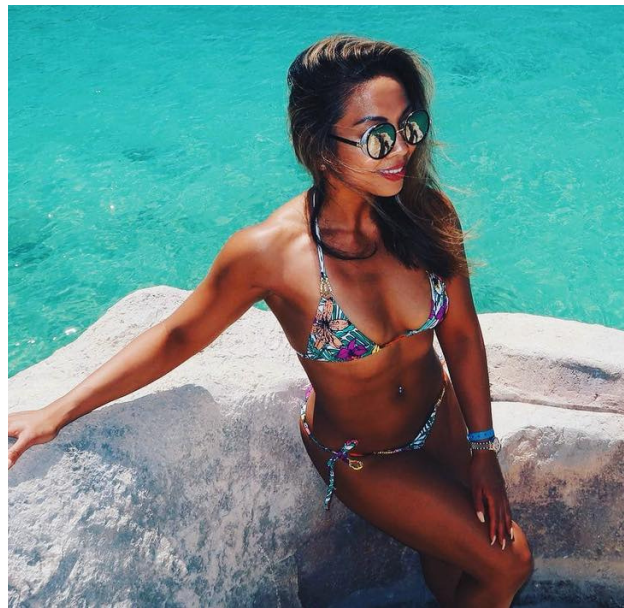


THE 7 DAY HEALTHY JUMPSTART PLAN



TEAM THUNDER | 7 DAY HEALTHY LIVING JUMPSTART PLAN

This plan was put together not only to help you lose body fat, but also to train your mind and body to feel your natural hunger and satiety cues.....so often DULLED by today's modern diet.

Even so-called "healthy" foods are so heavily processed, they promote over-consumption and don't contain enough nutrients for our bodies to recognize that we've had enough!

When a nutrition plan contains both enough calories AND nutrients, the body works most effectively to cue hunger and satiety, and natural foods begin to really taste good again.

LET'S BEGIN!

BREAKFAST

The idea is that you eat protein and some fat in the morning. Let's keep you full and prevent blood sugar spikes and crashes!

FLOURLESS PUMPKIN PANCAKES

Makes 4 Pancakes (each 4 inches across)

1/3 Cup Pumpkin Puree

2 Eggs

2 TB Ground Flax Seed

1 tsp Pure Vanilla Extract

1/2 tsp Pumpkin Pie Spice

1/4 tsp Cinnamon

5 drops Vanilla Stevia or 1-2 tsp (or more) of your sweetener of preference

Sprinkle of Salt

Preheat your griddle to medium heat. Your pan/griddle needs to be HOT before you start cooking the pancakes. Whisk all of the ingredients together in a medium mixing bowl until smooth. Oil your griddle – I used olive oil spray. Coconut oil would also be fine. Pour a small amount of your batter on the griddle to make small pancakes about 4 inches across. Let cook for 2-3 minutes until edges start to look done and the middle is full of bubbles (if you flip before this happens, they will stick). Flip and let cook 1-2 more minutes. Once they're done, top with your favorite ingredients and enjoy!

BANANA EGG PANCAKES

2 eggs

1 banana (ripe)

cooking spray for pan

Mash ripe banana well, add in whisk eggs.

Warm non stick or cast iron pan to medium, spray with oil.

Cook silver dollar size pancakes 30 seconds on each side and serve.

We use a small amount of maple syrup on our pancakes.

SWEET POTATO HASH

1 sweet potato, peeled

1 small onion diced

2 tsp olive oil

Salt

Pepper

Dash of Cayenne Pepper (optional)

Grate sweet potato

Heat olive oil in the pan and sauté onions until soft

Add sweet potatoes, stir to combine, sprinkle with spices, then cover and cook on medium for about 5 minutes until tender.

If you want yours extra crispy stir and let brown after you remove the lid.

Serve with 2 eggs any style you want.

LUNCH

The idea behind "A Salad a Day" is to provide a nutrient dense meal to keep you satisfied and provide fiber!

SLOW COOKER SALSA CHICKEN

4 boneless, skinless chicken breasts

2 cups favorite salsa

salt and pepper

(optional: fresh lime wedges for serving)

Place chicken breasts in a slow cooker and cover with salsa. Toss until the chicken is covered. Cover and cook on high for 4 hours (or low for 6-8 hours), or until the chicken shreds easily with a fork. Shred the chicken in the slow cooker and toss with the remaining salsa and juices until well-mixed. Serve immediately, or refrigerate in an airtight container for up to 5 days. (This chicken also freezes well.)

*You can really use just about any cut of chicken for this recipe. For easy shredding though (so that you don't have to mess with bones), I recommend boneless chicken breasts or thighs.

