

Aphrodisiac Secret

4-DAY FAST TRACK PLAN



— MEREDITH SHIRK —

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Get a jumpstart on firing up your fat burning hormones and igniting your libido with this detailed 4-day meal plan.

Start creating habits that you will adhere to for more than just 4 days...

Detoxing has become a nasty little word that makes most cringe at the mention of it. A detox, or better know as a 'cleanse,' doesn't have to be a feared undertaking. A proper cleanse is just a way of purging artificial ingredients and chemicals from your body. A minimally invasive cleansing program can increase your vitality, bolster your immune system and leave you with healthy habits to live by for more than just a few days.

The signature 4-day Aphrodisiac Jump Start plan is a combination of fruits, vegetables, nut butters and milks as well as an array of meat and fish.

Smoothie tip: Add more or less water depending on how thick you like your smoothies!

This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medial attention.

Day 1: Shake it off...

Breakfast: *Ginger Infused Smoothie*

Serves: 1
Calories: 376
Fat: 8.1 grams
Carbohydrate: 78.5 grams
Protein: 6.8 grams

INGREDIENTS:

2 cups unsweetened almond milk
1 banana
2 medium carrots
1 medium apple
½ mango
2 cups spinach
1 ½ tablespoon freshly grated ginger root

INSTRUCTIONS:

- Blend until smooth; Serve immediately

Snack:

Serves: 1
Calories: 340
Fat: 12.4 grams
Carbs: 58.9 grams
Protein: 6.6 grams

INGREDIENTS:

¼ cup raw almonds
1 medium apple
¼ cup raisins
1-cup nonfat plain Greek yogurt

Lunch: *Dynamite Blend*

Serves: 1
Calories: 425
Fat: 28.2 grams

Carbohydrate: 49.2 grams

Protein: 7.1 grams

INGREDIENTS:

2 cups water or unsweetened almond milk

½ avocado

2 tbsp. dark unsweetened cocoa powder

3 pitted dates (medjool or deglet)

1 frozen banana

½ cup frozen mango

INSTRUCTIONS:

- Blend until smooth; Serve immediately.

Dinner: *Sweet Seduction Smoothie*

Serves: 1

Calories: 523

Fat: 14.1 grams

Carbohydrate: 101.1 grams

Protein: 6.6 grams

INGREDIENTS:

1 cup coconut water

1 ½ cups diced frozen mango

1 ½ cups diced frozen pineapple

½ frozen banana

1 ½ tbsp. almond butter

1 tsp. ground turmeric

INSTRUCTIONS:

- Blend until smooth; Serve immediately

Day 2: Hump day

Breakfast: *Get Fruity*

Serves: 1
Calories: 332
Fat: 14.5 grams
Carbohydrate: 55.4 grams
Protein: 8.6 grams

INGREDIENTS:

½ cup blueberries
½ cup cubed mango
4 oz. sliced strawberries
4 oz. sliced pineapple
3 tbsp. chopped walnuts

INSTRUCTIONS:

- In a small bowl, mix together the fruit.
- Sprinkle the walnuts on top.
- Chill 10-15 minutes or until desired.

Snack:

Serves: 1
Calories: 340
Fat: 12.4 grams
Carbs: 58.9 grams
Protein: 6.6 grams

INGREDIENTS:

¼ cup raw almonds
1 medium apple
¼ cup raisins
1-cup nonfat plain Greek yogurt

Lunch: *Orange Avocado Salad*

Serves: 1

Calories: 546
Fat: 33.8 grams
Carbohydrate: 61.6 grams
Protein: 10.4 grams

INGREDIENTS:

2 cups romaine lettuce
2 oranges cut into segments* (save the carcass juice for the dressing)
1 green onion, chopped
1/4 avocado, sliced
1/4 cup raw pine nuts
1/2 red onion, sliced

Dressing

1 tbsp. balsamic vinegar
1/2 tsp. Dijon mustard
juice from the segmented orange carcass, squeezed
pinch of salt and pepper

INSTRUCTIONS:

- In a small mixing bowl, combine all the dressing ingredients and stir to combine.
- In a large bowl, combine all the salad ingredients.
- LEAVE dressing on the side!

Dinner: Mexican Fajita Inspired Chicken Bowl

Serves: 3-4
Calories: 478
Fat: 30.6 grams
Carbohydrate: 14.6 grams
Protein: 39 grams

INGREDIENTS:

2 tbsp. coconut oil
1 lb. boneless, skinless chicken breast, cut into bite-sized pieces
1 bell pepper, seeded and cut into long, thin strips
1 onion, sliced
1/4 to 1/2 teaspoon mild chili powder, or to taste
2 tbsp. coconut aminos
1/4 tsp. sea salt
2 avocados, diced

INSTRUCTIONS:

- Heat skillet (cast iron preferably) over medium heat and when hot, heat the coconut oil and sauté the chicken, stirring often, for about 3-5 minutes, until lightly browned.
- Add bell pepper, onion, chili powder, salt & coconut aminos.
- Mix well and cook for about 4-5 more minutes, or until the onion is soft and the chicken is cooked through.
- Top with avocado.

