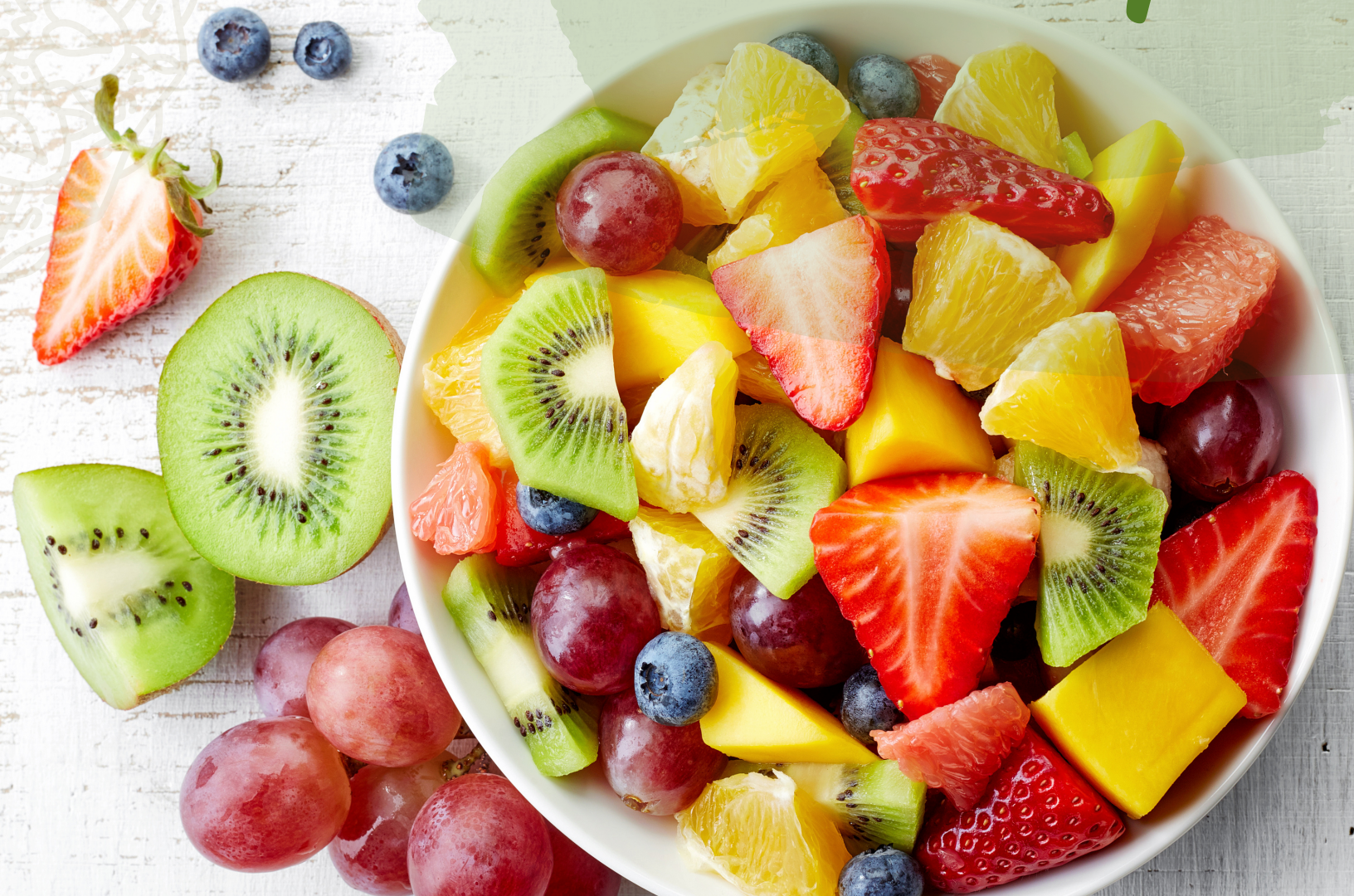




10-DAY TOTAL THM

Tune Up

SUCCESS GUIDE





DISCLAIMER

Here's all the fun legal stuff my lawyer says I have to put in here:

This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Rather, as nutritional and exercise guide, The Well-Planned Kitchen and Coach Jen's services and materials are intended only to supplement, not replace, medical care or advice as part of a healthy lifestyle.

As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this product from The Well-Planned Kitchen, you are agreeing to accept full responsibility for your actions.

By utilizing the nutritional guidance and exercise strategies contained herein, you recognize that despite all precautions on the part of Jennifer Mason Felker there are risks of injury or illness which can occur with any program and you assume such risks and waive, relinquish and release any claim which you may have against Your name and other trainer names or other trainers of Your Business Name or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of this nutritional guide and exercise program for personal use.

IMPORTANT: Again, more fun things from my lawyer....This program is copyrighted and to copy, share, or reproduce is in violation of the law and prosecution will be enforced.

Welcome



I am truly grateful for the opportunity to be able to share this info with you. I believe wholeheartedly in this Tune Up and believe you will feel absolutely AMAZING once you complete it.

The best part about this program is that you have a lot of flexibility. This Tune Up is designed for 10 days, but you can continue longer!

This Tune Up is designed to help you feel ridiculously amazing. Let's dive in together!



WELCOME FRIENDS

Stay committed and focused on your goals during this challenge, whatever they may be. Where you focus your attention is one of the most important things in your life - and it's truly the way to be successful in this and in other areas of your life.

OK, let's get this party started! On the following pages, you'll find everything you need to make this Tune Up successful.

It's important to understand the reasons WHY I have included each of these guidelines in this cleanse.

Once you understand how truly important each step is, you'll be a lot more likely to follow through.

In addition to the success manual, I've included various recipes and ideas for you. I've also attached a blank meal plan for you to design the meals you want to eat during your 10-day Tune Up.

It's critical for you to stick to your plan for the ENTIRE 10 days.

I want you to feel like a million bucks when you're done!

WHAT YOU'LL BE EATING ...

You'll be eating a LOT of fresh, clean, whole foods during this TUNE UP. Much of it will be greens and raw vegetables, and some of it may even include foods you've never had before!

I encourage you to try new things and experiment!



WELCOME FRIENDS



QUICK GETTING STARTED TIPS:

- ✓ Sign your commitment sheet.
- ✓ Read this entire *Ten Day Tune Up Success Manual*
- ✓ Print out 10 Daily Checklist Sheets
- ✓ Design and plan out your own meals on the blank chart if desired
- ✓ Post pics of your food in our [Facebook group](#) to give everyone ideas and inspiration!
- ✓ Try some new things, and make it exciting!

