

THE

10-DAY

***JUMPSTART
PROGRAM***



By Rachel Yacobozzi

INTRODUCTION

Welcome to the 10-Day Jumpstart Program! These 10 days are going to teach you how to live a life with lots of spunk, lots of energy, a ton of mental clarity and an excitement for cleaner, wholesome real food.

This may seem too simple to be true, but the quickest way to jumpstart your health and get your body back on track to a healthy and energy-rich state is to eliminate sugar from your diet. Sugar is hidden everywhere in almost all of our foods. If you are eating a diet that consists of mostly processed foods, then chances are sugar is a huge culprit to a lot of your health challenges right now.

To successfully do this program, all you need is the **commitment** to better yourself and your health and **a little** bit of prep time to make sure it goes smoothly.

This program consists of tips before your detox, during and after. It also includes 30 different recipes for you to reference and try. We hope that you choose and experiment with whole foods that work best for you and don't go exactly by every recipe. The recipes act as guidelines- use them as you choose, but don't be afraid to create your own sugar-free masterpieces!



DISCLAIMER

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FOR THE 10 DAYS WE RECOMMEND A COUPLE OF THINGS

1 STAY AWAY FROM HIGHLY PROCESSED FOODS

like pastas, tortillas, breads, cookies and crackers (unless suggested for certain meals like sprouted wraps). These foods are made with many additives and added sugars that will not allow you to reap all of the benefits of fully getting off of sugar.



2 DON'T LIMIT YOUR FOOD INTAKE.

This is not a diet plan. If you are hungry, please eat. The goal with this program is to get you off of those addictive sugars that you find in almost every processed food on the grocery store shelf. So if you are hungry, we hope that you will choose a whole food, healthful option. If the meals we have provided you are too big/small for you, simply alter them to your preference.



3 HAVE FUN!

This is a new start to a new beginning for you. Have fun with it and enjoy experimenting with different foods that will fuel your body with amazing nutrients! Join in on group discussions on our private Facebook page and if you are in need of any support, please let us know!



SO...WHY SHOULD YOU GET OFF OF SUGAR?

SO YOU ARE PROBABLY WONDERING...

“Why get off of sugar”?

Well there are a lot of reasons...

For starters, about 80% of grocery store foods contain sugar-it’s literally hidden everywhere. Most people are unknowingly addicted to sugar.

***Sugar is 8 times as addictive as cocaine and lights up the brain just like a drug.
Scary, huh?***

Research shows that overeating sugar can lead to things like

Weight
gain

High
cholesterol

High rises
in insulin
levels

THERE ARE MANY RISKS ASSOCIATED WITH OVER CONSUMING SUGAR.

Some of these include Diabetes, Heart Disease and Cancer.

There are many common symptoms associated with sugar intake that are also looked upon as normal. These include: inflammation in the body, wrinkles, acne, mood swings, weight gain, excessive hunger and cravings, irritability, brain fog, low energy, fatigue and headaches.

Taking a break from sugar can transform your life in a short period of time. Once you are off of it, you won’t ever want to go back. It may be tough for the first few days, but physiological changes can show up as quickly as day 3 for some people.



HERE'S THE NEAT PART OF GETTING OFF OF SUGAR

SHORT-TERM EFFECTS

of ridding sugar from your body may include higher energy levels, mental clarity, refreshed taste buds, lifted brain fog, reduced headaches, less cravings, better sleep and clearer skin.

SOME LONG-TERM EFFECTS

may include balanced blood sugar levels, weight loss, less susceptibility to chronic diseases, vitality, long lasting energy, mental clarity and better memory.



Sugar is hidden everywhere. It's found in things like yogurt, pasta sauces and even in packaged meats.

The average consumer consumes 3 times the recommended sugar amount each day.

Woah

SO WHAT TYPES OF SUGAR ARE THERE

And which ones are we looking to avoid on this Jumpstart Program and afterwards?

There are two categories of sugar:



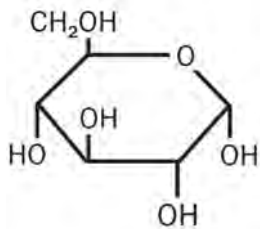
**Natural
sugars**



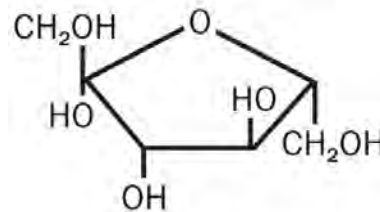
Refined sugars
(refined is AKA processed or artificial)

Natural sugar comes from foods such as fruit, vegetables, honey and whole grains. There are two types of natural sugars.

They are known as glucose and fructose.



Glucose is a simple sugar that is vital for life. It is the main energy source that our cells use to function. All foods that have carbohydrates contain glucose.



The second sugar, **fructose** is also a simple sugar. It is known as fruit sugar because it is mainly found in fruits. Fructose is a little bit harder to break down by the body so it should be eaten in moderation.

These sugars, when consumed from foods such as fruit, vegetables and whole grains have high levels of fiber, minerals, nutrients and antioxidants so they get processed much slower and allow the body to work properly and utilize the energy in a regulated manor.

If there are high levels of sugar in the body at once that are not being utilized for energy, the body will convert them into fat.

This is where refined sugar comes into play and why we should stay away from it. These sugars have been processed, modified and are chemically made. Compounds are taken from nature and altered to create new sugar substitutes.

There are many types with different names.

