



28-DAY

Fast Start Diet

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Anthony Alayon Presents

28 Day

Fast Start

Diet

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28 Day Fast Start Guide

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28 Day Fast Start Guide

28 day Fast Start Guide

A healthy, balanced, and nutrient-rich diet is one of the best ways to lose weight and stay healthy. Eating a whole foods-rich diet free of unnecessary additives and processed foods is key to permanently minimize cravings and form healthier eating habits. These nutritious and flavorful meals are designed to boost your metabolism, keep your energy and nutrient levels high and promote maximum fat burning.

Each of the daily meals are focused on nutrient-rich whole foods that promote a healthy gut flora, and burn more calories by putting you on a regular eating schedule. Each of the following recipes will show you that changing your eating habits to incorporate more whole fruits and vegetables doesn't have to be hard or unsatisfying.

Foods to Avoid: Keep clear of processed foods, high-fructose corn syrup, anything with preservatives, white pasta, and white bread. These foods should be minimized as they interfere with your metabolism and decrease your fat burning potential.

Tips:

- Use these recipes as a guide. For example, if you do not have spinach on hand, feel free to use other vegetables like kale or Swiss chard. It's okay to omit/replace some ingredients that are not immediately available. Use your judgment.
- Feel free to substitute/ interchange your favorite lean proteins with ones in the recipes. If you don't love tempeh, feel free to substitute it for chicken, tofu, tuna, or beans.
- Drink plenty of water every day
- Time your main meals after workouts
- Take a multivitamin daily

28 Day Fast Start Guide

DAY 1

Meal #1: Breakfast (7:00-8:00 AM)

Greek Yogurt with Berries, Hemp Seeds and Honey

- ½ cup Greek yogurt
- Top with ¼ cup fresh berries
- 1 tablespoon of hemp seeds
- Drizzle with 1 teaspoon of honey

Meal #2: Mid Morning Snack (10:00 AM)

1 banana

Meal #3: Lunch (12:30 PM)

Mexican Quinoa salad with Paprika

Salad:

- ½ cup cooked quinoa
- ½ avocado, cubed
- 1 cup cherry tomatoes
- ¼ cup onion
- ½ raw kale, finely chopped

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon balsamic vinegar
- 1 teaspoon honey



Combine all salad ingredients and drizzle the dressing over the mixture (you may not need to use all of the dressing). Season to taste with paprika.

28 Day Fast Start Guide

Meal #4: Mid Day Snack (3:00 PM)

1 cup coconut water

Meal #5: Dinner (5:00-6:00 PM)

Tempeh with Broccoli

Ingredients:

- ½ cup cooked tempeh
- 1 tablespoon coconut oil for frying the tempeh
- 1 teaspoon miso paste
- 1 tablespoon fresh grated ginger
- 1 clove freshly minced garlic
- 1 cup broccoli, steamed

Stir-fry the tempeh in coconut oil until golden brown on all sides, about 8-10 minutes. Add the miso paste, ginger, and garlic to coat the tempeh. Serve hot with steamed broccoli and sprinkle with red pepper.

Meal #6: Pre Bed Time Snack (8:30 PM)

½ cup of kombucha tea

DAY 2

Meal #1: Breakfast (7:00-8:00 AM)

Almond Berry Smoothie

- ½ cup coconut water
- ¼ cup Greek yogurt

28 Day Fast Start Guide

- 2 tablespoons almond butter
- ¼ cup blueberries
- ¼ cup raspberries
- ½ cup spinach
- ½ banana
- 1 tablespoon ground flax seeds
- 1 tablespoon hemp seeds
- 1 tablespoon chia seeds
- ½ cup ice

Meal #2: Mid Morning Snack (10:00 AM)

1 cup tea

Meal #3: Lunch (12:30 PM)

Cucumber Salad with grilled chicken

Salad:

- 1 cucumber, cubed
- 1 cup spinach
- ¼ cup fresh red peppers
- ¼ cup fresh cilantro, chopped (optional)
- ½ lean chicken breast

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon red wine vinegar
- 1 pinch of cayenne pepper

Combine all salad ingredients and drizzle the dressing over the mixture. Season to taste with salt and pepper.

28 Day Fast Start Guide

Meal #4: Mid Day Snack (3:00 PM)

½ cup carrots

Meal #5: Dinner (5:00-6:00 PM)

Chickpea Kale Salad with Balsamic Vinaigrette

Salad:

- 2 cups of kale
- ½ cup chickpeas
- ½ avocado, cubed
- ½ cup cherry tomatoes
- 1 handful of sprouts
- ¼ cup fresh parsley, chopped



Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon balsamic vinegar
- 1 clove garlic, minced

Massage kale with the dressing to soften the leaves. Top the salad with the remaining ingredients. Season to taste with salt and pepper.

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup kombucha tea

28 Day Fast Start Guide

DAY 3

Meal #1: Breakfast (7:00-8:00 AM)

Greek Yogurt with Strawberries, Flax Seeds and Honey

- $\frac{3}{4}$ cup organic Greek yogurt topped with $\frac{1}{4}$ cup fresh strawberries and 1 tablespoon of flax seeds, drizzled with 1 teaspoon of honey

Meal #2: Mid Morning Snack (10:00 AM)

1 cup tea with lemon

Meal #3: Lunch (12:30 PM)

Tomato and Kale Salad with Hummus

Salad:

- 1 cup cherry tomatoes, halved
- 1 handful of parsley
- 1 cup kale
- 2 tablespoons hemp seeds
- $\frac{1}{4}$ cup red onion (optional)
- $\frac{1}{4}$ cup red beans

Dressing:

- 2 tablespoons hummus

Combine all salad ingredients and mix in the hummus. Season to taste with salt and pepper.

