the diet guide
the recipe book

bionobo®

The art of nourishing yourself

recipes and diet *for your cleanse*

What to eat before, how to come back to food afterwards and how to nourish yourself for the rest of the year: real food, few rules and simple recipes.

GUIDE · 2026 EDITION

EAT · CLEANSE · COOK · SHOP

a letter to begin

Simplicity *that transforms*

Nourishing yourself isn't about complicated recipes or spending hours in the kitchen. It's about going back to simple things: real food, local and in season, and time to notice how it sits with you.

This is the diet guide we announced in the re:set, be:liver and ikigen guides, and it works just as well if you're new here: what to eat in the days before a cleanse, how to come back to food afterwards and, above all, how to nourish yourself for the rest of the year, which is where it really shows.

It isn't a closed diet or an exam: there are things we say yes to, things we leave out and a reason for each one.

Take what works, leave what doesn't, and adapt it to you.

And if cooking isn't your thing, that's fine too: almost everything here can be bought ready-made and done well.

This isn't one more rule: it's what we do ourselves.

Try it and observe how it feels.

the map of the guide

At a glance
what to eat, and when

Five moments, from the days before to everyday life, and the recipes that fit each one. A map based on our experience, not a manual.

FIVE MOMENTS

Before
two weeks to one day

Cleaner and lighter, at your level.

pp. 9-10

Kit day
24 hours

Only the kit and warm water.

your kit's guide

While fasting
the days on liquids

Only liquids, no protein or fat.

p. 11

The way back
via the ladder

Juices → vegetable broth → kefir and bone broth → fish and vegetables.

p. 12

Day to day
the rest of the year

Nutrient density and real food.

pp. 4-8

Don't know the kits? re:set is our 24-hour intestinal protocol, with fermented kōso enzymes; be:liver, the second kit, to support the liver and gallbladder; ikigen brings them together in 4 days. **This guide works with them and without them.**

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Every recipe says when it fits.
If in doubt, this rule comes first:

while fasting, only liquids,
no foods with protein or fat.

RECIPES BY MOMENT

BEFORE

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PART I · PP. 4–8

I Eat *for your cleanse, and always*

Before the recipes, five ideas: density, real food, fats, water and what goes alongside.

eat · the plate

Nutrient density *not "eating a varied diet"*

> *"They tell you to eat a varied diet, but it's about eating for nutrient density: micronutrient density. Today we know that supermarket food usually grows in impoverished soils and has less nutrient density than it did a few decades ago. That's why it's important to leave the idea of "varied" behind and understand what eating for nutrient density means. We're going to have to make changes."*
>
> — *Dani* CO-FOUNDER OF bionobo®

HALF A CENTURY, IN TWO FIGURES

−16% CALCIUM **−15%** IRON

Between 1950 and 1999, in 43 US vegetables and fruits, calcium fell by 16% on average and iron by 15%.

WHAT WE LOOK FOR

Meat

Grass-fed and **grass-finished**, or a farm that tells you how its animals live.

Fish

Wild, small and local: sardines, anchovies, mackerel, hake, mussels.

Eggs

Organic: the first digit on the shell, a 0.

Offal

Liver is among the densest foods there are. **In moderation:** once a week at most. Not in pregnancy (**p. 14**).

Dairy and ferments

Dairy, raw or fermented (**p. 24**). Sauerkraut and kimchi, live (**p. 20**).

Broths

From grass-fed bones, **slow-cooked** (**pp. 23–24**).

Fruit and vegetables in season and local; organic above all for what you eat with the skin on.

SOURCES Davis DR, Epp MD and Riordan HD, *J Am Coll Nutr*, 2004 · Montgomery and Biklé, *Front Sustain Food Syst*, 2021.

eat · every day

Real food
the kind we have always eaten

Eating well is eating *clean and real*, not what is often sold as healthy.

MORE
What fills your plate

- **Seasonal fruit and vegetables**, organic for what you eat with the skin on.
- **Live ferments** and bone broths.
- **Quality eggs, meat and fish**, except on the days before a protocol (**p. 9**).
- **The traditional fats** for cooking (**p. 6**).

Real food: organic, local and seasonal. Little by little, away from the ordinary supermarket.

LESS
What is on its way out

Ultra-processed food, refined sugar, alcohol, industrial flours and refined seed oils. **Little by little:** it doesn't have to happen overnight.

WINDOWS
Space between meals

Leave space between meals; light fasts, if they suit you.

AN ORDINARY DAY, AT OUR TABLE — ideas, not rules

In the morning
Eggs in tallow or grass-fed butter, with whatever vegetables there are. Or kefir with seasonal fruit.

At midday
Small fish or grass-fed meat, seasonal vegetables and a spoonful of sauerkraut or kimchi.

In the evening
Something simple and early: a bone broth and steamed vegetables.

Between meals
Water: your water (**p. 7**). And if you're hungry, whole fruit, in season.

◆ PAUSE

How do you feel an hour after eating?

eat · the pan

Fats

for cooking and for dressing

If you change only one thing in your kitchen, make it this.

For cooking

Beef tallow and butter, grass-fed if you can; ghee or virgin coconut oil: they handle heat well.

Raw

Extra virgin olive oil: used raw, it keeps the best of what it has.

What we leave out

Sunflower, soya, corn, rapeseed, palm, olive pomace and any "olive oil" without *extra virgin* on the label.

THE TROJAN HORSE · THE REFINING CHAIN

1. EXTRACTION — Chemical solvent
2. NEUTRALISATION — Caustic soda
3. BLEACHING — Bleaching earths
4. DEODORISING — Steam above 200 °C

→ *The result is a mute fat: no smell, no taste, and no clue as to where it came from.*

WHERE IT HIDES

In mayonnaise and in almost everything ready-made: sauces, hummus, pâtés, pesto, tinned goods, sliced bread, snacks. **Read the label.**

EATING OUT

It is the main way in. Ask which oil they cook with, choose raw, steamed, boiled or grilled dishes, and **ask for the oil on the side.**

IN THE PAN

Three kitchen rules

- ✓ **For a hot pan and the oven:** tallow or ghee. **For a gentle heat:** grass-fed butter or virgin coconut oil.
- ✓ **No fat should smoke:** if it smokes, turn the heat down. Golden, not scorched.
- ✓ Frying fat **shouldn't be used again and again.**

✓ MINIMUM VERSION Swap the oil you cook with for grass-fed tallow.

eat · water

Water
the water you drink and cook with

Water isn't only for drinking: you cook with it too. And there, too, it matters which water you use.

