

April

Detox Guide



7-day detox
plan, detox
recipes and
shopping list.

April Laugh

Table of Contents

- ➡ Introduction
- ➡ What is the April Detox Guide?
- ➡ Daily Schedule
- ➡ Frequently Used Recipes
- ➡ Detox Plan
- ➡ List of Ingredients
- ➡ Smash Your Fitness Goals

Introduction



Before I introduce you to this detox plan, you have to prep yourself mentally and physically, this is very important to the success of this plan. A few days before you plan to start, you should make sure you have done the following:

April's Detox Guide

1. Convince yourself you are doing it for the right reasons and be determined on what you intend to achieve
2. Drink 8-10 glasses of water each day to prime the body to shed weight as well as perform detox activities
3. Stock up on foods you need for the next 7 days
4. And lastly, **READ THE FOLLOWING NOTES:**



Why Detox?



- Make your eyes sparkle
- Make your skin glow
- Boost energy levels
- Improve your digestion
- Shed a few unwanted pounds

Please note that going on a detox is far from a quick fix for weight loss. The purpose of this detox plan is to detoxify your body while taking some load off your organs – the liver, kidneys and bowel – while at the same time supporting and improving their performance.

If you want to fast track your health, give your body a break, or just want to detox diet for a short time, follow this safe and do-able seven-day program. I tried it in 2013 and lost 5lbs in 3 days. All the people that participated also lost amazing weight in such a short time.



IMPORTANT - EXERCISE Guide:

Besides drinking loads of water during this detox, exercising is also as crucial. Exercise is an important part of any detoxification programme. Move your body to breathe, stretch, circulate and sweat, so the skin can sweat and the kidneys can effectively filter toxins. By increasing your water intake, as well as increasing your heart and breathing rate, your body can more effectively flush out unwanted toxins, fat and waste.

Types of Exercise for Detox:

You need a low- intensity aerobic exercise like running, walking, cycling, dancing and swimming. However, you need to go at a pace that helps you breathe evenly and carry on a conversation. Yoga poses are also beneficial because some are specific for detoxifying certain organs. For effective results, pick a form of exercise that you know you will be able to enjoy and start slowly. Exercise for at least 30 minutes five times during the week so your weight can be maintained successfully.

IMPORTANT - Personal Note

This detox plan is high fiber with all the fruits and vegetables in it, you should drink at least 8 glasses of water throughout the day. This would help with emptying your bowel every morning, if this is not the case drink lots more water and Green tea or Twining's Lemon & Ginger: This revitalizing tea is great for the morning because it has light caffeine levels; it will wake you up without wreaking havoc on your stomach. It also limits your cravings later.

