



3 DAYS TO DITCHING THE BLOAT

MY SECRETS ON HOW TO SURVIVE PARTIES AND FEEL FABULOUS

3 DAYS TO DITCHING THE BLOAT

These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease.



Hi, I am Laura London

Let's face it, engaging in social festivities during any season is a tough time to eat cleanly and make good choices. But with a little forethought, we can set the stage for success. No matter where you live in the world or what holiday you celebrate, I want to give you the simple steps you need to face temptation and not gain weight.

Some of us do not need a birthday party or holiday to be tempted by food because we work in an office where parties are often thrown, treats are brought in, or there's even a candy bowl filled and available at all times.

You may be a person who travels or attends lots of functions or cocktail parties for work — and you just cannot figure out how to say no to all the goodies.

I am here to walk you step-by-step through a little something I call "how to make it work in the real world when temptation is everywhere."

Let me first say this: Life is *not* about deprivation and constantly saying no to sweet treats. It is about balancing the yes and the no so we stay happy, healthy, feeling good, sexy, and free of health issues.

I work with busy people who have forgotten what balance looks like on their plates and in their lives. Below is the exact info I give my clients — I hope it helps you just as much as it has helped them become more aware of their food choices.

3 DAYS TO DITCHING THE BLOAT

These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease.

WHEN DO YOU GET TEMPTED?

- Attending a cocktail party or a wedding
- The donuts or the vending machine at the office
- When you're watching TV
- Bringing treats to your kid's school
- Preparing food for a party you're throwing
- Your loved one always gives you chocolate on Valentine's Day
- You get stressed around the holiday season

HAS THIS HAPPENED?

You swore this year would be different or that you were going to be good tonight, but somehow the food you promised yourself you would not eat entered your body.

I have had those times in my life and trust me I am human, and it still happens. But I finally have a plan, and I am sharing that plan with you today.

I have studied over 100 dietary theories and have had a chance to study under renowned experts in nutrition and wellness such as **Andrew Weil, MD, Arthur Agatston, MD, Barry Sears, PhD, Mark Hyman, MD, Geneen Roth, and Deepak Chopra**. During this time, my life changed. I began to see that the food on my plate was key, but so was how I was nourishing myself in other areas of my life. I began to take care of myself and slow down.

Eating foods that were right for my unique body lessened my food allergies, and I began to lose unwanted toxicity and inflammation.

I also realized that I had the power to change my health and my life. I began to feel alive and in control of my health and my own destiny. Basically, I felt renewed.

Together, we are going to lay out the perfect plan for you to ditch the bloat, say no to those foods that do not serve your awesome body and stay healthy during the holiday season.

SECRET #1: PRE-PLANNING

Make sure you know what you are walking into. If you're attending a holiday party, plan to eat beforehand. It is safe to assume most parties offer tons of cheese, bread, and lots of sweets, so it is best to have a good mini meal before you go.

MY FAVORITE MINI MEALS ARE:

1. A healthy protein like turkey slices with avocado
2. Greek or non-dairy yogurt with nuts
3. A smoothie
4. A cup of soup
5. A healthy protein bar
6. Gluten-free crackers with hummus
7. Any protein and vegetables

Make sure you are satisfied before you head out to the party.

And if you know there are tons of treats at work, make sure to keep a healthy snack in your bag (my favorite is a healthy protein bar by Vega or Plant Fusion, or homemade protein balls).

SECRET #2: EAT SIMPLE AND THINK SIMPLE

Keep it simple. Make sure the meals you are eating during the holiday season are easy to digest. Often we are stressed during the holidays, and when we eat when stressed, we go into fat storage mode rather than fat burning mode.

Taking deep breaths and being conscious of what you eat is key for your health and happiness, and will leave you better able to say no to the sweet treats.

Try taking a breath in through your nose, holding that breath for 10 seconds, and then releasing. Repeat this deep breathing exercise 5 times, and you will reduce those stressed feelings.

SECRET #3 – MY SECRET WEIGHT - LOSS WEAPONS

Two drinks I would not live without during my day are the following:

MY MORNING LEMON ELIXIR

Take 2 cups of room temperature water and add the juice from 1/2 a lemon, a pinch of cayenne (optional), and 1 teaspoon of raw honey or a couple drops of stevia (use stevia if you are on a yeast cleansing diet).

MY EVENING ALKALIZING CHLOROPHYLL DRINK

Add 1 tablespoon of chlorophyll to 12 ounces of water with the juice of one lemon.

