HEALTHY MEALS

3-DAY DETOX MENU

EQUA x AYATANA

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

EXTRAS
Shredded coconut
Cacao nibs
Raw cacao powder
Blueberry powder
Maca powder
Espresso coffee
Dried crunberries

(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

SWEETNERS
Agave syrup
Maple syrup

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

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

1

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 ingridients, 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.

2

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

EXTRAS
Raw cacao powder
Maca powder
Espresso coffee
Capers
Olives
Artichokes
Dried crunberries
Mustard

FRUITS
Banana
Pomegranate
Lemon

Olive oil
Hazelnut butter
Tahini

PLANT-BASED MILKS
Almond mylk

SPICES AND HERBS
Black pepper
Salt
Red peppercorns
Ground cardamom

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.

DAY 2 / LUNCH

ENERGIZING BOWL

INGREDIENTS

Black rice, cooked

Red cabbage, shredded
or thinly cut

Kale, destemmed

Hummus

Avocado, sliced

Toppings: sesame seeds, pomegranate,

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

capers

taste

Water as needed to blend

Extras: capers and olives, chopped

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 ingridients 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 crunberries,
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.

Marinade 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.

3

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

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.

plant-based mylk by choice)

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

TEMPEH

1 tablespoon tamari

1 teaspoon sesame seed oil

1 small piece fresh ginger, grated

1 green onion, sliced

Pinch chili flakes

Pinch pepper

SHIITAKE MUSHROOMS

1 tablespoon sesame seed oil

1 tablespoon tamari

Pinch pepper, ground

Pinch chili flakes

CREAMY DRESSING

½ cup cashews, soaked

¼- ½ cup water

1 tablespoon apple cider vinegar

2 tablespoons lemon juice

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.