

BEACH BELLY

**15-Day Flat Belly
Blueprint for Women**



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 medical attention.

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Menstrual Metabolism

As women, we struggle with many things that men do not...

... Two of them being menstruation and menopause, both of which cause steep hormonal fluctuations... These fluctuations are what cause mental changes like:

- Tension or anxiety
- Depressed mood
- Crying spells
- Mood swings and irritability or anger
- Unexpected appetite changes and food cravings
- Trouble falling asleep (insomnia)
- Social withdrawal
- Poor concentration

And physical symptoms such as...

- Achy muscles
- Headaches or migraines
- Constantly feeling tired
- Weight gain related to fluid retention
- Belly bloat
- Sore breasts
- Poor skin complexion

It's a battle, but let's break down what's going on inside your body and how we cannot just reduce those symptoms, but help overcome them!

As menopause approaches and even as it is upon us, our cells store more fat and are slower to release it. In addition we tend to keep less muscle mass and we all know that having more muscle burns more fat...

See...

The problem with this slowing in fat release is where fat is tends to sit on our bodies. Commonly women carry most of their weight in their hips and thighs, however throughout menopause the weight begins to collect deep in the abdominal region...

This fat is known as visceral fat and is found deep within your abdomen surrounding your vital organs.

Unlike other fat on your body, visceral fat produces hormones and other substances such as cytokines that can:

- Trigger unwanted inflammatory responses
- Increase insulin resistance
- Cause a raise in blood pressure due to narrowing of blood vessels

Let's break down the menstruation cycle.... Although we could look at it in 4 phases, let's for now just talk about the phases delineating estrogen and progesterone.

This will be the most relevant when we talk about fat loss.

In the simplest terms, these two hormones interact and have influence over what our bodies use for fuel... fat or sugar. In addition they also can influence you appetite and hunger signals as they have a direct effect insulin and cortisol and brain chemicals such serotonin, dopamine and GABA.

So how do we make sure we are training and eating the RIGHT way to ensure that we are taking advantage of dominant hormone timing...?

It's about training smarter not harder and definitely NOT starving yourself. The key is making sure your body stay is fat burning instead of sugar burning mode.

Over the next 76 pages, we will talk about keeping your body in fat-burning mode and how eating more than you think will actually help you LOSE weight!

Make sure you are utilizing the **Beach Belly 12-Hour JumpStart, The 4-Minute Beach Belly Burners PLUS the Quick Star Guide** provided, in order to get the best results!

The Power of Water

Did you know that your body is made up of over 70% water?

With that fact known, it is easy to assume that it's essential to keep yourself hydrated to keep all your body's processes working properly; however, plain old water will certainly keep you hydrated, but another type of water will aid in ridding your body of

toxins, improving your metabolism, bolstering weight loss, fighting premature signs of aging, and strengthening your immune system.

Can you guess what kind of water this is?

Well, we will get to that in a minute, but I wanted to bring a few studies to your attention, so you can see the geeky science behind what I am talking about.

According to a 2015 randomized, controlled trial published in the journal *Obesity*, dieters who drank water before eating, consumed an average of 40 fewer calories per meal and lost more weight than those who didn't preload with water.

"Preloading" with water, or drinking approximately 16 ounces of water 30 minutes before a meal, can boost your weight-loss efforts.

In addition, in an article published in the 2013 *Journal of Clinical and Diagnostic*, which explored the thermogenic effect of water in weight reduction, it said: "The decrease in body weight, body mass index and body composition scores of overweight subjects at the end of study period establishes the role of water induced thermogenesis in weight reduction of overweight subjects."

Both the 2013 and 2015 studies suggest that preloading with water on an empty stomach can not only aid in weight loss as a thermogenic agent, but also as a way of reducing appetite and, therefore, consuming fewer overall calories.

All that is well and good, but I am assuming that you want to know exactly what to consume to make sure you are getting the amazing benefits that water has to offer.

Luckily, I want to show you exactly what to do for the next 12 hours, to rid your body of toxins, improve your metabolism, bolster weight loss, fight premature signs of aging, and strengthen your immune system.

Instead of just plain old water, I strategically added antioxidants like honey, lemon, ginger, citrus, and mint to ensure you are getting the most out of this routine. Make sure you refer to the **Lean Belly Now 12-Hour Flush** to revisit this content as well as utilize the 12-hour water techniques provided!

It Begins...

"I can't change in just 10-days... "

That was the resistance I was met with when I was thinking about releasing my 10-Day Wake Up Lean Blueprint. Since shrugging off the speculators and moving forward with its release, more than 5,000 men and women have discovered that you really can change in just 10 days. You really can gain back control of your body, mind, and life in a fraction of the time you thought possible.

In my 10-Day Wake Up Lean Blueprint I shared a unique 2-step strategy to reduce inflammation by removing harmful toxins within the body and subsequently stack the system with rich antioxidant, nutrient-dense foods.

This proven 2-step process not only radically reduces pain from inflammation-related ailments, like carpal tunnel, neuropathy, and internal cysts, but also makes it possible for clients to shed **over 10 pounds in just 10 days.**



7 pounds at Day 4 who can complain about that!!!

- Sasha C.

After releasing my 10-Day Wake Up Lean Blueprint and reaching more than 5,000 people in the first few months, I saw a disturbing theme among my clients.

Sugar addiction.

Questions and comments like:

"Mere, how do I kick my sugar fix?"

"I just can't seem to stop myself from eating candy... what do I do?"

"I feel like I have everything on lockdown, until the cookies and cake come out... I feel powerless."

"I have to have soda or I just feel, blah."

These comments and more have filled my inbox time and time again. I have spent innumerable hours developing this program and I wish it to be the fastest, most effective and least invasive sugar detox available.

My goal is to help you and countless other men and women, kick their sugar fix and finally gain control of the impulsive, biological and toxic eating patterns that sugar promotes.

You can think of the 15-Day Lean Belly Now as a sister program to the 10-Day Wake Up Lean Blueprint. A targeted 15-day program, to not just axe your sugar cravings, but also improve your *body's* waste management pathways; helping to prime your metabolism to burn fat and finally break its harmful dependence on sugar.

Streamline Your Body, Mind & Life,



Meredith Shirk, CPT, FNS, WLS
Magna Cum Laude Biology

“Down-Stream” Effect

The human body is a well-oiled machine that is connected on several levels.

Meaning if you do one thing to a particular part of your body, it will most likely have an effect on another part of your body, whether you like it or not. I call this the "downstream effect".

The **downstream effect** can either be a very good thing or a very bad thing.

A very bad action that has a devastating downstream effect is smoking.

When you take a drag of a cigarette, one automatically thinks that you are solely affecting the lungs.

However, if you look further into the downstream effects of smoking, you will see it also causes:



- Mouth cancer
- Hardening of your arteries
- Wrinkling of the skin
- Yellow hands and teeth

You see, although you thought smoking just affected your lungs, there are actually several negative downstream effects on your body.

You can think of sugar in the same respect as smoking.

The downstream effect of over consuming sugar goes so much deeper than just getting a few cavities.

“Being addicted to sugar is not an emotional eating disorder... It’s a biological disorder, driven by hormones and neurotransmitters that fuel sugar and carb cravings — leading to uncontrolled overeating.”

- Mark Hyman, MD

In the next several chapters I will share with you not only the harmful downstream effects of sugar, but also how you can stop cravings in their tracks, without feeling uncomfortable, and deprived or zapped of energy.

Toxic Hunger

How long until your stomach start grumbling and you get fatigued after having a not so healthy meal? Chances are you don’t even allow yourself to experience this sensation as you are trying to avoid that uncomfortable feeling, right?

Well, according to Dr. Joel Fuhrman MD., most people don’t really experience “true hunger,” but “toxic hunger,” as a result of withdrawal and detoxification symptoms.

Dr. Fuhrman explains that toxic hunger is:

“a group of symptoms a person experiences as our body mobilizes toxic wastes for elimination.”

Now, these “detoxification symptoms,” are naturally occurring, no special juices or pills needed. You see, when you eat something that is highly processed or loaded with refined sugar, your body tries to actively expel these toxins, resulting in the “detox symptoms”.

Essentially, your stomach is being cued by your brain that you are hungry when in reality your system is simply trying to cleanse itself.

This can be a vicious cycle as you continue to press more and more toxins into your body, creating fake hunger signals, leading you to ingest more and more toxic foods.

Toxic Hunger on Overdrive

Now think about that toxic hunger on steroids. In the simplest of terms, that is what sugar does to your system.

Unfortunately, cutting out simple white sugar is not enough. In today's world, sugar hides in some of the most unassuming places, lurking in sauces, packaged foods and even "healthy" options.



Are You an Addict?

I am not trying to put you on the spot here, but I need to have a "real" conversation with you.

Is the sugar demon running and ruining your life?

You might not think that a "sugar addiction," even exists; however, I just want you to consider the following:

1. How often do you eat sugary foods?
2. Is your breakfast a muffin, biscuit, or sugary cereal?
3. Do you put two or more sugar packets or tablespoons in your coffee or tea?
4. Do you ever secretly eat sugary foods?
5. Would you be able to resist a donut at 11am or a piece of cake at a party?
6. Do you binge sweets, telling yourself "this is the last time"?

Now think back on your answers. Concerned?

You are not alone. Research by both the FDA and the Obesity Society (TOS) revealed this “anti-nutrient” has seemingly snuck into the lives of Americans over the past 30 years.

The study details a shocking **30% increase** in added sugars consumed by American adults with 228 calories per day in 1977, compared to 300 calories in 2009-2010.

Even more disturbing, calories from added sugars consumed by children increased by approximately 20%, or from 277 calories to 329 calories per day, during that same time period.

The average American consumes 156 pounds of added sugar per year.

Picture a ten-pound bag filled with sugar.

Then picture about 15 of them. That’s how much an average American consumes.



Harvard Scientist Contracted by Big Sugar?

A recent article in Bloomberg was released, titled “*How Big Sugar Enlisted Harvard Scientists to Influence How We Eat—in 1965.*” This article describes how:

“In 1965, the Sugar Research Foundation, the precursor to today's Sugar Association, paid Harvard scientists to discredit a link now widely accepted among scientists — that consuming sugar can raise the risk of cardiovascular disease. Instead, the industry and the Harvard scientists pinned the blame squarely, and only, on saturated fat.”

Yes you read that correctly.

The consequences of that study massively influenced how the world viewed fat versus sugar.

You see, the public was lead to believe that fat was the culprit while one of the most addictive substances available on the market was quietly swept on the rug.

Marion Nestle, a nutrition and public health professor at New York University and the author of Food Politics: How the Food Industry Influences Nutrition and Health, called the findings a "smoking gun," stating:

"For decades following the funded review, scientists and dietary guidelines focused on reducing saturated fat as the primary strategy for coronary heart disease prevention. Advice to eat sugar only in moderation was usually linked only to preventing tooth decay."

The Danger Goes Deeper

There is an ENORMOUS disconnect between what is portrayed as "healthy" and what actually **is** healthy. According to the National Institutes of Health, it is estimated that over 65% of adults are considered to be overweight or obese, yet the health and fitness industry is booming.

