

3-Day Clean Eating Jumpstart
eliminate sugar & gain more energy



3-Day Clean Eating Jumpstart

PREPARATION GUIDE

Welcome to the **3-Day Clean Eating Jumpstart**. I've got you covered on what you need to do one week prior to the challenge, two days before and one day before you begin. Please read through the information below. If you follow this guide and the subsequent meal plan, in just 3 days you will have kicked sugar, reduced cravings and inflammation in the body, and gain more energy!

It's best to start this on a Monday so you can prepare the weekend before you begin. However, there are still some things you want to accomplish before then...

One week before

Having support in anything we do is important to achieving success! That includes the people closest to us. I would suggest inviting a friend and/or talking with your friends and family beforehand so they can provide you with support. Better yet, get your whole family on board for the three days. To create a solid start for the upcoming challenge, discuss how you feel and communicate this to the supportive people in your life. Talk about your intentions and your goal(s). And, again, see if anyone wants to join you in your clean eating adventure!

I'm a big believer in identifying a "why" for doing anything is important, especially when you're in the middle of the challenge and you're questioning, "WHY did I decide to do this?" "WHAT was I thinking?!" etc. So, take a few minutes to identify and write down three specific reasons WHY you are doing the challenge so you can keep these in mind throughout the 3-day process.

1. _____

2. _____

3. _____

I would also suggest journaling or free writing about your whys. For example, you may have written down that you want to detox your body. Use free-writing to elaborate on that statement. Describe how you want your body to eliminate fatigue and bloating OR perhaps you want to fit into the jeans that have been hanging in your closet for six months. Or maybe you have a specific weight loss goal in mind, so express the feelings surrounding that why. Whatever it is, remember that food is sometimes the symptom to the underlying issues and ultimately addressing those issues are what will allow you to clean up your act, so to speak, for good! Whatever it is, you will begin to eat cleaner and ultimately feel better!

Two days before

- **Organize** your fridge - clear a certain spot for the food you will eat during the cleanse. Better yet, clear the clutter and begin to stock up on clean food so you can continue once you've completed the challenge. [Click here](#) for a blog post that you can use as a guide to easily organizing your fridge.
- **Shop** for groceries using the Shopping List provided.

One day before

- **Remind your family and friends** about the week ahead and ask them for their continued support.
- **Organize** your food. For example, snacks can be packed up for three days in small containers or Tupperware.
- **Pack your lunch bag** If you'll be taking your **food on-the-go** (whether to work or a meeting) have it ready to grab-and-go in the morning after you've had your Day 1 Breakfast. On Monday evening, pack up your Tuesday lunch and same on Tuesday night for Wednesday.
- **Preparation Tips:** You have a **Meal Plan** (with choices and options), **Recipes** and **Shopping List**.

Preparation includes asking yourself questions such as:

- "What can I prepare today so I don't have to make a full-blown meal each night of the week?"

- “How can I portion my snacks for the week so I’m not scrambling or worse, getting a candy bar from the vending machine at work.”

Now you have the tools!

TIPS

Here are some tips, broken down by breakfast, lunch and dinner, that should help you begin to think in terms of being more efficient with food preparation. Once you receive the Meal Plan, you can begin to make your choices:

- **Breakfast:** On Monday morning, if you choose the Oatmeal option, for example, triple the recipe so you have enough for all three days. This will save time. You can simply heat up the oatmeal by pouring a tablespoon of syrup and heating for 30 seconds in the microwave.
- **Lunch:** I’ve made it simple for you to eat a clean lunch each day. You can easily prepare the lunches in mason jars (large 16 oz) or Tupperware-like containers for all three days because you will do a dressing separately so it won’t wilt the romaine lettuce.
- **Dinner:** Simple recipes will be provided so you can take your pick, but if you’re pressed for time during the weeknights, and you’re considering the baked chicken option, think about cooking it on Sunday to heat up on Monday. You could do the same with the bean burgers. Also, there are a couple of recipes that call for quinoa, so you can easily prepare that and some steamed veggies on Sunday too.
- If you have a scale, **weigh yourself**. Remember, the clean-eating challenge isn’t designed for you to lose weight, but for you to feel better. For some, however, the number is important so I won’t discourage this. :) But do try and become more aware of how you feel before you begin the challenge, how you feel during and how you feel afterward.

