

# 3 Day Kickstart Meal Guide



# Ignite The Fire, Cool The Inflammation!

Whether you are coming off a holiday bender, a wild and crazy vacation, or just need a tender kick the butt, this is the perfect 3-day reboot to reestablish healthy eating again! Processed foods, sugar and excessive alcohol consumption all disrupt the micro-biome and put a monkey wrench into your metabolism. The sad truth is that it takes the body 2-3 days to recover (on a metabolic level) due to poor sleep and detoxification. This meal plan will kickstart your detoxification systems and cool the inflammation, setting the body up for fat-loss and repair and rejuvenation.



## 3 Day Protocol

### LIFESTYLE ADDITIONS FOR 3 DAY REBOOT

1. **Fruit & Vegetable Supplement.** Flood the body with **nutrition on a cellular level** and fill in the gaps of your current diet.
2. Consume **half** your bodyweight in ounces of water daily. For example, if you are 150 pounds, aim for 75 ounces daily.
3. Upon rising drink 16 ounces of warm water with 1 tablespoon of **Bragg Apple Cider Vinegar** (tonic).
4. Take a **soil-based probiotic** along with your morning warm water tonic to reestablish gut flora.
5. Get 7-8 hours of sleep so your your body can repair and reestablish a healthy metabolism.
6. Enjoy either a turmeric tea latte or 400 mg of magnesium before bed to reduce systemic inflammation, restore the nervous system & prepare the body for a restorative sleep.
7. Take 5 deep breaths before each meal.

We are all different and have different preferences and relationships with food. Some prefer the simplicity of a mono diet (eating the same foods daily, whereas others like plenty of variety. That said, I've laid out a 3 day meal plan here with a different menu each day. If for some reason you'd prefer to eat the same breakfast three days in a row, that is perfectly fine; it would certainly simplify your meal planning and shopping!

**The plan is simple.** Consume 1 green smoothie and 3 meals and if you need a snack; I've offered some suggestions in the guide. Opt for the dark chocolate if your smart;-)

The green smoothie will be the same each day to simplify your shopping and your life. If you want breakfast for dinner or

dinner for breakfast, that is fine too. Personally, I like to make 2 meals a day- breakfast and dinner. Lunch will always be leftover from the night before. Listen to your body and remember to take your 5 deep breaths before each meal.

**NOTE.** Most of these meals serve 2- which will give you leftover overs for the next day. If you are feeding two people or a family, double or quadruple the recipe.

## **6 a Day Daily Green Smoothie For 3 Day Reboot**

Consume daily, either first thing in the morning, afternoon or post-workout. This smoothie boasts 6 servings of fruits and veggies in an digestible form (blended). Considering your goal is 10 servings a day, a green smoothie is a quick and convenient way to get your life force into you daily diet!

- 2 Handful of organic baby spinach (about 2 cups)
- 1 cup frozen organic cherries
- 1/2 cup sliced cucumber (peeled and seeded if you wish)
- 1/2 of a frozen banana
- Juice of Half of a Lemon (helps alkalize and detox your body)



- 2 Cups Water (or 1 cup water and 1 cup unsweetened coconut or almond milk)
- **Blend until combined.**

## Day One

### Breakfast

### Protein Packed Chocolate Almond Smoothie Bowl- SERVES 2-3

- 3 frozen bananas
- 2 cups unsweetened almond milk
- 1 heaping scoop CLEAN chocolate protein powder
- 2 tablespoons almond or coconut butter
- 1 tablespoon cocoa powder
- 1 teaspoon honey or maple syrup

- 1/2 teaspoon vanilla extract

For the toppings

- 1/3 cup coconut flakes
- 1/3 cup paleo granola
- 1/3 cup almonds, chopped
- 1/4 cacao nibs
- fresh or frozen berries

### Instructions

Place bananas, almond milk, protein powder, almond butter, cocoa powder, honey, and vanilla extract in a blender and blend until smooth and creamy.

Pour mixture into 2-3 bowls and top with all toppings and whatever toppings you prefer!