What's wrong with this picture?

The answer lies in the hands of big business. I know I am not the only one telling you that big business has their hands in the "health crazed" cookie jar, BUT...

...did you know that the "organic" food industry alone reached \$43.3 billion in 2015 (yes, that's a billion WITH a "B")?

On top of that, the gluten-free market skyrocketed in 2015 and is expected to reach \$4.89 billion by 2021.

You see, "organic" has been bought, "gluten-free" has been hijacked, and "heart-healthy" has been taken over.

What about sugar?

Big Biz = Questionable Motives

We all know about Big Pharma, Big Tobacco, and now Big Organic, but what about Big Sugar? Recent research suggests that just like Big Organic was spurred by a ravenous health market, Big Sugar was born through an unlikely source.

As Marion Nestle commented, the downstream effect of the Harvard Science debacle goes much deeper than just pointing a finger.

Now the question becomes: Is *Big Sugar* just another money hungry organization that can be likened to Big Tobacco or Big Pharma?

With recent research, all the signs point to **YES**.

In the recent past, the **fat versus sugar** debate has taken a dramatic shift, with the discovery of just how addictive sugar is, and the damage it can cause throughout the body.



Think: “The New Cocaine”

In a 2013 Study released in the Current Opinion in Clinical Nutrition Metabolic Care, researchers stated:

“Available evidence in humans shows that sugar and sweetness can induce reward and craving that are comparable in magnitude to those induced by addictive drugs...Overall, this research has revealed that sugar and sweet reward can not only substitute to addictive drugs, like cocaine, but can even be more rewarding and attractive. At the neurobiological level, the neural substrates of sugar and sweet reward appear to be more robust than those of cocaine.”

This is a loaded statement, making strong claims that sugar could “be even more rewarding and addictive” than a substance like cocaine.

So what’s the science behind this?

When a person consumes sugar, it triggers series of electrical and chemical path systems across several different regions of the brain, namely activating the reward center, called the “Nucleus Accumbens”. This is the particular site in the brain where dopamine, the “pleasure” conveying neurotransmitter, functions.

Great, Right? Eating Sugar = Pleasure or a “High”?

Well, yes, but not so fast.

Just like when a drug addict repeatedly “uses” over time, a sugar addict can do the same. In repeatedly activating the “pleasure center”, dopamine receptors become “down-regulated,” or dulled.

It would be like constantly eating candy and then slowly over time that same amount of candy just gets less and less sweet until you feel like your sweet tooth is “insatiable”. This insatiable hunger leads you to consume more and more just to get the same “high” as you did before.



Living with an urge you cannot satisfy = Hypo-Reward
Eat more to get the same effect = Tolerance
Pull chemicals away AND have fewer receptors =
Withdrawal

These three things are the “hallmarks of addiction”.

This is where the problem lies. In over-stimulating our brains too much with sugar, we have unknowingly activated the ability to change our dopamine system.

In regular people language this means we can dull our sense of happiness and pleasure by eating too much sugar.

The scariest part is that, according to Dr. Robert Lustig, a Pediatric Endocrinologist at the University of San Francisco, it takes about:

“3 weeks of chronic stimulation to do this”.

It has even been found that,

“Brains of obese people respond differently to food. In the reward center of the brain, just seeing food lights up the want part, but the pleasure when they are eating becomes blunted”.

Frightening isn't it? The fact that you have the ability to negatively change your brain chemistry, simply by a chronic overindulgence of processed foods, high in sugar.

Well, in the same respect, you can alter your biology to reset hunger signals and break the addiction that is running and ruining your life.

Physiology and biochemistry underlies every single behavior and you have the power to change it. You just need a plan to get you there.



Risky Business: Danger behind Sugar Dependence

Not all detox programs are created equal and embarking on the wrong one might actually do more harm than good. First and foremost, it's important to have the proper knowledge you need to understand what the benefits are and why you are detoxing in the first place.

Really, the first step to any good detox program should be honing in on and eliminating sugar addiction, as this is a major road block for short and long term health. Sadly, being addicted to sugar and refined carbohydrates is an ever-growing reality in our modern-day diet.

To understand why it is of utmost importance to focus your detox efforts on **sugar** first and foremost, let's take a look at:

Top 5 Reasons That Sugar Wreaks Havoc on Your Body

01 Sugar is an anti-nutrient

Plain and simple, sugar is an *anti-nutrient*. This means that sugar actually requires the body to use more nutrients than it provides; therefore, depleting your nutrient stores. In other words, it is an *empty calorie*. When we're talking about nutrients, this includes vitamins, minerals, amino acids, fatty acids, antioxidants, phytonutrients, and more.

02 A High-Sugar Diet Increases Your Risk of Insulin Resistance and Diabetes

Multiple studies have concluded that a high-sugar diet is a major cause of serious conditions such as diabetes, insulin resistance, and metabolic syndrome. Insulin is the hormone that escorts blood sugar (glucose) into the cells and if glucose levels are chronically high, you start to encounter problems.

03 Refined Sugar Lowers Your Immune System

Consuming high amounts of sugar can actually decrease your levels of Vitamin C. Fascinatingly, Vitamin C and white (aka, table) sugar have fairly similar chemical structures and compete with each other for space in your white blood cells. This means that your grandma's cure for the common cold (a giant glass of orange juice) is largely a nutritional myth, as sugar can suppress your immune system.

04 Excess Sugar Makes You Fat

There's no way around it: a diet high in refined sugar is very likely to lead to weight gain. This has to do with the body's primary fat storage hormones, *cortisol* and *insulin*, which are directly affected by sugar consumption. Multiple studies have linked refined sugar to being the leading cause of obesity in the SAD (Standard American Diet), and one study found that children who regularly drink sugar sweetened drinks were at 60% greater risk of obesity.

Professor Selena Bartlett, a Group Leader in Addiction Neuroscience and Obesity at the Translational Research Institute at the Institute of Health and Biomedical Innovation, explains:

"Excess sugar consumption has been proven to contribute directly to weight gain. It has also been shown to repeatedly elevate dopamine levels, which control the brain's reward and pleasure centers in a way that is similar to many drugs of abuse including tobacco, cocaine and morphine."

05 Do I need a sugar detox?

If you are like most people, the answer to this question is a resounding: yes. However, this list can help you to determine your relative need for sugar detox, depending on some common symptoms:

- Foggy brain/poor memory
- Frequent sugar and carbohydrate cravings
- A history of refined sugar consumption
- Regular headaches
- Low energy/energy dips and spikes
- Mood swings and excessive irritability
- Muscles pain not associated with exercise
- Excessive thirst
- Increased hunger

Even if you are one of the lucky ones who do *not* experience some or all of these symptoms, pretty much everyone can benefit from a simple sugar detox.

The Key to Breaking Sugar Addiction: Blood Sugar Regulations

Blood sugar dysregulation (such as the all-too-common mid-afternoon energy crash) has essentially become commonplace. In fact, the vast majority of people seem to think that drastic dips and spikes in energy are normal.

In reality, with properly balanced blood sugar, you should have sustained and reasonable amounts of energy all day long (for the most part). Drastic dips and spikes (including that mid-afternoon plummet) are usually a sign that your diet is:

- 1) Not meeting your body's nutritional needs and/or
- 2) You are consuming too much sugar and refined carbohydrates.

Often, these dips are directly related to the foods you have eaten throughout the day, and were likely preceded by a blood sugar spike.

All of the bodies' cells utilize glucose in order to produce energy. When the body is confronted with a reduced supply of glucose for the brain, we experience symptoms such as brain fog, irritability, sleepiness, poor memory, and overall fatigue. We might also have headaches, and almost *always* have sugar and carbohydrate cravings.

Diet is the principle cause of the body's fluctuating blood sugar levels (and certainly the factor that is easiest to control), but there might be an underlying condition such as adrenal fatigue, insulin resistance, or hormonal imbalances. While even these can be supported via diet and sugar detox, you'll also want to consult a trusted healthcare professional.

How Do Refined Carbohydrates And Sugar Affect My Blood Sugar Levels?

- There are 3 major macronutrients: protein, fat, and carbohydrates. Fats are the slowest-burning nutrient, followed by protein, and then carbohydrates. This means that carbohydrates (and sugars), are rapidly absorbed by the body, causing a sudden spike in blood sugar.
- When the body experiences this sudden spike in blood glucose, various organs work in conjunction to regulate blood sugar to a normal range. The pancreas plays the key role of releasing insulin in order to lower blood glucose levels. If an individual consistently overloads the body with the foods mentioned above, this can lead to insulin resistance over time, as the body becomes over-loaded when forced to continue regulating abnormally high levels of blood glucose.
- This pattern of eating a high-sugar and carbohydrate diet becomes a vicious cycle of then craving the very foods that are causing problems, as these foods provide a temporary boost to blood sugar levels, only to plummet once again.

5 Simple Ways to Balance Your Blood Sugar and Put an End to Sugar Addiction

- 01 Eliminate or reduce dietary sugar (start with a detox):** sugary foods and beverages should be a strictly once-in-awhile treat, if not eliminated altogether. A detox can get you going in the right direction, as this isn't always as easy as it sounds.
- 02 Read Labels:** many processed/packaged foods (even "health" foods) are sources of hidden sugars. Keep your eye out for any ingredient that ends with "ose", such as glucose, fructose, dextrose, or maltose (among many). Other sugar-laden ingredients include corn syrup, beet sugar, turbinado sugar, date sugar, or high fructose corn syrup. Being a detective is key.
- 03 Eat high quality protein and fat with each meal:** including a high quality protein and fat with each meal (and most snacks) is key for breaking sugar addiction and managing your blood sugar. More examples on this later.
- 04 Opt for complex over simple carbs:** sources of refined and simple carbohydrates include white bread, pasta, white rice, and baked goods. Instead, focus on including complex carbohydrates or whole foods that offer fiber, vitamins, and minerals. Some great options include yams, sweet potatoes, and other starchy vegetables (beets, squash and carrots, for example), whole fruit, and ancient grains.
- 05 Eat frequent meals and snacks:** while this varies from person to person, most people trying to break sugar addiction and balance blood sugar will need to eat frequently. Having a healthy snack in between your 3 main meals can make a big difference in your success.

Fats: Friend or Foe?

There are plenty of nutrition and health-related topics out there, shrouded in misinformation and confusion, but the topic of dietary fats definitely tops the list.

Sadly, Americans have come to believe that fat is the prime cause of obesity and other medical conditions (like heart disease). Thankfully, this myth has been largely debunked by studies, but is still a common-place misconception.

Debunking the myth

Here are just two examples of key studies proving that dietary fat is not evil, and in fact, a necessary part of a healthy diet:

- A study conducted by Cambridge University and published in the *Annals of Internal Medicine* Journal, focused on specifically debunking the myth of the correlation between saturated fats and Coronary Artery Disease (CAD), and found no connection between an increased consumption of polyunsaturated fats and lowered risk of heart disease.
- Another study conducted by the Oakland Research Institute, which involved 350,000 participants and was published in the *American Journal of Clinical Nutrition*, found no connection between saturated fat and heart disease.