Now it’s time to get moving. Get your support system in place, clean and organize your fridge, go shopping and meal prep! For added support, join the [Mind Body Kitchen](#)

Facebook group and post questions and comments as you proceed through the 3-Day Clean Eating Jumpstart.

shopping list

Baking

- ☐ 1 small bag Almond Meal
- ☐ 1 small pkg. Cacao Powder
- ☐ Unbleached all-purpose flour (Bean Burgers)

Breads/Grains

- ☐ Bread: Ezekiel or Whole Grain or Whole Wheat
- ☐ 1 pkg. Tortilla Wraps
- ☐ 3 cups Oatmeal (preferably from bulk food section)
- ☐ 1 ½ cups quinoa (package ok or bulk section is usually less expensive)
- ☐ Sesame Seeds (for spinach salad)

Canned

- ☐ 2 cans of organic Black Beans (one if you're not doing bean burgers)

Condiments

- ☐ 1 small bottle Pure Maple Syrup
- ☐ Sea Salt (versus table salt-healthier!)
- ☐ 1 jar Coconut Oil
- ☐ Extra-virgin Olive Oil
- ☐ Balsamic Vinegar
- ☐ Apple Cider Vinegar (ACV)
- ☐ Honey (for Balsamic ACV dressing)
- ☐ Mustard
- ☐ Salsa
- ☐ 1 tub of hummus
- ☐ 1 container Almond Milk

Dairy

- ☐ 6 eggs (3 if you're not eating bean burgers) - organic and cage-free, if possible
- ☐ 1 pkg. Mexican Cheese
- ☐ Sour cream (bean burgers and tacos)

Frozen section

- ☐ 6 cups of Wild Blueberries

Meat

- ☐ 1 small piece Salmon
- ☐ 1-3 Organic Chicken Breasts
- ☐ 1 lb. Ground Beef - Organic, grass-fed beef

Produce

- ☐ 2 medium-sized organic lemons
- ☐ 1 container of strawberries (large container for a smoothie)
- ☐ 6 organic apples
- ☐ 2-3 Oranges (if you're not eating apples or enjoy fruit and want to snack!)
- ☐ 5-6 bananas (adjust if you're not doing smoothies or only doing one)
- ☐ 6 nearly-ripened avocados (3 if you're not doing the avocado toast but you may want to add some to a salad - you estimate based on how much you like avocados!)
- ☐ 3-4 heads of Romaine Lettuce
- ☐ 1 container of Cherry Tomatoes
- ☐ 2 large tomatoes (veggie sandwich and salad)
- ☐ 2 medium-sized cucumbers
- ☐ 1 package of baby organic carrots
- ☐ 1 head of broccoli
- ☐ 1 head of cauliflower
- ☐ 2-3 medium-sized sweet potatoes
- ☐ 2 yellow peppers (salad, bean burgers, tacos)
- ☐ 1 red pepper (bean burgers)
- ☐ 1 small white onion
- ☐ 1 bag Spinach
- ☐ 1 bag Kale
- ☐ Fresh garlic
- ☐ Fresh Cilantro

