

WAKE UP LEAN

10-DAY FLAT BELLY BLUEPRINT



Meredith Shirk, CPT

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

Copyright © 2015 Svelte LLC

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

For permission requests, write to the publisher, addressed "Attention: Copyright Coordinator," at the email address below.

Svelte LLC
All rights reserved 2016
Malibu, California
mere@sveltetraining.com

Table of Contents

Introduction	4
Step 1: Setting Yourself Up For Success	11
Why Do I Need A Detox?	13
What Am I Eating In This Detox?	16
Metabolism Minerals – Key Players	17
Days 1 – 3 Slimming Detox:	20
Day 1	20
Day 2	24
Day 3	27
How Should I Feel After The Detox?	30
The Silent Killer: Fight Belly Bloating Inflammation!	31
Recipes Days 4 – 10	33-53
Work Wake Up Lean Into Your Life	54
Avoid Restaurant Disaster	56
10-Day Blueprint (Outline Of Your Days)	57
10 Days DONE... Now What?	59
Insider Tips	60
BONUS: Fat Burning Snacks	62
FAQs	63

Introduction

Hey you made it!

I just wanted to congratulate you for being in the top 1% of people taking action to lose fat, reducing inflammation, and pursuing a healthier life!

Now, I wanted to reintroduce myself and tell you why I love doing what I do.

As you hopefully know by now, my name is Meredith Shirk and I have been in the health and fitness industry for over a decade. During this time, I have worked with hundreds of real men and women just like you, to help them overcome weight loss hurdles, gain confidence, and make positive changes that have since influenced massive changes in their lives.

I just want you to know how truly excited I am to share the secrets and principles and of Wake Up Lean with you.

With this 10-Day blueprint, you are not only going to feel amazing, but you will be able to visibly see the results faster than you ever thought possible.

Before we get started, I wanted to share some inspirational stories with you that reaffirm my passion for this industry and my love for helping others achieve their goals.



“When I started the Wake Up Lean Program I had been a career dieter having always been on some diet plan since a teenager.

I had just come off of a very intensive workout program, which provided some progress for me in my physical stamina **but the scale did not move much.** I was becoming depressed by the lack of results and I had purchased a number of these programs looking for plan that would work for me.

I only glanced through the material at first but it was when you first contacted me by email, *Meredith, that made all the difference.* I was tired, bloated and my blood sugar levels sky high.

Reviewing my eating plan it was easy to see how easy it would be for me to make those small changes that would bring me into the Wake Up Lean program.

Commitment was easy to make with the support that you provided Mere. After the first part of the program my energy increased and I felt more rested and very satisfied. I was not deprived or feeling moody. Actually it was such an easy fit into my lifestyle and I starting to enjoy my life more and got more done.

My starting weight was 227 pounds.

After my first 10 day cycle I weighed 213 pounds...!!!

YES 14 lbs. in 10 days!!!

Talk about incredible!!! My favorite pants have started to circle at my hips so the inches are coming off. I have never felt better!!!

I could do this all over again and having Meredith as my support and advisor in this process makes me feel even more in control of my plan. The plan is easy to follow and the exercise recommendations are challenge but totally doable.

I am excited every day to see what progress I have made. The WUL program is totally awesome!!!!

- *Sasha C., Super Mom*
Bermuda

So as you can see in just 10 days, Sasha was able to lose 10lbs, regain her confidence and even erase her pain of carpal tunnel. You want to know the best part of Sasha's accomplishments?

She was able to not just transform her body, but her mind.

You see on throughout your journey to a leaner, healthier and happier you, there will be challenges, roadblocks and times where you just feel like quitting. BUT this is the exact moment where you owe it to yourself to keep pushing forward.

You deserve to *be your best you* and this is exactly how you are going to do it.

2-Steps to Gaining Control

Step one of the 10-Day Wake Up Lean Blueprint is all about setting you up for success, by starting from the inside out. During the first 3-days, you are going to cleanse your internal systems, by nourishing it with a nutritious whole foods "detox", or what I like to call a "tune-up."

Before you get panicked about putting yourself through some crazy juice cleanse, I wanted to share another story with you.

"Hi, my name is Allison... I'm turning 40 this year - I have one adolescent boy of almost 13, and an adolescent husband older than I (I love him dearly!), plus an amazing pooch.

To be clear: I am just sharing my journey. Second, I do not share to receive judgment.



I am not a “work out” kind of girl, preferred the outdoors – biking, hiking, hitting the powdery slopes of the ski hills that are in my backyard. I’ve been gluten and red meat free for close to 15 years.

Flashback – 4 years ago: balancing family, stress loaded career... Perhaps some of this will sound familiar.

Over the next 4 years it was not pretty – experiencing hair loss, massive digestive issues, chronic constipation, weight gain, chronic fatigue, crying a lot, skin breakouts, hives, muscle aches and pain, lack of motivation or zest for life or pursuing the things that brought me personal joy, injuries that kept me from the ski hill and didn’t know how to recover properly, not sleeping.

Two years ago I went to a Doctor, had my system checked – blood work for hormones, thyroid, the full gambit. The results came back fine and I was told to take more vitamin D.

Another year later and I hit the proverbial wall, my body was screaming at me **“wake up sister”**, I didn’t listen, didn’t know how, and I burnt out.

Broken, mentally, emotionally, physically, spiritually broken. I cried straight for three days and was sent home from work,

I looked up my symptoms and google told me I was either depressed or entering peri-menopause. By this point I am noticeably losing my hair, have **gained 30 pounds, chronic stomach inflammation** – 5 months pregnant looking on a daily basis - menstrual cycle out of whack, menstruating for 6 weeks at times, I can barely get enough energy to walk the dog let alone be present for my family – whole other host of issues.

On top of all this, I’ve alienated myself from my dearest, most amazing friends. I went to another doctor, had the blood work done again, and I was **“fine”**.

Don't get me wrong, there is a time and a place for everything, but western medicine was not doing the trick.

Over this past year I’ve still been tackling the **fatigue, foggy brain and belly bloat**. Anyone know what I mean? You wake up semi ok in the morning, then half hour later, the daily enemy that is the stomach rears its

ugly head, bloats till it's painful, uncomfortable, need Spanks to fit it into a skirt for work. I've been so frustrated!!!

Then comes the Wake Up Lean program. I do have to say that I am thankful that when I signed myself up to commit to the program. The program was totally manageable, easy to follow once I committed myself and just... started. I do have renewed energy and motivation...

My one goal with this program was **beating the inflammation**; I really had no expectations, just a lot of hope and enough drive to drag myself out of the fog that has been my life for the past four years.

I am on my way to a new me, baby steps, doing what makes sense for me, even **inspiring my family to eat clean**, and potentially motivate themselves to achieve a healthy balance in their lives.



Both of my boys enjoyed the meals that are a part of the program, which is good, because can you imagine making separate meals everyday! Forget it!

Thanks again Meredith for sharing your program, your coaching and insight. I thank you, my family thanks you and my pooch too!"

*- Allison F., Mother Of One Son & Wife.
Alberta, Cn.*

By using this specifically engineered Wake Up Lean Program, Allison was finally able to "beat the inflammation" and melt away stubborn pounds without starving, damaging or depriving her body.

Following the 3-day toxin flush, you will enter into the anti-inflammation stage of the Wake Up Lean program. Unlike most other "diets", Wake Up Lean is not about "exercising more and eating-less," but more about eliminating your inflammation enzymes so that you can see and feel a leaner belly without sacrificing your sanity!

Believe me, I am not interested in starving you or making you feel like the walking dead, zapped of energy and liveliness. What I am interested in, is

eliminating the root problem of your belly fat, brain fog and low energy by introducing powerful metabolism minerals and anti-inflammatory foods into your life.

I want you to listen to what Tiffany had to say about her experience with the Wake Up 10-Day Blueprint...



"My name is Tiff, I am a happily married mom of 2 incredible daughters and am married to perhaps the best guy on the planet. A retired horse trainer with a laundry list of old injuries, I had found myself resigned to being in pain as I age. Add to that a C-Section in 2005 that resulted in an entrapped nerve and painful post-surgical adhesions and I thought things would only get worse.

It was a depressing prospect to say the least. Over the last 10 years, I had 4 surgeries to remove those adhesions and had recently contacted my Dr. to schedule surgery #5 when Meredith reached out to me with a unique eating protocol to minimize inflammation.

It was a direction that had long resonated with me but I lacked a compass to navigate the complicated world of nutrition, especially having a destructive relationship with food and dieting for almost my whole life.

I embarked on this new journey with nothing to lose, except perhaps to 20 pounds I had gained over the last few years. The first thing I noticed was that I was becoming aware of what ingredients were going into my meals and why Meredith included them in this formula.

For the first time in my life, I began seeing food as both a tool and an ally rather than the enemy. My skin cleared and brightened and people asked what I was "doing" to make such a change in my appearance.

Most of all, my pain was completely gone.

As it always does, life has a way of throwing a curveball and stress led me back to my old habits. The pain and abdominal bloat returned and left me laying in my bed by the end of the day, the only way to alleviate the

discomfort. This time around though, instead of thinking “Poor me”, I turned my thoughts to how I would combat the pain the next day.