VIETNAMESE STYLE CHICKEN AND CABBAGE SALAD

Serves 2-4 depending on if it's a side or full meal

2 cooked chicken breasts, shredded
1 small head Savoy Cabbage, thinly sliced (5 cups)
1 cup julienned carrots
6-7 green (spring) onions, thinly sliced longways
1/4 cup Mint leaves, roughly chopped
1/4 cup Basil leaves, roughly chopped
1/4 cup Cilantro leaves, roughly chopped

Nước chấm Inspired Salad Dressing

1/4 cup water
3 tablespoons fresh lime juice (to taste)
2 tablespoons fish sauce
1 1/2 tablespoons honey (omit for 21DSD & Whole30 plans)
1/2 teaspoon apple cider vinegar
1 tablespoons Olive Oil (optional)
1/2 red seeded chili, chopped (optional)

To roast chicken breasts: Place them in a baking dish with a cup of chicken broth and roast them at around 300 degrees for about 25 minutes or till cooked through (165 internal temp), baste a few times. Cool a bit then pull into thin strips or shred with a fork. Set aside.

Thinly slice the cabbage, carrots and spring onion tops(the green parts) into long strips, then roughly chop the herbs and place all the above ingredients into a large bowl.

In a separate bowl or mason jar, measure out all the dressing ingredients. Shake or mix well.

Pour the Dressing over the salad, toss and serve with Sriracha or other chili sauce. Play with the salad dressing ratios to suit your taste.

D I N N E R

The idea is to eat quality lean protein and veggies to keep you from getting hungry late at night. This also can help keep those mindless cravings at bay.

SPAGHETTI SQUASH BURRITO BOWLS

2 medium spaghetti squash
1 lb. lean ground beef or ground turkey
1 small onion, finely chopped
2 sweet bell peppers, finely chopped
4 garlic cloves, crushed
14 oz. red kidney or black bean beans, drained & rinsed (optional)
1/2 tsp. chili powder
2 tbsp. diced canned chilies or jalapeños (or to taste)
1 cup tomato sauce
1/2 cup cilantro, finely chopped + more for garnish
4 blue containers avocado
1/4 tsp. salt
1/2 tsp. freshly ground black pepper

Preheat oven to 375 degrees F.

Cut squash in half and scoop out the seeds with a spoon. Lay skin side down on a rimmed baking sheet, lined with parchment paper, and sprinkle with salt and pepper. Bake for 45 minutes, or until cooked to a touch with a fork.

In the meanwhile, preheat medium skillet on medium heat and spray with cooking spray.

Add onion, garlic, bell pepper and sauté for 4 - 5 minutes or until golden brown, stirring occasionally. Add beans, chili powder, chilies/jalapeños, tomato sauce, cilantro and stir.

Remove vegetable mixture to a bowl. Keep warm. Cook ground beef or turkey until thoroughly cooked through. Combine with vegetable mixture.

Remove from heat and add 1/2 of avocado. Stir again.

Remove baked spaghetti squash from the oven and let cool a few minutes.

Carefully remove spaghetti squash strands from the shell, trying to keep the shell intact.

Combine spaghetti squash strands with meat and vegetable mixture.

Fill each "boat" with 1/4 of the vegetable and meat mixture.

Divide remaining avocado among the 4 "boats", and sprinkle each evenly with cheese.

Bake for additional 10 minutes. Serve hot, garnished with extra cilantro.

TURKEY TACO LETTUCE WRAPS

1.3 lbs 99% lean ground turkey
1 tsp garlic powder
1 tsp cumin
1 tsp salt
1 tsp chili powder
1 tsp paprika
1/2 tsp oregano
1/2 small onion, minced
2 tbsp bell pepper, minced
3/4 cup water
4 oz can tomato sauce
8 large lettuce leaves from Iceberg lettuce
(optional) 1/2 cup avocado

Brown turkey in a large skillet breaking it into smaller pieces as it cooks. When no longer pink add dry seasoning and mix well. Add the onion, pepper, water and tomato sauce and cover. Simmer on low for about 20 minutes.

Wash and dry the lettuce. Divide the meat equally between the 8 leaves and place in the center of each leaf and top with your favorite taco fixings!

Top with avocado.

GRILLED PESTO KABOBS

1 cup fresh basil leaves, chopped
1 clove garlic
1/4 cup grated Parmesan cheese
sea salt and fresh pepper to taste
3 tbsp olive oil
1-1/4 lbs skinless chicken breast, cut into 1-inch cubes
24 cherry tomatoes
16 wooden skewers

In a food processor pulse basil, garlic, parmesan cheese, salt and pepper until smooth. Slowly add the olive oil while pulsing. Combine the raw chicken with pesto and marinate a few hours in a bowl. Soak wooden skewers in water at least 30 minutes. Now thread your sticks with chicken and tomatoes!

Heat the outdoor grill or indoor grill pan over medium heat until hot. Be sure the grates are clean and spray lightly with oil. Place the chicken on the hot grill and cook about 3-4 minutes; turn and continue cooking until chicken is cooked through, about 2 to 3 minutes. I also like grilling vegetable kabobs along with this meal!