While this section could also make for an entire book, the important piece to note is that plenty of scientific studies have now established that healthy dietary fats do not cause heart disease, and neither does high cholesterol.

So, what is the real culprit? Hint: this detox has a lot to do with it

Other studies have shown that while Americans have remained obsessed with the fact that a diet high in fat would launch heart problems and increase bodyweight, we now know that, in fact, *refined sugar and carbohydrates are what actually make the difference.*

When naturally healthy foods that include fat (like yogurt, for example) are stripped of their healthy fat content and replaced with sugar (which is usually what happens), this is a major cause of obesity and the other sugar-related conditions that come up.

And remember that the right dietary fats hold the amazing abilities of regulating our body temperature, protecting our vital organs, balancing our hormones and decreasing sugar and carb cravings (among other things).

Which fats are good for me?

Healthy (and even weight loss-promoting) fats (many of which you'll find in this detox) include:

- Coconut oil
- Extra virgin olive oil
- Flax oil
- Avocado oil and avocados
- Nuts and seeds (raw, if possible)
- Grass-fed butter
- Ghee (clarified butter)
- Naturally occurring fats in high quality meats and wild caught fish

Which fats should I avoid?

- Hydrogenated and partially hydrogenated oils such as margarine, Crisco and buttery-spreads such as Earth Balance.
- All trans-fats (another name for hydrogenated and partially hydrogenated).
- Vegetable oils such as canola, corn, grapeseed and soy.
- Fats from commercially raised meat (non-organic or grass-fed). If organic meat isn't available, opt for leaner meats such as fish and poultry without skin.

Quick note on fat and weight loss

You might be thinking to yourself “but won't I gain weight if I eat more fat and less carbohydrates/sugar?”

Thankfully, the answer is: NO

If your goal is weight loss, it is a good idea to keep fats to a moderate level, as they are calorie-dense. But remember that getting enough healthy fats in your diet will also support your weight loss efforts, as fat provides a feeling of satiety (fullness) and manages cravings. In fact, the medium chain fatty acids in coconut oil have actually been shown to boost weight loss!



The Real Deal on Fruit

Fruit is obviously a food found in nature and although it is a natural sugar, it comes encased in fiber and other micronutrients that make it highly superior to any refined

sort of sugar.

However, for intents and purposes of this 5-Day Sugar Detox, there is definitely value in either omitting fruit completely or limiting your intake.

Sounds drastic?

Let me explain. The reason for omitting or reducing fruit intake is that if you are experiencing blood sugar dips and spikes and often find yourself in that familiar cycle of cravings, it will be highly beneficial to quit cold turkey for the first 5 days.

This can allow you to truly break the cycle, and then incorporate fruit back into your diet once you've finished. Green apples are much lower in sugar than other fruits, as well as fresh, seasonal berries. If you feel that sugar addiction is not a serious problem for you (congratulations!), then feel free to enjoy fresh seasonal fruit, but definitely stick more to the veggies, as cravings are likely to hit.



Sugar Crushing Superfoods

Chia Seeds

Chia seeds are a truly exceptional superfood, and are surprisingly low in calories, considering their immense nutritional value. Also, the vast majority of chia seed's carbohydrate content comes in the form of indigestible dietary fiber, which does not affect blood sugar or require an insulin response from the body.

For this reason, chia seeds are considered a very low carbohydrate food, as they actually only contain 1 gram of digestible carbohydrate. The massive fiber content of chia seeds absorbs quite a bit of water, causing them to expand in your stomach and making you feel full, which can also lead to eating fewer total calories and decreasing your cravings.

Cinnamon

Cinnamon has been long known for its blood sugar balancing and lowering effects and can even protect against diabetes. Insulin resistance is when the body becomes resistant to the hormone *insulin*, which carries the huge responsibility of not only regulating our metabolic energy use, but also transporting blood glucose into the cells. When you become resistant to insulin, you are at risk of diabetes, metabolic syndrome, and other serious conditions.

Along with balancing blood sugar comes the nice side effect of experiencing reduced sugar cravings. Not only is cinnamon working on a hormonal level to accomplish this task, but you will also feel satisfied simply due to its naturally sweet taste.

Raw Cacao

Cacao has been a superfood used for centuries and can be traced back to Mayan cultures in South America that have cultivated the plant for its nutritional and medicinal value. 100% cacao is extremely rich and bitter, but once it has been mildly processed (cold pressed), you end up with raw cacao powder or nibs, which offer excellent support for sugar detox.

First of all, raw cacao will usually nip your sugar cravings in the bud, as you are eating pure chocolate). Next, cacao is full of antioxidants, works to cool inflammation in the body, and has even been shown to lower blood pressure. It can improve your mood

and boost your energy (due mainly to its *phenylethylamine* content), and even contains small amounts of dopamine and serotonin, two key “feel good” hormones.”

Green Tea

Green tea has been touted as somewhat of a miracle food and for good reason. Not only does it provide a more sustained caffeine buzz than coffee, but it has actually been shown to boost brain function, improve physical performance, balance blood sugar levels, and burn fat. Green tea’s fat-burning abilities are largely attributed to the antioxidant EGCG (epigallocatechin gallate), which can boost the human metabolism.

Spirulina

Spirulina is a type of sea vegetable called a *micro-algae*, and is packed full of key vitamins, minerals, and even protein. When added to an already nutrient-rich diet, it can truly take your health and energy to the next level.

Spirulina truly defines “superfood,” as one tablespoon offers 4 grams of protein, 21% of the RDA for copper, and key B vitamins for overall health and sugar detox. Spirulina also offers smaller amounts of potassium and magnesium, both minerals that are critical for stress management (and remember, excess stress often leads to sugar cravings).



Sugar Detox Friendly Snacks

If you feel hungry within a short time of snacking (anywhere from 30 minutes to an hour), it is usually a sign that your snack did not provide the micro and macronutrients your body needed. Maybe it was too low in protein or healthy fats and too high in carbohydrates. Or perhaps it simply was too low in calories, or the calories were *empty calories* (calories that offer little to no nutrient value).

The right snack should keep you comfortably satisfied until your next meal, and not leave you reaching for sugar, refined carbohydrates, or caffeine shortly after. Check out 10 different sugar-detox snack ideas options here:

- ⊙ 1 small handful of almonds with a green apple
- ⊙ Plain full-fat yogurt (or 1 low fat Greek yogurt), sprinkled with cinnamon
- ⊙ Organic deli turkey with a few slices of avocado and shredded carrot
- ⊙ 1 small handful of walnuts with a hard-boiled egg, sprinkled with sea salt
- ⊙ Kale chips (make at home or buy at the store, no sugar added)
- ⊙ Guacamole with chopped vegetables
- ⊙ A small portion of leftover lunch or dinner
- ⊙ Wild smoked salmon (lox)
- ⊙ Grass fed organic salmon or beef jerky
- ⊙ Seaweed snacks (no sugar added)



YES and NO Foods

YES

- All meat (opt for grass-fed, organic, pasture-raised whenever possible)
- Wild caught fish
- All vegetables except those mentioned above
- Raw nuts and seeds and their butters including almonds, walnuts, pecans, sesame, hemp, and flax seeds.
- Good fats including avocado, coconut oil, grass-fed butter, ghee, olive, sesame and flax oils.
- Herbal teas
- Unsweetened almond and coconut milk

NO

- Aspartame (equal)
- Saccharin (sweet n low)
- Stevia that is white (truvia)
- Sucralose (splenda)
- HFCS (high fructose corn syrup)
- Honey
- Maple syrup
- Molasses
- Agave syrup
- Date, palm, and coconut sugar
- Fruit juice
- Stevia
- All packaged/processed foods (if it has an ingredient list, avoid it)
- Refined carbohydrates including bread, bagels, brownies, cakes, candy, cereal, chips, cookies, crackers, cupcakes, muffins, oats, pasta, spaghetti, pastries, pizza, popcorn, tortillas, and couscous.
- No diet or sugar-free foods (highly processed)
- Coffee
- Dairy (in moderation)
- Soda
- Alcohol
- Vegetables to avoid include potatoes, sweet potatoes, yams, winter squash, corn

After the Cleanse: Now What?

First of all, congratulations!

Hopefully, you are feeling better in your body, experiencing increased and more sustained energy, and are no longer (or at least less of) a slave to sugar cravings. To benefit long term from the hard work you've put in, ask yourself the following questions:

- 01** Have you discovered connections to foods that don't make you feel so great?
- 02** Have you gotten over the hump of this feeling *really* difficult and your increased energy perhaps even outweighs the sacrifices you've made?
- 03** Did you notice differences in your sleep? Mood? Stress levels? Productivity?

Think about how refined sugar and processed foods affect your body physically, mentally, and emotionally. While you don't need to be quite as strict, take some of this detox with you into your regular, daily diet routine.

Remember, the word "diet" **should not mean a short-lived deprivation**, but instead should mean changes you make for a lifetime in order to feel your absolute best and prevent future disease.



Every morning, drink this on an empty stomach, 30 minutes before eating.

LEAN BELLY DETOX WATER

Ingredients

- **14 oz. warm water**
- 2-3 slices of cucumber
- 1 sprig of fresh mint leaves
- ½ lemon, sliced
- ¼ orange (or other citrus), sliced

Instructions

- Stir ingredients vigorously
- Let set for 10 minutes
- Enjoy!



LEAN BELLY NOW PHASE 1: FLUSH

SHOPPING LIST DAYS 1-5

PROTEIN

- 11 eggs (subtract 6 if you choose not to make muffins)
- 16-18 oz. chicken breast (pre-cooked or raw, to cook at home)
- ½ lb. ground turkey
- 4-6 oz. wild salmon filet (or replace with 1 can wild salmon or tuna)
- 1 can wild salmon (or tuna)
- 4-6 oz. chicken thighs (skin on if organic, skin off if conventional)
- ¼ lb. ground beef (grass-fed, if possible)

VEGETABLES

- 4 tomatoes
- 3 cups spinach
- 1 cup lettuce or mixed greens
- 2 cups mixed greens
- 1 cup arugula (optional, replace for 1 cup of spinach if preferred)
- 2 ½ onions (any color)
- 6 garlic cloves
- 1 ½ carrots
- ½ cup cabbage
- 4 kale or big lettuce leaves (for wraps)
- ¼ beet
- ½ cucumber
- 1 cup Brussel sprouts
- 3 cups kale
- 2 cups broccoli
- 1 small butternut squash
- 2 bell peppers (any color)
- 1 tbsp. chopped jalapeno peppers (canned or fresh)
- ¼ cup pumpkin or sweet potato puree (canned is fine, optional if you are making muffins)
- 1 cup zucchini (subtract if you choose not to make muffins)
- 1 stalk celery

FRUITS

- 3 green apples
- ½ frozen or fresh banana
- 1 banana (subtract if you choose not to make muffins)
- 2 lemons
- ½ cup frozen berries (mixed or seasonal, use fresh berries if preferred)
- ¼ cup grapes (any type)

