



# November Challenge – Clean from within

Prepared by Sarah Kekus, The Health Architect

# General Dietary Guidance

---

## Food/Drink to avoid:

Caffeine (tea, coffee, red bull, Cola)

Alcohol

Gluten Grains (bread, pasta, pastry, wraps, couscous etc.)

Cow's milk products except for organic butter

Sugar (sweets, honey, cakes, biscuits, chocolate etc.)

Artificial sweeteners including diet sodas

## Key Dietary Suggestions:

Drink a cup of warm water with 1 tsp Apple Cider Vinegar on waking

Drink at least 2 litres of clear fluid daily – e.g. filtered water, warm water with lemon, herbal teas or miso soup

Eat plenty high quality, clean, lean and organic protein

Incorporate plentiful healthy fats

Ensure you eat plenty of leafy greens & cruciferous vegetables

Include more phytoestrogens – chickpeas, tofu, tempeh, flaxseeds

Also, consider sea vegetables, fermented foods & bone broth





# Eating Clean

---

This plan aims to keep your blood sugar stable by removing simple sugars, alcohol and stimulants. Clean-eating reduces the toxic burden on your liver and digestive system, whilst nutrient-dense foods support your liver and all other body systems.

Cruciferous vegetables - broccoli, cabbage, kale cauliflower, watercress, Brussels sprouts, cabbage, rocket and radishes

Citrus - lemons, limes, oranges and grapefruit

Alliums – garlic, leek, shallots & onions

Root veg – parsnips, carrot, sweet potato & beetroot

Leafy greens – spinach, rocket, watercress, parsley,

Healthy fats - avocado, olive oil, tahini, sesame & coconut oil

Nuts & seeds – walnuts, almonds, cashews, linseeds, sunflower & pumpkin seeds

Wholegrains & pulses – quinoa, brown rice, lentils, chick peas

In addition, high quality, low fat, organic animal proteins are included. These foods contain amino acids that support the liver during phase 2 detoxification, help to balance mood and reduce sugar cravings. Organic chicken and eggs, wild fish, organic tempeh, miso and tofu are all included in this plan.

# Further Refinements

Once you have worked through the initial changes, here are some further ideas:

Vegetable & fruit variety - try to eat a really broad range of brightly coloured vegetables each week (including salads, herbs and berry fruits). Aim for 30 – 40 different types each week.

