

# 7-DAY JUMP START *detox*



feel **great** in **8**

*hello!*

I'm Tiffany, wife, mom of 4, foodie, blogger, dark chocolate lover, and Feel Great in 8 Challenge creator/host.

I'm so happy you decided to join us for a 7 day jump start detox! This isn't your usual detox - no juice fast, no starvation, no nasty pepper drink. You get to eat three meals plus snacks every day and cleanse your body naturally for a great jump start into a healthy lifestyle!

This detox is perfect for kicking sugar cravings to the curb, strengthening your willpower, and jumpstarting healthy habits and weight loss.

Are you ready to feel great, sleep better, and have more energy? Of course you are! Let's get started!

Actually, just one last reminder before we get going . . .

You are awesome exactly as you are. I'm a big believer in healthy habits as a way to feel great and care for your body, not as a way to deprive, punish, or change your body. I hope this jump start will help you do that. No matter what, never forget how awesome you are.

Happy jump starting! Please let me know if there is anything I can do to help!

*xoxo, Tiffany*



***#feelgreatin8 #fg8jumpstart***

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# 7-Day Jump Start Cheat Sheet

{everything you need to know - i.e. print me!}

## What You Can Eat

**wake up:** 1 cup hot water & juice of 1/2 a lemon

**breakfast:** Protein smoothie (see recipe)

**lunch:** 1 cup plain greek yogurt, 1/2 cup low glycemic fruit (see list), unlimited low glycemic vegetables (see list)

**dinner:** 6 ounces lean meat (chicken, turkey, or fish), 1/2 cup cooked brown rice, unlimited low glycemic vegetables (see list)

**snacks:** Hummus, a few handfuls of raw nuts, unlimited low glycemic vegetables

**extras:** Healthy fats in moderation (e.g. olive oil, avocado, olives), balsamic vinegar, simple marinades (see recipes)

**detox bath:** Soak in a detox bath each night - follow recipe [here](#).

**water:** Drink 64 ounces or more each day.

**optional:** Slim & Sassy Softgel Daily

## What to Eliminate

- \* No gluten/wheat
- \* No artificial sweeteners or white sugar
- \* No diet or regular soda
- \* No alcohol
- \* No caffeine (except green tea)
- \* No dairy (except greek yogurt at lunch)
- \* No heavy exercise (mild exercise, yoga, walking, etc. is okay)

## Protein Smoothie

{makes 1 serving}

- 2 tablespoons rice or hemp protein powder
- 2 tablespoons ground flaxseeds
- 1/2 cup frozen berries
- 1/2 banana
- 1 cup unsweetened vanilla almond milk

## Simple Marinades

**Lemon Pepper:** 1 tablespoon grated lemon rind, 3 tablespoons lemon juice, 3 tablespoons extra virgin olive oil, 4 crushed garlic cloves, 1 tablespoon black peppercorns, 1/2 teaspoon salt

**Lemon Pepper:** 1/4 cup olive oil, 1/4 cup balsamic vinegar, 1 chopped garlic clove, 1 tablespoon minced fresh parsley, 1 tablespoon minced fresh basil, 1/2 teaspoon red chili flakes

**Citrus:** 1/4 cup freshly squeezed orange juice, 1/4 cup freshly squeezed lime juice, 1 chopped garlic clove, 1 tablespoon minced fresh cilantro, 1/2 teaspoon ground cumin

# *What is Low Glycemic?*

Glycemic index and glycemic load offer information about how foods affect blood sugar and insulin. The lower a food's glycemic index or glycemic load, the less it affects blood sugar and insulin levels.

Here are lists of fruits and veggies with low glycemic index and a low glycemic load. Choose from these lists at lunch and dinner.

## *Low Glycemic Vegetables*

artichokes	asparagus	bean sprouts	broccoli
brussels sprouts	cauliflower	celery	cucumber
eggplant	leeks	lentils	beans
lentils	mushrooms	okra	onions
pea pods	peppers	radishes	squash
tomato	water chestnuts	watercress	zucchini
cabbage	greens (lettuce, kale, spinach, etc)		

## *Low Glycemic Fruits*

apple	berries	cantaloupe	grapefruit
guava	kiwi	mango	nectarine
orange	peach	pear	plum
tart cherries			



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## *Shopping List*

- 4 lemons
- 4 bananas
- 3 1/2 cups frozen berries
- 3 1/2 cups low glycemic fruit
- Lots of low glycemic vegetables
- Rice Protein Powder or Hemp Protein Powder
- 1 3/4 cups ground flaxseeds
- 2 quarts unsweetened vanilla almond milk
- 7 cups plain 2% Greek yogurt
- 1 1/2 pounds chicken, turkey, or fish
- 3 1/2 cups brown rice
- Olive oil
- Balsamic vinegar
- Extras (avocado, olives, hummus, raw nuts, marinade ingredients)
- Detox bath ingredients - see recipe [here](#)
- Slim & Sassy Softgels - Filled with 5 essential oils (grapefruit, lemon, peppermint, ginger, and cinnamon) known to help manage hunger throughout the day while boosting metabolism and promoting a positive mood. I love essential oils and always add these to my "detox" weeks.

*enjoy!*

I hope you have a fantastic 7-Day Jump Start Detox! Remember, you can find more healthy real food recipes, meal plans, and tips on the blog...

[www.FeelGreatin8.com/blog](http://www.FeelGreatin8.com/blog)

Please let me know if there is anything else I can do to help! I also love hearing what kind of recipes and tips you want to see more of on the blog. Email me with requests, questions, and feedback...

[tiffany@feelgreatin8.com](mailto:tiffany@feelgreatin8.com)

*xoxo, Tiffany*

#### DISCLOSURE

I am not a doctor, nutritionist, or trained professional. Take this advice at your own risk and always talk to your doctor before starting this or any other diet and exercise plan.

I love sharing good news and I'm sure you do too. If you would like to share the information in this packet, please refer to the Feel Great in 8 blog and tell your friends how to obtain a copy of this program for themselves, rather than sharing your copy. Thank you so much!

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