HEALTHY FATS

- ½ cup + 6 tbsp. coconut oil (subtract ½ cup if you choose not to make muffins)
- 1 tbsp. tahini butter
- 2 ½ avocados
- 5 tbsp. chia seeds
- ½ tbsp. almond butter
- 1 oz. walnuts
- 1 tbsp. pine nuts (replace with almonds if preferred)
- 1 can light coconut milk
- 1 cup unsweetened almond milk
- ½ cup almond flour or coconut flour (subtract if you choose not to make muffins)

DAIRY

- 1 oz. raw and/or organic hard cheese of your choice
- 1 cup plain, non-fat Greek yogurt

OTHER

- Coffee (optional)
- Green tea
- Balsamic vinegar (or use apple cider)
- Apple cider vinegar (or use balsamic)
- Gluten-free mustard
- 2 tbsp. raw cacao nips (subtract 1 tbsp. if you choose not to make muffins)
- ½ tbsp. raw cacao powder (or nibs)
- 1 tbsp. coconut butter (optional, also sold as coconut manna)
- 2 tbsp. spirulina powder
- 2 oz. dark chocolate, 70% or higher (optional for desserts)
- ½ cup coconut water (no added sugar)
- 1 tbsp. hummus
- 1 cup salsa (no sugar added, or opt to make your own at home using your favorite recipe)
- ¼ cup veggie or chicken broth (organic, if possible, or replace with tomato juice)
- 1 serving kale chips or seaweed snacks

SPICES *Can all be purchased in small amounts in the bulk section, if you'd like*

- Salt
- Pepper
- Thyme
- Oregano
- Basil
- Cinnamon
- Onion powder
- Curry powder
- Ground ginger (subtract if you choose not to make muffins)
- ¼ tsp. baking soda (subtract if you choose not to make muffins)
- Rosemary
- Paprika
- Taco seasoning (see meal plan for how to make your own at home)
- Cayenne pepper (optional if you like spice)

- 1 ½ tsp. pure vanilla extract (optional)

LEAN BELLY NOW PHASE 2: BURN

SHOPPING LIST DAYS 6-15

PROTEIN

- 11 eggs
- 4-6 oz. flank steak
- ¼ lb. ground turkey or chicken
- 1 ¼ lb. ground beef
- 14 oz. boneless, skinless chicken breast
- 4-6 oz. chicken breast or thigh
- 4 oz. cooked shrimp (optional for paleo sushi)
- 3-4 oz. Applegate organics deli turkey (or another organic, nitrate free brand)
- 2 organic beef, turkey, chicken or pork sausages
- 4-6 oz. grass fed sirloin or flank steak
- 4-6 oz. grass fed ground beef
- 8 oz. pork (pasture-raised if possible)
- 8-10 oz. ground turkey
- 4-6 oz. ground lamb
- 16 eggs
- 4-6 oz. wild smoked salmon
- 2 x 14 oz. cans wild salmon

VEGETABLES

- ⅔ cup zucchini
- 1 ⅔ cup broccoli
- 1 green onion
- 6-8 basil leaves, fresh
- 2 onions
- 1 cup broccoli
- 1 cup asparagus
- 1 ½ bell peppers
- 1 celery stalk
- ½ cup shredded cabbage
- 1 small shallot (or ¼ onion)
- 4 garlic cloves
- 1 head + 1 cup cauliflower
- 2 tbsp. fresh cilantro
- 2 cups spinach
- 6 cups mixed greens
- 2 cups kale
- 2 tomatoes
- ½ cup tomato (or ½ cup canned, diced tomato)
- ¼ cucumber
- 1 carrot
- 1 cup canned pumpkin (or fresh, roasted)

- ½ cup raw sauerkraut
- 1 large lettuce leaf
- 3 cups kale
- 1 ½ tomato
- 3 onions
- ¼ cup scallions (or onion)
- 14 carrot
- 1 bell pepper
- 1 medium butternut squash
- 12 garlic cloves
- 2 cups romaine lettuce
- 1 cup cremini mushrooms
- ½ cup shitake mushrooms
- 1 cup broccoli
- 5 cups cauliflower, chopped (roughly 1 head)
- ¼ cup canned or fresh, roasted pumpkin
- 1 dill pickle (optional)
- ½ beet
- 1 large sweet potato
- ⅓ cup parsley

FRUITS

- 2 avocados
- ½ cup blueberries (or other fresh/frozen berries if preferred)
- 1 cup mixed berries (or fresh or frozen berries of your choice)
- 1 banana (freeze at home)
- 1 pear
- 3 lemons
- 1 lime
- 2 tbsp. pitted olives
- 2 cups pineapple
- 1 ½ lemons
- ½ avocado
- 1 green apple

HEALTHY FATS

- 5 tbsp. coconut oil
- 2 tbsp. coconut oil, grass fed butter or ghee
- 4 tbsp. olive oil
- 2 cups + 2 tbsp. unsweetened coconut or almond milk
- 1 cup canned coconut milk (full fat or light)
- 2 tbsp. ground flax or chia seeds
- 1 tbsp. walnuts
- 3 tbsp. almonds or walnuts
- 1 tbsp. tahini sauce
- 1 tbsp. coconut butter (sometimes sold as coconut manna)
- 1 ½ cups coconut oil (½ cup is to make paleo mayo)
- ½ cup + 7 tbsp. olive oil

- ⊙ ½ cup sesame oil (expeller pressed, if possible)
- ⊙ 1 can full fat or light coconut milk
- ⊙ 1/3 cup unsweetened coconut or almond milk
- ⊙ 1 tbsp. + 1 tsp ground flax seeds
- ⊙ 1 oz. pine-nuts or walnuts (optional, can be raw or toasted)
- ⊙ ½ tbsp. sesame seeds
- ⊙ 2/3 cup almond meal (aka almond flour, or substitute 1/3 - ½ cup coconut flour)
- ⊙ 2 tbsp. almonds

OTHER

- ⊙ 1 tbsp. balsamic or apple cider vinegar
- ⊙ 3 tsp. gluten free mustard (2 tsp. optional for paleo burger)
- ⊙ 4 oz. tomato paste
- ⊙ 14 oz. tomato sauce (or make at home)
- ⊙ 2 cups chicken, beef or veggie broth (or make at home)
- ⊙ Organic salsa (or make at home)
- ⊙ 1 scoop protein powder (grass fed whey, hemp or pea are good options)
- ⊙ 1 tbsp. raw cacao powder (optional)
- ⊙ 2 nori sheets
- ⊙ Wasabi sauce for paleo sushi (optional)
- ⊙ Coconut aminos or tamari sauce (gluten free)
- ⊙ 1 tsp. -1 tbsp. raw honey (optional)
- ⊙ ½ cup wakame seaweed
- ⊙ ½ cup raw sauerkraut
- ⊙ 3 tbsp. fresh ginger (minced)
- ⊙ 3 tbsp. apple cider vinegar
- ⊙ 1/3 cup coconut flour
- ⊙ 3 tbsp. + 2 tsp raw honey or Grade B maple syrup
- ⊙ 2-3 tbsp. coconut aminos or tamari sauce (gluten free soy sauce)
- ⊙ 1 tbsp. arrowroot powder (optional)
- ⊙ 3 cups veggie, chicken or beef broth (organic store-bought or homemade)
- ⊙ ½ tbsp. organic ketchup
- ⊙ 1 tbsp. hot sauce (optional)

SPICES *Can all be purchased in small amounts in the bulk section, if you'd like*

- ⊙ 1 tbsp. fresh ginger root (or powdered ginger)
- ⊙ 1 tbsp. oregano
- ⊙ Pinch of cinnamon
- ⊙ ½ tsp. mustard powder
- ⊙ ½ tsp. baking powder
- ⊙ 1 tbsp. + ½ tsp. chili powder
- ⊙ ½ tbsp. dried basil
- ⊙ 1 ½ tbsp. curry powder
- ⊙ 1 tbsp. + 1 tsp. cumin
- ⊙ 1 ½ tsp. garlic powder
- ⊙ ½ tsp. onion powder
- ⊙ 1 tsp. coriander
- ⊙ 1 tsp. paprika

- ⊙ Red pepper flakes (optional if you like spice)
- ⊙ 1 tsp. pumpkin pie spice (or ½ tsp cinnamon + ½ tsp nutmeg)
- ⊙ Cayenne (optional if you like spice)
- ⊙ 1 tsp. taco seasoning
- ⊙ Salt and pepper
- ⊙ 1 tbsp. fresh basil (replace with dried if necessary)
- ⊙ 2 tbsp. curry powder
- ⊙ 2 tsp of cinnamon
- ⊙ 3 tsp paprika
- ⊙ 1 tsp cumin
- ⊙ 1 tsp sage
- ⊙ 1 tsp white pepper
- ⊙ ½ tsp baking powder
- ⊙ 1/8 tsp baking soda
- ⊙ 1 tsp vanilla extract
- ⊙ 1 tsp pumpkin pie spice
- ⊙ 1 tsp. seaweed gomasio (optional)
- ⊙ Cayenne pepper (optional if you like spice), Salt and Pepper

PHASE 1: FLUSH – RECIPES

DAY 1

☉ BREAKFAST



OMELETTE WITH SPINACH & TOMATO

Ingredients

2 eggs
½ tomato, diced
1 handful of spinach (baby or regular)
¼ onion (red or yellow), finely diced
1 oz. raw and/or organic hard cheese of your choice, chopped or grated
1 tbsp. coconut oil
Salt and pepper to taste

1 cup of black coffee or green tea,
pinch of cinnamon added

Instructions

- In a sauté pan, add half of your coconut oil. Once hot, add onions and stir until they are soft, just a few minutes. Then, add the rest of your chopped veggies and stir until veggies are cooked to your desired texture.
- While veggies are cooking, whisk your eggs together in a cup or small bowl, adding a bit of salt/pepper.
- Once veggies are cooked, remove them from the pan and set them aside. Wipe your pan clean, add the remaining coconut oil and allow it to heat.
- Add your eggs to the pan so they form a big pancake shape. Top with cooked veggies and cheese. Allow your eggs to cook through and your cheese to melt, and then fold egg/veggie mixture in half.
- Plate and serve!

☉ LUNCH



Serves 1

SHREDDED VEGGIE SALAD WRAP WITH CHICKEN

Ingredients

Dressing

2 tbsp. balsamic or apple cider vinegar (or lemon juice)
1 garlic clove, minced
1 tsp. gluten free mustard
salt and pepper to taste
Optional: thyme, oregano, or basil

Instructions: simply whisk together all ingredients until smooth, or use a blender.

Salad

½ carrot, grated
½ cup cabbage, finely chopped or grated
¼ beet, grated
¼ cucumber, finely chopped
¼ avocado, diced
4 oz. cooked chicken breast, diced
2 kale or lettuce leaves for wrap

Instructions

- Place all salad ingredients together in a small bowl and top with dressing, mix together well.
- Lay out your kale or lettuce leaves and spread your chicken salad mixture evenly over the leaves, leaving enough room on one side to begin your fold. Roll up like a burrito, and enjoy.

