

10-DAY BODY SOLUTION

Welcome to your meal plan! Eating healthy has never been this fun and this easy. Each recipe is full of flavor and takes less than 15-minutes to prepare.

Your Shopping List...

FRUIT + VEGETABLES

- Lemon + Limes*
- Grapefruit*
- Blueberries*
- Strawberries*
- Raspberries*
- Blackberries*
- Green Apples
- Avocado
- Spinach*
- Asparagus
- Kale*
- Romaine*
- Arugula*
- Endive*
- Watercress*
- Baby mixed greens*
- Mustard greens*
- Collard greens *

Turnip greens*

Tomatoes

Sweet Potatoes

Zucchini

Spinach

Turnip greens

Carrots

Organic corn

any mixed vegetables, no seasonings/

PROTEIN SOURCES

Animal

Chicken, free range, antibiotic free

Eggs, cage free

Beef, grass fed

Fish, wild caught and fresh salmon, tilapia, tuna,

Seafood, wild caught and fresh shrimp, scallops, etc.

Plant-based

- Tempeh*
- Quinoa
- Tofu, sprouted*
- Split green peas
- Edamame*

NON-DAIRY/DAIRY

- Almond milk
- Hemp seed milk
- Rice milk
- Oat milk
- Turmeric Milk

CONDIMENTS/OILS

- Vegenasie {Grapeseed}
- Mustard (dijon, spicy, yellow)
- Apple Cider Vinegar (Raw)
- Fermented veggies
- Coconut oil cold pressed*
- Basil
- Rosemary
- Thyme

- Mint
- Cilantro
- Parsley
- Dill
- Sage

Spices

- Turmeric, Curry powders
- Cinnamon
- Ginger
- Garlic
- Sea salt, black pepper
- Cayenne
- Red pepper, chili
- Sumac

EXTRAS- SUPERFOODS {IF YOU'RE ON A TIGHT BUDGET STAY AWAY FROM SUPERFOODS LIKE THESE}

- Goji berries, dried
- Spirulina/chlorella
- Bee pollen
- Coconut Oil or Butter
- Maca

Oils: Extra virgin olive oil, grapeseed oil

- Balsamic vinegar
- Hot sauce, low sodium
- Olives
- Flours (almond)

SNACKS

- Raw Nuts
- Herbal Teas
- Kombucha {The Original, Gingerade, Multi-Green, Cranberry, Trilogy, Gingerberry, Botanic No 3, Botanic No 7, and Botanic No 9}

10-Day Body Solution | THE PROGRAM

{1} I'd like you to pick one day this week to completely fast for 28 hours. Don't worry, I'll be there to help you. *TIP: Choose your busiest day of the week to completely fast.*

{2} You will follow the 16/6/3 RULE! Make a note each day of the time the last meal was eaten. You will eat 16 hours after the last meal and 6 hours after your first meal always end 3 hours before bed.

Day One

Upon Rising:
You can start your day with fresh lemon water or herbal tea.

Prior to breakfast, drink 1-liter water or 16 ounces kombucha

Breakfast:
Green Lemonade
Grilled Chicken Strips and Salsa

Prior to lunch, drink 1-liter of water.

Lunch:
[Avocado Cucumber Soup](#)

Prior to dinner, drink 1-liter of water

Dinner:
Sweet Potato and [Warm Kale, Quinoa Salad](#)

Dessert:

Herbal Tea
1 Handful Raw Nuts

Day Two

Upon Rising:
You can start your day with fresh lemon water or herbal tea.

Prior to breakfast, drink 1-liter of water and/or 16 ounces kombucha and 1 cup fruit of choice.

Breakfast:
Green Lemonade
[Zucchini 'Chips' with Guacamole](#)

Prior to lunch, drink 1-liter of water.

