

A top-down view of a healthy meal preparation area. In the center is a white rectangular tray with a speckled pattern. To the left is a small orange bowl filled with shredded white coconut. Below it is a light green bowl containing a bowl of oatmeal topped with granola, blueberries, and shredded coconut. To the right is a glass jar with a metal clasp, filled with granola. Further right is a light blue bowl also containing oatmeal with granola, blueberries, and coconut. In the bottom left corner is a white plate with fresh blueberries. In the bottom right is a tan leather water bottle with a gold metal cage around the neck and a gold cap. The background is a light grey surface with some scattered granola and blueberries.

HEALTHY MEALS

3-DAY DETOX MENU

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EQUA x AYATANA

The EQUA logo, which consists of a black teardrop shape with the word "equa" written in white lowercase letters inside.

equa

EQUA and Ayatana decided to join forces and provide you with fabulous 3-day menu, a selection of simple, delicious and healthy meals to clean your body from heavy food load & toxins.





MENU

DAY 1

BREAKFAST Morning smoothie bowl

LUNCH Mixed barley plate

DINNER Creamy cauliflower soup

DAY 2

BREAKFAST Smoothie

LUNCH Energizing bowl

DINNER Winter protein plate

DAY 3

BREAKFAST Chocolate – peanut butter granola

LUNCH Asian bowl

DINNER Winter creamy soup

SNACKS

Energy bliss balls

Chia pudding

Veggie chips

3-DAY SHOPPING LIST

GRAINS

Barley
Black rice
Buckwheat groats
Rolled oats

LEGUMES

Black beans (*fresh or canned*)
White beans (*fresh or canned*)
Chickpeas (*fresh or canned*)
Green lentils (*fresh or canned*)

NUTS AND SEEDS

Almonds
Cashews
Peanuts
Pine nuts
Chia seeds
Sunflower seeds
Sesame seeds

OILS AND BUTTERS

Sesame seed oil
Olive oil
Hazelnut butter
Peanut butter
Tahini

PLANT-BASED MILKS

Oat mylk
Almond mylk
Plant-based yogurt

SWEETENERS

Agave syrup
Maple syrup

SPICES AND HERBS

Black pepper
Salt
Turmeric
Smoked red pepper
Red peppercorns
Chili flakes
Ground vanilla
Ground cardamom
Ground nutmeg
Ginger, fresh
Thyme
Marjoram
Bay leaf

EXTRAS

Shredded coconut
Cacao nibs
Raw cacao powder
Blueberry powder
Maca powder
Espresso coffee
Dried cranberries
Mustard
Veggie stock
Tamari sauce
Miso paste
Capers
Olives
Artichokes

Tempeh
Apple cider vinegar
Nutritional yeast

FRUITS

Banana
Kiwi
Mango
Lemon
Pomegranate
Blueberries

VEGGIES

Eggplant
Avocado
Cauliflower
Onion
Microgreens
Red cabbage
Kale
Garlic
Beets
Parsnip
Radicchio trevisano
Broccoli
Shiitake mushrooms
Green onion
Leek
Fennel bulb
Potato

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DAY 1 / INGREDIENTS

GRAINS

Barley

LEGUMES

Black beans (*fresh or canned*)

White beans (*fresh or canned*)

NUTS AND SEEDS

Sesame seeds

Almonds

OILS AND BUTTERS

Sesame seed oil

Olive oil

PLANT-BASED MILKS

Oat mylk

Almond mylk

Plant-based yogurt

SPICES AND HERBS

Black pepper

Salt

Tumeric

Thyme

EXTRAS

Shredded coconut

Cacao nibs

Veggie stock

Tamari sauce

Miso paste

FRUITS

Banana

Kiwi

Mango

Lemon

VEGGIES

Eggplant

Avocado

Cauliflower

Onion

Microgreens



DAY 1 / BREAKFAST

MORNING SMOOTHIE BOWL

INGREDIENTS

½ banana

1 kiwi

1 cup mango, diced
and frozen

1 cup oat mylk

Toppings by choice
(we added shredded
coconut, cacao nibs)

Blend all ingredients in
your blender, until smooth
texture is reached.

Top your smoothie bowl
with topping by your
choice.

DAY 1 / LUNCH

MIXED BARLEY PLATE

INGREDIENTS

Barley, cooked

Black beans, cooked
(or you can use
canned)

Roasted miso
eggplant

Avocado, sliced

Yogurt dressing

Toppings:
sesame seeds

MISO EGGPLANTS

1 eggplant, sliced

1 tablespoon tamari
sauce

1 tablespoon sesame
oil

2 teaspoons miso
paste

Pinch pepper

Pinch sesame seeds

YOGURT DRESSING

2 tablespoons plain
plant-based yogurt

Juice of ½ lemon

1 tablespoon olive oil

Salt and pepper to
taste

Prepare miso eggplants:

Whisk all ingredients, except eggplant in a small bowl. Place eggplant slices on a tray, covered with parchment paper and brush each slice with a paste. Place them in an oven at 180 degrees C, for about 20 minutes.

