



HOT & HEALTHY BODY

WEIGHT LOSS MADE EASY

14 DAYS OF MEALS

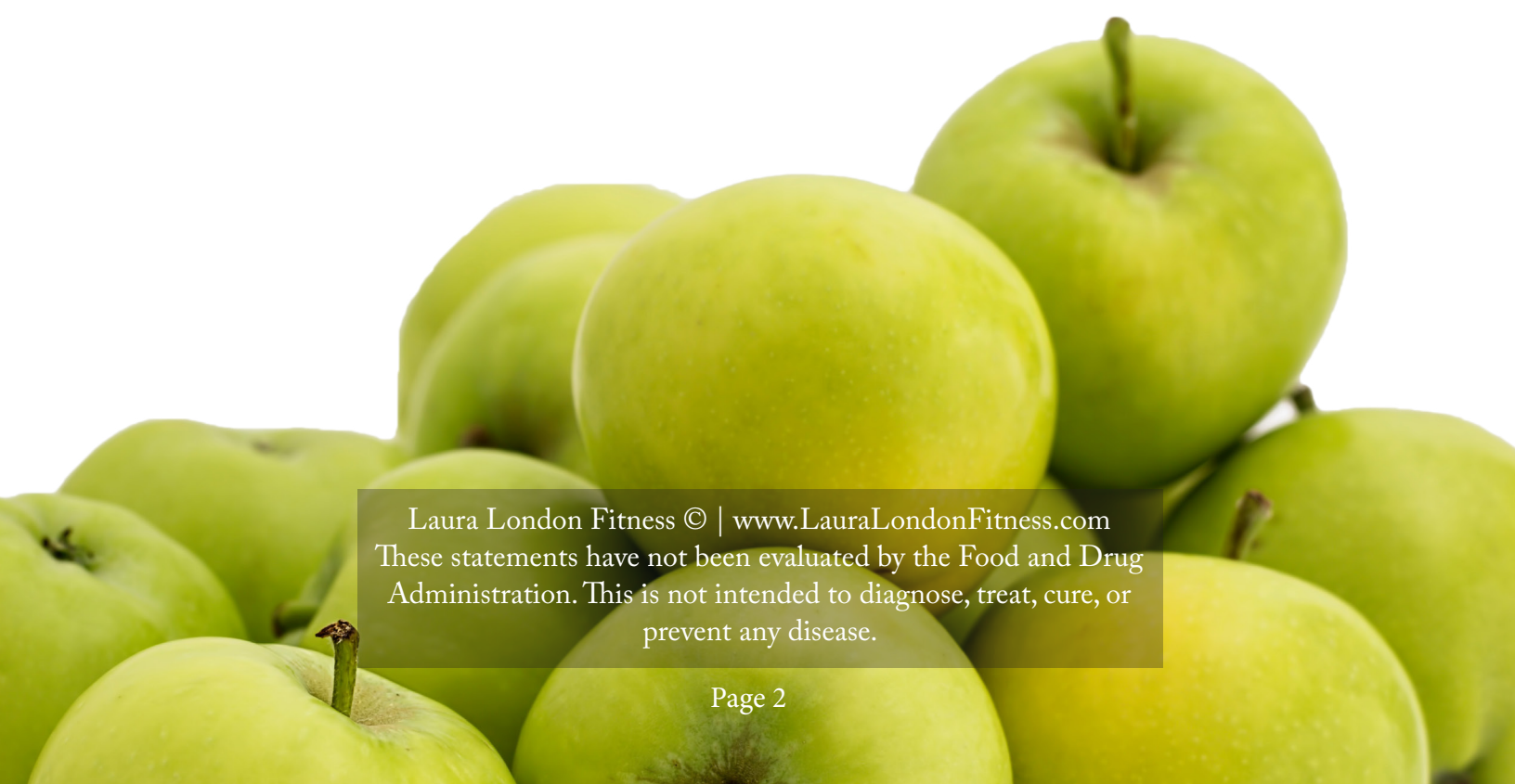
14 Days at a Glance

The goal of the next two weeks is to kick your body into fuel-burning mode. I want this program to be simple for you, without overwhelming you with information, so I have laid out a recommended daily routine, suggested meals, and vital information to ensure your success.

Our objective is to ditch the bloat, which means eliminating bread, grains, dairy and cheese. Every meal is gluten-free, wheat-free, and supports you in feeling satisfied, nourished, and full of energy.

You have four weeks of recipes to experiment with to help you to get in tune with your unique body. If you do not like one of the suggested recipes, then simply exchange it for another from either one of your recipe guides. It can be helpful to use your food diary to track which of the recipes appeal to your taste buds. Have fun with it!

So that you don't feel deprived, I have also attached a list of recipes for healthy and tasty snacks and smoothies. The smoothies are to be drunk in the morning. The snacks are to be eaten mid-morning, mid-afternoon, or after dinner.

A close-up photograph of several bright green apples, likely Granny Smiths, piled together. The apples are the central focus of the bottom half of the page, with some in the foreground and others receding into the background. The lighting is bright, highlighting the texture of the apple skins.

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How to Handle Cravings

Food cravings are normal as you adjust to this new way of eating, but you can beat them! Many processed foods contain fat, sugar, and salt for the very purpose of keeping you coming back for more. By laying off these foods for a while, you can break the addiction pattern and no longer crave them.