3-Day Clean Eating Jumpstart

MEAL PLAN

	DAY ONE	DAY TWO	DAY THREE
First ☀️	Warm lemon water	Warm lemon water	Warm lemon water
Breakfast	Choose two: 1. avocado toast, 2. green smoothie, 3. hard-boiled egg, 4. oatmeal with maple syrup, 5. wildberry/banana smoothie.	Choose two: 1. avocado toast, 2. green smoothie, 3. hard-boiled egg, 4. oatmeal with maple syrup, 5. wildberry/banana smoothie.	Choose two: 1. avocado toast, 2. green smoothie, 3. hard-boiled egg, 4. oatmeal with maple syrup, 5. wildberry/banana smoothie.
Water	Drink at least 16 oz of water this morning	Drink at least 16 oz of water this morning	Drink at least 16 oz of water this morning
Snack	Choose two: 1. apple, 2. carrots and hummus, 3. strawberries	Choose two: 1. apple, 2. carrots and hummus, 3. strawberries	Choose two: 1. apple, 2. carrots and hummus, 3. strawberries
Water	Drink at least 16 oz of water this morning	Drink at least 16 oz of water this morning	Drink at least 16 oz of water this morning
Lunch	Choose one: 1. Salad (with beans or a bean burger) or 2. veggie sandwich AND a piece of fruit (orange or apple)	Choose one: 1. Salad (with chicken or salmon) or 2. veggie sandwich AND a piece of fruit (orange or apple)	Choose one: 1. Salad (add chickpeas or navy beans) OR 2. Taco AND a piece of fruit (orange or apple)
Water	Drink at least 16 oz of water this morning	Drink at least 16 oz of water this morning	Drink at least 16 oz of water this morning
Snack	Choose two: 1. kale chips, 2. raw chocolate balls, 3. strawberry-banana smoothie,	Choose two: 1. kale chips, 2. raw chocolate balls, 3. strawberry-banana smoothie,	Choose two: 1. kale chips, 2. raw chocolate balls, 3. strawberry-banana smoothie,
Dinner	Choose one: 1. Baked Chicken, cauliflower and spinach 2. Tacos with cauliflower or sauteed spinach	Choose one: 1. Bean Burgers, steamed broccoli and sweet potato 2. Tacos with steamed broccoli	Choose one: 1. Baked Chicken with sauteed spinach and sweet potato 2. Tacos with sauteed spinach
Water	Drink at least 16 oz of water this morning	Drink at least 16 oz of water this morning	Drink at least 16 oz of water this morning
Snack	Apple or orange	Apple or orange	Apple or orange
Before Bed	Disconnect from Social Media at least 30 minutes before bed and read a book.	Take a warm Epsom salt bath to help detox your body. Drink a caffeine-free tea.	Listen to a sleep meditation as you fall asleep (search Youtube.com)
Sleep 😴	Aim to get 8 hours of sleep.	Aim to get 8 hours of sleep.	Aim to get 8 hours of sleep.

Note: These are suggestions & guidelines. Substitute a fruit with a veggie or something similar. The goal here is to avoid processed & packaged foods.

simple recipes

First thing in the morning ☀️

LEMON WATER

Ingredients:

- ½ medium-sized fresh {preferably organic} lemon
- 6-8 oz. warm water

Directions:

- Fill glass with 6-8 oz. of warm water
- Cut lemon in half and squeeze into warm water
- Drink up!

breakfast options

1. AVOCADO TOAST

Ingredients:

- One piece of whole-wheat or Ezekiel bread
- ½ ripened avocado

Directions:

- Toast bread and spread ½ of avocado
- Add salt & pepper to taste
- For additional nutritional benefits add sprouts and cucumber (thin slices)

2. GREEN SMOOTHIE

Ingredients:

- 1 cup of spinach
- 1 cup of Kale
- ½ banana
- ½ cup of water

Directions:

- Put all in a blender and blend until mixture reaches a smooth consistency.

3. HARD-BOILED EGG

You may already do this well. I need to follow someone else's recipe. Here's a [link](#) you can use or stick with your method! :)

4. OATMEAL WITH MAPLE SYRUP

Ingredients:

- 1 cup of oatmeal (use organic - this can be purchased from the bulk section of Whole Foods or similar type stores). Do not use packaged oatmeal such as Quaker Oats - these typically have inflammatory ingredients. Please read the label.
- 1 tablespoon of Pure Maple Syrup.

Directions:

- Bring 1 ½ cups of water to a boil
- Add oatmeal and stir and reduce heat to medium
- Cook for 4-5 minutes or until water is absorbed, stirring throughout.
- Place in a bowl
- Add 1 tablespoon of maple syrup

5. WILDBERRY SMOOTHIE

Ingredients:

- 2 cup wild blueberries
- 1 banana
- 1 cup of water (add other fruit and vegetables, if desired - a small handful of spinach or kale is a good add)

Directions:

- Combine the wild blueberries, bananas, and water in the blender. Blend the ingredients until smooth and well combined. Serves 1-2 people.

snack options

CARROTS & HUMMUS

Ingredients:

- 6 baby organic carrots
- 1 tablespoon of hummus

Directions:

- Eat!

