp. cardamom
½ tsp. nutmeg
½ tsp. Himalayan salt
1 tbsp. brown rice syrup
2 tsp. coconut flour
1 egg white beaten

METHOD:

Preheat oven to 140°C/284°F and line a baking tray. In bowl combine all ingredients.

Place nuts onto baking tray and bake for 25-35 minutes until crisp.



Nourishing Broth tonic

YOU WILL NEED:

300 ml chicken or vegetable broth
1 slice ginger
1 tsp. tamari
1 spring onion, sliced
1/4 carrot, diced
1 dried shiitake mushroom
1 piece dried wakame seaweed

METHOD:

Combine all ingredients in a saucepan on medium heat for 3 minutes.
Strain and drink warm.



Green detox soup with seed crackers

PREPARATION TIME: 10 MINUTES

COOK TIME: 25 MINUTES

SERVES: 4

YOU WILL NEED:

2 tsp. of ghee or coconut oil
1 onion, diced
1 clove garlic, crushed
5 stems of coriander, finely chopped and leaves removed
1 celery stick, diced
1 Leek sliced
½ head broccoli, chopped
1 zucchini, chopped
1 litre chicken stock or vegetable stock (real stock not powdered)
3 tbsp. cashews
¼ tsp. sea salt
¼ tsp. black pepper
Handful coriander leaves
Zest of ½ lemon

METHOD:

In a saucepan heat ghee and sauté onion 5 minutes until translucent.

Add in garlic, coriander, celery and leek and sauté for a further 3 minutes.

Add in broccoli, zucchini, chicken stock, cashews, sea salt, black pepper and simmer for 15 minutes.

Place in blender and process until smooth. Serve in bowls and garnish with coriander cashews and lemon zest.





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DAY TWO

As soon as you wake on day two, the clean green tonic is your morning go-to. Not only does the added chlorophyll promote cleansing, but it also helps control hunger cravings. From there, enjoy a delicious chia porridge that will improve skin and glow by binding to toxins. Snack on some grated apple with a sweet superfood mix. You'll most likely fall in love with dukkah and shower it over everything once you master the green bean and beetroot salad. Bring it home with a hearty pumpkin curry and optional coconut raita.



Clean Green tonic

PREP TIME: 5 MINUTES
SERVES: 1

YOU WILL NEED:

250 ml filtered water
1 tsp. chlorophyll
Juice of a lemon
Juice of a lime
Sprig of mint

METHOD:

Combine all ingredients in a jar and combine well with a spoon.

Drink immediately.

*Pear, blueberry and bee pollen chia porridge*

PREP TIME: 5 MINUTES
COOK TIME: 8 MINUTES
SERVES: 1

YOU WILL NEED:

1 pear, grated
1-cup coconut milk or almond mylk
Pinch each of cinnamon, ginger and cardamom
¼ tsp. vanilla bean paste
¼ cup chia seeds
¼ cup blueberries
1 tbsp. pecans, chopped
1 tbsp. bee pollen

METHOD:

In a small saucepan combine pear, coconut milk or almond mylk, cinnamon and vanilla bean. Simmer for 5 minutes.

Add chia and simmer for a further 3 minutes, stirring to evenly distribute chia whilst it begins to swell. Place porridge in bowl and top with blueberries, pecans and bee pollen.





Green bean, dukkah and beetroot salad

PREP TIME: 15 MINS
COOK TIME: 30-40 MINS
SERVES: 2

FOR THE DUKKAH:

Small handful of cashews
Small handful almonds
1 tbsp. sesame seeds
1 tbsp. cumin seeds
1 tbsp. coriander seeds

METHOD DUKKAH:

Lightly toast all ingredients until the spices are fragrant and the nuts are slightly browned.

Blend in processor until the mix is nice and coarse.

METHOD SALAD:

Wrap the diced beetroot in a parcel (ensuring the beetroot is only in one layer) and place in a pre-heated 180°C/350°F oven for 45mins.

Put the beans in a pot of boiling water for roughly 2 minutes (or until they are cooked) ensuring there is still a little bit of crunch! Drain the beans and rinse with cold water until they have cooled.

Quickly blend the basil with the olive oil until it is smooth and mix through the kale. Massage the kale with the pesto until the kale is soft and darker in colour: this makes the kale nice and soft and easier for your body to absorb.