The most common is sucrose. Sucrose is made of $\frac{1}{2}$ fructose and $\frac{1}{2}$ glucose. It is extracted from sugar cane or sugar beets, which are used to make table sugar. Other types of processed sugars include molasses, high fructose corn syrup ect.

The main difference between natural sugar and refined sugar is the process by which they are broken down in the body.



NATURAL SUGARS

Natural sugars in things like fruit and vegetables are absorbed much slower due to the fact that they contain other nutrients like fiber and antioxidants. With refined sugars, they are extremely concentrated and are quickly absorbed in high amounts by the body.

The main problem with refined sugar is that they are delivered in unknown amounts (assumably high) at extremely fast rates. When this happens, the body gets overwhelmed and begins to store these sugars as fats.

Overdosing on sugar can be an easy thing if you are used to eating high amounts of processed foods and don't know what to look for. Thankfully, you're here and we have you covered!



SO WHEN IS THE BEST TIME TO DO A JUMPSTART PROGRAM?

NOW IS THE BEST TIME!

You want to make sure you go into it strong with a schedule and support system that can support you.

We recommend starting on a Monday or Tuesday so that you can prep the Sunday before and only go through one weekend while on the program.

You should choose dates when you don't have things that may tempt you or cause it to be much more difficult for you such as parties, weddings, birthdays and travel time. Being prepared both physically and mentally for your program will give you the highest possibility of success.

MONDAY
TUESDAY



TIPS FOR THE 10-DAYS

1 PLAN!

Meal prepping and planning is something you can do all of the time. Incorporating it on this program will make things go a lot smoother.

Tips for meal planning:

- Set aside 1-2 hours a day before you start your program to meal prep
 - Add in a mid-week prep day if you really want to keep things on track (Day 5 is recommended)
 - Cut, rinse and jar fruits and veggies for easy access
 - Put smoothie ingredients together in advanced in mason jars
 - Make overnight oatmeal jars in advanced
 - Prepare bulk salad dressings in advanced
 - Cook grain/beans in advanced in bulk to store in fridge
 - Pre-cook chicken and cube to put in fridge or freezer for quick access later in the week
 - Hard boil eggs and store in fridge
 - Pre-cook some meals and put into Tupperware
 - Cook once and eat three times!
- Leftovers make for yummy meals and are perfect for busy schedules.



2 HAVE CLEAN FOODS HANDY AND THROW THE TEMPTING FOODS OUT!

If you will be tempted to eat it, it needs to go. Extra foods to keep on hand for quick access include:

- Nuts
- Seeds
- Sliced veggies like carrots, bell peppers, celery
- Berries
- Quick Fruits/Vegetables



3 KEEP EMERGENCY SNACKS WITH YOU AT ALL TIMES!

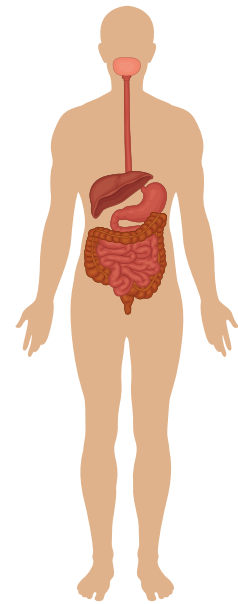
This is a MUST. If you happen to be out and get hungry, your body will start to crave and the things it will most likely crave is... you guessed it, SUGAR. So keeping things such as to-go nut butters (with no added sugars), fruits/veggies or nut and seed mixes are highly recommended just incase you get in a situation where clean sugar-free food is not available.



4 DECONSTRUCT YOUR CRAVINGS!

Really listen to your body during this time and keep notes of when you crave and what you crave. Ask yourself if you're really hungry or if you're body is craving the sugar. Drinking plenty of water throughout this program helps, as well as making sure that you have adequate amounts of healthy fats and proteins in each meal (especially breakfast)! Fats slow the absorption of other foods when they are digested so having a good amount of it in each meal will keep you fuller longer and give you longer lasting energy.

Check out the How to Make a Perfect Meal sheet to see a break down of how to create your own meals.



5 LEARN THE LABEL.

Refined sugars are hidden everywhere! When shopping, make sure to ALWAYS check the ingredients lists on the foods. If you can't read it, chances are you should not be eating it. There are also some natural sugars that stimulate your taste buds due to their high sugar content (even though they are natural), so we will want to avoid those as well. Here are some things to avoid during the 10 days:

- Honey
- Maple syrup
- Agave
- Marinades
- Flavored yogurts
- Pasta sauces
- Refined flours (like whole wheat flour)

Some processed/artificial sugars to stay away from in the ingredients lists are:

- Corn syrup
- High fructose corn syrup
- Corn syrup solids
- Brown rice syrup
- Sucrose
- Fructose
- Molasses
- Tapioca syrup
- Fruit concentrates
- Rice bran syrup
- Malt syrup
- Dextrose
- Maltodextrin
- Sorghum
- Aspartame
- Glycerol
- Erythritol
- Maltitol
- Xylitol

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 40g	20%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



6 RELAX.

This program can bring up some emotional issues that you may have to deal with. Sometimes we tend to reach for sugary foods because we have other things going on deep down. When you feel overwhelmed, or your body is craving and you want to give up- just relax. Sit down close your eyes and take 5 deep breaths in through your nose and out through your nose. This allows your body to calm down and get re-centered and re-focused.



7 GET GOOD SLEEP!

The amount of sleep you get can have a huge effect on your hormones and how you feel overall. During this 10 days, you'll want to make sure you get good long sleep! Try a bedtime routine. No phone/computer/tv an hour before. Try some relaxation exercises like deep breathing, reading or light stretching before bed.