Please make sure you are drinking enough water! After a few days, you should be feeling a renewed sense of energy!

If you ever have any questions, please feel free to post in the Facebook Group.

I'm truly grateful to have each and every one of you participate in this Ten Day Tune Up with us and I'm looking forward to hearing your success stories when you complete the program!

Committed to Your Success,

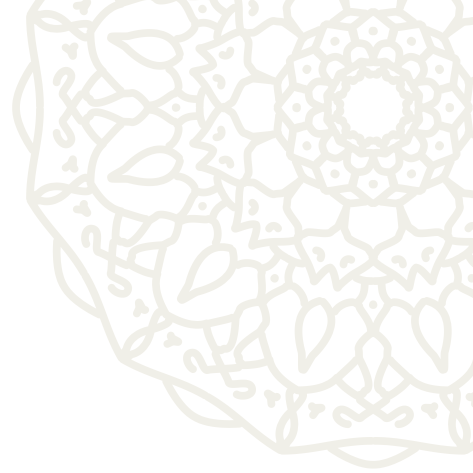
Coach Jen

thewellplannedkitchen.com



BEFORE WE GET

Started



Here's a quick overview of what you'll be eating during this TUNE UP.

CARBOHYDRATES

The good, the bad, and the ugly. During this 10-Day Tune Up, you'll be focusing on THM-friendly lower glycemic carbohydrates.

Carbs have gotten a bad rap, but the truth is that certain kinds of carbs can be highly nourishing and GIVE your body energy ... while others can leave you feeling tired and drained.

You'll learn more about all of this later ... including a detailed breakdown of your recommended greens, grains, vegetables, and fruits.



BEFORE GETTING STARTED



HEALTHY FATS

It is **CRITICAL** to make sure that you are eating enough healthy fat in your diet.

Fat does NOT make you fat!

Nuts, Seeds, healthy oils like coconut oil and coconut oil are some of my favorites.

Avocado, black olives, and nut butters are great for quick, go-to fats - but please be sure to anchor each with protein, as THM recommends!

Fat is great for improving nutrient absorption, strengthening your immune system, regulating hormone production, brain function, and a LOT more.

I try to make sure I have a healthy fat included in almost every meal or snack I eat. In my E meals, that means having the 5 grams that THM recommends, too!



BEFORE GETTING STARTED

PROTEIN

You'll be getting quite a bit of protein during this Tune Up.

Protein is absolutely necessary for many reasons- as THM recommends, we want to be the base of each meal and snack.

The protein ideas on the next few pages are excellent building blocks for being sure you are getting adequate protein. Please take a moment to look over them and pick some easy go-to options to stock up on at home.



Lean Proteins

FP, S, OR E-FRIENDLY



*Collagen or
THM Essentials*



*Light
Cottage Cheese*



*Whey Protein
Powder*



Egg Whites



*Egg Whites,
Hard-Boiled*



*Lean
Deli Meat*



*96% Lean
Ground Beef*
(rinsed with hot water)



*Chicken Breast
Turkey Breast*



*Lean Ground
Chicken
Lean Ground
Turkey*



*Lean Fish or
Shellfish*



*Lean
Pork Tenderloin*



*0% Greek
Yogurt*

Proteins with Fat

S-FRIENDLY



Salami (watch for hidden carbs)



Cottage Cheese



Turkey (Any pieces with skin on if desired)



Whole Eggs, any style



Sausage (watch for hidden carbs)



Deli Meat



Beef



Chicken (Any pieces with skin on if desired)



Ricotta Cheese



Fish, including cuts of salmon with more fat



Pork



Plain Yogurt

Healthy

BONUS HABITS

1. YOUR PRE-BREAKFAST MOJO CHOICES

✓ **Option A: Wake-Up Mojo: Water, Lemon & Cayenne Pepper**

Grab your favorite mug and fill it with purified warm water, ¼ fresh-squeezed lemon juice, & pinch of cayenne pepper.

✓ **Option B: Lemon Ginger Water** 12 ounces (360 ml) of room temperature spring water, ½ fresh squeezed lemon, and then add ½-inch/1.25 cm piece of finely grated ginger that you hand squeeze the juice out of into your water.

✓ **Option C: 12 ounces of water with a good pinch of salt** (this is my go-to first thing in the morning)

These mojo drinks could help purge toxins that have built up in your body while you were sleeping. They can also help kick-start your metabolism and stimulate your circulatory system.

When I use these as my “Morning Mojo”, I feel a wonderful tune up effect on my body - I LOVE getting my day off to a great start!



THM Tune Up

STUBBORN WEIGHT BASICS

TIGHTENING UP YOUR THM JOURNEY

- ✓ Day 1: Testing & Hormones
- ✓ Day 2: Dairy, Nuts, Protein, & Breakfast
- ✓ Day 3: Hydration
- ✓ Day 4: Timing
- ✓ Day 5: Fuel Cycles & Fuel Days
- ✓ Day 6: Movement
- ✓ Day 7: Sleep, Circadian Rhythms, Leptin & Ghrelin
- ✓ Day 8: All About E's
- ✓ Day 9: All About FP's
- ✓ Day 10: Inflammation



TUNING UP THROUGH FOOD



2. EAT BREAKFAST LIKE A CHAMPION

Do your absolute best to eat breakfast within 30-60 minutes of waking up. You'll want to eat breakfast **AFTER** your morning "Mojo." Here are just a few reasons why...

- ✓ *It'll rev up your metabolism and give it a jumpstart to get your day going.*
- ✓ *It'll improve your ability to focus & concentrate throughout the day.*
- ✓ *It'll help you maintain a healthy bodyweight.*
- ✓ *It'll give you more **ENERGY!***
- ✓ *It'll nourish your body with vital nutrients, vitamins & minerals.*

Check out the sample recipes for healthy breakfast ideas! This is where your on-plan breakfasts can shine!



TUNING UP THROUGH FOOD

3. STAY HYDRATED, BABY!

Drink half of your body weight in ounces in spring or purified water each day, or about 2-2.5 liters.

Tap water can contain hundreds of toxic chemicals from run-off and air pollutants. Scary stuff like lead, copper, arsenic, pesticides, nitrates, and mercury all have the potential to sneak into your tap water.