Lunch:
[Kristie's Favorite Salad](#)

Dinner:
[Kristie's Hungry Girl Omelet](#) {minus the cheese}

Dessert:
Herbal Tea
1 Handful Raw Nuts

Day Three

Upon Rising:
You can start your day with fresh lemon water or herbal tea.

Prior to breakfast, drink 1-liter of water or 16-ounces kombucha

Breakfast:
Green Lemonade
[Kristie's Hungry Girl Omelet](#) or 3 boiled eggs with sliced tomato

Prior to lunch, drink 1-liter of water.

Lunch:
[Avocado, Tomato, Salad](#)

Prior to dinner, drink 1-liter of water

Dinner:
[Grilled Chicken Cabbage Wraps](#)

Dessert:
Herbal Tea
1 Handful Raw Nuts

Day Four

Upon Rising:
You can start your day with fresh lemon water or herbal tea.

Prior to breakfast, drink 1-liter of water and/or 16 ounces kombucha and 1 cup fruit of choice.

Breakfast:

Green Lemonade

Grilled Chicken Strips and Salsa

Prior to lunch, drink 1-liter of water.

Lunch:

[Cucumber Gazpacho](#)

**Afternoon snack:

[Zucchini "chips" with Guacamole](#)

Prior to dinner, drink 1-liter of water

Dinner:

Kristie's Hungry Girl Omelet {minus the cheese}

Dessert:

Herbal Tea

1 Handful Raw Nuts

Day Five

Upon Rising:

You can start your day with fresh lemon water or herbal tea.

Prior to breakfast, drink 1-liter of water or 16-ounces kombucha

Breakfast:

Green Lemonade

Zucchini "Chips" with Salsa

Prior to lunch, drink 1-liter of water.

Lunch:

[Creamy Tomato, Basil, Soup](#)

Prior to dinner, drink 1-liter of water

Dinner:

No Bun Hamburger

Steamed Veggies or Kale Chips

Dessert:

Herbal Tea

1 Handful Raw Nuts

Day Six

Upon Rising:

You can start your day with fresh lemon water or herbal tea.

Prior to breakfast, drink 1-liter of water or 16-ounces kombucha

Breakfast:

Green Lemonade

[Kristie's Hungry Girl Omelet](#) or 3 boiled eggs with sliced tomato

Prior to lunch, drink 1-liter of water.

Lunch:

[Avocado, Tomato, Salad](#)

Prior to dinner, drink 1-liter of water

Dinner:

[Grilled Chicken Cabbage Wraps](#)

Dessert:

Herbal Tea

1 Handful Raw Nuts

Day Seven

Upon Rising:

You can start your day with fresh lemon water or herbal tea.

Prior to breakfast, drink 1-liter of water and/or 16 ounces kombucha and 1 cup fruit of choice.

Breakfast:

Green Lemonade
Grilled Chicken Strips and Salsa

Prior to lunch, drink 1-liter of water.

Lunch:

[Cucumber Gazpacho](#)

**Afternoon snack:

[Zucchini "chips" with Guacamole](#)

Prior to dinner, drink 1-liter of water

Dinner:

Kristie's Hungry Girl Omelet {minus the cheese}

Dessert:

Herbal Tea
1 Handful Raw Nuts

Day Eight

Upon Rising:

You can start your day with fresh lemon water or herbal tea.

Prior to breakfast, drink 1-liter of water or 16-ounces kombucha

Breakfast:

Green Lemonade
Zucchini "Chips" with Salsa

Prior to lunch, drink 1-liter of water.

Lunch:

[Creamy Tomato, Basil, Soup](#)

Prior to dinner, drink 1-liter of water

Dinner:

No Bun Hamburger
Steamed Veggies or Kale Chips

Dessert:

Herbal Tea
1 Handful Raw Nuts

Day Nine

Upon Rising:

You can start your day with fresh lemon water or herbal tea.

Prior to breakfast, drink 1-liter of water and/or 16 ounces kombucha and 1 cup fruit of choice.

Breakfast:
Green Lemonade

Prior to lunch, drink 1-liter of water.