THINGS YOU SHOULD KNOW ABOUT WHEN GETTING OFF OF SUGAR

1 THIS IS NOT A DIET.

This program can be the start of a new lifestyle change for you. Starting to cook more meals from home without added ingredients can be something to incorporate all of the time and it is highly recommended. This doesn't mean you can't ever eat sugar again. Just know that it is addictive, so we recommended keeping it to a minimum and if you are having that sweet tooth, we hope that you will choose a healthier alternative.

2 THEY CAN BE CHALLENGING.

Sugar, as mentioned is extremely addictive. Going cold turkey can be physically and mentally difficult for some. Some people experience headaches when getting off of sugar and sometimes, emotional issues can come up. Having someone by your side supporting you and keeping you accountable during this program is highly recommended which is why we created our Private Facebook group. In here, you can be sure that you are not on this journey alone and that there are people here to support you and help you when you need it.

3 STICK TO IT.

As mentioned, it may be difficult, but once you are passed day 3 you should start to feel the effects of this program. It's so worth it!

4 AFTER YOUR PROGRAM,

you will notice that your taste buds have probably changed a bit and your body may have a negative reaction to foods that you were used to eating before this program. This can help you make better and more healthful choices about your food once you see how you feel eating foods that are not as nutritious and wholesome after the 10 days. We also encourage you to try foods that you may have not liked in the past. Your taste buds were used to being highly stimulated by extremely sweet ingredients. Now that you have taken a break from them, other foods may taste different so we recommend giving them a try.



GETTING
OFF OF
SUGAR

AFTER YOUR PROGRAM COMMON QUESTIONS

1 QUESTION 1: HOW DO I REINTRODUCE CERTAIN FOODS INTO MY DIET?

We hope that after this, you will take steps to keep refined sugars out of your diet majority of the time. We understand that it may not happen 100% of the time (which is ok!), but keeping them to a minimum will allow for long-term success. Starting to incorporate sugars like raw honey, maple syrup, coconut sugar or other natural sweeteners is something we recommend if you are going to use sweeteners. Fruits, dark chocolate and goji berries are other foods you can keep adding in for long-term success.

“It’s not what you do sometimes that counts, it’s what you do all the time.”

2 QUESTION 2: WHAT SWEET FOODS SHOULD I EAT WHEN I AM CRAVING SWEETS?

As mentioned above, raw honey, organic maple syrup or coconut sugar are things you can add in and replace with other refined sugars. Incorporating more sweet fruits and vegetables into your diet can also keep the cravings at bay.

Making sure you have a balanced diet with healthy fats and healthy proteins will also allow for blood sugar levels to be more stabilized and decrease cravings and sugar crashes.

Making your own desserts and snacks from home can be something to incorporate too. This way you know what is going into your food and you can enjoy it without the negative side effects. If you’re eating clean 90% of the time then indulging here and there won’t harm you much.

3 QUESTION 3: WHAT IS A BETTER ALTERNATIVE TO REFINED GRAINS LIKE PASTA AND BREAD?

Refined grains act just like sugar in the body, so limiting them is highly recommended. If you are looking to add these into your diet, try things like sprouted pasta or breads that have a small amount of ingredients. Highly refined flours are what causes a high rise in blood sugar, which can lead to crashes soon after. Try incorporating other whole grains into your diet such as quinoa, buckwheat and brown rice, too.

GETTING READY FOR THE 10 DAYS

Look over the recipes below and make shopping lists according to what you want to try and what you already purchase. Make sure to check the ingredients lists on what you are currently buying (especially sauces, dips and dressings).

- Check out the **Clean Pantry Shopping List** to see what a clean pantry consists of! Be adventurous and try something new.
- Clean out your pantry of tempting items.
- Let friends and family know what you are doing so that they can support you throughout it. See if they want to join you!
- Shop and prep your foods.
- Take before pictures and print out your **Daily Tracker** to keep tabs on what you're eating and how you're feeling! Fill out the **Before I Start** portion now.



JUMPSTART PROGRAM MEALS

These meals are provided to you as a guideline. We recommend experimenting and trying your own meals, but to get started these will help and give you some inspiration!

The main things you want to do are cook with whole, real foods and not use a lot of already packaged foods, dressings or sauces. If you are going to use them, make sure to check the ingredients to make sure they don't have any added sugars! That will defeat the purpose of this program.

With these meals, choose the fruits and veggies that you like. Feel free to substitute anything you want and change it up in a million different ways. As stated, these are **guidelines** and in place to help you see how easy and simple it can be to make your own additive free food from home. If there are sales on ingredients, substitute with those to get your meals for even less!

The portions are also guidelines based on how we made the meals. They range from 1 serving to a couple servings per recipe. Again, don't limit yourself with the intake of your food. Choose what is right for your body and change it up so that you are satisfied. Feel free to make extra for later (*cook once, eat twice- it saves time!*)

Check out the **How to Make a Perfect Meal** and the **How to Make a Perfect Smoothie** sheets so you can learn the basics of how to make your own recipes at home.

