

**Fast track to healthy eating** Express-delivery diets and detoxes, by Emma Smith

# Cheat sheet

## RAW POWER

It's no secret that raw foods are better for you – you get more of the enzymes and vitamins that fizzle out when they are cooked. But nibbling on a carrot stick and chomping through celery can be so depressing, especially when you have the January blues. With this in mind, Raw Fairies delivers healthy, living foods prepared in a delicious, tempting way. The spaghetti is made from courgette ribbons and comes with a red pepper and walnut bolognese. The avocado almond burgers are served with a raisin ginger chutney. Breakfast smoothies contain chlorella (marine algae) to support your immune system and flush out your gut. And to keep that sweet tooth happy, there's even a cheesecake with antioxidant-rich blueberries and a base of cashew nuts. From £30 a day. Ring 07879 246501 or visit [rawfairies.com](http://rawfairies.com).

## HEALS ON WHEELS

Childbirth guru Dr Gowri Motha (Kate Moss and Gwyneth both consulted her during their pregnancies) is renowned for her Indian treatments. Now she has taken her healing powers into the kitchen and is offering home-cooked vegetarian meals delivered direct to your door. Gowri thinks of food as medicine and originally designed her easily digestible meals for new mums, but they've proved the perfect solution for workaholics and non-domestic goddesses alike. She carefully selects foods that are compatible with the three ayurvedic body types (find out yours by filling out the questionnaire on her website). The dishes are wheat-, sugar- and gluten-free and take just 10 minutes to warm up in the oven. From £56 a week. Ring 020 8530 1146 or visit [jeyarani.com](http://jeyarani.com).

Actresses swear by the service to keep them trim



## BOXING CLEVER

The perfect purge after your annual Christmas party binge, Detox in a Box takes all the hassle out of giving your liver a break. Nas Amir Ahmadi, the company's founder, asks clients: 'Do you want to be a beautiful, clear, flowing river or a murky puddle?' Food can become an obsession when you're on a diet but, with these tasty recipes made from natural ingredients such as beetroot and artichoke (to flush the liver), you'll be thinking of more important things, like which Louboutins to wear. The menu is a mix of Middle Eastern and Mediterranean dishes and is wheat- and dairy-free. You'll start the day with granola or spelt cereal with a splash of soya milk. Lunch and supper vary and can be anything from a three-bean burger to Mexican chicken in tomato sauce. The client list is full of actresses who swear by the service to keep them trim. From £115 a week. Ring 0845 0261 999 or visit [detoxinabox.com](http://detoxinabox.com).

## GRAZE CRAZE

There's a new website phenomenon that's as addictive as Facebook and stops that 4pm snack-attack in its tracks. Whether you're at home or in the office, graze.com will deliver boxes brimming with healthy foods for you to snack on throughout the day. The selection of goodies is designed to stabilise your blood-sugar level and help you resist cravings. Nuts supply a welcome dose of essential fatty acids and fresh blueberries will detox your organs. Alternatively, you can order a surprise box, with snacks chosen for you according to what rating you've given them. Browsing through each food type online just has to be so much healthier than stalking your ex-boyfriend and his latest conquests. Boxes start at £2.29. Visit [graze.com](http://graze.com).

## JUICES FLOWING

Healthy, balanced meals are one thing, but for those wanting something a little more hard-hitting and intense, there is Jasmine Guinness's favourite, The Urban Detox – a five-day alternative to a visit to Chiva-Som (and without the jet-lag). The programme is made up of juices crammed with live greens, beetroot, spirulina and fennel. These are delivered to your house each morning, along with homemade medicinal cleansing mixtures based on bentonite clay (to absorb toxins from your intestine) and psyllium husks (to keep you regular). Three colonic irrigations at the cleansing centre are also part of the programme. The five-day detox costs £500. Ring 020 7727 2570 or visit [hydrohealing.com](http://hydrohealing.com).

## CUTTING EDGE

Jamie Oliver would have a field day with the menus at most of London's top salons, where croissants and greasy cheese rolls are usually the only things on offer. But Zoe Irwin, the new creative director at Hari's, has changed all that by serving regulars like Donna Air and Sam Taylor-Wood superfood salads packed with healing ingredients. You can choose to target specific areas – the strawberry, cucumber and cottage cheese salad will help your immune system and the avocado and watercress salad will boost your libido. With the party season in full flow, there are also hangover-cure juices, so you'll walk out restored, with the bonus of great hair. Salads start at £8. Ring 020 7581 5211. □