My food motivation had nothing to do with my weight or how I thought my body looked and had everything to do with how food could make me feel.

The panic I had previously felt at the thought of gaining weight was replaced by knowing that I can make food choices that will alleviate my pain.

Do I still screw up? You bet but I also know that I will always return to this protocol because now that I know how being pain free feels, I don't want to ever go back. Perhaps what means the most to me is that instead of hiding the fact that I was dieting to my pre teen daughters, I can openly talk about how I mindfully use my food to plan how I want to feel.

Oh, and I have lost 10 pounds without trying. But I am not one to count anymore.”

*- Tiff M., Mother Of Two & Wife
Calabasas, Ca.*

Stories like Sasha's, Allison's and Tiff's are the reason why I am so passionate about what I do. I have been flooded with countless Wake Up Lean success stories and I cannot wait until I hear from you.

I know you will be successful because you have chosen to read this far...

Now, with a little drive and a ton of love and a passion to make a lasting change, it is time to begin your transformation!

I am here to guide you 100% of the way because your success truly is my success.



Step 1: Setting You Up For Success

Most of us have never in our life taken 3 consecutive days to put nothing in our bodies but delicious, whole, clean food. Sure, maybe we “eat clean” for a day or two, but for the most part, the majority of our diets are far from wholesome.

I know you can spare 3 days to reset your body. I am not talking about a 30 day fast. I am talking 72 hours, that’s it! I am sure you are wondering what these 3 days are all about. To be open and honest, it is a detox.

You should not be scared of the word *detox*. In fact, a detox should really be called a **tune-up**. The truth is everyone is unhealthy in some aspect or another. Some of us sleep too little, don’t exercise enough, eat crappy food, are stressed out or, most commonly, a combination of all of those things.

The main thing that all of us are guilty of is not ever taking the time to check in with our most important tool – our body.

In addition to all the bad stuff we do to our bodies, we really do live in a toxic environment. Smog, smoke, exhaust, pesticides, GMOs, and the list goes on. This is what I learned so quickly while traveling to remote places and connecting with people living in the jungle. They are consuming all natural, highly effective nutrients that are **not tainted** by “first world advancements.”

So there is plenty reason to partake in this 3 Day *detox*. Think of it as nothing more than a vacation for your body. A vacation from all the bad stuff that we do to it!



Well Mere... Change is officially here!!..... My go to pants that I wear practically every day have decided to wrangle down my hips! Soon I will be hula hooping with them!!!

While I did not plan on weighing myself every morning I could not help but look. 220lbs! [7 pounds at Day 4] who can complain about that!!!

I did not expect to see result like this!!! Wake Up Lean has over delivered in every way!

- **Sash C.**

What You Can Expect from Your 3-Day Detox:

1. Simple, delicious whole foods

Whole foods and powerhouse herbs are all that you will be consuming.

2. Plenty of water

It is suggested that you drink at least 8 - 8oz. glasses of what each day.

3. Plenty of Sleep

6-8 hours of sleep is a must during this 3 day period. Don't fight me on this one. Sleep is essential to your health!

4. Some reflection time

Take 2 minutes every morning, before you do **anything**, to mentally prepare yourself for the day.

Take a few breaths, in through your nose and out from your mouth, and just relax. No cell phone, no computer, just you and your thoughts. Don't be scared!



Svelte Training has changed my life because it Inspires me motivates me and it encourages me to live a healthier lifestyle in every way physically, emotionally, mentally, spiritually and I encourage all of you to get on board with Svelte training.

- **Dusty W.**

Why Do I Need To Detox?

With what we put in our bodies throughout the day, detoxing is definitely worthwhile for a number of reasons. Just existing in normal life, we subject ourselves to all kinds of toxins from smog, to smoke, to small particulates in the air. That is just what we are living in, not to mention what we actually put into our body on a daily basis.

Let's face it. Not all of us are health pros 24/7/365. From time to time, who doesn't love an ice-cold beer and a pizza? Some of us, however, partake in the not so healthy options more than others.

With that being said, these are the top 5 reasons for a whole-body detox:

1. Remove Toxins that Have Accumulated in Your Body From the Environment

Like I mentioned earlier, we are exposed to a number of toxins on a daily basis by just stepping outside. Environmental toxins like smoke, smog and other air pollutants have been linked to neurological diseases, heart disease and even forms of cancers.

2. Boost Your Immune System

A regular detox can do wonders for your immune system. Think about the last time you had a bender of a night or week or few weeks.

Did you get sick shortly after? Well, there is a reason for that. When your body is hit with harmful chemicals and pollutants, like excess alcohol, lack of sleep, and crappy food, it is under an extreme amount of stress. Bodily stress leads to a comprised immune system, and a compromised immune system leads to ... yep you guessed it – getting SICK!

A quick and easy detox can bolster your immune system so you can be sure to keep healthy even after a few rough days!

3. Fight Premature Signs of Aging

Have you ever looked at a smoker's mouth before? Sorry for that visual, but I am sure you know what I am talking about. Wrinkles, sagging skin, and if you were to look inside their mouth, you would be horrified.

This is not an anti-smoking pitch. Well, I guess it is in a way.

The reason I brought up what a smokers' mouths look like is because it is a perfect example of what happens to your body when you expose it to unnatural chemicals. Now imagine all the things that our body goes through on a daily basis, like being subjected to air pollutants, pesticides, and a myriad of other toxins.

Now picture the smoker's mouth again and think about all the other toxins going into your body on a daily basis. Sounds bad right? It is. The potential damage of these toxins (free radicals) can lead to pre-mature signs of aging and degradation of healthy cells.

A regular detox can help fight free-radical damage and consequently combat premature signs of aging on the inside and the outside of your body!

4. Feel Like A Rock Star

A regular detox can help you and your body, operate at the highest, most efficient level, making you feel like you are firing on all cylinders.

You know the feeling after a day when you wake up early?

- Have a great smoothie or juice
- Go to the gym or for a long walk
- Have a light refreshing lunch
- Play with your kids and then finish the day out with a great, all-natural, home-cooked dinner.

Didn't you just feel like a million bucks?!? Everything felt effortless: your mind was clear, your eyes were bright and full of life, plus you had sustained energy.

That day was basically like a mini detox, a spa day and vacation for your body. When you fill your body with nutritious foods and give it the love it deserves, you feel like a complete rockstar inside and out.

You may think you have a clean diet and take care of your body, but if you have never had a detox, you might not even know what your optimal level is!

5. Keep Your Body's Delicate Systems Balance In-Line

You know what an old counter weight looks like right? Two trays that are oppositely strung by a chain of some sort with a fixed post in the middle, usually gold or silver. When one tray becomes a little heavier the whole system becomes unbalanced. That is exactly how your body functions, within a very sensitive balance.

Our body's core systems like our digestive, nervous, and hormonal systems were designed to work in congruence to achieve optimum health and functioning.

When we overload our body with environmental pollutants, unhealthy foods, and excess alcohol, we cause it to get way out of balance (plus add unwanted flab to our bellies)! A little detox can help keep that delicate system in check, helping to restore any imbalances in your system.



Meredith is truly a magician. An extraordinary athlete in her own right, she understands the body-mind connection and integrates it with her extensive knowledge of fitness to create a supportive personalized experience for each of her clients. Meeting each client where they are, she carefully plans and orchestrates each workout with humor, generosity, kindness and integrity to encourage their highest growth.

- Linda M.

What Am I Eating In This Detox?

A good detox is not something you should fear, but something you should look forward to!

Remember what we had talked about before? On a daily basis we are not only exposed to environmental pollutants, but ingest toxins as well (in the form of processed foods and pesticides)!

An effective and sustainable detox is one that involves fresh, organic and whole foods that promote health and wellness. Some of these foods include things like:

- Spinach
- Arugula
- Romaine
- Carrots
- Celery
- Radishes
- Berries
- Brazil Nuts
- Melons
- Grapes
- Tropical fruits like pineapple and mango
- Dates
- Wild Salmon
- Organic Chicken

There are also a number of incredible herbal additions like:

- Moringa
- Maca
- Turmeric
- Spirulina
- Ginger
- Cayenne

“Meredith's diet, nutrition and healthy living program is fantastic. It's changed my body incredibly in just a month's period. Her program is amazing, you have to try it!

- Sarah S.

Metabolism Minerals – Key Players

Every food and herb used in this detox is a powerhouse of nutrients, but I wanted to share some of my favorites with you! Below, you will find what I like to call some “key players” and why I think they are amazing.

Brazil Nuts

Chalk full of the super mineral *selenium*, Brazil Nuts have been researched at length and have been proven to improve your sexual performance, protect against cancer, boost your metabolism, and fight harmful inflammation. Research notes that an influx of selenium into the body, *mainly selenoproteins*, plays an important role in reduction of inflammation, increase in immunity, and a promotion of natural and balanced weight loss.

Brazil Nuts, in particular, have a specific way of converting the inactive thyroid hormone, T4, into its active T3 form. In English this means these tasty treats can rev up your metabolism by aiding in the health of your fat burning motor (aka your thyroid).

By taking 13 seconds out of your day, by just eating 3 Brazil nuts, you can load your body with enough selenium to begin to fight off harmful toxins in your body PLUS give your metabolism an amazing all natural boost.

