

3 Day Accelerated Lean Body Diet

THE BASICS

Morning: Lemon Booster
Breakfast: Blended Smoothie
Lunch: Bowl
Dinner: Night Mix
Evening: Ginger Tea

WHAT TO DO

Waking: Lemon water + 1 cup coffee or green tea
Breakfast: Smoothie
Lunch: Protein Bowl
Dinner: Smoothie
Snacks: 1 per day
Evening: Ginger Tea

IMPORTANT

Sleep 6-8 hours each night
 De-stress for 30 min each evening

THINGS TO CUT OUT

Wheat, Alcohol, Processed Foods, Added Sugar, Rice

MORNING & EVENING

Lemon Booster

- 4 oz. warm water
- Juice of ½ lemon

Ginger Tea

- Ginger tea bag in 4-6 oz. warm water
- OR 2 tsp. ground ginger in 4-6 oz. warm water

SNACKS

Choose from:

- ¼ cup raw almonds
- ½ cup non-fat, plain Greek Yoghurt and ¼ cup blueberries
- 4 oz. all natural beef, turkey, or salmon jerky
- 1 cup unsweetened Green Tea
- 1 hardboiled egg

BREAKFAST SMOOTHIES

Berrylicious

½-1 cup unsweetened vanilla almond milk
 1 tsp. Maca powder (optional)
 Pinch of cayenne pepper (optional)
 ½ banana (frozen or fresh)
 ½ cup frozen berries
 2 tbsp. protein powder *whey protein powder or egg white protein powder*
 1 tbsp. coconut oil
 ½ cup ice depending on desired consistency



Cherry Madness

½-1 cup cold water
 1 tsp. Moringa powder (optional)
 Pinch of ground ginger (optional)
 ½ banana (frozen or fresh)
 ½ cup frozen cherries
 2 tbsp. protein powder*
 ½ cup ice depending on desired consistency



Peachy Peachy

½-1 cup unsweetened vanilla almond milk
 1 tsp. Maca powder (optional)
 Pinch of cayenne pepper (optional)
 ½ banana (frozen or fresh)
 ¼ cup frozen peaches
 ¼ cup frozen blueberries
 2 tbsp. protein powder*
 ½ cup ice depending on desired consistency



Get Loco Coco

¼ cold coconut water
 1 handful spinach or kale
 1 tsp. Maca powder (optional)
 Pinch of cacao or carob powder
 ½ banana (frozen or fresh)
 ½ cup frozen berries
 2 tbsp. protein powder*
 1 tbsp. coconut oil (optional)
 ½ cup ice depending on desired consistency



Energizer Bunny

½ cup cold water
 1 tsp. granulated coffee
 ½-1 cup unsweetened vanilla almond milk
 1 tsp. Maca powder (optional)
 ½ banana (frozen or fresh)
 3-4 frozen strawberries
 2 tbsp. protein powder*
 ½ cup ice depending on desired consistency



Asian Quinoa Bowl - Serves 8

Ingredients

1 cup quinoa
 1 red bell pepper, chopped
 1 carrot, peeled and shredded
 1 cucumber, chopped
 1 cup frozen edamame, thawed
 6 green onions, chopped
 1-2 cups shredded red cabbage
 4 teaspoons fish sauce (high quality)
 3 limes, juiced
 1 tablespoon coconut oil
 1 tablespoon freshly grated ginger
 pinch of red pepper flakes
 ½ cup chopped peanuts or almonds
 ¼ cup chopped basil
 5, 4-6 oz. breasts of chicken

Instructions

Cook chicken breasts by baking or barbecuing. Rinse the quinoa and cook in a medium saucepan according to package directions. Chop all vegetables while quinoa is cooking. Let quinoa cool 5-10 minutes (mix to release heat) before adding anything else. Chop cooked chicken into cubes. Add the quinoa, vegetables and chicken to a large bowl. In a small bowl, whisk the fish sauce, limes, coconut oil, and red pepper flakes until the mixed well. Leave dressing on the side. Sprinkle the basil and peanuts over the salad and stir lightly. Serve or refrigerate for up to a day. Use dressing according to taste.



