

# 5-Day Starter Plan Lifestyle Nutrition Program™



Cindy Nunnery and Lora Ulrich  
Creators of the Lifestyle Nutrition Program™

# SIMPLICITY RULES

Hello Friend,

Thanks so much for signing up for the Free 5-Day Lifestyle Nutrition Starter Program. This Starter Plan is designed to help you eat well, and give you a healthy kiss of good nutrition. What you can get from this in 5 days is short of amazing. Unwanted symptoms like inflammation, poor sleep and a slow metabolism can be sent to the curb. You will feel better and your energy levels will skyrocket. We want you to look your best & feel your best and the best way to do that is to Keep-It-Simple. With small, achievable steps and simple meals, you can do this!

The beauty of this plan is that it prepares you for what we teach inside the Love Your Body Challenge — our highly-successful program for taking your health, your body and your energy to the highest level, sometimes referred to as optimal.

The core principles inside this Starter Plan are the same principles we use working with our coaching clients that have led to great weight loss and health successes. Both this Starter Plan and the program contain steps you can easily do, to totally transform your health and body.

Let's get going!

Cindy Nunnery & Lora Ulrich  
*Co-creators of the 5-Day Nutrition Starter Plan*

# Favorite Time Saving Tips

**Cook once, and eat two three times is the big one!** We have made it easy for you by including meals with recipes that include multiple servings. We have included eating some recipes more than once during the 5 days to reduce your prep time. Yay!

## Here are our top plan-ahead tips:

- ✓ Make a shopping list and shop in advance.
- ✓ Have a large container of chopped mixed greens ready to make a quick and easy salad.
- ✓ Wash and store greens for smoothies separately from salad greens. For example, keep spinach in its own storage bag or container.
- ✓ Chop fresh vegetable and have berries and fruit washed and ready to eat. Keep them in the fridge so they are ready when you need them
- ✓ Buy frozen organic berries if fresh are expensive or out of season.
- ✓ Store seeds in small mason jars with label on front.

## What, When & How

**Too often diets focus on removing specific types of food or whole food groups and disregard the importance of everything else, leading to unbalanced nutrition.** *Solution* – for optimal nutrition our bodies need a variety of nutrients, including the right types and combination of carbohydrates, proteins, and fats. This means you don't want to eat your protein by itself or your fruits & veggies by themselves. Meals and snacks should have lean protein, low

glycemic carbs (mostly from veggies), healthy fat & fiber (which you get from your fruits & veggies). Wait until you see the jumpstart meals & snacks in the recipe section below, this will make sense. 😊

**When we eat is just as important as what we eat.** If we wait too long in between eating, our body goes into starvation mode. Then when we do eat, even if it's a healthy meal, our body thinks...oh no...she isn't feeding me again... and holds onto the food with all it's might. This also causes our blood sugar levels to become unstable. *Solution* – eat approximately every 3 hours.

If you are not familiar with the term low glycemic, basically this is the way we rate carbs on how they turn into sugar when we eat them. Eating high-glycemic foods can sabotage even the best of diet plans because the resulting spike and subsequent drop in blood sugar leads to a more rapid return of feeling hungry, riding the energy roller coaster, feeling light-headed and cranky. In addition, that spike in our blood sugar releases too much insulin. Ready for this...insulin is also the fat storage hormone and does its job very well. No wonder so many struggle with weight loss! *Solution* – focusing on low glycemic carbs will help to moderate blood glucose levels, leaving you feeling full & satisfied longer, maintaining an even energy, feeling great and being able to release fat. Yippee!!!

## 5 Best Starter Tips

Here are some tips to jumpstart looking your best, feeling your best, for good.

### 1. Cut out the white, processed carbs

**This includes white bread, most wheat bread (a lot of it contains white flour), crackers, white rice, white tortillas, etc.** Choose 100% whole grains or 100% sprouted grain breads and tortillas, brown rice, quinoa. And by the way, 100% whole wheat is not 100% whole grain. White carbs metabolize in your body the exact same way as sugar,

so white bread = chocolate cake when it comes to how your body stores fat. Yikes!

## 2. Increase your water

**Increase your water intake to 64 ounces minimum throughout the day** – this will get your energy going and will help get toxins moving out. A good idea to put a big pitcher or other container of water with sliced organic lemon in your refrigerator – every time you go into your refrigerator the pitcher will remind you to drink a glass (and it will look inviting too!)