Arugula

Along with being an excellent digestive support due to its bitter taste that promotes stomach acid production, arugula can also do wonders in the bedroom! This leafy green has historically been called the “love drug,” due to the vast amounts of trace minerals found in its nutrient make-up. These minerals help stop the absorption of libido-lowering contaminants into the body, therefore, protecting the reproductive organs.

Spinach

Spinach is an extremely nutrient-dense food and an amazing super-food aphrodisiac! You’ll not only be fueling up on important sex hormone inducers like vitamin B6, folic acid, and zinc, but a healthy amount of fiber as well!

Almonds

A historical symbol of fertility, almonds have a sweet fragrance and delicate taste. Well known for being one of the healthy nuts, almonds serve as a rich source of omega-3- fatty acids needed for hormone production, reproductive activity, and a vigorous libido. In addition to their feminine shape and sweet smell, one ounce of almonds provides 35 percent of our daily needs of vitamin E. A little known fact is that vitamin E is another sex hormone champion, as well as a powerful antioxidant that helps prevent arteries from collecting plaque, one of the top causes of poor blood flow leading to erectile dysfunction and heart attacks. Even better, that same ounce of almonds provides a large amount of magnesium and potassium, both of which are proven to protect against free radical damage as well as heart disease.

Moringa

In March of 2010, Science Daily deemed Moringa as the **“world’s most useful tree.”**

Have you ever heard of Moringa? If not, you are going to be fascinated by this miracle tree!

Moringa (*Moringa Oleifera*) is a rapid-growth, deciduous tree accustomed to hearty tropical or arid weather patterns, growing naturally in Asia and Africa. Packing a storehouse of nutrients, the Moringa leaves, fruit flowers, and seedpods of the tree *contain immense nutritional value*. Delicate in flavor and rich in protein, beta-carotene, Vitamin C, potassium and calcium, the leaves make an excellent green vegetable, and can be eaten raw in salads or smoothies or steamed.

However, Moringa offers much more than a just a mild flavor. Studies have shown the miracle tree to have medicinal effects such as:

- **Aphrodisiac**
Moringa has been used as an additive in sexual virility drugs to treat erectile dysfunction in men and increase sex drive (as an aphrodisiac) in women.

- **Boosts energy levels**
Loaded with vitamins and minerals like Vitamin C, potassium and calcium, Moringa is a great alternative to typical energy supplements.
- **Act as an antioxidant**
Moringa contains quercetin and kaempferol, which are powerful flavonoids. Flavonoids are compounds with antioxidant action that have therapeutic qualities.
- **Improve digestion**
Moringa's ample amount of B vitamins aids in the digestion process. B vitamins are mainly involved in getting energy from the food you eat into your cells, a very important activity!
- **Improve immune system function**
With the impressive amount of Vitamin A, calcium, potassium, Vitamin E, iron, and protein, it is no wonder that Moringa can give your immune system a boost.
- **Protect the stomach lining & treat stomach ulcers**
Studies have shown that Moringa leaf extract may work in a number of ways to reduce and treat the instance of stomach ulcers including: reducing the inflammation caused by an excessive build-up of *Helicobacter pylori* (harmful stomach acid), increasing resistance to these types of damaging bacteria, as well as acting as an antioxidant to eliminate free radicals in the system
- **Purify water & act as an antibacterial agent**
A protein in Moringa seed has the ability to bind to impurities in the water, causing them to clump together, allowing bacterial and harmful clusters to be effectively removed.

Sun Warrior Protein Powder

Although this protein powder is not required in your detox, I highly recommend using it not only during your detox, but also throughout your entire program. Here is what *Sun Warrior* is all about:

"Classic Protein relies on the simple power of raw, whole-grain brown rice, including the endosperm and bran, to create a gentle protein that still stacks

up to the competition in the gym where it matters most. Classic contains all the essential amino acids your body craves in a perfectly balanced profile, won't slow you down, and is the perfect fit for anyone and any lifestyle."

Sun Warriors brown rice blend *provides "plenty of protein and fiber while being gentle on the digestive system and kind to those with allergies. This whole-grain superfood is raw, sprouted, and ready to take your workouts to new levels with all the amino acids a growing muscle needs."*

Days 1-3: Slimming Detox

- * Try your best to use ALL-organic, non-GMO, pesticide free ingredients
- * Drink 6-8 – 8oz. glasses of water each day
- * Get 6-8 hours of sleep
- * Take 2 minutes of reflection time each morning

Day 1

What you will need for the day:

Vegetables

1 cup baby spinach
1 cup arugula
½ cup romaine
¼ cup carrots
¼ cup celery
¼ cup radishes
¼ cup green onion
2 tbsp. jicama

Fruit

4oz. lemon or lime-juice
½ cup blueberries, frozen or fresh
1 mango, (½ fresh - half frozen)
1 cup grapes
1 banana
¼ cup raisins

Protein (meats, eggs, nuts, seeds)

3 Brazil Nuts
1-scoop Sun Warrior protein Powder **or** 1 tbsp. almonds butter
1 hardboiled egg

Herbs / Seasoning/ Other

1 tbsp. fresh ginger
2 tsp. turmeric
1-2 tsp. cayenne pepper
1 tsp. garlic salt
¼ cup vinegar (balsamic or red wine)
1 tbsp. mustard (natural, stone-ground variety preferred)

Breakfast

- Power Shot (optional)
- Bold and Beautiful Smoothie

POWER SHOT

Ingredients

½ tbsp. fresh ginger, chopped
1 tsp. turmeric, ground
½ -1 tsp. cayenne pepper (change depending on level of spiciness palate can handle)
1oz. lemon or lime-juice
2oz. water

Instructions

Mix together ingredients and drink.

* For an extra kick, chew the ginger instead of swallowing it right away.

BOLD AND BEAUTIFUL SMOOTHIE

Ingredients

½ cup blueberries, frozen or fresh
1-cup baby spinach
1 banana
½ mango, fresh or frozen
1-scoop Sun Warrior protein Powder **or** 1 tbsp. almond butter
1-cup cold water

Instructions

Blend and serve.

Mid-Morning Snack

- ¾ cup grapes
- 3 Brazil Nuts

Lunch

- Tropical Arugula Salad

TROPICAL ARUGULA SALAD

Ingredients

- 1 cup arugula
- ¼ mango, diced
- 2 tbsp. jicama, diced
- ½ cup romaine lettuce
- ¼ cup carrots, chopped
- ¼ cup celery, chopped
- ¼ cup radishes, chopped
- ¼ cup green onion, chopped
- 1 hardboiled egg, chopped (with yolk!)
- ¼ cup raisins

Dressing (Mix ingredients thoroughly)

- ¼ cup vinegar (balsamic or red wine)
- 1 tbsp. mustard (natural stone-ground variety preferred)
- 1 tsp. garlic salt

Instructions

Mix chopped salad ingredients and use dressing as desired.

Dinner

- Power Shot (optional)
- Grilled Chicken & Spicy Veggies

POWER SHOT

Ingredients

½ tbsp. fresh ginger, chopped
1 tsp. turmeric, ground
½ -1 tsp. cayenne pepper (change depending on level of spiciness palate can handle)
1 oz. lemon or lime-juice
2oz. water

Instructions

Mix together ingredients and drink.

* For an extra kick, chew the ginger instead of swallowing it right away.

GRILLED CHICKEN & SPICY VEGGIES

Ingredients

4oz. chicken breast (boneless and skinless)
½ yellow zucchini, chopped
4oz. broccoli, roughly chopped
4oz. cauliflower
2 cups baby spinach
1 jalapeño, chopped (seeds removed if you would like less spicy)
1 tsp. paprika
1 tsp. salt
1tsp. pepper
1 tbsp. chili flakes (optional)

Instructions

1. Pat chicken breast dry.
2. Sprinkle paprika, salt and pepper on the breast.
3. Grill for 3-4 minutes per side on medium-high heat (or until done)
4. In a medium non-stick pan, combine all veggies except the spinach.
5. Let cook for 2 minutes, making sure to stir
6. Add 1oz water and place top on pan (to steam veggies)
7. Allow to steam for 30 seconds
8. Remove top and add spinach and chili flakes
9. Cook for another 2 minutes stirring
10. Plate the grilled chicken and veggies side by side

Day 2

What you will need for the day:

Vegetables

1 cup baby spinach
1 cup romaine
1 cup arugula
4oz. carrots, chopped
4oz. green zucchini
¼ red onion

Fruit

½ cup cherries
½ cup peaches, fresh or frozen
3 dates (take out pit)
½ cup pineapple,
½ cup mango,
½ cup blueberries
1 cup sliced melon (or Mamey Sapote)
1 banana
¼ cup goji berries

Protein (meats, eggs, nuts, seeds)

2 scoops Sun Warrior Protein Powder **or** 2 tbsp. almond butter
4-6oz salmon

Herbs / Seasoning/ Other

1 tbsp. fresh ginger, chopped
1-2 tsp. cayenne powder
1 tsp. maca powder
1 tsp. Moringa powder
4oz. coconut water
4oz. fresh orange juice

Breakfast

- Ready to Rock Shot (optional)
- Signature Smoothie

READY TO ROCK SHOT

Ingredients

½ tbsp. fresh ginger, chopped
½ -1 tsp. cayenne pepper (change depending on level of spiciness palate can handle)
2oz. coconut water
2oz. fresh orange juice

Instructions

Mix together ingredients and drink.

