



Lose 5 lbs in 3 Days Menu Plan

	Digestive Boost	Breakfast	Lunch	Supper	Snack
Monday	Tumeric Broth Latte	Warm Flaxmeal Hot Cereal	Gourmet Avocado	Cauli Rice & Veggie Bowl <i>with Broccoli</i>	Cinnamon Skinny Bombs
Tuesday	Tumeric Broth Latte	Warm Flaxmeal Hot Cereal	Gourmet Avocado	Cauli Rice & Veggie Bowl <i>with Asparagus</i>	Cinnamon Skinny Bombs
Wednesday	Tumeric Broth Latte	Warm Flaxmeal Hot Cereal	Gourmet Avocado	Cauli Rice & Veggie Bowl <i>with Brussel Sprouts</i>	Cinnamon Skinny Bombs

Food Prep Rhythm

Do food prep on the weekend to make making meals easier.

Saturday: Grocery Shopping Day

Sunday: Prep foods

- 1) Make gomashio
- 2) Make the cereal by pre-measuring dry ingredients into 3 separate bowls/jars (cover and refrigerate)
- 3) Prep wash and chop all hearty greens and refrigerate.
- 4) Process cauliflower into 'rice' in a food processor and pre cook with caramelized onions and garlic and then refrigerate (if there is too much, freeze the extra)
- 5) Wash chop and store broccoli, asparagus and brussel sprouts in glass jars
- 6) Make cinnamon skinny bombs



Delish Diet

Digestive Boost

Tumeric broth latte

What you will need:

2 cups chicken or beef bone broth (or use veggie cubes)
2 tablespoons grass-fed ghee or grass-fed butter (you can also use coconut or MCT oil)
½ teaspoon ground turmeric
⅛ teaspoon ground ginger
⅛ teaspoon freshly ground black pepper
Sea salt, to taste

How to do it:

Step 1: Blend all ingredients in a blender.
Step 2: Warm up on the stove on medium heat.

Breakfast (10:00am)

Warm Flaxmeal Hot Cereal

What you will need:

3 Tbsp ground flax seeds
3 Tbsp hemp seeds
3 Tbsp collagen powder or other protein powder
3 Tbsp blue berries (opt)
1 tsp cinnamon

1 tsp powdered erythritol
1 tbspc coconut oil

1/2 cup boiling water
splash of coconut milk

How to do it:

Step 1: Mix flax, hemp seeds, protein powder, cinnamon powder, erythritol and berries in a bowl.
Step 2: Pour boiling water on top and stir in coconut oil.
Step 3: Let sit for 5 minutes.
Step 4: Serve with a splash of coconut milk on top.

Lunch

Gourmet Avocado

What you will need:

1 avocado
gomashio
nori paper
fresh herbs
sauerkraut
nutritional yeast
lettuce
salt to taste (optional)

How to do it:

Step 1: 1/2 to 1 whole avocado sliced on a bed of lettuce.

Step 2: Top with gomashio, crumbled nori paper, fresh herbs, sauerkraut and nutritional yeast

Gomashio

What you will need:

1/2 cup sesame seeds
1/4 cup kelp powder (optional)
1 tsp unrefined salt

How to do it:

Step 1: Toast the sesame seeds in a dry non-stick frying pan and set aside.
Step 2: Once the sesame seeds are returned to room temperature, blend with remaining ingredients in a coffee grinder.
Step 3: Store in an airtight jar in the pantry.

Snack (optional)

Cinnamon Skinny Bomb

What you will need:

1 cup coconut oil
3 Tbsp cinnamon
1 tsp plain stevia or 3 Tbsp powdered erythritol
pinch of sea salt

How to do it:

Step 1: Melt the coconut oil on the stovetop with the cinnamon and stevia at medium
Step 2: Heat (it will slightly roast the cinnamon which adds such a delicious



Delish Diet

flavour, but stir often so that it doesn't burn to the bottom of the pot).

Step 3: (optional) Put into your blender once melted and blend until smooth.

Step 4: Pour into your favourite mould.

Step 5: Store in the fridge.

Supper (5:30pm)

Cauliflower 'Rice' and Veggie Bowl

What you will need:

Hearty greens of your

choice (kale, collards, spinach etc.)

Coconut oil

Cauliflower

'rice' (cauliflower chopped in a food processor)

1 yellow or red onion sliced any way you prefer

3 cloves pressed garlic

1 of either broccoli, asparagus or brussel sprouts (a different one each night)

Plus toppings:

gomashio

fresh herbs

sauerkraut

fresh avocado

How to do it:

Step 1: Cook your vegetable of choice in whatever way you prefer (steam, boil, bake etc.)

Step 2: Sauté garlic and onions until onions in coconut oil until they are translucent and add cauliflower and cook until soft and the water is steamed off.

Step 3: Wash, chop and salt your hearty green of choice (you can eat raw or cooked)

Step 3: Layer in a bowl: greens, cauliflower rice, cooked vegetables and suggested toppings.



Lifestyle

- 1) drink 2 litres of salted water per day (1/2 tsp unrefined himalayan salt dissolved in 2 litres water)
- 2) eat between the hours of 10am - 6pm only
- 2) do not eat anything after dinner (drink water or herbal tea only)
- 3) read Delish Diet e-book ([get it FREE here](#))
- 4) go for a walk
- 5) clean and tidy up your house
- 6) meditate
- 7) go to bed really early



Delish Diet

Grocery List

Fruit:

3/4 cup blue berries
3 - 6 avocados

Green Leafy Vegetables:

fresh herbs of choice
1 head of lettuce
kale
collards
spinach

Vegetables:

3 small cauliflowers
3 yellow or red onion 9 cloves garlic
1 cups broccoli florets
1 bunch asparagus
1 cup brussel sprouts

Seaweed:

toasted nori paper
1/4 cup kelp powder (optional)

Dried Spices

1.5 teaspoons ground turmeric
1 teaspoon ground ginger
1 teaspoon freshly ground black pepper
4 Tbsp cinnamon

Seeds:

3/4 cup ground flax seeds
3/4 cup hemp seeds
1/2 cup sesame seeds

Other:

2 cups bone broth (or use veggie cubes)
sauerkraut
1/4 cup nutritional yeast
1.5 cups coconut oil
3/4 cup collagen powder or other protein powder
Himalayan sea salt
1/4 cup powdered erythritol (if you can only get it crystallized then blend in a coffee grinder to turn it into a powder).
1 can coconut milk