When you read "water" in this guide, we mean filtered water, with the filter you choose.

The first change is a filter for the water you drink and another for your shower. How to choose one is in the guide "Remineralise your water", in the **guides library**.

In the pot

If you cook with reverse-osmosis water: steam instead, or use the cooking water as a broth (**p. 22**).

Cold

Juices, smoothies, cold infusions and ice cubes, with your filtered water. Wash fruit and vegetables with it too.

If your filter removes the minerals

Like reverse osmosis: put them back with a few drops of alcalina.

BASIC 1

Your fasting water *a habit, not a protocol*

while fasting · day to day

1 MINUTE · 1 GLASS

YOU NEED for 1 glass

1 glass of filtered water (about 200 ml), at room temperature or lukewarm

your drops of alcalina

4 → 6 → 10 DROPS GO UP SLOWLY

500 ml bottle: 4 or 5 drops.

1-litre jug: up to 10 (for adults).

They aren't extra: they're part of your drops for the day.

alcalina

1. Shake the bottle: the sediment is natural.
2. Add your drops to the glass and stir for a few seconds.
3. Drink it in the morning, or whenever you fancy.

◆ WHEN IT FITS Every morning and on fasting days: the drops don't break the fast.

BELOW

40 °C

ONE RULE ONLY

Lukewarm, never hot

alcalina, shila:jit and ki:wami never go into boiling water or into the cooking pot. In infusions, broths or cacao, add them to your cup or bowl once they are lukewarm: below 40 °C.

EXPLORE HYDRATION

Adding salt to water isn't our style. We invite you to explore hydration: if you think salted water hydrates, try biominerals and notice what kind of hydration you feel. It's very different.

Food supplements should not be used as a substitute for a varied and balanced diet.

eat · what adds

What goes alongside *beyond our products*

In the kit guides we talk only about our own products, and we announced this: what else goes alongside. All of it natural, and almost all of it food.

◆ *You won't find lists of pills or doses of loose vitamins here: it isn't our style. Food first* (**p. 4**).

IN THE CUP AND ON THE PLATE

Raw ceremonial cacao
Instead of coffee (**p. 27**).

Raw honey
Live and unpasteurised, to taste.

Spirulina and chlorella
Optional, in the juices for the days before (**p. 16**), as in the kit guides.

Kitchen herbs
Thyme, oregano, mint, ginger: on the plate and as an infusion (**p. 26**).

AND WHAT YOU DON'T EAT

Sun
every day, little by little

Sea
a dip, when you can

Sauna
if you have access

Movement
walking, strength, rebounding (mini trampoline)

Rest
what your body asks for

AND OURS, IN ITS PLACE

They accompany the above; they don't replace it.

alcalina
Fulvic biominerals in drops: 4 → 6 → 10 drops in your water (**p. 7**).

shila:jit
A grain of rice, several servings a day, up to a small chickpea spread through the day.

ki:wami
Fermented kōso enzymes: 2 to 4 servings of 30 ml a day, when fasting and cleansing (**p. 11**).

nutri:zyme
Plant-based digestive enzymes, every day.

No products and no fasting during pregnancy or breastfeeding. Food supplements should not be used as a substitute for a varied and balanced diet.

PART II · PP. 9-13

II Cleanse *before and after*

The lighter you arrive, the further the protocol goes. And on the way back, no rush.

before · the pre-detox diet

Pre-detox diet *based on your experience*

How you prepare depends on two things: whether you have fasted before and how you eat today. Choose your path without comparing yourself to anyone: little by little, you get there too.

Do you have experience with fasting and detox?

Yes

EXPERIENCED IN FASTING AND DETOX

1 to 3 days of fresh juices

Any combination of juices will work wonderfully.

JUICES WITH

- beetroot
- apple
- carrot

THESE MAY BE A GREAT HELP

- spirulina
- chlorella

→ **The recipes:** the juices on pp. 15-16.

No

IF YOU ARE NEW TO FASTING

Eat lightly the day before

Low-protein meals are the easiest to digest.

THIS MAY BE ENOUGH

- ✓ organic salad
- ✓ juice
- ✓ soup

AVOID WHAT IS HARDEST TO DIGEST

- × meat
- × legumes
- × nuts

→ **The recipes:** pp. 18, 15 and 22. Vegetable broth, unstrained, is your soup.

Your level and your days before

Do you have your kit's guide? Your level comes from its self-assessment. If not, choose the column that most resembles your day to day.

LEVEL 1

1–3 days before

Organic food; you have already done fasts or diets.

→ Avoid heavy processed foods, meat, legumes and nuts.

LEVEL 2

3–5 days before

Conventional food; no previous fasts.

→ Cut down on your daily coffee and gluten, gradually.

LEVEL 3

2 weeks before

Processed food, alcohol, tobacco, coffee or sugar every day.

→ Progressively eliminate alcohol, tobacco, processed foods and sugar.

REDUCE FIRST, ELIMINATE AFTERWARDS

- processed foods
- refined sugars
- dairy
- caffeine

INCREASE

- organic
- vegetables
- fruit

Dairy. Kefir does have a place in the weeks before and comes back on the ladder (p. 12). In the last days of preparation, reduce and eliminate dairy.

ki:wami, if you like. In the days before you can take 2 to 4 servings of 30 ml of ki:wami a day. No juicer? ki:wami in the water, all day, always warm (p. 7).

before · the countdown

The countdown *and the coffee plan*

THE CONCEPT, IN ONE LINE

Enzymes work on whatever they find. Arrive with a full digestive tract and they will spend themselves digesting that recent food. Arrive light and they go to work on what actually matters.

DAY	WHAT YOU DO	IN THE KITCHEN
−7	7-5 DAYS BEFORE **Reduce coffee and stimulants** Stopping them all at once is the most common cause of headache and fatigue.	cacao instead of coffee ..... p. 27
−5	5-3 DAYS BEFORE **Cleaner eating** Out with ultra-processed food, added sugar, alcohol and fried food.	salads ..... pp. 18-19 Golden Bliss ..... p. 17 broths ..... pp. 22-24
−2	2 DAYS BEFORE **Go lighter** Out with meat, legumes, nuts and heavy processed food: vegetable broths and soft food. If you like, ki:wami.	vegetable broth ..... p. 22 juices ..... pp. 15-16 steamed vegetables
−1	THE NIGHT BEFORE **Light, early dinner** If you can, liquids only from mid-afternoon.	The Classic ..... p. 15 vegetable broth ..... p. 22 an infusion ..... p. 26
1	**Day 1 · you begin** What goes in that day and what waits, on p. 11.	