* For an extra kick, chew the ginger instead of swallowing it right away.

SECRET SIGNATURE SMOOTHIE

Ingredients

- ½ cup cherries, frozen or fresh
- ½ cup peaches, fresh or frozen
- ½ banana, fresh or frozen
- 1 scoop Sun Warrior protein Powder **or** ¼ cup raw almonds
- 1 date (take out pit)
- 1 cup baby spinach
- 1 tsp. maca powder
- 1 tsp. Moringa powder
- ½ cup cold water

Instructions

Blend and serve.

Mid-Morning Snack

- 1 cup sliced melon or Mamey Sapote*
- ¼ cup goji berries or raisins

*Try and find Mamey Sapote in your local supermarket. Mamey Sapote is Central American native fruit, but can be found sometimes in local stores. It looks like a papaya but has the flesh color of a sweet potato.



Lunch

- Simple Smoothie

SIMPLE SMOOTHIE

Ingredients

- ½ cup pineapple, frozen or fresh
- ½ cup mango, fresh or frozen
- ½ cup blueberries, fresh or frozen
- ½ banana
- 1 cup romaine lettuce
- 1 scoop Sun Warrior Protein Powder **or** 1 tbsp. almond butter
- 2 dates (take out pit)
- ½ cup cold water

Instructions

Blend and serve.

Dinner

- Ready to Rock Shot (optional)
- Salmon Bake

READY TO ROCK SHOT

Ingredients

½ tbsp. fresh ginger, chopped

½ -1 tsp. cayenne pepper (change depending on level of spiciness palate can handle)

2oz. coconut water

2oz. fresh orange juice

Instructions

Mix together ingredients and drink.

* For an extra kick, chew the ginger instead of swallowing it right away.

SALMON BAKE

Ingredients

4-6oz. fresh of salmon

1-cup arugula

4oz. carrots, chopped

4oz. green zucchini

¼ red onion

Salt and pepper to taste

Instructions

1. Preheat oven to 375 degrees.
2. Place veggies on non-stick baking tray and leave space for salmon on that tray (leave salmon separate for now).
3. Bake veggies for 15 minutes.
4. Take tray out and add salmon.
5. Bake for another 15-20 minutes or until desired doneness.
6. Remove and plate both salmon and veggies.
7. Salt and pepper to taste.

Day 3

What you will need for the day:

Vegetables

2 cups baby spinach
1½ cups romaine
¼ cup sundried tomatoes
2 oz. cornichons chopped
8 oz. romaine lettuce
¼ cup fresh cucumber
¼ cup sundried tomatoes
2 oz. cornichons chopped
¼ cup fresh cucumber
2 oz. red onion

Fruit

½ cup blueberries, frozen or fresh
¼ cup cherries, fresh or frozen
½ banana
¼ cup strawberries
¼ cup blackberries
¼ cup raspberries
2 dates
½ cup raisins
1 tbsp. goji berries
1 apple

Protein (meats, eggs, nuts, seeds)

¼ cup garbanzo beans, drained
2 scoops Sun Warrior Protein Powder **or** 2 tbsp. almond butter
3 Brazil nuts
1 tbsp. chia seeds

Herbs / Seasoning/ Other

1 tbsp. fresh ginger, chopped
4 tsp. turmeric, ground
¼ tsp. ancho chili powder
¼ tsp. cayenne powder
1 tsp. spirulina
4 tbsp. apple cider vinegar

Breakfast

- Booster Shot (optional)
- Good n'Green Smoothie

BOOSTER SHOT

Ingredients

½ tbsp. fresh ginger, chopped
2 tsp. turmeric, ground
2 tbsp. apple cider vinegar
2oz. water

Instructions

Mix together ingredients and drink.

GOOD N' GREEN SMOOTHIE

Ingredients

½ cup blueberries, frozen or fresh
¼ cup cherries, fresh or frozen
½ banana
1 cup baby spinach
½ cup romaine
1 tsp. spirulina
2 dates (take out pit)
1 tbsp. goji berries
1 scoop Sun Warrior Protein Powder **or** 1 tbsp. almond butter
½ cup cold water

Instructions

Blend and serve.

Mid-Morning Snack

- 1 apple
- 3 Brazil nuts
- ¼ cup raisins

Lunch

- Chopped Chicken Salad

CHOPPED CHICKEN SALAD

Ingredients

4 oz. skinless chicken breast baked
¼ cup sundried tomatoes, diced
2 oz. cornichons chopped
8 oz. romaine lettuce, chopped
¼ cup fresh cucumber, diced
¼ cup garbanzo beans, drained
2 oz. red onion, diced
1 tbsp. red wine vinegar
¼ tsp. ancho chili powder
¼ tsp. cayenne powder
¼ oz. pine nuts

Instructions

1. Preheat oven to 400 degrees.
2. Sprinkle both sides of the chicken breast with salt and pepper.
3. Place in a broiler pan and bake for 10 minutes.
4. Flip chicken and cook about 15 minutes, until no longer pink in the center.
5. Place the lettuce, chicken and remaining ingredients in a medium size bowl.
6. Sprinkle pine nuts on top of the mixture.
7. Serve.

Dinner

- Booster Shot (optional)
- Feel Good Blend

BOOSTER SHOT

Ingredients

½ tbsp. fresh ginger, chopped
2 tsp. turmeric, ground
2 tbsp. apple cider vinegar
2oz. water

Instructions

Mix together ingredients and drink.

FEEL GOOD BLEND

Ingredients

1 cups baby spinach
¼ cup strawberries
¼ cup blackberries
¼ cup raspberries
½ banana
¼ cup raisins
1 scoop Sun Warrior Protein Powder **or** 1 tbsp. almond butter
½ tbsp. chia seeds
¼ cup coconut water (chilled)
¼ cup cold water

Instructions

Blend and serve.

How Should I Feel After These 3 Days?

After you finish your 3-Day Detox, you should feel amazing! Let's recap all of the reasons why you started this detox:

1. You Needed to Remove Toxins that Had Accumulated In Your Body from the Environment
2. You Wanted to Boost Your Immune System
3. You Wanted to Fight Premature Signs of Aging
4. You Wanted to Feel Like a Rock Star
5. You Wanted to Make Sure That Your Body's Delicate System Balance Was In-Line

So with those 5 reasons in mind, I want you to think about this scenario, 3 days from now:

- You wake up before your alarm goes off on the day after you have completed the 3-Day Detox.
- Instead of feeling groggy, you pop out of bed and immediately feel like a weight has been lifted off your shoulders. As you go into the bathroom to wash your face, you peer into the mirror.
- Your eyes are bright, your face looks refreshed, and your skin is glowing.
- As you get dressed to begin the day, you having a moment of pure clarity; no hazy thoughts, no clutter.

What I am saying is that after this 3-Day Detox you will feel light, refreshed, and energized. I cannot guarantee this for everyone, but what I can say is that this detox will definitely set the stage for a happy and healthy body.

And a happy, healthy, and balanced body translates to a happy, healthy, and balanced you!

The Silent Killer – Fight Belly Bloating Inflammation!

The mainstream “American diet” has led to an epidemic of chronic inflammation—the underlying cause of diseases like obesity, cancer, heart disease, allergies, asthma, arthritis, diabetes, and Alzheimer’s. We often hear about inflammation as being a good thing, quoting the textbook definition as: “A part of the body’s defense against bacteria and viruses; Inflammation is also involved in the normal healing process.”

For example, when you cut your finger, your body sends white blood cells, macrophages, or “soldier cells,” to the injury site, to fight off harmful bacteria entering your system. Usually the area on your finger becomes red and swollen, but what happens after a few days? The swelling goes away and your finger turns back to its original color. This is known as “acute inflammation,” which is an integral part of our body’s healing system.

Chronic inflammation, however, does not behave like the acute inflammation that protects and heals your body. Instead, it acts to breakdown our own cells. In their quest to fight off foreign invaders, those same “soldier cells”

actually turn the body on itself, telling blood vessels to thicken, causing blood cells to get tacky (clogging arteries) and scar tissue to form, decreasing the functionality of key organs.

Even worse, according to Peter Libby, Chief of the Division of Cardiovascular Medicine at Brigham and Women's Hospital in Boston and a professor at Harvard Medical School, fat cells (especially visceral fat) "act like small factories to churn out molecules" key molecules that set chronic inflammation into motion. Interestingly enough, this visceral fat is linked to increased levels of an important inflammatory molecule, interleukin-6 (IL-6). Luigi Fontana, M.D., Ph.D., Assistant Professor of Medicine at Washington University in St. Louis, stated that high levels of IL-6 in the "portal vein" (the vein that circulates blood to the liver from the spleen, stomach, pancreas, and intestines), strongly correlates with higher concentrations of an inflammatory substance called C-reactive protein (CRP) in the body.

