







✓ MY BESTOW SUMMER CLEANSE PREP PLAN at a glance...






PREP DAY	TASK	REQUIRED	✓
 IN THE OVEN	Make Buckwheat Granola Clusters	Breakfast day 3 Breakfast day 4	
	Roast 2 sweet potatoes for Egg Cups and Goodness Bowl	Breakfast day 5 Lunch day 1 Lunch day 2	
	Make Egg Cups and freeze (optional) or make fresh on day 5	Breakfast day 5 Breakfast day 6	
 ON THE STOVE	Cook ½ cup of brown rice	Lunch day 1 Dinner day 1	
 AT THE BENCH	Make Turmeric Dressing	Lunch day 2 Lunch day 3 Dinner day 1	
	Make Creamy Avo Sauce	Lunch day 1	
	Prepare frozen bananas (2) for smoothies		
	Make lime marinade and marinate chicken	Dinner day 1 Lunch day 2	




TIPS: Do your shopping in the morning so you have time for prep in the afternoon / Prep as much as you can to make your week easy / Prep your lunch for tomorrow.

DAY 1	TASK	REQUIRED	✓
 IN THE OVEN	Make Cauli Tortillas	Dinner day 2 Lunch day 3	
 ON THE STOVE	Cook or BBQ your Chicken Skewers and extra chicken fillet	Dinner tonight Lunch day 2	
 AT THE BENCH	Make Broccoli Tabbouleh	Dinner tonight Dinner day 2	
	Blanch broccoli	Lunch today	

TIPS: Make your Bestow Skin Essentials Smoothie and take with you in sealed container / Prep your lunch for tomorrow.

DAY 2	TASK	REQUIRED	✓
 IN THE OVEN	Make your Cauli Tortillas if you didn't yesterday, reserve half	Dinner tonight Lunch day 3	
 ON THE STOVE	Cook ½ cup of brown rice	Dinner day 3 Lunch day 4	
 AT THE BENCH	Pineapple Salsa	Dinner tonight Lunch day 3	
	Make Avo Sauce	Dinner tonight Dinner day 3 Dinner day 4	
	Make Pickled Beetroot	Lunch day 3 Dinner day 4	
	Blanch broccoli	Lunch today	




TIPS: Make your Bestow Skin Essentials Smoothie and take with you in sealed container / Prep your lunch for tomorrow.

DAY 3	TASK	REQUIRED	✓
 IN THE OVEN	Make Cauli Falafels	Dinner tonight Lunch day 4	
	Make Sweet Potato Rostis	Breakfast day 4 & 5 Dinner day 4 Lunch day 5	
 ON THE STOVE	Roast ½ a buttercup pumpkin	Lunch day 4 Dinner day 5	
 AT THE BENCH	Make Bestow Summer Coconut Dressing	Lunch day 4	
	Blanch broccoli	Lunch today	




TIPS: Make your Bestow Skin Essentials Smoothie and take with you in sealed container / Prep your lunch for tomorrow.

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DAY 4	TASK	REQUIRED	✓
 IN THE OVEN	Make your Sweet Potato Rostis if you didn't make them yesterday	Breakfast day 4 & 5 Dinner day 4 Lunch day 5	
 ON THE STOVE	Cook ¼ cup of brown rice	Dinner day 5	
 AT THE BENCH	Make Avo Sauce	Dinner tonight Dinner day 5	
	Prepare frozen bananas (2) for smoothies		
	Blanch broccoli	Lunch today	


TIPS: Defrost your Egg Cups / Make your Bestow Skin Essentials Smoothie and take with you in sealed container / Prep your lunch for tomorrow.

DAY 5	TASK	REQUIRED	✓
 IN THE OVEN	Make Egg Cups unless you pre-made them on the Prep Day and are re-heating (you can also eat them cold, on the go)	Breakfast today Breakfast day 6	
	Roast ¼ butternut pumpkin	Lunch day 6	
 ON THE STOVE	Poach chicken	Dinner tonight Lunch day 6	
 AT THE BENCH	Make Lemony Vinaigrette	Dinner day 5, 6, 7 Lunch day 6, 7	
	Blanch broccoli	Lunch today Dinner today	

TIPS: Make your Bestow Skin Essentials Smoothie and take with you in sealed container / Prep your lunch for tomorrow.

DAY 6	TASK	REQUIRED	✓
 IN THE OVEN	Bake 1 sweet potato	Dinner tonight	
	Roast your veggies for Day 7	Lunch day 7 Dinner day 7	
 ON THE STOVE	Cook ¼ cup of brown rice	Dinner day 7	
 AT THE BENCH	Shred veggies	Lunch today	
	Blanch broccoli	Dinner tonight	
	Blanch corn kernels	Dinner tonight	

TIPS: Reheat two Egg Cups in oven at 180 degree Celsius for 5-10min / Make your Bestow Skin Essentials Smoothie and take with you in sealed container / Prep your lunch for tomorrow.

DAY 7	TASK	REQUIRED	✓
 AT THE BENCH			
	Blanch Broccoli	Dinner today	

TIPS: Reheat two Egg Cups for breakfast in the oven at 180 degrees Celsius for 5-10 min / Make your Bestow Skin Essentials Smoothie and take with you in sealed container / Prep your lunch for tomorrow.