



## 2 Week Weight Loss Kick Start Plan

<b><i>14 Day Meal Planner</i></b>	<b>1</b>
<b><i>Feeling Full</i></b>	<b>6</b>
<b><i>Exercise &amp; Stress Relief</i></b>	<b>6</b>
<b><i>Recipes</i></b>	<b>7</b>
<b><i>Note for Portion Sizing: What does 3-4 oz look like?</i></b>	<b>8</b>
<b><i>Shopping List</i></b>	<b>9</b>

### ***14 Day Meal Planner***

Basically it's 3 meals plus 2 snacks each day- lots of protein and vegetables with each meal, along with healthy fats. This way of eating will allow your body to release stored toxins while burning fat as fuel. It's important that you try to choose local and organic foods whenever possible to enhance the detox benefits! You're allowed one cup of organic coffee or tea every day plus up to 6 cups of organic green tea. Make sure to drink at least 10 cups of filtered water daily- starting with one first thing in the morning! Also no alcohol, juice or soft drinks for the 14 days- these beverages carry empty calories, sugar, and toxins that will stall your progress.

This plan is designed for omnivores- but includes lots of vegetables that are high in protein (avocado, broccoli, spinach, kale, beans, etc.) Also, you can easily substitute tofu, tempeh, 1 cup of quinoa/lentils or 2 cups kale for any of the animal protein options- this makes the plan cheaper and some would argue even healthier! As always- do what feels right for your body.

You're welcome to have any of these clean & lean flavourful herbs and spices with your meals:

ginger	balsamic/raspberry/apple	thyme
garlic	cider vinegars	parsley
cinnamon	miso	dill
turmeric	tamari	cilantro
cumin	dijon mustard	rosemary
coriander	extra virgin olive oil (EVOO)	sage

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- Each day you will be having a small amount of fermented foods; you can choose coconut kefir, kimchi or sauerkraut- whichever you like- with one of your main meals.
- Start every day with 12-16 oz. filtered water and 1/4 a lemon

### Day 1

Breakfast: 1 boiled/scrambled egg, 2 oz wild pacific salmon (canned)\*, & 1-2 cups baby spinach

Lunch: 1 grilled sea bass (trout/haddock) with a salad (mixed leaves, red peppers, green beans, broccoli, with a dash of EVOO and balsamic vinegar, 1 Tbsp sauerkraut

Snack: 6 soaked nuts of choice (almonds, cashews, walnuts, pecans, etc.)

Dinner: 3-4 oz lean beef with steamed broccoli and spinach and 1/4 avocado

Snack: chopped vegetables w/ a Tbsp of hummus

\*Note: wild pacific salmon can be replaced with smoked salmon if preferred

### Day 2

Breakfast: 3-4 oz wild pacific salmon (canned) with chopped cucumber and parsley

Lunch: Salad; 4 oz sliced turkey, chopped tomato, cucumber, spinach, carrots, 1/4 avocado, drizzle of EVOO and balsamic vinegar

Snack: chopped vegetables w/ a Tbsp of hummus

Dinner: 1 grilled haddock fillet, served with steamed green beans/vegetables; 1 Tbsp sauerkraut

Snack: a small handful of seeds (try pumpkin, sunflower, etc.)

### Day 3

Breakfast: green beans with a quarter of an avocado and 3-4 oz sliced chicken

Lunch: a 2 egg omelette made with spinach and turkey, served w/ green salad

Snack: apple and 6 soaked almonds

Dinner: 3-4 oz grilled lamb/pork chops with spinach, broccoli and red peppers; 1 Tbsp sauerkraut

Snack: 5 brazil nuts

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### Day 4

- Breakfast: 3-4 oz turkey with grilled mixed vegetables
- Lunch: a mackerel (3-4oz) salad, incl. tomato, baby spinach, green beans, drizzled with EVOO and balsamic vinegar
- Snack: apple and w/ 2 Tbsp almond/peanut butter
- Dinner: 1 chicken breast with steamed zucchini and pesto; 1 Tbsp sauerkraut
- Snack: 5 brazil nuts

### Day 5

- Breakfast: 2 boiled eggs w/ red peppers and 1/4 avocado
- Lunch: pan-fried shrimp (3-4oz) with sauted mixed vegetables
- Snack: 2 rice cakes w/ salsa
- Dinner: 1 chicken breast, stir fried with mixed vegetables; 1 Tbsp sauerkraut
- Snack: a small handful of seeds (try pumpkin, sunflower, etc.)