Samuel Klein, M.D., the Danforth Professor of Medicine and Nutritional Science, is quoted as saying, that data supports "the notion that visceral fat produces inflammatory cytokines that contribute to insulin resistance and cardiovascular disease." In essence, as the autoimmune inflammation gets worse, fat cells become not just storage houses, but also little inflammation factories, causing more inflammation and even more devastating side effects.

According Lisa M. Davis, PhD (in accordance with Johns Hopkins School of Public Health's Center for Human Nutrition) ongoing inflammation is one of the reasons that **seemingly healthy** people develop heart disease and diabetes, and experts estimate that chronic inflammation may be behind 15 percent of all cancers.

The silent killer has also been linked to autoimmune diseases, prevalent in women, such as rheumatoid arthritis, lupus, and thyroid deficiency. Specific plants and plant-based products like antioxidants and polyphenols have been used to reduce inflammation, stimulate health, and promote energetic performance in various cultures and religions for centuries.

Unfortunately, our "first-world diet" filled with pollutants, genetically modified foods, pesticides, refined sugars, harmful preservatives, and toxic chemicals, has created a population riddled with disease. It's time to combat the problem head on.

Day 4



Serves 1

GREEN VEGGIE SCRAMBLE

Broccoli is incredibly anti-inflammatory in nature, one main reason due to its high content of an important flavanol, *kaempferol*. This compound works to decrease inflammation in the digestive tract, improving our nutrient absorption and decreasing our chances of food sensitivities. This breakfast scramble is super quick and easy, and will get your day started off right.

Ingredients

1 tbsp. coconut oil
2-3 eggs
¼ onion, finely chopped
½ cup zucchini, chopped
½ cup broccoli, chopped
6 fresh basil leaves, chopped
½ tbsp. oregano
½ tsp. dry mustard powder (optional)
Salt and pepper to taste

Instructions

- In a sauté pan, heat your coconut oil over medium heat. Once hot, add your onions and allow to cook for a few minutes, stirring until soft.
- Add the rest of your vegetables and stir until almost cooked (less time if you prefer them crunchier and vice versa).
- Now, add your eggs, oregano, mustard powder, salt and pepper and scramble everything together with a spatula. Allow to cook until eggs are fully cooked.
- Top with extra basil leaves for garnish, if desired.



Serves 1

WILD FISH WRAP

Wild caught fish is high in anti-inflammatory omega 3 fatty acids, which are crucial not only for calming systemic inflammation, but for cognitive health and mood support. Sardines top the list in terms of omega 3 fatty acid content, but if you strongly dislike the taste, you can replace them with another wild fish of your choice, or even shredded chicken or organic, nitrate free deli sliced turkey.

Ingredients

1 can wild sardines or other wild caught canned fish
1 scallion or red onion, thinly sliced
½ jalapeno pepper, diced (optional)
½ ripe avocado
½ lemon
Salt and pepper to taste
2 lettuce or kale leaves

Instructions

- In a small bowl, place your sardines, scallions (or onion), jalapeño pepper, a bit of lemon juice, salt and pepper. Mix together thoroughly.
- In another bowl, mash your avocado together with the rest of your lemon juice and a pinch of salt and pepper, making a simple guacamole.
- Stir guacamole and tuna mixture together, and place in the middle of your lettuce or kale leaves, wrapping up for a delicious, anti-inflammatory lunch.

Mid-Afternoon Snack

- ½ sliced avocado sprinkled with sea salt



Serves 2-4 (makes leftovers)

GROUND BEEF CHILI

Grass fed beef has high levels of key anti-inflammatory nutrients beta-carotene, vitamin E, selenium and zinc. This chili is a comforting and much healthier version of many chili recipes, and will leave you both satisfied and having done your body some serious nutritional favors.

Ingredients

1 lb. ground beef (grass-fed if possible)
1 onions, chopped
1 large green bell pepper, chopped
3 garlic cloves, minced
1 16 oz. can tomato puree
1 8 oz. can tomato sauce
1 cup broth or water
2 tbsp. chili powder
1 tbsp. cumin
½ tsp. garlic powder
½ tsp. onion powder
1 tsp. pumpkin pie seasonings (or 1 tsp. cinnamon + 1 tsp. nutmeg)
½ tsp. cayenne (optional)
Sea salt and pepper to taste
1 tbsp. coconut oil

Instructions

- Heat coconut oil in a soup pot over medium-high heat, and add your onions and bell pepper. Allow to cook together for about 5 minutes, stirring occasionally.
- Next, add your ground beef and garlic and cook until slightly browned, about 5-6 minutes.
- Add tomato sauce and puree, broth (or water instead) and all spices. Bring everything to a boil, and then lower to a simmer.
- Allow to cook for about an hour, and serve. This chili freezes well and makes excellent leftovers.

Day 5



Serves 1

GREEN SMOOTHIE

Spinach is packed full of magnesium, a key mineral that many people are depleted in, as it is used up in times of stress. Magnesium is crucial for relaxation and cooling inflammation, and is found in dark, leafy green vegetables.

Ingredients

2 handfuls spinach
1/2 cup blueberries, raspberries or blackberries
1/2 cup unsweetened coconut or almond milk
1 tbsp. ground flax seeds
1 scoop protein powder (grass fed whey, hemp or pea protein)
Water and ice as needed for desired consistency

Instructions

- Simply mix together and enjoy!



Serves 1

STEAMED VEGGIE MEDLEY

It doesn't get much more anti-inflammatory than this! Steaming vegetables is an excellent way to preserve their nutrient content, and reap the many anti-inflammatory benefits that an array of fresh veggies provides.

Ingredients

1 carrot, chopped
1/2 cup broccoli, chopped
1/2 cup cauliflower, chopped
1/2 bell pepper, chopped
1 cup kale, de-stemmed and chopped
4-5 oz. organic chicken breast
1 tbsp. coconut oil
1/2 tbsp. turmeric powder
Salt and pepper to taste

Instructions

- Use a steamer basket if you have one, or if not simply place about 1" of water into a pot. Set all of your vegetables either in the basket or directly on top of the water. Bring to a boil and then lower to a simmer, covered.
- Allow your veggies to cook until they are fork-tender, approximately 10min (longer if you prefer softer veggies, shorter if you prefer them crunchier).
- While veggies are cooking, dice your chicken breast. Heat the coconut oil in a sauté pan, and add chicken. Stir frequently until cooked, roughly 10 minutes.
- Add cooked veggies and chicken to a bowl or plate and top with turmeric, salt and pepper. Mix all together and serve.

Mid-Afternoon Snack

- 1 apple (the green variety has less sugar) with 1 tbsp. almond butter



Serves 1

PORTOBELLO MUSHROOM BURGERS

Just one cup of Portobello mushroom contains 15 different minerals, vitamins and phytonutrients. This creative and tasty recipe replaces the inflammatory white bread typically used for hamburger buns with a nutrient dense Portobello mushroom. Lower in carbohydrates and higher in anti-inflammatory compounds.

Ingredients

Patties

1/2 lb. grass-fed ground beef or organic ground turkey
1 egg
1 clove garlic, minced
Salt and pepper to taste

Mushroom "bun"

2 large Portobello mushrooms
1 tbsp. extra virgin olive oil
1 garlic clove, minced
Salt and pepper to taste

Instructions

- In a mixing bowl, place your ground meat, egg, garlic, salt and pepper and mix together thoroughly.
- Form 2 patties and cook them either on a grill or in a sauté pan with just a bit of coconut or olive oil. Cook until done, about 4 minutes on each side.
- Next, remove your mushroom stems and wash and dry the mushrooms. Coat them in olive oil, salt and pepper and place it on a heated sauté pan or grill, cooking for about 5 minutes on each side, or until soft.
- Place your patties on top of the mushrooms, making two open faced "burgers." Add sliced tomato and lettuce if you'd like, and serve.

Day 6



Serves 1

EGGS AND SAUERKRAUT

Raw sauerkraut is essential for maintaining healthy levels of gut flora, as it is packed full of probiotic bacteria. Including raw sauerkraut in your daily diet can make a huge difference in levels of gut inflammation, and make a huge difference in your digestion.

Ingredients

2 eggs (pasture raised if possible, or organic)
½ cup raw sauerkraut
Handful of mixed greens
½ avocado, sliced
1 tbsp. coconut oil
Salt and pepper to taste

Instructions

- Heat your coconut oil in a sauté pan over medium-high heat, and cook your eggs in whichever style you prefer. If eggs are pasture raised, keep the yolks just a bit runny for even more nutrient availability. Season with a bit of salt and pepper.
- Once eggs are cooked, simply serve with sauerkraut, greens and sliced avocado. Simple and delicious!
- Add cooked veggies and chicken to a bowl or plate and top with turmeric, salt and pepper. Mix all together and serve.



Serves 1

BURRITO BOWL

Who said a burrito bowl needed to be unhealthy? This easy recipe provides anti-inflammatory properties from apple cider vinegar, immune boosting benefits from garlic, and healthy, inflammation-cooling fats from olive oil. Instead of heading to your local fast food joint or Mexican restaurant, try to make your own burrito bowl at home.