My favorite ways to kick cravings to the curb:

1. Consume one tablespoon of coconut oil.
2. Make your own vitamin-infused water using 20 ounces water, a half cup of berries, one tablespoon of fresh grapefruit juice, and mint leaves. Let it sit in your fridge for a few hours. Drink a glass or two. Hydrating is essential for weight loss.
3. Mix 1 cup of unsweetened almond milk, 1 teaspoon raw cacao, a dash of cinnamon, and a stevia packet (I like KAL brand). Serve over ice.
4. Keep healthy snacks on hand so you don't feel deprived:
 - Non-dairy, unsweetened yogurt (like CoYo) or hormone-free Greek yogurt for those who can tolerate cultured dairy. Sprinkle with raw cacao or cinnamon, or sweeten with stevia
 - Celery sticks or red pepper slices with 2-3 tablespoons of fresh guacamole or hummus
 - Celery sticks with 2 tablespoons of almond butter, a dash of cinnamon, and raw cacao.
 - Low glycemic fruit, such as an apple or 1/2 cup berries

- Half a grapefruit with shredded coconut and tahini
- 2 ounces turkey slices (nitrate and hormone-free) with cucumber slices



Getting adequate protein is essential for staving off sugar cravings. I have suggested 4 ounces of protein per meal for women and 6 ounces for men. Keep in mind, however, that everybody is different and you should modify based on your own needs. If you are very active and engage in a lot of exercise, for example, you may want to up your protein intake.

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Daily Hot Body Drink

This morning lemon water elixir stimulates digestion, releases toxins from the liver, jumpstarts your digestive enzymes, and is loaded with vitamin C. Releasing toxins helps to reduce inflammation in the body, promotes weight loss, and increases energy levels.

MORNING LEMON WATER ELIXIR

1 cup room temperature water

Juice from 1 lemon

1 tablespoon Bragg's raw apple cider vinegar

1 teaspoon raw honey OR a couple drops of stevia

Dash of sea salt

Dash of cinnamon

NOTE: If you feel nauseous or experience tightness in the chest after drinking the morning lemon water elixir, please omit the Bragg's raw apple cider vinegar. This reaction can occur when the body releases a large amount of bacteria and toxins during detox. Continue to drink the elixir, omitting the Bragg's, for at least three days, and then reintroduce or use only ½ teaspoon of apple cider vinegar. If the reactions continue upon reintroduction, continue to only drink the lemon water.



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Keeping It Simple

This 14-day program is designed to help you shed unwanted weight, increase energy, and kiss unwanted symptoms like inflammation, poor sleep and slow metabolism goodbye.

I want you to succeed in reaching your goals, and the best way to reach any goal is to keep it simple and break it down into small, achievable steps. Please look at your simple daily protocol, as this chart outlines what you'll experience each day on this 14-day weight loss plan. I suggest you print out this chart and tape it somewhere that will allow you to see it every morning to ensure your success.

Keep in mind that the suggested meals are all low-glycemic. If you modify your meal choices, be sure to respect the guidelines in the low-glycemic chart handout for optimal weight loss results.

Top Time-Saving Tips:

1. Cook once, and eat three times. I suggest looking at the meal plan and seeing which days you can double up on recipes to make it easy on you. You can always make extra protein and put it in the freezer.
2. Have a large container of chopped mixed greens ready to make a quick and easy salad.
3. Chop fresh vegetable sticks and fresh fruit and keep them in the fridge, since most of us tend to want to munch on something when we walk in the door.
4. Pre-prepare breakfast and your lemon water elixir the night before.
5. Cook rice & quinoa in a large batch in a rice cooker and have on hand.
6. Bake 3-5 sweet potatoes at a time and have on hand all week.



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Simple Daily Protocol

UPON RISING	<p>Drink your morning lemon water elixir</p> <p>Take a probiotic 30 minutes after the elixir (I like Good Belly & Good Belly Shots or Jarrows Probiotics)</p>
BREAKFAST	<p>Drink organic coffee, or choose a non-caffeinated alternative from the list of suggestions in the Clean Eating List below</p> <p>Breakfast</p>
MID-MORNING	<p>Snack – 40 Snacks On the Go or Goddess Slim Program</p>
LUNCH	<p>Lunch</p>
AFTERNOON	<p>Snack - 40 Snacks On the Go or Goddess Slim Program</p>
DINNER	<p>Dinner</p>
BEDTIME	<p>Have Herbal Tea or a piece of fruit like an orange if you are still hungry.</p> <p>Write in your food diary</p>

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Clean Eating List

Non-dairy milks – almond, coconut, flax, hemp, and sunflower

All fruits and vegetables (to promote weight-loss, favor low-glycemic fruits such as berries, green apples, and grapefruit)

Healthy fats – avocado, coconut oil, flax oil, grape seed oil, almond oil, sesame oil, and olive oil

Seeds – pumpkin, sunflower, sesame (black and white), pine nuts, hemp, and chia

Drinks – coffee substitutes, such as Dandy Blend, decaf coffee (maximum one cup per day), yerba mate, green tea or herbal tea, filtered or distilled water, mineral water, coconut water, lemon water elixir, and, of course, fresh juices.

Coffee is acidic, and it is always best to alkalize the body when trying to promote weight loss. If you really can't live without it, keep it down to half a cup of organic coffee per day.

Sweeteners – honey, xylitol, and stevia



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Animal-Based Protein Sources

MEATS

(organic & pasture-raised is best)

Chicken

Turkey

Bison

Grass-fed beef

FISH, SEAFOOD

Canned fish (sardines, anchovies, wild salmon) – look for BPA-free cans if possible.

Fresh or frozen fish, such as Pacific salmon or non-fatty white meat fish, such as Pacific cod, trout, sea bass, mackerel, Dover sole, and albacore. Make sure the fish you are eating is low in mercury.

Shellfish, such as shrimp or scallops.



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Plant-Based Protein Sources

3 tablespoons of hemp seeds, 1/4 cup sunflower seeds, pumpkin seeds or pine nuts

1/2 of an avocado

Nutritional yeast, if tolerated

1 scoop of plant-based protein powder can be added to your smoothies, soups, or even mixed into a dip. I like hemp protein or pea protein, but feel free to use your favorite non-grain-based protein.

BEANS: You can also add 1/2 cup mung beans, lentils, or adzuki beans to your meals. When you are vegan and have weight loss goals it is important that your body receives enough protein and beans are an excellent choice.

It is ok to have recipes that contain black beans, and it is also ok to swap. These beans have been selected because they are easy to digest. If you

notice a recipe that contains for example “black beans” please feel free to omit and swap with lentils or another bean of choice. Feel free to make this program your own.