Moral of the story: Make sure to use filtered water!

Once you filter out all the bad stuff, staying hydrated will help nutrients flow better into your cells... and help toxins, acids, and wastes flow out.

✓ *When you exercise: either drink an EXTRA 8-10 oz/240-300 ml -OR- don't count the water you drink during your workout towards your total for that day.*

✓ *Switch it up and flavor your water with fresh sliced cucumber, strawberries, or lemon to keep things interesting!*



TUNING UP THROUGH FOOD



4. EAT EVERY 3-4 HOURS

Your metabolism is like a furnace. Put a bunch of logs in and the flame shoots up really high. But, when the logs burn out, you're out of fire. To keep the fire going, you must continually keep putting in wood every few hours to make sure it keeps burning strong. It's the same with your metabolism.




To keep your metabolism high and working for you efficiently when you are at rest, it's a smart strategy to eat every 3-4 hours while you're awake. At the very least, you should be eating 3 well-balanced meals each day. I like to aim for 5 smaller meals throughout the day, but having your food prepared is the key to making this successful.

Eating whole, real foods at regular intervals will help regulate your hormone levels and your blood sugar.

5. FUEL CYCLES & SOLID FUEL DAYS

These can be KEY components for weight loss! We'll cover these topics a lot more in-depth in our live sessions!

You can find more information at the links below, too!

-  [Master the Fuel Cycle Class](#) with TWO 2-Week Fuel Cycle Meal Plan Options
-  [Mini Fuel Cycle Free Meal Plan](#)
-  [Fuel Shuffle Challenge](#) for solid days of fuels

TUNING UP THROUGH FOOD

TIME TO GET CULTURED! (FERMENTED FOODS)

Kimchi, Kombucha, Sauerkraut...say that 3x fast!

Did you know that the bacteria in your body outnumber the cells in your body by 6-10x!? That means we have a LOT more bacteria in our bodies than we do cells.

Eating fermented foods will help to restore the balance and add good bacteria back into your gut - super important!

Many of the digestion issues people face like gluten intolerance, lactose intolerance, IBS, yeast infections, and certain allergies have all been linked to the healthy bacteria in your gut.

Fermented foods are also very rich in enzymes. They'll help you to digest and absorb the nutrients you are consuming, so your body is able to utilize the food you eat much more effectively.

BUT... if you're going to eat fermented foods effectively, you **MUST** make sure you're eating it raw and unpasteurized.

You can eat fermented foods daily, but for this tune up, shoot for at least twice a week. **These foods are optional so they are not included in your shopping list. Please add them if you want them!





TUNE UP

6. MOVE THAT BODY! (EXERCISE GUIDELINES)

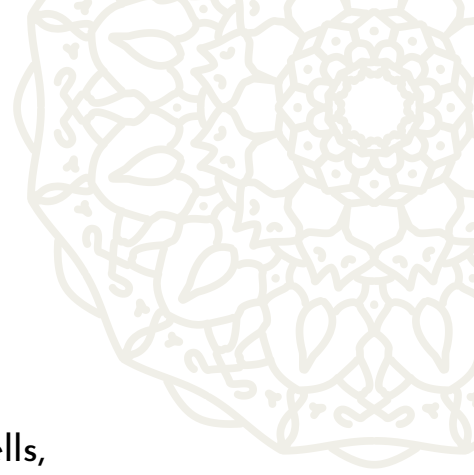
Sweat out those toxins, spread oxygen love to all of your cells, circulate the lymph, and relieve tension and stress built up in your body... all by moving your body.

*Did you know your body heals **EIGHT TIMES** faster when you exercise regularly?*

Circulating fresh oxygen and blood throughout your body helps to flush toxic build-up from your cells. Otherwise, your tissues could become saturated in the acidic waste build-up.

The benefits of exercise are endless, but the bottom line is:

You want to move your body every day during this 10-Day Tune Up.



TUNING UP THROUGH FOOD

SOAK IT UP! EAT GELATINOUS FOODS 2-3X PER WEEK.

One of the main functions of your liver is to help TUNE UPify your body. Pretty much every nutrient we consume passes through your liver and has to get through your liver police cells.

Many toxins processed by the liver are water-soluble and will get flushed out relatively easily.

Lipid (fat) soluble toxins are a bit different. It's a lot more challenging for your body to excrete them. Because of this, these toxins will sometimes get reabsorbed back into the body.

(This is NOT good.)

Eating gelatinous foods will help to bind to these lipid-soluble toxins so your body will be able to flush them out!

During this tune up, your body will be trying to get rid of a lot of toxins and acidic waste. That's why it's so important to make sure we're including gelatinous foods in our diet. This way we can make sure all of these toxins get flushed out and not reabsorbed!

✓ *Fun Fact: Did you know that the liver holds 13% of your body's blood supply at any given time!?*

Pretty cool! It's got a very important job to do, so make sure to treat your liver with some TLC by staying hydrated, avoiding alcohol, and toxic, chemical-laden foods.

TUNING UP THROUGH FOOD

DELICIOUS GREENS!

Greens are loaded with vitamins and minerals.

They help to reduce inflammation, cardiovascular diseases and stroke, and they have tons of antioxidants and phytochemicals that are valiant warriors in the fight against the free radical damage that causes cancer.

They will also help to balance out your pH because of their alkalinity... very important!

Make sure you're switching up your greens frequently so you can benefit from a range of vitamins and minerals. This will also help prevent over-exposing your body to microtoxins you may absorb from specific varieties.

There are some fantastic options: You've got kale, spinach, wheatgrass, chard, dandelion greens, romaine, cilantro, mint, parsley, arugula, cabbage, and celery... just to name a few!

Aim for eating greens in **MOST** meals during your **TUNE UP**; then sit back and watch your energy levels explode.



TUNE UPING THROUGH FOOD

CHOOSE ORGANIC WHENEVER POSSIBLE

Not only is it better for your body to eat organic whenever possible, but it's better for the environment, too.

Research has shown that organically grown foods have higher levels of antioxidants and phytonutrients than conventionally grown foods. (*Check out the study by Charles Benbrook.*)

The pesticides and chemicals that are sprayed on our crops seep into the soil and are absorbed by the plants. They're also absorbed right through the flesh of the plants, too.

When we ingest these harmful pesticides, not only do they have the potential to cause damage to your cells, but your liver will be working unpaid overtime to remove them from your body.