Ingredients

1 garlic clove
1 tbsp. olive oil
1 tsp. chili powder
1 tsp. apple cider vinegar
Juice from 1/2 lemon
Pinch of salt and pepper
1/2 tsp. paprika
4-6 oz. boneless, skinless chicken breast, diced
1/2 cup quinoa, cooked (optional)
1 cup romaine lettuce or spinach, chopped

Salsa

1/2 tomato, diced
1/4 onion, diced
2 tbsp. chopped cilantro
Squeeze of lemon juice

Instructions

- To make your chipotle sauce, first blend together your garlic, olive oil, chili powder, vinegar, lemon juice, paprika, salt and pepper until smooth (ideally in a blender). Use this sauce to marinate your chicken in a zip lock bag for a minimum of 30 minutes.
- While chicken is set aside, mix together all of your salsa ingredients in a bowl.
- Cook the chicken in a sauté pan until thoroughly cooked through, about 10 minutes.
- Serve the bowl on a bed of lettuce with chicken and salsa on top. Add cooked quinoa if desired.

Mid-Afternoon Snack

- Sliced veggies of your choice with hummus or pesto



Serves 1

STUFFED AVOCADO WITH TUNA

Avocados contain an impressive list of anti-inflammatory nutrients, such as vitamins E and C, manganese and a wide variety of phytonutrients. Also, avocados offer heart healthy and satiating fats that can keep us from craving refined sugar and carbohydrates, really setting us up for weight loss success.

Ingredients

1 avocado, halved
1-2 tbsp. onion, chopped very finely
1 can wild tuna
Salt and pepper to taste

Instructions

- Scoop out the flesh of each avocado half, leaving a thin layer of avocado still in the skin.
- In a mixing bowl, combine the avocado, onion, tuna and salt and pepper. Add a dash of cayenne pepper if you want some spice.
- Place a heaping scoop of your tuna mixture back in each avocado half, and serve.

Day 7



Serves 1

PUMPKIN PIE SMOOTHIE

Pumpkin and other winter squashes are very anti-inflammatory, and one cup actually offers a whopping 340 milligrams of omega 3 fatty acids. This smoothie is a comforting and sweet treat, while still providing a long list of key nutrients.

Ingredients

¼ cup pumpkin puree (canned is fine)
¼ cup non-fat plain Greek yogurt **or**
substitute unsweetened coconut **or**
almond milk
1 serving protein powder (grass-fed
whey, pea, or hemp are the best
options)
½ banana
1 tsp. pumpkin pie spice
Splash of vanilla extract
Ice and water as needed for desired
consistency

Instructions

- Blend and serve.



Serves 1

SALMON SALAD

It doesn't really get much more anti-inflammatory than salmon, with an impressively high omega 3 fatty acid content. Along with cooling chronic inflammation, salmon also works to support brain health, improve mood, not to mention offers a slew of cardiovascular benefits.

Ingredients

4-6 oz. wild salmon, cooked
3 cups mixed greens
½ cup zucchini, diced
½ cup strawberries, sliced
1 tbsp. balsamic vinegar
1 tbsp. olive oil
Salt and pepper to taste

Instructions

- Sautee your zucchini in a heated pan with 1/2 tbsp. of olive oil. Once it is soft, add your cooked salmon and allow to heat, adding a bit of salt and pepper.
- Assemble your salad on a bed of greens, topped with salmon, zucchini, strawberries, olive oil and vinegar. Add more salt and pepper, if needed.

Mid-Afternoon Snack

- 3 Brazil Nuts and a piece of fruit



Serves 1

SPICY CHICKEN AND “FRIES”

This satisfying dinner provides the tastiness of French fries in a much healthier version, with carrots and sweet potatoes! Use heart healthy olive oil, organic chicken breast and bright red tomatoes high in antioxidants, and you’ve got yourself a satisfying and delicious meal.

Ingredients

Fries

1 large carrot
½ yam or sweet potato
½ tbsp. taco seasoning
Salt and pepper to taste
½ - 1 tbsp. olive oil

Chicken

4-5 oz. chicken breast, cut into strips
½ tbsp. honey
½ tbsp. taco seasoning
Pinch of salt
Ketchup (optional)

Salsa

2 small tomatoes, diced
½ onion, diced
2 tbsp. cilantro, diced
Juice from ½ lemon
½ jalapeno, diced (optional)
Salt and pepper to taste

Instructions

- Preheat your oven to 400 degrees, and while it’s heating cut your carrot and sweet potato into strips. Combine them with olive oil, taco seasoning and a bit of salt, and place them on a baking sheet. Allow them to cook in the oven until crispy, about 30 minutes. Remove once to turn.
- While your fries are cooking, heat olive oil in a pan and add your chicken. Sauté with the honey, taco seasoning and ketchup (if using). Cook until chicken is fully done.
- Prepare your salsa by simply chopping all ingredients and mixing together with lemon juice.
- Arrange all ingredients on a plate, and serve.

Day 8



Serves 1

BREAKFAST SALAD

Salad for breakfast? That's right, and there's no more nutritious and anti-inflammatory way to start the day. Eggs are a complete and satiating protein source, and when combined with an array of nutrient packed vegetables, you are preparing yourself for a day of healthy eating to come.

Ingredients

2 cups spinach or mixed greens
¼ red onion, thinly sliced
½ tomato, diced
1-2 eggs, poached
1 tbsp. olive oil
1 tbsp. balsamic vinegar
1 tbsp. fresh lemon juice
Salt and pepper to taste

Instructions

- First, cook your egg. If poaching, heat water in a small pot over medium high heat, and add a touch of vinegar. Once boiling, crack your egg into the water, turn heat off completely, and allow the egg to sit in the water for about 4-5 minutes. If poached isn't your favorite, you can also opt to hard boil your egg.
- Now, combine all of your salad ingredients in a bowl, and toss with oil, vinegar and lemon juice. Add poached egg(s) on top, and enjoy.



Serves 1

LEFTOVER GROUND BEEF CHILI & SIDE SALAD

**See Day 1 for chili, you should have plenty of leftovers!

Ingredients

Salad ingredients

2 cups romaine lettuce
1 tomato
1 green onion
½ cup raspberries
1 tbsp. balsamic vinegar
1 tbsp. olive oil
Salt and pepper to taste

Instructions

- Assemble all salad ingredients, and toss with oil, vinegar, salt and pepper. Serve alongside your reheated chili from Monday, and enjoy an easy and nutrient dense lunch! Leftovers are an excellent way to maximize your time in the kitchen and reap the benefits more than once.



Serves 1

CHICKEN FAJITAS

Chicken (especially if pasture-raised) is a lean and anti-inflammatory protein source that can be prepared in a wide variety of ways, depending on your personal taste preferences. This tasty recipe offers spicy and unique flavor combinations that are sure to satisfy. Try upping the ingredients in this recipe to serve more people, as it's definitely a crowd pleaser.

Ingredients

4-6 oz. boneless, skinless chicken breast, cut into strips
1 bell pepper, sliced
½ onion, thinly sliced
½ tbsp. oregano
½ tbsp. cumin
½ tbsp. chili powder (more or less depending on level of spiciness)
2 garlic cloves, minced
Juice of 1 lemon
1 tbsp. coconut oil
Romaine lettuce for serving
¼ cup chopped tomato and a few slices of avocado for topping

Instructions

- In a bowl, mix together your chicken, onion, pepper, garlic, all spices and lemon juice, combining thoroughly.
- Heat a skillet with coconut oil and cook everything until chicken is thoroughly cooked and onions are tender.
- Using lettuce leaves instead of tortillas, place your chicken mixture on top of your lettuce, and top that with tomato and avocado. Enjoy!

Day 9



Serves 1

SAUSAGE AND EGGS

Who doesn't love a juicy breakfast sausage in the morning? Contrary to popular belief, an organic and nitrate free sausage option can actually be a great addition to an anti-inflammatory diet. Try a sausage made from organic chicken or grass fed beef, which you can find at any local health food store or co-op that sells meat. A pre-packaged version is Applegate Organics.

Ingredients

1-2 breakfast sausages
1-2 eggs (pasture raised or organic, if possible)
½ tbsp. coconut oil
½ cup raw sauerkraut
Handful of mixed greens

Instructions

- If sausages come pre-cooked, simply heat in a skillet. Or, cook until done, turning occasionally for approximately 10 minutes (time depends on sausage, check for done-ness).
- In the same skillet or another, heat your coconut oil and cook your egg(s) to your liking, either scrambled, sunny-side up or over easy.
- Serve all together with sauerkraut and greens on the side.



Serves 1

SPINACH SALAD

Spinach is known for its exceptionally high and anti-inflammatory phytonutrient profile, not to mention is packed full of magnesium, a key nutrient for stress management and relaxation. This unique salad will leave you feeling both refreshed and satisfied.

Ingredients

2 cups spinach, washed and de-stemmed (baby spinach works, too)
½ tomato, diced
¼ cucumber, diced
¼ yellow onion, finely sliced
½ avocado, sliced
1-2 tbsp. cilantro leaves
1-2 hardboiled egg
1 tbsp. olive oil
Juice from 1 lemon
Salt and pepper to taste

Instructions

- Everyone has their own method of hard boiling an egg, but an easy and effective way is simply adding the egg and water in a small pot and bringing the water to a boil. Once the water is boiling, set a timer for 5 minutes, and then turn off heat and let your egg sit in cold water for a few minutes before peeling.
- Add all salad ingredients to a bowl with your chopped egg, and toss together with oil, lemon juice, salt and pepper.