## 3. Minimize your intake of sugar, alcohol and caffeine

You hear this everywhere and there is a reason for that. **Sugar is addicting just like alcohol and caffeine.** If you do consume alcohol, choose red wine and skip the beer, hard liquor and other types of wine. Choose stevia over sugar as a sweetener. Drink as much unsweetened tea as you wish or sip on a warm decaf green or ginger tea if you feel the need for coffee.

## 4. Get your fitness going

**Continue your current exercise program if you have one**, and if you're just starting or restarting, commit to 4-5 days a week of 20-30 min exercise - even if it's just walking. Try something you love though – i.e. yoga, dancing, a new class, Zumba dance, weights, etc. If you're just starting on an exercise program, start slowly and build so you do overwork yourself and get sore - this could lead you to quitting before getting started.

## 5. Take your vitamins

**A healthy diet rich in whole foods is #1.** However, you can't get everything you need from food for optimal-healthiest-you levels of nutrients. Our busy lifestyles, stress, and exercise also increases the amount of antioxidants your body needs. The RDAs just aren't enough anymore. Think of the supplements as insurance against nutritional deficiencies. Also, many of these deficiencies can slow down metabolic function and block weight loss. Make sure you eat

well and supplement twice daily. My supplements of choice are [here](#).

# MEALS AT A GLANCE

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
Good Morning Green Smoothie	Egg Scramble	Good Morning Green Smoothie	Grain-Free Porridge	Egg & Veggie Omelet or Smoothie
I Love Quinoa Salad	Spinach Salad	Cindy's Black Bean Soup	I Love Quinoa Salad	Lettuce Wraps
Cindy's Black Bean Soup	Lora's 7-Ingredient Chili	Grilled Lemon Chicken	Thai Chicken Salad	Carry out or Dine Out Option
Snacks, protein balls & dessert options in menu below.				

*You can change up the menu to fit your schedule or needs.*

## DAY ONE

### Breakfast

Enjoy a morning smoothie.

- ✓ Take AM supplements

### Good Morning Green Smoothie

- 1 cup purified water
- 1/2 cup plain Greek yogurt
- 2 cups spinach or kale
- 1 cup berries
- 1 tablespoon flax seeds

Blend in blender with ice cubes.

## Snack

1 apple with 1-2 tablespoons almond butter or a handful of almonds

## Lunch

Enjoy a delicious [I Love Quinoa Salad](#) with enough for leftovers for later in the week.

# I Love Quinoa Salad

Makes 3-4 servings.

### Ingredients:

2 cups red and white quinoa,  
cooked

1 chicken breast OR 1 cup  
cooked lentils

2 tablespoons fresh cilantro,  
chopped fine

1/2 cup English cucumber,  
chopped into small pieces

2 tablespoons fresh parsley,  
chopped fine

1/2 cup red bell pepper,  
chopped fine

3/4 cup Roma tomatoes,  
chopped

2 scallions including greens,  
chopped

Black pepper

Sea salt

### Vinaigrette:

3 tablespoons fresh lemon juice

1/2-1/3 cup Extra Virgin Olive  
Oil (EVOO)

3 tablespoons rice vinegar

**Cook quinoa.** Cook according to directions. Keep it covered with water while boiling and add more water if you need to. Drain and rinse in cold water to stop cooking process. Drizzle with a little EVOO and lightly toss to avoid clumping. Let it sit and cool completely.

**Make vinaigrette.** Add vinegar and lemon juice in a small bowl and whisk in EVOO. Season with salt + pepper. Add additional vinegar & lemon juice or olive oil as desired.

Add tomatoes, cucumbers, scallions, bell peppers, lentils, cilantro and parsley plus vinaigrette and toss. Season with salt + pepper.

TIP: Letting quinoa sit overnight or at least a couple hours before serving allows flavors to marinate. Enjoy!

## Snack

1-2 tablespoons hummus with celery, carrots and other veggies

## Dinner

Enjoy a great high protein [black bean soup](#).

✓ Take PM Supplements.

