

JumpStart Diet

DAY #1:

Upon Arising:
Hot-Metab Cocktail

Mid-Morning Snack:
2 hard-boiled eggs

Noon:
4 oz grilled chicken breast
2 cups mixed greens
1 tbsp flax oil
Fresh lemon, to taste

Mid-Afternoon Snack:
Hot-Metab Cocktail

Dinner:
4 oz broiled halibut
2 cups steamed broccoli

Before-Bedtime Snack:
Hot-Metab Cocktail

DAY #2:

Upon Arising:
Hot-Metab Cocktail

Mid-Morning Snack:
2 hard-boiled eggs

Noon:
4 oz baby shrimp
½ diced cucumber
1 diced tomato
1 diced scallion
1 tbsp. olive
Fresh lemon, to taste

Mid-Afternoon Snack:
Hot-Metab Cocktail

Dinner:
4 oz. Salmon
Fresh lemon, to taste
Sliced onions, to taste
2 cups steamed green beans

Before-Bedtime Snack:
Hot-Metab Cocktail

Day #3:

Upon Arising:
Hot-Metab Cocktail

Mid-Morning Snack:
2 hard-boiled eggs

Noon:
4 oz. grilled chicken
1 diced scallion
1 chopped garlic clove
2 tbsp. yogurt
Cumin, to taste
Fresh lemon juice, to taste
Serve over 2 cups lettuce

Mid-Afternoon Snack:
Hot-Metab Cocktail

Dinner:
4 oz. grilled tuna steak
2 cups steamed asparagus

Before-Bedtime Snack:
Hot-Metab Cocktail

Hot-Metab Cocktail:

3 tbsp. fresh lime juice
1 vine-ripe tomato
½ cup chopped cilantro
2 tbsp. fresh chives
½ cup R/O water
2 tbsp extra-virgin olive oil
½ garlic clove
Dash of cayenne
Pinch of potassium-based salt substitute
3-4 ice cubes (purified water)
Blend all for approx 1 minute on high speed.

Yield: 12 oz.

IMPORTANT DIET TIP:

Drink 1 oz R/O water daily
for each 2 lbs. of body weight.
No more than 4 oz. per 30 minutes.