Mid-Afternoon Snack

- 1 small banana with 1 tbsp. almond butter



Serves 1

STUFFED SWEET POTATO

This is a nutritious dinner (or lunch) option that can be prepared ahead of time, and taken on the go. Sweet potatoes provide 218% of the RDA for vitamin A, and have been well studied for both cooling already-existing inflammation, and preventing future inflammation. Get creative with this recipe and experiment with your favorite fillings.

Ingredients

1 medium sweet potato
4-6 oz. grass fed ground beef
½ bell pepper, chopped
¼ tomato, diced
¼ onion, diced
1 clove garlic, minced
Bit of shredded lettuce for garnish
1 tbsp. olive oil
½ ground cumin
½ chili powder
Salt and pepper to taste

Instructions

- First, you'll need to bake your sweet potato. Preheat your oven to 400F, and poke holes in your sweet potato with a fork. Wash it thoroughly, and place on a baking sheet. Bake until totally soft, 40-60 minutes. Remove and allow to cool.
- While your potato is baking, heat the olive oil in a skillet, add onion and garlic, allowing to cook for a few minutes. Then, add all over veggies, ground beef and spices. Cook all together until meat is done, stirring frequently.
- Cut your potato in half, and mash down a space in the middle to place your filling. Place a heaping spoonful of your ground beef filling in each half, and top with shredded lettuce.
- Serve with homemade salsa or hot sauce, if desired!

Day 10



Serves 1

YOGHURT & FRUIT

Good quality yogurt (not the kind packed with added sugars) is an excellent way to decrease gut inflammation, as it is an excellent source of probiotics (good bacteria). Opt for a Greek, plain option, and add your own flavors. Cinnamon adds an extra blood sugar balancing benefit, too.

Ingredients

1 cup nonfat, plain Greek yogurt
1 piece of seasonal fruit, chopped
1 tbsp. raw almonds, chopped
1 tbsp. ground flax seeds
1 tsp. cinnamon
Pinch of raw honey, if needed for sweetness

Instructions

- Simply mix all ingredients in a bowl and enjoy!



Serves 1

BAKED SALMON LUNCH BOX

As discussed before, salmon is one of the best anti-inflammatory foods in existence, and should be incorporated as much as possible (if it is wild caught, farmed salmon is a different story). This lunch is quick and easy, and the sides can be replaced with other fruits or veggies you have on hand.

Ingredients

Salmon

1 4-6 oz. wild salmon filet
½ tbsp. coconut oil
1 garlic clove, minced
1 tbsp. Grade B or C Maple Syrup (or replace with honey)
Salt and pepper

Sides

1 kiwi, sliced
½ apple, sliced
1 carrot, sliced
1 stalk celery, sliced
1 tbsp. raw almonds or other nuts/seeds of your choice

Instructions

- Preheat your oven to 350 degrees. Place your salmon on a baking sheet lined with parchment paper, and top with melted coconut oil, minced garlic, maple syrup, and salt and pepper. Rub the salmon with all ingredients.
- Bake salmon until done, anywhere from 15 to 30 minutes, depending on the thickness of your filet.
- When done, allow to cool. Assemble salmon along with all sides in a lunch box or Tupperware, and you're set for a nutrient dense lunch!

Mid-Afternoon Snack

- ½ avocado sprinkled with sea salt and pepper



Serves 2

QUICK AND EASY GREEN CURRY

Sure, some curries could take hours to prepare, but not this one! Instead of water in this curry recipe, try replacing it with homemade vegetable or bone broth, which is one of the most healing and anti-inflammatory foods on the planet. This curry is packed full of antioxidant rich veggies and turmeric, an incredibly potent anti-inflammatory herb.

Ingredients

1 tbsp. coconut oil
½ onion, chopped
3 garlic cloves, minced
1 tbsp. cumin powder
½ tbsp. chili powder (more or less depending on spiciness desired)
Pinch of salt, or to taste
½ tsp. turmeric
1-16 oz. can crushed tomatoes
8 oz. chicken breast, cut into chunks
¼ cup water (or broth)
3 cups fresh or frozen green beans, trimmed and halved

Instructions

- In a small bowl, combine all of your spices, including salt.
- In a large pot, heat your coconut oil and add onion, stirring occasionally until soft. Add garlic for the last couple of minutes. Once onions are soft, add in your spice combo and allow to cook with the onions and garlic for just under a minute, stirring constantly.
- Add canned tomatoes, water or broth, and chicken, bringing everything to a boil. Once boiling, reduce to a simmer and allow to cook, covered, until chicken is done, about 10 minutes.
- At the very end, add in your green beans, allowing to cook for just a few minutes. Serve!

Work Wake Up Lean Into Your Life

Ok, so you have read through your 10-Day Wake Up Lean program and you are feeling overwhelmed. Don't worry, you are not alone and I have something that will ease your anxiety.

The *Adjusted Version of the Wake Up Lean Blueprint* is designed for those who have the passion and drive to complete the Wake Up Lean Blueprint, but are having a hard time committing.

With the adjusted version, you will still experience weight loss and the anti-inflammatory benefits of Wake Up Lean (less than the continuous 10-Day Blueprint), but with a smaller commitment overall.

Here are some guidelines for an "Adjusted Wake Up Lean Blueprint."

Go through the Wake Up Lean Blueprint and pick one meal from each day. This will be your anchor for the day. Once you have picked a meal, it is time to dial in your nutrition for the rest of the day. To do that, here are some guidelines:

1. Blend It If You Are In A Rush 😊

Smoothies are the PERFECT way to incorporate the nutrients you need when you are in a rush. Make sure you are adding a protein source like protein powder, nuts/nut butters, seeds or non-fat plain Greek yogurt, as well as a handful of greens, like spinach or kale. Use a plain unsweetened almond or coconut milk for a richer smoothie.

2. Always Work In Some Greens & Protein!

Take care when preparing/ordering your salad. Always ask or leave the dressing on the side (ask for a vinegar instead of premixed dressings) and opt in for protein sources such as baked or grilled fish, turkey, chicken or lean red meat.

3. Stick to Steaming, Grilling or Baking.

One of the easiest meals to make is what I like to call “Bake It Till You Make It.” It is so simple and SO delicious.

- Line a baking sheet with tin foil and spray or wipe with coconut oil.
- Load the baking sheet with as many veggies as you can, leaving room for a piece of protein like salmon or chicken.
- Sprinkle the entire sheet with any dry seasoning you like.
- Bake for 20-25 minutes, depending on the protein source used.
- #YUM

4. Stay Away From...

Fried/refried, processed, and refined sugars. Belly Bloaters disguised as “healthy foods,” include: gluten-free cracks, cereals, “all-natural” chips, and sugar coated trail mix.

5. Avoid Temptations By Pre-Planning

If you know you are a candy lover, avoid going to the candy store with your kids! I know it seems obvious; however, if you want to set yourself up for success, then you need to make sure you are in control!

Pack some healthy snacks to keep yourself in check (see page 51 for some quick and easy snacks).

The best part about the Adjusted Wake Up Lean Blueprint, is that you can make this a lifestyle that fits your busy schedule, not simply a “program.”

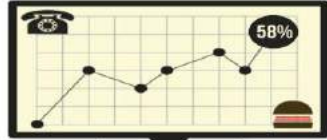
“ Thank you so much!!! My stomach is so happy! I hope to lose weight and sleep better. So appreciate the delicious recipes. I'm not craving hungry or tired!

- Trish M.

Avoid Restaurant Disaster

THE SURVIVAL GUIDE TO DINING OUT

Whether at dinner parties, business meetings with your boss or just catching up with old friends, eating out has become a favorite activity for most adults. However when you are living a healthy lifestyle these dinner dates can be an unnecessarily stressful occasion. Luckily we have put together a survival guide for when you are venturing out with your favorite restaurateurs.



According to a new Rasmussen Reports national telephone survey 58% of American Adults now say they are dining out at least once a week.

CHECK THE MENU BEFORE YOU GO!

Instead of being overwhelmed and nervous when everyone else is ready to order, take a peek at the menu before you go. That way you know exactly what you want and are not enticed by the gut bombs on the menu!

WATCH YOUR PORTIONS

If you are going to have something rich, make sure it is a **SMALL** portion. Maybe just a bite or two.

START WITH A SOUP OR SALAD

To make sure that you do not overeat, start with a soup or salad.

MAKE SURE THE SOUP HAS VEGETABLE BASED STOCK NOT A CREAM BASE

Clam chowder is **NOT** a good choice. Instead go for minestrone or vegetable.

DRESSING ON THE SIDE

Don't be fooled into thinking that any salad is good for you. If your salad is covered in ranch or thousand island then you might as well ask for a grilled cheese! **ALWAYS** ask for your dressing on the side.

STAY AWAY FROM "PAN-FRIED"

Go for baked, broiled or blackened.

PASTA NIGHT?

Get for marinara (red sauce) over **alfredo** (cream sauce).

IS SODA YOUR WEAK SPOT?

Try sparkling water with lime.

WINE YOUR WEAK SPOT?