FACT: Did you know that there are over 230 chemicals found in newborn babies?

We're exposed to toxins, pollutants, and harmful chemicals at every turn, so let's do our best to avoid them where we can.

Remember: It doesn't have to be expensive to buy organic. Check out your local farmers markets for some great deals!



10-DAY THM TUNE UP

7. GET YOUR ZZZZZ'S...

To make sure that your body has the chance to restore itself and recover properly, get a minimum of 7 hours of sleep per night.

You'll be shocked at how energized you feel when you start to get quality sleep on a regular basis.

Tips for Better Rest:

- ✓ Turn off all electronics- TV, cellphone, and computer at least 45-60 minutes before you go to bed. This will help to calm your mind and allow you to have a more restful sleep.
- ✓ Try writing down everything you need to do on a piece of paper at night for the following day. Once it's written down on paper, you won't stress about trying to remember it the next day.





10 DAY THM TUNE UP

8&9 E'S & FP'S

Don't skimp on the E's! You may notice that we have more E's in this sample meal plan than you may be used to eating. We'll talk about the why's and benefits during our coaching sessions!



TUNING UP THROUGH FOOD

10. GET RID OF INFLAMMATION

Just say NO to sugar, alcohol, drugs, caffeine, gluten, dairy, soy, fried foods, processed foods and prepackaged foods.

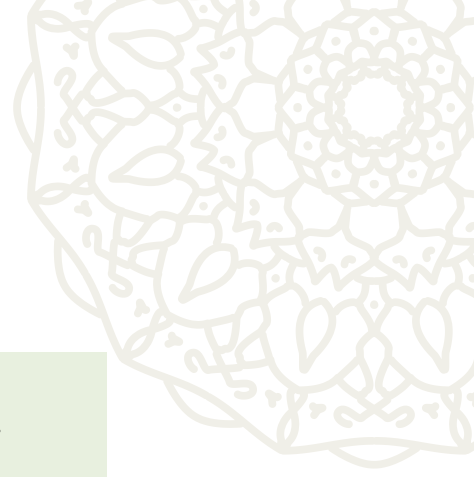
Inflammation is at the ROOT of all disease. Gluten, dairy, sugars, processed and pre-packaged foods all cause inflammation in the body in most people.

For you science lovers, here are a few reasons why I recommend reducing these inflammatory foods from your diet:



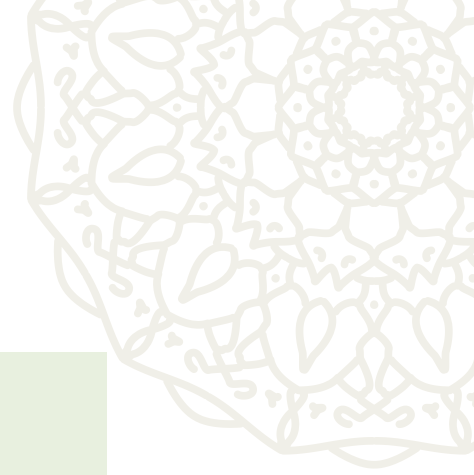
- ✓ Some foods contain “anti-nutrients” (chemicals that prevent the absorption of important nutrients like Iron, Zinc, Calcium, and Vitamin D) and can damage your GI & Immune System.
- ✓ Grains & Dairy can cause inflammation in the gut if you have a food sensitivity or allergy! As they pass through your body, they damage the cells and cause TINY HOLES in your intestinal membrane. These small holes allow bacteria and other proteins to get into your bloodstream which can lead the immune system to attack and can cause an “autoimmune” response. (ex. Celiacs)
- ✓ Some foods can disrupt the acidic balance in the kidneys and can decrease muscle mass and bone density with aging. It’s important to figure out which foods YOU are sensitive to that could be hindering your ability to lose weight.

TUNING UP THROUGH FOOD



- ✗ **Sugar will temporarily SUPPRESS the immune system.** (Imagine how your immune system suffers if you are eating added and processed sugars at every meal!)
- ✗ **Sugar will suppress the release of HGH.** Not only does this matter in general, but it's also important because your body releases a significant amount of HGH at night, so it's best not to eat 2-3 hours before bed.
- ✗ **Sugar will raise your insulin levels,** which over time can lead to a whole host of diseases. It also has a huge effect on your energy levels throughout the day.

TUNING UP THROUGH FOOD



- ✗ **Frankenfoods (packaged foods) are laden with preservatives and in most cases, soy and HFCS, too.** Chemically altered, insulin producing, and sodium-saturated foods have taken over the majority of our grocery store isles. When you do your shopping during this cleanse, shop in the outskirts of the grocery store, and spend most of your time in the produce section.
- ✗ **Processed meats have been proven to cause cancer.** Even the American Cancer institute has openly stated that no amounts of processed meats are healthy for your body. (My go-to alternative is in-house roasted meats at Whole Foods. It's a little bit more expensive than regular deli meat, but it's definitely worth it.) It's a good idea to consider reducing these in your diet.



BONUS BODY & SKIN

Health

DAILY DRY SKIN BRUSHING

Dry Skin Brushing is incredible. It's great for improving your circulation and blood flow, lymphatic drainage, and will even help to rejuvenate the nervous system.

And, wait for it... it helps to get rid of CELLULITE!

The skin is the largest organ in your body and is responsible for TUNE UPifying over 25% of your body and about 2 POUNDS (900 g) of wastes every single day!

If your skin is clogged with debris and dead skin cells, toxins can't escape and will get re-absorbed by the body.

I did this for one week and noticed a HUGE difference.

How to Dry Skin Brush: In long strokes, brush up your body towards your heart. Start at your feet, and work your way up. Go gently at first so you can get a feel for how strong your bristles are. Don't brush your face - use a light cloth instead.



BONUS BODY & SKIN HEALTH



SKIN & HAIR TUNE UPIFICATION

Pay **CLOSE** attention to your hair and skincare products.

Try to get organic or “all-natural” if possible to avoid extra exposure to chemicals. THM’s “Made” products are a great alternative!

You’re working hard to eliminate extra toxins in your food, so don’t forget that everything you put onto your skin gets directly absorbed into the body.

Pay special attention to “mineral oil.” It’s derived from **PETROLEUM** and you do not want to be putting this on your skin. Make sure to read your labels.