## Lunch

### **(BAS) BIG ASS SALAD**

There is SO much confusion these days about what you SHOULD or SHOULDN'T be eating. There can be so many variables when finding the "perfect" dietary approach, which can make it confusing. In the midst of all the diet chaos, there are constants that are the foundation of a healthy diet-beautiful fruits and vegetables. For optimum health, nourishment and fat-loss aim for 10 servings of produce a day. One of the easiest ways to accomplish this is consuming **ONE BIG ASS SALAD** a day. This is a wonderful opportunity to nourish your body in a quick and delicious way.

### **Method**

1. **Pick your greens.** Baby spinach, swiss chard, mixed greens, kale, arugula, etc. (Tip\* Look for the big bulk bins of pre-washed organic greens to have readily available.)
2. **Create a rainbow.** Add in seasonal produce of your choice such as carrots, beets, cucumbers, tomatoes, artichokes, celery or onion. Have fun with it.
3. **Add healthy fats.** Add in avocado, raw nuts (walnuts, cashews, almonds, pecans), raw seeds (hemp, pumpkin, sesame, sunflower), olives, raw cheeses (goat, sheep, cow)
4. **Pump up with protein.** Add in a palm sized portion of organic beans, about 1/2 c (black, chickpea, adzuki, lentils, white, kidney), grass-fed beef, pastured chicken, wild salmon, hemp seeds or tempeh.

**5. Alkalize with an acid.** Dress your salad and balance your PH with fresh lemon, lime juice, juice of a fresh orange, balsamic or RAW apple cider vinegar.

**6. Oil Change.** Drizzle a generous amount of a high quality olive, flax, hemp or pumpkin seed oil to optimize nutrition.

**. Jazz it up.** Shake on dried herbs and spices to enhance the flavor, while boosting nutritional content. Try dill, basil, oregano, garlic, ginger, cilantro.

**8.Mineralize.** Top of your salad with a good quality sea salt such as Celtic sea salt or Himalayan sea salt and a few cracks of black pepper.

**Dinner** (Tonights dinner will be tomorrow's lunch)

### **Crockpot Creamy Cashew Chicken Soup With Kale**

1-2 Tbs fat of choice (I used coconut oil)

3 shallots, thinly sliced

1 Tbs grated fresh ginger (or 1 tsp dried)

1 Tbs garlic, minced or pressed (about 3 cloves)

8 oz chicken breast, sliced or cubed

1/4 tsp cayenne pepper

4-6 cups chicken broth

1 can fire-roasted diced tomatoes

1 butternut squash, cut into chunks (or another vegetable)

1 bunch kale, stemmed and torn into pieces

1/2 cup creamy cashew butter, almond butter, or a combination of both (or you could try sunflower seed butter)

Salt and pepper to taste

Crushed cashews garnish (1-2 oz)

### **Method**

Heat the oil over medium-high until quite hot. Add the shallots and cook until browned and crisp. Turn down the heat to medium and add the ginger, garlic, and cayenne. Cook for about a minute. Add the chicken and cook until starting to color. Add 4 cups of broth, bring to a boil, then reduce to a simmer. Add the tomatoes, chayote, and kale, and simmer, stirring occasionally, until vegetables are tender and chicken is cooked through. Add more broth if desired.

Mix some of the broth with the cashew or Almond butter, then stir it into the soup. Add salt and pepper to taste. Serve, garnished with crushed cashews.

## **Day 2**

### **Macadamia Berry Cereal**

4 tablespoons macadamia nuts, chopped

3 tablespoons flax meal

1 cup frozen or fresh berries or frozen cherries defrosted

1 teaspoon cinnamon

1 Cup coconut milk

### **Method**

Chop macadamia's and add remaining ingredients to bowl.



## **Lunch**

Left Over Cashew Soup

## **Dinner**

### **Crockpot Enchilada Chicken Stew**

2 lb. organic chicken thighs chicken breasts

1 yellow onion, chopped

1 green bell pepper, chopped

1 (4oz) can of chopped jalapeños

1 (4oz) can of chopped green chiles

2 tablespoons coconut oil

(14oz) can of diced tomatoes

(7 oz) can tomato sauce

3 garlic cloves, minced

1 tablespoon cumin

1 tablespoon chili powder

2 teaspoons dried oregano

sea salt and pepper, to taste  
bundle of cilantro, to garnish  
avocado, to garnish

### **Method**

Grab crockpot.

Add your chicken thighs.