28 Day Fast Start Guide

Meal #4: Mid Day Snack (3:00 PM)

Craving-blasting Chia Water

- ½ cup coconut water
- ½ cup purified water
- 1 tablespoon chia seeds
- 1/8 cup lemon juice
- Pinch of cayenne pepper

Soak the chia seeds in the coconut fruit water for 15 minutes and enjoy!

Meal #5: Dinner (5:00-6:00 PM)

Power Spice Tempeh with Collard Greens

Ingredients:

- 4 ounces tempeh, cooked in coconut oil and power spice mix
- 3 cups collard greens

Sauce:

- ½ cup water
- ¼ teaspoon cayenne pepper or red pepper flakes
- 1 clove garlic, minced
- ½ teaspoon salt
- 2 tablespoons Greek yogurt

Mix all the ingredients of the sauce and add the tempeh. Cook on low heat for about 20 minutes. Steam the collard greens and add power spice mix.

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup kombucha tea

28 Day Fast Start Guide

DAY 4

Meal #1: Breakfast (7:00-8:00 AM)

Slice eggs and assemble on top of toast. Feel free to add spices!

- 2 hardboiled eggs
- 1 slice whole-grain toast
- tomato slices

Meal #2: Mid Morning Snack (10:00 AM)

1 cup kefir

Meal #3: Lunch (12:30 PM)

Spinach Avocado and Sprouts Salad

Salad:

- ½ avocado
- ½ cucumber, cubed
- 1 cup spinach
- 1 cup sprouts
- ¼ cup slivered raw almonds

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 tablespoon balsamic vinegar



Combine all salad ingredients and drizzle the dressing over the mixture. Season to taste with spices.

28 Day Fast Start Guide

Meal #4: Mid Day Snack (3:00 PM)

1 apple

Meal #5: Dinner (5:00-6:00 PM)

Quinoa and Potato Pilaf

- ½ cup cooked quinoa
- 1 cup beet greens
- 1 blue potato, quartered and roasted
- ½ cup parsley
- 1 tablespoon extra virgin olive oil
- 1 garlic clove, minced
- 1 tablespoon Greek yogurt (for topping)

Heat oil in medium-large skillet. Add garlic and cook until fragrant. Add beet greens and sauté for 1-2 minutes until lightly cooked. Add potato and quinoa and combine. Season with salt and fresh ground pepper. Serve warm and top with a spoonful of cold Greek yogurt.

Meal #6: Pre Bed Time Snack (8:30 PM)

½ cup strawberries

DAY 5

Meal #1: Breakfast (7:00-8:00 AM)

Place all ingredients (or as many as you have on hand) in a blender, add ice and enjoy!

28 Day Fast Start Guide

Coconut Protein Green Smoothie

- ½ cup coconut milk
- ½ cup coconut yogurt
- 2 teaspoons hemp seeds
- 1 teaspoon chia seeds
- 1 cup spinach
- 1 cup raw kale
- 1 green apple
- 1 teaspoon raw honey
- 1 teaspoon bee pollen
- ½ cup ice

Meal #2: Mid Morning Snack (10:00 AM)

1 cup buttermilk

Meal #3: Lunch (12:30 PM)

Kale Salad with Strawberry Vinaigrette

Salad:

- ½ avocado, cubed
- 1-2 cups raw kale
- ½ cucumber, cubed
- ¼ cup fresh cilantro, chopped (optional)

Dressing:

- 1 tablespoon extra virgin olive oil
- 2 mashed strawberries
- 1 teaspoon lemon

28 Day Fast Start Guide

Massage kale with the dressing to soften the leaves. Top the salad with the remaining ingredients. Season to taste with salt and pepper.

Meal #4: Mid Day Snack (3:00 PM)

Cravings-blast Chia Water

- ½ cup coconut water
- ½ cup purified water
- 1 tablespoon chia seeds
- 1/8 cup lemon juice
- 1 teaspoon honey

Soak the chia seeds in the coconut fruit water for 15 minutes and enjoy!

Meal #5: Dinner (5:00-6:00 PM)

Quinoa Spaghetti with Tomatoes and Spinach

Ingredients:

- 4 oz of gluten-free quinoa spaghetti
- 1 tablespoon olive oil
- 1 cup cherry tomatoes
- 1 cup fresh spinach
- ¼ cup fresh basil leaves, shredded
- 1-2 garlic cloves, finely minced
- 1 teaspoon garlic powder

Cook pasta according to package instructions, reserving pasta liquid. Heat oil in large skillet; add tomatoes, onion powder, and season with salt and pepper. Add garlic and cook for about 4 minutes. Add ¼ reserved pasta liquid and cook for another minute. Add spinach and cook about 1 minute more. Add sauce to pasta and mix well. Top with fresh basil.

28 Day Fast Start Guide

Meal #6: Pre Bed Time Snack (8:30 PM)

1 apple

DAY 6

Meal #1: Breakfast (7:00-8:00 AM)

Greek Yogurt with Blueberries, Flax Seeds and Honey

- 3/4 cup organic Greek yogurt
- Top with 1/4 cup fresh berries
- 1 tablespoon of flax seeds
- Drizzle with 1 teaspoon of honey

Meal #2: Mid Morning Snack (10:00 AM)

1 cup tea

Meal #3: Lunch (12:30 PM)

Quinoa Collard Wraps with Guacamole

Wrap:

- 1/2 cup quinoa, cooked
- 1 small tomato, chopped
- 1/4 cup chopped cucumbers
- 1/4 sprouts
- 2 collard leaves for wrapping

Guacamole:

- 1/2 avocado, mashed
- 1 tablespoon olive oil



28 Day Fast Start Guide

- 1 teaspoon lime juice (adjust to taste)
- 2 tablespoons chopped cilantro
- Salt & pepper to taste

Combine all wrap ingredients, place mix on the collard leaves and top with guacamole. Fold the collard leaf to make a wrap.