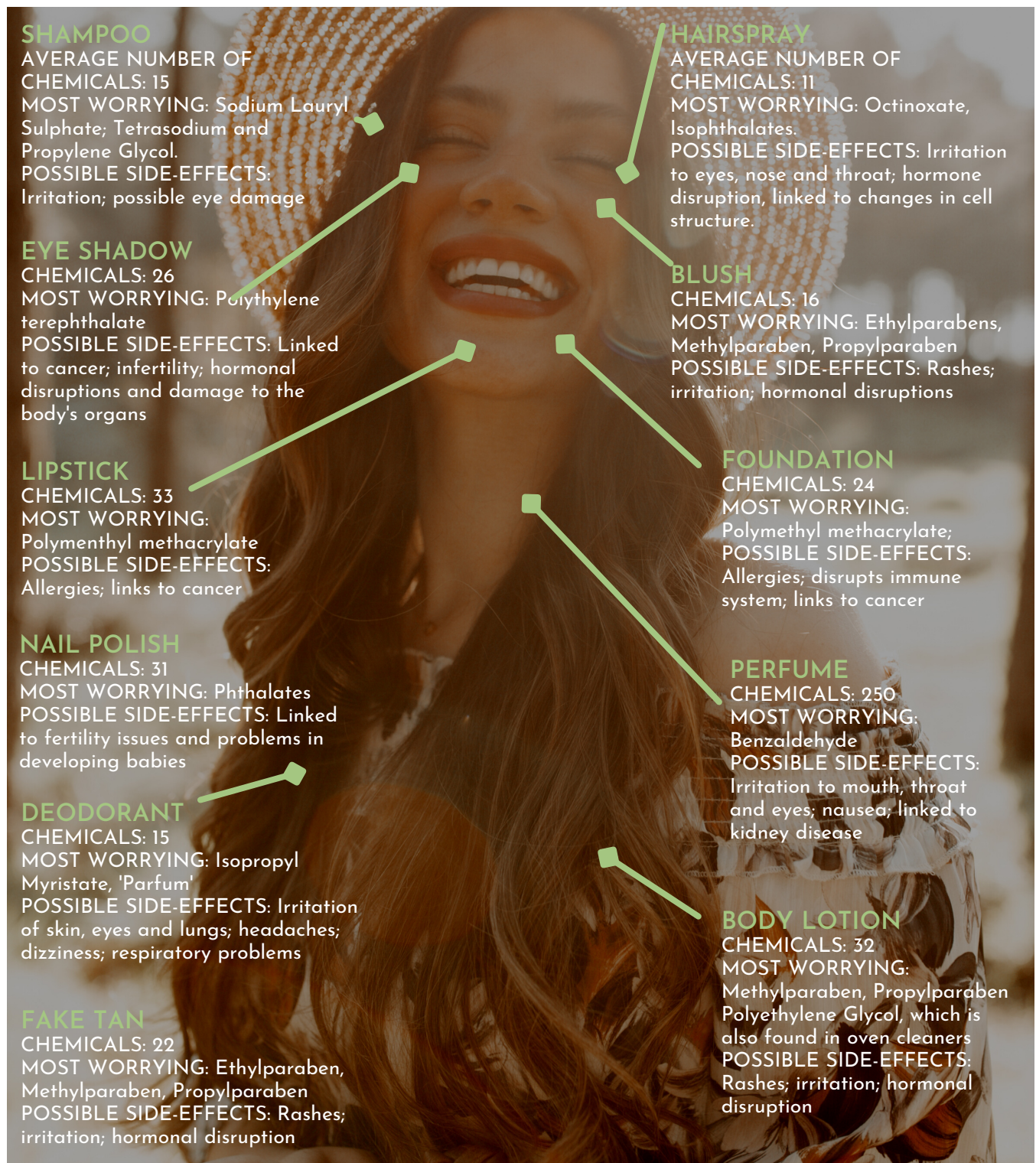
Parabens are one of the most toxic offenders.

It’s the single most widely used preservative in personal care products. (Parabens can mimic estrogen in the body and have been found in breast tumor tissue.)



BODY & SKIN TUNE UP

Check out this chart. If you find any of the ingredients listed in your products at home, it might be wise to switch some or all of them out.



10 DAY THM TUNE UP

HELLO, SUNSHINE!

Did you know over 40% of all adults are Vitamin D deficient... and so are about 20% of kids in the US.

Not getting enough Vitamin D can make you susceptible to developing osteoporosis, 17 types of cancers, MS and other autoimmune diseases, heart disease, high blood pressure, depression, and more.

Vitamin D is so important to your body because it helps to make enzymes and various proteins in your body to help prevent these diseases and keep you healthy.

Just 10-15 minutes of having fun in the sun each day is all you need (and a little longer for darker skin) to get your body's requirements for Vitamin D.



10-DAY THM TUNE UP

Sample Menu

DAYS 1-5

(REMEMBER THIS IS JUST A GUIDE. FEEL FREE TO GET CREATIVE AND DESIGN YOUR OWN PLAN.)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WAKE UP	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo
BREAKFAST	Big Bowl Egg Scram p. 331 THT (S)	Wake Up, Trim Down Banana Bars (E) p. 344 THT*	Berry Secretive Big Boy (FP) p. 416 THM Cookbook	Wake Up, Trim Down Banana Bars (E) p. 344 THT*	Leftover Pumpkin BAM Cake (E)
SNACK	Water -or- herbal tea	<u>Boost Juice</u>	Mocha Secret Big Boy (FP) p. 479 THT	Strawberry Gummy Worms (FP) p. 300 THF*	Leftover Ultimate E Bars (E) with Apple Pie Sip (FP) p. 404 THM Cookbook
LUNCH	<u>5 Minute Chinese Chicken Salad (S)</u>	<u>Get Methylating Soup (E)</u>	Creamless Creamy Chicken (FP) p. 78 THM Cookbook	Pearl's Sweatpants Oatmeal or Quinoa w/ hot tea & EAA or Collagen (E)	Lentil Soup (E) p. 89 THM Cookbook
SNACK	Yuck Yum Bitty (S) p. 497 THT	Ultimate E Bars (E) p. 424 THT*	<u>Boost Juice</u>	leftover Wake Up, Trim Down Banana Bars (E) w/ GoodGir Moonshine (FP) p. 397 THM Cookbook	Leftover Butterfly Wings Cake (FP)
DINNER	Addictive Greek Chicken (S) p. 224 THT Tzatziki Cucumber Salad (FP) p. 266 THT Garlic Parmesan Asparagus (S) p. 260 THT	Blackened Chicken with Mango (E) p. 66 THM Cookbook	Trim Train Italian Soup (FP) p. 160 THT	Wipe Your Mouth BBQ (E) p. 43 THM Cookbook; Light & Lovely Coleslaw (FP) p. 231 THM Cookbook	Chicken, Broccoli, Mushroom Stir Fry (FP) p. 75 THT with Sesame Lo Mein (S) p. 71 THT
BEFORE BED	Salted Caramel Glucie Pudding (FP) p. 351 THM Cookbook	Pumpkin BAM Cake p. 385 THT*.	Butterfly Wings Cake (FP) p. 301 THM Cookbook	Salted Caramel Glucie Pudding (FP) p. 351 THM Cookbook	Chia Tapioca Pudding (FP) p. 234 Original THM Book