UNSTUFFED CABBAGE RECIPE

1 1/2- 2 lbs lean ground meat

1 TBSP oil

1 large onion (chopped)

1 clove garlic (minced)

1 small head of cabbage (chopped)

2 (14.5 oz) cans of diced tomatoes (no salt added)

1 (8 oz) can tomato sauce (no salt added)

1/2 cup of water

salt & pepper to taste

In a large skillet, heat oil over medium heat. Add ground meat and onion. Cook until meat is brown and onions are tender. Add minced garlic and cook for one minute. Add chopped cabbage, diced tomatoes, tomato sauce, water, salt, and pepper. Bring to a boil. Turn heat down. Cover and simmer for 30-45 minutes, or until cabbage is tender. Put in a bowl over brown rice or mashed potatoes and ENJOY!

Makes 6-8 servings

SIZZLING CILANTRO LIME FAJITA SALAD WITH HONEY LIME VINAIGRETTE RECIPE

FOR THE VINAIGRETTE:

2 Limes, juiced

$\frac{2}{3}$ C. Cilantro

2 Garlic Clove

2 T. Honey

$\frac{1}{2}$ C. Light Olive Oil (do not use extra virgin)

2 T. White Vinegar

1 t. Real Salt

FOR THE MARINADE:

$\frac{1}{2}$ C. Cilantro

2 Limes, juiced

2 t. Coarse Real Salt

2 Garlic Cloves

1 t. Cumin

1 t. Chili Powder

$\frac{1}{4}$ C. Olive Oil

FOR THE SALAD:

4 Chicken Breasts, cut into strips

1 Large Yellow Onion, peeled and sliced

1 Large Yellow Bell Pepper, seeds removed, cut into strips

2-3 heads Romaine Hearts, cut into bit sized pieces

1 Avocado, sliced

$\frac{3}{4}$ C. Cherry tomatoes, halved

MAKE THE VINAIGRETTE:

Place all ingredients in a food processor or blender and blend together until the garlic is well chopped and ingredients have emulsified.

Refrigerate dressing.

MAKE THE MARINADE:

Using the same blender or processor that the vinaigrette was made in (you don't need to wash it out), place all ingredients for the marinade inside and puree until garlic is finely chopped. Pour $\frac{1}{2}$ of the marinade into a bowl or Ziploc bag and add chicken to the marinade. Pour the other half of the marinade into another bag or bowl and add the sliced onion and peppers to it. Let marinate overnight or for several hours, if possible. You can also skip letting it marinate and use it immediately. It will still taste great!

Prepare salad plates(or a large bowl) by placing lettuce, avocado sliced, and cherry tomatoes on each plate(or all together in a bowl).

Heat a large sauté pan or wok to high. Add the vegetables(do not add the marinade) to the hot pan and cook quickly, tossing with tongs or a spatula until the veggies are still crisp, but golden brown in spots. Remove from pan and keep warm.

In the same pan on high heat, add the chicken and marinade to the pan and cook for 2-3 minutes, or until chicken is fully cooked and slightly caramelized. Toss with the vegetables.

Top salads with the hot chicken and vegetables. Drizzle with the cilantro lime vinaigrette.

SNACKS

Try to eat nutrient dense snacks instead of junk food or empty carbohydrates and processed sugars.

PALEO ROSEMARY AND SEA SALT SWEET POTATO CHIPS

2 large sweet potatoes, peeled
1 Tbls coconut oil, melted
1 tsp sea salt
2 tsp dried rosemary

Heat oven to 375 degrees. Slice sweet potatoes using a mandolin set to 1/8th inch. Grind sea salt and rosemary with a mortar and pestle.

Toss sweet potatoes in a bowl with coconut oil and salt-seasoning mixture.

Place on a non-stick baking sheet (or a regular pan greased with coconut oil) and place into the oven. After 10 minutes, take the pan out and flip the chips.

Place chips back in for another 10 minutes. Pull the pan out and place any chips that are starting to brown on a cooling rack. Place the chips back in for 3-5 minutes.

Every oven is different so keep a close eye on the chips so they don't burn. Place remaining chips on the cooling rack.

SHAKEOLOGY PEANUT BUTTER CUPS

2 tsp. unrefined coconut oil, melted

2 Tbsp. powdered chocolate peanut butter (like PB2)

2 tsp. Chocolate Vegan Shakeology

2 Tbsp. water

Combine oil and powdered peanut butter in a small bowl; mix well. Set aside.

Combine Shakeology and water in a small bowl; mix until it has a pudding-like consistency.

Set aside.

Coat two foil muffin liners evenly with half of peanut butter mixture. Top evenly with Shakeology mixture and remaining peanut butter mixture.

Freeze for 30 minutes, or until firm.