### Day 6

- Breakfast: 1 scrambled egg w/ spinach, onion and garlic and 2 oz turkey
- Lunch: 1 cup black beans w/ pan fried mushrooms, onions, garlic and grilled tomato, served with a green salad
- Snack: chopped vegetables w/ a Tbsp of hummus
- Dinner: baked haddock fillet (with dill, garlic, paprika) served with steamed broccoli and cauliflower; 1 Tbsp sauerkraut
- Snack: 5 brazil nuts

### Day 7

- Breakfast: 1 poached egg, 2 oz wild pacific salmon, on tomato, 2 scallions and mushrooms
- Lunch: 3-4 oz roast chicken with a large mixed salad; 1 Tbsp sauerkraut
- Snack: apple and 6 soaked almonds
- Dinner: 3-4 oz fish served with peppers, green beans, and broccoli
- Snack: 5 brazil nuts

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### Day 8

- Breakfast: 3-4 oz turkey with mixed salad
- Lunch: a 2 egg omelette made with spinach and turkey, served w/ green salad
- Snack: chopped vegetables w/ a Tbsp of hummus
- Dinner: grilled salmon/halibut steak with sauteed kale, cabbage, and red peppers; 1 Tbsp sauerkraut
- Snack: 6 macadamia nuts

### Day 9

- Breakfast: 3-4 oz mackerel and a slice of rye bread
- Lunch: baked haddock with a green salad
- Snack: apple and 6 soaked almonds
- Dinner: 1 grilled chicken breast, served on a bed of steamed asparagus and zucchini; 1 Tbsp sauerkraut
- Snack: 5 brazil nuts

### Day 10

- Breakfast: 1 cup oatmeal w/ raspberries, 1/4 cup almond milk
- Lunch: pan-fried shrimp (3-4 oz) spinach, cilantro; 1 Tbsp sauerkraut
- Snack: chopped vegetables w/ a Tbsp of hummus
- Dinner: 1 chicken breast with steamed spaghetti squash and pesto
- Snack: apple and 6 soaked almonds

### Day 11

- Breakfast: 2 scrambled eggs with veggies
- Lunch: 3-4 oz lean beef, small blue potato, steamed green vegetables, 1 Tbsp sauerkraut
- Snack: 4-6 nuts
- Dinner: 1 chicken breast with steamed spaghetti squash and tomato sauce

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Snack: 1/4 avocado, apple, cinnamon and pepper

### Day 12

Breakfast: 3-4 oz turkey, 2 rice cakes and salsa

Lunch: 1 grilled haddock fillet with mixed greens, arugula, red onion, and snow peas

Snack: chopped vegetables w/ a Tbsp of hummus

Dinner: 3-4 oz chicken served with roasted peppers and 1/2 cup squash; 1 Tbsp sauerkraut

Snack: 3 cups popcorn drizzled with EVOO and herbs

### Day 13

Breakfast: 2 oatcakes (see recipe), 2 Tbsp peanut/almond butter

Lunch: 3/4 cup black beans on a green salad with balsamic dressing

Snack: 2 oz turkey with 2 thick slices of avocado, wedge of lemon

Dinner: 1 cup black beans, cooked with pepper and garlic, served with steamed green beans and broccoli; 1 Tbsp sauerkraut

Snack: apple and 6 soaked almonds

### Day 14

Breakfast: 1 cup oatmeal w/ raspberries, 1/4 cup almond milk

Lunch: 3-4 oz smoked salmon with chopped cucumber and hummus, 1 Tbsp sauerkraut

Snack: 1 cup Sweet with heat chickpeas (see recipe)

Dinner: 1 grilled haddock fillet with 1 small blue potato, mixed greens, arugula, red onion, and snow peas- honey mustard dressing

Snack: 4-6 nuts

### **Note for Portion Sizing: What does 3-4 oz look like?**

3-4 oz smoked salmon = the size of you outstretched hand (incl. fingers)

3-4 oz chicken = 2/3 size of reg breast

3-4 oz lean beef = small hamburger

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### ***Feeling Full***

This meal plan should keep you feeling satisfied and energized. There's enough fiber and fat that you shouldn't be feeling hungry between meals- but If you want more food, go for the higher protein portions and eat more vegetables. If you're quite active, then this plan may not meet your calorie needs- in which case we can amp it up -just let me know!