Once the beetroot has cooked, mix all salad ingredients in a bowl, and serve with a big sprinkle of dukkah.

YOU WILL NEED:

200g green beans, tops and bottoms removed
1 large beetroot, diced
100g spinach
2 kale leaves, thinly sliced
1 apple, coarsely grated (I like using the granny smiths, however red apples will work fine)
½ bunch basil
50 ml olive oil

Grated apple with almonds, goji and chia

PREP TIME: 5 MINUTES

SERVES: 1

YOU WILL NEED:

- 1 apple, grated
- 1 tbsp. almonds, roughly chopped
- 2 tsp. goji berries
- 2 tsp. pepitas
- 1 tsp. chia seeds

METHOD:

Grate apple and sprinkle with remaining ingredients. Enjoy as a nourishing and cleansing snack.

*Nourishing note:
grated apple is
high in pectin, a
cleaning soluble
fibre to aid
digestion.*



Adzuki bean and pumpkin curry with spinach and coconut raita

PREP TIME: 15 MINUTES
COOK TIME: 30 MINUTES
SERVES: 2

YOU WILL NEED:

2 cups pumpkin, cubed
1 onion, finely chopped
1 stem curry leaves
1 clove garlic, grated on fine grater
1 thumb ginger, grated on fine grater
1 tsp. mild curry powder
2 tsp. tamari
1 tsp. coconut palm sugar
1 tin of adzuki beans
1 tin organic chopped tomatoes
1-cup real chicken stock
1-cup coconut milk
Handful of spinach
Salt and pepper to taste
Wedge of lime to serve

METHOD:

Preheat oven to 180°C/350°F and line a baking tray. Toss pumpkin in coconut oil and roast for 20 minutes. Set aside. In a saucepan melt ghee or coconut oil, sauté onion 5 minutes on medium heat until translucent. Add in ginger and curry leaves and sauté for 2 minutes.

Add in curry powder, coconut sugar, tamari, adzuki beans, tin tomatoes and stock and simmer for 10 minutes. Add in roasted pumpkin and simmer for 10 minutes.

Add in coconut milk and spinach. Season to taste. Serve with coconut raita and lime wedge.

Coconut raita

YOU WILL NEED:

1 Lebanese cucumber, finely chopped
1-cup coconut yoghurt or natural Greek yoghurt
Juice of a lemon
1 sprig of mint leaves, torn
¼ tsp. of salt

METHOD:

In a bowl combine all raita ingredients. Keeps for 3 days in refrigerator





DAY THREE

As always, we save the best till last. Start day three with a luscious raspberry and coconut bircher and a metabolism booster tonic with honey and ginger. Nourish to flourish with a vegetarian salad that's nutrient dense and fully flavoursome. Whip out those seed crackers again with some tasty cannellini bean dip and then it's time for some warming kelp noodle chicken broth to give your insides a healing hug.



Metabolism booster tonic

YOU WILL NEED:

250 ml filtered water
1 tsp. apple cider vinegar (with *mother)
Juice of 1/2 lemon
1 tsp. Manuka honey
Pinch cayenne pepper or slice of ginger

METHOD:

Combine all ingredients in a jar and combine well with a spoon.
Drink immediately.



breakfast



Raspberry, coconut and quinoa bircher muesli

PREP TIME: 5 MINUTES
CHILL TIME: OVERNIGHT
MAKES: 2 SERVES

YOU WILL NEED:

1-cup quinoa flakes
250ml coconut milk or coconut water
½ cup Greek yoghurt or coconut yoghurt
½ tsp. vanilla paste
Pinch of cinnamon
2 tsp. honey
1 tbsp. pepitas
2 tsp. chia seeds
½ cup fresh or frozen raspberries, thawed
¼ cup coconut flakes

METHOD:

In a bowl combine quinoa flakes, coconut milk, yoghurt, vanilla, cinnamon, pepitas and chia seeds.

Spoon into jar and top with raspberries and coconut flakes.

Place in a refrigerator overnight. Add extra coconut milk if desired.