NOTE: Soak beans for 6-24 hours in water with the juice of 1 lemon or 1 tablespoon of raw apple cider vinegar, and then drain and rinse well with water.

JUICING: In your recipe guide, you will find fabulous juice recipes to renew your cells and give your digestion a break. Even having just one fresh juice a day will give you a boost of energy. If you do not have a juicer, then you can buy the juice at your local health food store or simply add chlorophyll, spirulina, or any green powder to water and consume.



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Week One Suggested Plan

Your Hot and Healthy Meals At a Glance

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
4 egg white omelet with a 1/2 cup of spinach, tomatoes or salsa & 1 slice Ezekiel or gluten free toast w coconut oil	Kale, Blueberries and Cream Smoothie	Protein Pancakes	4 egg whites with 1/2 cup spinach. & 1 grapefruit or 1/2 cup oatmeal	Ginger Smoothie	4 egg whites omelet with 1/2 cup spinach, tomatoes or salsa & 1 slice Ezekiel or gluten free toast w coconut oil	Chocolate Kale Smoothie
Spinach Salad With Pumpkin Seeds & 4 ounces of protein & 1/2 sweet potato	Super Silly & Fun Herb Stuffed Peppers & 1/2 Cup Brown Rice	1/2 cup of Mediterranean Tuna with 2 cups of mixed greens	Make Your Own Salad with 4 ounces of protein	4 ounces of leftover Tahini Chicken with large mixed salad & 1/2 cup quinoa	Super Silly & Fun Herb Stuffed Peppers & 1/2 cup brown rice	Collard Wraps
4 ounces The Perfect Grilled Lemon Chicken (*marinate the day before), with 1 cup steamed or sautéed vegetables	2 Paleo (Chicken) Meatballs with 1 cup of steamed broccoli, with lemon	Veggie Wraps with 4 ounces of protein and 2 Tbsp. hummus	4 ounces of Tahini Chicken with 2 cups of mixed greens	Veggie Wraps with 4 ounces of protein	The Perfect (Turkey) Burger with 1 cup of vegetables sautéed in 1 tsp. coconut oil	One serving of Chipotle Lime Salmon with grilled asparagus

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Week Two Suggested Plan

Your Hot and Healthy Meals At a Glance

Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
Protein Pancakes	Ginger Smoothie	2 hard-boiled eggs with slices of tomato & salsa & 1 green apple	Green Smoothie	Tomato Spinach Frittata & 1 slice Ezekiel toast or gluten free toast w coconut oil t	3 egg whites with 1/2 cup spinach and salsa & 1 slice Ezekiel toast with coconut oil	Chocolate Kale Smoothie
Curried Chicken Salad with 2 cups of mixed greens and juice from 1 lemon 1 small sweet potato	Spinach Salad With Pumpkin Seeds & 4 ounces of protein & ½ cup brown rice	½ cup of Mediterranean Tuna with two cups of mixed greens & ½ cup quinoa	Make Your Own Salad	Chopped Asian Salad with 4 ounces of protein 1-2 tbsp. natural dressing & 1 serving gluten free crackers	Super Silly & Fun Herb Stuffed Peppers	Collard Wraps
4 ounces The Perfect Grilled Lemon Chicken (*marinate the day before) with 1 cup sautéed zucchini in 1 tsp. coconut oil	4 ounces Tahini Chicken with 2 cups mixed greens or 1 cup steamed vegetables	Veggie Wraps with 4 ounces of protein and 2 Tbsp. hummus	Chipotle Lime Salmon (or fish of your choice) with grilled asparagus	Veggie Wraps with 4 ounces of protein	The Perfect Burger, and 1 cup vegetables sautéed in 1 tsp. coconut oil	2 Paleo (Chicken or Turkey) Meatballs with 1 cup of steamed cauliflower with lemon

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Healthy Meal Basics

This 14-day Meals at a Glance Guide is designed to support you in choosing and planning your meals for the next 14 days. It is important for you to understand how to create your own meal in case your schedule changes suddenly - you find yourself eating out, for example. Follow the guidelines for creating a healthy meal and you will be able to make smart food choices to support a healthy lifestyle long after these first 14 days.

Let's start by clearing out the junk.

Foods to avoid:

- Frozen meals high in salt
- Preserved and processed meats
- Foods that contain artificial sweeteners
- Foods with dyes and colorings
- Foods containing high fructose corn syrup
- Hydrogenated oils, such as margarine and Crisco
- Foods that you are sensitive to (possibly wheat, dairy, corn, and/or eggs)
- Sugar, which leads to inflammation

Creating a healthy meal is as easy as 1-2-3

1. a clean source of protein,
2. vegetables, and
3. a healthy fat.

Protein and good fats are vital during a weight-loss program to create a feeling of satiety and keep blood sugar balanced.

A note on Portions: Portion control is a very important tool that aids the body's proper digestion processes. Trying to digest too much in one sitting causes poor digestion and leaves you feeling uncomfortable. Keep in mind that your protein portion size should be the approximate size of the palm of your hand. Keeping to this suggestion will allow breathing room in your stomach during the digestion phase.



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Just In Case You Want to Change It Up

Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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Just In Case You Want to Change It Up

Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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Day One

BREAKFAST

Please enjoy a 4 egg white omelet with 1/2 cup of spinach and tomatoes for breakfast & 1 slice of Ezekiel toast or gluten free toast with coconut oil.

LUNCH

Add 4oz of a clean source of protein of your choice to one serving of Spinach Salad With Pumpkin Seeds.

SPINACH SALAD WITH PUMPKIN SEEDS

[Makes 2 servings]

2 cups baby spinach

1/2 cup pumpkin seeds

3 tablespoons goji berries

1/2 cup cherry tomatoes

1/2 cucumber, chopped

1/4 cup red onion, thinly sliced

Cook sweet potato in over for 45 minutes. (You can cook a batch of them at once to have on hand during the week).

