

14-DAY JUMP START

WEIGHT LOSS PLAN BY RACHEL FELDMAN

“RULES FOR LOSING WEIGHT AND LIVING THIS PLAN TO THE FULLEST”

Most Important part of this program is to

1. Give up the breads that have yeast and GLUTEN (this can cause bloating and inflammation) and the carbs for one week and then add back in the carbs one at a time and see if your weight loss efforts are halted.
 2. Remember portion size is key.
 3. Drink enough water with lemon to flush all the toxins that are keeping the weight on-drink half your amount of lbs in ounces per day.
- ✓ Do not skip meals-this is designed to jump start your metabolism
 - ✓ Use stevia to sweeten yogurt (dairy free or drinks)
 - ✓ If you drink coffee, then opt for a dairy free creamer (one without all the added sugars) – **unsweetened almond milk – I know we talked about the fat free creamer – ideally we do want to ditch it.**
 - ✓ Meals: should include protein (and this is rule of thumb the size of your fist)
 - ✓ Carbs: see your carb list but remember to follow the plan for optimal weight loss
 - ✓ Substitutions: you can sub different meals and exchange lunch for breakfast to fit your schedule and your lifestyle
 - ✓ Aim for eating more mini-meals as we are going into fat blasting mode by revving up your metabolism
 - ✓ If you travel or buy food- think clean and simple eating: refer to the meals suggested here and try and replicate them when you are eating out

SAMPLE PROTEINS:

- ✓ 6 ounce grilled chicken
- ✓ 6 slices of antibiotic free deli meat (chicken, turkey, roast beef)

- ✓ 5 ounce turkey, beef or chicken burger
- ✓ 3 turkey sausages (nitrate free) such as applegate or whole foods makes their own
- ✓ 4 (1 ounce meatballs): made only with egg, basil or parsley and meat (no bread crumbs)
- ✓ 5 ounces of tuna (only if you have NO mercury issues in the past), salmon or sardines (packed in water)
- ✓ 6 ounces of tilapia, cod, halibut, salmon, shrimp. Scallops
- ✓ 4 large egg whites or 2 eggs
- ✓ 1 cup coconut 0 fat yogurt
- ✓ 1 scoop egg white or hemp protein in a smoothie (buy at whole foods)

SAMPLE CARBOHYDRATE

- ✓ ½ medium sweet potato
- ✓ 1 large grapefruit
- ✓ 1 medium apple
- ✓ ½ cup berries
- ✓ ½ cup quinoa, brown rice
- ✓ ½ cup black beans
- ✓ 2 cups of vegetables (broccoli, asparagus, kale, spinach, mushrooms)
- ✓ 1 tomato cut into slices with balsamic vinegar
- ✓ 2 cups of salad

SAMPLE FATS

- ✓ 2 tbsp hummus
- ✓ 2 tbsp avocado or guacamole
- ✓ 1 tsp olive oil
- ✓ 1 tsp coconut oil
- ✓ 10 almonds
- ✓ 1 tbsp sliced almonds
- ✓ 7 walnut halves
- ✓ 10 pistachios
- ✓ 5 cashews
- ✓ 20 pine nuts
- ✓ 1 tbsp cashew, hemp, or almond butter

MEAL PLANNING MADE SIMPLE

Drinks

- Water: drink ½ your body weight daily & feel free to add lemon, lime or squeeze grapefruit for extra taste sweetened with stevia or xylitol
- Coffee – sweetened with stevia or xylitol (*suggestion for optimal weight loss it ditch the dairy and opt for coconut milk full fat or unsweetened almond, hemp milk) as dairy can BLOAT!
- Green Tea Ice Tea: sweetened with setvia or xylitol and add mint

**EVERY DAY UPON WAKING DRINK LEMON WATER TO FLUSH THE SYSTEM:
SQUEEZE ONE LEMON IN WATER AND DRINK TO ALKALIZE**

FOR SMOOTHIES: see recipes below or go to smoothie place and have one made for you but always look for the hidden sugars

DAY 1

Breakfast:

Super Smoothie with 1 scoop extra protein (ideal is hemp protein)

Snack: 10 almonds

Lunch: 5 ounces of protein (see good & easy protein sources) w/ 2 cups salad & 2 tsp olive oil, balsamic vinegar with grilled zucchini and eggplant + avocado

Snack: green apple + 5 cashews

Dinner: 1 cup soup – trader joes vegetable soup or gluten free chicken soup with 1 cup vegetables (can be frozen vegetables that you reheat to make it easy) or a salad with olives and cherry tomatoes and balsamic dressing.

EVE – you can have

DAY 2:

Breakfast:

0 fat yogurt (greek) with ½ cup Berries, Cinnamon & 2 tbsp almonds – add extra stevia if needed or a smoothie with 1 scoop protein

Snack:

Green apple or grapefruit w/ 4 ounces coconut water

Lunch

5 ounces protein (chicken or turkey) on a bed of spinach with 1/8 cup sunflower seeds, roasted red peppers and artichokes with balsamic dressing

Snack:

2 tbsp hummus with celery sticks

Dinner: 2 cups of broccoli with lemon squeezed (can be frozen) and chicken (from a trader joes chicken or whole foods) *already cooked chicken breast – add salsa to the broccoli and chicken for extra taste

DAY 3:

Breakfast

Smoothie with extra protein

Snack: Pear with ¼ cup pumpkin seeds

Lunch: mixed greens with chicken slices, avocado (1/4), tomato, cucumber and olives and dressing.

Snack:

Apple and 10 almonds

Dinner: ½ cup brown rice (trader joes has rice in the freezer in bags) with 1 cup soup, (vegetable) and 4 ounces protein of choice

DAY 4:

Breakfast:

Smoothie with extra scoop of protein

Snack:

1 apple or grapefruit with 4 ounces of coconut water

Lunch:

Snack:

10 almonds or 1 apple

Dinner

Omelet with onions, peppers and salsa and sliced tomato served with ½ cup black beans

DAY 5:

Breakfast:

Smoothie with extra protein

Snack:

1 cup 0 fat greek yogurt with cinnamon

Lunch:

Salad with all the fabulous veggies & 4 ounces of protein + balsamic dressing

Snack:

10 walnuts and 4 ounces coconut water

Dinner: Salad with 1 hard boiled egg, chopped veggies, choice of protein and mixed with balsamic dressing and 2 tbsp. olive oil

DAY 7

Breakfast:

SMOOTHIE with extra protein

Am snack:

¼ cup pumpkin seeds with one apple

Lunch:

Sautéed broccoli and garlic with one beef burger and raw onion and tomato with 1/w avocado

Afternoon snack:

2 tbsp hummus with veggies or 3 slices of turkey and celery sticks

Dinner:

Easy egg omelet with sautéed vegetables

Eve snack:

Green apple or 1 cup strawberries with chamomile tea

RECIPES – SEE YOUR RECIPE GUIDE