KALE CHIPS

Ingredients:

- 2 cups of Kale (bagged kale is ok and easier!)
- Olive oil
- Salt

Directions:

- Preheat oven to 425 degrees
- Place kale on a baking sheet
- Lightly sprinkle with salt and olive oil
- Place in oven for 15-17 minutes or until crisp
- Place in a Tupperware-like container until ready to eat

RAW CHOCOLATE BALLS

Ingredients:

- 1 cup nut meal (Almond or Cashew)
- ¼ cup cacao powder
- 3 tablespoons of pure maple syrup (it's easier to work with and sweeter!) Quality vs. quantity!

Directions:

- Mix the three ingredients together in a bowl. Keep mixing until the mixture becomes semi-solid.
- Roll the mixture into ½-inch balls in size.

Enjoy!

Notes on Raw Chocolate Balls: This makes 1 ½ cups, takes about 5 minutes and serves 8 (so you have enough to snack on for a few days).

Variations: If you're craving salty foods, add a ¼ teaspoon of sea salt to the mixture. You can also add a ¼ teaspoon of pure vanilla extract.

STRAWBERRY/BANANA SMOOTHIE

Ingredients:

- 1 banana
- 1 cup strawberries
- 1 cup almond milk

Directions:

- Place ingredients in a blender or Magic Bullet.
- Blend until the mixture is smooth.

Enjoy!

lunch options

QUINOA SALAD

Ingredients:

- 2 cups Romaine lettuce
- ½ cup diced Cherry Tomato
- ½ cup Cucumber
- ½ Avocado
- ½ cup of Quinoa
- Salt & Pepper to taste (use organic sea salt)
- Dressing if desired (see recipes below)

Directions:

- Use a 16 oz mason jar or a Tupperware container
- Add tomatoes first, then the romaine lettuce, cucumber, and quinoa.
- Cut the avocado fresh, if possible and add when you eat, along with the S&P and dressing (see below for dressing recipe)

Variation: Add Chicken, Salmon or a Bean Burger for added protein and flavor.

SALAD DRESSINGS

Balsamic Apple Cider Vinegar

Ingredients:

- 1 tablespoon apple cider vinegar
- 1 tablespoon organic balsamic vinegar
- 1 teaspoon honey

Directions:

- Mix all ingredients together in a bowl until combined.

Mustard Vinaigrette

Ingredients:

- ⅓ cup extra virgin olive oil
- 1 ½ teaspoons apple cider vinegar
- 1 teaspoon garlic, minced
- 1 tablespoon mustard
- Salt & pepper to taste

Directions:

- Mix all ingredients into a bowl until well combined.

VEGGIE SANDWICH

Ingredients:

- Two slices of bread
- Romaine Lettuce
- Thin-sliced tomato
- Cucumber sliced thin
- ½ Avocado
- Salt & Pepper to taste

Directions:

- Assemble sandwich

Note: If you're making the sandwich in the morning to take with you and you're planning on adding avocado, take ½ and avocado with you and slice and add when you're ready to eat.

dinner options

BAKED CHICKEN

Ingredients:

- 1 piece of organic Chicken
- Salt & pepper

Directions:

- Carefully wash chicken, pat dry with a paper towel and place on baking sheet
- Add salt & pepper
- Bake at 350 degrees for 30-35 minutes

BAKED SALMON

Ingredients:

- 1 piece of salmon

Directions:

- Place salmon on baking sheet
- Add salt & pepper
- Bake at 350 degrees for 13-15 minutes

BEAN BURGERS

Ingredients:

- 3 cups black beans (one can), cooked (drain, once cooked)
- 1 large yellow (and/or red) pepper, chop into small pieces
- 1 small white onion, diced
- 2 garlic cloves, crushed (or powdered if you don't want your fingers smelling like garlic for the remainder of the evening)
- 1 large tomato, chopped into small pieces
- 3 tablespoons of fresh chopped cilantro (substitute Gourmet Garden Cilantro paste — which keeps in the fridge for longer period of time)
- ½ cup all purpose unbleached flour
- 2 eggs, room temperature
- Sea salt and black pepper

Directions:

- Preheat oven to 375 degrees.
- Combine all ingredients in a large bowl, stir well to combine (add more flour if not binding).

