

# DEEP BELLY DETOX 3-DAY DETOX

**Flush Away Fat  
in Just 72 Hours**



**Meredith Shirk**

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

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# **BASIC GUIDELINES**

**Morning:** Lemon Booster

**Breakfast:** Blended Smoothie

**Lunch:** Bowl

**Dinner:** Night Mix

**Evening:** Ginger Tea

## **What You Need to Do**

**Upon Waking** - Drink 4oz. warm/hot lemon water and 1 cup of coffee or green tea

**Breakfast** - Smoothie (see “Blended List”)

**Lunch** - Protein bowl (see be “Bowled List”)

**Dinner** - Smoothie (see “Night Mix List”)

**Snacks** - 1 per day (see “Snacked Out List”)

**Before Bed** - Ginger Tea

## **3-Day Parameters**

- ✔ Sleep 6-8 hours each night
- ✔ Try to “de-stress” for 30 minutes each evening

## **Don't Have**

- ⊗ Wheat
- ⊗ Alcohol
- ⊗ Processed Foods
- ⊗ Added Sugar
- ⊗ Rice

## RECIPES

### LEMON BOOSTER

**Ingredients**

4 oz. warm water  
Juice of half of a lemon

**Instructions**

Mix and serve.

### GINGER TEA

**Ingredients**

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

**Instructions**

Mix and serve.

## SNACKED OUT

- ✓ ¼ cup raw almonds
- ✓ ½ cup non-fat, plain Greek Yogurt and ¼ cup blueberries
- ✓ 4 oz. all natural beef, turkey, or salmon jerky
- ✓ 1 cup unsweetened green tea
- ✓ 1 hardboiled egg

# BLENDED SMOOTHIES LIST

## BERRYLICIOUS

### Ingredients

- ½ cup to 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

### Instructions

Blend and serve.

## CHERRY MADNESS

### Ingredients

- ½ cup to 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 (whey protein powder or egg white protein powder)
- ½ cup ice, depending on desired consistency

### Instructions

Blend and serve.

## PEACHY PEACHY

### Ingredients

- ½ cup to 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 (whey protein powder or egg white protein powder)
- ½ cup ice, depending on desired consistency

### Instructions

Blend and serve.

## GET LOCO COCO

### Ingredients

- ¼ cold coconut water
- 1 handful spinach or kale
- 1 tsp. Maca powder (optional)
- Pinch of cacao or carob powder (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 (optional)
- ½ cup ice, depending on desired consistency

### Instructions

Blend and serve.

## ENERGIZER BUNNY

### Ingredients

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

### Instructions

Blend and serve.

# BE BOWLED

## ASIAN QUINOA BOWL

8 Servings

### 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 tsp. fish sauce (high quality)
- 3 limes, juiced
- 1 tbsp. coconut oil
- 1 tbsp. freshly grated ginger
- pinch of red pepper flakes
- ½ cup chopped peanuts or almonds
- ¼ cup chopped basil
- 5 x 4-6 oz. chicken breasts

### 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 quinoa, vegetables, and chicken to a large bowl.
- In a small bowl, whisk fish sauce, limes, coconut oil, and red pepper flakes, until mixed well.
- Leave dressing on the side.
- Sprinkle basil and peanuts over salad and stir lightly. Serve or refrigerate for up to a day.
- Use dressing to taste.

# VEGAN LEAN

2-3 Servings

## Ingredients

- 1 large sweet potato, chopped into  $\frac{3}{4}$ " cubes
- 1 x 15oz. can chickpeas, drained and rinsed (about 1.5 cups)
- 1 cup uncooked quinoa
- 1 large carrot, peeled and julienned
- Purple cabbage or vegetable of choice, shredded
- 2-3 handfuls of romaine, spinach or butter lettuce
- 4 tbsp. hummus
- $\frac{1}{2}$  - 1 sliced avocado
- 2 tbsp. hulled hemp seeds

## Instructions

- Preheat oven to 400F and line two large baking sheets with parchment paper. Spread out chopped sweet potato on one sheet. Sprinkle with fine grain sea salt.
- For the roasted chickpeas: Drain and rinse the chickpeas, 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 fine grain sea salt and cayenne or paprika. Toss gently to combine.
- Place both the sweet potato and chickpeas into the preheated oven. Roast for 15 minutes at 400F and then remove both. Flip sweet potatoes and gently roll around the chickpeas. Place back in the oven for another 15 minutes, watching closely during the last 5 minutes. 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 place in a medium pot. Cook as directed on package
- In a large bowl, add a couple handfuls of your chosen greens.
- Allow the chickpeas to cool for 5 mins and add them on the salad, followed by the rest of the ingredients.
- Serve immediately and refrigerate leftovers for another great meal.