10 DAY THM TUNE UP

Sample Menu

DAYS 6-10

(REMEMBER THIS IS JUST A GUIDE. FEEL FREE TO GET CREATIVE AND DESIGN YOUR OWN PLAN.)

	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
WAKE UP	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo	Morning Mojo
BREAKFAST	Eggs and Avs (S) p. 440 THM Cookbook	leftover Pumpkin BAM Cake (E)	<u>Serene's Neopolitan Quinoa (E)</u>	Choco Secret Big Boy (FP) p. 415 ThM Cookbook	Hash 'N' Eggs (S) p.335 THT
SNACK	Water -or- herbal tea	<u>Winter Wonderland Sip (FP)</u>	Collagen Berry Whip (FP) p. 375 THM Cookbook	Apple Pie Sip (FP) p. 404 THM Cookbook	Hello Health Sipper (FP) p.452 THT
LUNCH	Two Minute Nutty Noodles (S) p. 79 THM Cookbook	leftover Trim Train Soup (FP)	Luv My Sweet Potato Lunch (E) p. 306 original THM Book	Pearl's Sweatpants Oatmeal or Quinoa w/ hot tea & EAA or Collagen (E)	Bean Boss Soup (E) p. 109 THM Cookbook
SNACK	leftover Ultimate E Bars (E) p. 424 THT* w/ <u>Pumpkin Pie Sip (FP)</u>	leftover Wake Up, Trim Down Banana Bars (E) w/ GoodGirl Moonshine (FP) p. 397 THM Cookbook	Good Girl Moonshine (FP)	leftover Wake Up, Trim Down Banana Bars (E) w/ GoodGirl Moonshine (FP) p. 397 THM Cookbook	leftovers - your choice!
DINNER	Chicken Bacon Rice Casserole (S) p. 140 Trim Healthy Table	Tricked-Out Chili Trimmy Bisque (E) p. 176 THT*	Cornbread Crusted Mexican Pie (S) p. 132 THM Cookbook	Wipe Your Mouth BBQ (E) p. 43 THM Cookbook; Light & Lovely Coleslaw (FP) p, 231 THM Cookbook	* Succulent Barbacoa Beef (S) p. 108 with side salad (add ingredients for salad to shopping list)
BEFORE BED	leftover Butterfly Wings Cake (FP)	Tummy Tucking Ice Cream (FP) p. 363 THM Cookbook	leftover Strawberry Gummy Worms (FP)	Salted Caramel Glucie Pudding (FP) p. 351 THM Cookbook	Glycine Glory Pudding (FP) p. 348 THM Cookbook

Grocery List

DAYS 1-10 (PAGE 1)

HEALTHY OILS/NUTS & SEEDS

- Extra Virgin Olive Oil
- Coconut Oil Spray
- Extra Virgin Coconut Oil
- MCT Oil
- no-sugar-added peanut butter
- toasted sesame oil
- almonds
- 2 oz olives

MEAT/POULTRY/FISH

- 1 cup pre-cooked shredded chicken
- 15 pounds boneless, skinless chicken breasts
- 4 pounds ground beef
- bacon
- 4 1/2 pounds lean ground beef
- beef chuck roast (2 1/2 pounds)

FRESH PRODUCE

- 1 banana
- 4 lemons
- strawberries
- pineapple
- carrots
- 1 lime
- 1 carton fresh blueberries
- kale
- 10 oz fresh spinach
- 3 onions
- rainbow bell peppers (3)
- 8 oz mushrooms
- 2 medium zucchini
- 2 tomatoes
- 6 cups shredded cabbage or 1-2 cabbages
- 14 oz coleslaw mix
- 4 heads of garlic
- 1 pound fresh asparagus
- 2 cucumbers
- green onions
- 2 avocados
- summer squash
- 1 sweet potato
- tomatoes
- cucumbers
- lettuce
- sweet mini peppers

+ Your Choice of other veggies: enough for 8 cups/1.8 liter measure of non-starchy vegetables (for salads).

Grocery List

DAYS 1-10 (PAGE 2)

REFRIGERATED

- 3 cartons egg whites
- 2 dozen eggs
- parmesan cheese
- 6 oz cheddar cheese
- Light Laughing Cow cheese
- low-fat homemade kefir (2 cups)
- 5 oz feta cheese
- 4 oz mozzarella cheese
- 4 cups 0% Greek yogurt
- kombucha
- Pecorino Romano
- 1 tsp heavy cream
- 1% cottage cheese
- 1 pound of butter
- 1/3 less fat cream cheese
- 3 cartons unsweetened nut milk

FROZEN

- 80 oz seasoning blend
- 24 oz frozen cauliflower
- 24 oz frozen broccoli
- 20 oz riced cauliflower
- 2 1/2 cups frozen mango
- 90 oz frozen okra
- 4 oz frozen berries
- 8 oz frozen raspberries

SPICES/HERBS

- mineral salt
- black pepper
- nutritional yeast
- parsley
- oregano
- onion powder
- garlic powder
- turmeric
- chipotle chili powder
- ground ginger
- paprika
- dill weed
- cinnamon
- cayenne pepper
- dried minced onion
- crushed red pepper flakes
- cumin
- cream of tartar
- pumpkin pie spice
- ginger
- apple pie spice

Grocery List

DAYS 1-10 (PAGE 3)

