

**"*Finally*...Proven Nutritional Advice to Losing Unwanted Weight, Building Sleek Toned Muscle That'll Make You Feel Stronger And Healthier!"**



**Introducing...**

**The Ultimate Women's Jump Start  
Nutrition Plan™**

# “Everything You Need To Know To Get That Sexy, Long, Lean, Toned Body You've Been Dreaming Of”

## *CONGRATULATIONS!*

You are just a few quick steps from becoming the very next **SUCCESS STORY!**

Your Jump Start Nutrition Plan will make reaching your fitness goals and living healthy easier.

You are going to be surprised at how easy this nutrition plan will fit into your daily busy Lifestyle and how fast the pounds and inches will fly off as you build *strong, sleek, lean muscle*.

This simple, easy to follow nutrition plan has helped hundreds of women:

- ✓ **Lose unwanted weight,**
- ✓ **Melt fat,**
- ✓ **Lower blood pressure,**
- ✓ **Lower cholesterol,**
- ✓ **Have healthier younger looking skin**
- ✓ **and more energy**

**...and it WILL work for YOU too!**

**Hear me out on this.** Remember, we are breaking bad habits and creating healthy new ones.

The

first 21 days can be the hardest. It takes that long for you to lose your unhealthy sugar and fat cravings.

# The 7 Tips (Secrets to Getting Lean and Healthy)

*Here are your simple tips for quick and easy permanent fat loss and a lean, toned body.*

## Tip #1 - 21 Day Mind Set

Don't cheat on your nutrition plan for 21 days. It takes the brain 21 days to reset itself and create a new habit. When you want to make a change, don't tell yourself that you are doing it for life; rather, tell yourself that you are going to try it for only 21 days. Now, when you have completed this for 21 days, your conscious mind has the choice of stopping it or carrying on, or so it thinks.

***Your neural pathways have formed already and you will more than likely continue with your new habit.*** You will have seen the benefits along the way and your subconscious will want to continue if it has been beneficial.

## Tip #2 — Be Prepared

*Most of the time, women eat poorly because they did not bring food with them or did not prepare.*

### **Moms -**

Time is a precious commodity. Between taking the kids to school, dance or baseball practice, you can barely get a meal in here and there and when you do, it's usually leftovers from your kid's plate. Throw the leftovers away; don't feel obligated to eat it. Make sure when you get something to eat for your child, get something for you, too. Don't say, ***"I'll just eat what they don't."***

### **Ladies –**

The one major complaint is, *"I had nothing to eat so I grabbed a bag of chips."* **Be prepared!** Always carry something with you and then you have no excuse. And if you're meeting the girls for an evening out, eat before you leave the house and take your snacks!

Bring healthy snacks with you like *apples and almonds* (see snack section). If you can, bring some *Tupperware containers or a cooler with healthy meals*. **Keep it simple.** If you don't feel like bringing food, then plan out some healthy restaurants or stores that you can eat at (see eating out section)

- ✓ Get a rice cooker and keep some long grain brown Basmati rice cooking on your counter. Also pre-cook some chicken or fish. ***It will only take a few minutes to prepare 1 or 2 meals and grab a few snacks to bring with you.***
- ✓ Take *five minutes to plan out* what you are going to eat the night before.

### **Tip # 3 — Keep a food diary for at least one week**

Write down everything you eat and drink. You have to write it down right before the food or drink is consumed. By writing it down first, *you will have a moment to stop and think if this decision is going to belly fat or pack it on.*

- ✓ **Have someone agree to review your food journal every day.** Make an agreement that for each day you do not give them your journal, you owe them \$10.00 and every time you cheat, you owe \$1.00. *Doing this will help to keep you accountable.*

### **Tip # 4 — The Magical Glycemic Index**

*Not all carbohydrate foods are created equal*; in fact, they behave very differently in our bodies. The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. Choosing low GI carbs — the ones that produce only small changes in our blood glucose and insulin levels — is the secret to long-term health, reducing your risk of heart disease and diabetes and is the key to sustainable weight loss.

- ✓ **Eat every 3 hours.** This will keep your metabolism and energy on turbo mode so the fat melts off. This is also a great way to curb the kind of extreme hunger that will have you making the kind of bad choices you will quickly regret.