- 1 green apple, chopped, sprinkled with 1 tbsp. raw cacao nibs and cinnamon
- 1 cup of green tea

🕒 DINNER



Serves 1

TURKEY BURGERS WITH BRUSSEL SPROUTS

Ingredients

4-6 oz. ground turkey
 1 tbsp. ground chia seeds
 ¼ onion, finely diced
 1 garlic clove, minced
 ½ tsp. onion powder
 ½ tsp. paprika
 pinch of salt and pepper
 pinch of cayenne pepper (optional for spice)
 ½ tomato, sliced
 1 cup of arugula or spinach
 1 cup Brussel sprouts, washed and halved
 1 tbsp. coconut oil

Dessert (optional)

1 oz. dark chocolate, 70% or higher

Instructions

- First, assemble your burgers by mixing together turkey, chia seeds, onion, garlic and all spices in a bowl (including salt/pepper). Mix together thoroughly, using your hands.
- Either cook the burgers on a grill or stove-top. Cook on medium-high heat for roughly 10 minutes (although this will depend on your cooking method), flipping them once. Check for doneness with a fork around 7-8 minutes, so as not to overcook. If cooking on the stove, use a bit of your coconut oil for cooking.
- Heat your remaining coconut oil and add Brussel sprouts, topping with salt and pepper to taste. Stir and cover, allowing them to cook until soft. Remove lid to stir them occasionally.
- Serve your burger patties topped with arugula and tomato, alongside your Brussel sprouts.

DAY 2

☉ BREAKFAST



Serves 1

COCONUT GREEN BREAKFAST SMOOTHIE

Ingredients

½ cup coconut water (no added sugar)
½ frozen or fresh banana
½ tbsp. almond butter
½ tbsp. raw cacao powder
1 tbsp. coconut butter (optional, also sold as coconut manna)
1 tbsp. spirulina powder
dash of cinnamon
½ tsp. of pure vanilla extract (optional)
ice and water as desired for consistency

1 cup of black coffee or green tea

Instructions

- Simply blend everything together and enjoy!



Serves 1

BRUISED KALE SALAD WITH LEMON DRESSING

Ingredients

3 cups of kale, de-stemmed and chopped
4-6 oz. cooked, wild salmon filet (or replace with 1 can wild salmon or tuna)
1 carrot, grated
½ avocado, diced
1 tbsp. chia seeds

Dressing

1 tbsp. apple cider vinegar (or use balsamic if preferred)
1 tbsp. fresh lemon juice (juice from 1 lemon)
1 tbsp. tahini (aka, sesame butter)
½ - 1 clove garlic, peeled and chopped
Salt and pepper to taste

To prepare dressing, simply blend all ingredients together using a food processor, blender, or whisk

Instructions

- First, place your kale and dressing in a salad bowl and massage kale for about 2-4 minutes, in order to “bruise” it (aka, soften it).
- Next, add all other salad ingredients, including salmon. Mix together thoroughly, and serve.

⊗ MID-AFTERNOON SNACK

- 1 hard-boiled egg sprinkled with sea salt, 1 oz. walnuts
- 1 cup of green tea with a pinch of cinnamon

⊗ DINNER



Serves 1

SWEET AND SAVORY BAKED CHICKEN

Ingredients

4-6 oz. chicken thighs (skin on if organic, skin off if conventional)
2 tbsp. coconut oil, softened
½ tsp. dried rosemary
1 clove garlic, minced
½ tsp. paprika
salt and pepper to taste
2 cups mixed greens
½ tomato, chopped
juice from ½ lemon

Instructions

- Preheat your oven to 400 degrees.
- In a small mixing bowl, combine 1 tbsp. coconut oil, garlic, paprika, rosemary, salt and pepper. Mix thoroughly.
- Melt the remaining tbsp. of coconut oil in an oven-safe skillet and allow to heat. Meanwhile, rub the spice mixture evenly into the chicken, using your hands.
- Now, place your chicken into the heated skillet (skin side down, if chicken has skin), and allow to cook for about 5 minutes or until slightly browned. Flip and cook for another few minutes on the other side.
- Transfer everything to the oven and cook for 12-20 minutes, or until chicken is cooked through.
- Serve with a side salad of mixed greens, chopped tomato, lemon juice, salt and pepper.

DAY 3

⦿ BREAKFAST



Serves 1

SUGAR DETOX DEVILED EGGS

Ingredients

2 eggs, hard boiled and peeled
1-2 tsp. gluten-free mustard
3 tbsp. plain, non-fat Greek yogurt
Pinch of salt and pepper
Paprika for garnish
1 green apple, sliced

Instructions

- First, hard boil your eggs. Everyone has their own preferred method, but an easy way is to simply place them (covered) in water and bring to a boil. Once they've reached the boiling point, allow them to continue to boil for 5 minutes. Drain and let sit in cold water for a few minutes before peeling.
- Once the eggs are cool, cut them in half lengthwise and scoop out the yolks, placing them in a small mixing bowl. Place all ingredients (aside from paprika and apple) into the bowl and mash/mix everything together.
- Fill the whites of your eggs with the filling, and sprinkle with paprika for garnish.
- Serve with your sliced green apple on the side.

⦿ LUNCH



Serves 1

STEAMED BROCCOLI BOWL

Ingredients

2 cups broccoli, chopped
1 tbsp. pine nuts (replace with walnuts if preferred)
4-6 oz. cooked chicken breast, cut into chunks
½ avocado, peeled and sliced

Dressing

2 tbsp. apple cider or balsamic vinegar
1 garlic clove, minced
1 tsp. gluten free mustard
1 tsp. ground chia seeds
Pinch of basil and oregano
Salt and pepper to taste

Instructions

- If you have a steamer basket, use that. Otherwise, simply any pot with a lid will do. If using a basket, place your broccoli in the basket above an inch or so of water. If not, simply place the broccoli in your pot with a bit of water. Cover and cook stove-top until your broccoli is tender, about 10 minutes.
- Meanwhile, whisk together all of your dressing ingredients in a separate bowl.
- In a small skillet, place your pine nuts on low heat, stirring constantly for just a few minutes until they are lightly toasted.
- When the broccoli is done, place it in a bowl with your chicken, and top with dressing, pine nuts and avocado. Enjoy!

⊗ MID-AFTERNOON SNACK

- Smoothie: handful of spinach, 1 frozen banana, ½ cup berries (of your choice), 1 tbsp. spirulina, water and ice (if desired for consistency). Blend and serve.
- 1 cup of green tea with a pinch of cinnamon

⊗ DINNER



Serves 1

BUTTERNUT SQUASH SOUP & GRASS-FED BEEF PATTIES

Ingredients

1 small butternut squash, halved and seeds removed
1 can light coconut milk
salt and pepper to taste
1 tsp curry powder

Beef Patties

¼ lb. grass-fed ground beef
¼ onion, finely diced
1 garlic clove, minced
1 tsp. coconut oil
1 tsp. salt
1 tsp. pepper

Dessert (optional)

1 oz. dark chocolate, 70% or higher

Instructions

- Preheat your oven to 400 degrees. Once heated, place your butternut squash halves, cut side down, on a baking sheet and allow to bake until soft, anywhere from 40-60 minutes.
 - While your squash is cooking, assemble your beef patties. Simply mix all patty ingredients together well and heat a skillet with your coconut oil. Form two patties from the beef mixture and place on the heated skillet, allowing to cook for a few minutes and then flipping. Check with a fork, and remove from heat at your desired doneness.
 - Once your squash is done, allow it to cook enough to be able to scoop it out with a spoon. Add it to a blender with the rest of the soup ingredients, and blend.
 - Serve the soup alongside your beef patties.
- *Keep in mind you will likely have leftover soup, which can be kept in the fridge for several days, or in the freezer for 2 months, if needed.**

DAY 4

☉ BREAKFAST



Serves 1

CHIA BREAKFAST SHAKE

Ingredients

1 cup unsweetened almond milk
½ cup frozen berries (mixed or seasonal, use fresh if you prefer)
½ ripe, frozen banana
1 handful of spinach
1 tablespoon chia seeds
1 tablespoon spirulina

*Add ice as needed if fruit isn't frozen

Instructions

- Simply blend and enjoy!

🕒 LUNCH



Serves 1

WILD SALMON WRAP

Ingredients

2 kale or big lettuce leaves, washed
1 can wild salmon (replace with wild tuna, if preferred)
1 tsp. gluten free mustard
½ tomato, chopped
¼ onion, diced
½ avocado, sliced
1 tbsp. hummus
Salt and pepper to taste

Dressing

2 tbsp. apple cider or balsamic vinegar
1 garlic clove, minced
1 tsp. gluten free mustard
1 tsp. ground chia seeds
Pinch of basil and oregano
Salt and pepper to taste

Instructions

- In a small bowl, mix together all ingredients except for kale or lettuce, hummus and avocado slices.
- Lay your greens out and spread them evenly with hummus. Add salmon mixture evenly on top, and place your avocado slices on top of everything.
- Roll your leaves up into a burrito-like shape, and enjoy!

🕒 MID-AFTERNOON SNACK

- 1 green apple, chopped and sprinkled with cinnamon
- 1 cup of green tea



Serves 1

SATISFYING STUFFED BELL PEPPERS

Ingredients

2 bell peppers, any color, halved and de-seeded
1 4-6 oz. chicken breast, boneless and skinless
1 tbsp. chopped jalapenos, canned or fresh
½ tomato, diced
2 tbsp. diced onion
1 cup of homemade salsa, or organic, store-bought
¼ cup chicken or veggie broth (replace with tomato juice, if preferred)
2 tbsp. taco seasoning

Instructions

- If you have a crockpot or slow cooker, great! In that case, place all ingredients (except salsa) in the crock pot and allow to cook on low for 6-8 hours.
- If you don't, simply preheat your oven to 350 degrees, place all ingredients (except salsa) in a cast iron or oven safe skillet, and cook until chicken is tender, about 1 hour (it won't be as tender as slow-cooking it, but that's okay).
- When your chicken is done, remove from heat and allow to cool. Then shred it with a fork and mix well with all other ingredients.
- With your bell pepper halves, stuff them with your chicken mixture, place them on an oven-safe skillet or baking tray, and cover with your salsa. Allow them to bake on 350 degrees for about 15-20 minutes and serve.

DAY 5

☉ BREAKFAST



Serves 1

MOUTH-WATERING PUMPKIN CACAO MUFFINS

You will definitely have leftovers, but these freeze extremely well for future breakfasts or snacks! Feel free to make these ahead of time, too.

If time restrictions don't allow you to make these muffins, simply repeat the Coconut Green Breakfast Smoothie from Day 2.

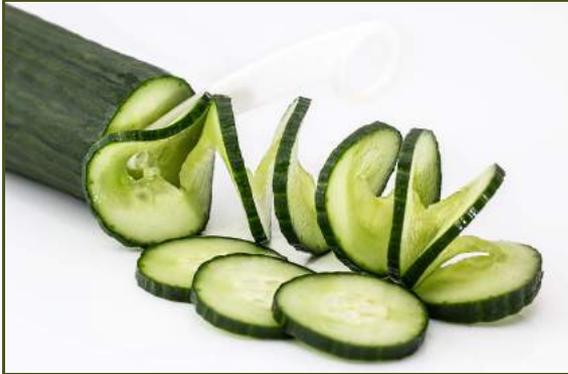
Ingredients

6 eggs, beaten together
¼ cup pumpkin or sweet potato puree (canned is fine, no sugar added)
½ cup coconut oil
1 mashed banana
½ cup coconut or almond flour
1 tbsp. raw cacao powder OR cacao nibs
1 tsp. vanilla
1 tsp. ground cinnamon
1 tsp. ground ginger
pinch of salt
¼ tsp. baking soda
1 cup zucchini, shredded

Instructions

- First, preheat your oven to 350 degrees.
- In a mixing bowl, whisk together your pumpkin, eggs, coconut oil, vanilla and banana. Then, slowly add in your coconut (or almond) flour, cinnamon, ginger and salt, mixing well. Last, add and mix in your shredded zucchini.
- In a lined muffin tin, add about ¼ cup of your batter to each cup and bake for about 40 minutes, or until done. Start checking around 35 with a fork.
- Enjoy!