PANTRY

- erythritol
- unsweetened raisins
- chamomile tea
- chia seeds
- THM Ancient Wisdom Noodles (28 oz)
- 16 oz canned chicken
- mayonnaise
- peppermint tea
- 1 1/2 pounds dried pinto beans
- 3 whole dried ancho chiles
- tahini
- nutritional yeast
- baking soda
- blackstrap molasses
- Super Sweet Blend
- coffee
- 2 cans black beans
- 2 cans pumpkin puree
- 96 oz chicken broth
- lemon juice
- yellow mustard
- white wine vinegar
- dijon mustard
- chamomile tea
- balsamic vinegar
- salsa
- 5 oz canned tuna
- 40 oz Rotel
- 2 cans corn
- 60 oz canned Great Northern beans
- 1 small can chipotle peppers in adobo sauce
- miso
- liquid smoke
- sesame seeds
- hot sauce
- peanut flour
- rice vinegar
- soy sauce
- Gentle Sweet
- unsweetened cocoa powder
- Baobab boost powder
- pure stevia extract powder
- glucomannan or xanthan gum
- 6 cups old fashioned rolled oats
- 20 oolong tea bags
- Collagen
- Baking Blend
- Psyllium husk flakes
- banana, butter, pecan, strawberry, caramel, butterscotch, peppermint, apricot, vanilla extract
- pink natural food coloring
- aluminum-free baking powder
- sunflower lecithin
- lentils
- Bragg's liquid aminos
- 2 tsp raw honey
- 125 oz petite diced tomatoes
- 19 oz tomato paste
- 12 oz tomato sauce
- Gelatin
- THM Strawberry Whey Protein
- plain on-plan whey protein
- citric acid
- freeze-dried berries
- rooibos tea
- 8 oz quinoa

Maintenance

AFTER YOUR TUNE UP

If you reintroduce some of your "normal" foods back into your diet after this program is over, you may notice some very interesting things about your body!

This is your body letting you know that it may not be happy with your choices. Tune in, and pay attention to what your body is telling you.

If you've been on plan for awhile, you're probably planning to stick to THM even after we are done with this 10 day challenge, which is fantastic!

But I'd encourage you to stick to the "tuned up" version of THM I'll be teaching in our mini live coaching sessions.

Want to learn how to customize your THM journey for best results **EVERY DAY** from an experienced coach who's already helped over 3,000 women achieve amazing results?

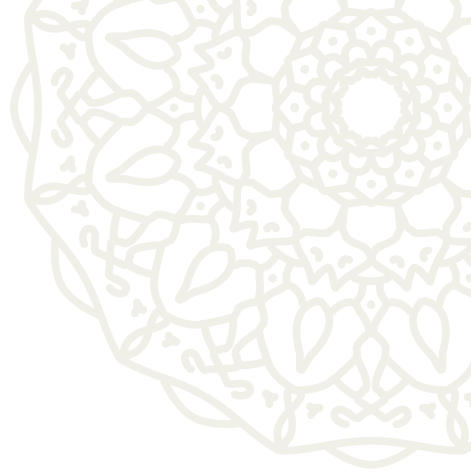
Click here to save your spot in the only 3 week THM Basecamp for this year- space is very limited at the lower intro price, so claim your spot today!

BASECAMP

WITH COACH JEN



BONUS Recipes



BEFORE BREAKFAST

MORNING MOJO

Grab your favorite mug and fill it with purified warm water, $\frac{1}{4}$ fresh squeezed lemon juice and a pinch of cayenne pepper.

LEMON GINGER WATER

12 oz/360 ml of room temperature purified water, $\frac{1}{2}$ fresh squeezed lemon, and then add $\frac{1}{2}$ -inch (1.25 cm) piece of finely grated ginger that you hand squeeze the juice out of into your water.



10-DAY TUNE UP RECIPES



SALAD DRESSING

MOM'S FAMOUS BALSAMIC DRESSING (S)

(serving size is 2 Tbsp)

Ingredients: 1 cup (240 ml) extra virgin olive oil, $\frac{1}{3}$ cup (80 g) aged balsamic vinegar, 1 Tbsp of dried parsley, $\frac{1}{2}$ tsp of sea salt, 1 Tbsp of mustard, plan-approved sweetener to taste, 1 garlic clove minced (optional), fresh ground pepper to taste

Directions: Add all of the ingredients to a bowl and whisk until thick and creamy! Check for seasoning. (lasts about 7-10 days in the fridge)

CREAMY AVOCADO DRESSING (S)

(serving size is 2 Tbsp)

Ingredients: 2 ripe avocados, juice of $1\frac{1}{2}$ limes, 2 Tbsp balsamic vinegar, 2 Tbsp water, 4 sprigs of fresh cilantro, pinch or two of sea salt, 1 tsp garlic powder, fresh ground black pepper to taste

Directions: Blend ingredients in a food processor or blender until smooth. If it's too creamy for you, just add a little water (about 1 tsp at a time). (lasts about 7-10 days in the fridge)

10-DAY BONUS RECIPES



APPLE CIDER VINAIGRETTE (S)

(serving size is 2 Tbsp)

Ingredients: 1 garlic clove, 1 Tbsp Dijon mustard, ¼ cup (60 ml) raw apple cider vinegar, 2 Tbsp fresh lemon juice, on-plan sweetener to taste, ⅓ cup (80 ml) extra virgin olive oil, sea salt & pepper to taste

Directions: Whisk all ingredients together in a bowl very well and enjoy! This one is great made in advance.

MINT & BASIL DRESSING (S)

Ingredients: ½ cucumber, ½ cup fresh mint leaves, ¼ cup fresh basil leaves, 2 Tbsp olive oil, ¼ tsp sea salt, 1 Tbsp fresh lemon juice

Directions: Blend all ingredients in a blender and enjoy immediately.



10-DAY TUNE UP RECIPES

SNACKS



HOMEMADE HUMMUS (E - 1 HEAPING TBSP) +ADD PROTEIN

- **Ingredients:** 1 can chickpeas, water from the chickpea can, 2 cloves of garlic, 1 tablespoon olive oil, 1 tablespoon lemon juice, 1 tablespoon (heaping) tahini, 1/2 to 1 teaspoon salt (to taste), 1 teaspoon cumin, 1/2 teaspoon ground coriander, 1 teaspoon smoked paprika.

Directions: Blend the tahini and lemon juice in a food processor until creamy and fluffy. Next, add garlic, salt, coriander, and paprika. Next, add the garbanzo beans a little bit at a time until smooth. If needed, add water a little bit at a time (1 Tbsp) until it reaches your desired consistency.

Get creative and add spices like cumin, cayenne pepper, more garlic, etc!