Breakfast



EGG MUFFINS

INGREDIENTS

- 3 organic eggs (organic pasture-raised are best)
- ½ cup white onion (diced)
- ¼ cup bell pepper
- ¼ teaspoon turmeric
- salt and pepper to taste
- 1 cup chopped spinach
- ¼ cup chopped cilantro



(MAKES 6)

INSTRUCTIONS

- Preheat oven to 350 F
- Scramble eggs then add in onion, bell pepper, spinach, cilantro, black pepper, salt and turmeric
- Cover muffin tins with organic coconut oil
- Pour in ¼ cup egg mixture evenly (fill muffin tins ½ way with mixture)
- Cook for 20-25 minutes
- Store in fridge for 3-4 days
- *Pairs well with small side of berries in the morning

OVERNIGHT OATS

INGREDIENTS

- ¼ cup plain rolled oats
- ½ cup water or organic unsweetened non-dairy milk (check to make sure there is no added sugar)
- 1 teaspoon cinnamon
- ½ teaspoon vanilla extract
- ¼ cup berries
- 1 tablespoon of chia/flax seeds
- 1 teaspoon lucuma powder (optional)
- Optional (¼ cup plain organic greek yogurt or protein powder w no added sugar)

(SERVES 1)

INSTRUCTIONS

- Add water/milk, cinnamon, lucuma powder, vanilla and chia/flax seeds to a bowl and mix (if adding protein powder add this as well)
- *may need more liquid depending on protein powder
- Add oats and mix
- Add berries and mix
- Add choice of nuts (almonds and walnuts are great)
- Stick in fridge overnight and add plain greek yogurt in morning if desired.
- If you like your oats warm, place in stovetop for 5 minutes on low heat
- Add more toppings if desired (like fruits/nuts/seeds)



AVOCADO EGGS

INGREDIENTS

- 1 ripe avocado
- 2 organic eggs
- Sprinkle of salt and pepper
- 1/8 teaspoon cumin
- 1 teaspoon of fresh herbs



(SERVES 2)

INSTRUCTIONS

- Preheat oven to 425
- Half the avocados and pit them
- Place each avocado half in a baking safe dish/ramekin(I used muffin tins)
- Scoop out a little bit of avocado if needed and crack the egg into each half
- Add salt pepper and cumin
- Bake till egg is cooked through to your desired texture (about 15-20 minutes)
- Sprinkle with herb and serve
- *Pairs well with a small side of berries in the morning

GINGERBREAD PROTEIN SMOOTHIE

INGREDIENTS

- 1 Banana
- 2 tablespoons of nut butter (no sugar added)
- 1 cup spinach
- 1 serving of organic protein powder (one with no added sugar) Nutiva Hemp protein is great and Raw Garden of Life protein
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ginger
- ¾ cup of water or unsweetened non-dairy milk
- 3-4 ice cubes
- Optional: Add a boost like raw cacao or superfoods like maca to increase the nutrients in your smoothie



(SERVES 1)

INSTRUCTIONS

- Add ingredients to blender and blend till smooth.
- Serve immediately or freeze for a later time

KALE OMELET

INGREDIENTS

- 2 organic eggs
- ¼ cup diced white onion
- ½ cup of chopped kale
- ¼ cup of diced cherry tomatoes
- 1 tablespoon fresh herbs like parsley or chives
- salt and pepper to taste
- 1/8 teaspoon turmeric
- 1 garlic clove (minced)
- 1 tablespoon extra virgin organic olive oil



(SERVES 1)

INSTRUCTIONS

- Heat pan to medium heat
- Add olive oil and onion and saute till clear
- Add kale and tomatoes and sauté until kale is wilted down and tomatoes are slightly cooked
- Add garlic and let cook for 2 minutes
- Add egg mixture and sprinkle turmeric, salt and pepper on top
- Let cook and then fold omelette in half and let finish cooking all the way through
- Add fresh herbs
- (Optional) Add avocado slices

AVOCADO TOAST

INGREDIENTS

- 1 slice sprouted grain bread (No sugar added bread)
- ½ avocado
- Salt and Pepper to taste
- 1 tsp turmeric
- 1 organic egg
- 1 tablespoon hemp seeds



(SERVES 1)

INSTRUCTIONS

- Toast bread
- Smear ½ avocado on bread
- Fry egg
- Add turmeric salt and pepper to egg
- Set egg on top of toast with avocado and sprinkle with hemp seeds
- (No egg for vegan option)

GREEK YOGURT PARFAIT

INGREDIENTS

- 1 Cup Organic plain Greek yogurt
- ½ cup berries
- ¼ cup plain rolled oats
- ¼ cup walnuts

(SERVES 1)

INSTRUCTIONS

- Add yogurt to bowl with fruit and oats (you can do this in the morning or let it sit in the fridge together overnight)
- Stir together
- Add walnuts
 - Optional: Add sprinkle of cinnamon or lucuma powder

VEGAN PROTEIN PANCAKES

INGREDIENTS

- ½ Banana
- ½ cup plain rolled oats
- ½ cup non-dairy unsweetened milk
- 1 serving of organic no sugar added protein powder
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ cup berries
- 1 teaspoon coconut oil

(MAKES 2 PANCAKES)

INSTRUCTIONS

- Smash banana
- Add rolled oats, protein powder, nutmeg and cinnamon
- Add non-dairy milk
- Cook on pan until brown (about 5 minutes per side)
- Add coconut oil and berries to top
- Optional: add bee pollen, plain greek yogurt or more berries!