Meal #4: Mid Day Snack (3:00 PM)

½ grapefruit

Meal #5: Dinner (5:00-6:00 PM)

Chicken, Quinoa with Roasted Broccoli

Ingredients:

- 1 boneless, skinless chicken breast, fried with 1 teaspoon coconut oil
- ½ cup cooked quinoa
- 2 cups broccoli florets
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon cumin seeds

Toss the broccoli with olive oil, cumin and garlic and season with salt and pepper. Roast at 400 F for 15-20 minutes while preparing the chicken. Serve warm with quinoa. Sprinkle with power spice mix.

Meal #6: Pre Bed Time Snack (8:30 PM)

½ cup plain Greek yogurt drizzled with 1 teaspoon of honey

DAY 7 – Free day!

28 Day Fast Start Guide

Week 2

DAY 8

Meal #1: Breakfast (7:00-8:00 AM)

Place all ingredients (or as many as you have on hand) in a blender, add ice and enjoy!

Oat Berry Protein Smoothie

- ½ cup almond milk
- ½ cup Greek yogurt
- 2 tablespoons oats
- ¼ cup berries
- ½ cup spinach
- ½ banana
- 1 tablespoon ground flax seeds
- 1 tablespoon hemp seeds
- ½ cup ice

Meal #2: Mid Morning Snack (10:00 AM)

1 cup coconut water

Meal #3: Lunch (12:30 PM)

Collard Wraps with avocado and chickpeas

Wrap:

- ½ cup cooked chickpeas seasoned with power spice mix
- 1 tomato, chopped
- ¼ avocado, sliced

28 Day Fast Start Guide

- ¼ cup chopped red bell peppers
- ¼ cup parsley (optional)
- 2 collard leaves for wrapping

Combine all wrap ingredients, place on top of the collard leaves and season with spices. Fold the collard leaf to make a wrap.

Meal #4: Mid Day Snack (3:00 PM)

½ cup carrots

Meal #5: Dinner (5:00-6:00 PM)

Tofu with Steamed Broccoli

Ingredients:

- 4 ounces cooked tofu
- 1 cup broccoli, steamed
- 1 tablespoon coconut oil
- 1/2 cup kimchi

Tofu marinade

- ½ cup water
- ¼ teaspoon red pepper flakes
- ½ teaspoon cumin
- ½ teaspoon salt
- 2 tablespoons Greek yogurt

Fry the tofu in coconut oil about 4-5 minutes until golden brown. Meanwhile, mix all the ingredients of the marinade and add to the tempeh. Cook on low heat for another 5 minutes. Serve hot with steamed broccoli and kimchi on the side.

28 Day Fast Start Guide

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup of kombucha tea

DAY 9

Meal #1: Breakfast (7:00-8:00 AM)

Greek Yogurt with Blueberries, Flax Seeds and Honey

- 3/4 cup organic Greek yogurt
- Top with 1/4 cup fresh berries
- 1 tablespoon of flax seeds
- Drizzle with 1 teaspoon of honey

Meal #2: Mid Morning Snack (10:00 AM)

1 cup tea

Meal #3: Lunch (12:30 PM)

Quinoa Salad with Chickpeas

Salad:

- 1/2 cup cooked quinoa
- 1 cup spinach
- 1/2 cup chickpeas seasoned with power spice mix

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon red wine vinegar



28 Day Fast Start Guide

Toss quinoa salad with the dressing until well combined. Season with salt and freshly ground pepper.

Meal #4: Mid Day Snack (3:00 PM)

1 banana

Meal #5: Dinner (5:00-6:00 PM)

Kale Salad with Chicken

Ingredients:

- 2 cups of kale
- ½ avocado, cubed
- ½ cup cherry tomatoes
- 1 handful of sprouts
- ½ cup cilantro and onion

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon honey

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup of buttermilk

28 Day Fast Start Guide

DAY 10

Meal #1: Breakfast (7:00-8:00 AM)

Greek Yogurt with Strawberries, Flax Seeds and Honey

- 3/4 cup organic Greek yogurt
- Top with 1/4 cup fresh berries
- 1 tablespoon of flax seeds
- Drizzle with 1 teaspoon of honey

Meal #2: Mid Morning Snack (10:00 AM)

1 cup tea

Meal #3: Lunch (12:30 PM)

Roasted Tomato & Beet Quinoa Salad

Salad:

- 1/2 cup cooked quinoa
- 1 tomato, roasted
- 1 beetroot, cubed and roasted

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon red wine vinegar
- 1 teaspoon honey

Toss quinoa and roasted vegetables with the dressing until well combined.
Season with salt and freshly ground pepper.

28 Day Fast Start Guide

Meal #4: Mid Day Snack (3:00 PM)

½ cup baby carrots

Meal #5: Dinner (5:00-6:00 PM)

Tempeh with Collard Greens

Ingredients:

- 4 ounces tempeh, cooked in coconut oil
- 3 cups collard greens

Sauce:

- ½ cup water
- ¼ teaspoon cayenne pepper or red pepper flakes
- 1 clove garlic, minced
- ½ teaspoon salt
- 2 tablespoons Greek yogurt

Mix all the ingredients of the sauce and add the tempeh. Cook on low heat for about 20 minutes. Steam the collard greens and add power spice mix.

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup mint tea

DAY 11

Meal #1: Breakfast (7:00-8:00 AM)

Place all ingredients (or as many as you have on hand) in a blender, add ice and enjoy!