### **Tip # 5 – Eat Real Food to get lean**

**Stay away from poison-** (eeeh heem), I mean processed foods. The food companies strip out the good stuff like fiber and nutrients. What you have left is a food that has way more calories than normal. Plus the worst part is that they are highly glycemic, which means our body treats it like sugar. ***The good news is once you cut out these processed foods for a couple of weeks, you lose your cravings.*** I'm not saying to not have a life. I eat burgers, pizza or have a piece of cake from time to time.

- ✓ Watch out for foods and drinks that people think are "healthy" like bagels, pretzels and sports drinks like vitamin water. Consuming these is like eating table sugar.

### **Tip # 6 – WARNING: artificially sweetened "sugar free" foods and drinks make you fat**

Did you know that most foods labeled as "sugar free" or "low carb" actually contain fattening, artificial sweeteners, sugar alcohols and other additives that create a hormonal disaster inside your body, ***actually causing your body to store more belly fat and increase cravings!***

### **Tip # 7 — Eat Snacks—Don't Be Starving**

*Use snacks and drinks (see snack section) that'll fill you up*, and curb your cravings but won't add any significant extra calories. When you feel starved, you'll crave foods that will add unwanted body fat and make you feel really guilty.

- ✓ **When you get a late night sweet tooth**, try a delicious homemade *Chai Tea*. Put two Yogi Mayan Cocoa Spice tea bags in a cup (I use a big 20oz ceramic cup) of boiling water. Add a tiny dash (it's very sweet) KAL brand Stevia. Let it steep for a few minutes then add a little no-sugar added Silk Soy Milk or Almond Milk.
- ✓ Cut up cucumber, jicama or celery. ***Munch away all you want!***

# The Ultimate Women's Jump Start Meal Plan™

Your *Ultimate Women's Jump Start Meal Plan*™ is packed with Lean Muscle toning, Stomach Defining, Belly Fat Busting Meals and snacks. This is by far the easiest, quickest, most "realistic" meal plan for toning muscle and burning fat on the entire planet.

***Congratulations....*** in advance for being the next showcased success story!

## **BREAKFAST**

### Option 1

#### **High Energy and Fiber Oatmeal**

*½ cup rolled oats (Dry)  
1 scoop whey protein (I really like MET-Rx Whey Protein – See shopping list)  
12 almonds or 1 tsp olive or flax seed oil or fish oil  
½ cup mixed organic frozen berries or a hand full of raisins  
Dash of stevia and or cinnamon if desired to make sweeter*

### Option 2

#### **Happy Scrambled Eggs**

*4-6 oz Liquid Egg Whites (about 2-4 Large Eggs)  
½ cup Steamed Brown Basmati Rice or 1 Chopped Red Potato (6 oz) or 1 Slice Ezekiel Bread  
  
½ Avocado or 1 oz shredded cheese or 1 tsp Smart Balance butter  
(All You Can Eat Extras) Veggies, Salsa, Hot Sauce, and Black Pepper*

### Option 3

#### **Chocolate Shake**

*1 Scoop Whey Protein  
16 oz of water, No Sugar Added Almond Milk, or No Sugar Added Soy Milk  
1 Piece of Ezekiel Bread or Whole Wheat Bread or Ezekiel Cinnamon Raisin Bread  
1 TBSP Peanut or Almond Butter or Smart Balance Butter*

### Option 4

***You can select any option from the lunch or dinner choices***

## **SNACK**

#### ***Fruits and Nuts Munchies***

*1Apple, 1 Pear, 1 Orange, 1Peach, or 2 cups Cherries,  
1 Oz (about the palm of your hand) Almonds, Peanuts, Cashews or any nuts,  
preferably RAW (For more choices, see Complete list of snacks section)*

# LUNCH

## **Option 1**

### **Rice Bowl**

1 Chicken Breast (6oz) or 98% Trader Joes Ground Beef (6oz) or Salmon or Tuna (6oz)  
½ Cup Brown Long Grain Basmati Rice or 1 Red Potato (6oz)  
1 TBSP Virgin Olive Oil or Avocado or 1 TBSP Smart Balance Butter  
(All You Can Eat Extras) Veggies, Black Pepper, Balsamic Vinegar and Salsa