# CINDY'S BLACK BEAN SOUP

Makes 6-8 servings

2 medium onions (or 1 large) diced	4 cups organic chicken broth
2 cloves garlic, minced	1 1/2 tablespoons olive oil
4 cans black beans, drained and rinsed	1 tsp chili powder
1 can diced tomatoes (Rotel with green chili's is great)	1/2 teaspoon dried oregano
2 carrots, diced	1 tsp paprika
	1 tsp ground cumin
	1 tsp sea salt

Prep beans & veggies.

In a large pot (or Dutch oven), heat the olive oil over medium heat. Add the onions and garlic and sauté until soft and fragrant, about 5-6 minutes.

Mix in the chili powder, oregano, paprika, cumin and sea salt, and stir for about 30 seconds. Add the broth, beans and tomatoes. Bring to a simmer and let it continue for approximately 10-12 minutes.

Optional: Using an immersion blender, blend some of the beans, onions and tomatoes, being careful not to blend all of the chunks. |

blended about 1/4 to 1/2 so it is a little creamy and thick but chunky too. Or use a blender... simply take about 2-3 cups of the soup, blend it up in your blender and then add back to the pot. Be careful because the soup can be hot.

Serve with chopped scallions, fresh tomatoes or a small scoop of plain Greek yogurt.

# Day Two

## Breakfast

2 scrambled eggs with salsa  
1 pieces 100% whole grain or gluten free toast  
½ cup berries.  
✓ Take AM Supplements.

## Snack

1 hard boiled egg with celery sticks or veggie of choice

## Lunch:

Enjoy a made-by-you spinach salad or ordered out. (If ordering out, eliminate cheeses and high sugar dressing opting for an easy vinaigrette or balsamic + oil with a squeeze of lemon)

## SPINACH SALAD

Makes 2 servings

4 cups organic spinach  
1 large chicken breast  
1 cup thinly sliced red cabbage  
1 cup shredded carrots  
¼ cup sunflower seeds  
1 avocado, chopped

## Lemon Basil Vinaigrette

Makes 2 to 3 servings

1/3 cup extra virgin olive oil	1 large garlic clove
2 to 3 lemons, juiced	1 teaspoon dried basil
1 teaspoon vinegar (raw apple cider vinegar is good)	1/2 teaspoon sea salt

Place all the ingredients in a small jar and shake vigorously. Shake again before adding to a salad. Store in the refrigerator for

Add all the ingredients to a large salad bowl. Top with Lemon Basil Vinaigrette.

### Snack

2 TBLS hummus with celery, carrots or other veggies

### Dinner

Enjoy a delicious chili.

- ✓ Take PM Supplements.

## LORA'S 7 INGREDIENT CHILI

Serves 6

2 lb. ground turkey extra lean	1 small green pepper, chopped
1 large onion, chopped	2 15 ounce cans red kidney beans, rinsed + drained (or beans of choice
2 tbsp. chili powder	
1/2 tsp. ground cumin	
2 cans diced tomatoes (no salt)	

Cook the turkey, onion, chili powder and cumin in a 4-quart saucepan over medium-high heat until the turkey is well browned, stirring often. Let simmer to blend the flavors. Then add tomatoes, green pepper and beans and simmer.

Serve in chili or soup bowl. Garnish with chopped onion, fresh chopped basil or cilantro.

## Dessert

Enjoy a sweet but healthy dessert today. This dessert is also known as the [hormone busting cacao pudding](#).

### Chocolate Lovers Pudding

Aka Hormone Busting Cacao Pudding

Makes 4 servings

1 cup purified water	½ cup cacao powder
1 ½ TBS hemp seeds	½ tsp sea salt
½ cup agave or maple syrup	1-2 tsp vanilla
1 TBS coconut oil	½ tsp cinnamon
2 medium avocados, pitted	

Add the water and hemp seeds to a high speed blender. Blend until it makes milk-like base. Scoop out the avocado and add to blender. Add all other ingredients. Blend well until smooth like pudding – use the tamper if you need or stop and scrape down sides. Put in cups and chill.

Top with cacao nibs/chips or with fresh blueberries and some coconut flakes. \*\*This is filling so smaller servings are nice.

# DAY THREE

## Breakfast

Enjoy another delicious and healthy *Good Morning Green Smoothie* (recipe in Day One) Vary the berries and replace water with unsweetened almond milk or coconut water if desired.

✓ Take AM supplements

## Snack

Piece of fruit with handful of almonds or walnuts.

## Lunch

Enjoy a no-cooking lunch with left over Easy Black Bean Soup from Day One.