🕒 LUNCH



Serves 1

CHICKEN SALAD WITH GREEK YOGURT

Ingredients

1 4-6 oz. cooked boneless, skinless chicken breast, shredded or diced
½ cup non-fat, plain Greek yogurt
1 tbsp. gluten free mustard
1 stalk celery, chopped
¼ cucumber, chopped
¼ cup grapes, halved
1 tbsp. chia seeds
Pinch of garlic powder
Salt and pepper to taste
Juice of ½ lemon

Instructions

- In a salad bowl, combine your chicken, yogurt, mustard and chia seeds.
- Next, add in cucumber, grapes, and celery until all are thoroughly mixed.
- Last, add in garlic powder, salt, pepper and lemon juice, and toss your salad. Serve!

🕒 MID-AFTERNOON SNACK

- 1 serving kale chips OR seaweed snacks
- 1 cup of green tea



Serves 1

TURKEY TACO SALAD

Ingredients

¼ lb. ground turkey
1 cup lettuce (your choice), chopped
(or use 1 cup mixed greens)
1 tomato, chopped
¼ onion, finely chopped
1 tbsp. coconut oil for cooking
1 tbsp. taco seasoning (store bought
or see below on how to make your own)

Dressing

1 tbsp. apple cider or balsamic
vinegar
1 tsp. paprika
Salt and pepper to taste

Taco Seasoning (will last you awhile)

2 tbsp. chili powder
1 tsp. paprika
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. cumin
1 tsp. oregano
Salt and pepper

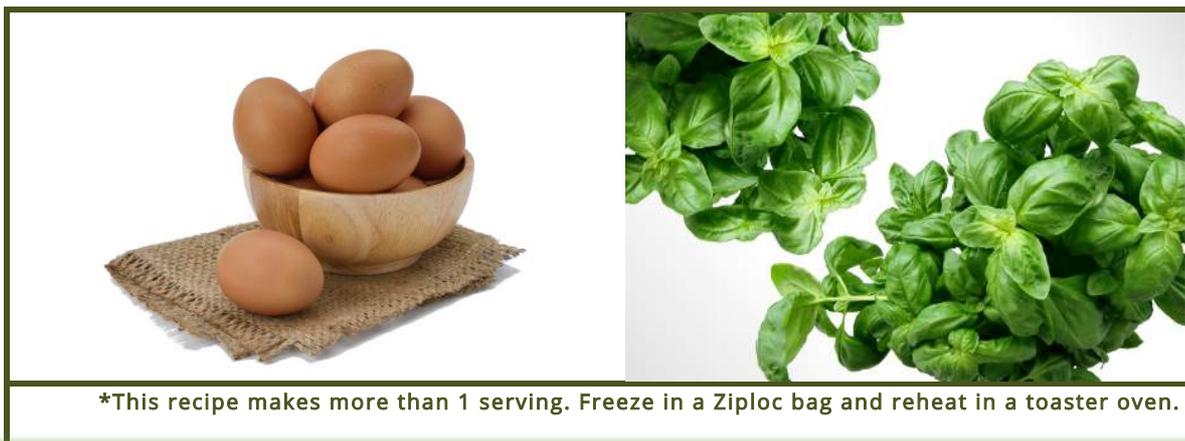
Instructions

- If making your taco seasoning at home, first go ahead and mix together all ingredients. Set aside.
- Mix your dressing ingredients together and set aside, as well.
- In a skillet heat your coconut oil, and mix in your ground turkey. Season with taco seasoning and cook until done (about 10 minutes).
- In a serving bowl, combine all salad ingredients and top with ground turkey. Mix in your dressing and serve.

PHASE 2: BURN – RECIPES

DAY 6

🕒 BREAKFAST



*This recipe makes more than 1 serving. Freeze in a Ziploc bag and reheat in a toaster oven.

VEGGIE BASIL EGG MUFFIN

Ingredients

- 5 eggs
- $\frac{2}{3}$ cup zucchini, chopped
- $\frac{2}{3}$ cup broccoli, chopped
- 1 green onion
- 6-8 fresh basil leaves, chopped
- 1 tbsp. oregano
- 1 tsp. salt
- $\frac{1}{2}$ tsp. dry mustard powder
- $\frac{1}{2}$ tsp. baking powder
- pepper to taste

Instructions

- Preheat oven to 350 and grease a muffin tin.
- First, whisk eggs in a mixing bowl with salt, pepper, baking powder and mustard.
- Add chopped veggies, oregano, basil, and whisk all together.
- Divide the mixture into muffin cups, filling them about $\frac{3}{4}$, and place in the oven for 25 minutes.
- Remove and enjoy!

🕒 LUNCH



Serves 1

MOUTH-WATERING GROUND BEEF CHILI

Ingredients

- ¼ lb. Grass-fed ground beef
- ½ onion, chopped
- ½ bell pepper, chopped (any color)
- 1-2 garlic cloves, minced
- 4 oz. tomato puree
- 6 oz. tomato sauce (canned or purée 1 tomato in blender)
- ½ - 1 cup broth or water (depending on desired thickness)
- 1 tbsp. chili powder
- 1 tbsp. cumin
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 1 tsp. pumpkin pie seasonings (or ½ tsp cinnamon + ½ tsp nutmeg)
- pinch of cayenne (optional)
- sea salt and pepper to taste
- 1 tbsp. coconut oil

Instructions

- Heat your coconut oil in a soup pot and sauté onions and peppers over medium-high heat. Add a pinch of salt and pepper and allow onions to cook for about 5 minutes, stirring occasionally.
- Add beef and garlic and cook until brown, about 7 minutes.
- Next, add tomato puree, tomato sauce, water or broth and spices. Bring to a boil and then reduce heat. Simmer 1-2 hours.
- Feel free to increase this recipe and freeze for later meals.



Serves 1

PALEO BURRITO BOWL

Ingredients

- 1 ½ tbsp. olive oil
- 4 oz. chicken breast
- 1 tsp. taco seasoning
- 1 cup cauliflower, chopped into small pieces
- ½ bell pepper, sliced
- ¼ onion, sliced
- 1 clove garlic, minced
- Salt and pepper to taste
- 2 tbsp. cilantro (or as much as you like), minced
- Juice of 1 lemon or lime
- Homemade or store-bought organic salsa for topping
- ¼ avocado, sliced

Instructions

- Preheat your oven to 350 and heat half of olive oil in an oven-safe (cast iron) pan.
- Sprinkle chicken breast evenly with taco seasoning, rubbing it into both sides.
- Place your chicken in pan on high heat, searing for 1-2 mins on each side, until golden brown. Place in oven until done, about 20 mins (depending on thickness of chicken breast).
- While chicken bakes, place cauliflower pieces in food processor (or grate) and process until they reach a rice-like consistency.
- Heat the rest of olive oil in a pan over medium heat and add your cauliflower, cover it, and cook for about 10 mins, stirring occasionally. Let cool, and place into a bowl mixed together with cilantro and salt/pepper to taste.
- Place remaining ½ tbsp. olive oil in another pan on medium heat, add pepper, garlic, and onion, along with a pinch of salt/pepper. Stir for about 5 mins until veggies are slightly cooked.
- Serve in bowl with cauliflower rice on the bottom, pepper/onion mixture next, and chicken resting on top. Finish with fresh lemon juice.

DAY 7

☉ BREAKFAST



Serves 1

PALEO GREEN SMOOTHIE

Ingredients

- 2 cups spinach, washed
- ½ cup blueberries (or other seasonal/mixed berries)
- ½ frozen banana
- 1 cup unsweetened coconut or almond milk
- 1 tbsp. ground flax or chia seeds
- 1 scoop grass-fed whey protein powder (or replace with hemp or pea)
- 1 tbsp. raw cacao powder (optional)
- Ice and water if desired for consistency

Instructions

- Blend and serve!

☉ LUNCH



Serves 1

CURRIED CHICKEN VEGGIE MEDLEY

Ingredients

- 4 oz. boneless, skinless chicken breast, cut into chunks
- ¼ onion
- 1 clove garlic
- 1 cup broccoli
- 1 cup asparagus
- ½ bell pepper (any color)
- 1 tbsp. coconut oil
- salt/pepper to taste
- ½ - 1 tbsp. curry powder

Instructions

- First, wash and chop all of your veggies into relatively small pieces.
- Next, add your coconut oil to a skillet on medium-high heat and add your onions and garlic, stirring frequently for just a few minutes, until onions are fragrant. Add the rest of your veggies and stir occasionally for 10-12 minutes.
- Add your chicken pieces, curry powder, and salt/pepper. Continue stirring everything together until chicken is fully cooked, about 10 minutes. Adjust spices as needed and serve.



Serves 1

KALE SALAD WITH STEAK

Ingredients

- 4-6 oz. flank steak
- ½ tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. paprika
- Pinch of salt and pepper
- Pinch of red pepper flakes (optional for spice)

Salad

- 2 cups of kale, de-stepped and chopped
- ¼ onion, finely sliced
- ½ pear, thinly sliced
- ½ avocado, sliced
- 1 oz. walnuts, chopped
- Juice of 1 lemon
- 1 tbsp. olive oil

Instructions

- Rub steak with olive oil and all seasonings, evenly coating it. Leave to marinate at room temperature. Prepare salad dressing by whisking together lemon juice, olive oil, and a pinch of salt/pepper if desired.
- Add chopped kale to a salad bowl and mix together with dressing. Massage kale leaves for 2-3 minutes until soft. Then, add all other salad ingredients (except avocado) and mix together.
- Cook your steak on the grill for 3 minutes per side (more or less, depending on the thickness of your steak), or cook on high heat on the stove. Once cooked, allow it to cool slightly, cut into thin strips and serve on top of salad along with sliced avocado.

DAY 8

☉ BREAKFAST



*Serves 4, but can be easily frozen or safely stored in the fridge for 1 week. Save for Day 10 Breakfast!