Chop all of your vegetables and mix into a large bowl. Add pumpkin seeds and goji berries. Top with your favorite low-glycemic salad dressing.

DINNER

Enjoy 1 cup of vegetables, either steamed or sautéed in 1 tsp. coconut oil, with one serving of The Perfect Grilled Lemon Chicken.

THE PERFECT GRILLED LEMON CHICKEN

[Makes 4 servings]

1/4 cup coconut oil or olive oil

3 tablespoons garlic

1/3 cup freshly squeezed lemon juice

1 1/2 teaspoons dried oregano

1/2 teaspoon dried thyme

1 teaspoon sea salt

1/2 teaspoon freshly ground

black pepper

4 boneless, skinless chicken breasts

Combine oil, garlic, lemon juice, herbs, salt, and pepper in a large bowl. Transfer mix to a large plastic bag. Add the chicken breasts, and allow to marinate for 24 hours. The next day, preheat the oven to 350° F and bake for 30 minutes or until juices run clear.



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Day Two

BREAKFAST

Please enjoy one serving of a Kale, Blueberries and Cream Smoothie



KALE, BLUEBERRIES & CREAM SMOOTHIE

[Makes 2 to 3 servings]

1 cup frozen blueberries
½ frozen banana
1 cup coconut water or unsweetened almond, hemp, rice, coconut milk
1 tablespoon coconut oil
1 tablespoon flax or chia seeds
1 handful kale
1 splash vanilla extract
1 pinch cinnamon
1 tablespoon raw, organic honey
or stevia to taste (optional)
Combine all ingredients in a high speed blender. Blend and enjoy.

LUNCH

Please enjoy one serving of Super Silly & Fun Herb Stuffed Peppers with quinoa.

SUPER SILLY & FUN HERB STUFFED PEPPERS

[Makes 2 servings]

2 red peppers
2 5-6 ounce cans tuna or salmon,
or 5-6 ounces of shredded chicken
1 cup lightly packed baby spinach
1/2 bunch fresh parsley, chopped
1/2 cup quinoa

Dressing:

1/8 cup extra
virgin olive oil

1 1/2
tablespoon
fresh lemon
juice

1 teaspoon
Dijon mustard

1/4 teaspoon
sea salt, finely
ground

1/8 teaspoon
pepper

Prepare quinoa
as per package
directions. (You can make a batch of quinoa in a
rice cooker and have it on hand all week).



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Day Two

Wash and core your red peppers. Shred your fish or meat into a bowl. In a separate bowl, whisk salad dressing ingredients well. Pour dressing over your protein, greens, herbs and quinoa. Mix well. Stuff the mix into peppers for fun. Eat up!

DINNER

Please enjoy 3-4 Paleo (Chicken) Meatballs with 1 cup of steamed broccoli, with lemon.

PALEO CHICKEN, TURKEY OR BEEF MEATBALLS

[Makes 3-4 servings] – Adapted from EverydayMaven.com

3/4 cup parsley, coarsely chopped

3 medium cloves garlic

1/4 cup almond meal

1 egg

1 pound chicken, turkey, or beef

1 teaspoon sea salt

1/2 teaspoon ground pepper

Preheat oven to 350° F.

Combine together the coarsely chopped parsley and garlic. Add almond meal, egg, and meat to the bowl, and mix well with your hands. Then add salt and pepper, and mix until thoroughly combined.

Drop tablespoon-sized balls of the mixture onto a parchment-lined baking sheet. Bake meatballs for 20 to 25 minutes. Serve warm with marinara sauce or with your favorite vegetable.



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Day Three

BREAKFAST

Please enjoy one serving of Protein Pancakes.

PROTEIN PANCAKES

[Makes 1 serving]

Optional - 1 scoop vanilla protein powder or your favorite protein powder (optional)

½ cup egg whites or 4 egg whites

1/2 banana

1 teaspoon cinnamon

1 tablespoon ground flax seed

Mix all the ingredients into a blender. Pour batter into a pan that has been sprayed with olive or coconut oil cooking spray and heat on medium.

Cook one side until you see the little bubbles, just like cooking any pancake. Flip over carefully, and cook on the other side until the middle is done. Peek inside with a fork to check the middle. I like to add 100% fruit jam on top.



BLUEBERRY PANCAKES: Add a handful of fresh or frozen blueberries after the above ingredients are mixed together.

OPTIONAL: Top with two sliced strawberries and

powdered stevia. Enjoy your protein pancakes! If you need more carbohydrates, you may add 1 tablespoon raw honey or maple syrup for extra sweetness.

LUNCH

Please enjoy 1/2 cup of Mediterranean Tuna with 2 cups of mixed greens.

MEDITERRANEAN TUNA

[Makes 3-4 servings]

2 cans antibiotic-free tuna

1/4 cup chopped fresh parsley

1/4 cup finely chopped scallions

2 tablespoons extra virgin olive oil

1 tablespoon capers

3 tablespoons Dijon mustard

1 tablespoon lemon juice

1/2 teaspoon finely grated lemon zest

Sea salt & pepper to taste

In a large mixing bowl, combine all of the ingredients. Feel free to



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Day Three

stuff it in peppers, add it to gluten-free crackers, wrap it up in lettuce, or add it on top of mixed greens.

DINNER

Please enjoy one serving of Veggie Wraps with 4 ounces of protein and 2 Tbsp. hummus.

VEGGIE WRAPS

[Makes 2 servings]

Brown rice wrap or lettuce leaves

1 avocado, cut into thin slices

1/4 cup sauerkraut or kimchee

1 tomato, diced

1 cup sprouts, chopped chicken, fish, or beans

3 tablespoons of salsa

Lay out the brown rice tortillas or lettuce leaves. Place all of the ingredients on each leaf, and roll up. Add spicy salsa for some extra flavor and some heat.



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Day Four

BREAKFAST

For breakfast please enjoy 4 egg whites with 1/2 cup spinach and 1 grapefruit.