28 Day Fast Start Guide

Chia Green Smoothie

- ½ cup coconut water
- ¼ cup Greek yogurt
- ½ cup parsley
- 1 cup kale leaves
- ½ cucumber
- ¼ cup pineapple
- 1 tablespoon chia seeds
- ½ cup ice

Meal #2: Mid Morning Snack (10:00 AM)

1 cup kefir

Meal #3: Lunch (12:30 PM)

Kale Salad with Strawberry Vinaigrette

Salad:

- ½ avocado, cubed
- 1 cup kale
- ¼ cup cherry tomatoes
- ½ cucumber, cubed
- ¼ cup fresh cilantro, chopped
- ¼ cup hummus

Dressing:

- 1 tablespoon extra virgin olive oil
- 2 tablespoons mashed strawberries
- 1 teaspoon red wine vinegar



Massage kale with the dressing to soften the leaves. Top the salad with the remaining ingredients. Season to taste with salt and pepper.

28 Day Fast Start Guide

Meal #4: Mid Day Snack (3:00 PM)

Cravings-blast Chia Water

- ½ cup coconut water
- ½ cup purified water
- 1 tablespoon chia seeds
- 1/8 cup lemon juice

Soak the chia seeds in the coconut fruit water for 15 minutes and enjoy!

Meal #5: Dinner (5:00-6:00 PM)

Spinach Salad with Chicken

Ingredients:

- 1 lean chicken breast cooked with coconut oil and power spice mix
- 2 cups of spinach
- ½ avocado, cubed
- ½ cup cherry tomatoes
- 1 handful of sprouts
- ½ cup cilantro and onion
- 5 walnuts

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon honey

Meal #6: Pre Bed Time Snack (8:30 PM)

1 apple

28 Day Fast Start Guide

DAY 12

Meal #1: Breakfast (7:00-8:00 AM)

Place all ingredients (or as many as you have on hand) in a blender, add ice and enjoy!

Green Almond Smoothie

- ½ cup plain Greek yogurt
- ½ cup almond milk
- 1 ½ tablespoon almond butter
- 1 tablespoon oats
- ½ cup kale
- ¼ cup parsley
- ½ banana
- 1 tablespoon honey
- ½ cup ice

Meal #2: Mid Morning Snack (10:00 AM)

1 glass kefir

Meal #3: Lunch (12:30 PM)

Veggie Collard Wraps with Guacamole

Wrap:

- 1 small tomato, chopped
- ½ cup chickpeas
- ¼ cup chopped cucumbers
- ¼ cup sprouts
- 2 collard leaves for wrapping

28 Day Fast Start Guide

Guacamole:

- ½ avocado, mashed
- 1 tablespoon olive oil
- 1 teaspoon lime juice (adjust to taste)
- 2 tablespoons chopped cilantro
- Salt & pepper to taste

Combine all wrap ingredients, place mix on the collard leaves and top with guacamole. Fold the collard leaf to make a wrap.

Meal #4: Mid Day Snack (3:00 PM)

1 cup celery sticks with ¼ cup hummus

Meal #5: Dinner (5:00-6:00 PM)

Raspberry Kale Salad with Chicken

Ingredients:

- 2 cups of kale
- ½ avocado, cubed
- ½ cup cherry tomatoes
- 1 handful of sprouts
- ½ cup cilantro and onion
- ¼ cup almonds

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon honey
- ¼ raspberries, mashed

28 Day Fast Start Guide

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup herbal tea with lemon

DAY 13

Meal #1: Breakfast (7:00-8:00 AM)

Peanut butter chia breakfast pudding (prepared in advance)

- ½ cup almond milk
- ½ ripe banana
- 2 tablespoons peanut butter
- 2 tablespoons chia seeds
- ¼ cup of fresh berries
- 1 teaspoon honey

Mash the banana and mix with peanut butter; add coconut milk and chia seeds. Stir all ingredients well and refrigerate overnight. Top with fresh berries and honey.

Meal #2: Mid Morning Snack (10:00 AM)

1 cup kefir

Meal #3: Lunch (12:30 PM)

Quinoa, Spinach, Kale and Avocado Salad

Salad:

- ½ cup cooked quinoa
- ½ avocado, cubed
- ½ cup fresh cucumbers



28 Day Fast Start Guide

- ½ cup kale leaves
- 1 cup Spinach
- ¼ cup tofu
- ¼ cup almonds, slivered

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon red wine vinegar
- 1 teaspoon honey

Combine all salad ingredients with the dressing. Season to taste with salt and pepper.

Meal #4: Mid Day Snack (3:00 PM)

1 pear

Meal #5: Dinner (5:00-6:00 PM)

Curried Tempeh with Steamed Broccoli

Ingredients:

- 4 ounces cooked tempeh, cubed
- 1 cup broccoli, steamed
- 1 tablespoon coconut oil
- ¼ cup kimchi (for serving)

Tempeh sauce

- ½ cup water
- ¼ teaspoon cayenne pepper
- ½ teaspoon cumin
- ½ teaspoon salt
- 2 tablespoons plain or Greek yogurt

28 Day Fast Start Guide

Fry the tempeh in coconut oil about 4-5 minutes until golden brown. Meanwhile, mix all the ingredients of the sauce and add to the tempeh. Cook on low heat for about 20 minutes. Serve hot with steamed broccoli and kimchi on the side.

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup herbal tea with 1 teaspoon honey

DAY 14 – Free day!

Week 3

DAY 15

Meal #1: Breakfast (7:00-8:00 AM)

Place all ingredients (or as many as you have on hand) in a blender, add ice and enjoy!

