



jolieLife

EAT BEAUTIFULLY

**LEAN
OUT**



Welcome to Lean Out!

It is my pleasure to welcome you to this two week journey. Lean Out is exciting because you will have an opportunity to practice inward focused rituals of wellness which will - when continued - with consistency and practice create the health, leanness, and wellness you desire. We do not find ourselves in a state we desire to change overnight - just as many choices lead us away from wellness, many steps lead us toward wellness. I congratulate you!

Your commitment to yourself and your well being is extraordinary. Let's take a moment and further reconfirm your support of your best self.

Read the following statement aloud. I commit to giving myself the best opportunity to grow by giving my all.

I promise to not criticize or give up on myself. I forgive myself for any judgement or negative self talk. I will encourage and celebrate my progress.

There are seven practices of wellness that we will enjoy over the next two weeks:

- Plant based eating
- Movement
- Time outdoors
- Stillness
- Self massage
- Hydration
- Sleep

Daily Practice Checklist

There are 15 items on this list. Your goal is to check off 10 per day.

Each practice on the checklist contributes to your body losing weight.

- 6-8 hours of sleep
- Dairy free day
- No snacks between meals or booster
- Fasting after dinner
- 35 minutes of cardio
- Executed exercises for your target area
- Enjoyed metabolism herbal booster
- 20 minute walk after dinner
- 6-8 glasses of water
- No alcoholic beverages today
- Exercised before breakfast
- 12 hours between last night's dinner and this morning's breakfast
- Meditate
- 30 minutes of fun
- Drink tea

Before we start, I want you to do the following.

1. Select a water pitcher and water bottle that you commit to filling many times a day.
2. Decide on a bed time which will give you seven hours of sleep. Set an alarm 1 hour before that time. An hour before bed you will begin your night ritual.
3. Set aside 20 minutes a day for stillness and journaling. Write in your calendar your stillness time.
4. Book your Bar Summit classes using the code JOLIE.
5. Familiarize yourself with your daily practice checklist. Print one for each day. Everyday the goal is to check off 10 of the 15 items. There are 15 to give you choice, flexibility, and variety each day.

Lean Out Daily Practice

AIM FOR 10 OUT OF 15

6-8 hours of sleep

No snacks between meals or booster

Fasting after dinner

35 minutes of cardio

Enjoyed metabolism herbal booster

Executed exercises for your target area

Dairy free day

Drink tea

12 hours between dinner & breakfast

Meditate

Exercised before breakfast

No alcoholic beverages today

20 minute walk after dinner

30 minutes of fun

6-8 glasses of water

NOTES

What to do on the weekend?

You have the choice of choosing one weekend meal as a Conscious Indulgence Meal. This can be anything you want. The only requirement is that:

- you thoroughly enjoy it
- enjoy it with someone
- stop eating when you are 75% full.

Continue with the 15 point ritual checklist.

Breakfast:

One day choose one of the breakfast recipes.

You can have one the other day have one of the following:

- ½ cup non dairy yogurt and 1 cup of cut up fruit
- 2 eggs and ½ cup of fruit
- Go out to breakfast. Choose your usual. Eat half and leave or share the rest.

Lunch

Large salad

3 cups of leafy green plus 1/2 cup of any 2-3 other raw vegetables, and ½ cup of lentils. Dress with lemon and olive oil.

Dinner

Protein the size of your palm - grilled, roasted, or sauteed OR ½ cup lentils 1-2 cups of vegetables cooked or raw.

Shopping List

Plant yogurt Kite Hill or Anita's

Berries

Eggs optional)

Salad greens

3 vegetables you enjoy raw

grassfed beef or organic chicken 4 oz. or fish 6 oz. - one portion for each day

2-3 vegetable you enjoy cooking for both dinners



Lean Out Self Care Kit

I love oils. Simply put, oils distill a plant's essence: They're concentrations of plant nutrients and plant healing powers. Consistent and frequent use of oils protects the skin - your primary detox organ - from dehydrations, aging, and degradation of the skin barrier.

Dry brushing removes dead skin cells, increases circulation, and aids in lymphatic drainage. The removal of toxins helps the body find hormonal balance which in turn boosts metabolism.