Note: you can buy chlorophyll at any natural food store, Whole Foods, or on Amazon.

THE 3-DAY MINI CLEAN EATING PROGRAM

If you feel congested, the family has got you stressed, or you devoured a box of gift chocolates, no worries my friend because I have your solution right here. I am sharing with you what I do to recharge, regenerate, and kick the bloat, so my jeans do not feel so tight!

ARE YOU READY?

3 DAYS TO DITCHING THE BLOAT

These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease.

1. **UPON WAKING:** Drink Lemon Elixir to cleanse, alkalize your body, and reduce sugar cravings.
2. **BREAKFAST:** Smoothie – easy to digest and ideal for getting rid of bloat.
3. **SNACK:** Enjoy a cup of peppermint or ginger tea and raw veggies with hummus.
4. **LUNCH:** Choice of green salad with 1 tablespoon of olive oil, 1 teaspoon of flax meal, lemon juice, garlic powder (omit if intolerant), and 3 ounces of a high-quality protein or 1/2 cup lentils or mung beans for vegetarians. Also, drink your Cranberry Elixir to flush the toxins, so they do not turn into fat!
5. **LATE AFTERNOON SNACK** (around 4 pm): Enjoy a cup of detox tea made by Yogi Tea. Have 1/2 avocado with tomato and basil or a cup of dairy-free soup with 2 tablespoons of pumpkin seeds and a dash of cinnamon to warm the digestion. Another great snack option is a rice cake with almond butter and cinnamon.
6. **DINNER:** A healthy soup or choice of salad with 3 ounces of protein (optional) and a side dish of vegetables.
7. **EVENING:** If you are craving something sweet, have a cup of chamomile tea with stevia or 1 teaspoon of raw honey. Or enjoy a baked apple with cinnamon, walnuts, and raw honey or stevia (bake at 350 degrees for 20 minutes). Another option is half a banana with 1 tablespoon of almond butter and 1 tablespoon of honey with slivered almonds.

RECIPES

DAY ONE

BREAKFAST

You can either opt for a smoothie for breakfast, or you can enjoy warmed chia seed pudding on any day in place of a smoothie, as desired.

CHIA SEED PUDDING

(Makes 1-2 Servings)

1 cup non-dairy milk
 1/3 cup chia seeds
 2 tablespoons raw honey
 or 5 drops stevia (optional)

1/2 teaspoon vanilla (powder or
 alcohol free vanilla)
 Dash of cinnamon
 Dash of ground ginger

Warm your milk. In a small saucepan, add your non-dairy milk over a medium-low flame. Warm the milk for 2 to 3 minutes. Make it as hot as you can stand it without boiling.

TAHINI ENERGY SMOOTHIE

1 1/2 cups dairy free milk (almond,
 coconut or hemp)
 2 tablespoons tahini
 1 cup spinach

1/2 cup strawberries
 1 banana, cinnamon
 1 tablespoon raw honey

LUNCH

ROASTED ROOT VEGGIE SALAD

1 pound root vegetables (beets, carrots, turnips, parsnips), diced
 1 Tbsp. coconut oil
 3 Tablespoons olive oil
 2 medium shallots
 ½ tsp. chopped fresh rosemary

3 cups arugula
 1 Tbsp. apple cider vinegar
 1 Tablespoon Dijon mustard
 Dash of sea salt and pepper to taste

Preheat oven to 450 degrees. Line baking sheet with parchment paper. In medium bowl, toss diced vegetables and shallots with a Tablespoon of coconut oil ½ tsp. sea salt to coat. Spread the veggies out in one layer on a baking sheet.

Roast in oven until all veggies are tender (about 20 minutes). Drizzle with one tablespoon of olive oil and add fresh rosemary to the vegetables and toss to coat.

Combine remaining 2 tbs. of olive oil, vinegar, and mustard in a small bowl and whisk with a fork until combined. Place arugula in a mixing bowl, pour dressing over greens and toss to coat. Top with roasted vegetables.

DINNER

SWEET POTATO CAULIFLOWER SOUP

1 large head cauliflower
 Few dashes Garam masala

(optional)
 3 medium to large sized peeled

sweet potatoes, cut into 1" pieces
1 sweet onion, diced

6 cups vegetable broth
1 tsp. salt

Preheat oven to 400 °F. Wash and cut cauliflower, and then sprinkle lightly with Garam masala. Place the cauliflower on parchment covered baking sheet and lightly drizzle with olive oil. Roast about 20-30 minutes. In large stockpot, bring sweet potato, onion, garlic, salt and broth to a boil. Reduce heat and simmer until sweet potatoes are tender. Add in cooked cauliflower and blend half then combine.