Oat Berry Protein Smoothie

- ½ cup almond milk
- ½ cup Greek yogurt
- 2 tablespoons oats
- ¼ cup berries
- ½ cup spinach
- ½ banana
- 1 tablespoon ground flax seeds
- 1 tablespoon hemp seeds
- ½ cup ice

28 Day Fast Start Guide

Meal #2: Mid Morning Snack (10:00 AM)

1 cup coconut water

Meal #3: Lunch (12:30 PM)

Kale Salad with Chicken

Salad:

- 2 cups kale
- 1 chicken breast, cubed
- ½ cup cherry tomatoes
- 1 handful of sprouts
- ¼ cup fresh cilantro, chopped (optional)

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon honey
- 1 teaspoon red wine vinegar

Massage kale with the dressing to soften the leaves. Top the salad with the remaining ingredients. Season to taste with salt and pepper.

Meal #4: Mid Day Snack (3:00 PM)

1 apple

Meal #5: Dinner (5:00-6:00 PM)

Tempeh with Blue Potatoes

Ingredients:

- 4 ounces cooked tempeh

28 Day Fast Start Guide

- 1 cup blue potatoes
- 1 tablespoons coconut oil for frying the tempeh
- 2 tablespoons olive oil for coating the blue potatoes
- 1 tablespoon fresh grated ginger
- 1 clove freshly minced garlic
- 1 teaspoon cumin

Toss potatoes with olive oil and season with salt and pepper. Roast at 350 F for 20 minutes. Meanwhile, stir-fry the tempeh in coconut oil until golden brown on all sides, about 8-10 minutes. Add the ginger, cumin, and garlic to coat the tempeh.

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup coconut water

DAY 16

Meal #1: Breakfast (7:00-8:00 AM)

Greek Yogurt with Strawberries, Flax Seeds and Honey

- ½ cup organic Greek yogurt topped with ¼ cup fresh strawberries and 1 tablespoon of flax seeds, drizzled with 1 teaspoon of honey

Meal #2: Mid Morning Snack (10:00 AM)

1 cup coconut water

Meal #3: Lunch (12:30 PM)

Veggie Collard Wraps with Hummus

Wrap:

- ½ tomato



28 Day Fast Start Guide

- ¼ avocado, sliced
- ¼ cup chopped cucumbers
- ¼ cup cilantro
- 2 collard leaves for wrapping
- ¼ cup hummus

Combine all wrap ingredients, place on top of the collard leaves and season with power spice mix. Fold the collard leaf to make a wrap.

Meal #4: Mid Day Snack (3:00 PM)

Craving-blasting Chia Water

- ½ cup coconut water
- ½ cup purified water
- 1 tablespoon chia seeds
- 1/8 cup lemon juice
- 1 pinch cayenne pepper

Soak the chia seeds in the coconut fruit water for 15 minutes and enjoy!

Meal #5: Dinner (5:00-6:00 PM)

Chicken Kale Salad with Balsamic Vinaigrette

Salad:

- 2 cups of kale
- 1 chicken breast cooked with coconut oil and power spice mix
- ½ avocado, cubed
- ½ cup cherry tomatoes
- 1 handful of sprouts
- ¼ cup fresh parsley, chopped

28 Day Fast Start Guide

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon balsamic vinegar
- 1 clove garlic, minced

Massage kale with the dressing to soften the leaves. Top the salad with the remaining ingredients. Season to taste with salt and pepper.

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup buttermilk

DAY 17

Meal #1: Breakfast (7:00-8:00 AM)

Place all ingredients (or as many as you have on hand) in a blender, add ice and enjoy!

Berry Blast Smoothie

- ½ cup almond milk
- ¼ cup Greek yogurt
- ½ teaspoon bee pollen
- ½ banana
- ½ cup frozen berries
- 1 cup fresh pineapple
- 1 teaspoon ground flaxseeds
- ½ cup ice

Meal #2: Mid Morning Snack (10:00 AM)

1 cup tea

28 Day Fast Start Guide

Meal #3: Lunch (12:30 PM)

Mediterranean Quinoa Pilaf with hummus

Ingredients:

Pilaf

- ½ cup cooked quinoa
- ¼ cup chopped olives
- 1 tomato, chopped
- ¼ cup chopped parsley
- 1 tablespoon extra virgin olive oil
- 1 teaspoon lemon juice
- ¼ cup hummus

Prepare the quinoa pilaf with the olive oil and lemon juice. Top with hummus season with spices.

Meal #4: Mid Day Snack (3:00 PM)

1 apple

Meal #5: Dinner (5:00-6:00 PM)

Broccoli-Beet Quinoa Salad with Grilled Tempeh

Ingredients:

- Tempeh, pre-cooked and pre-marinated in 2 tablespoons olive oil, 2 tablespoons lime or grapefruit juice and 1 tablespoon ginger

Salad

- ½ cup cooked quinoa
- 1 cup broccoli, roasted
- 1 beetroot, quartered and roasted

28 Day Fast Start Guide

- ½ cup spinach
- ¼ cup herbs

Dressing

- 1 tablespoon extra virgin olive oil
- 1 teaspoon red wine vinegar
- 1 teaspoon honey

Grill tempeh for 5-10 minutes until browned. Meanwhile, place cooked quinoa into a bowl and add the roasted vegetables and shredded kale. Add the dressing and stir until well combined. Season with salt and freshly ground pepper.