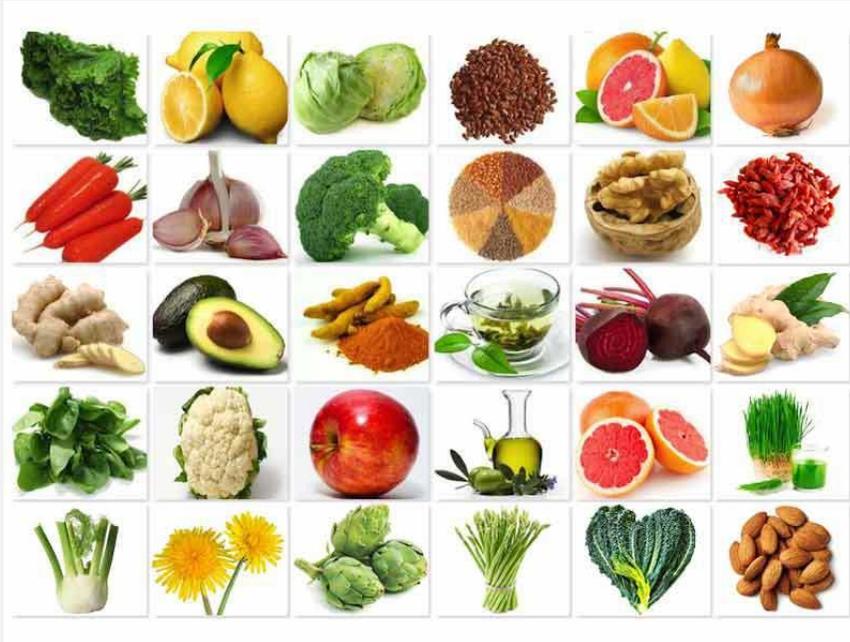
IMPORTANT - Medical Notice

If you suffer from any health condition, please talk to your Doctor before embarking on any detox plan. Don't detox if you are pregnant, elderly, suffer from high blood pressure, suffer from diabetes, are underweight or have been advised against detox by your Doctor

IMPORTANT - Legal Notice

All work under the APRIL LAUGH brand are incorporated and registered in England and Wales thereby legally copyrighted in all countries that are a party to this act. All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, forwarding or other electronic or mechanical methods.

Daily Schedule



This detox plan is restrictive unlike the meal plans on the [LifestyleChangeWithApril](#). You're allowed to enjoy the following daily:

- ➡ Detox Drink
- ➡ Water
- ➡ Fruits
- ➡ Green tea/Twinning's Lemon & Ginger Tea

Daily To DOS

Morning Detox Drink: Take a glass of mild warm water and add 2 teaspoons of Honey and 3 Tablespoons of freshly squeezed lemon juice, mix it well and drink it before breakfast once daily for all 7 days.

Throughout the Day: Drink water. Add your favourite fruits in your water to keep it interesting.



Frequently Used Recipes



Detox Drink

Take a glass of mild warm water and add 2 teaspoons of Honey and 3 Tablespoons of freshly squeezed lemon juice, mix it well and drink.

April's Cabbage Soup

***Serves 4 - 220 Calories Per Serving & SO AMAZING!!!!**

Ingredients: Cabbage- 1 Head

Bell Peppers- 2 Pieces

Tomatoes- 3 Large

April's Detox Guide

Onions- 3 Large

Chicken Broth- 1 1/2cup

Sunflower Oil - 2 Tbsps

Water - 2 cups

Celery - 5 Sticks Season as desired.

Cooking Guidelines:

1. Chop all ingredients finely separately
2. Fry onions with oil, add celery, bell peppers, and tomatoes for few minutes.
3. Add chicken broth, maggie and pepper soup seasonings or any of your choice.
4. Simmer for 2 minutes
5. Add the cabbage, and water.
6. Cook for 30 minutes and serve.

OTHER RECIPES:

Foods to enjoy during the Detox

Fruits: Fruits! Fruits! Fruits! You must know by now that fruits are very important for your health. On this detox, this will improve the healing process and help with an achievable healthy weight loss. Grapefruit is the best weight loss fruit. It has low sugar content and lots of fiber to help improve your digestive system.

Apple: Always try to eat fresh and wax-free apples. Apple alone is not very helpful in healthy weight loss but combined with other fruits, it forms an essential part of healthy fruit diet.

Vegetables: Any and all fresh vegetables

Fish, Turkey, Chicken (without the skin). Limit to two serves for the week.

Smoothies:

Morning Fix:

2 cups of spinach

2 cups of Almond milk

2 cups of frozen pineapple

1 Banana

Citrus Breeze

2 cups of spinach

1 1/2 cups of water

2 Oranges

Half mango

1/2 cup of Pineapples

1 Banana

April's Detox Guide

Almond Goodness

2 cups of fresh spinach

2 cups of almond milk

1 banana

Tsp Cinnamon

Berries or Cherries

Clean Juices

Force Field

Ingredients

Beet Root - 1 beet (2" dia) 82g

Carrots - 6 medium 366g

Coconut Water - 1/2 cup 120g

Ginger Root - 1 thumb (1" dia) 24g

Lime - 1/4 fruit (2" dia) 16.75g

Orange - 1 fruit (2-5/8" dia) 131g

Turmeric Root - 2 thumb (1" dia) 48g

Directions

Process all ingredients in a juicer, shake or stir and serve.

