



Kick Start

with



karengallagher

NOURISH • LOVE • VITALITY

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The information presented to you in this book is based off of the personal experiences of the author(s), as well as from current research and data.

The advice and tips given in this course are meant for healthy adults only. Before performing anything stated in this product, you should consult your physician to ensure the information provided is appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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Welcome!



So you want to look and feel your best? Then my 5-DayKick Start is exactly what you need to finally lose that uncomfortable bloated feeling, increase your energy, and to lose weight!

This is exactly how I get myself bikini ready and how I have helped other women hit their weight loss goals.

It is quite simple...I eat a balance of lean protein, healthy fats, fresh fruits and vegetables. I always choose whole natural foods that are filled with nutrients to help me look and feel my best.

Are you ready to FEEL your best? Lets get started...

Let's Get Started!

Foods To Avoid

Fruit Juices

Fruit juices are very high in sugar and have very little nutritional value. You will get much more nutritional value with more fibre, less calories and sugar and more increased energy by replacing juice with actual fruit.

Sodas

Do I need to say more? Just get rid of it and replace it with clean water.

Processed Meats and Luncheon Meats

Processed meats contain harmful nitrites and sulphites.

Processed Meats and Luncheon Meats

Artificial sweeteners are the biggest enemy. Your body simply cannot process fake, chemical filled foods. Eliminate them completely.

Dairy and Gluten

Dairy and gluten have been known to cause stomach sensitivities, inflammation and weight issues with many people. Try eliminating them for the next 6 weeks and be your own judge of how you feel. You may see an improvement in your digestion, skin, less bloating, energy levels, mental clarity and decreased joint pain.



Foods To Avoid

Peanuts and Peanut Products

Unless they are 100% natural and organic, non-organic brands use fungicides to combat peanut mold. Molds can grow on peanuts during growth and storage, so fungicide is commonly used on conventionally grown peanuts. Organic peanut butter is a good example of a food that can easily be made from natural whole foods. Organic farming methods, including crop rotation, cover crops, and tillage, tend to result in more bio-diverse soil and less mold and mold toxins than does spraying fungicides. Choose organic, natural almond or cashew butter instead.

Limit Coffee

Limit coffee to 1 per day, preferably black. Have your coffee either first thing in the AM or 30-60 minutes before a workout. I would recommend substituting for herbal teas.

Processed & Refined Foods and Foods with Added Chemicals and Preservatives

If a food has a long label of ingredients that you can't even pronounce then avoid it. Choose as close to nature as possible with no ingredient list or with a short ingredient list that you recognize the ingredients that you would normally eat.

Alcohol

Alcohol is immediately converted to sugar and is stored as body fat. Save for special occasions or eliminate completely.

Saturated and Trans Fats

Avoid hydrogenated oils, shortenings, margarines etc...cottonseed oil, sunflower oil, safflower oil and palm oil. Choose ghee, olive oil, coconut oil and hemp oil.



My 10 Simple Daily Practices

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1. Morning Cleanse

Start your day off with two large cups of filtered warm water with lemon and a pinch of turmeric.

2. Drink Water

Drink 3-4 liters of filtered water a day

3. Make Sure to Have A Healthy Fat at Each Meal

Your cells and organs require fat to function optimally. As well, healthy fats support weight loss and healthy glowing skin.

4. Keep Protein Sources Lean

Choose organic, grass fed, locally grown, and hormone free when possible.

5. Eat 6-8 Servings of Fresh Fruits and Vegetables Daily

Load your plate with leafy greens and colorful fruits and veggies.

6. Eat Without Distractions

7. Get 7 To 8 Hours of Sleep Each Night

Sleeping will actually keep you lean, full of energy and will curb cravings. When your body lacks sleep, it will crave simple sugars and carbohydrates to give it the energy that it needs. Sleep is the BEST weight loss tip!



My 10 Simple Daily Practices



8. Decrease Stress

Stress releases so many different hormones in your body. This is good when you are in a fight or flight situation however when the source of your stress is prolonged, stress can become your number one enemy. There are many ways to manage stress so it doesn't weaken your immune system, disrupt your sleep and create more illness in your body. Meditation, hiking in the woods, a massage, pottery, yoga—anything that gets you out of your head and into your heart and body.

9. Love & Accept Yourself

Unconditional acceptance of yourself is so important for health and well-being. It takes courage to embrace yourself, to be present and loving towards yourself exactly as you are. You have to learn to be kind and gentle to yourself even during times when you think you are not as accepting. Can you change? Absolutely! However only change for the right reasons. Take time to recognize all that is amazing right now in your life. Never give up on yourself or your health – make each day happy and healthy!