How far ahead? For food, as your level sets it (p. 9). **Coffee**, always from about 7 days before.

THE COFFEE PLAN

Reduce the amount, not the days

2 cups	1 and ½	1	½	0
TO START	CUPS	CUP	CUP	48 H BEFORE

From two cups to one and a half, to one, to half; and **zero from 48 hours before**. It is best to cut it out little by little.

If it bites, two or three whole beans under the tongue take the edge off without going back to the cup.

INSTEAD OF COFFEE

Raw ceremonial cacao

Raw, unroasted and unsweetened: not supermarket chocolate or processed cocoa.

The recipe ..... p. 27

The step by step of the days before, in the **"Preparation"** guide, in the guides library.

during · what goes in and what waits

While you fast *liquids only*

Three moments and a single rule.
You decide when it closes.

1 24 HOURS

Kit day

Only the enzymes in the kit and warm water. Nothing else: no juices or broths. The schedule is in your kit's guide.

Fasting without a kit? Start at 2.

2 THE LIQUID DAYS

After the kit (release), or if you extend the fast

Liquids only: warm water, infusions, green juices and strained vegetable broth. Always with no protein or fat: no bone or meat broth. **No coffee.**

3 WHEN YOU DECIDE

What ends the fast

The first food containing protein or fat: step 3 of the ladder (p. 12).

THE FAST ENDS

AND, ON TOP

ki:wami: 2 to 4 servings of 30 ml a day

In warm water (p. 7), spread through the day.

bionobo.ae/products/kiwami

Goes in

NO PROTEIN OR FAT

- **Warm water**, and your fasting water — p. 7
- **Infusions**, better unsweetened — p. 26
- **Strained green juices:** The Classic — p. 15
- **Strained** vegetable broth — p. 22
- **ki:wami**, **alcalina** and **shila:jit**

Not yet

THEY COME ON THE LADDER

- **Bone broth and kefir:** step 3 — pp. 23-24
- **Smoothies with seeds or oil:** Green Spirit with chia and Golden Bliss — pp. 16-17
- **Coffee**
- **Any solid food** — p. 12

What if I'm hungry?

Hardly anyone is. If it appears, warm water, and ask yourself whether it's the body or the habit. If at some point you need to eat, listen to your body: a piece of fruit will make it more manageable, though it will also reduce the depth of the cleanse.

How long?

One or several days: whatever your body and your routine allow. If you want to go beyond a few days, especially if you weigh very little or have lost weight, do it hand in hand with your doctor.

Is it for you? Fasting is not for pregnancy or breastfeeding, nor if you weigh very little or have, or have had, an eating disorder. With diabetes (ki:wami contains sugar), daily medication or any illness, talk to your doctor first. The full list is in the **"Preparation"** guide.

Food supplements should not be used as a substitute for a varied and balanced diet.

after · eating again

Breaking the fast *the ladder*

When you decide to break, do it in steps. Each one can last a few hours or half a day, depending on how you feel.

THE TIP THAT MAKES THE DIFFERENCE

As long as no protein, fat or solid food enters, the work keeps going. The moment you take the first food containing protein or fat, step 3, the process closes. *It is not a mistake: it is a decision.* Make it deliberately.

THE LADDER, IN ORDER

Left to right, one step at a time.

1 STEP 1

Green juices or juiced vegetables

Best cold-pressed and freshly made.

The Classic ..... p. 15
Tierrasana ..... p. 16

2 STEP 2

Very light vegetable broths

Warm and well strained. **No protein or fat:** not bone broth yet.

the recipe ..... p. 22

3 STEP 3

Kefir and bone broth

THE FAST ENDS

This is where protein comes back. The broth, warm and strained.

broths ..... pp. 23–24
kefir ..... p. 24

4 STEP 4

Soft protein and steamed vegetables

Fish before meat; pumpkin, sweet potato, courgette. Small quantities, well chewed.

the recipe ..... p. 25

THE FAST GOES ON · THE WORK CONTINUES

THE FAST HAS ENDED · YOU ARE EATING

ALWAYS

Live ferments

Sauerkraut, kimchi, natto or live pickles at every meal on the way back, **unpasteurised**: supermarket ones are usually pasteurised.

how to recognise them ..... p. 20
the spoonful of sauerkraut ..... p. 21

AFTERWARDS

Steamed vegetables, low-sugar fruit and fibre-rich foods.

◆ NO RUSH *There is no prize for rushing back.*

after · integration

The weeks after *a turning point*

When you finish you have two ways to carry on. Choose the one that really fits your week, not the most ambitious.

1

OPTION 1

Liquid diet, 1 or 2 days

If your routine allows. In this order: green juices, vegetable broths and then kefir and bone broth.

1 green juices · 2 vegetable broths · 3 kefir and bone broth

2

OPTION 2

Keep fasting

Only liquids with no protein or fat and, on top, **2 to 4 servings of 30 ml of ki:wami a day** instead of food, together with alcalina and shila:jit (p. 11).

ki:wami · alcalina · shila:jit

Both end the same way: when you go back to eating, by the ladder (p. 12).

Once you are eating

Water
Warm, and plenty of it (p. 7).

Simple and digestible
The first weeks: steamed vegetables, broths, fish, eggs. Keep adding, without rushing.

Live ferments
A spoonful with every meal (p. 21).

Organic
Care for what you reintroduce: by choosing organic, you minimise your exposure to pesticides and chemicals.

Every day: nutri:zyme and ki:wami
nutri:zyme brings plant-based digestive enzymes; ki:wami, fermented kōso enzymes. Together they support digestion every day.

A turning point, *not a parenthesis*

The easy thing at the end is to go straight back to how things were. But after a protocol you are more receptive, and that window does not open often. You do not have to change everything at once: start with one thing, and let your next shop be a little better than the last (p. 28).

Between one protocol and the next, **3 to 6 months**: one per change of season is the most common.