DAY TWO

BREAKFAST

PUMPKIN PIE SMOOTHIE

2 cups coconut milk, rice, almond
or hemp milk
1 cup pumpkin puree
(homemade or canned)
1 teaspoon vanilla

1 teaspoon pumpkin spice
2 Tablespoons raw honey
or 5 drops stevia

Combine all ingredients in a blender; blend until smooth

LUNCH

AVOCADO SALAD WITH LIME DRESSING

(Makes 2 Servings)

2 cups baby spinach
6 to 8 cherry tomatoes
1 medium cucumber, chopped

1 avocado, diced

LIME DRESSING:

2 lime, juiced
¼ teaspoon ground cumin
1 teaspoon raw apple cider
vinegar

2 teaspoons extra virgin olive oil
Sea salt
Black pepper

Prepare the dressing. Add your lime juice, ground cumin, raw apple cider vinegar, extra virgin olive oil, sea salt, and black pepper in a small bowl. Whisk the ingredients until they come together. Set to the side.

Mix the salad. Add baby spinach, cherry tomatoes, cucumber, and avocado to a bowl. Top with lime dressing and serve immediately.

DINNER

VEGETABLE CURRY

1 pound cauliflower,
cabbage, zucchini
1 red onion, diced
2 Tbsp. coconut oil
6 oz. can tomato paste (look for
BPA FREE can)
½ can coconut milk

1 clove garlic
½ tsp. cardamom powder
½ tsp. coriander powder
½ tsp. ginger
1 tsp. fenugreek powder
½ tsp. chili powder (optional)
1 tsp. sea salt

Wash and chop vegetables. Sauté onions and garlic in coconut oil. Add seasonings, tomato paste, and coconut milk and stir until smooth. Add vegetables and simmer for 15 minutes.

DAY THREE

BREAKFAST

DELICIOUS DATE SMOOTHIE

1 ½ cups dairy free milk (almond, coconut or hemp)

2 pitted Medjool dates, soaked and pitted

1 frozen banana

1 teaspoon cinnamon

1 teaspoon vanilla

1 tablespoon raw honey

LUNCH

COLORFUL GODDESS SALAD

2 cups red cabbage

2 cups green cabbage

1 raw striped beet

1 yellow beet

1 radish

1 stalk of celery

1 cucumber

1 zucchini

Chop all the ingredients into bite size chunks. Cut the cabbage into thin slices and add all ingredients to a large bowl. In a separate bowl make the dressing (as seen below) and then add ¼ cup almonds or walnuts, pecans or pine nuts to this salad.

DRESSING:

½ cup Tahini

2 cloves garlic

½ cup water

1 tsp. coconut aminos

2 Tablespoons fresh parsley,
chopped

2 Tablespoon fresh lemon juice

2 Tablespoons chives, chopped

2 Tablespoons raw apple cider
vinegar

½ teaspoon sea salt

Combine all ingredients in a blender; blend until smooth

DINNER

CARROT GINGER SOUP

2 pounds carrots

1 tsp. salt

4 cups vegetable broth

¼ tsp. cumin

1 Tbsp. coconut oil

¼ tsp. cinnamon

1 cup chopped onion

¼ tsp. dried mint

½ cup fennel, chopped

3 Tbsp. fresh lemon juice

2 garlic cloves, minced

2 Tbsp. grated ginger

Cook carrots in vegetable broth 10-15 minutes. Sauté onions, fennel and garlic over medium heat for about 5 minutes. Add ginger, salt, and spices. Turn the heat to low, and continue to sauté for another 8 to 10 minutes. Stir in lemon juice. Combine in blender and puree.

ABOUT LAURA LONDON



Laura is a Lifestyle coach, holistic nutritionista and fitness specialist.

She is also the author of the Hot and Healthy Body. Since overcoming Chronic Fatigue Syndrome, Epstein Barr Disease, and a chronic back issue, Laura has reinvented, not only her health, but also her life - in her 40's. She is here to show you that you can do it too!

Laura has become an inspiration to women across the globe with her down-to-earth personality and her simple, easy-to-follow health advice and workout routines

Find out more about Laura on her web site:

www.LauraLondonFitness.com

3 DAYS TO DITCHING THE BLOAT

These statements have not been evaluated by the Food and Drug Administration.
This is not intended to diagnose, treat, cure, or prevent any disease.