Mix barley and beans in a bowl and toss them with a bit of salt, pepper, olive oil and chopped parsley.

Prepare yogurt dressing.

Slice some avocado and prepare your plating.



DAY 1 / DINNER

CREAMY CAULIFLOWER SOUP

INGREDIENTS

1 small head cauliflower,
cut into florets

1 onion, chopped

1 cup white beans, cooked
(or you can use canned)

1 teaspoon turmeric, ground

Salt and pepper to taste

Olive oil

3-4 cups water or veggie stock

1 cup almond mylk
(or any plant-based mylk by choice)

Toppings: almonds, toasted and roughly
chopped, microgreens, fresh thyme



Heat a medium sized pot, add a splash of olive oil and onion. Saute until onions are translucent. Add tumeric and saute for an additional minute. Then add cauliflower, beans and mix thoroughly. Pour in water or veggie stock and season to taste. Cover the pot and cook for about 15 minutes. Add mylk and cook for additional 5 minutes.

Blend the soup, until creamy and smooth consistency is reached. Plate it in a bowl and top with some of your favorite toppings.

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DAY 2 / INGREDIENTS

GRAINS

Black rice

LEGUMES

Chickpeas (*fresh or canned*)

Green lentils (*fresh or canned*)

NUTS AND SEEDS

Sesame seeds

Sunflower seeds

OILS AND BUTTERS

Olive oil

Hazelnut butter

Tahini

PLANT-BASED MILKS

Almond mylk

SPICES AND HERBS

Black pepper

Salt

Red peppercorns

Ground cardamom

EXTRAS

Raw cacao powder

Maca powder

Espresso coffee

Capers

Olives

Artichokes

Dried cranberries

Mustard

FRUITS

Banana

Pomegranate

Lemon

VEGGIES

Red cabbage

Kale

Avocado

Garlic

Beets

Parsnip



DAY 2 / BREAKFAST

SMOOTHIE

INGREDIENTS

1 banana

1 tablespoon raw cacao powder

1 tablespoon hazelnut butter

1 teaspoon maca powder

½ teaspoon cardamom, ground

¼ cup espresso coffee

1 cup almond mylk

Blend all ingredients in your blender, until smooth texture is reached.

INGREDIENTS

Black rice, cooked

Red cabbage, shredded or thinly cut

Kale, destemmed

Hummus

Avocado, sliced

Toppings: sesame seeds, pomegranate, capers

HUMMUS

1 cup chickpeas, cooked (or you can use canned)

1 tablespoon tahini

Juice of ½ lemon

1 garlic clove

1 tablespoon olive oil

Salt and pepper to taste

Water as needed to blend

Extras: capers and olives, chopped

DAY 2 / LUNCH

ENERGIZING BOWL

Massage shredded or thinly cut red cabbage with a bit of olive oil, lemon juice, salt and grated fresh ginger.

Massage kale with a bit of salt, olive oil and lemon juice, to soften.

Prepare hummus:

Blend all ingredients, except capers and olives, until smooth. Place your hummus in a bowl and mix in remaining ingredients with spoon or spatula.

Slice some avocado and prepare your plating.





DAY 2 / DINNER

WINTER PROTEIN PLATE

INGREDIENTS

Beets, cut into fries

Parsnip, cut into fries

Green lentils, cooked

Tahini dressing

Artichokes

Toppings: sunflower seeds, toasted
dried cranberries,
red peppercorns

TAHINI DRESSING

2 tablespoons tahini

¼- ½ cup water

juice of ½ lemon

Salt and pepper

1 teaspoon mustard

Mix beets and parsnip with a bit of olive oil, salt and pepper. Place them on a tray, covered with parchment paper and put it in oven at 180 degrees C, for about 30 minutes.

Marinate green lentils with a bit of olive oil, salt, pepper, thyme and mayaron (dried or fresh).

Prepare tahini dressing:
Blend all ingredients, until smooth.

Cut some artichokes and prepare your plating.

