



*Kuldeep Sethi*

# FREE 2-DAY DETOX

I have come up with a free 2-day detox diet for you to help you speed up your weight loss. A short cleanse not only gives you the kick you need to get back on a healthy track, it also gives your body a rest from hard-to-digest and blood sugar-spiking foods



Cleanses if done often or followed for a long time, can be harmful and cause unpleasant side effects such as cramping, bloating, nausea, vomiting, dehydration, headaches, lack of energy and dizziness. Hence I suggest you do only a 2 day detox just to get back on track.

Think of this as a reset button, a reminder of how your body feels when it's fed healthy foods and is well hydrated. You will also be inspired to eat healthy again.

A healthy detox is generally filled with nutritious foods, plenty of fibre and fluids. Whole foods like nuts and seeds are essential for a complete detox. It is a good idea to entirely skip sugar, sauces and sweet cereals. For protein, go for plant-based protein or if you must, small portions of lean meat. You'll want a balanced approach to food to make sure that you get your required nutrients, including antioxidants like vitamin C and metabolism-boosting micronutrients, like B vitamins. Avoid salt as well as it may cause bloating. These are the general rules to follow.

## DETOX PLAN ( TO BALANCE THE CARBOHYDRATE INTAKE AND HELP YOU LOSE STAGNANT WEIGHT )

MORNING  
8AM

### ACV Routine

Apple cider vinegar is perfect for this – it balances healthy pH levels, kills off bad bacteria in your gut, stabilizes blood sugar and improves overall health.

250 ml of water

2 tablespoon of raw apple cider vinegar

1 half of lemon squeezed into hot water

1 pinch of cinnamon for better blood sugar stabilization

1 pinch of sea salt

MID-  
MORNING  
10AM

### Smoothie Bowl (Smoothie Mix )

50gm banana

50gm muskmelon/ pomegranate

100ml almond Milk

100gm Toppings

[Mix coconut flakes + pumpkin seeds + almond flakes + chopped walnuts + chia seeds. For extra crunchiness, add 1 tablespoon of museli]

LUNCH  
1PM

**200ml egg drop soup with veggies and baked sweet potato**

POST-  
LUNCH  
3PM

### Vitamin C Boost

100ml orange juice

100ml coconut water

10ml amla juice

SNACK  
5PM

### **200ml Green Juice**

Frozen spinach (freeze the spinach leaves for at least 3-hrs)  
Kale/ cucumber  
Mint leaves  
Lemon and ginger ( Juice )  
100ml coconut milk

BEFORE  
DINNER

### **200ml Warm water with cinnamon powder**

DINNER  
8 PM

### **Smoothie Bowl ( Antioxidant Rich )**

Blend the following ingredients until you get smoothie consistency:  
Do not add water as the steam cooked beetroot has enough water  
50gm blueberries  
50gm strawberries / Kiwi  
50gm pomegranate  
50gm steam cooked beetroot  
  
75gm Toppings  
[Mix pumpkin seeds + sunflower seeds + chopped walnuts + chia seeds. For extra crunchiness add 1 tablespoon of museli]

BEDTIME  
10PM

### **Lemon and ginger water**

# NOTE



1. Detox is meant only to help your body with stagnant weight.
2. Detox diet or liquid calorie meal will bring your weight down by few kcal.
3. Vegetable juicing or fruit juicing is done to help you increase your vegetable and fruit intake. But it is recommended to consume whole fruit and vegetables.
4. Your body has a built-in detoxification system like your liver for instance, which transforms noxious chemicals into benign substances that are excreted in the urine (via the kidneys) or faeces (via the gallbladder)
5. Use of hepatoprotective foods like amla can help liver reduce the stress created due to excess alcohol intake.

**For a long-term, effective solution to weight loss, do check out my [Online 30-Day Ultimate Weight Loss Challenge.](#)**