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup herbal tea

DAY 18

Meal #1: Breakfast (7:00-8:00 AM)

Greek Yogurt with Strawberries, Flax Seeds and Honey

- ½ cup organic Greek yogurt topped with ¼ cup fresh strawberries and 1 tablespoon of flax seeds, drizzled with 1 teaspoon of honey

Meal #2: Mid Morning Snack (10:00 AM)

1 cup tea

28 Day Fast Start Guide

Meal #3: Lunch (12:30 PM)

Broccoli-Beet Quinoa Salad

Salad:

- ½ cup cooked quinoa
- 1 cup broccoli, roasted
- 1 beetroot, quartered and roasted
- ¼ cup fresh herbs



Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon red wine vinegar
- 1 teaspoon honey

Toss quinoa and roasted vegetables with the dressing until well combined.
Season with power spice mix.

Meal #4: Mid Day Snack (3:00 PM)

1 cup coconut water

Meal #5: Dinner (5:00-6:00 PM)

Baked Sweet Potatoes with Miso Tempeh

Ingredients:

- 4 oz tempeh, cooked and sliced
- 1 small sweet potato
- 1 tablespoon olive oil
- 1 tablespoon coconut oil
- 1 tablespoon miso
- 1 teaspoon honey

28 Day Fast Start Guide

- 1 teaspoon ginger, grated

Toss the potatoes with 1 tablespoon of olive oil and season with power spice mix. Roast at 475 F for 15-20 minutes. Meanwhile, add coconut oil to a pan and cook the tempeh with the miso, garlic and ginger sauce.

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup berries

DAY 19

Meal #1: Breakfast (7:00-8:00 AM)

Chia Green Smoothie

- ½ cup coconut water
- ¼ cup Greek yogurt
- ½ cup parsley
- 1 cup kale leaves
- ½ cucumber
- ¼ cup pineapple
- 1 tablespoon chia seeds
- ½ cup ice

Meal #2: Mid Morning Snack (10:00 AM)

1 cup tea

28 Day Fast Start Guide

Meal #3: Lunch (12:30 PM)

Broccoli, Beet & Tomato Quinoa Salad

Salad:

- ½ cup cooked quinoa
- ½ cup broccoli, roasted
- ½ cup cherry tomatoes
- 1 beetroot, cubed and roasted

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon red wine vinegar
- 1 teaspoon honey

Toss quinoa and roasted vegetables with the dressing until well combined. Season with salt and freshly ground pepper.

Meal #4: Mid Day Snack (3:00 PM)

1 cup of kombucha tea

Meal #5: Dinner (5:00-6:00 PM)

Curried Yogurt Tempeh with Collard Greens

Ingredients:

- 4 ounces cooked tempeh, cubed
- 3 cups collard greens
- ½ cup kimchi (for serving)

Tempeh sauce

- ½ cup water
- ¼ teaspoon cayenne pepper

28 Day Fast Start Guide

- ½ teaspoon cumin
- ½ teaspoon red pepper or cayenne
- 2 tablespoons plain or Greek yogurt

Mix all the ingredients of the sauce and add the tempeh. Cook on low heat for about 20 minutes. Steam the collard greens with fresh garlic. Serve hot with kimchi.

Meal #6: Pre Bed Time Snack (8:30 PM)

½ cup papaya

DAY 20

Meal #1: Breakfast (7:00-8:00 AM)

- ½ cup oatmeal with ½ cup almond milk
- ¼ cup strawberries

Meal #2: Mid Morning Snack (10:00 AM)

1 cup kefir

Meal #3: Lunch (12:30 PM)

Veggie Quinoa Salad with Avocado

Salad:

- ½ cup cooked quinoa
- ½ avocado
- 1 cup fresh spinach
- 1 tomato, chopped



28 Day Fast Start Guide

- ¼ cup chopped cilantro
- 5 walnuts chopped

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon lemon juice
- 1 teaspoon red wine vinegar

Gently stir in the salad ingredients into the quinoa. Drizzle with the olive oil dressing. Season to taste with salt and pepper. Serve with fresh avocado slices. This salad can be served warm or prepared in advance and served chilled.

Meal #4: Mid Day Snack (3:00 PM)

Blueberry Kefir

- 1 cup plain kefir
- ¼ cup blueberries
- 1 teaspoon honey

Meal #5: Dinner (5:00-6:00 PM)

Grilled Chicken & Kale Salad with Strawberry Vinaigrette

- 1 lean chicken breast cooked with coconut oil

Salad:

- ½ avocado, cubed
- 1-2 cups raw kale
- ½ cucumber, cubed
- ¼ cup fresh cilantro, chopped
- 5 walnuts

Dressing:

- 1 tablespoon extra virgin olive oil

28 Day Fast Start Guide

- 2 mashed strawberries
- 1 teaspoon lemon

Massage kale with the dressing to soften the leaves. Top the salad with the remaining ingredients. Serve with chicken. Season to taste with salt and pepper.

DAY 21 – Free Day!

Week 4

DAY 22

Meal #1: Breakfast (7:00-8:00 AM)

- ½ cup oatmeal with ½ cup almond milk
- ¼ cup strawberries

Meal #2: Mid Morning Snack (10:00 AM)

1 cup kefir

Meal #3: Lunch (12:30 PM)

Power Spice Grilled Chicken with Radish Salad

Salad:

- 1 chicken breast cooked with coconut oil and power spice mix
- 1 cup radish, sliced
- ½ cucumber, cubed
- ½ cup cherry tomatoes, halved
- ¼ cup fresh parsley, chopped

28 Day Fast Start Guide

Dressing:

- 1 tablespoon extra virgin olive oil
- ½ avocado, mashed
- 1 teaspoon lemon juice

Massage kale with the dressing to soften the leaves. Top the salad with the remaining ingredients. Season to taste with salt and pepper.