Food supplements should not be used as a substitute for a varied and balanced diet.

PART III · PP. 14-27

III Cook *simple things, done well*

Sixteen recipes and two basics, with few ingredients and real food. Each one says when it fits.

cook · before you start

Before you cook
how to read each recipe

Your fasting water	Juices and smoothies	Salads	Ferments	Broths	The way back, on the plate	Infusions	Cacao
7	15–17	18–19	20–21	22–24	25	26	27

THE LABELS

- **before** — the preparation days (pp. 9-10)
- **while fasting** — liquids with no protein or fat (p. 11)
- **step 1-4** — when you start eating again (p. 12)
- **the way back** — the spoonful of ferments with every meal (p. 21)
- **day to day** — all year round

THE MEASURES

- 1 tablespoon — tbsp · 15 ml
- 1 teaspoon — tsp · 5 ml
- 1 glass — about 200 ml
- 1 handful — as much as fits in your hand

FOUR THINGS TO TAKE CARE OF, ALWAYS

- **Wash** whatever you eat raw, with your filtered water.
- **Drink juices** freshly made.
- **Put leftovers in the fridge** within two hours…
- …and **reheat them well** before eating.

For pregnancy, young children, older people or anyone with low immunity: no raw milk or raw sprouts. In pregnancy, no liver or pâté either. Honey, never before the age of one.

Organic, with the skin on

Choose organic to reduce your exposure to pesticides. Peel anything that isn't.

What to use

Glass, stainless steel, cast iron, ceramic and wood.

With our products

alcalina, shila:jit and ki:wami, always in the cup or on the plate, already lukewarm: never above 40 °C (p. 7).

Cooking not your thing? Almost everything can be bought, well made.

SOURCES AESAN, 2019 and 2024.

cook · juices and smoothies · recipe 1

The Classic

cucumber, celery and green apple

The simplest green juice: fresh, light and ready in five minutes.

before · while fasting · step 1

5 MIN · 1 LARGE GLASS

INGREDIENTS

for 1 large glass

- **1** cucumber
- **2 sticks** of celery
- **1** green apple
- **1 handful** of green leaves: lettuce, lamb's lettuce or spinach (optional)
- **the juice** of 1 lemon or 1 lime
- **a small piece** of ginger (about 2 cm)
- **100–150 ml** of filtered water, if you use a blender

1. **Wash everything well;** a soft brush helps. If the cucumber isn't organic, peel it.
2. **Chop** the cucumber, celery and apple. Peel the ginger.
3. **Put it through the juicer,** or blend it with the water until smooth.
4. **Strain it** through a fine sieve or a cloth bag, squeezing well. For liquid days, always strained.
5. **Drink it** straight away.

WHEN IT FITS

At three moments, in this order.

before

The juice days beforehand

1 to 3 days of juices, if you already have experience (p. 9).

while fasting

The liquids-only days

Always strained (p. 11).

step 1

The first step

The first thing when you start eating again (p. 12).

THREE JUICE RULES

1 A juice keeps you company

Day to day, it is not a meal. One glass, freshly made. The juice days are something else (p. 9).

2 Let the vegetables lead

Cucumber, celery, lettuce, herbs. Fruit: one piece per glass.

3 Rotate your leaves

Spinach and chard: better now and then than every day and by the handful.

This applies to all the juices: if you have any kidney problem or take anticoagulants, talk to your doctor before drinking them every day.

cook · juices and smoothies

Two more juices
Green Spirit · Tierrasana

RECIPE 2

Green Spirit *coriander, lime and ginger*

before · day to day

5 MIN · 1 LARGE GLASS

Intensely green, for anyone already used to juices.

INGREDIENTS for 1 large glass

- **250 ml** of filtered water
- **½** cucumber
- **1** green apple
- **1 handful** of fresh coriander
- **the juice** of 1 lemon or 1 lime
- **a small piece** of fresh ginger
- **1 tbsp** of chia seeds (optional)
- **1 tsp** of spirulina and **1** of chlorella (optional)

1. **Wash** the coriander, apple and cucumber, and chop them. Peel the ginger.
2. **In the blender,** mix the water with the spirulina, chlorella and chia, if you use them, for a few seconds on low speed.
3. **Add the rest** and blend at full power until smooth.
4. **Drink it** straight away.

WHEN IT FITS The preparation days and day to day. For liquid days and the first step, make it without chia and strain it with the cloth bag: made as above, it isn't strained.

RECIPE 3

Tierrasana *beetroot, carrot and apple*

before · step 1

5 MIN · 2 SMALL GLASSES

The sweetest and most earthy. It makes two: one small glass is enough.

INGREDIENTS for 2 small glasses

- **1** medium beetroot, raw
- **2** medium carrots
- **1** green apple
- **the juice** of ½ lemon
- **a small piece** of fresh ginger
- **250 ml** of filtered water
- **1 handful** of green leaves (optional)

1. **Wash and peel** the beetroot and carrots. Chop them, and the apple too.
2. **Put it through the juicer;** or, in the blender, blend everything with the water at full power.
3. **Strain it,** squeezing well with a cloth bag.
4. **Serve it** and drink it straight away.

No blender? Grate the carrot and beetroot finely and wring them out in a cloth.

WHEN IT FITS The juice days beforehand (they are the "juices with beetroot, apple, carrot" of the kit guides) and the first step. On liquids-only days, the green ones are better (p. 15).

The three juice rules and their small print also apply to these two: p. 15.

cook · juices and smoothies · recipe 4

Golden Bliss

carrot, turmeric and cinnamon

A spiced, creamy smoothie,
to drink lukewarm and slowly.

before · day to day

5 MIN · 1 GLASS

INGREDIENTS

for 1 glass

- **2** medium carrots
- **250 ml** of lukewarm filtered water, or homemade almond drink
- **½ tsp** of turmeric, freshly grated or ground
- **½ tsp** of freshly grated ginger
- **½ tsp** of Ceylon cinnamon
- **a little** freshly ground black pepper
- **1 tbsp** of virgin coconut oil
- **1 tbsp** of flaxseeds (optional)
- **the juice** of ½ lemon

1. **Wash and peel the carrots;** chop them small. Grate the turmeric and ginger if they are fresh.
2. **Warm the liquid.** Lukewarm, the coconut oil blends in; cold, it stays in lumps.
3. **Put everything in the blender** and blend at full power until smooth and creamy.
4. **Drink it** straight away.