10-DAY BONUS RECIPES

LUNCH & DINNER

GAZPACHO (S - ADD PROTEIN)

Ingredients: 2 large tomatoes, ½ large cucumber, ½ cup (12 g) fresh basil, ¼ tsp of salt, juice from ½ lime, 2 Tbsp of apple cider vinegar, ¼ large avocado, ⅓ cup (80 ml) water, 3 tbsp of olive oil.

Directions: Blend all of the ingredients in a food processor EXCEPT the olive oil. Once it's blended, slowly drizzle in olive oil. Add water if you'd like to make it a little less creamy. Top it off with any fresh vegetables like: slices of avocado, cucumber, tomatoes, basil, zucchini, etc.

COLLARD WRAPS (FP - ADD PROTEIN)

Ingredients: 1-2 Large collard greens, any sliced veggies you want: tomatoes, carrots, zucchini, avocado, cucumber, sprouts, the list is endless as long as they are raw.

Dressing: Fresh squeezed lemon if it's during the first 2 days of the TUNE UP. Otherwise, you can use a small amount of balsamic or avocado dressing.

Directions: Wrap all of the sliced vegetables into the large collard green! (I usually remove the rib to make it easier to eat.)

Switch it up: You can also use a Nori sheet (seaweed) instead of a collard green to change things up.



10-DAY BONUS RECIPES



TUNE UP VEGETABLE SOUP (S - ADD PROTEIN)

Ingredients: 1½ tbsp. Coconut Oil, 1 sweet onion, 3 cloves minced garlic, 3 cups (8 oz/225 g) cremini mushrooms, 1 cup (128 g) chopped carrots, 2 cups (180 g) chopped broccoli florets, sea salt & fresh ground pepper, 2 tsp fresh grated ginger, ½ tsp turmeric, 2 tsp ground cumin, ⅛ tsp cinnamon, 5-6 cups (1.2-1.4 liters) organic vegetable broth, 2 large Nori seaweed sheets (cut into pieces), 2 cups (45 g) chopped kale leaves, fresh lemon to squeeze when done.

Directions: Heat coconut oil in a large heavy stockpot. On medium heat, add the garlic and onions and sauté for about 5 minutes until onions become translucent.

Add mushrooms, carrots, and broccoli, and stir. Season with salt and pepper. Add ginger, turmeric, cumin, and cinnamon, and sauté for 1-2 minutes.

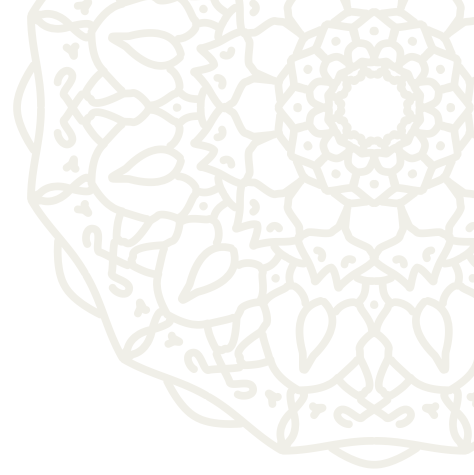
Add the broth and stir to combine. Bring to a boil, and then reduce heat to med-low and simmer until veggies are tender (about 10-20 minutes).

Stir in kale and Nori and cook until wilted. Season with additional salt & pepper and add a fresh squeeze of lemon.

Enjoy!



10-DAY BONUS RECIPES



MOM'S CHICKEN SOUP (FP)

Ingredients: 2 organic chicken breasts on the bone (skin removed), 1 onion (sliced), 2 celery stalks (sliced), 3 carrots (sliced), 1/2 cup rutabaga (peeled & cubed), 1 bunch fresh dill, sea salt and pepper to taste, 1 tsp olive oil, 1 lb (450 g) of baby spinach.

Directions: Heat olive oil in a large heavy stockpot. On medium heat, put in chicken and lightly brown on top and bottom. Remove from the pot and add onions.

Season onions with salt and pepper and cook until tender and lightly golden. Return chicken to the pot and add enough water to cover chicken, and then about 1" (2.5 cm) higher.

Bring to a boil and add all the vegetables including the dill.

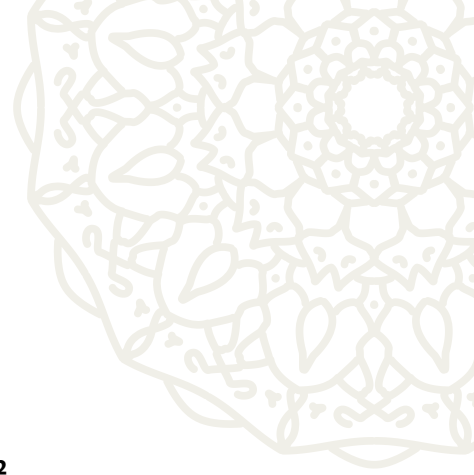
Bring to a simmer and cook with the pot half covered for about 30 minutes (or until all the vegetables are fork tender). Turn off the heat.

Remove the chicken and let cool until you are able to handle it with your hands. Remove the dill.

Shred the chicken and return it to the pot. Season the broth with salt and pepper. Add the spinach. The heat from the soup will cook the spinach.



10-DAY BONUS RECIPES



CITRUS FISH TACOS (S)

Ingredients (for the marinade): the juice squeezed from ½ lime, 3 Tbsp olive oil, 1 tsp cumin powder, ½ tsp salt, 4 Cod Fillets (cut into 1" (2.5 cm) chunks)

Ingredients (for the wraps): 6-8 Cabbage leaves, ½ red pepper (diced), ½ red onion (diced), ½ avocado (sliced)

Directions: Mix the lime juice, olive oil, cumin, and salt in a bowl and combine well.

Gently place the pieces of Cod into a large Ziploc bag and pour in the juice. Marinate for 2-4 hours in the refrigerator, flipping the bag over about halfway through.

Next, heat some olive or coconut oil over a large skillet. When the pan is warm, add the cod and cook for about 4-5 minutes on 1 side, then turning only once, finish cooking on the other side (about 8-9 minutes total)

Then, simply prepare your tacos to your liking, adding the fish, pepper, & onion! (Be creative and add any other S-friendly on-plan ingredients you think may taste great on there!)

It's very refreshing and absolutely DELICIOUS!

Once you get the marinade in the fridge, this recipe only takes me about 10 minutes to put together. (3-4 servings; can double for more)