Meal #4: Mid Day Snack (3:00 PM)

1 cup kombucha tea

Meal #5: Dinner (5:00-6:00 PM)

Quinoa Spaghetti with Tomatoes and Kale

Ingredients:

- 4 oz of gluten-free quinoa spaghetti
- 1 tablespoon olive oil
- 1 cup cherry tomatoes
- 1 cup kale, shredded
- ¼ cup fresh basil leaves, shredded
- 1-2 garlic cloves, finely minced
- 1 teaspoon garlic powder

Cook pasta according to package instructions, reserving pasta liquid. Heat oil in large skillet; add tomatoes, onion powder, and season with salt and pepper. Add garlic and cook for about 4 minutes. Add ¼ reserved pasta liquid and cook for another minute. Add kale and cook about 2 minutes more. Add sauce to pasta and mix well. Top with fresh basil.

28 Day Fast Start Guide

Meal #6: Pre Bed Time Snack (8:30 PM)

Guava Digestive Water

- ½ cup coconut water
- ½ cup purified water
- 1 guava fruit or 2 tablespoons guava pulp

If using fresh guavas, puree all ingredients in the blender, drain seeds and enjoy! Serve chilled or with ice cubes.

DAY 23

Meal #1: Breakfast (7:00-8:00 AM)

- ½ cup oatmeal with ½ cup almond milk
- ¼ cup strawberries

Meal #2: Mid Morning Snack (10:00 AM)

1 cup kefir

Meal #3: Lunch (12:30 PM)

Mediterranean Quinoa Salad

Salad:

- ½ cup cooked quinoa
- ¼ cup chopped olives
- 1 tomato, chopped
- ¼ cup chickpeas
- ½ cup chopped cucumbers
- ¼ cup chopped parsley



28 Day Fast Start Guide

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon lemon juice
- 1 teaspoon red wine vinegar

Gently stir in the salad ingredients into the quinoa. Drizzle with the olive oil dressing. Season to taste with salt and pepper. This salad can be served warm or prepared in advance and served chilled.

Meal #4: Mid Day Snack (3:00 PM)

Cravings-blast Chia Water

- ½ cup coconut water
- ½ cup purified water
- 1 tablespoon chia seeds
- 1/8 cup lemon juice
- 1 teaspoon honey

Soak the chia seeds in the coconut fruit water for 15 minutes and enjoy!

Meal #5: Dinner (5:00-6:00 PM)

Miso Tempeh with Collard Greens

Ingredients:

- 4 ounces cooked tempeh
- 2 tablespoons coconut oil
- 1 teaspoon miso paste
- 1 teaspoon mustard
- 1 clove freshly minced garlic
- 2 cups collard greens, steamed
- 1/8 teaspoon cayenne pepper
- 1 teaspoon apple cider vinegar

28 Day Fast Start Guide

Cut the tempeh into ¼ inch-thick pieces. Pan-fry the tempeh in coconut oil until golden brown on all sides, about 8-10 minutes. Whisk the miso paste, mustard and one tablespoon of water and add to skillet to coat the tempeh. Fry for about another minute until the glaze bubbles. Add another tablespoon of coconut oil to a skillet, add garlic and fry until slightly toasted. Add collard greens and vinegar and cook for about 5 minutes. Sprinkle the collard greens with cayenne pepper and serve with tempeh.

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup herbal tea

DAY 24

Place all ingredients (or as many as you have on hand) in a blender, add ice and enjoy!

Meal #1: Breakfast (7:00-8:00 AM)

Kefir Protein Berry Smoothie

- 1 cup plain kefir
- ½ cup mixed fresh or frozen berries
- 1 apple
- ½ banana
- 2 tablespoons hemp seeds
- 1 teaspoon chia seeds
- ½ cup ice

Meal #2: Mid Morning Snack (10:00 AM)

1 cup tea with 1 teaspoon honey

28 Day Fast Start Guide

Meal #3: Lunch (12:30 PM)

Chickpea Kale Salad with Balsamic Vinaigrette

Salad:

- 2 cups of kale
- ¼ cup chickpeas
- ½ avocado, cubed
- ½ cup cherry tomatoes
- 1 handful of sprouts
- ¼ cup fresh parsley, chopped

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon balsamic vinegar
- 1 clove garlic, minced

Massage kale with the dressing to soften the leaves. Top the salad with the remaining ingredients. Season to taste with salt and pepper.

Meal #4: Mid Day Snack (3:00 PM)

Cravings-blast Chia Water

- ½ cup coconut water
- ½ cup purified water
- 1 tablespoon chia seeds
- 1/8 cup lemon juice
- 1 teaspoon honey

Soak the chia seeds in the coconut fruit water for 15 minutes and enjoy!

28 Day Fast Start Guide

Meal #5: Dinner (5:00-6:00 PM)

Tofu Quinoa with Cucumber-tomato salad

Salad:

- 1 medium tomato, sliced
- ½ medium cucumber, diced
- 1 tablespoon olive oil

Quinoa:

- 1 tablespoon coconut oil
- 1 clove freshly minced garlic
- ½ cup cooked quinoa
- ½ cup tofu

1 teaspoon cumin

Mix salad ingredients and season with salt and pepper. In a large pan or wok, heat coconut oil and sauté cumin and garlic until fragrant. Add the tofu and sauté for a few minutes. Add quinoa and mix until combined.

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup herbal tea with lemon

DAY 25

Meal #1: Breakfast (7:00-8:00 AM)

- ½ cup oatmeal with ½ cup almond milk

Meal #2: Mid Morning Snack (10:00 AM)

1 cup kefir

28 Day Fast Start Guide

Meal #3: Lunch (12:30 PM)

Broccoli Quinoa Salad

Salad:

- ½ cup cooked quinoa
- ½ cup broccoli, roasted
- ¼ cup chickpeas
- ¼ cup fresh herbs

Dressing:

- 1 tablespoon extra virgin olive oil
- 2 tablespoons grapefruit juice
- 1 teaspoon red wine vinegar
- 1 teaspoon honey

Toss quinoa and roasted vegetables with the dressing until well combined. Season with salt and freshly ground pepper.