Then add the rest of the ingredients on top, in any order. Put on low for 8-10 hours or high for 6-8. After it's done cooking, use tongs to pick at the chicken to shred it in with all the ingredients. Top with cilantro and some diced avocado.

## **Day 3**

### **Breakfast**

#### **Banana Flax Protein Pancake (No Grain) Serves ONE adult**

2 eggs

1 ripe banana

1/4 C flax meal

Cinnamon to taste

Vanilla extract to taste

#### **Method**

Heat coconut oil or butter low/medium in pan to coat.

In a bowl add banana and with the back of a fork, mash it down REALLY well until it becomes almost like a batter-like consistency.

Pour into pan and cook 3-4 minutes on each side or until golden brown. Top with almond butter or kerry gold butter.

### **Lunch: Left over Soup or Stew**

### **Dinner**

You can choose to have leftover soup or stew or enjoy this recipe, which is one of my favorites.

#### **Coconut Lime Salmon Patties Serves 2-4**

- 2-14 ounces canned wild caught salmon
- 3 minced garlic cloves
- 2 tablespoons minced onions
- 2 tablespoons chopped fresh cilantro

- 3 eggs
- 2 tablespoons lime juice
- 1 tablespoon dijon mustard
- ½ teaspoon black pepper
- 1 teaspoon sea salt
- ¼ cup coconut flour
- Coconut oil for greasing pan

1. In a bowl, mix the salmon, garlic, green onions and cilantro.
2. In a separate bowl, combine the eggs, lime juice, mustard, pepper and salt.
3. Combine both mixtures until well incorporated.
4. Add in coconut flour and mix again.
5. Form four patties.

6. In a greased pan over medium high heat, add patties.

7. Cook burgers until browned or reaches an internal temperature of 145 F and then flip (about 4 minutes each side).

## **BONUS DINNER RECIPE**

### **Dinner**

#### **Cauliflower Risotto 2 Servings**

2 cooked chicken breasts or wild salmon

1/2 finely chopped cauliflower

4 leaves chopped kale

1 finely chopped leak

1 clove garlic minced

1 1/2 cup unsweetened coconut milk

3 tbsp coconut oil

1/2 tbsp freshly grind ginger

1 handful finely chopped fresh parsley  
(great detoxifier)

sea salt

## Method

Heat up the oil in a large skillet over medium heat and then add the chopped leak, cauliflower and kale and sauté until the leak and cauliflower start turning golden.

Add the coconut milk, ginger, garlic and parsley. Mix it all well and then cover with lid and cook until the cauliflower becomes tender, but not too soft.

Add the chopped, cooked, chicken breasts and salt to taste.

Snacks

Eat only when hungry and allow for 4-6 hours in between meals. If you feel as though you are hungry, check in and see if it is a craving or TRUE hunger. True hunger can be satisfied with an apple, a craving is an emotional need. If you are truly physiologically hungry, here are few options that will balance and stabilize you blood sugar during your reboot.

- 3-4 slices of Applegate Turkey slices stuffed with some spinach and spicy mustard. Take a few spinach leaves, mustard, salt and pepper and roll up.
- 1/4 cup of kalamata olives cured in olive oil
- 1/4 cup raw almond with sea salt
- 1/4 macadamia nuts
- 1/4 cup raw pumpkin seeds with sea salt



- 1/2 of avocado with punch of sea salt and fresh lime
- 2 squares of organic dark chocolate 73% dark or more.

## Nighttime Turmeric Tea Latte

This delicious nighttime tradition will help reduce systemic inflammation, combat aging and prevent disease. Natures medicine at its finest.

1 cup unsweetened almond or coconut milk

1 heaping tablespoon fresh turmeric root or 1 teaspoon turmeric powder

1 teaspoon cinnamon

1 tablespoon grated fresh ginger root (or 1 teaspoon ground)

crack of black pepper

1 tablespoon coconut oil, ghee or **coconut**

**mana (butter)**

Raw honey to taste, about 1 teaspoon

## METHOD

Gently warm the almond or coconut milk in a small saucepan. Do not boil. Add turmeric, ginger and cinnamon. Next, combine coconut oil with milk and heat together until melted. Use a wire whisk or immersion blender to create a foam. Continue to stir until frothy and heated through.

Stir in honey or sweetener of choice to taste. Sip, savor & enjoy