Is your blender not very powerful? Strain it at the end.

With water it comes out lighter; **with almond drink**, creamier.

WHEN IT FITS At two moments; on liquid days, not yet.

before

Cleaner-eating days

From 5 to 3 days before, in the countdown (p. 10).

day to day

Any day of the year

Lukewarm, slowly, freshly made.

~~while fasting~~

Not yet

It contains fat (coconut and flaxseed): it is not for liquid days (p. 11).

FOR THIS RECIPE

Almond drink, at home

one night of soaking · makes half a litre

- **1 handful** of raw almonds (about 40 g)
- **500 ml** of filtered water

1. **Soak** the almonds overnight.
2. **Drain them** and blend them with the water.
3. **Strain** with the cloth bag. Keeps two days in the fridge.

cook · salads · recipe 5

Symphony

leaves, avocado and radishes

Tender leaves, avocado, radishes and a lemon dressing: light, with plenty of textures.

before · day to day

15 MIN · 2 SERVINGS

INGREDIENTS

for 2 servings

- **2 big handfuls** of baby spinach (about 60 g)
- **1 handful** of rocket
- **1 handful** of bitter leaves: curly endive or dandelion (optional)
- **½** cucumber, thinly sliced
- **½** avocado, diced
- **4 or 5** radishes, thinly sliced
- **1** carrot, grated
- **1 small handful** of chopped red cabbage
- **1 small handful** of alfalfa or broccoli sprouts (optional)
- **1 tbsp** of chia or flaxseeds (optional)

1. **Wash** the leaves and vegetables well, and drain them.
2. **Cut** the cucumber, avocado and radishes; chop the red cabbage and grate the carrot.
3. **In a large bowl,** mix the leaves. Add the rest and, on top, the seeds and sprouts.
4. **Whisk the dressing** in a bowl until it comes together, and season it.
5. **Dress** just before serving and toss well.

Raw sprouts are not for everyone (p. 14): if that is you, sauté them briefly or leave them out.

The oil: extra virgin and raw (p. 6).

WHEN IT FITS At two moments; while fasting, not yet.

before

The light meal the day before

It is the "salad · juice · soup" of the day before (p. 9).

day to day

Any day of the year

On its own, or to start the meal.

~~while fasting~~

Not yet

Those days, liquids only (p. 11).

THE DRESSING

Lemon

for 2 servings

- **2 tbsp** of extra virgin olive oil
- **the juice** of ½ lemon
- **1 tsp** of apple cider vinegar
- **1 tsp** of Dijon mustard (optional)
- **1 tsp** of raw honey (optional)
- **sea salt** and black pepper, to taste

cook · salads · recipe 6

Harmony

kale, steamed pumpkin and tahini

Leaves, steamed pumpkin and a tahini and lemon dressing: a salad that fills you up without weighing you down.

before · day to day

25 MIN · 2 SERVINGS

INGREDIENTS

for 2 servings

- **150 g** of pumpkin, peeled and diced
- **½** cos lettuce, in pieces
- **2 large leaves** of kale, stalks removed and chopped
- **1 handful** of baby spinach
- **½** cucumber, thinly sliced
- **1 stick** of celery, thinly sliced
- **1 small handful** of chopped red cabbage
- **3 or 4** radishes, thinly sliced
- **1 small handful** of sprouts (optional; see p. 14)

1. **Steam the pumpkin** for 10 to 15 minutes, until tender but firm. Let it cool.
2. **Wash the leaves.** Massage the kale with a few drops of lemon and a little sea salt for 2 or 3 minutes, until it softens.
3. **Cut** the cucumber, celery and radishes; chop the red cabbage.
4. **In a large bowl,** mix the lettuce, kale and spinach. Add the cucumber, pumpkin, celery, red cabbage, radishes and sprouts.
5. **Whisk the tahini** with the lemon, vinegar, honey and garlic; add water little by little until you have a light cream. Season, pour over and toss.

Tahini is ground sesame: the label should say only sesame.

Massaging the kale makes it tender and easier to eat.

WHEN IT FITS

At two moments; while fasting, not yet.

before

Cleaner-eating days

From 5 to 3 days before, in the countdown (p. 10).

day to day

Any day of the year

It fills you up without weighing you down: it works as a one-dish meal.

~~while fasting~~

Not yet

Those days, liquids only (p. 11).

THE DRESSING

Tahini

with lemon · for 2 servings

- **2 tbsp** of tahini
- **the juice** of ½ lemon
- **1 tbsp** of apple cider vinegar
- **1 tsp** of raw honey
- **1 or 2 tbsp** of filtered water, to loosen it
- **1 small clove** of garlic, very finely chopped
- **sea salt** and black pepper, to taste

cook · ferments

Live ferments
two salads in five minutes

A live ferment is in the fridge, not on the shelf, and its liquid is cloudy.

If the label says “pasteurised”, it is a condiment, not a live ferment.

RECIPE 7

Ancestral Culture *kimchi, sauerkraut and coriander*

day to day

5 MIN · 2 SERVINGS

Spicy, tangy and crunchy.

INGREDIENTS for 2 servings

- **150 g** kimchi
- **150 g** sauerkraut
- **1** carrot, grated
- **1** cucumber, thinly sliced
- **¼** red onion, finely chopped
- **2 tbsp** fresh coriander, chopped

DRESSING 1 tbsp extra virgin olive oil · juice of ½ lime · 1 tsp grated fresh ginger · 1 tsp raw honey (optional)

1. If the kimchi and sauerkraut come in large pieces, chop them.
2. Mix them in a bowl with the carrot, cucumber, onion and coriander.
3. Whisk the dressing, pour it over and mix. **No salt:** the ferments already bring their own.

RECIPE 8

Vitaleza *fermented beetroot, apple and parsley*

day to day

5 MIN · 2 SERVINGS

Tangy, crunchy and ready in five minutes.

INGREDIENTS for 2 servings

- **150 g** fermented beetroot, in strips or diced
- **1** green apple, diced
- **1** carrot, grated
- **½** cucumber, thinly sliced
- **¼** red onion, finely chopped
- **2 tbsp** fresh parsley, chopped
- 1 tbsp pumpkin seeds (optional)

DRESSING 2 tbsp extra virgin olive oil · juice of ½ orange · 1 tbsp apple cider vinegar · 1 tsp raw honey (optional) · sea salt and black pepper, to taste

1. Cut the beetroot, apple and cucumber; grate the carrot and chop the onion.
2. Mix everything in a bowl with the parsley.
3. Whisk the dressing, pour it over and mix. Scatter the seeds on top when serving.