10. Exercise Daily

For best results get in at least 30 minutes of exercise daily. This can include; weight training, cardio, walking, hiking, swimming, cycling, yoga, running etc...

5 Day Kick Start Plan

Meal One

Upon Waking: Morning cleanse of 2 cups of filtered warm water with lemon and a pinch of turmeric.

30 minutes after cleanse: Protein shake (See Recipe)

Meal Two

Apple with handful of unsalted almonds OR Karen's Trail Mix (See Recipe)

Meal Three

4-5 oz of White Fish of Choice OR
4 oz of Organic Chicken Breast
2-4 cups of Green Veggies of choice
½ cup sweet potato

Meal Four

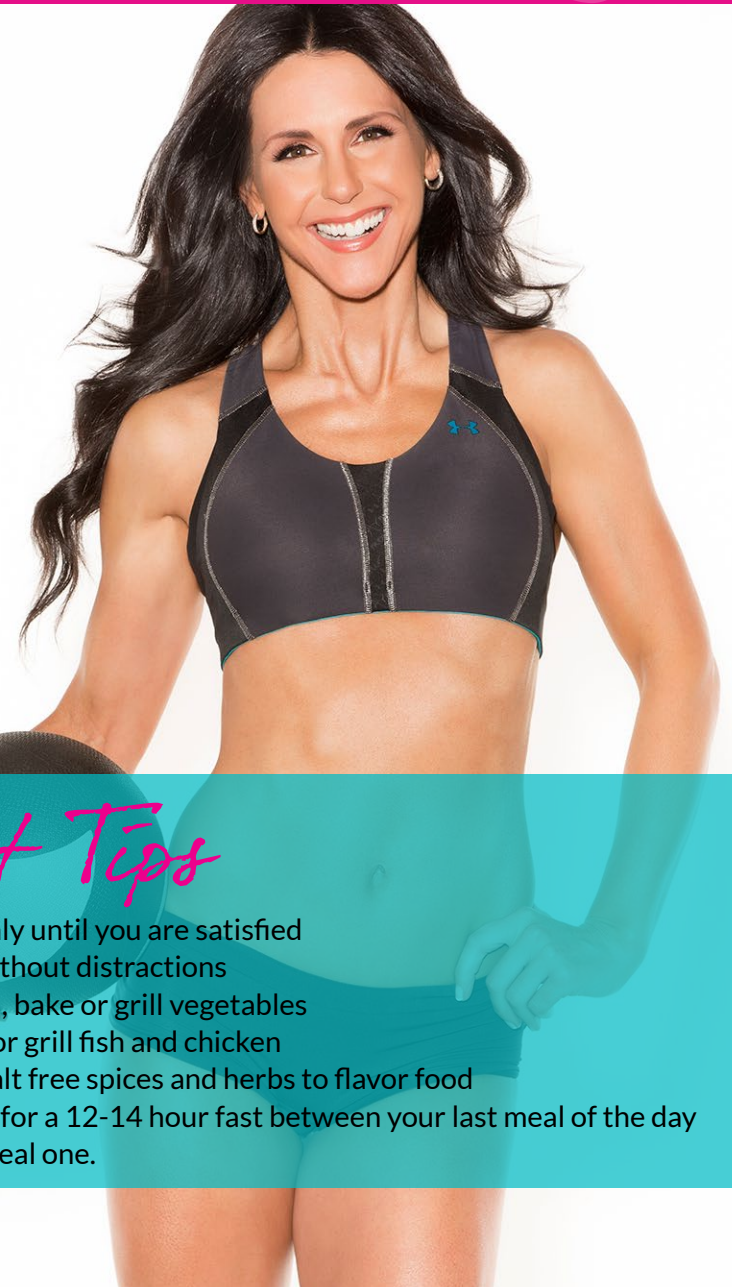
Chopped veggies with Zucchini Hummus (See Recipe)

Meal Five

4 oz of Organic Salmon Filet OR Organic Chicken Breast
2-4 cups steamed Green Veggies of choice
1 tbsp Olive Oil

Fast Tips

- Eat only until you are satisfied
- Eat without distractions
- Steam, bake or grill vegetables
- Bake or grill fish and chicken
- Use salt free spices and herbs to flavor food
- Allow for a 12-14 hour fast between your last meal of the day and meal one.