### ***Exercise & Stress Relief***

Moving your body has so many benefits, one huge one being stress relief. If you're stressed your body releases adrenaline and cortisol, hormones that help you escape from danger- but in our modern life, just help us store fat. It's really a lot more complicated, but for now this is what you need to know!

If you really want to shed fat, you're going to have to exercise! Everyone needs about 30 minutes of light exercise every day- like a walk plus stretching. For greater weight loss, get your heart rate up with aerobic activity or strength training- talk to me for more in depth work out plans I recommend!

The best time to burn fat is first thing in the morning- so after you drink your water spend a half hour walking, jogging or, if it's raining, doing a series of skipping rope (1 min), jumping jacks (10-20), squats (12-15) lunges (12-15) and push ups (10-15). Repeat 3 times. Then, feeling oxygenated and energized, have your nourishing breakfast. Obviously how much you're capable of depends on your body and fitness level. Pace yourself and listen to your body.

### ***Keeping Yourself Accountable***

This can be a really challenging program for some- especially those who consume a large amount of grain and dairy products or other processed foods. Keep yourself on track by writing down some goals before you start to program, keeping check lists for water consumption and exercise, and keeping a journal to record your struggles and triumphs. Remember- you can do anything- one choice at a time!

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## *Recipes*

### **OATCAKES (18)**

*Adapted from a recipe by Allison Frahn, a FitnessRx writer*

#### **Ingredients:**

1 cup ground oats  
1/2 cup coconut/spelt flour  
1/2 cup ground flax  
1 tsp. baking powder  
1/2 tsp. sea salt  
1/2 c. no-sugar-added applesauce  
1 Tbsp coconut oil, softened  
1/4-1/2 cup unsweetened almond milk

#### **How to Prepare**

Preheat oven to 350 degrees and coat 2 non-stick cookie sheets with coconut oil; set aside.

In a mixing bowl, combine the oats, flour, flax, baking powder and salt. Now cut in the applesauce, coconut oil and 1/4 cup almond milk with a fork, until the mixture resembles crumbly but moist dough (you might need to add the remaining almond milk— add just enough to make a firm but not dry dough).

Roll the dough into 1 1/2-inch balls. Place 9 of the balls onto each cookie sheet, pressing each ball with the heel of your hand to an approximate 1/4 inch thickness. Bake for 15 to 20 minutes, or until lightly browned.

#### **Nutrition:**

**Per oatcake: 45 calories, 2 grams protein, 6 grams carbohydrates, 1.5 grams fat**

#### **Variations:**

#1 CINNAMON RAISIN: Add 2 Tbsp cinnamon, 1 tsp. nutmeg, 1 Tbsp vanilla extract, 1/3 cup raisins, stevia (optional). (Adds approx. 10 calories per cake).

#2 BANANA WALNUT: Add a ripe banana in place of the apple sauce, 1/4 cup walnuts, 1 tsp. cinnamon. (Adds approx. 25 calories per cake).

#3 SESAME ONION: Add 3 Tbsp sesame seeds, 3 Tbsp finely chopped (or dehydrated) onion, 1 tsp. sea salt. (Adds approx. 10 calories per serving).

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### **MIXED GREEN SALAD RECIPE (8)**

Boxed, prepped organic greens work great, but if you want some variety mix ahead of time and keep in the fridge!

4 cups torn frisée lettuce  
4 cups baby arugula leaves  
4 cups trimmed watercress  
1 head torn boston lettuce  
2 cups dandelion greens

#### **Make up & serve with a Lemon Fennel Vinaigrette:**

1/4 cup EVOO  
3 tbsp minced green onions  
3 tbsp lemon juice  
2 tsp Dijon mustard  
1-1/2 tsp crushed fennel seeds  
1/2 tsp sea salt  
1/2 tsp pepper  
pinch of stevia

### **SWEET with HEAT ROASTED CHICKPEAS (2)**

*adapted from from a recipe by Amy Layne of DAMY Health*

Ingredients:

1 Can (540ml/19oz) Chickpeas (Drained and Rinsed)  
1 Tbsp Coconut Oil (Melted)  
1-2 Tsp Chili powder (you're welcome to substitute and spice you like here!)  
2 Tbsp Maple Syrup/Honey  
Dash of sea salt

Directions:

Preheat your oven to 425 F. Place all ingredients in a bowl and stir until chickpeas are completely coated. On a parchment paper lined cookie sheet evenly distribute chickpeas (single layer). Place in the oven and bake 25-30 minutes stirring 2-3 times.