BURRITO BREAKFAST BOWL

INGREDIENTS

- ¼ cup of black beans
- 1 fried egg
- 1 tablespoon fresh chopped cilantro
- ¼ cup chopped tomato
- ¼ cup diced onion
- ¼ cup bell peppers
- 1 cup spinach
- ½ avocado
- juice from ½ lime
- ½ teaspoon cumin
- Salt and Pepper to taste
- ½ tablespoon organic olive oil

(SERVES 1)

INSTRUCTIONS

- Heat pan to medium heat
- Add onion and sauté till clear
- Add peppers, cumin, salt and pepper and cook for 5 minutes, then add tomatoes and cook till tender
- Add spinach, beans and lime juice and cook down
- Add to a bowl
- In another pan, cook egg (however you prefer)
- Place egg otop of vegetables and beans
- Add cilantro and top with avocado slices and pico (optional)



Lunch



FRESH MEXICAN SALAD

INGREDIENTS

- ¼ cup beans of choice
- 2 big cups of spinach/spring mix
- ¼ cup sliced cucumber
- ¼ cup diced bell pepper
- ¼ cup sweet corn
- ½ avocado
- ¼ cup pico
- 1 tablespoon olive oil

(SERVES 1)

INSTRUCTIONS

- Rinse beans if canned
- Add ingredients to a bowl
- Add pico and olive oil for dressing and mix
- Garnish with sliced avocado

PICO DRESSING

(serves 2-3)

- 1.5 cup tomatoes (diced)
- ½ jalapeno (diced)
- ¼ cup onion (diced)
- ¼ cup chopped fresh cilantro
- Juice from ½ lime
- Salt and pepper to taste



HUMMUS WRAP

INGREDIENTS

- 1 Sprouted Ezekial Wrap or Rudi's Spelt Wrap (no added sugar)
- Spring mix/spinach
- Tomatoes
- Cucumbers
- Yellow peppers
- 4 oz organic sliced turkey (no sugar added) OR ¼ cup beans
- Salt and pepper to taste
- (Choose whatever/however many veggies you prefer!)

(SERVES 1)

INSTRUCTIONS

- Cover wrap with dressing
- Add ingredients and role up
- Eat cold or warm

DRESSING

- 2 tablespoons hummus (no sugar added)
- 1 tablespoon fresh chopped parsley
- Squeeze of fresh lemon juice
- Salt and pepper to taste



POWER BOWL

INGREDIENTS

- ¼ cup cooked quinoa (rinsed)
- ¼ cup chickpeas/beans or 1 hard-boiled organic egg
- 1 cup spring mix
- ¼ cup sliced cucumbers
- ½ cup diced tomato
- ¼ cup sliced carrots
- ¼ cup diced bell pepper
- Avocado slices (optional)
- (served cold)

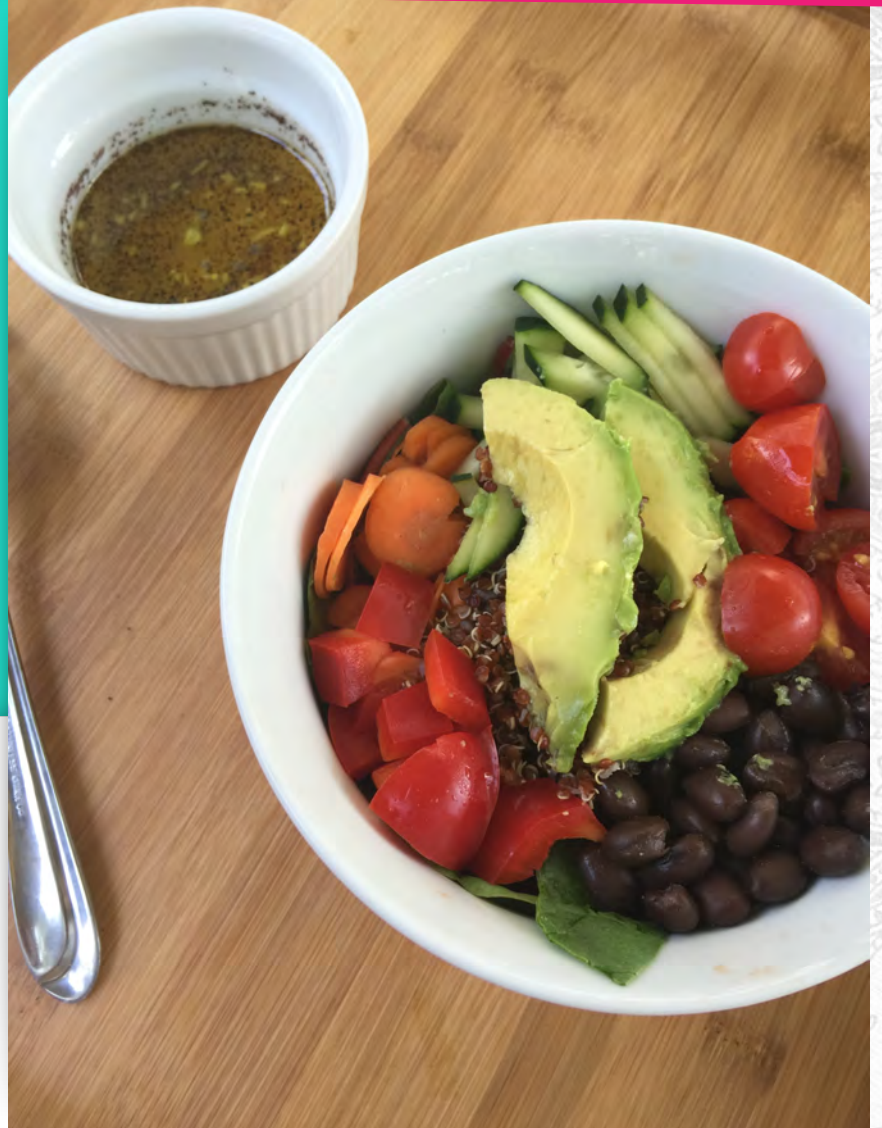
(SERVES 1)