Lunch:
[Kristie's Favorite Salad](#)

**Afternoon snack:
[Zucchini chips with Guacamole](#)
Prior to dinner, drink 1-liter of water

Dinner:
[Cucumber Gazpacho](#)
[Sweet Potato Fries](#)
[Salad of choice](#)

Dessert:
Herbal Tea
1 Handful Raw Nuts

Day Ten

Upon Rising:
Take a deep breath and give gratitude for another day to live life healthy and fit! You can start your day with fresh lemon water or herbal tea.

Prior to breakfast, drink 1-liter of water and/or 16 ounces kombucha and 1 cup fruit of choice.

Breakfast:
[Green Lemonade](#) or 3 boiled eggs with sliced tomato

Prior to lunch, drink 1-liter of water.

Lunch:
[Spicy Quinoa Salad](#)

Prior to dinner, drink 1-liter of water

Dinner:
[Simple Grilled Chicken {make enough for lunch tomorrow} with Asparagus](#)

Dessert:
1 Handful Raw Nuts
Herbal Tea

Recipes:

Green Lemonade

3 stalks kale leaves
4-5 stalks celery
1 handful parsley
1 green apple
1 lemon
1 inch fresh ginger

Wash all the produce thoroughly.
Feed all ingredients into your juicer by order of the ingredients listed.
Enjoy!

Warm Kale Quinoa Salad

4 cups of kale, removed from stem and rinsed
2 tsp coconut oil
1 cup of cooked quinoa (see cooking directions below)
1 Tbs tahini
1 Tbs tamari (or soy sauce if not gluten-free)

Juice of half a lemon
1 avocado, sliced
Salt and pepper to taste

To prepare the dressing, mix together tahini, tamari, lemon juice and agave (if using) in a small bowl or cup. Heat coconut oil in a pan on the stove. Add kale and sauté for 1 to 2 minutes, until kale begins to wilt. Add quinoa and stir until warm. Mix in dressing, then transfer to plates. Top with avocado, sprinkle with salt and pepper and enjoy!

HOT TIP!

How to prepare delicious, fluffy quinoa
Rinse 1 cup of dry quinoa with a fine-mesh strainer. Heat a drop of coconut oil in saucepan. Add quinoa to saucepan and toast for a minute or two. (This adds a slightly nutty flavor.) Add two cups of vegetable broth and bring to a boil. Simmer for 15 minutes with the lid on, then turn heat off and let quinoa sit covered for 5 to 10 minutes. Serve right away or store in an airtight container in the refrigerator

salt to taste
2 cups cucumber; diced
1 green onion; finely minced
2 cups tomatoes; finely diced
1 to 2 jalapeño or serrano peppers (to taste); seeded, if desired, and finely chopped
1/2 cup cilantro; chopped; plus several sprigs for garnish
2 tablespoons fresh lime juice
1 tablespoon red wine vinegar or sherry vinegar
3 tablespoons extra virgin olive oil
1 avocado; sliced, for garnish

1. Place the quinoa in a bowl, and cover with cold water. Let sit for five minutes. Drain through a strainer, and rinse until the water runs clear. Bring the 3 cups water (or stock) to a boil in a medium saucepan. Add salt (1/2 to 3/4 teaspoon) and the quinoa. Bring back to a boil, and reduce the heat to low. Cover and simmer 15 minutes or until the quinoa is tender and translucent; each grain should have a little thread. Drain off the water in the pan through a strainer, and return the quinoa to the pan. Cover the pan with a clean dishtowel, replace the lid and allow to sit for 10 minutes. If making for the freezer, uncover and allow to cool, then place in plastic bags. Flatten the bags and seal.

2. Meanwhile, place the finely diced cucumber in a colander, and sprinkle with salt. Toss and allow to sit for 15 minutes. Rinse the cucumber with cold water, and drain on paper towels. If using the green onion, place in a bowl and cover with cold water. Let sit for five minutes, then drain, rinse with cold water and drain on paper towels.