FRITTATA

Ingredients

- 1 tbsp. coconut oil
- 1 cup grass-fed ground beef
- 1 cup broccoli
- 4-5 large eggs
- 2 tbsp. unsweetened almond or coconut milk
- 1 tsp. salt
- pinch of black pepper
- pinch of cayenne pepper (optional, if you like spice)

Instructions

- Preheat oven to 350.
- Heat coconut oil in a cast iron or oven-safe skillet (avoid non-stick pans) over medium heat on the stovetop.
- Add broccoli to pan and sauté until tender. When broccoli is almost done, add pre-cooked ground beef to reheat. If it is raw, add meat first to cook thoroughly along with the broccoli.
- Crack eggs into mixing bowl and add almond or coconut milk, salt and pepper, whisking everything together.
- Pour egg mixture into skillet with the meat and veggies and cook 3-5 mins or until bottom of frittata is firm.
- Transfer skillet to oven and cook 10-15 mins and turn heat up to broil for 2 mins at the end or until the frittata puffs up and is cooked thoroughly. Let cool, transfer to a plate, slice, and serve and/or save to use throughout the week.



Serves 1

QUICK & EASY SAVORY CHICKEN SALAD

Ingredients

- 4-6 oz. chicken breast, cooked and diced
- 2 cups mixed salad greens (spinach, arugula, kale, chard, lettuce, etc.)
- 2 tbsp. pitted olives
- 1 tbsp. almonds or walnuts (raw if possible), chopped
- Juice of one lemon
- 1 tbsp. extra virgin olive oil
- Salt and pepper to taste

Instructions

- Place all ingredients into a large salad bowl.
- Drizzle with lemon juice, olive oil, salt and pepper, tossing salad until thoroughly mixed.



Serves 1

PALEO SUSHI ROLLS

Ingredients

- 2 nori sheets
- 1 head of cauliflower
- 1 tbsp. coconut oil
- Wasabi (purchase at an Asian food or health food store, or omit, this is optional)
- Coconut aminos or tamari soy sauce (gluten free)
- ¼ avocado, sliced
- ½ tomato, diced
- ¼ cucumber, sliced
- 4 oz. cooked shrimp (optional)

Instructions

- Grate cauliflower by hand using a hand grater or throw in a food processor.
- Heat coconut oil in skillet on medium-high heat, add cauliflower with a bit of salt/pepper for about 10 mins, stirring frequently. It should end with a “rice” like consistency. *Save half of the “rice” to serve with tomorrow night’s pumpkin curry.*
- Place nori sheet on a bamboo sushi mat (or use a clean towel or plastic wrap), and sprinkle the sheet with a bit of water, spreading evenly over the nori sheet.
- Leaving the upper third of the nori sheet empty, spread out cauliflower, rice, chopped veggies, avocado and shrimp (if using), and then carefully roll sushi up, using firm pressure, until it is a roll.
- Cut up with a knife, and serve with wasabi and one of the paleo-friendly soy sauces listed!

DAY 9

☉ BREAKFAST



Serves 1

TAHINI COCONUT BREAKFAST SMOOTHIE

Ingredients

- 1 tbsp. tahini sauce
- 1 tbsp. coconut butter (often sold as coconut manna, not to be confused with coconut cream)
- 1 cup mixed berries (frozen or fresh)
- ½ frozen banana
- 1 tbsp. ground flax seeds
- Pinch of cinnamon
- Pinch of honey if desired for sweetness
- 1 cup unsweetened almond or coconut milk, or water

Instructions

- Blend and serve!

🌀 LUNCH



*Be creative! You can use any veggies you have in the fridge. You can also increase this recipe and freeze it.

KITCHEN SINK SOUP

Ingredients

- ¼ lb. ground turkey or chicken
- ½ tbsp. coconut oil to brown meat
- 1 cup chicken broth (homemade or store-bought, organic)
- 1 cups water
- ½ cup diced tomatoes (canned or fresh)
- ¼ large sweet potato, diced
- 1 carrot, chopped
- ½ bell pepper, chopped
- 1 celery stalks, chopped
- ½ cup shredded cabbage
- 1 small shallot, diced (or replace with ¼ onion)
- 1 garlic clove, minced
- 1 tsp. ground cumin
- ½ tsp. coriander
- ½ tsp. chili powder
- ½ tbsp. dried basil
- Sea salt/pepper to taste

Instructions

- In large soup pot, add the sweet potatoes, carrots, broth, and water and bring to a boil.
- In separate pan, cook meat until slightly brown and season with some salt/pepper. Set aside.
- After the soup pots comes to a boil, add shallots, garlic, diced tomatoes, celery, and bell pepper, let simmer for 10 minutes.
- Add the browned meat and cabbage and continue to simmer until sweet potatoes are tender.
- Season with the dried spices and adjust as needed. Also great for freezing and eating as needed!



Serves 1

PUMPKIN CURRY

Ingredients

- 1 tbsp. coconut oil, grass fed butter or ghee
- ½ tbsp. fresh ginger root, grated (replace with powdered ginger if needed)
- 4-6 oz. chicken breast or thigh, cut into small chunks
- Pinch of salt and pepper
- 1 cup canned pumpkin puree (fresh from a roasted pumpkin is great, too)
- 8 oz. tomato sauce (canned organic is fine, or make your own)
- ½ tbsp. curry powder
- 1 cup canned coconut milk (full fat or light)
- Juice from 1 lime

Instructions

- Melt your cooking fat of choice in a pot and add fresh ginger root, stirring for about 2 minutes.
- Season your chicken pieces with salt and pepper, and then add them to the pot with your ginger. Stir until your chicken is almost completely cooked.
- Next, add your pumpkin and tomato purees, curry powder, and a bit more salt/pepper. Allow everything to cook for 10-15 minutes, stirring occasionally.
- Last, add your coconut milk and lime juice. Adjust other seasonings if needed.
- Serve over your leftover cauliflower rice from yesterday!

DAY 10

☉ BREAKFAST



Frittatas keep well and make great leftovers. Today, enjoy frittata leftovers from Day 8. Some like their frittata cold, or heat it up in the toaster oven.

FRITTATA LEFTOVERS, SAUERKRAUT & SALAD

Ingredients

- ½ cup raw sauerkraut
- 1-2 cups mixed greens
- ½ tomato, chopped
- ¼ avocado, sliced
- Juice from 1 lemon
- Salt and pepper to taste

Instructions

- Simply mix all salad ingredients together and serve alongside your frittata with sauerkraut on the side.

🕒 LUNCH



Serves 1

SIMPLE & SATISFYING SALAD

Ingredients

- 3-4 oz. Applegate organics sliced deli turkey (or another organic brand)
- 2 cups mixed greens
- ½ bell pepper, sliced
- ½ tomato, chopped
- ½ pear, sliced
- 1 oz. walnuts or almonds

Dressing

- 1 tbsp. olive oil
- 1 tbsp. balsamic or apple cider vinegar
- 1 tsp. gluten free mustard
- Salt and pepper to taste

Instructions

- In a salad bowl, mix all salad ingredients together.
- Whisk dressing ingredients together separately, and then toss your salad. Serve.



Serves 1

BUN-LESS PALEO BURGER

Ingredients

- ¼ lb. grass-fed ground beef
- 1 egg
- ¼ finely diced onion
- Pinch of salt and pepper
- 1 tsp. coconut oil for cooking
- 1 lettuce leaf
- ¼ avocado, sliced
- ½ tomato, sliced
- 2 tsp. gluten free mustard (optional)

Salad

- ½ beet, grated
- ½ carrot, grated
- 1 tbsp. balsamic vinegar
- ½ tbsp. olive oil
- Salt and pepper to taste

Instructions

- First, mix together your ground beef with the egg, onion, salt and pepper.
- Heat a skillet to medium-high heat and add your coconut oil. Once hot, place your burger in the pan and cook until done, flipping once in between. This will depend on the thickness of your burger, but will take approximately 8-10 minutes.
- Assemble your salad with all ingredients and toss.
- Plate your salad, then lay out your lettuce leaf. On top, place your cooked burger, sliced avocado, tomato and mustard. Serve.

DAY 11

☉ BREAKFAST



Serves 1

ORGANIC BREAKFAST SAUSAGE & VEGGIES

Ingredients

- 2 organic beef, turkey, chicken or pork sausages (whichever brand you prefer, Applegate organics is one choice)
- ½ cup raw sauerkraut
- ½ sliced tomato
- 1 cup kale, stemmed and chopped
- ½ tbsp. coconut oil for cooking
- Salt and pepper to taste

Instructions

- Typically, these sausages come pre-cooked, in which case you can simply heat them on the stove top. If they are not pre-cooked, cook your sausages according to the package instructions (usually you'll just cook them in a skillet, turning occasionally until done).
- Heat your coconut oil in a skillet (or use any fat from the sausages that remains in the pan, instead), and add your kale with a bit of salt/pepper. Stir frequently until cooked, about 3-5 minutes.
- Serve your sausages alongside cooked kale, sliced tomato and sauerkraut.



*1 medium butternut squash will usually yield about 3 servings of soup. Save leftovers for lunch tomorrow, or freeze the rest. Will also keep in the fridge for about a week.

BUTTERNUT SQUASH SOUP WITH SALAD

Ingredients

- 1 medium-sized butternut squash, halved and de-seeded
- 1 can of full or light coconut milk
- Salt and pepper to taste
- 1-2 tbsp. curry powder

Instructions

- Preheat your oven to 400. On a baking sheet or large dish, place your butternut squash halves face down and cook for 45 mins to 1 hour. Check for doneness at around 45 mins.
- Allow your squash to cool, then scoop out the flesh and place in a blender (you can also put the squash in a big bowl and use a masher or fork, if you prefer).
- Add your coconut milk and all other ingredients, adjusting seasonings as needed.
- Instead of curry, you could also try a bit of cinnamon, nutmeg and fresh grated ginger!
- Enjoy! This soup is fairly filling all on its own.



Serves 1

STEAK & MUSHROOM STIR-FRY

Ingredients

- 4-6 oz. grass-fed sirloin or flank steak, cut into thin slices
- 1-2 garlic cloves, minced
- 1 cup cremini mushrooms, halved
- ½ cup shiitake mushrooms, halved
- 1 cup broccoli, chopped
- 1 tbsp. coconut oil for cooking

Sauce

- ½ cup chicken or beef stock (or water)
- 2 tbsp. raw apple cider vinegar
- 1 tbsp. fresh ginger, grated
- 1 garlic clove, minced
- Salt and pepper to taste

Instructions

- First, mix together all sauce ingredients in a bowl and whisk vigorously.
- Add your steak to the marinade and coat evenly. Place in refrigerator for 20-30 mins (the longer the better).
- Heat coconut oil in a skillet on medium-high heat, and place steak and garlic in the pan (save the remaining marinade on the side). Cook for just a few minutes, then remove the steak and set aside.
- Add mushrooms, broccoli, and the rest of the sauce to the pan and cook for about 5 minutes. Add steak back in and cook until done (probably just a few minutes more) and serve.

DAY 12

☉ BREAKFAST



Serves 1

CAULIFLOWER “OATMEAL”

Ingredients

- 5 cups cauliflower, chopped
- 1/3 cup unsweetened coconut or almond milk
- 2/3 cup filtered water (or less, depending on desired consistency)
- 2 eggs, whisked
- 1 tbsp. ground flax seeds
- Cinnamon to taste
- Sea salt to taste

Optional Spices

Cardamom, Ginger, Orange Zest, Vanilla...be creative!