LUNCH

Please enjoy one serving of Make Your Own Salad with 4 ounces of protein. Feel free to get creative!

MAKE-YOUR-OWN SALAD

[Makes 2-3 servings]

2 big handfuls of mixed greens

1 small handful of spinach

2 cucumbers, thinly sliced

1 small handful of grape tomatoes

1/4 cup raisins

1/4 cup walnuts

5 rolls of deli meats (hormone- & antibiotic-free) or

1/4 cup cooked black beans

or tofu

Purchase Auntie Annie's gluten-free dressings from your local market,

or make a simple dressing with olive oil, balsamic vinegar, sea salt & pepper. Combine mixed greens, spinach, cucumbers, and tomatoes in a large bowl. Sprinkle the raisins & nuts on top. Add your favorite nitrate-free, gluten-free deli meats, black beans, or tofu.

DINNER

Please enjoy 4oz. of Tahini Chicken with 2 cups of mixed greens or steamed veggies.

TAHINI CHICKEN

[Makes 4 servings]

2 pounds boneless, skinless chicken breasts, cut into 1-inch cubes

Sea salt and pepper to taste

5 tablespoons sunflower oil

2 tablespoons tahini

2 tablespoons sherry vinegar

3 carrots, grated

6 radishes, sliced

1 cup chopped cauliflower/broccoli
(cut small and lightly steamed)

1/2 cup sesame seeds, for garnish

OPTIONAL: Coat the chicken with 2 tablespoons of sunflower oil and season with salt & pepper. Turn the oven broiler to high and cook the chicken for 10 minutes, stirring once or twice until cooked through. Remove from broiler and let it cool slightly. Whisk together remaining oil, tahini, and vinegar.

In a large bowl, add broiled chicken and vegetables. Drizzle dressing on top and mix well. Top with sesame seeds.

Can be served at room temperature or chilled. Refrigerate for 3-4 days.

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Day Five

BREAKFAST

Please enjoy one serving of a Ginger Smoothie.

GINGER SMOOTHIE

[Makes 1 servings]

1/4 cup coconut or almond milk

1/4 cup pineapple chunks (frozen or fresh)

2 carrots, halved

1 Granny Smith apple, quartered

1/2 inch piece fresh ginger

Add ingredients to a high speed blender and blend until desired consistency is reached.

LUNCH

Please enjoy 4 ounces of leftover Tahini Chicken with a large salad.

TAHINI CHICKEN

[Makes 4 servings]

2 pounds boneless, skinless chicken breasts, cut into 1-inch cubes

Sea salt and pepper to taste

5 tablespoons sunflower oil

2 tablespoons tahini

2 tablespoons sherry vinegar

3 carrots, grated

6 radishes, sliced

1 cup chopped cauliflower/broccoli (cut small and lightly steamed)

1/2 cup sesame seeds, for garnish

OPTIONAL: Season chicken with salt & pepper, and mix with 2 tablespoons of sunflower oil. Turn the oven broiler to high and cook for 10 minutes, stirring once or twice. Let it cool slightly. Whisk together remaining oil, tahini, and vinegar.

In a large bowl, add chicken and vegetables. Drizzle dressing on top and mix well. Top with sesame seeds.

Can be served at room temperature or chilled.

Refrigerate for 3-4 days.

DINNER

Please enjoy one serving of Veggies Wraps with 4 oz of protein.

VEGGIE WRAPS

[Makes 2 servings]

Brown rice wrap or lettuce leaves

1 avocado, cut into thin slices

1/4 cup sauerkraut or kimchee

1 tomato, diced

1 cup sprouts, chopped chicken, fish, or beans

3 tablespoons of salsa

Lay out the brown

rice tortillas or

lettuce leaves.

Place all of the ingredients on each leaf, and roll up.

Add spicy salsa for

some extra flavor

and some heat.



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Day Six

BREAKFAST

Please enjoy 4 egg whites with ½ cup of spinach & 1 slice Ezekiel toast with coconut oil.

LUNCH

Please enjoy one serving of Super Silly & Fun Herb Stuffed Peppers & ½ cup brown rice.

SUPER SILLY & FUN HERB STUFFED PEPPERS

[Makes 2 servings]

2 red peppers

2 5-6 ounce cans tuna, salmon,

or 5-6 ounces of shredded chicken

1 cup lightly packed baby spinach

1/2 bunch fresh parsley, chopped

DRESSING:

1/8 cup extra virgin olive oil

1 1/2 tablespoon fresh lemon juice

1 teaspoon Dijon mustard

1/4 teaspoon sea salt, finely ground

1/8 teaspoon pepper

Prepare brown rice as you prepare the other ingredients.

Wash and core your red peppers.

Shred your fish or meat into a bowl. In a separate bowl, whisk

salad dressing ingredients well. Pour dressing over your protein, greens, and herbs. Mix well. Stuff the mix into peppers for fun. Eat up!

DINNER

Please enjoy one serving of The Perfect (Turkey) Burger with 1 cup of vegetables sautéed in 1 tsp. coconut oil.

THE PERFECT BURGER

[Makes 4-5 servings]

1 pound ground beef or turkey

1 tablespoon chopped parsley

1 small onion, diced

1 tablespoon garlic powder

1 teaspoon kelp sprinkles

sea salt and black pepper to taste

Mix 1 pound grass-fed ground beef/turkey with chopped parsley, diced onion, garlic powder, kelp sprinkles, sea salt & pepper into a large bowl. Form into patties and fry in a little coconut or extra virgin olive oil. Wrap in lettuce leaves or add to your favorite gluten-free burger roll.



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Day Seven

BREAKFAST

Please enjoy one serving of a Chocolate Kale Smoothie. For the Shred Program please omit the banana or feel free to substitute in one half of an avocado.

