INNERISM

13-Day Detox & Cleanse

The Journey Within

A free guide to mindful eating, yoga, breathwork, meditation and self-observation.

Together worldwide · January 4–16, 2027
Or start any time of the year



Welcome to the journey within

For 13 days you will eat simply, move gently, breathe, sit quietly and notice what changes. You keep eating real meals the whole way through. Nothing here asks you to fast.

DAYS 1–3

Prepare

Fruits, vegetables and salads alongside balanced meals. Set your intention and your routine.

DAYS 4–10

Focus

A fresh juice with your meals if you like, never instead of them. Soups and teas are welcome.

DAYS 11–13

Settle back in

Balanced meals and one or two habits you want to keep.

What you have

- **This guide:** the 13-day plan, recipes, a shopping list and a tracker.
- **Your journal:** a page for each day to write, or record a voice note or short video.
- **The community:** an optional WhatsApp group with people doing it around the world.

The INNERISM WhatsApp community

Share recipes, how your day went, a reflection or a short video. We will send you the invitation before January 4. Joining is optional. Other members can see your phone number, so share only what you are comfortable with, and never share someone else's posts without asking.

Before you start: look after yourself

This is an educational wellness program, not medical treatment. There is little evidence that detox diets remove toxins. The value here is in simple food, gentle practice and paying attention.

- Talk to your doctor before changing how you eat if you are pregnant or breastfeeding, take medication, have a health condition or have ever had an eating disorder.
- Do not change any medication.
- Keep eating full meals and drinking enough water every day.
- If you feel dizzy or weak, stop and get the care you need.
- If you are unwell, skip forceful breathing, breath holding and hard exercise.
- If you are pregnant, older or have a weak immune system, wash produce well and drink juice as soon as it is made.

PHASE 1

Prepare

Get your body, your kitchen and your day ready. Add fruits, vegetables and salads to balanced meals with protein, whole grains and healthy fats. Drink water as you need it.

DAY 1 — **Observe**
Notice what you usually eat and drink, how you sleep and how your energy feels. Write down your intention.

DAY 2 — **Prepare**
Shop for foods you know and like. Plan your meals and find a time for your practice.

DAY 3 — **Simplify**
Cook balanced meals, eat without screens and settle into your daily routine.

> **Every day:** gentle yoga, relaxed breathing, a short meditation and a few lines in your journal.

PHASE 2

Focus

Keep eating full meals all seven days. You can add a fresh juice to your day, with a meal (recipes in the kitchen pages), and enjoy broth or soup with your meals. Include beans, lentils, tofu or other protein, grains, vegetables and healthy fats.

DAY 4	Eat one meal with no distractions.
DAY 5	Notice hunger, fullness and energy.
DAY 6	Plan your meals and water for a busy day.
DAY 7	Make time for rest and gentle movement.
DAY 8	Watch your feelings without judging them.
DAY 9	Choose a nourishing habit you enjoy.
DAY 10	Look back at what has changed in your routine.

> **Remember:** juice goes with your meals, never in place of them. This guide does not ask for long fasts, laxative teas or saltwater flushes.

PHASE 3

Settle back in

Keep eating balanced meals and pay attention to the habits you want to take with you.

DAY 11 — **Reflect**
Read back through your journal. What helped your energy, rest and awareness?

DAY 12 — **Integrate**
Pick one or two habits you can really keep.

DAY 13 — **Celebrate**
Honour your commitment and plan your next step.

Your daily practice

From Day 1 to Day 13. The times are suggestions, not rules.

Morning
5 minutes of relaxed breathing, 10–20 minutes of gentle yoga, 5 minutes of meditation.

During the day
Full meals, enough water, and breaks when you need them.

Evening
Write in your journal, relax gently and give yourself time to sleep.

Salads

Each serves one or two. Wash your produce and season to taste. Have them with a full meal.

Cucumber, avocado & lime

Dice 1 cucumber and 1 avocado. Toss with the juice of 1 lime and 1 tbsp olive oil.

Mango, carrot & cabbage

Mix 1 cup shredded cabbage, 1 grated carrot and 1 diced mango with lime juice.

Mediterranean chickpea

Toss 1 cup cooked chickpeas, 1 chopped tomato, ½ cucumber, parsley and 1 tbsp olive oil with lemon.

Beetroot, carrot & apple

Grate 1 small cooked beet, 1 carrot and 1 apple. Toss with lemon and a spoonful of seeds.

Tropical fruit

½ cup each of papaya, pineapple and mango, with lime and mint. Add yogurt or nuts if you like.

Vegetable dishes

Serve with beans, tofu, grains or another protein.

Jamaican steamed callaloo

Sauté ¼ onion and 1 garlic clove in 1 tsp oil. Add 2 cups chopped callaloo, thyme and a splash of water. Cover and cook until tender.

Steamed cabbage & carrots

Slice 2 cups cabbage and 1 carrot. Steam 5–8 minutes. Season with thyme and pepper.