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## Shopping List

### Herbs, spices & extras:

ginger	turmeric	balsamic/raspberry/apple cider vinegars	Fresh or dried:
garlic	pepper	miso	thyme
cinnamon	cumin/coriander	tamari	parsley/dill/cilantro
honey	fennel seeds	dijon mustard	rosemary
chili	1 bottle sauerkraut	extra virgin olive oil (EVOO)	sage
sea salt	1 bottle pesto	unrefined coconut oil	

### WEEK 1 (for 1 person)

#### ANIMAL PROTEIN

eggs (9)  
 chicken (6-10 oz)  
 chicken breast (1)  
  
 turkey (15-20 oz)  
 smoked salmon (7-10 oz)  
 OR canned wild pacific salmon (2-3 cans)  
 shrimp (4-7 oz)  
 mackerel (3 oz)  
 haddock fillets (3)  
 pork (6 oz)  
 sea bass/trout (2)

#### PLANT PROTEIN

hummus (1)  
 black beans (1-2 cans)  
 almond butter  
  
 almonds (~ 25)  
 brazil nuts (20)  
 other nuts (couple handfuls)  
 seeds (pumpkin, sunflower, etc.) couple handfuls

#### FRUIT

apples (5 small/1 bag)  
 lemons (3-6)

#### VEGGIES

spinach (approx. 8 cups)  
 mixed greens (1 large box)  
 OR 1 frisée lettuce, 4 cups baby arugula leaves, 4 cups trimmed watercress, 1 head boston lettuce, 1 bunch dandelion greens  
  
 broccoli (2 heads)  
 kale/collards/bok choy (1 head)  
 green beans (good sized bag/4-5 servings)  
 scallions/green onion (1 bunch)  
 onion (2)  
 celery (1 bunch)  
 english cucumber (2)  
 tomato (4)  
 avocado (1)  
 carrots (1 bag)  
 cauliflower (1 head)  
 bell peppers (4)  
 mushrooms (1 sm. container/2 portobellos)  
 zucchini (3)

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**WEEK 2 (for 1 person)**

**ANIMAL PROTEIN**

- eggs (4)
- chicken (3-6 oz)
- chicken breast (1)
- turkey (10-14 oz)
- smoked salmon (3 oz)  
OR canned wild pacific salmon (1-2 cans)
- salmon/halibut steak (1)
- shrimp (3 oz)
- mackerel (3 oz)
- haddock fillets (2)
- pork (3 oz)

**GRAINS**

- oatmeal
- flaxseed, ground
- rye bread (freeze immediately)
- coconut/spelt flour (1/2 cup)
- popcorn kernels (1 bag)

**PLANT PROTEIN**

- hummus (1)
- black beans (1 can)
- chick peas (1 can)
- almonds (~ 18)
- brazil nuts (10)
- macadamia nuts (6)

**PANTRY**

- salsa
- almond milk
- tomato sauce (low sugar)
- rice cakes (1 pkg)

**FRUIT**

- apples (5 small/1 bag)
- lemons (3-6)
- raspberries (1 container/bag frozen)
- no-sugar-added applesauce

**VEGGIES**

- tomato (4)
- avocado (1)
- bell peppers (4)
- mixed greens (1 large box)  
OR 1 frisée lettuce, 4 cups baby arugula leaves, 4 cups trimmed watercress, 1 head boston lettuce, 1 bunch dandelion greens
- spinach (approx. 8 cups)
- kale/collards/bok choy (1 head)
- broccoli (1 heads)
- celery (1 bunch)
- scallions/green onion (1 bunch)
- green beans (3 servings)
- english cucumber (2)
- zucchini (3)
- asparagus (1 bunch)
- snow peas (1 sm bag)
- cabbage (1 small)
- spaghetti squash (1 small)
- acorn squash (1 small)
- blue potato (1 small)
- red onion (1)
- carrots (1 bag)



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