# B-FAST FOR DINNER

2 Servings

## Ingredients

- 1 medium sweet potato, cut into chunks
- 1 cup cooked black beans
- 1 cup cooked farro
- ¼ 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 and pepper to taste

## Instructions

- Preheat the oven to 425F.
- Place potato 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.
- Add dressing to taste.

## Dressing

- 1 clove of garlic, minced
- 2 tsp. ground cumin
- Juice of 2 large limes
- ¼ cup vinegar
- Salt and pepper to taste

# ANCIENT TACO BOWL

6 Servings

## 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
- ½ cup diced yellow onion
- 1 can black beans (14.5 oz.)
- 1½ tbsp. olive oil
- ¼ tsp. sea salt
- ½ tsp. chili powder or crushed red pepper
- 1 tsp. dried cumin
- 3 cloves garlic, minced
- 3 avocados
- Lime juice (optional)

## Dressing

- 1 clove of garlic, minced
- 2 tsp. ground cumin
- Juice of 2 large limes
- ¼ cup vinegar
- Salt and pepper to taste

## 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 with mixture above.
- Add sliced avocado
- Season with salt to taste (add lime juice if desired).

# NIGHT MIX

## SLIM SLEEP

### Ingredients

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

### Instructions

Blend and serve.

## FAT FURNACE

### Ingredients

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

### Instructions

Blend and serve.

## NUTTY

### Ingredients

- ½ cup to 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 (whey protein powder or egg white protein powder)
- ½ cup ice, depending on desired consistency

### Instructions

Blend and serve.

## GREEN GODDESS

### Ingredients

- ½ cup to 1 cup cold water
- 1 handful of spinach
- Pinch of cinnamon
- ½ tbsp. chia seeds or flax seeds
- ½ banana (frozen or fresh)
- ½ cup frozen cherries
- 2 tbsp. protein powder (whey protein powder or egg white protein powder)
- ½ cup ice, depending on desired consistency

### Instructions

Blend and serve.

# FAQ

**Q: Is there anything I should do before starting the diet?**

A: While the **3- Day Accelerated Deep Belly Detox** program is not dangerous in any way, it is ALWAYS a good idea to consult your doctor before beginning any dietary program.

**Q: My doctor already has me on a diet. Should I do this one instead?**

A: Your doctor has you on a particular diet, you should stick to that.

**Q: I'm taking medications. Could this program affect how they work?**

A: Discuss this with your doctor, as some medication can be affected by dietary changes.

**Q: Can I exercise on this program?**

A: Yes; however, it is common to feel lethargic. Light exercise such as yoga, walking, or swimming is recommended.

**Q: I'm pregnant. Can I do this program?**

A: You should not try the **3- Day Accelerated Deep Belly Detox** program, if you are pregnant.

**Q: I have a medical condition. Can I be on this program?**

A: Please consult your doctor about your current medical condition before starting this program.

**Q: I've been doing this program for a few days, but I'm starting to feel sick. What should I do?**

A: If you are having serious symptoms that persist, stop the **3- Day Accelerated Deep Belly Detox** program and consult your doctor immediately.

**Q: Can the protein powder be eliminated in the smoothie?**

A: Yes; however, it needs to be replaced with an alternate source of protein, like nut butters or seeds.

**Q: Can you do this while you are nursing?**

A: No, this program is not suitable for nursing mothers.

**Q: Can I have a “Blended Smoothie” for dinner?**

A: You can; however, some of the blended smoothies have caffeine or natural energy boosters in them.

**Q: Can men follow this program? If so, how rigidly should they follow it?**

A: Yes both men and women can follow the **3- Day Accelerated Deep Belly Detox**.

**Q: Can this be modified for vegetarians or vegans?**

A: Yes, see the Vegan/ Vegetarian guidelines located on your download page. If you are comfortable using these or your own substitutions, then the **3- Day Accelerated Deep Belly Detox** program will work for vegans and vegetarians.

**Q: I’m constipated. What do I do?**

A: Because of the density of fiber in the 3-Day Accelerated Lean Body Now program, please ensure that you are consuming 6-8 8oz. glasses of water each day. This will help keep your body from experiencing dehydration-based constipation.

**Q: How many grams of protein should be in your whey protein powder for the smoothies?**

A: There are some options for you to choose from when deciding which protein powder to use. I suggest one with 12-18 grams of protein and as little sugar and fat as possible.

**Q: Does it matter if the vegetables I eat are cooked or raw?**

No; however, some users find raw vegetables give them indigestion. Either way, find what works for you!