## **Option 2**

### **Healthy Sandwich**

6oz Can Tuna (White in Water) or Turkey Slices (6oz) or Chicken Breast (6oz)  
2 Slices Ezekiel Bread or 2 Slices Whole Wheat Bread  
½ Avocado or 1 Slice Cheese  
(All You Can Eat Extras) 1 Tbsp Vegannaise or Organic Mayonnaise, Mustard, Lettuce Or Veggies

## **Option 3**

### **Light and Healthy Salad**

1 Chopped Chicken Breast (6oz) or Salmon or Tuna (6oz) or Extra Firm Tofu (6oz)  
Green Leaf Lettuce and/or Spinach (As much as you want)  
½ Avocado cubed and 1 Tbsp. Sunflower seeds  
Dressing – Balsamic Vinegar with 1 Tsp, Virgin Olive Oil or Spectrum Organic Vegan Caesar Dressing (Refer to Shopping List for more choices)  
(All You Can Eat Extras) Veggies, Jicama, Cucumber, Shredded Carrots, Sprouts etc.

## **Option 4**

### **Egg White Delight**

4- 6oz Liquid Egg Whites (about 2-4 Large Eggs)  
½ cup Steamed Brown Basmati Rice or 1 Chopped Red Potato (6 oz) or 1 Low Carb Tortilla ½ Avocado or 1 oz shredded cheese  
(All You Can Eat Extras) Veggies, Salsa, Hot Sauce, and Black Pepper

## **Option 5**

**You can select any option from the breakfast and dinner choices**

# SNACK

### **Dutch Chocolate Shake**

1 Scoop Whey Protein (refer to shopping list)  
1 Cup Frozen Berries  
About 1 cup No Sugar Added Almond Milk (depending your personal preference)  
Blend and enjoy!

**Added Extras:** that I like (1/3 cup almonds, 1 Tbsp Flax Seeds, 1/8 cup dried shredded coconut, 1 Tbsp Raw Cocoa Nibs (See Shopping List)  
(My suggestions – I use the Magic Bullet Blender; it's easy to clean and doesn't take up much space, plus you can bring it to work)

**(For more choices, see Complete list of snacks section)**

# **DINNER**

## **Option 1**

### **Grilled To Perfection Chicken or Steak with Sautéed Vegetables**

*6 oz Grilled Chicken Breast or Steak (Sirloin or Round Tip)*

*4 oz Baked (or micro waved) red potato, yam or sweet potato (with 1Tbsp Smart Balance Butter)*

*Asparagus, Squash and Broccoli sautéed in extra 2 Tbsp virgin olive oil seasoned with Spike or Mrs. Dash*

*(All You Can Eat Extras) Any and all veggies and pepper*

## **Option 2**

### **Deliciously Baked From The Sea**

*Baked 6oz Salmon, Tuna, Ahi, Mahi Mahi, Halibut, Orange Roughy, or Tilapia*

*½ cup Steamed Brown Basmati Rice*

*Small Salad – Mixed greens, Avocado Cubed, Spectrum Caesar dressing*

*(see Shopping List) (any veggies you want)*

## **Option 3**

### **Fill You Up Till Morning Chicken Soup**

*16 Oz Organic Broth (Chicken, Vegetable or Beef)*

*6 Oz Chopped Chicken Breast or Scrambled Egg Whites or Extra Firm Tofu cubed*

*1 cup Frozen Mixed Vegetables*

*½ Cup Brown Basmati Rice*

*½ Avocado Cubed*

*Spices – Pepper, and Spike (if desired)*

*Suggestions Pre-Cook the Chicken or eggs. Also Pre-cook the brown Basmati Rice. Directions – add the Chicken, Scrambled eggs or Tofu to the Broth in a medium pot.*