Ginger Love

Ingredients

Apple - 1 medium (3" dia) 182g

Carrots - 4 medium 244g

Ginger Root - 1 thumb (1" dia) 24g

Directions

Process all ingredients in a juicer, shake or stir and serve.

Apple Berry

Ingredients

Apple - 1 medium (3" dia) 182g

Carrots - 7 medium 427g

Strawberry (heaping) - 1 cup, whole 144g

Directions

Process all ingredients in a juicer, shake or stir and serve.

Detox Plan

	Pre-Breakfast	Breakfast	Lunch	Dinner
DAY 1	DETOX DRINK	Fruit Bowl	Fruit Bowl	Fruit Bowl
DAY 2	DETOX DRINK	Fruit Bowl	Fruit Bowl	Fruit Bowl
DAY 3	DETOX DRINK	Fruit Bowl	Fruit Bowl	Fruit Bowl
DAY 4	DETOX DRINK	4 Bananas & a glass of Semi-Skimmed Milk	4 Bananas & a glass of Semi-Skimmed Milk	CABBAGE SOUP
DAY 5	DETOX DRINK	Citrus Breeze	Grilled Tomatoes With 100g of Grilled Fish or Meat	CABBAGE SOUP
DAY 6	DETOX DRINK	Almond Goodness	Chosen Salad (No Dressing) With 100g of Grilled Fish or Meat	CABBAGE SOUP
DAY 7	DETOX DRINK	Any Clean Juice	Chosen Salad (No Dressing) With 100g of Grilled Fish or Meat	CABBAGE SOUP



FRUITS FOR DAY 1 - 3

Your typical day should look like:

Early morning (6-9 a.m.) Detox Drink

Breakfast (9 a.m. to 10a.m) An unlimited amount of any of the following fruits: Apples, Pineapple, Figs, Pears, Grapes, Kiwi, and Cucumber

Lunch (12 -2p.m.): Oranges or Tangerines, Peaches, and Papayas in any amount desired

April's Detox Guide

Dinner (6p.m.): Mango, Cherries, Strawberries, Red Plums, Watermelon, Grapes, Mango, Persimmons, Pomegranates, and Tomatoes.

NOTE: You are allowed to eat all types of fruits from day 1-3 except Bananas. Whenever you're hungry, you can eat any of the aforementioned fruits.



List of Ingredients

INGREDIENT	QUANTITY	NOTE
Apples	6	
Pineapples	2	
Kiwis	6	
Tangerines	10	
Mangoes	6	
Pomegranate	3	
Grapefruit	3	
Papayas	2	
Strawberries	1 Bowl	
Bananas	8	
Cabbage	1 head	
Bell Peppers	2	
Tomatoes	6	
Onions	3	
Sunflower Oil		
Celery Sticks	4	
Honey		
Lemon	8	
Twinnings lemon & Ginger Tea		
Green Tea		
Semi-Skimmed Milk		Can be replaced with any plant based milk or natural yogurt.
Fish	200g	
Chicken	200g	
Fresh Salad Greens	As desired	
Spinach	As Desired	
Beetroot	3-5	

Smash Your Fitness Goals



Reflections: Can you believe you made it? You might feel a little weak on the last day because your body has not consumed too much carbohydrate in the last couple of days. Before you go to bed tonight, reflect on the last 7 days and think about your strength and perseverance to stick to this diet. The benefits are tremendous – and affects more than the number you will see on the scale the next morning or the difference in the fit of your clothes. The change will be in the functioning of your body, which will be operating in an enhanced manner due to the detox process.

You can repeat this detox every other month if you choose. Once in two months would be an efficient and healthy way to lose a few pounds that creep up on you when you are not paying attention!

Want More? Sign up for the [Lifestyle Change with April](#).