## Snack

½ cup guacamole and Beanitos chips (Beanitos chips are gluten free, corn free and low glycemic)

### Easy Guacamole

1 ripe avocado	1/2 tsp lemon or lime juice
1/4 tsp sea salt	chopped cilantro
½ tomato, chopped	chopped onion
3/4 tsp garlic powder or 1 minced small garlic clove	

Cut avocado in half and remove pit with spoon or by squeezing out. Mash avocado in a bowl. Add everything except cilantro and mix with fork for chunkier or with a spoon for smoother. Top with cilantro. Chill 30-60 minutes for best flavor (add pit to storage bowl first to keep it from browning)

## Dinner

Enjoy grilled chicken with lemon served with asparagus or broccoli, and small sweet potato.

✓ Take PM Supplements.

### Grilled Chicken with Lemon

Makes 4 servings

4 boneless chicken breast	1/3 cup freshly squeezed lemon juice
¼ cup coconut oil or olive oil	1 1/2 teaspoon dried oregano
3 TBSL garlic	1/2 teaspoon dried thyme

1 teaspoon sea salt  
1/2 teaspoon freshly ground

black pepper

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 marinate for a few hours. Preheat the oven to 350°F and bake for 30 minutes or until juices run clear.

## Evening

Cup of chamomile or peppermint tea (or decaffeinated tea you love)

# DAY FOUR

## Breakfast

Enjoy a grain-free porridge.

- ✓ Take AM supplements

## Grain-free Porridge

Makes 2 servings

2 cups non-dairy milk

1 cup raw pumpkin seeds

1/4 cup pine nuts

1/2 cup hemp seeds

4 TBLS ground flaxseed meal

1 cup berries (OR 1 apple, cored and sliced)

1 teaspoon cinnamon

Warm your non-dairy milk on stove for 2 to 3 minutes. Remove from the stove and add it to a cereal bowl. Add the remaining ingredients. You can also enjoy this porridge with refrigerated non-dairy milk for a cold breakfast.

## Snack

Hard boiled egg with celery sticks or veggie of choice.

## Lunch

Enjoy an easy lunch with leftover quinoa salad from Day One.

## Snack

Enjoy a couple delicious energy bites.

### LEMON CHIA ENERGY BITES

Makes 12 bites

3/4 cup raw almonds  
1/4 raw pumpkin seeds  
zest + juice from three organic lemons  
1 TBSP Chia seeds

1 ½ cup Medjool dates, pitted  
pinch of Himalayan pink salt  
1/4 cup of unsweetened finely shredded coconut

Place the nuts and seeds into your Vitamix or high-powered blender until finely chopped. Add chia seeds, dates, Himalayan pink salt, lemon zest, lemon juice, and blend until the mixtures forms together. Transfer to a plate and form a square. Score 12 even pieces to make even size bites. Form into balls and roll into shredded coconut. Store in freezer or refrigerator.

## Dinner

Enjoy another easy meal with leftover Lora's Chili or a Thai Chicken Salad.

✓ Take PM Supplements.

### THAI CHICKEN SALAD

Makes 3-4 servings

1 large head Romaine lettuce  
2 chicken breast, shredded  
1 cup shredded carrots

2 cups shredded cabbage  
1/2 cup chopped cilantro  
1/2 cup chopped parsley

### Dressing:

2/3 cup coconut water  
3 TBLS natural peanut butter  
1 TBLS brown sugar  
1 TBLS lime juice

3 Tbsp. low sodium soy sauce  
½ -1 tsp. ground red pepper  
(use less for milder version)

Combine chicken, cabbage, carrots, parsley and cilantro in a large bowl. In a small saucepan combine all the ingredients to the dressing. Bring it to a boil, reduce the heat and simmer for 3 minutes. When ready to serve, plate it with a bed of romaine top with the chicken mixture and drizzle the warm dressing over the top.

## DAY FIVE

### Breakfast

Please enjoy a 3 or 4 egg omelet with 1/2 cup of spinach for breakfast. Add diced peppers, mushrooms & onion if you like.

✓ Take AM supplements

### Snack

Cut celery sticks with 2 TBLS of nut butter.

### Lunch

Enjoy colorful and delicious lettuce wraps. Watch my video on how to make [here](#).