Optional Sweeteners

Powdered Stevia, Grade B Maple Syrup, Raw Honey

Toppings

Berries, Nuts, Fresh Fruit, Shredded Unsweetened Coconut

Instructions

- First, follow simple instructions from Day 3’s dinner recipe to make cauliflower rice.
- Set aside 1/3 of the rice for tonight’s dinner and the remaining 1/3 for Day 11’s lunch.
- In saucepan, add riced cauliflower, coconut milk, and a bit of water (if desired). Over medium heat, cook until cauliflower is tender, anywhere from 5-10 minutes.
- Add whisked eggs, flax, cinnamon, and other spices.
- Here, you can also add sweetener to taste, then simply serve in a bowl with desired toppings.



*Simply heat leftover butternut squash soup and serve with these easy-to-make coconut biscuits.
Yields about 8 biscuits.

BUTTERNUT SQUASH SOUP LEFTOVERS & COCONUT BISCUITS

Biscuit Ingredients

- $\frac{1}{3}$ cup coconut flour
- 5 tbsp. coconut oil or grass fed butter, softened (not melted)
- 4 eggs
- 1-2 tbsp. raw honey or maple syrup
- Pinch of salt
- $\frac{1}{2}$ tsp. baking powder

Instructions

- Heat your oven or toaster oven to 400 degrees, and add your coconut flour alone to a mixing bowl. Sift it with a fork to remove all chunks/balls.
- Now, mix in all remaining ingredients until everything is a dough-like consistency.
- Grease a baking sheet and form 8 biscuits with your dough, placing them evenly on your sheet.
- Bake them for 10-15 minutes, checking for doneness.



*You are doubling this recipe to have leftovers for tomorrow's lunch.

SWEET & SOUR PORK

Ingredients

- 8 oz. pork, chopped into small pieces
- 2 tbsp. coconut oil for cooking

Marinade

- 1 tbsp. grated, fresh ginger
- 2 clove garlic, minced
- ½ onion, diced
- 2-3 tbsp. coconut aminos or tamari sauce, gluten free
- 2 tsp. raw honey
- 4 tbsp. olive oil
- 2 tbsp. apple cider vinegar

Veggies

- 2 cups pineapple, chopped
- ½ onion, diced
- 1 carrot, chopped
- 1 bell pepper, chopped
- ½ tbsp. arrowroot powder (optional to thicken sauce)

Instructions

- Place chopped pork in a bowl or Ziploc bag with marinade ingredients and coat well. Place in the fridge for 1 hour (or even better, prepare ahead of time and leave overnight for maximum taste).
- Once pork is marinated, add coconut oil to a large skillet or pot and set to medium high heat. Add pork with the marinade and allow to cook just until the meat isn't pink anymore. Then, add all veggies and arrowroot powder.
- Cook altogether until the sauce is boiling, then lower to a simmer, allowing to cook, covered, for 40 mins. Stir occasionally.
- Serve with leftover cauliflower rice from breakfast.

DAY 13

☉ BREAKFAST



Serves 1

PALEO PUMPKIN PANCAKES

Ingredients

- 2 eggs
- ¼ cup canned pumpkin
- 1 tsp. vanilla extract
- 1 tbsp. maple syrup or raw honey (optional)
- 1 tsp. pumpkin pie spice
- 1 tsp. cinnamon
- 1/8 tsp. baking soda
- ½ tbsp. coconut oil, melted
- 1 tbsp. coconut oil for frying

Instructions

- First, whisk eggs, canned pumpkin, vanilla, ½ tbsp. coconut oil and maple syrup together. Sift the pumpkin pie spice, cinnamon and baking soda into the wet ingredients.
- Add your remaining 1 tbsp. of coconut oil to a skillet and set on medium heat.
- Spoon the pancake batter into the skillet to make pancakes of your desired size.
- When a few bubbles appear, flip to finish cooking and serve.

🕒 LUNCH



*Since you spent a little bit longer preparing breakfast today, enjoy an easy lunch by heating up the rest of your sweet and sour pork from yesterday. Enjoy with this simple kale salad.

DINNER LEFTOVERS & KALE SALAD

Ingredients

- 2 cups kale, de-stemmed and chopped
- ½ tomato, chopped
- 1 oz. pine nuts or walnuts, toasted (optional, they can also be raw)
- 1 tbsp. olive oil
- Juice from ½ lemon
- Salt and pepper to taste

Instructions

- Place your kale in a bowl with your olive oil, lemon juice, salt and pepper.
- Massage kale with the dressing for a few minutes, until soft.
- Add in your tomato and nuts, and serve alongside sweet and sour pork.



Serves 2

CARROT GINGER SOUP, SALAD & COCONUT BISCUITS

Ingredients

- 12 carrots, chopped
- ½ yellow onion, diced
- 3 tbsp. fresh, minced ginger
- 3 cups vegetable, chicken or beef broth (homemade or organic, store-bought)
- 2 tbsp. olive oil
- Salt and pepper to taste

Instructions

- First, heat olive oil in a sauce pan (skillet) and add your onion. Allow to cook, stirring frequently, until your onion is translucent on medium heat.
- Next, add in your carrots and ginger, stirring consistently for about 1 minute.
- Add your broth, cover and bring to a boil, then reduce to low heat and cook until carrots are soft (20-30 minutes).
- Last, allow to cook a bit and then blend in a regular or with an immersion blender.
- Serve with 2 reheated coconut biscuits from Day 12!

DAY 14

☉ BREAKFAST



Serves 1

EASY SMOKED SALMON BREAKFAST

Ingredients

- 4-6 oz. wild smoked salmon (aka, lox)
- 2 eggs, poached
- ½ avocado, sliced
- 1 green apple, sliced

Instructions

- The only cooking prep to this easy breakfast is poaching your egg. If you have a poacher, great! This makes things even easier. If not, no problem. Simply add cold water to a small saucepan and add about 1 tablespoon of vinegar (any kind). Bring to a boil and then gently crack your eggs directly into the water. Allow them to cook, turn off heat and remove your eggs from the water with a slotted spoon.
- Serve eggs alongside smoked salmon, sliced avocado and apple.



Serves 1

BURGER SALAD BOWL

Ingredients

- 4-6 oz. grass-fed ground beef
- 1 clove garlic, minced
- 2 cups romaine lettuce, washed and chopped
- ½ tomato, chopped
- 1 dill pickle, sliced (optional)
- 1 tbsp. coconut oil for cooking
- Salt and pepper

Dressing

- 1 tbsp. homemade paleo mayonnaise (see recipe below)
- ½ tbsp. organic ketchup
- 1 tsp. water
- 1 tsp. apple cider vinegar
- 1 tsp. onion, minced

Paleo Mayo

- 2 egg yolks
- 3 tsp. fresh lemon juice
- ½ cup olive oil
- ½ cup coconut oil

Instructions

- Melt your coconut oil in a skillet over medium heat, and add garlic and onions, allowing to cook for a couple of minutes.
- Add ground beef and stir until meat is browned, about 8 mins. Add salt and pepper to taste and remove meat from the skillet.
- To make the mayo, using a blender or food processor, blend all ingredients together, except the oil, then start adding your oil little by little (this is important), until all oil is mixed. Once the mayo is well formed, add salt and pepper to taste.
- In a mixing bowl, combine all dressing ingredients and whisk together.
- In another bowl, mix all salad ingredients together and then toss with dressing.
- Finally, add your meat into the salad, mix, and enjoy.



Serves 1

SEAWEED SALAD

Ingredients

- 2 hard-boiled eggs
- ½ tbsp. coconut oil for cooking
- 1 cup wakame (you can buy pre-cut at any health food store)
- ½ cup sesame oil (expeller pressed, if possible)
- ½ onion
- 2 cloves garlic, minced
- 1 carrot, grated
- ½ cup beet, grated
- ½ tbsp. sesame seeds
- 1-2 tbsp. chopped raw almonds
- 1 tsp. seaweed gomasio (optional)
- 1/8 tsp. cayenne pepper (optional)

Instructions

- First, soak your wakame in the sesame oil for about 5 minutes to rehydrate (mix well, and add a bit of water if you want. Usually ½ cup of water will do, or a bit more, if needed.
- Add your onion and garlic along with a pinch of sea salt and pepper. Then add all ingredients together.
- Top with hard boiled eggs, and enjoy!

DAY 15

☉ BREAKFAST



Serves 2

TURKEY SAUSAGE PATTIES, EGGS & COCONUT BISCUITS

Ingredients

- 8-10 oz. ground turkey
- 4 cloves garlic, minced
- 2 tsp. paprika
- Pinch of salt and pepper
- 1 tsp. sage
- 1 tsp. white pepper
- 2 tbsp. coconut oil
- pinch of cayenne pepper (optional for spice)

Instructions

- In a bowl, combine your ground turkey, garlic and all spices, mixing well.
- Form your mixture into patties of your desired size (1-2 patties).
- In a skillet, heat your coconut oil over medium-high heat and cook your patties until done, about 3 minutes per side. Check for doneness and cook longer if needed.
- Serve alongside 2 coconut biscuits from Day 12.



*Feel free to replace ground lamb for ground beef, chicken, pork or turkey.

BASIL LAMB BURGERS

Ingredients

- 4-6 oz. ground lamb
- 1 clove garlic, minced
- Pinch of cayenne pepper (optional for spice)
- ¼ cup scallions or onion, finely chopped
- 1 tbsp. fresh basil, chopped
- 1tsp. ground flax seeds
- 1 tsp. sea salt
- Pepper to taste

Instructions

- In a large bowl, mix the lamb, garlic, cayenne pepper, scallions, basil, salt and pepper.
- Allow to marinate for at least 30 minutes in the refrigerator.
- Take the mixture and make them into patties of desired size.
- Grill on medium heat for about 5-6 minutes each side or until done.



Serves 2

SALMON CAKES

Ingredients

- 1 large sweet potato cooked and mashed
- $\frac{2}{3}$ cup almond meal (or substitute $\frac{1}{3}$ - $\frac{1}{2}$ cup coconut flour)
- $\frac{1}{3}$ cup chopped parsley
- 2 tbsp. diced onion
- 1 tbsp. fresh lemon juice
- 1 tbsp. hot sauce (if desired)
- $\frac{1}{2}$ tbsp. salt
- 1 tsp. cumin
- 1 tsp. paprika
- $\frac{1}{2}$ tsp. black pepper
- 2 eggs
- 2 x 14.75 oz. wild Alaskan pink salmon
- 2 tbsp. coconut oil, grass-fed butter, or ghee for cooking

Instructions

- Pre-heat oven (or toaster oven) to 400, and poke holes in sweet potato with a fork. Place on baking sheet and cook until done, about 45 mins. Allow to cool, and mash with fork or potato masher.
- Add almond meal (or coconut flour), parsley, onion, lemon juice, hot sauce, salt/pepper, cumin, and eggs and mix.
- Remove salmon from can and mash/crush up with hands or fork, then add to mixture. Stir all until well combined.
- Line baking sheet with parchment paper (or grease well), and form salmon patties of desired size.
- Chill salmon cakes in the fridge for about 30 mins.
- Heat ghee or coconut oil in cooking pan and cook patties for about 5 mins or until done, flipping as necessary. Eat half, and refrigerate the rest.