Seed crackers with cannellini bean dip

PREP TIME: 5 MINUTES
COOK TIME: 40 MINUTES
MAKES: 9 CRACKERS

YOU WILL NEED:

¼ cup linseed
2 tbsp. pepitas
¼ cup sesame seeds
¼ cup chia seeds
¼ cup almond meal
1 tbsp. olive oil
½ tsp. sea salt
2 tsp. dulse
½ tsp. black pepper

METHOD:

Preheat oven to 155°C/311°F and line tray with baking paper. In a bowl combine all ingredients and mix until well combined and sticking together. Spread mixture on tray, score with a knife to create 15 cm square sized crackers and bake for 30 minutes. Flip crackers over and continue to bake for 15 minutes. Crackers should be dry and crisp. Allow to cool on tray.

For the cannellini bean hummus

PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES
SERVES: 6

YOU WILL NEED:

1 tin cannellini beans, rinsed
1 clove garlic, roasted 15 minutes
at 180 °C/350°F
Juice of a lemon
Pinch coriander
Pinch paprika
Pinch cumin
2 tsp. tahini
2 tsp. olive oil
¼ tsp. salt

METHOD:

Blend all ingredients in food processor until smooth. Store in refrigerator 3 days. Serve with fresh cherry tomatoes (optional) and raw crackers.

Roasted cauliflower and pumpkin salad

PREP TIME: 15 MINS

COOK TIME: 30-40 MINS

SERVES: 2

YOU WILL NEED:

½ head cauliflower
500g pumpkin
200g quinoa
350ml water
150g spinach
½ bunch basil, shredded
Small handful of dates
(roughly chopped)
½ small red onion, diced
20ml coconut oil (for cooking)
2 tbsp. smoked paprika
1 tbsp. cumin
1 tbsp. ground cinnamon
Seasoning
Lemon wedge (optional)

METHOD:

Pre-heat oven to 180°C/350°F.
Dice up pumpkin, (the smaller the chunks, the quicker they cook)
Place pumpkin on baking tray lined with paper, lightly coat with coconut oil, a pinch of salt, and 1 tablespoon of paprika and place in oven.

For the quinoa, add to a pot with 350mL of water, cumin, cinnamon and place on a high heat and bring to the boil. Once quinoa has boiled for 3 mins, put the lid on, remove from heat, and let the quinoa soak up the rest of the water.

Cut up the cauliflower into large florets, and place on oven tray with a light coat of oil, and the remaining paprika. Place in oven and cook until bits of the cauliflower are slightly burnt (have full trust in this process as it tastes incredible) Once the pumpkin and cauliflower are cooked, remove from the oven and place in a bowl with the cooked quinoa, spinach, dates, and basil. Mix salad and serve warm.



Coconut kaffir lime chicken broth with kelp noodles

PREP TIME: 5 MINUTES
COOK TIME: 25 MINUTES
SERVES: 1

YOU WILL NEED:

500ml chicken broth
1 thumb ginger, sliced
1 mild red chilli, sliced
2 kaffir lime leaves
3 tsp. tamari
1 chicken breast
¼ cup coconut milk
1 bunch broccolini
1-cup kelp noodles
Handful of coriander
Wedge of lime to serve

METHOD:

In a saucepan combine broth, ginger, chilli, and kaffir lime and simmer 5 minutes.

Add chicken breast and poach 15 minutes. Let stand for 5 minutes.

Remove chicken from pot and allow to cool 5 minutes, then thinly slice, set aside.

Add broccolini to pot and simmer 2 minutes.

Place kelp noodles in bowls, pour over broth and vegetables. Top with shaved chicken and coriander. Serve with lime wedge.



LOOR
LORNA JANE
MOVE NOURISH BELIEVE
your daily practice of Active Living

GET GRAMMING

If you create one of our nourishing recipes, be sure to tag @lornajaneactive and our leading lady @ljclarkson and hash tag #movenourishbelieve so we can see your creations!

Take the next step towards your best and most amazing life and join the sisterhood of like-minded active women at movenourishbelieve.com and lornajane.com.au



Disclaimer: All information in the 3-day cleanse program is for information purposes only, it is recommended that you contact your health professional if you feel the cleanse may be right for you. Your practitioner should be aware of all medical conditions you may have as well as any medication and supplements you are taking. If you are allergic to any ingredients in the program such as nuts, do not include them in your cleanse and contact Move Nourish Believe for an alternative.