Roasted pumpkin & sweet potato

Cube 1 cup of each, toss with 1 tbsp oil and thyme. Roast at 400°F (200°C) for 25–35 minutes.

Vegetable & chickpea stir-fry

Sauté 2 cups mixed vegetables in 1 tbsp oil. Add 1 cup cooked chickpeas, garlic and ginger and heat through.

Vegetables & quinoa

Cook ½ cup dry quinoa as the pack says. Serve with 2 cups steamed vegetables and a lemon dressing.

Seven juices for the focus days

One for each day, about a glass each. Wash everything, peel citrus, then juice, or blend with a little water to keep more fibre. Drink it right away or put it in the fridge straight after making it. Have it with a meal.

DAY 4

Green Awakening

½ cucumber, 2 celery stalks, 1 green apple, ½ lime

DAY 5

Roots of Life

1 small beet, 2 carrots, 1 apple, ½ inch ginger

DAY 6

Tropical Sunshine

1 cup pineapple, 1 orange, ½ inch ginger

DAY 7

Golden Glow

2 carrots, 1 orange, a pinch of turmeric

DAY 8

Ocean Breeze

1 cup watermelon, ½ cucumber, 4 mint leaves

DAY 9

Garden Fresh

1 cup spinach, ½ cucumber, 1 apple, ½ lemon

DAY 10

Inner Radiance

1 cup pineapple, 1 carrot, ½ inch ginger, ½ lime

Soups & teas

Good on any of the 13 days. A soup can be part of a meal. Teas are optional.

Vegetable broth

Simmer 1 chopped carrot, 1 celery stalk, ½ onion and thyme in 4 cups water for 30 minutes. Strain if you like.

Jamaican pumpkin soup

Simmer 2 cups pumpkin, ½ onion, thyme and 2 cups broth until soft, then blend. Add cooked beans for a fuller meal.

Carrot & ginger soup

Simmer 2 chopped carrots, ½ inch ginger and 2 cups broth until tender, then blend.

Spinach vegetable soup

Simmer 1 cup mixed vegetables in 2 cups broth until tender. Add 1 cup spinach and cook 2 more minutes.

Lentil vegetable soup

Simmer ½ cup rinsed red lentils, 1 chopped carrot and 3 cups broth for 20–25 minutes until soft.

Herbal teas

For one cup, steep 1 tsp sliced ginger, chopped lemongrass (fever grass), dried peppermint or chamomile in hot water for 5–10 minutes, then strain. Add a pinch of turmeric for ginger-turmeric tea.

> If you are pregnant or take medication, ask your doctor or pharmacist before drinking herbal teas.

Your shopping list

Pick the recipes you want and buy for your household. Keep enough food in for regular meals.

Fruit

- [ ] Apples
- [ ] Oranges
- [ ] Limes
- [ ] Lemons
- [ ] Mango
- [ ] Pineapple
- [ ] Watermelon
- [ ] Papaya
- [ ] Avocado

Vegetables

- [ ] Cucumber
- [ ] Celery
- [ ] Carrots
- [ ] Beetroot
- [ ] Cabbage
- [ ] Callaloo
- [ ] Spinach
- [ ] Pumpkin
- [ ] Sweet potato
- [ ] Tomato
- [ ] Onion
- [ ] Garlic
- [ ] Mixed vegetables

Protein & grains

- [ ] Chickpeas
- [ ] Lentils
- [ ] Tofu
- [ ] Quinoa
- [ ] Whole grains
- [ ] Nuts and seeds
- [ ] Yogurt (optional)

Herbs & pantry

- [ ] Ginger
- [ ] Turmeric
- [ ] Thyme
- [ ] Parsley
- [ ] Mint
- [ ] Lemongrass
- [ ] Chamomile
- [ ] Peppermint
- [ ] Olive oil
- [ ] Vegetable broth
- [ ] Pepper

Your 13-day tracker

Tick what you did each day. It is a mirror, not a test.

Day	Yoga	Breath	Meditation	Meals & water	Rest	Journal
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						

Observe, express, connect

Write, record a voice note or make a short video. What am I noticing in myself? What am I learning? Share it with the group only if you want to.



YOUR GUIDE

Subhadra

Sandra Griffiths (Subhadra) founded Yoga Angels International and has taught yoga since 1997. INNERISM is her way of looking inward through yoga, breath and meditation.

Yoga Teacher Training
Learn to teach. Starts February 1, 2027.

YAI Wellness Oasis, Jamaica
Retreats, workshops, aerial and rope wall yoga, One Day For You

Book Subhadra
Private sessions, events and corporate wellness

Strip to the Naked Truth
Subhadra's book

Gift certificates
Give the gift of wellness

What have you budgeted for your body?
A different way to think about self-care

Media Corner
Press and Subhadra's biography

Watch
Subhadra's interview on YouTube