3. Combine the tomatoes, chili's, cilantro, vinegar, lime juice and olive oil in a bowl. Add the cucumber and onion, season to taste with salt, and add the quinoa and cilantro. Toss together, and taste and adjust seasonings. Serve

Spicy Quinoa Salad

1 cup quinoa
3 cups water; (vegetable or chicken stock, optional)

garnished with sliced avocado and cilantro sprigs.

2-3 cups mixed baby greens
1 lemon, juiced
½ teaspoon sea salt
1-tablespoon olive oil

For the dressing: In a small bowl mix the lemon juice, olive oil, and sea salt and set aside. In a large bowl add greens, avocado, tomato, and red onion. Pour the dressing over the salad and toss until coated.

Kristie's Hungry Girl Omelet

Makes 1 serving

4 eggs
1 cup any vegetable
¼ cup onions, chopped

Whisk the eggs in a large bowl. Add the vegetables. Melt the butter in a skillet over medium heat. Add the vegetable mixture and cook until the eggs become semi firm. Then layer the cheese onto the omelet. Fold and continue to cook until lightly brown on both sides and the egg is no longer runny. Enjoy with a lot of baby greens.

Avocado, Tomato, Red Onion, Salad

Makes 1 serving

1 avocado, sliced or cubed
1 tomato, sliced
½ cucumber, sliced thin
¼ cup red onion, sliced thin or chopped

Zucchini Chips with Guacamole

Makes 1 serving

1 Zucchini, sliced thick
½ avocado, mashed
1-cup salsa
1-tablespoon real mayo or Veganaise
1 lemon or lime, juice
¼ teaspoon sea salt

In a medium bowl, mix the avocado, salsa, mayo, lemon juice, and sea salt to your liking. The sliced zucchini will be used as "chips" to dip into the dip. Enjoy!
😊

Super Simple Salmon

Makes 4 Servings

1-tablespoon garlic powder
1-tablespoon dried basil
½ teaspoon sea salt
4 Fresh Salmon Fillets
2-tablespoon butter
4 lemon wedges

Stir together garlic powder, basil, and salt in a small bowl; rub in equal amounts onto the salmon fillets.

Melt butter in a skillet over medium heat; cook the salmon in the butter until browned and flaky, about 5 minutes per side. Serve each piece of salmon with a lemon wedge.

Avocado, Tomato, Sandwich

Makes 1 Serving

1 head, romaine lettuce
Veganaise
Amy's Horseradish Mustard
½ avocado, mashed
½ tomato, sliced thick
Sea Salt

On a romaine lettuce or butter lettuce leaf, spread the mashed avocado evenly. Add the sliced tomato and sprinkle with sea salt.

Creamy Tomato, Basil, Soup

Makes 2 servings

3 tomatoes
1 avocado
1-cup salsa
½ cup nutritional yeast {optional}
1-teaspoon sea salt

In a high-powered blender mix all ingredients together until smooth. This is a cold soup. A great warm soup option is Pacific Brand Creamy Basil Tomato Soup

Simple Grilled Chicken

Makes 4 servings

4 chicken breasts
2-tablespoons Olive Oil
3 pinches Lemon Pepper

In a small bowl, mix the olive oil and lemon pepper together. Lightly brush the chicken breasts on both sides and grill until cooked through. Serve with your favorite steamed vegetable.

Kristie's Favorite Salad

Makes 2 servings

4-6 cups fresh Arugula
½ cup raw walnuts
¼ cup red onion, diced
1 zucchini, spiralized or sliced thin
1 lemon, juiced
2-tablespoons olive oil
¼ -teaspoon sea salt or 2-teaspoons liquid aminos or balsamic vinaigrette

In a small bowl mix the lemon juice, olive oil, and other and set aside. In a large bowl place the arugula, feta, walnuts, red onion, and zucchini. Drizzle the dressing evenly and toss to mix.