If you are going to have a glass of wine, go for a spritzer (also white wine to a little carbonate of water).

SHARE A DESSERT!

If you are going to have a dessert make sure you get something to **SHARE**. Try a sorbet over the flourless chocolate cake.

10-Day “Wake Up Lean” Blueprint

This is an outline of how the next 10-days should look for you. Keep in mind that you can alter which 5-Minute Lean Body Burst workouts you perform each day.

For maximum success, make sure that you utilize **at least 2-3** workouts per day. Please refer to your original download page to access the 5-Minute Lean Body Bursts. There you will also find an accountability tracker as well as a movement checklist.

As soon as you wake up...

- Drink 6oz. cold water
- Drink 6 oz. black coffee or tea (no sweetener or milk! If you do not normally consume caffeine then disregard this step)

[Days 1-3] Morning Shot

- Optional- Power, Ready to Rock, Booster

Quick Morning Burn

- Perform 5 Minute Lean Body Burst **Svelte Flow & Arms Modules** (these workouts can be found on your original download page)

Breakfast

- Right After Your Morning Burn

Mid-Morning Snack

- 2 Hours After Breakfast

Lunch

- Between 11am & 1pm

[Days 4-10] Mid Afternoon Snack

- 2 Hours After Lunch

Quick Afternoon Burn

- Perform 5 Minute Lean Body Burst **Core & Legs Modules** (these workouts can be found on your original download page)

[Days 1-3] Evening Shot

- Optional- Power, Ready to Rock, Booster

Dinner

- Between 5:30pm & 6:30pm

Quick Evening Tighten Up

- Perform 5 Minute Lean Body Burst **HIIT Module** (this workout can be found on your original download page)

** Remember *this is a template* for you to follow. Feel free to integrate your normal exercise routine into you 10-Day Wake Up Lean Blueprint. ***However, always start the morning with at least one 5-Minute Lean Body Burst!*****

10 Days DONE... Now What?

Ok, YOU MADE IT!

I just want to say congrats on taking action and really taking your destiny into your own hands. I am really PROUD and excited that you are a part of the **WUL RockStar Club (WUL RSC)**.

So what's next? How are you going to get leaner and STAY lean? You have a few options.

1. You can continue on with the 21-Day Phase 2 Lean Belly Program (email me for details if you are not already a part of this phase)
2. You can repeat the 10-Day WUL program, leaving 2-4 days in between uses. This "break" is a way to get to know your body and see how you can eventually make WUL a lifestyle and not a "program."
3. You can integrate bits and pieces on the WUL program into your normal routine. Try one meal a day from the program and adjust as needed.
4. You can join the Svelte VIP Online Coaching community and get the accountability and support you crave.
5. You can contact me for **Private 1-on-1 or Group Coaching** to push your results off the charts...interested? Email me directly at **mere@sveltraining.com**

“ I love your program, am on Day 4 and feel so much better already! Thank you!!

- **Alexandra R.**

Wake Up Lean Insider Tip

Take a shower after your **“Quick Evening Tighten Up”**

Shower as usual; however, *end* your shower with 20-30 seconds of COLD water.



This cold exposure has an influence on your body's fat cell activation.

There are 2 different kinds of fats: Brown Fat and White Fat.

White Fat builds up when we consume more calories than we expend. This leads to storage or white fat (BAD FAT) around our waist, hips, thighs and belly ☹️.

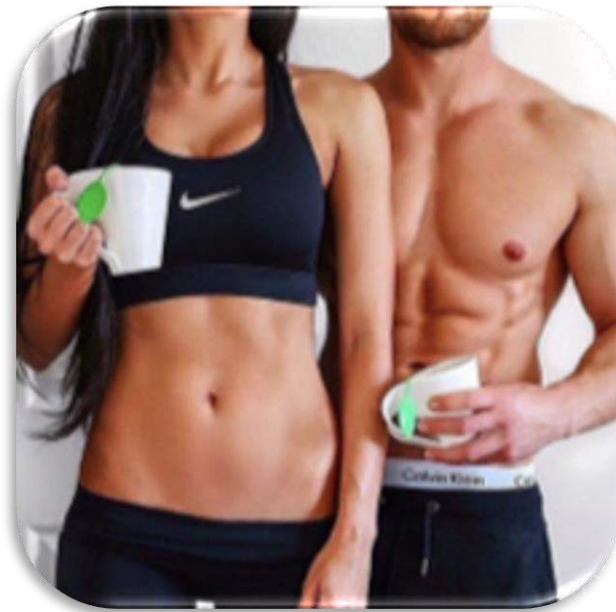
According to a Study done by Joslin Diabetes Center, a Harvard Medical School affiliate, *“Brown fat is the good fat, which generates heat to keep our bodies warm, and is activated when exposed to extreme cold.”*



End each night of your Wake Up Lean Blueprint with a cold shower, to activate your body's fat burning furnace!

Keys to Your 10-Day Wake Up Lean Blueprint

- Drink 6-8, 8oz. glasses of water throughout the day.
- Go to bed before 11pm.
- Turn off your cell phone and computer **at least 30 minutes** before bed.
- Stay consistent with your plan and a positive mindset!
- Never quit! You can do this...I know you can!!
- Ask questions! I am here to help you through this process ☺.



BONUS: 20 Fat-Burning Snacks

1. 1 oz. almonds, walnuts or other nuts (about 1 small handful)
2. Fruit salad or 1 piece of fruit (seasonal and organic, if possible)
3. Smoked salmon
4. Grass fed or organic beef or salmon jerky
5. Nitrate-free deli turkey breast, rolled up with a slice of avocado
6. Kale or sweet potato chips
7. ½ -1 can wild salmon or tuna with chopped tomato
8. 1 plain, non-fat yogurt with a bit of chopped fruit and 1 tbsp. of honey
9. Smoothie with hemp, pea or whey protein powder, fruit and 1 handful spinach
10. Chopped veggies with pesto or hummus
11. Seaweed snacks
12. Roasted pumpkin seeds
13. Chopped apple with 1 tbsp. of almond butter
14. Lärabars
15. 1 oz. raw cheese
16. ½ sweet potato with 1 tbsp. grass fed butter or coconut oil
17. Sliced cucumber with 2 tbsp. guacamole
18. 1 oz. dark chocolate (70% or higher)
19. 1 cup mixed berries with 2 tbsp. of plain non-fat Greek yogurt, add 1 tbsp. of honey if desired
20. Classic ant-on-a-log: celery slices with organic peanut or almond butter, topped with raisins.

Frequently Asked Questions

Q. I am a Vegan/Vegetarian.

Not a problem! I have put together a vegan/vegetarian guide on your main download page.

Q. The “Shots” Are Way To Spicy. Can I Adjust the Ingredients?

Yes, you can cut the ingredients in half in order to stomach the spice. Cut down to small amounts and see what agrees with you the best.

Q. I Am Having Gas/Am Feeling Bloating. Is This Normal?

Yes, in the first couple of days (within the detox period), digestive side effects include bloating, cramping, and flatulence. The degree of gas, bloating and cramping you undergo during a detox cleanse depends on the overall condition of your colon and how you ate prior to engaging in the detox diet. To decrease symptoms, try consuming ginger root (tea or capsule).

Q. Will My Face Break Out During Detoxing?

You may notice an increase in breakouts during the beginning periods of the detox, particularly if you are not having regular bowel movements.

The skin is the body's largest organ and one of most prominent avenues that the body will use to get rid of waste products, especially if they're not leaving fast enough through the colon or the kidneys (i.e. constipation). These symptoms will subside as your body releases toxins, usually within 2-3 days.

Q. I Am On Day 3 And I Feel A Bit Lethargic. What Should I Do?

Depending on your normal diet, feeling lethargic within the detox period is normal. This is your body adjusting to a cleaner and less processed diet. You will feel these effects even more if you were consuming large amount of sugar and/or processed foods prior to the WUL program.

Q. How Much Water Should I Be Drinking?

Please try and drink a minimum of 6 to 8 – 8oz. glasses of water a day to ensure that you are hydrated. Depending on your activity level and heat exposure, this may vary.

Q. I can't find Moringa Powder, what can I substitute it with?

Moringa powder is not typically hard to find; however, spirulina can be used instead.

Q. Can I Do More Than Just 2 Lean Body Bursts Per Day?

YES! The more you can do the faster your results will be 😊. You can stack all 5 workouts together, or you can space them out however you wish.

Q. I Already Have A Workout Program How Can I Integrate The Lean Body Bursts?

Try and do a least 1 Lean Body Burst Workout a day. I love using them as a warm up or a workout “after-burner.”

Q. I Cannot Jump or Hold Up My Own Weight. Do You Have different Exercises I Can Do?

YES, of course 😊. See the “exercise modification” PDF in your Lean Body Burst download area.

Q. I Didn't Complete The Program, Can I Start Over?

You are human right???

The important thing is that you get back to it 😊. The WUL program is most effective when used for 10-consecutive days, however, even if you just implement some of these recipes into your life, you WILL see and feel a difference.

Questions?

Shoot over an email!

support@wakeup-lean.com

Interested in Exclusive 1-on-1 Coaching?

Email me at

mere@sveltetraining.com