INSTRUCTIONS

- Add cooked quinoa to a bowl with spring mix, cucumbers, tomatoes, carrots, bell peppers and dressing
 - Mix and top with avocado slices
 - (This can be served cold or hot)
- If hot, sauté veggies and beans on pan for 5-7 minutes with some olive oil

DRESSING: (OPTIONAL)

- 2 tablespoons apple cider vinegar
- ½ tablespoon extra virgin organic olive oil
- 1 teaspoon Dijon mustard (no sugar added) or 1 teaspoon ground mustard seed
- ½ garlic clove (minced)
- Salt and pepper to taste



WHITE BEAN KALE SALAD

INGREDIENTS

- 2-3 cups chopped kale
- ½ cup white beans (rinsed if canned)
- ½ cup diced cucumber
- ¼ cup organic blueberries
- ¼ cup sliced red onion
- ¼ cup chopped pecans
- 1 tablespoon hemp seeds

(SERVES 1)

INSTRUCTIONS

- Add all ingredients to bowl
- Toss with dressing
- Optional: Toast pecans on medium heat for 5 minutes for extra flavor

PARSLEY LEMON DRESSING

- Juice from ½ lemon
- ½ tablespoon apple cider vinegar
- ½ tablespoon extra virgin organic olive oil
- 1 teaspoon chopped parsley
- Salt and pepper to taste



FRUITY CHICKEN SALAD

INGREDIENTS

- 2 cups organic cooked chicken (diced or shredded)
- ¼ cup Organic plain greek yogurt
- 1 tablespoon extra virgin organic olive oil or avocado oil
- ¼ cup organic purple grapes (halved)
- ½ cup chopped celery
- ¼ cup sliced almonds
- ½ teaspoon salt
- ½ teaspoon pepper

(MAKES 6)

INSTRUCTIONS

- Add olive oil, salt and pepper to yogurt and stir
- Add in chicken, celery, grapes and almonds and mix
- Serve or cover and put in fridge
- *Can be eaten alone, on lettuce wraps or on sprouted wrap

COLD QUINOA BERRY SALAD

INGREDIENTS

- ½ cup quinoa (cooked)
- ¼ cup blueberries
- ¼ cup chopped strawberries
- ½ cup chopped green onion
- ½ cup black beans (rinsed)
- 1 tablespoon chopped fresh basil

DRESSING: OPTIONAL

- ½ tablespoon extra virgin organic olive oil
- 1 teaspoon apple cider vinegar

(SERVES 2)

INSTRUCTIONS

- Mix ingredients together
- Add dressing if desired
- Serve right away or store in fridge for later

LUNCH LETTUCE TACOS

INGREDIENTS

- 4 large pieces romaine lettuce
- 1 can black beans (rinsed)
- 1 cup fresh pico (made in advanced)
- 1 whole bell pepper (sliced)
- ½ white onion (sliced)
- juice from half a lime
- Salt and pepper to taste
- 1 tablespoon extra virgin organic olive oil
- Optional toppings: black olives, jalapeno, plain organic greek yogurt (no sugar added)

(SERVES 2)

AVOCADO CREAM SAUCE INGREDIENTS

- ¼ cup almond milk
- ½-¾ avocado
- ¼ teaspoon garlic salt
- salt and pepper to taste
- Blend all together and chill till ready to serve

INSTRUCTIONS

- Heat pan to medium heat with olive oil
- Add onions and sauté till clear
- Add peppers and cook till tender (about 5 minutes)
- Place beans in lettuce pieces with pico
- Add peppers, onions and avocado cream sauce
- Serve or store for later meal
- Optional: Swap beans with organic grilled chicken breast or organic ground turkey



BAKED COD AND ASPARAGUS

INGREDIENTS

- 6-8 ounces wild caught cod
- 1 teaspoon dulce flake seasoning (optional)
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 garlic cloves (minced)
- 2 tablespoons organic coconut oil
- 13-15 asparagus spears (peeled and ends cut)
- ¼ sweet onion (sliced)
- ½ cup cherry tomatoes (halved)
- ¼ avocado (optional)
- 2 Basil leaves

(SERVES 1)

INSTRUCTIONS

- Preheat oven to 400 degrees F
- Cover a pan with foil and use ½ of coconut oil to cover foil
- Season Cod with Dulce flakes, salt, pepper, minced garlic and basil leaves
- Add onions, asparagus and tomatoes to pan
- Season with salt pepper and other ½ of coconut oil
- Let cook for 20 minutes
- Optional: Serve with avocado slices or squeeze of lemon



QUINOA TABOULEH

INGREDIENTS

- 1 cup quinoa (cooked) I used red but it can be whatever color!
- ¼ cup chopped cucumber
- ¼ cup diced yellow bell pepper
- ½ cup diced tomatoes
- ½ cup slivered almonds
- ¼ cup chopped fresh parsley
- ½ cup pomegranates
- Optional: Add diced organic chicken breast or put in a sprouted wrap with hummus (no sugar added)

(SERVES 2)

INSTRUCTIONS

- Mix all ingredients together
- Add dressing
- Serve right away or store in fridge for later



CITRUS GARDEN SALAD

INGREDIENTS

- 1 cup chopped kale
- 1 cup spring mix
- ¼ cup diced tomatoes
- ¼ cup chopped cucumber
- ¼ cup sliced orange
- 1 tablespoon sunflower seeds

DRESSING

- 1 tablespoon extra virgin organic olive oil
- Juice from ½ lemon
- 1 tablespoon apple cider vinegar
- Salt and pepper to taste

(SERVES 1)

INSTRUCTIONS

- Add ingredients together and mix!