Eat **organic** as much as possible and certainly all animal products

Include sea-vegetables – Kombu, Kale, Kelp, Wakame

Add fermented Foods – Kimchi, Sauerkraut

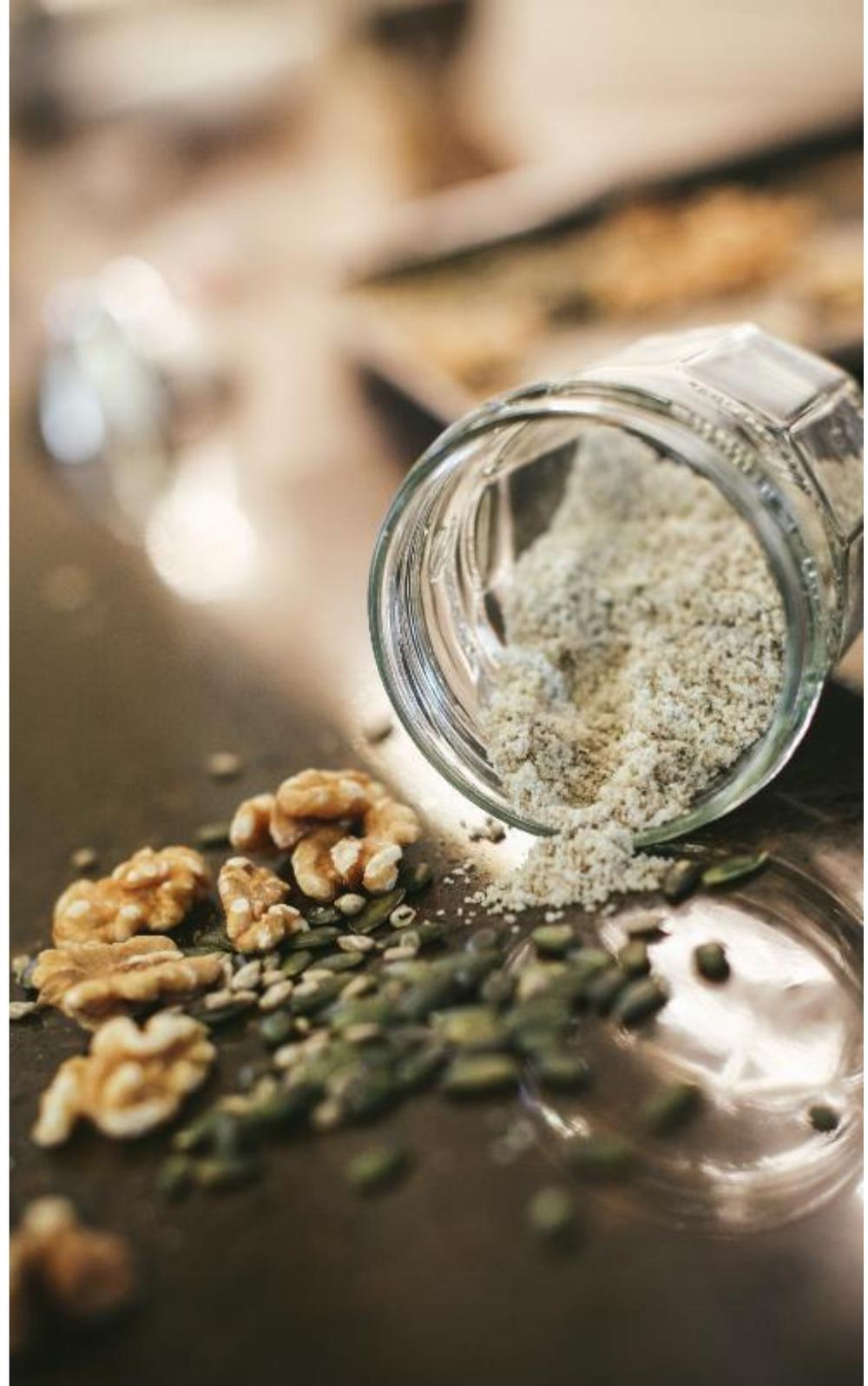
And fermented drinks - Kefir, Kombucha

Herbal Teas Chamomile, sage, fennel & cinnamon

Essential Oils – Peppermint, Lemon, Oregano

Green Powders – Spirulina, Chlorella & Wheatgrass

Other Super-Powders – Acai, Maca & Baobab



# At-a-Glance Menu Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b> 9-11am	Whilst following this 7-day plan try to maintain a “fasting window” of 14 hours. This means that if you finish eating dinner by 7.30pm you should not eat again until 9.30am. Break your fast with a light smoothie or green juice e.g. <a href="https://thehealtharchitect.co.uk/blueberry-breakfast-smoothie/">https://thehealtharchitect.co.uk/blueberry-breakfast-smoothie/</a> <a href="https://thehealtharchitect.co.uk/essential-green-smoothie-recipes/">https://thehealtharchitect.co.uk/essential-green-smoothie-recipes/</a>						
<b>Lunch</b> 12 – 1pm	<b>Vibrant Green Soup</b> with tempeh croutons	<b>Tempeh Toast</b> with spinach, poached eggs, Cavalo Nero & cherry tomatoes	<b>Quinoa &amp; Lentil Tabbouleh</b> with <b>herby ranch dressing</b>	<b>Quinoa &amp; Lentil Tabbouleh</b> with <b>herby ranch dressing</b>	<b>Carrot &amp; White Bean Soup</b> with toasted pumpkin seeds & pea hummus	<b>Greek Salad</b> with hummus	<b>Carrot &amp; White Bean Soup</b> with toasted pumpkin seeds & pea hummus
<b>Evening</b> 6-7pm	<b>Smoked Fish Chowder</b>	<b>Cardamom &amp; Coconut Greens</b> with brown rice or quinoa	<b>Asparagus &amp; Pistachio Salad</b> with puy lentils	<b>Tempeh &amp; Mushroom Korma</b> with brown rice or quinoa	<b>Broccoli &amp; Prawn Stir Fry</b> with quinoa	<b>Zesty Walnut Falafels</b> with roasted beetroot & Brussels sprouts	<b>“Cure-all” Soup</b> with tempeh croutons

Recipes highlighted in pink can all be found in the recipes section of your members portal: <https://thehealtharchitect.co.uk/healthy-eating-recipes/>

