

viridian
The leading brand of ethical vitamins

7 DAY SUGAR DETOX

How it works

- 1 Follow our 7 day plan
- 2 Healthy recipes to follow every day
- 3 Take the special Viridian supplement
- 4 After 7 days **FEEL TRANSFORMED**

Your Detox Kit



Contains special supplement & guide

A 7 day plan to follow

Healthy recipes to follow every day

More about our Viridian supplement

Nutritional support for healthy blood glucose.

Doing your 7 Day Sugar Detox with nutritional support from Cinnamon, Chromium and Alpha Lipolic acid may help support your food plan and improve success. Chromium is an important mineral that contributes to the maintenance of normal blood glucose levels, while Cinnamon, also known as sweet wood has been used in several clinical studies as well as having a long history of traditional use. We recommend taking two capsules daily, one with breakfast and one with dinner.

Getting Started

Our 7 Day Sugar Detox needs a little planning. Heres a guide:

- Read the rules
- Set yourself a start date
- Clear out sugary foods and drinks – once your blood sugars level out you shouldnt need to snack
- Look at our meal planner & shopping list. Organisation will stop you turning to convenience foods, often packed with sugar
- Stock your cupboards
- Set your start date **Are you ready?**
Decide when to start your 7 Day Sugar Detox. Do give yourself plenty of time to plan and prepare. Dont choose a time when you will be busy, stressed or have little time to cook.
I will start my 7 Day Sugar Detox on: / /

Remember to follow these 7 rules

- 1 Take your Viridian supplement
- 2 Do not add any form of sugar or alternative sweeteners Your allowance is zero
- 3 No sugary drinks or sodas
- 4 Avoid processed foods
- 5 Eat 3 meals a day - this will keep your blood sugar stable
- 6 Eat plenty of vegetables and limit fruit to 2 to 3 servings per day
- 7 Drink plenty of water

Ready, Steady, Go

What are you waiting for? In just 7 days youre going to feel amazing with bags more energy. Have a quick recap of the rules then youre good to go.

The 7 Day Eating Plan



Oliver McCabe has created a 7 day meal plan exclusively for our 7 Day Sugar Detox.

It provides tasty, energy boosting meals every day guaranteed to make you feel great.

*Recipes and shopping list available online viridian7daysugardetox.com or download our iOS and Android app.

The below menu is based on 2 people following the 7 day planner - any leftovers can be used for another meal. For each recipe, weve included the number of servings.

to help make your detox an easy process to follow. Please adapt as necessary if cooking for more than 2 people. To save time, snacks can be made in advance.



Meals/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	*Sugar Free Chia Seed Granola (serves 6)	Whole Grain Cereal and Sugar Free Rice Milk With Fresh Berries	*Sugar Free Chia Seed Granola (serves 6)	Whole Grain Cereal and Sugar Free Rice Milk With Fresh Berries	*Sugar Free Chia Seed Granola (serves 6)	*Easy Buckwheat Pancakes (makes 8)	*Easy Buckwheat Pancakes (makes 8)
Lunch	*Butternut Coconut and Coriander Soup (serves 4)	*Butternut Coconut and Coriander Soup (serves 4)	*Chilli Non Carne (serves 4)	*Quinoa Green Bean Salad (serves 4)	*Chilli Non Carne (serves 4)	*Quinoa Green Bean Salad (serves 4)	*Mediterranean Chickpea Stew (serves 4)
Snack ideas	A Handful of Almonds	*Coconut Crunches (makes 12)	Fresh Fruit	*Seedy Mango and Date Energy Bars (makes 8)	*Rice Crackers and Classic Hummus (makes 250g dip)	*Coconut Crunches (makes 12)	*Seedy Mango and Date Energy Bars (makes 8)
Dinner	*Fully Loaded Paella (serves 4)	*Living Dahl Burgers (makes 8)	*Fully Loaded Paella (serves 4)	*Living Dahl Burgers (makes 8)	*Sweet Potato and Quinoa Curry (serves 4)	*Olivers Fuel Food Veggie Bake (serves 4)	*Sweet Potato and Quinoa Curry (serves 4)
Day-by-day tips	Today should be plain sailing as long as youre prepared. If youre hungry, eat something non-sugary such as veg, cheese, nuts or seeds.	Dehydration is one of the main enemies of low sugar eating so make sure youre drinking plenty of water.	You might feel some cravings now, or feel agitated and grumpy. Sugar withdrawal effects are physical. Theyll pass and Viridian will help.	Cutting out sugar can effect your digestive system. Eat plenty of vegetables, fibre and whole foods to keep everything in order.	The cravings should now be passing and you should start feeling the benefits of your sugar detox.	Not long to go now. Your body will be thanking you for all the hard work so far.	Last day of the detox. Why not make tomorrow the first day of a low sugar lifestyle?
Daily supplement checklist and mood log	Today I have had: Supplement 1 <input type="checkbox"/> Supplement 2 <input type="checkbox"/> I am feeling:	Today I have had: Supplement 1 <input type="checkbox"/> Supplement 2 <input type="checkbox"/> I am feeling:	Today I have had: Supplement 1 <input type="checkbox"/> Supplement 2 <input type="checkbox"/> I am feeling:	Today I have had: Supplement 1 <input type="checkbox"/> Supplement 2 <input type="checkbox"/> I am feeling:	Today I have had: Supplement 1 <input type="checkbox"/> Supplement 2 <input type="checkbox"/> I am feeling:	Today I have had: Supplement 1 <input type="checkbox"/> Supplement 2 <input type="checkbox"/> I am feeling:	Today I have had: Supplement 1 <input type="checkbox"/> Supplement 2 <input type="checkbox"/> I am feeling:

Congratulations, you finished! But what now? See overleaf for how to continue your good work.