## Lettuce Wraps

¼ chopped cucumber  
½ chopped tomato

½ chunk chopped avocado  
2-3 oz shredded chicken or

chicken leftovers  
½ lemon squeezed or Thai

Chicken Dressing or Lemon Basil  
Vinaigrette

Cut hard stalk at bottom and layer ingredients. Add dressing and season with salt + pepper to taste. Roll and enjoy. These can be made ahead without the dressing for an easy to grab lunch too. Just add dressing before eating.

## Snack

2 TBLS Hummus with sliced cucumber.

## Dinner

It's time to order out or go out. Order a nice salmon and roasted/steamed veggies with brown rice **OR** Thai Curry Chicken or Shrimp with mixed veggies and brown rice.

✓ Take PM Supplements.

## Dessert

Enjoy another serving of Chocolate Lovers Pudding from Day Three.

## Optional

Glass of red wine.

# BONUS RECIPES

## Sweet Potato Fries

1-2 sweet potatoes  
coconut oil or Extra Virgin Olive Oil  
sea salt  
pepper

garlic powder, turmeric, Trader Joe's 21 Season Salute (or whatever seasonings you like)

Remove the skin and cut into 'fries', lightly coat in oil and spices before placing on tray evenly spaced and not touching each other. Line with parchment for crisper outside. Bake at 400-425 for 15-20 minutes or until done as you like.

## White Bean Dip

1/3 cup EVOO  
1 can cannellini beans  
1 TBS lemon juice (1/2 lemon)  
1 garlic glove  
sea salt to taste

In the bowl of a food processor (or blender), combine beans, lemon juice and garlic and pulse until mixture is coarsely chopped. With machine still running, gradually add in EVOO until mixture is smooth. Scrape down sides if necessary.

## KICKSTART YOUR WEIGHT LOSS & GET READY TO LOOK YOUR BEST, FEEL YOUR BEST, FOR GOOD.

We hope you've enjoyed this Starter Plan as much as we've enjoyed putting it together for you! Our goal is to help you understand how easy it can be to eat deliciously, lose weight and feel great (+ get healthy) at the same time.

We've also done our best to show yummy recipes and snacks so you do not have to deprive yourself of the foods that taste great. In our experience, once a person begins to cut out the high-glycemic, sugary foods and dietary habits that produce low-energy, bloating, digestion issues and weight gain, while introducing cleaner, nutrient-dense foods -- their health takes a huge leap.

In fact— we want to introduce you to a program -- called the Love Your Body™ Challenge-- which will help you build on what you started to learn (and feel) with this 5-Day free program, and will take your health to the next level. The Love Your Body™ Challenge contains modules, recipes and coaching videos from Cindy and Lora!

You'll go way beyond what to eat (and what not to eat) and learn things like:

- ✓ The safest, most effective ways to cleanse your body...
- ✓ Specific eating out tips with menu examples of all types of cuisine and exactly how to order when you're out, so there is no guesswork on your part as to what the best options are...
- ✓ How to transition from whatever 'diet' you're on (no matter how unhealthy) to a delicious new way of eating that makes you look your best & feel your best (aka younger than you have in years)... for good...
- ✓ Learn the skills for a lifetime of success and get the best possible results...
- ✓ Why it's possible to lose weight very rapidly with simple, healthy low-glycemic eating, and keep it off...
- ✓ Savory recipes and healthy food prep secrets that make your life easier (yes we said easier)...
- ✓ Why thousands LOVE our favorite nutritional supplements. They will make your wellness and weight loss plan simple, easy and more effective. They will be the cornerstone of your health, beauty and wellness plan because you will see & feel the effects of what optimal levels of nutrients can do for your body...
- ✓ Secrets of good digestion. There is a big connection between digestion and weight loss, and understanding this will give you the greatest results... You'll learn how to optimize your digestion, so that you never feel the after eating bloat and downward spiral (the tired, sleepy and even 'fat' feeling), so your body stays light and working at it's best...
- ✓ How to use food for beauty and how your skin, hair, and body glow - you'll love the compliments....
- ✓ And so much more...

To find out more about the program [Click Here](#). Lora and I really appreciate you taking the time to do this 5-Day Starter Program. And we applaud {{loud clapping}} your commitment to putting you and your health and wellness first. We can't wait to share more with you.

Sincerely,

Cindy Nunnery and Lora Ulrich  
Co-creators