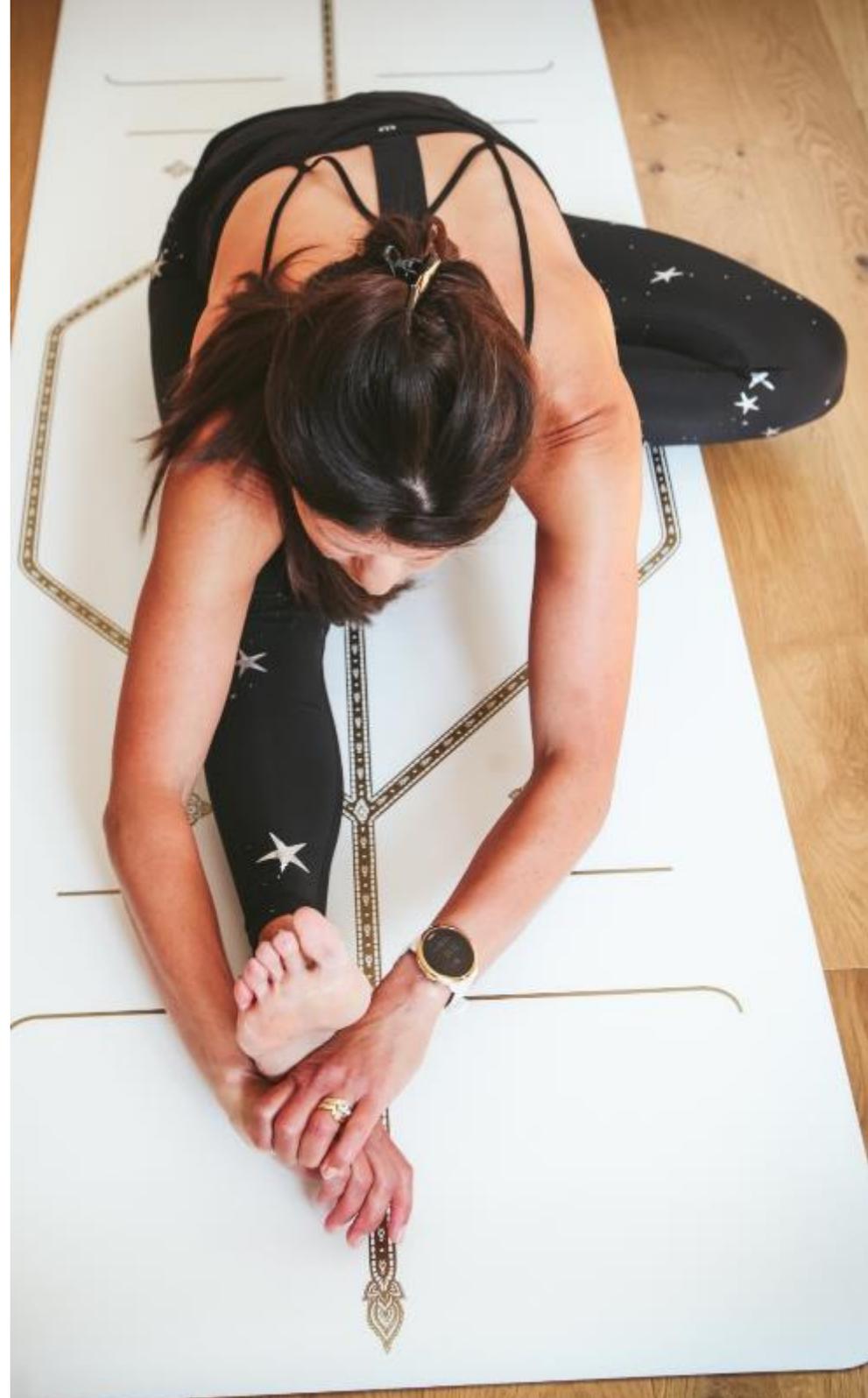
# Lifestyle Medicine

Exercise is a key part of resetting your metabolism as it improves glucose uptake in the muscles, as well as insulin sensitivity. Aim to move for at least 45 minutes a day, raising your heart-rate significantly for around half of that time. In addition, improving muscle tone and size will help you to burn more calories.

However, if you are already stressed-out then punishing runs or gym sessions will just add to this. Instead consider brisk walking and strong yoga styles such as Ashtanga or Power Vinyasa – not only will they help with conditioning but they can alleviate stress too. In addition a daily mindfulness practice can really help you to feel calmer; I find journaling, yoga and a “gratitude practice” the most helpful for me.

And, here are some other lifestyle adjustments to help you reset:

- Prioritise sleep & stop “screen time” at least 1 hour before bed
- Boost magnesium with Epsom-salt baths
- Drink only filtered water
- Avoid plastic packaging and food-storage
- Switch off your WIFI at night



# Essential Oils

I do think they are ESSENTIAL! It all began when I wanted to detox my home and switch to all-natural cleaning and personal care products. Everything that we breath or put on our skin is affecting our health but this is what makes essential oils such an incredibly potent resource for our wellness. Here are 5 of my favourites:

- **Onguard** – this can be taken internally on a daily basis to maintain healthy immune function. It can also be used on surfaces throughout the home as a non-toxic cleaner. When diffused, On Guard helps purify the air, and has an uplifting aroma.
- **Lemon** – perfect for cleaning around the home and I also use 1 drop in warm water, first thing in the morning.
- **Oregano** - this potent oil has been used in traditional medicine for centuries and I've been using it in my clinic for over a decade to support digestive health. It must always be diluted for either topical or internal use (I prefer to use capsules as it is a "hot" oil!)
- **Geranium** – this has been my go-to oil recently; I find it restores a sense of harmony. It is also an amazing skin-care oil and I even add it to my hair-serum!
- **Lavender** – my "journey" with essential oils started in Provence - there's not a day I don't use lavender!





[info@thehealtharchitect.co.uk](mailto:info@thehealtharchitect.co.uk)

[www.thehealtharchitect.co.uk](http://www.thehealtharchitect.co.uk)