B-Fast For Dinner - Serves 2

Ingredients

1 medium sweet potato, cut into chunks
 1 cup cooked black beans
 1 cup cooked farro
 1/4 cup sliced red onion
 1 cup frozen corn-thawed
 1 cup frozen peas-thawed
 1 avocado, chopped
 handful of cilantro, chopped
 1 small jalapeño pepper, seeded and thinly sliced
 2 poached eggs
 salt + pepper to taste

Instructions

Preheat the oven to 425F. Place potatoes on a prepared baking sheet. Roast in the oven until lightly browned and fork tender. About 15-20 minutes. Prepare the dressing by whisking all the ingredients until smooth. Taste test and adjust seasonings if need be. Divide the quinoa, beans, and all the veggies between two bowls. Top with poached eggs and add dressing as needed.

Dressing

1 clove of garlic, minced
 2 teaspoons ground cumin
 juice of 2 large limes
 1/4 cup vinegar
 Salt and pepper to taste



LUNCH BOWLS

Vegan Lean - Serves 2-3

Ingredients

1 large sweet potato, chopped into 3/4-inch cubes
 1 (15-ounce) can chickpeas, drained and rinsed (about 1.5 cups)
 1 cup uncooked quinoa
 1 large carrot, peeled & julienned
 purple cabbage or vegetable of choice, shredded
 2-3 handfuls of romaine, spinach or butter lettuce
 4 tbsp. hummus
 ½ - 1 sliced avocado
 2 tbsp. hulled hemp seeds.

Instructions

Preheat oven to 400F and line two large baking sheets with parchment paper. Spread out the chopped sweet potato on one sheet. Sprinkle with sea salt. For the roasted chickpeas, drain and rinse and then place on a large tea towel and pat until completely dry. Discard any skins that fall off. Transfer the chickpeas to the baking sheet. Generously sprinkle with sea salt and cayenne or paprika. Toss gently to combine. Place both the sweet potato and chickpeas into the preheated oven. Roast for 15 min at 400F and then remove both. Flip the sweet potatoes and gently roll around the chickpeas. Place back in the oven for another 15 min or so, watching closely during the last 5 min. When the chickpeas are golden and the sweet potatoes are lightly browned on the bottom and fork tender, they are ready to come out. Rinse the quinoa and then place in a medium pot. Cook as directed on package. In a large bowl, add a couple handfuls of greens. Allow the chickpeas to cool for 5 min and then add them on the salad followed by the rest of the ingredients. Serve immediately.



Ancient Taco Bowl - Serves 6

Ingredients

2 cups dry sorghum, farro or amaranth (ancient grain)
 6 cups water
 2 cups sweet corn (fresh or frozen)
 1 cup diced red bell pepper
 1/2 cup diced yellow onion
 1 can black beans (14.5 oz.)
 1 1/2 tbsp. olive oil
 1/4 tsp. sea salt
 1/2 tsp. chili powder or crushed red pepper
 1 tsp. dried cumin
 3 cloves garlic, minced
 3 avocados
 Lime juice (optional)

Instructions

Cook ancient grain of choice as directed. Drain and rinse the black beans and set aside. Heat non-stick skillet over medium heat. Add the corn, peas, diced red bell pepper, diced yellow onion, and salt. Allow the mixture to roast, stirring only occasionally to allow for browning. Cook for 10-12 minutes or until roasted to your satisfaction. Stir in minced garlic and dried spices. Combine ancient grain to mixture above. Add sliced avocado. Season with salt to taste (add lime juice, if desired).



DINNER NIGHT MIX

Slim Sleep

½-1 cup unsweetened vanilla almond milk
 ½ banana (frozen or fresh)
 ½ cup frozen cherries
 1 tsp. protein powder*
 1-2 tbsp. non-fat plain Greek yogurt
 ½ cup ice depending on desired consistency



Fat Furnace

½-1 cup unsweetened almond milk
 ½ banana (frozen or fresh)
 ½ cup frozen blueberries
 ½ avocado
 1 tbsp. protein powder*
 ½ cup ice depending on desired consistency



Nutty

½-1 cup unsweetened almond milk
 ½ tbsp. chia seeds
 ½ banana (frozen or fresh)
 ½ cup frozen berries
 1 tbsp. almond or peanut butter
 1 tbsp. protein powder*
 ½ cup ice depending on desired consistency



Green Goddess

½-1 cold water
 1 handful of spinach
 pinch of cinnamon
 ½ tsp. chia seeds or flax seeds
 ½ banana (frozen or fresh)
 ½ cup frozen cherries
 2 tbsp. protein powder*
 ½ cup ice depending on desired consistency