Dinner



FISH TACOS WITH GUACAMOLE

INGREDIENTS

- 6-8 ounces wild caught fish (mahi or halibut)
- 3 Sprouted corn tortillas
- ½ sliced lemon
- ½ cup chopped red cabbage
- ½ cup chopped tomatoes
- ½ teaspoon chopped cilantro
- 1 tablespoon extra virgin organic olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- ½ cup guacamole
- If vegan, can replace mahi with beans



(SERVES 1)

INSTRUCTIONS

- Preheat oven to 450 degrees F
- Cover fish with olive oil, salt, pepper, garlic powder and lemon slices
- Let bake for 10-15 minutes till white and flakey
- Warm up tortillas
- Assemble tacos by placing 1/3 of flaked mahi into tortilla, add cabbage, tomatoes and guacamole
- Keep for lunch the next day if you make extra or don't finish!

PAN SEARED SALMON WITH COCONUT BROWN RICE

INGREDIENTS

- 6 ounces of wild caught salmon
- 1 tablespoon coconut oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1 cup fresh spring mix or spinach
- Rice:
 - 1/2 cup brown rice
 - 1/2 Cup Coconut Milk
 - 1/4 Cup water
 - Pinch of Salt and Pepper



(SERVES 1)

INSTRUCTIONS

- For Rice:
 - Add ingredients to stovetop for rice, bring to boil and then turn to low and cover for 30-35 minutes (check rice for desired consistency and add more liquid if needed)
- For Salmon:
 - Bring pan to medium heat and add oil.
 - Cover salmon with salt, pepper and garlic powder
 - Sear skin side down first for 8 minutes (till about a third of the way cooked through)
 - Flip and cook for 3 more minutes
 - Serve on a fresh bed of greens with slice of lemon

LEMON CHICKEN WITH BRUSSELS SPROUTS

INGREDIENTS

- 1 4 ounce organic chicken breast
- ¼ teaspoon Lemon pepper seasoning
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- ½ teaspoon garlic powder
- 2 tablespoon olive oil
- ½ sliced lemon
- 1 cup Brussels sprouts (halved)

(SERVES 1)

INSTRUCTIONS

- Cover chicken breast in salt, pepper, garlic powder and lemon pepper
- Bring pan to medium heat with oil
- Add chicken breast and let cook for 4-5 minutes on each side
- Once finished, set aside and add brussels sprouts to pan
- Let cook till brown on one side (about 3 minutes) then stir and add in lemon slices
- Let cook for 3 more minutes and serve

BAKED STUFFED PEPPERS

INGREDIENTS

- 2 Bell Peppers (cup in half)
- ½ cup black beans
- ½ cup cooked quinoa
- ½ cup tomatoes
- ½ diced red onion
- ½ cup corn
- ½ cup cilantro
- 1 avocado (diced)
- ½ teaspoon cumin
- Salt and Pepper to taste

(SERVES 2)

INSTRUCTIONS

- Preheat oven to 350 F
- Cut bell peppers in half
- Mix cooked quinoa, black beans (rinsed if canned), corn, tomatoes, red onion and spices together in bowl
- Mix in diced avocados and cilantro and fold in
- Add mixture to halved peppers and cook in oven for 30 minutes
- Optional: Add nutritional yeast, salsa, jalapenos or any other desired toppings

SPICY LEMONY CAULIFLOWER STIR FRY

INGREDIENTS

- 1 medium Head Cauliflower (florets separated)
- ¾ cup bell pepper
- 1 cup sprouted lentils (cooked)
- ½ yellow onion (sliced)
- 1 cup sliced mushroom
- 2 garlic cloves (minced)
- 1 tablespoon coconut oil
- Salt and pepper to taste
- 1 teaspoon red pepper flakes
- 1 teaspoon turmeric
- ¼ cup chopped green onion
- Juice from 1 lemon

(SERVES 2)

INSTRUCTIONS

For Lentils:

- Add 1 cup sprouted lentils to pan with 2 cups water
- Bring to boil, cover and turn to simmer
- Let cook for 20-30 minutes (or till desired tenderness) then add salt, pepper and turmeric
- Cover, turn off heat and leave till veggies are done
- For cauliflower:
 - Bring pan to medium heat with oil
 - Add onion and cook till clear, add mushrooms and cook for 5 minutes, then set aside
 - Add garlic cauliflower and peppers to pan, then cover to steam for about 8 minutes stirring periodically
 - Add salt, red pepper flakes and juice from 1 lemon
 - Add back in onions and mushrooms to warm and mix together
 - Once mixed, serve on top of lentils and garnish with green onions



QUINOA WITH SHRIMP PESTO

INGREDIENTS

- ½ cup quinoa (cooked)
- Juice from ½ lemon
- 4 ounces wild caught deveined and peeled shrimp
- 1 cup sliced mushrooms
- ½ cup cherry tomatoes (halved)
- 1 tablespoon olive oil
- Salt and pepper to taste

PESTO:

- 2 cups fresh basil
- 3-4 tablespoon extra virgin olive oil (more or less depending on what you like)
- 1 clove garlic
- ½ teaspoon salt
- ½ teaspoon pepper
- Juice from ½ Lemon
- 1 tablespoon raw almonds (optional)



(SERVES 1)