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DAY 3 / INGREDIENTS

GRAINS

Buckwheat groats
Rolled oats

NUTS AND SEEDS

Peanuts
Sunflower seeds
Chia seeds
Cashews
Pine nuts

OILS AND BUTTERS

Olive oil
Sesame seed oil
Peanut butter

PLANT-BASED MILKS

Almond mylk

SWEETNERS

Maple syrup

SPICES AND HERBS

Black pepper
Salt
Ground cinnamon
Chili flakes
Ginger, fresh
Marjoram
Ground nutmeg
Bay leaf

EXTRAS

Raw cacao powder
Shredded coconut
Tempeh
Tamari
Apple cider vinegar
Nutritional yeast
Veggie stock

FRUITS

Blueberries
Lemon

VEGGIES

Radicchio trevisano
Broccoli
Shiitake mushrooms
Green onion
Leek
Fennel bulb
Potato
Parsnip

DAY 3 / BREAKFAST

CHOCOLATE – PEANUT BUTTER GRANOLA

INGREDIENTS

2 cups rolled oats

½ cup sunflower seeds

½ cup peanuts, toasted

¼ cup chia seeds

2 tablespoons raw cacao powder

½ teaspoon cinnamon, ground

Pinch salt

¼ cup peanut butter

¼ cup maple syrup

Water as needed

Toppings: blueberries, shredded coconut, Almond mylk (or any plant-based mylk by choice)

Place all ingredients in a bowl and mix well with your hands. Place the mixture on a tray, covered with parchment paper and bake in an oven at 180 degrees C, for about 20 minutes. Leave it to cool and then store it in a clip top jar on your shelf.

Plate it in a bowl, add some of your favorite topping and pour over some homemade almond mylk.

DAY 3 / LUNCH

ASIAN BOWL

INGREDIENTS

Radicchio trevisano, sliced
Buckwheat groats, cooked
Broccoli, cut into florets and steamed
Shiitake mushrooms, sliced and marinated
Tempeh, sliced, marinated and grilled
Creamy dressing

SHIITAKE MUSHROOMS

1 tablespoon sesame seed oil
1 tablespoon tamari
Pinch pepper, ground
Pinch chili flakes

TEMPEH

1 tablespoon tamari
1 teaspoon sesame seed oil
1 small piece fresh ginger, grated
1 green onion, sliced
Pinch chili flakes
Pinch pepper

CREAMY DRESSING

½ cup cashews, soaked
¼- ½ cup water
1 tablespoon apple cider vinegar
2 tablespoons lemon juice
1 tablespoon nutritional yeast
Salt and pepper to taste



Steam broccoli florets for 5-10 minutes, until al dente.

Prepare shiitake mushrooms:

Whisk all ingredients, pour over mushrooms and marinate them for at least 15 minutes.

Prepare tempeh:

Whisk all ingredients, pour over sliced tempeh and marinate it for at least 15 minutes. Grill it until slightly brown and crispy.

Prepare creamy dressing:

Blend all ingredients, until smooth.

Prepare your plating.

DAY 3 / DINNER

WINTER CREAMY SOUP

INGREDIENTS

1 leek, sliced

1 fennel bulb, cut into
small pieces

1 parsnip, diced

1 potato, diced

Pinch marjoram

Pinch nutmeg, ground

1 bay leaf

Salt and pepper to taste

Olive oil

3-4 cups water or veggie
stock

Toppings: pine nuts,
toasted, kale chips

Heat a medium sized pot, add a splash of olive oil and sliced leeks. Saute until leeks break down and become translucent.

Add the rest of the veggies, season mix thoroughly and saute for some additional minutes.

Pour in water or veggie stock, cover the pot and cook for about 20-30 minutes.

Blend the soup, until creamy and smooth consistency is reached.

Plate it in a bowl and top with some of your favorite toppings.



SNACK

ENERGY BLISS BALLS

INGREDIENTS

2 cups shredded coconut
½ cup cashews
1 tablespoon agave syrup
Pinch vanilla, ground
1 tablespoon chia seeds

Toppings: blueberry powder

Mix all ingredients in a food processor, to get a sticky dough.

In case it's too sticky you either add some extra shredded coconut or put the dough in your fridge for at about 30-60 minutes.

Form medium sized balls and top them with one or more toppings by your choice.

SNACK

CHIA PUDDING

INGREDIENTS

1 cup almond mylk
½ banana
½ teaspoons vanilla,
ground
Pinch salt
¼ cup chia seeds

Toppings: blueberries,
pomegranate, cacao nibs

Blend all ingredients, except chia seeds in a blender, until smooth.

Pour the mixture in a bowl and whisk in chia seeds. Place it either in a fridge or leave it at room temperature for at least 30 minutes, to soak all the liquid.

Plate your pudding in a small bowl or jar and top it with your favorite toppings.

SNACK

VEGGIE CHIPS

INGREDIENTS

Kale, destemmed
Beets, thinly sliced
Parsnip, thinly sliced
olive oil
Salt and pepper to taste
Pinch smoked red pepper
(or to taste)

Toss kale, beets and parsnip with the rest of the ingredients and mix well with your hands.

Place the veggies on a tray, covered with parchment paper and put it in oven at 200 degrees C, for about 15-20 minutes, or it becomes crispy.