Day 3: Go Get Em'

Breakfast: *Get Energized*

Serves: 1

Calories: 405

Fat: 4.6 grams

Carbohydrate: 48.6 grams

Protein: 46.6 grams

INGREDIENTS:

1 cup green tea, brewed

2 scoop protein powder

1 tbsp. fresh ginger (peeled and shaved or organic paste)

½ cup blueberries

1 banana

1 cup ice

INSTRUCTIONS:

- Blend until smooth; Serve immediately

Snack:

Serves: 1

Calories: 340

Fat: 12.4 grams

Carbs: 58.9 grams

Protein: 6.6 grams

INGREDIENTS:

¼ cup raw almonds

1 medium apple

¼ cup raisins

1-cup nonfat plain Greek yogurt

Lunch: Asian Chicken Salad

Serves: 1-2

Calories: 395
Fat: 22.3 gram
Carbohydrate: 14.7 grams
Protein: 35.9 grams

INGREDIENTS:

2 grapefruits, sliced
2 tbsp. coconut oil
5 to 15 drops liquid stevia (taste for sweetness)
Salt & Pepper, to taste
4 cups fresh baby spinach
8 oz. sliced or shredded cooked chicken
¼ avocado, sliced
2 tbsp. chopped fresh cilantro

INSTRUCTIONS:

- Peel the grapefruits and cut the segments apart over a bowl to catch the juice.
- For the dressing: Whisk together 1/4 cup of the grapefruit juice, the coconut oil, stevia, and a pinch each of salt and pepper.
- Arrange 2 cups spinach on each of 2 plates. Divide the grapefruit, chicken, and avocado evenly between the plates.
- Keep the dressing on the side and sprinkle cilantro over salad.

Dinner: *Warm Vegetable Curry*

Serves 5
Calories: 553
Fat: 5.9 grams
Carbohydrate: 103.3 grams
Protein: 21.2 grams

INGREDIENTS:

4 sweet potatoes, diced
1 onion, diced
1 red bell pepper, seeded and chopped
1 cup diced carrots
1-cup green beans
1-cup broccoli florets
1 15-ounce can garbanzo beans, drained and rinsed
2 large tomatoes, chopped
1 6-ounce canned tomato paste
2 tsp. curry powder

½ tsp. minced garlic
½ tsp. sea salt

INSTRUCTIONS:

- Put all ingredients Crock-Pot or slow cooker with ¾ cup water,
- Stir, and cook for 4 to 6 hours on high OR 6 to 8 hours on low.

Day 4: The Climax

Breakfast: *Coconut-Banana Smoothie*

Serves 1
Calories: 363
Fat: 6.4 grams
Carbohydrate: 69.2 grams
Protein: 10.6 grams

INGREDIENTS:

½ cup plain yogurt
½ cup coconut water
2 tbsp. raw honey
½ banana
1 tbsp. chia seeds
1 tbsp. flax seed
1 cup ice

INSTRUCTIONS:

- Blend until smooth; Serve immediately

Snack:

Serves: 1
Calories: 340
Fat: 12.4 grams
Carbs: 58.9 grams
Protein: 6.6 grams

INGREDIENTS:

¼ cup raw almonds

1 medium apple
¼ cup raisins
1-cup nonfat plain Greek yogurt

Lunch: *Hearty Sweet Potato and Broccoli Stir-Fry*

Servings: 2
Calories: 471
Fat: 3.5 grams
Carbs: 88.1
Protein: 25.3

1 large sweet potato, cubed
½ cup diced yellow onion
2 cups broccoli florets
½ cup white beans
½ tsp. coconut aminos
3 tbsp. tamari
1 tbsp. Xylitol
½ cup quinoa, cooked

INSTRUCTIONS:

- Place the sweet potato cubes in a pot, cover with water, and bring to a boil over medium-high heat.
- Reduce the heat and simmer briskly for about 10-15 minutes or until almost fork tender.
- Drain the sweet potato and set aside.
- Add the diced onion, broccoli, and beans to the skillet and sauté using coconut aminos for 4 minutes. Add sweet potato and stir to mix.
- In a bowl whisk the tamari, xylitol, and 2 tbsp. water and stir until the xylitol is completely dissolved. Pour the xylitol mixture over the vegetables and simmer for about 5 minutes, until the vegetables are tender.
- Serve the mixture over the quinoa.

Dinner: *Cleanse The Evening Smoothie*

Serves: 1
Calories: 445
Fat: 19.3 grams
Carbohydrate: 64 grams
Protein: 10.7 grams

INGREDIENTS:

1-2 cups coconut water
½ cup frozen mango
½ cup frozen pineapple
½ frozen bananas
½ cup frozen cherries
2 tbsp. almond butter
1 tsp. ground turmeric.

INSTRUCTIONS:

- Blend until smooth; Serve immediately