Can’t find fermented beetroot? Look for it with the live ferments; if not, cooked beetroot and two tablespoons of sauerkraut with its liquid.

◆ **WHEN IT FITS** Day to day: a bowl to share, beside the plate. At the meals of the way back, start with a spoonful of sauerkraut (**p. 21**) and leave these salads for when you are eating everything again.

If you take medication daily or histamine doesn’t agree with you, talk to your doctor before eating ferments every day.

cook · ferments · recipe 9

Sauerkraut

at home, with cabbage and salt

Two ingredients and patience. The simplest ferment to start with.

the way back · day to day

20 MIN + 3 OR 4 WEEKS · 1 LARGE JAR

YOU NEED for 1 large jar

- **1 kg** white or red cabbage, already trimmed
- **20 to 25 g** unrefined sea salt (per kilo of cabbage)
- **1** clean glass jar, 1.5 litres
- **a weight:** a small glass or a glass weight
- 1 tsp caraway seeds or a few juniper berries (optional)

If your kitchen is cooler, it will take **5 or 6 weeks**.

No time? Buy it live.

1. Remove the outer leaves and keep one whole. Cut the cabbage into thin strips.
2. In a large bowl, mix it with the salt and knead it with clean hands for 5 to 10 minutes, until it releases its liquid.
3. Pack it into the jar, pressing down hard with your fist so the liquid covers it. Leave three or four fingers of space at the top.
4. Cover the cabbage with the saved leaf and put the weight on top: **the cabbage always under its liquid.** If it doesn't reach, add brine: 25 to 30 g of salt per litre of filtered water.
5. Close the lid without tightening it fully and leave the jar on a plate, at room temperature (18–24 °C) and away from the sun. In the first week, open it for a moment each day to let the gas out.
6. Taste it from the third week. When you like it, into the fridge: it keeps for months.

THE JAR'S CALENDAR

TODAY
Into the jar
Twenty minutes of hands-on work: cutting, salting, kneading and packing.

WEEK 1
Let the gas out
Open it for a moment each day.

WEEKS 3 AND 4
Taste it
Every few days, until it is just how you like it.

AFTERWARDS
Into the fridge
It keeps there for months.

Salt isn't optional here
It is what lets the good bacteria work and holds the others back. Don't reduce it.

Trust your senses
It should smell sour and clean, and crunch. A white film can simply be removed. If coloured or fuzzy mould appears, or it is slimy or smells bad, throw it all away and start again. It happens to everyone at some point.

WHEN IT FITS A spoonful with each meal of the way back and, after that, every day.

SOURCES Salt ratios and temperatures: National Center for Home Food Preservation (USDA) · AESAN, 2019.

cook · broths · recipe 10

Vegetable broth

strained, with no protein or fat

The only broth for the liquids-only days: gentle, warm and well strained.

before · while fasting · step 2

10 MIN + 50 MIN · ABOUT 2 LITRES

INGREDIENTS

for about 2 litres

- **2** carrots
- **2 sticks** of celery, with their leaves
- **1** leek
- **1** onion
- **1** courgette
- **150 g** pumpkin
- **1 handful** of parsley
- **1** bay leaf
- a small piece of ginger (optional)
- **2.5 litres** filtered water
- sea salt, very little and at the end (optional)

1. Wash the vegetables well and cut them into large pieces. If they are organic, there is no need to peel them.
2. Put them in a large pot with the cold water, the parsley, the bay leaf and the ginger. **No oil and no sautéing.**
3. Bring to the boil, lower the heat and cook, covered, over a gentle heat for 45 to 60 minutes.
4. Strain through a fine sieve or a piece of muslin, without pressing the vegetables: only the liquid.
5. Drink it warm.

Not the bone broth, yet. It has protein and fat and ends the fast: it comes at step 3 (**pp. 23–24**).

Store it

In glass jars, in the fridge within two hours: three days. The rest, frozen in portions (**p. 23**). Heat only the cup you are going to drink.

The cooked vegetables

The day before, unstrained, they are your soup. On the liquids-only days, just the broth.

With reverse-osmosis water, this broth makes the most of what the vegetables release (**p. 7**).

With ours: in your cup, already lukewarm (**p. 14**).

WHEN IT FITS At three moments, in this order.

before

The two days before

"Vegetable broths and soft food" (**p. 10**).

while fasting

The liquids-only days

With the warm water, the infusions and the green juices (**p. 11**).

step 2

The second step

When you go back to eating: after the green juices, before the kefir and the bone broth (**p. 12**).

cook · broths · recipe 11

Bone broth

beef, with spices

Grass-fed bones, filtered water and many hours: gelatine, flavour and a broth for the spoon. The spices give it a hint of pho.

step 3 · day to day

45 MIN + 8 TO 12 H · ABOUT 2.5 LITRES

INGREDIENTS

for about 2.5 litres

THE MAIN THING

- **1 kg** grass-fed beef bones (shank, knee, with marrow)
- **3 to 4 litres** filtered water, to cover
- **2 tbsp** apple cider vinegar
- **1 tbsp** tallow, ghee or virgin coconut oil
- sea salt, at the end

THE VEGETABLES

- **1** large onion, halved
- **1** leek, in large pieces
- **4 cloves** of garlic, crushed
- **1 piece** of fresh ginger (about 5 cm)
- to serve: fresh coriander and basil

THE SPICES

- **1** Ceylon cinnamon stick
- **2** star anise
- **4** cloves
- **3** cardamom pods
- **1 tsp** coriander seeds
- **1 tsp** fennel seeds

1. Roast the bones in the oven at 200 °C for about 30 minutes, until browned.
2. In a large pot, heat the fat over a medium heat and brown the onion, garlic and ginger for about 5 minutes.
3. Add the spices and stir for 2 or 3 minutes, until fragrant.
4. Add the bones, the leek, the water and the vinegar. Bring to the boil and turn the heat right down: it should barely simmer.
5. Leave it for 8 to 12 hours; skim off the foam during the first ones. A slow cooker is the most convenient.
6. Strain through a fine sieve or muslin and season with sea salt. Serve hot, with coriander and basil.