Meal #4: Mid Day Snack (3:00 PM)

¼ cup hummus with ½ cup celery sticks

Meal #5: Dinner (5:00-6:00 PM)

Power Spice Grilled Chicken with Radish Salad

Salad:

- 1 cup radish, sliced
- ½ cucumber, cubed
- ½ cup cherry tomatoes, halved
- ¼ cup fresh parsley, chopped

28 Day Fast Start Guide

Dressing:

- 1 tablespoon extra virgin olive oil
- ½ avocado, mashed
- 1 teaspoon lemon juice

Massage kale with the dressing to soften the leaves. Top the salad with the remaining ingredients. Season to taste with salt and pepper.

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup guava & pineapple fruit salad

DAY 26

Meal #1: Breakfast (7:00-8:00 AM)

- 2 boiled sliced eggs
- Tomato slices
- 1 whole grain toast
- ¼ avocado
- Red pepper flakes to taste

Assemble all ingredients on top of toast, sprinkle with red pepper flakes and enjoy! Feel free to add herbs.

Meal #2: Mid Morning Snack (10:00 AM)

1 cup coconut water

28 Day Fast Start Guide

Meal #3: Lunch (12:30 PM)

Tofu Kale Salad with Avocado Vinaigrette

Salad:

- 2 cups of kale
- ½ cup tofu
- ½ cup cherry tomatoes
- ¼ cup sliced cucumbers
- 1 handful of sprouts
- ¼ cup fresh cilantro, chopped (optional)

Dressing:

- 1 tablespoon extra virgin olive oil
- ½ avocado, mashed
- 1 teaspoon lemon juice

Massage kale with the dressing to soften the leaves. Top the salad with the remaining ingredients. Season to taste with salt and pepper.

Meal #4: Mid Day Snack (3:00 PM)

Craving-blasting Chia Water

- ½ cup coconut water
- ½ cup purified water
- 1 tablespoon chia seeds
- 1/8 cup lemon juice
- 1 teaspoon honey

Soak the chia seeds in the coconut fruit water for 15 minutes and enjoy!

28 Day Fast Start Guide

Meal #5: Dinner (5:00-6:00 PM)

Chickpea-Quinoa Mediterranean Pasta

Ingredients:

- 4 oz of gluten-free quinoa pasta
- 1 tablespoon olive oil
- 1 cup cherry tomatoes, halved
- ¼ cup chickpeas
- 1 cup kale, shredded
- ¼ cup olives
- 1-2 garlic cloves, finely minced

Cook pasta according to package instructions, reserving pasta liquid. Heat oil in a large skillet; add tomatoes and season with salt and pepper. Add garlic and cook for about 4 minutes. Add ¼ reserved pasta liquid and cook for another few minutes. Add kale and olives and cook about 2 minutes more. Add sauce to pasta and mix well.

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup herbal tea with 1 teaspoon honey

DAY 27

Meal #1: Breakfast (7:00-8:00 AM)

Place all ingredients (or as many as you have on hand) in a blender, add ice and enjoy!

Kefir Protein Green Smoothie

- 1 cup plain kefir



28 Day Fast Start Guide

- ½ cup kale
 - ½ teaspoon spirulina
 - 1 orange
 - 2 tablespoons hemp seeds
 - 1 teaspoon chia seeds
- ½ cup ice

Meal #2: Mid Morning Snack (10:00 AM)

1 cup kefir sprinkled with wheat germ

Meal #3: Lunch (12:30 PM)

Quinoa Collard Wraps with Miso Sauce

Wrap:

- ½ cup quinoa, cooked
- 1 tomato, chopped
- ¼ avocado, sliced
- ¼ cup chopped cucumbers
- ¼ cup parsley (optional)
- 2 collard leaves for wrapping

Sauce:

- 1 teaspoon miso
- 1 tablespoon olive oil
- 1 teaspoon chopped garlic (adjust to taste)
- 1 tablespoon almond milk
- 1 tablespoon red wine vinegar

Combine all wrap ingredients, place on top of the collard leaves and drizzle with the miso sauce. Fold the collard leaf to make a wrap.

28 Day Fast Start Guide

Meal #4: Mid Day Snack (3:00 PM)

1 cup grapes

Meal #5: Dinner (5:00-6:00 PM)

Chicken Spinach Salad with Strawberry Vinaigrette

- 1 lean chicken breast, cooked with coconut oil
- Salad:
 - 2 cups of kale
 - ½ avocado, cubed
 - ½ cup cherry tomatoes
 - 1 handful of sprouts
 - 5 walnuts, chopped

Dressing:

- 1 tablespoon extra virgin olive oil
- 1 teaspoon honey
- ¼ cup strawberries

Blend dressing ingredients in a blender and pour over the salad. Toss in the remaining ingredients. Season to taste with salt and pepper.

Meal #6: Pre Bed Time Snack (8:30 PM)

1 cup herbal tea

DAY 28 – Free day!

28 Day Fast Start Guide

Post-diet tips for success:

This diet was designed to introduce you to the most nutrient dense super foods and to show you that they can be incorporated into your diet on a regular basis. To continue on your path towards a healthy lifestyle, continue eating these foods regularly and look for new recipes incorporating these foods. Here are some tips for success:

- Build your meals around recipes that contain mostly whole plant-based foods, and healthy fats
- Incorporate unprocessed sources of protein such as lean meats, nuts or legumes into your recipes
- Avoid processed, artificially colored snacks or foods in packages that contain preservatives
- Exercise regularly to maximize your calorie-burning potential