CHOCOLATE KALE SMOOTHIE

[Makes 1 servings]

1 cup coconut, hemp, or almond milk

1 frozen banana

1 cup of kale

3 tablespoons cacao nibs

1 tablespoon raw cacao powder

5-6 ice cubes

Throw all ingredients in a high-powered blender and blend until smooth.

LUNCH

For lunch please enjoy one serving of Collard Wrap:

COLLARD WRAPS

(Makes 2 servings)

4 collard leaves

½ cup baby spinach leaves

¼ cup purple cabbage, chopped

¼ cup carrots, shredded

½ cup sprouts or 4 ounces of protein

1 small cucumber, sliced lengthwise

⅛ to ¼ bunch cilantro, chopped

½ avocado, sliced thin

LEMON MUSTARD DRESSING

1 tablespoon Dijon mustard

1 tablespoon raw honey

1 tablespoon extra virgin olive oil

1 lemon, juiced

Sea salt to taste

Black pepper to taste

Lay out a collard leaf on a clean, dry surface. Layer your vegetables about 1 inch away from one of the sides. Take the 1-inch side and roll the nori sheet towards the opposite end. Try to roll it as tight as possible without tearing the collared leaf. When you roll the collard leaf to the end, place a drop of water on the end tips to keep it closed. Slice the wraps into one-inch pieces.



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Day Seven

DINNER

Please enjoy one serving of Chipotle Lime Salmon with grilled asparagus.

CHIPOTLE LIME SALMON

[Makes 4 servings] – Adapted from recipe by Elana's Pantry

1 pound Coho salmon, cut into 4 fillets

1-2 tablespoons olive oil

2 limes, sliced in half

1 teaspoon Celtic sea salt

1 teaspoon chipotle powder

Preheat oven to 350° F.

Rinse salmon, pat dry, and place on a baking sheet. Rub each fillet with olive oil. Squeeze the juice from one-half lime onto each fillet. Sprinkle fillets with salt and chipotle powder, then place a slice of lime on top of each fillet.

Place salmon in oven, and cook for 8-12 minutes, depending on how well done you like your fish.



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Day Eight

BREAKFAST

Please enjoy one serving of Protein Pancakes.

PROTEIN PANCAKES

[Makes 1 serving]

1 scoop vanilla protein powder or your favorite protein powder
1/2 cup egg whites or 4 egg whites
1/2 banana

1 teaspoon cinnamon

1 tablespoon ground flax seed

Mix all the ingredients into a blender and blend.

Pour batter into a pan that has been sprayed with olive oil cooking spray and heat on medium. Cook one side until you see the little bubbles, just like cooking any pancake. Flip over carefully, and cook on the other side until the middle is done. Peek inside with a fork to check the middle. I like to top it with 100% jam.

Blueberry Pancakes: Add a handful of fresh or frozen blueberries after the above ingredients are mixed together.

OPTIONAL: Top with two sliced strawberries and powdered stevia. Enjoy your protein pancakes! If you need more carbohydrates, you may add 1 tablespoon raw honey or maple syrup for extra sweetness.

LUNCH

Please enjoy one serving of Curried Chicken Salad with 2 cups of mixed greens and juice from 1 lemon.

CURRIED CHICKEN SALAD

[Makes 3-4 servings]

1/4 cup sliced almonds, toasted
1/2 cup plain yogurt (dairy or non-dairy)

2 tablespoons soy-free mayonnaise

1 teaspoon curry powder

2 1/2 cups diced cooked chicken breasts, tofu, tempeh, or fish

1 cup halved red grapes

1/4 cup chopped cilantro

Sea salt & pepper to taste

Mix everything but the grapes together. Fold the grapes into the mixture after everything else is thoroughly combined. If you would like to stuff your mixture into a wrap, use a brown rice wrap, corn tortilla, romaine lettuce, or a collard leaf.

Add lots of fresh vegetables.

DINNER

Please enjoy one serving of The Perfect Grilled Lemon Chicken with 1 cup of zucchini sautéed in 1 tsp. coconut oil.

THE PERFECT GRILLED LEMON CHICKEN

[Makes 4 servings]

1/4 cup coconut oil or olive oil

3 tablespoons garlic

1/3 cup freshly squeezed lemon juice

1 1/2 teaspoons dried oregano

1/2 teaspoon dried thyme

1 teaspoon sea salt

1/2 teaspoon freshly ground black pepper

4 boneless, skinless chicken breasts

Combine oil, garlic, lemon juice, herbs, salt, and pepper in a large bowl. Transfer mix to a large plastic bag. Add the chicken breasts, and allow to marinate for 24 hours. The next day, preheat the oven to 350° F and bake for 30 minutes or until juices run clear.

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Day Nine

BREAKFAST

Please enjoy a low glycemic smoothie of your choice.

LUNCH

Please enjoy one serving of Spinach Salad With Pumpkin Seeds and 4 ounces of a clean source of protein of your choice.

SPINACH SALAD WITH PUMPKIN SEEDS

[Makes 2 servings]

- 2 cups baby spinach
- 1/2 cup pumpkin seeds
- 3 tablespoons goji berries
- 1/2 cup cherry tomatoes
- 1/2 cucumber, chopped
- 1/4 cup red onion, thinly sliced

Chop all of your vegetables and mix into a large bowl. Add pumpkin seeds and goji berries. Top with your favorite salad dressing.

DINNER

Please enjoy 4 ounces of Tahini Chicken with 2 cups of mixed greens or 1 cup of steamed vegetables.