INSTRUCTIONS

- Add quinoa and 1 cup water to stove and bring to boil
- Cover and turn down to simmer and cook for 20-25 minutes till soft (add more water if needed)
- While quinoa is cooking, add ingredients to food processor/nutribullet to make pesto
- Once quinoa is cooked, add lemon juice, salt and pepper to taste and set aside
- Turn a new pan to medium heat and add olive oil
- Add mushrooms and let cook down, add tomatoes and cook till tender
- Add shrimp, sprinkle with salt and pepper and let cook for about 4 minutes (until pink)
- Add shrimp, vegetables and pesto to a bowl and stir
- Serve over top of quinoa

ROASTED LENTIL ZUCCHINI FILLERS

INGREDIENTS

- 3 large zucchinis (cut in half lengthwise)
- 1 cup sliced mushrooms
- ½ diced onion
- 2 cloves garlic (minced)
- 1 can organic fire roasted diced tomatoes (no sugar added)
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup chopped fresh basil
- 1 tablespoon olive oil

LENTILS:

- ½ cup lentils
- 1 cup water
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder



(MAKES 6 FILLERS)

INSTRUCTIONS

LENTILS:

- Cook lentils with 1 cup water (may need more as they cook)
- Bring to boil, then turn down to simmer, add salt, pepper and garlic powder and cover for 20 minutes till tender

FOR VEGGIES

- Scrape out zucchini insides (about 1/4 inch from outside)
- Bring pan to medium heat with olive oil and sauté onion till clear
- Add garlic and mushrooms and cook till tender
- In bowl add lentils, tomato sauce and sautéed veggies and mix
- Cover each zucchini in a little olive oil and fill each zucchini
- Optional: Sprinkle with nutritional yeast
- Bake 375 for 15 minutes
- Garnish with fresh chopped basil

ASPARAGUS AND BROCCOLI QUINOA BOWLS

INGREDIENTS

- 1 cup cooked quinoa
- 2 cups broccoli
- 12 asparagus spears (chopped in 2 inch pieces)
- 2 cloves garlic (minced)
- 2 tablespoons extra virgin organic olive oil
- ½ white onion
- 1 cup sliced mushrooms
- ¼ Avocado
- Optional: 1 hard boiled egg
- Salt and pepper to taste
- 1 teaspoon dried oregano



(SERVES 2)

INSTRUCTIONS

- Heat pan to medium heat and add olive oil
- Add onions and garlic and sauté till onions are clear
- Add mushrooms and cook for 5 minutes
- Add chopped veggies, season with salt, pepper and oregano and cover for 8-10 minutes; stirring periodically
- Serve on top of quinoa with avocado slices, hard boiled egg, grilled chicken or beans

CAULIFLOWER RICE WITH VEGGIES

INGREDIENTS

- 1 medium head cauliflower
- 1 whole sliced carrot
- 1 bunch steamed kale (about 2 cups worth)
- 1 Portobello mushrooms sliced
- 2 cloves garlic (minced)
- ½ sweet onion (diced)
- ½ Avocado
- 2 tablespoons sesame seeds
- 1 tablespoon organic soy sauce (no sugar added)
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons extra virgin organic olive oil
- Optional: Add grilled organic chicken, wild caught fish or beans



(SERVES 2)

INSTRUCTIONS

- Chop cauliflower florets and pulse in food processor until it looks like rice consistency (remove any large pieces)
- Steam kale in separate pan
- While kale is steaming, bring pan to medium heat with oil
- Add onions and sauté till clear
- Add carrots, let cook until tender, about 3 minutes
- Add garlic and mushrooms and let cook till tender
- Add cauliflower, soy sauce, salt and pepper and let cook for about 5 minutes till tender
- Mix steamed kale with rice, vegetables and sesame seeds
- Serve with fresh avocado slices
- You can choose to use different veggies with this dish, or make the rice by itself as a side.

CABBAGE LENTIL SOUP

INGREDIENTS

- 1.5 Cup sprouted Lentils
- 5 garlic cloved (minced)
- 1 whole white onion
- 3 whole big carrots
- ½ red cabbage
- 1 ½ tablespoon salt
- ½ tablespoon pepper
- 1 teaspoon dried herb (oregano, basil, parsley)
- 1 tablespoon coconut oil
- 32 fluid Oz chicken bone broth (pacific brand)
- 2 cups water

(SERVES 4)

INSTRUCTIONS

- Get big pot to medium heat and add coconut oil
- Sauté onion till clear add garlic
- Sauté carrots and cabbage till tender
- When all veggies are softened add water/broth and spices
- Add more or less water depending on how you like your stew
- Cover and let cook for 30-35 minutes
- Add lentils and cook for 25-30 minutes
- Garnish with fresh herbs and serve or store in fridge or freezer for later



ABOUT THE AUTHOR



Rachel Yacobozzi began her journey in 2014 when she partnered up with a Direct Sales Health and Wellness Company. Soon after, she decided that her love for Health and Wellness outweighed everything else in her life. After seeing countless friends and family members pass on from preventable diseases, she decided to devote her life to guiding others on a journey to better Health and Wellness. Rachel is a Certified Personal Trainer and a Certified Holistic Health Coach. She has coached clients between the ages of 25 and 50 for the past 2 years and has led them to higher success and more fulfilled lives through Holistic Health.

The **10-Day Jumpstart Program** was written using a whole foods approach to health. It was designed as a gateway program for those looking to lose weight, increase their overall energy levels, clear up their skin and gain more mental clarity.

The **10-Day Jumpstart Program** is based off of our own research and experience. It is geared for those who are looking to rid sugar out of their lives for good and to gain the physical and mental effects that come along with excluding it from their diets majority of the time. For 1-on-1 coaching with Rachel, visit RachelYacobozzi.com or email her at Ryacobozzi@gmail.com.