Beet this Flounder

Makes 2 servings

2 half pound flounder or trout fillets, rinsed
1-cup beets, chopped
1 cove garlic, diced
2-tablespoons lemon, juice
1-teaspoon butter, melted
Sea salt and fresh pepper to taste
1 cup raw corn cut off the cob {do not use frozen corn}
2-4 springs of your favorite herbs [optional]

Preheat oven to 450 Degrees Fahrenheit. Place the fish in a shallow baking dish, add the beets, then distribute the garlic, lemon juice, butter, and salt and pepper evenly over the whole dish. Bake uncovered for 25 minutes or until the fish begins to flake. On a dinner plate, place 1/2 cup of the raw corn and top with the baked fish and beets. Garnish your plate with your favorite herbs. Enjoy!

Cucumber Gazpacho

Makes 4 Servings

6 cucumbers, diced
1 onion, diced
1 stalk celery, sliced thin
1 jalapeno, chopped
2 cups fresh basil leaves, ripped
1-cup parsley, ripped
1 lemon, juice
4 ounces aged sherry vinegar
1 cup Greek yogurt
Sea salt to taste
Black Pepper to taste

Marinate everything but the yogurt together for 1-2 days in a plastic container. Place in blender and puree for 1-2 minutes—not so long as you don't want the veggies to break down to a point of a watery base. Once you have a puree of vegetables, mix in the yogurt by hand to get a creamy consistency. If you like, add a little diced cucumber and avocado to the top for garish and texture.

Grilled Chicken Cabbage Wraps

Makes 2 Servings

2 '[Simple Grilled Chicken Breasts](#)', sliced for sandwiches
8 large cabbage or romaine lettuce leafs
Real mayo or Vegenaise
Amy's Organic Horse Radish Mustard
1 Tomato, sliced thin
4 ounces raw cheese

On a large cabbage leaf spread mayo or Vegenaise and mustard. Add 1 slice chicken breast and 1/2 ounce raw cheese. Wrap lettuce leaf around to form a "burrito".

Taco Salad

Makes 1 serving

1 head Butter Lettuce
1/2 cup salsa
1 avocado, sliced
1 tomato, sliced or diced
1/2 zucchini, chopped
1/4 cup red onion
1 lemon or lime, juice
Sea salt
1-tablespoon Vegenaise

In a large bowl place the butter lettuce leafs flat until the bottom of the bowl is covered. In a medium bowl add remaining ingredients except the yogurt or Vegenaise and toss to mix. Add this mixture to your large bowl on top of the lettuce leafs. Top with the Greek Yogurt or Vegenaise.

Avocado Cucumber Soup

Makes 2 servings

1 avocado
1 cucumber, sliced
1/2 jalapeno
1 handful cilantro
2 handfuls spinach
1-teaspoon sea salt

½ cup nutritional yeast {optional}
1-cup pacific brand regular hemp milk
½ cup water

In a high-powered blender, blend all ingredients until smooth. This is a raw cold soup.

1-tablespoon Amy's Organic Horse
Radish Mustard

In a small bowl mix ingredients together well. Use as a dip for the [Sweet Potato Fries](#)

Sweet Potato Fries

Makes 2 servings

2 large sweet potatoes, sliced into thick "fries"
2-tablespoons olive oil
Sea salt
Garlic salt
Pepper

Pre-heat oven to 425 degrees Fahrenheit
In a large zip lock bag place "fries", and spices to your liking. Seal bag and shake to coat the "fries". Place on a large cookie sheet and spread out evenly on pan. Place in oven and cook for 25-minutes. For a crisper fry, place parchment paper on cookie sheet. Serve with [Kristie's Secret Sauce](#).

Kristie's Secret Sauce

Makes 2 servings

1/3-cup real mayo or Vegenaise
¼ cup salsa
1-teaspoon hot sauce or a small pinch of cayenne pepper