




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




PREP DAY	TASK	REQUIRED	✓
 IN THE OVEN	Make Banana Bread	Breakfast days 1 to 3	
	Make Golden Granola	Breakfast days 4 to 6	
	Roast 2 carrots and half a butternut for the Roast Pumpkin Chickpea Salad	Dinner day 2	
	Roast 1 sweet potato	Lunch day 1	
	Make the Chickpea Crunch	Lunch day 1 Lunch day 3 Dinner day 2	
 ON THE STOVE	Toast ¼ cup of pumpkin seeds, ¼ cup of sunflower seeds and a ¼ cup of chopped walnuts	Used in recipes throughout the week	
	Cook ¾ cup of brown rice	Lunch day 1 Lunch day 3 Dinner day 2	
	Make Homemade Stock	Dinner day 2 Dinner day 6	
 AT THE BENCH	Make Salmon 'n' Sweet Potato Cakes	Dinner day 3 Lunch day 4	
	Make Curry Paste	Dinner day 4	
	Prepare frozen bananas (4) for smoothies		



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	✓
NO PREP 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	Roast half a butternut pumpkin	Dinner day 3	
 AT THE BENCH	Make Creamy Coconut Dressing	Dinner day 3 Lunch day 4	



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

DAY 3	TASK	REQUIRED	✓
 ON THE STOVE	Cook ½ cup of brown rice	Lunch day 4 Dinner day 4 Lunch day 5	
	Boil one egg	Lunch day 4	
 AT THE BENCH	Toast ½ a cup of slivered almonds	Lunch day 5 Dinner day 4	
	Blanch broccoli	Dinner tonight	

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

DAY 4	TASK	REQUIRED	✓
NO PREP TODAY :) 			

TIPS: 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 Lemon Turmeric Rice	Dinner day 6 Lunch day 7 Dinner day 7	
 AT THE BENCH	Defrost homemade stock	Dinner day 6	

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

DAY 6 & 7	TASK	REQUIRED	✓
NO PREP REQUIRED :) 			

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