Recipes

Chocolate Chia Cherry Shake

Ingredients

- 1 cup frozen pitted cherries
- 1½ cup un sweetened almond milk
- 1 tablespoon ground chia seeds
- 1 teaspoon unsweetened cocoa powder
- 1 scoop Chocolate Protein Powder

Instructions

1. Place all ingredients in a blender and blend until smooth.
2. Enjoy!



Zucchini Hummus

Ingredients

- Whole zucchini
- ½ avocado
- ¼ cup tahini or olive oil
- ½ – 1 tsp Himalayan rock salt
- 1½ tsp ground cumin
- ½ clove mashed garlic
- 1 inch fresh ginger root, grated
- ½ fresh lemon juice

Instructions

1. Process all ingredients in food processor or hand held blender
2. If consistency is too thick, add some water
3. Serve with chopped carrots, celery, cucumber, mushrooms, cauliflower, snow peas etc...



Recipes

Lemon Herb Chicken

Ingredients

- 4 chicken breasts
- Juice of 2 lemons
- Zest of one lemon
- 2 cloves of garlic minced
- 1 tbsp fresh thyme
- 1 tbsp
- 1 tsp pepper
- 1 tsp sea salt
- 1 slice of fresh lemon (for each chicken breast)

Instructions

1. Preheat oven to 375 degrees
2. Whisk together lemon juice, lemon zest, garlic, thyme, salt and pepper; set aside
3. Place chicken breasts in a baking dish and pour mixture over top, making sure to completely coat
4. Bake for about 35-40 minutes or until juice runs clear
5. Garnish chicken with slice of lemon on a bed of steamed green beans or mixed greens!



Broiled Salmon

Ingredients

- 2 x 6 oz. ounces Salmon Fillets
- Himalayan Pink Salt
- Fresh ground pepper
- 1 tsp grated lemon rind
- 2 Tbsp. fresh squeezed lemon juice, divided
- 2 Tbsp. extra virgin olive oil, divided
- 1 tsp. fresh or dry chopped dill
- Lemon slices for garnish



Instructions

1. Season salmon fillets evenly with salt and pepper.
2. In a plastic bag, place salmon, lemon rind, 1 Tbsp. of the lemon juice, 1 Tbsp. of the olive oil, and dill in a Ziploc bag. Make sure the salmon is evenly coated.
3. Marinate in the refrigerator for 30 minutes.
4. Preheat your broiler. Brush a baking dish with olive oil. Remove salmon from marinade. Place fillets, skin side down, on the oil-coated dish. Broil fish 6 inches from heat for about 8-10 minutes or until fillets flake easily with a fork.
5. Whisk together remaining tablespoon of lemon juice and 1 tablespoon oil; drizzle over fillets. Garnish, with lemon slices.



Recipes

Roasted Vegetables

Ingredients

- 4 beets, peeled and cut into ½-inch cubes
- 4-5 loose cups Brussels sprouts, ends cut off, outer peel removed, and cut in halves or quarters
- 3 cups shredded cabbage
- 2 large leeks, chopped into cubes
- 1 large sweet potato, cut into cubes
- 5 cloves garlic, crushed or finely chopped
- ¼ cup coconut oil, avocado oil, or organic ghee
- 1 tsp sea salt
- ¼ cup balsamic vinegar
- ¾ cup walnuts, coarsely chopped (optional)

Instructions

1. Preheat the oven to 400°F.
2. Place all the veggies, in a large mixing bowl and toss with the oil and salt. Transfer to a glass roasting pan or a parchment-lined cookie sheet and roast for 30 minutes.
3. Remove from the oven and mix in the balsamic vinegar, and stir vegetables around. Sprinkle the walnuts over top and cook for another 10 to 15 minutes, until the veggies are tender.
4. Serve warm or at room temperature

Karen's Paleo Trail Mix

Ingredients

- 1 cup of raw cashews or macadamia nuts
- 1 cup raw almonds
- 1 cup walnut halves
- 1 cup pumpkin seeds
- ¾ part dairy free, gluten free dark chocolate chips

Instructions

1. Mix all ingredients in a bowl.
2. Keep stored in sealed container in the fridge.

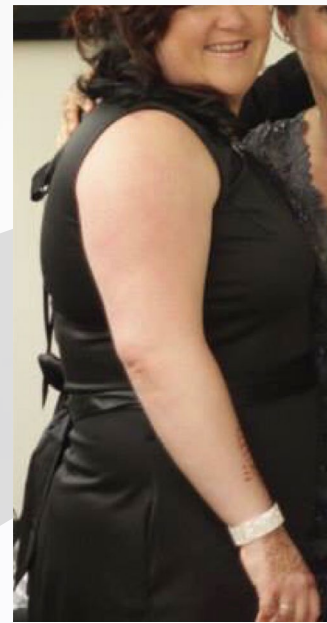


Motivation

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Be sure to keep me posted on your success by taking a before and after photo just like below.



Let's Connect



Please join my community and get more information about my Holistic Health coaching programs by emailing me at:



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