*Next, Add the Brown Rice, Avocado and the Veggies (can use Frozen)*

*Add spices and enjoy!*

## **Option 4**

### **Healthy Crunchy Chicken or Fish Tacos**

*6 Oz Chopped Chicken Breast or fish (Baked or Grilled)*

*2-3 Corn Tortillas*

*½ Avocado or 1oz Shredded cheese*

*All You Can Eat Extras – Shredded Lettuce, Salsa, Hot Sauce and veggies*

*Directions - Pour 2 Tbsp Virgin Olive Oil in Pan, then use paper towel to spread it around and wipe out the excess*

*Divide the ½ Avocado or 1 oz shredded cheese and spread it on the corn Tortillas.*

*Place Tortillas on heated pan*

*Put chopped chicken Breast or fish on the tortillas and take them out when the bottom of the tortilla gets slightly brown and crispy*

*Add Extras, fold in half (like a taco) and crunch away!*

## **Option 5**

*You can select any option from the breakfast and lunch choices*

## **OPTIONAL SNACK**

### **Option 1**

#### **Sweet Tooth Chai Tea**

2 Teabags of Yogi Mayan Cocoa Spice Tea

12-16oz No Sugar Added Almond Milk

Dash of Stevia

Directions- Boil Almond milk in Micro-wave or on the stove.

Put in 2 Teabags of Yogi Mayan Cocoa Spice Tea

Add tiny dash of stevia (very sweet)

Enjoy this filling sweet tooth busting, virtually no-calorie treat!

### **Option 2**

#### **Mouth Watering Cucumber Jicama Snack**

Peel and chop cucumber

Peel and chop jicama

Chop up and enjoy

All you can eat extras – lemon, salsa, pepper, balsamic vinegar

### **Option 3**

#### **Protein Shake**

1 scoop whey protein,

16 oz no sugar added almond milk

### **Option 4**

#### **Cucumber Tuna Boat**

Peel cucumber,

Cut in half lengthwise

Scoop out seeds

Fill with canned whit tuna fish in water that has been mixed with Vegannaise

### **Option 5**

#### **Sweet Tooth Chai Tea**

2 Teabags of Yogi Mayan Cocoa Spice Tea

12-16oz No Sugar Added Almond Milk

Dash of Stevia

### **Option 6**

#### **Mouth Watering Cucumber Jicama Snack**

Peel and chop cucumber

Peel and chop jicama

Chop up and enjoy!



# Complete List Of Snacks

## Fat Burning Fruits

Apples  
Oranges  
Cherries  
Grapefruit  
Apricots  
Pears  
Peaches  
Plums  
Grapes

## Nuts

Raw almonds  
Raw Cashews  
Raw Sunflower Seed  
Raw Walnuts  
Raw Brazilian Nuts

## Veggies

Celery (all you can eat)  
Celery with 1 Tbsp Raw, no salt added almond butter  
Cucumber (all you can eat)  
Cucumber with 3 Tbsp Hummus  
Carrots  
Carrots with spectrum organic Caesar dressing  
Steamed Broccoli with spectrum organic Caesar dressing  
Jicama (All you can eat)  
Jicama with squeezed lemon or lime and cayenne pepper

**Baked Blue Corn Chips** - (a handful – not the whole bag!!!) with salsa and/or guacamole

**Cottage Cheese** – 1 cup low fat 2%

**Cottage Cheese with sliced apples** – cup low fat Cottage Cheese, 1 Small Apple

**Cottage Cheese with Peaches** – cup Cottage Cheese, 1 small peach (fresh not canned)

**String Cheese** – 1 stick

**Yogurt – Plain low fat** – 8oz Plain low fat yogurt

**Yogurt with blueberries** – 8 oz Plain low fat yogurt, cup blueberries

**Yogurt with peaches** - 8 oz Plain low fat yogurt, 1 small sliced peach

**Yogurt with nuts** – 8 oz fat free plain yogurt, hand full of nuts (about 15)

**Low Carb Tortilla with hummus** – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp hummus

**Low Carb Tortilla with Peanut Butter** – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp peanut butter **Low**

**Carb Tortilla with Almond Butter** – 1 La Tortilla Factory Low Carb Tortilla, 1 tbsp almond **Low Carb Tortilla with salsa and avocado** – 1 La Tortilla Factory Low Carb Tortilla, with salsa, 1/3 Avocado Corn Tortilla with salsa and avocado – 1 corn tortilla with salsa, 1/3 avocado

# ***Shopping list***

I have created a complete shopping list to make going to the market easy for you.  
You can find these items at any health food store or at select grocery stores.