Sleep is crucial. People who receive inadequate sleep struggle more with weight gain and cravings for sugar. Insufficient sleep puts the body in fat storage mode, as well as lessens willpower to resist high calorie foods which the body craves to make up for the energetic deficit from loss sleep. You will sleep better if you give yourself a chance to unwind. A 20 minute soaking bath will ease stress and physically prepare you for sleep.

Hydration will help your body burn more fat. One of the most common decelerators of metabolic activity is dehydration. Lemon juice is a great add in as it is high in antioxidants also.



Pre- Lean Out

Set a goal.

Here are suggestions.

Feel more relaxed around food.

To break sugar and/or carb dependency.

Relieve bloating.

To feel lighter.

Lose 4-5 pounds.

Feel looseness around your waistband.

Better sleep.

More energy.

Before beginning the program take a moment to do an assessment of how you feel now.

Describe your cravings.

Describe how your body feels.

Describe your sleep patterns and quality of sleep.



Graph your daily energy level.

Take your waist and hip measurements.

Today;s weight.

Choose one article of clothing that fits a little snug. Let this be your garment you try on after the program.

What will be your award for completing the program and devoting yourself to your health and wellness?



Post Program Celebration

Write down 10 brags about how you grew during the program?

Write down one positive step you will carry forward from here.

Your Day

Wake up. Enjoy water and lemon. Move for 10-20 minutes. Walk, stretch, exercise play with the dog.

Try your best to exercise in the morning. Then enjoy your smoothie post workout; otherwise have it around 10.

Mid morning: Tea

Lunch between 1-2:30

Mid afternoon juice

Dinner before 7:00pm

After dinner tea

MORNING CUP

Ingredients

- ½ - 1 cup of plain, no sugar added almond yogurt. If using coconut yogurt only ½ cup
- 2 tablespoons of granola
- 1 cup of berries - your choice
- 1 teaspoon honey, optional
- ½ teaspoon vanilla
- Coconut flakes, optional

1. Mix yogurt with honey and vanilla in a bowl. Spoon into your bowl.
2. Layer prepared berries on top.
3. Sprinkle with granola and optional coconut flakes

BREAKFAST HASH

Ingredients Serves 2

- ½ - 1 cup of onions
- 2 teaspoons of olive oil
- 1 cup of dense vegetables
- 1 cup of softer vegetables
- 2 cups of greens
- salt and pepper, optional

1. Warm olive oil in a skillet.
2. Saute onion and garlic until softened and fragrant.
3. Add into skillet dense vegetables like potato, carrot, leek, sweet potato. Cook stirring frequently for 8 minutes.
4. Then add in softer vegetables: like zucchini, celery, cabbage, scallions, asparagus, mushrooms, broccoli, fennel, cauliflower, or shredded carrots or potatoes.
5. Cook for 4 minutes. Add in raw greens like kale, collards, spinach, swiss chard, mizuna, bok choy, tatsoi. Cook for 2 minutes. Add 1 tablespoon of fresh chopped herbs, salt, and pepper to taste.

SAUTEED VEGETABLES

This works best for soft vegetables. You can use the same technique for root vegetables, however, they will take longer.

Ingredients

1 onion chopped

1 clove garlic minced

2 tablespoons olive oil

2-3 cups chopped vegetables

Salt and pepper to taste

Basic Recipe:

Saute onion in 1 tablespoon of olive oil on medium high heat. Sprinkle a pinch of salt on onions as they cook. Once they are translucent, add other vegetables 2-3 cups and 1 tablespoon olive oil. Cook until vegetables reach desired doneness. Season with salt and pepper to taste

Vegetables that work well with this technique:

Broccoli and cauliflower

Peppers and zucchini

Mushrooms, onions, and leeks

Asparagus

Eggplant, Zucchini, and Fennel

ROASTED VEGETABLES

Part A

Choose 1-4 vegetables - 4-6 cups

Carrots, Parsnips, Onions - quartered

Beets - may color other vegetables

Mushrooms, Garlic, Eggplant, Sweet peppers

Brussel Sprouts - whole or halved

*short cooking time: cauliflower, broccoli, bell peppers, asparagus, zucchini, green beans

Part B

Add chopped herbs or spices and salt & pepper: choose 1-2 of the herbs below.

garlic, parsley, basil, rosemary, sage, thyme, chives

Mix Part A & B with 2 tablespoons olive oil. Spread out evenly on a baking sheet lined with parchment. Roast 30-40 minutes at 375. Items with * require less cooking time, 20-30 minutes.

Notes