Can't manage that many hours in one go? Keep it in the fridge overnight and carry on the next day. With a pressure cooker, much less time.

THE RULE FOR BROTHS
Store it

It applies equally to the vegetable broth (**p. 22**) and to grandma's soup (**p. 24**).

2 h

Divide it between glass jars, not too full, so it cools quickly: **into the fridge within two hours.**

3 days

In the fridge, three days. What you won't drink within three days, freeze in portions the same day.

2 min

Heat only your cup and let it boil for a couple of minutes.

◆ **WHEN IT FITS** Third step of the way back, warm and strained: this is where protein returns and the fast ends. While fasting, not yet. After that, all year round. With ours: in your cup, already lukewarm (**p. 14**).

cook · broths · step 3

Grandma's soup *and kefir: the third step*

1 2 **3** 4

Bone broth and kefir share a step: the third. → THE WHOLE LADDER · P. 12

RECIPE 12

Grandma's soup *chicken bone broth*

step 3 · day to day

20 MIN + 8 TO 12 H · ABOUT 3 LITRES

The good old chicken broth, with ginger and turmeric.

INGREDIENTS

for about 3 litres

- **2 kg** organic, free-range chicken bones (carcasses and feet: more gelatine)
- **4 litres** filtered water
- **1** large onion, quartered
- **2** medium carrots, in large pieces
- **1** turnip or 1 radish, sliced
- **2** spring onions, in large pieces
- **1 piece** of fresh ginger (about 5 cm), sliced
- **1 tbsp** grated fresh turmeric (or 1 tsp ground)
- a splash of apple cider vinegar (optional)
- sea salt and black pepper, to taste

1. Wash and cut the vegetables; grate the turmeric. **Raw chicken is not washed: it is cooked.** Wash your hands and anything it has touched.
2. For more flavour (optional), brown the bones in the pot, with no fat, for 5 to 7 minutes.
3. Add the vegetables, ginger, turmeric, water and, if you like, the vinegar. Bring to the boil.
4. Turn the heat right down and let it barely simmer for 8 to 12 hours. In the first hour, skim off the foam.
5. After the first few hours, season with sea salt and pepper.
6. Strain through a fine sieve or muslin. The hours and the fridge, as for the beef broth (**p. 23**).

◆ **WHEN IT FITS** Third step of the way back, alongside the kefir, and any day of the year. When you are eating everything again, with the steamed vegetables on **p. 25**.

BASIC 2

Kefir *the more alive, the better*

step 3 · day to day · 5 MIN + 24 H

Ours is made from pasture-fed raw milk and fermented at home, where it is legal and available. If raw milk isn't for you, or you can't find it, a shop-bought one, plain and with live cultures.

AT HOME

1. **1 tablespoon** of kefir grains for every **250 ml** of raw milk, in a glass jar covered with a cloth.
2. **24 hours** at room temperature, away from the sun.
3. Strain: the kefir goes in the fridge; the grains go into the next batch.

When you go back to eating, start with half a glass.

Raw milk is not for pregnancy, young children, older people or anyone with low immunity. The same goes for kefir made with it: fermenting it doesn't change this.

cook · the way back · recipe 13

The first plate

steamed white fish and vegetables

Fish before meat. After the liquids, the first plate is simple: steamed, in a small portion and without rushing.

step 4 · day to day

25 MIN · 2 SERVINGS

INGREDIENTS

for 2 servings

- **2 fillets** of hake or young hake, wild (about 150 g each)
- **200 g** of pumpkin, diced
- **1** small sweet potato, diced
- **1** courgette, in thick slices
- sea salt

TO DRESS, ON THE PLATE

- extra virgin olive oil, raw
- **½** lemon
- fresh parsley

No steamer? A metal sieve over the pot, covered.

1. Bring filtered water to the boil in a pot with a steamer.
2. Steam the sweet potato and the pumpkin for 10 minutes.
3. Add the courgette and, on top, the fish with a little sea salt: 6 to 8 minutes more, until the fish flakes apart and the vegetables are tender.
4. Serve a small portion. Dress it on the plate with a drizzle of oil, lemon and parsley.
5. Accompany it with a spoonful of sauerkraut (p. 21).

WHEN IT FITS Fourth step on the way back. What comes next, on p. 12.

A little

A small portion: it is your first solid meal.

Tender

Steamed, until a fork slides in easily.

Well chewed

Slowly. Leave your fork on the plate between mouthfuls.

THE LADDER, IN THE KITCHEN

Where each step of the way back is cooked. The whole ladder, on p. 12.

STEP 1
Juices
pp. 15-16

STEP 2
Vegetable broth
p. 22

STEP 3
Bone broth and kefir
pp. 23-24

STEP 4
This plate
steamed fish and vegetables
YOU ARE HERE

cook · infusions

Infusions
two hot cups

An infusion is a hot cup that keeps you company. One or two a day, and switch herbs from time to time.

RECIPE 14

Ginger, lemon and honey

before · while fasting · day to day

20 MIN · 3 CUPS

Spicy, citrusy and comforting.

INGREDIENTS for 3 cups

- **750 ml** of filtered water
- **1 piece** of fresh ginger (about 5 cm), peeled and thinly sliced
- **1** lemon: its juice, or sliced
- **1 or 2 teaspoons** of raw honey
- a little Ceylon cinnamon or ground turmeric (optional)

1. Bring the water to the boil, add the ginger and turn the heat down: 10 to 15 minutes on a gentle heat.
2. Turn off the heat, add the lemon and leave to stand for 2 or 3 minutes.
3. Strain into the cup.
4. The honey, at the end, when the cup is lukewarm.

◆ **WHEN IT FITS** At any time. On fasting days, better unsweetened.

RECIPE 15

Thyme, oregano and mint

before · while fasting · day to day

15 MIN · 2 CUPS

Kitchen herbs, in a cup.

INGREDIENTS for 2 cups

- **500 ml** of filtered water
- **1 teaspoon** of dried thyme
- **1 teaspoon** of dried oregano
- **1 teaspoon** of dried mint
- if fresh, a little more

1. Bring the water to the boil and turn off the heat.
2. Add the herbs, cover and leave to steep for 10 minutes.
3. Strain and serve.

◆ **WHEN IT FITS** Before, during and after.