## **Nuts & Seeds**

*Raw Brazilian Nuts*  
*Raw Walnuts*  
*Raw Peanuts*  
*Raw Sunflower Seeds*  
*Raw Cashews*  
*Raw Almonds*  
*Flax Seeds (Buy Whole seed & grind in coffee Grinder)*  
*Chia Seeds (Bob's Red Mill Brand)*

## **Oils**

*Flax Seed Oil -*  
*Barlens Brand Fish Oil -*  
*Carlson Brand Extra Virgin Olive Oil*

## **Herbs & Spices**

*Stevia*  
*Cinnamon*  
*Black Pepper*  
*Cayenne Pepper*  
*Spike*  
*Mrs. Dash*

## **Dairy**

*Liquid Egg Whites - Eggology or All Whites (not egg beaters)*  
*Shredded Cheese*  
*Sliced Cheese*  
*Cottage Cheese - Horizon Organic Lowfat 2%*  
*String Cheese - Horizon Organic Lowfat*  
*Yogurt - Horizon Organic Lowfat*  
*Greek Yogurt - Chobani Simply 100*

## **Grains & Bread**

*Rolled Oats (Oatmeal)*  
*Brown Long Grain Basmati Rice*  
*Ezekiel Bread (refrigerate immediately)*  
*Ezekiel Cinnamon Raisin Bread*  
*(refrigerate immediately)*  
*Whole Wheat Bread*  
*BrownBerry Multigrain Sandwich Thins*

## **Vegetables**

*Red Potato*  
*Avocado*  
*Green Lettuce*  
*Spinach*  
*Celery*  
*Jicama*  
*Cucumber*  
*Carrots*  
*Shredded Carrots*  
*Sprouts*  
*Broccoli*  
*Yam*  
***Sweet Potato (Most important)***  
*Asparagus*  
*Frozen Mixed Vegetables*  
*Mixed Green Salad*

## **Condiments & Dressings**

*Salsa*  
*Hot Sauce*  
*Balsamic Vinegar*  
*Vegannaise*  
*Organic Mayonnaise*  
*Mustard*  
*Caesar Dressing - Spectrum Organic*  
*Raw No Salt Peanut Butter*  
*Raw No Salt Almond Butter    Smart*  
*Balance Butter*

## **Fruits**

*Apple*  
*Blueberries*  
*Pear*  
*Orange*  
*Peach*  
*Cherries (fresh unsweetened)*  
*Grapefruit*  
*Apricots*  
*Plums*  
***Kiwi (complete protein)***  
*Pomegranate*  
*Grapes*  
*Organic Frozen Berries*

## **Meats**

*Chicken Breast ( free range organic)*

*98% Lean Ground Beef*

*Turkey Slices*

*Sirloin Steak*

*Round Tip Steak*

## **Seafood**

*Ahi (ocean caught not farm raised)*

*Mahi Mahi (ocean caught not farm raised)*

*Halibut (ocean caught not farm raised) Orange*

*Roughy (ocean caught, not farm raised) Tilapia*

*(ocean caught, not farm raised) Salmon (ocean*

*caught, not farm raised) Tuna*

*Canned White Tuna in Water*

## **Miscellaneous**

*Extra Firm Tofu*

*Dried Shredded Coconut*

*Raw Coco Nibs*

*Corn Tortillas*

*Low Carb Tortillas*

*Corn Tortilla Chips*

*Baked Blue Corn Chips*

*Organic Chicken Broth (low sodium)*

*Organic Vegetable Broth (low sodium) Organic*

*Beef Broth (low sodium)*

*No Sugar Added Almond Milk*

*Yogi Tea - Mayan Coco Spice*

*Green Tea Mint Garden*

*Green Tea Super Antioxidant*

*Green Tea Energy*

*Echinacea Immune Support*

## **Protein**

*Whey Protein - MET-Rx Brand*

*Pea Protein - NOW Foods Brand*

*Hemp Protein - Manitoba Harvest Brand*