- Season with the sea salt and black pepper.
- Make hamburger-size patties, placing them on a lightly-greased baking sheet (use coconut oil).
- Pop in the oven for about 18-20 minutes (longer, if needed).

Condiments: If you want to use ketchup on your bean burger, use organic and use only 1 tablespoon.

STEAMED BROCCOLI

Ingredients:

- 1 head of fresh broccoli
- Salt & pepper

Directions:

- Wash broccoli and pat dry
- Cut the crowns of the broccoli from the stem into bite-sized pieces
- Put 1-inch of water into a saucepan and bring to a boil
- Place the broccoli into boiling water, reduce the heat to medium, cover and allow it to cook for about 5 minutes (make sure you can pierce it before straining)
- Strain in a colander
- Serve with salt & pepper - no butter for clean eating :)

STEAMED CAULIFLOWER

Ingredients:

- 1 head of fresh cauliflower
- Salt & pepper

Directions:

- Wash cauliflower and pat dry
- Cut the crowns of the cauliflower from the stem into bite-sized pieces
- Put 1-inch of water into a saucepan and bring to a boil
- Place the cauliflower into boiling water, reduce the heat to medium, cover and allow it to cook for about 5 minutes (make sure you can pierce it before straining)
- Strain in a colander
- Serve with salt & pepper - no butter for clean eating :)

SAUTEED SPINACH

Ingredients:

- 2 cups fresh spinach
- Salt & pepper to taste
- 1 tablespoon Olive oil

Directions:

- Wash and pat dry spinach
- Heat sauté pan on medium-high
- Add olive oil and allow to warm for 30 seconds
- Add spinach and sauté
- Add salt & pepper to taste

SWEET POTATO FRIES

Ingredients:

- 2 medium-sized sweet potatoes
- Coconut Oil
- Salt & pepper

Directions:

- Wash sweet potatoes. Not necessary to peel
- Dice into thin french-fry size pieces
- Place on lightly-greased baking sheet (use coconut oil)
- Add salt & pepper
- Bake at 350 degrees for 18-20 minute (longer, if needed, for crispier fries)

SPINACH SALAD

Ingredients:

- 2 cups of Fresh Spinach
- ½ cucumber diced
- Sesame Seeds
- Dressing

Directions:

- Wash and pat dry the spinach
- Place in a large bowl
- Dice cucumber and add to spinach
- Sprinkle with Sesame Seeds
- Add Dressing

SALAD DRESSINGS

Balsamic Apple Cider Vinegar

Ingredients:

- 1 tablespoon apple cider vinegar
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey

Directions:

- Mix all ingredients together in a bowl until combined.

Mustard Vinaigrette

Ingredients:

- ⅓ cup extra virgin olive oil
- 1 ½ teaspoons apple cider vinegar
- 1 teaspoon garlic, minced
- 1 tablespoon mustard
- Salt (sea salt) & pepper to taste

Directions:

- Mix all ingredients into a bowl until well combined.

TACOS

Ingredients:

- With Meat - 1 pound organic, grass-fed beef
- Tortilla wraps
- Romaine Lettuce
- Diced Yellow pepper
- Black beans
- Salsa (jarred is fine - look for one that has minimal ingredients and low-sodium)
- Organic Mexican Cheese (to keep it really clean, eliminate the cheese)
- Sour cream (sparingly)
- Fresh cilantro
- Salt & Pepper to taste
- **1 teaspoon turmeric**
- **1 teaspoon cumin**
- **1 teaspoon onion powder**
- **½ teaspoon paprika**
- **Dash of cayenne pepper**

***For a quicker meal, use a taco seasoning versus the bolded ingredients above. Note: using the spices is cleaner. :)**

Directions:

- Heat a large frying pan with olive oil, then add the beef and spices. Use a wooden spoon to break up the beef and combine the mixture well. Cook for approximately 8-10 minutes on medium-high heat.
- Lightly brown tortillas in a pan using a little olive oil
- Assemble tacos to your liking