TAHINI CHICKEN

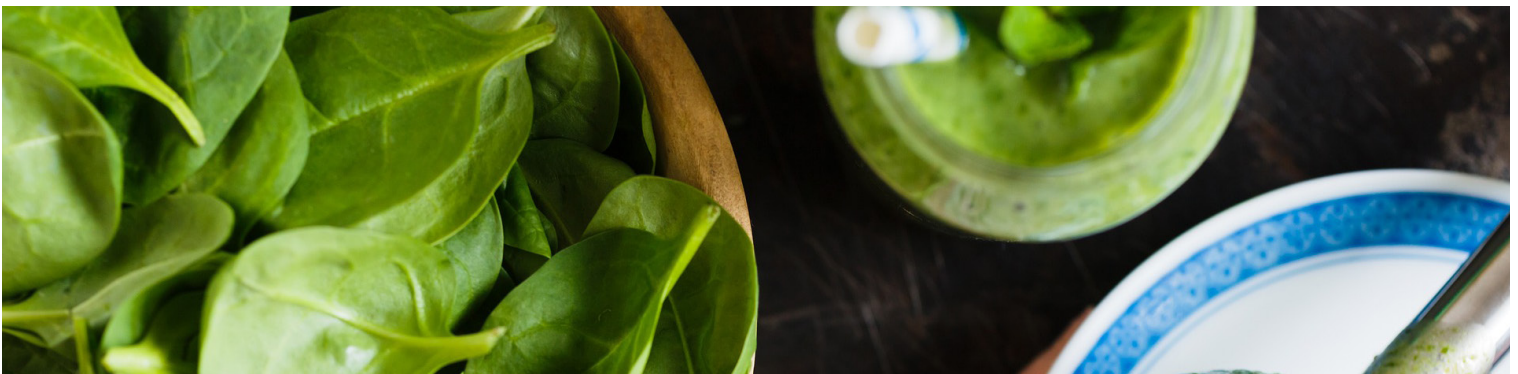
[Makes 4 servings]

- 2 pounds boneless, skinless chicken breasts, cut into 1-inch cubes
- sea salt and pepper to taste
- 5 tablespoons sunflower oil
- 2 tablespoons tahini
- 2 tablespoons sherry vinegar
- 3 carrots, grated
- 6 radishes, sliced
- 1 cup chopped cauliflower/broccoli (cut small and lightly steamed)
- 1/2 cup sesame seeds, for garnish

OPTIONAL: Season chicken with salt & pepper, and mix with 2 tablespoons of sunflower oil. Turn the oven broiler to high and cook for 10 minutes, stirring once or twice. Let it cool slightly. Whisk together remaining oil, tahini, and vinegar.

In a large bowl, add chicken and vegetables. Drizzle dressing on top and mix well. Top with sesame seeds.

Can be served at room temperature or chilled. Refrigerate for 3-4 days.



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Day Ten

BREAKFAST

Please enjoy 2 hardboiled eggs with slices of tomato and salsa & 1 slice Ezekiel toast with coconut oil

LUNCH

Please enjoy ½ cup of Mediterranean Tuna and 2 cups of mixed greens

MEDITERRANEAN TUNA

[Makes 3-4 servings]

2 cans antibiotic-free tuna

1/4 cup chopped fresh parsley

1/4 cup finely chopped scallions

2 tablespoons extra virgin olive oil

1 tablespoon capers

3 tablespoons Dijon mustard

1 tablespoon lemon juice

1/2 teaspoon finely grated

lemon zest

Sea salt & pepper to taste

In a large mixing bowl, combine all of the ingredients. Feel free to stuff it in peppers, add it to gluten-free crackers, wrap it up in lettuce, or add it on top of mixed greens.

DINNER

Please enjoy one serving of Veggie Wraps with 4 ounces of protein and 2 Tbsp. hummus.

VEGGIE WRAPS

[Makes 2 servings]

Brown rice wrap or lettuce leaves

1 avocado, cut into thin slices

1/4 cup sauerkraut or kimchee

1 tomato, diced

1 cup sprouts, chopped chicken, fish, or beans

3 tablespoons of salsa

Lay out the brown rice tortillas or lettuce leaves. Place all of the ingredients on each leaf, and roll up. Add spicy salsa for some extra flavor and some heat.



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Day Eleven

BREAKFAST

Please enjoy a low glycemic smoothie of choice.

LUNCH

Please enjoy making and eating one serving of a Make Your Own Salad.

MAKE-YOUR-OWN SALAD

[Makes 2-3 servings]

2 big handfuls of mixed greens

1 small handful of spinach

2 cucumbers, thinly sliced

1 small handful of grape tomatoes

¼ cup raisins

1/4 cup walnuts

5 rolls of deli meats (hormone- and antibiotic-free) or

1/4 cup cooked black beans or tofu

Purchase Auntie Annie's gluten-free dressings from your local market, or make a simple dressing with olive oil, balsamic vinegar, sea salt & pepper. Combine mixed greens, spinach, cucumbers, and tomatoes in a large bowl. Sprinkle the raisins and nuts on top. Add your favorite nitrate-free, gluten-free deli meats, black beans, or tofu.

DINNER

Please enjoy one serving of Chipotle Salmon (or fish of your choice) with grilled asparagus.

CHIPOTLE LIME SALMON

[Makes 4 servings]

Adapted from recipe by Elana's Pantry

1 pound Coho salmon, cut into 4 fillets

1-2 tablespoons olive oil

2 limes, sliced in half

1 teaspoon Celtic sea salt

1 teaspoon chipotle powder

Preheat oven to 350° F.

Rinse salmon, pat dry, and place on a baking sheet. Rub each fillet with olive oil. Squeeze the juice from one-half lime onto each fillet. Sprinkle fillets with salt and chipotle powder, then place a slice of lime on top of each fillet.

Place salmon in oven, and cook for 8-12 minutes, depending on how well done you like your fish.



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Day Twelve

BREAKFAST

Please enjoy one serving of a Tomato-Spinach Frittata & & 1 slice Ezekiel toast with coconut oil.

TOMATO-SPINACH FRITTATA

[Makes 2 servings]

- 2 tablespoons coconut oil
- 1/4 cup onion, chopped
- 3 cloves garlic, chopped
- 2 large eggs
- 1/3 cup organic tomato sauce
- 1 teaspoon Italian seasoning
- Salt and pepper to taste
- 1/2 cup spinach

Preheat the oven to 400° F.

In a skillet, add the coconut oil on medium-high heat, and then cook the chopped onions and garlic until translucent.