WITH OURS

Adding alcalina or shila:jit to your infusion? In your cup, already lukewarm (p. 14).

In pregnancy and breastfeeding, talk over herbal infusions with your midwife first. Honey, never before the age of one (p. 14).

cook · a ritual · recipe 16

Ceremonial cacao

with shila:jit, instead of coffee

Long before it reached Europe, cacao was a ceremonial drink of the Olmecs, Maya and Mexica.

INSTEAD OF COFFEE, NOT ALONGSIDE IT

A cup (about 25 g of cacao paste) contains theobromine and very little caffeine: about 20 mg, compared with about 80 in an espresso.

CAFFEINE

your cacao	about 20 mg
an espresso	about 80 mg

before · day to day

10 MIN · 1 CUP

in a bain-marie · without boiling · before 5 pm

Ingredients

FOR ONE CUP

Raw ceremonial cacao — ABOUT 25 G
Of traceable origin.

Milk of your choice — ABOUT 200 ML
Homemade plant milk (almond, p. 17, or coconut) or raw pasture-fed milk (p. 24).

Raw honey — TO TASTE

Spices
Ceylon cinnamon, nutmeg, cardamom or clove.

shila:jit — YOUR SERVING
A grain of rice, the final mineral touch. **It is one of your servings for the day, not an extra one.**

Mindful preparation

SIX STEPS

1. **In a bain-marie.** Or over a very low heat: warm the chopped cacao with a little of the milk, never above 40 °C.
2. **The milk.** Add the rest, also gently warmed, and stir until smooth.
3. **The spices.** Stirring calmly.
4. **The honey.** At the end, with the cacao already lukewarm.
5. **The shila:jit.** Last of all, with the cacao already lukewarm (p. 14), stirring with intention.
6. **Drink slowly.** Feel every sip: it is your moment.

Tox-free includes your cacao. The tree takes up minerals such as cadmium from the soil. Choose a ceremonial cacao of traceable origin whose producer publishes its analyses.

If you are sensitive to caffeine, have it in the morning.

Honouring this ritual is a way of telling your body:

"I am here with you, not against you."

Food supplements should not be used as a substitute for a varied and balanced diet.

SOURCES Dillinger et al., J Nutr, 2000 · USDA FoodData Central 167568 · EFSA, 2015 · Consumer Reports, 2022 · Reg. (EU) 2023/915

PART IV · P. 28

IV Shop *fewer things, better chosen*

Nobody changes everything at once, and nobody needs to.

shop · the basket

The shopping list *for before, for the way back and for good*

To print and take with you. It's the basics: what belongs to each recipe is on its own page. *One at a time, as you restock:* don't throw anything away or redo your whole shop; when you run out of something, swap it for a better version.

Before
and the liquids-only days

- [ ] Cucumber
- [ ] Celery
- [ ] Green apple
- [ ] Lemons and limes
- [ ] Fresh ginger
- [ ] Carrots
- [ ] Beetroot
- [ ] Leafy greens, cabbage and red cabbage
- [ ] Avocado and radishes
- [ ] Coriander and parsley
- [ ] Leek, onion, garlic, courgette and pumpkin
- [ ] Dried thyme, oregano, mint and bay leaf
- [ ] Raw ceremonial cacao, if you give up coffee

The way back
buy it in advance

- [ ] Vegetables for green juices and broths
- [ ] Kefir
- [ ] Bone broth, or grass-fed bones to make it
- [ ] Live, unpasteurised fermented foods: sauerkraut, kimchi
- [ ] Wild white fish
- [ ] Pumpkin, sweet potato and courgette

> *That way nobody dashes to the supermarket when the way back begins.*

In the kitchen

- [ ] Glass jars
- [ ] Fine sieve and a cloth or muslin bag
- [ ] Large pot and steamer
- [ ] Cast-iron or steel frying pan

Always
the everyday pantry

- [ ] Organic eggs (a 0 on the shell)
- [ ] Grass-fed meat
- [ ] Small, wild fish
- [ ] Liver, now and then
- [ ] Tallow, grass-fed butter, ghee, virgin coconut oil
- [ ] Extra virgin olive oil, for using raw
- [ ] Seasonal fruit and vegetables
- [ ] Apple cider vinegar
- [ ] Raw honey
- [ ] Unrefined sea salt
- [ ] Turmeric, Ceylon cinnamon, pepper, cloves, cardamom, star anise
- [ ] Tahini (sesame only)
- [ ] Raw seeds and almonds

IF YOU CAN'T DO IT ALL AT ONCE · IN ORDER OF IMPACT

1. **Water** — drinking water and shower water, filtered (**p. 7**)
2. **Animal protein** — meat, fish and eggs
3. **Fats** — the ones you cook with (**p. 6**)
4. **Fruit and vegetables** — the ones you eat with the skin on

Always read the labels, and compare the price per kilo, not per pack.

Less quantity and better origin goes further than the reverse.

closing · the table

Nourishing yourself is an opportunity that comes round every day, at every meal.

You don't need to do it perfectly: you just need to start.

Changing what you eat is hard, and at times it will feel as if you're giving something up. But your future self will thank you. Cleansing isn't only physical, it isn't only what comes out: it's everything that has been stuck for a long time. Habits, emotions… all of it.

Start with a single thing: the fat in your frying pan, the water in your glass, a broth on Sunday. And from there, little by little.

Rigidity kills progress. *Allow yourself not to do it perfectly.*

You choose: one day or day one.
Your moment starts today.

contact

The art of nourishing yourself

recipes and diet for your cleanse

Thank you for making it this far. Start with a single recipe, the one that appeals to you most, and come back to this guide whenever you need it.

You choose: one day or day one.
Your moment starts today.

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NOTICE

This guide is inspiration, not health advice, and it is not meant to diagnose, treat or cure anything. We are not a medical team. **If you have any medical condition, are pregnant or breastfeeding, or take medication, always consult your specialist before changing your diet or fasting.** No products and no fasting during pregnancy or breastfeeding.

hola@bionobo.com
Any question about the recipes or where to start.

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The guides library and the product pages.

alcalina, shila:jit, ki:wami, nutri:zyme, re:set and be:liver are food supplements. They are not intended to diagnose, treat, cure or prevent any disease, and do not replace a varied, balanced diet or professional medical judgement. Do not exceed the recommended daily dose.
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