In a separate bowl, beat the eggs. Then, add tomato sauce, Italian seasoning, salt, pepper, and mix.

Add spinach to the skillet and cook until slightly wilted. Turn the heat down a bit, then add the egg mixture to the pan and gently stir by scraping the

bottom of the pan with a spatula. Once the sides have started to cook a little (2 to 3 minutes), put the skillet in the oven.

Cook for about 10-20 minutes. Let it cool for about 15 minutes before serving.

LUNCH

Please enjoy one serving of Chopped Asian Salad with 4 ounces of protein. For dressing use 2 Tbsp. olive oil and juice from one lemon.

CHOPPED ASIAN SALAD

[Makes 2 servings]

- 1 cup kale, finely chopped
- 1 cup leafy green of choice
- 1 cup carrots, chopped
- 1 cup sprouts of choice
- 1 cup snap peas, chopped (if you cannot locate snap peas, substitute green beans)
- 3 scallions, diced
- 1/2 avocado
- 2 tablespoons sunflower seed butter or tahini
- ½ teaspoon garlic powder
- juice of 1 lime
- 1 tablespoon apple cider vinegar
- 1 teaspoon honey
- 1/4 cup water

Place the kale in a large mixing bowl. Massage with hands until it becomes wilted. Literally



Day Twelve

“massage the kale” and it will get tender - about 2 minutes.

Add greens, avocado, carrots, snap peas, sprouts and scallions to bowl

with kale.

Add your favorite protein such as grilled shrimp, tempeh, chicken, beef or any animal or vegetarian protein to this salad for a complete meal.

DINNER

Please enjoy one serving of Veggie Wraps with 4 ounces of protein.

VEGGIE WRAPS

[Makes 2 servings]

Brown rice wrap or lettuce leaves

1 avocado, cut into thin slices

1/4 cup sauerkraut or kimchee

1 tomato, diced

1 cup sprouts, chopped chicken, fish, or beans

3 tablespoons of salsa

Lay out the brown rice tortillas or lettuce leaves.

Place all of the ingredients on each leaf, and roll up. Add spicy salsa for some extra flavor and some heat.



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Day Thirteen

BREAKFAST

Please enjoy 3 egg whites with 1/2 cup spinach and salsa & 1 slice Ezekiel toast with coconut oil.

LUNCH

Please enjoy one serving of Super Silly & Fun Herb Stuffed Peppers.

SUPER SILLY & FUN HERB STUFFED PEPPERS

[Makes 2 servings]

2 red peppers

2 5-6 ounce cans tuna, salmon,
or shredded chicken

1 cup lightly packed baby spinach

1/2 bunch fresh parsley, chopped

1/2 cup quinoa

DRESSING:

1/8 cup extra virgin olive oil

1 1/2 tablespoon fresh lemon juice

1 teaspoon Dijon mustard

1/4 teaspoon sea salt, finely ground

1/8 teaspoon pepper

Prepare quinoa as per package directions. (You can make a batch of quinoa in a rice cooker and have it on hand all week).

Wash and core your red peppers. Shred your fish or meat into a bowl. In a separate bowl, whisk salad dressing ingredients well. Pour dressing over your protein, greens, and herbs. Mix well. Stuff the mix into peppers for fun. Eat up!

DINNER

Please enjoy one serving of The Perfect (Bison) and 1 cup vegetables sautéed

In 1 tsp. coconut oil.

THE PERFECT BURGER

[Makes 4-5 servings]

1 pound ground beef, chicken or turkey

1 tablespoon chopped parsley

1 small onion, diced

1 tablespoon garlic powder

1 teaspoon kelp sprinkles

sea salt and black pepper to taste

Mix 1 pound grass-fed ground beef, chicken or turkey with chopped parsley, diced onion, garlic powder, kelp sprinkles, sea salt & pepper into a large bowl. Form into patties and fry in a little coconut or extra virgin olive oil. Wrap in lettuce leaves or add to your favorite gluten-free burger roll.



Day Fourteen

BREAKFAST

Please enjoy a low glycemic smoothie of your choice.

LUNCH

Please enjoy one serving of Collard Wrap:

COLLARD WRAPS

(Makes 2 servings)

4 collard leaves

½ cup baby spinach leaves

¼ cup purple cabbage, chopped

¼ cup carrots, shredded

½ cup sprouts or 4 ounces of protein

1 small cucumber, sliced lengthwise

⅛ to ¼ bunch cilantro, chopped

½ avocado, sliced thin

LEMON MUSTARD DRESSING:

1 tablespoon Dijon mustard

1 tablespoon raw honey

1 tablespoon extra virgin olive oil

1 lemon, juiced

Sea salt to taste

Black pepper to taste

Lay out a collard leaf on a clean, dry surface. Layer your vegetables about 1 inch away from one of the sides. Take the 1-inch side and roll the nori sheet



towards the opposite end. Try to roll it as tight as possible without tearing the collared leaf. When you roll the collard leaf to the end, place a drop of water on the end tips to keep it closed. Slice the wraps into one-inch pieces.

DINNER

Please enjoy 2 Paleo (Chicken or Turkey)

Meatballs with 1 cup of cauliflower steamed with lemon.

PALEO CHICKEN, TURKEY OR BEEF MEATBALLS

[Makes 3-4 servings]

Adapted from EverydayMaven.com

¾ cup parsley, coarsely chopped

3 medium cloves garlic

¼ cup almond meal

1 egg

1 pound chicken, turkey, or beef

1 teaspoon sea salt

½ teaspoon ground pepper

Preheat oven to 350° F.

Combine together the coarsely chopped parsley and garlic. Add almond meal, egg, and meat to the bowl, and mix well with your hands. Then add salt and pepper, and mix until thoroughly combined.

Drop tablespoon-sized balls of the mixture onto a parchment-lined baking sheet. Bake meatballs for 20 to 25 minutes. Serve warm with marinara sauce or with your favorite vegetable.

My Notes

Laura
London



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