Whole Body Research Presents...
The 3 Day Diet Boot Camp

• Meal Schedule

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Snack 1</th>
<th>Lunch</th>
<th>Snack 2</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td>Baked Oatmeal, green tea, glass of almond milk</td>
<td>Unsweetened greek yogurt with 2 tsp honey &amp; ¼ blackberries</td>
<td>Dill Salmon on bed of spinach</td>
<td>1 Apple with ¼ cup almonds</td>
<td>Quinoa stuffed bell pepper</td>
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<tr>
<td><strong>Day 2</strong></td>
<td>Salmon scrambled eggs with 6oz strawberries &amp; 1 glass green tea</td>
<td>¼ cup almonds with ½ cup blueberries</td>
<td>Greek Salad and 1 Kiwi</td>
<td>Cantaloupe + greek yogurt with 2 tsp honey</td>
<td>Rainbow Salad</td>
</tr>
<tr>
<td><strong>Day 3</strong></td>
<td>Baked Oatmeal, green tea, glass of almond milk</td>
<td>8oz Strawberries &amp; 1/4 cup almonds</td>
<td>Salmon Stuffed pepper</td>
<td>baked chickpeas</td>
<td>Citrus Quinoa Salad</td>
</tr>
</tbody>
</table>

• Shopping List

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Fruit</th>
<th>Dry/Canned Goods</th>
<th>Meat/Dairy/Ect.</th>
<th>Seasonings/Pantry</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tomato</td>
<td>1 cantaloupe</td>
<td>1 can chickpeas</td>
<td>½ gallon almond milk</td>
<td>honey</td>
</tr>
<tr>
<td>1 cucumber</td>
<td>1lb of strawberries</td>
<td>1 cup steel cut oats</td>
<td>3 eggs</td>
<td>olive oil</td>
</tr>
<tr>
<td>2 cups kale</td>
<td>½ cup blackberries</td>
<td>1 1/4 cup almonds</td>
<td>1 large container plain greek yogurt</td>
<td>Dijon mustard</td>
</tr>
<tr>
<td>2 ½ cups spinach</td>
<td>1/4 cup blueberries</td>
<td>2 cans sardines in water Quinoa</td>
<td>2 4-6 oz wild caught salmon filets</td>
<td>cinnamon</td>
</tr>
<tr>
<td>3 avocados</td>
<td>1 kiwi</td>
<td></td>
<td></td>
<td>nutmeg</td>
</tr>
<tr>
<td>2 bell peppers</td>
<td></td>
<td></td>
<td></td>
<td>oregano</td>
</tr>
<tr>
<td>4-5 lemons</td>
<td></td>
<td></td>
<td></td>
<td>baking powder</td>
</tr>
<tr>
<td>1 white onion</td>
<td></td>
<td></td>
<td></td>
<td>fresh garlic</td>
</tr>
<tr>
<td>1 red onion</td>
<td></td>
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</tbody>
</table>
The night before you begin your anti-inflammatory diet boot-camp, prepare the following:

- **2 Cups Cooked Quinoa** (use instructions on bag)
- **Recipes A-C**

Prepare snacks by making the following:

- 3 containers containing 1/4 cup almonds (1 for each day)
- 1 container containing 1/4 cup blackberries
- 1 container with 1/2 cup blueberries
- 2 containers containing approximately 6oz Greek yogurt

### Day 1

Make sure you drink at least six 8 ounce glasses of water throughout the day, in addition to your green tea and almond milk.

After you prepare & eat dinner, prepare recipes g & i and gather your snacks for day 2.

Set the baked chickpeas (recipe i) aside in an airtight container for a snack on day 3.

You can also prepare the ingredients for breakfast on day 2 if you’d like.

End your day by drinking a full glass of water with lemon.

### Day 2

Try to drink at least seven 8 ounce glasses of water throughout the day, in addition to your green tea with breakfast.

After dinner, prepare recipe j for lunch on day 3. You should also gather your snacks for the next day so they are easily accessible.

End your day with a full glass of water with lemon.

### Day 3

Aim for seven 8 ounce glasses of water throughout the day, in addition to your green tea and almond milk.

Try to enjoy every bite of your last day of this face-changing diet experience.

Once again, end your day with a full glass of water with lemon.
Recipes

Honey Lemon Dressing
1/2 Cup Olive Oil
1/3 Cup Lemon Juice
3 TBS Honey
Ground black pepper

Add the ingredients into a jar & shake well

Baked Blueberry Oatmeal
*important: to get the anti-inflammatory benefits from this meal, make sure you get steel cut oats!
1 cup steel cut oats
1/2 cup toasted almonds
2 tablespoons honey
2 1/3 cup almond milk
1 tbsp olive oil
1 egg
1 cup blueberries
1 tsp baking powder
pinch nutmeg
1 tsp cinnamon
Ground black pepper

Put the oats, almonds, baking powder, nutmeg, and cinnamon into a bowl and toss together.
In a different bowl, whisk the milk, honey, olive oil and egg.
Pour the milk mixture over top of the oatmeal mixture and stir well.
Lay the berries in the bottom of a 9x9 baking dish and pour the oatmeal mix overtop.
Bake at 375 for 55-60 minutes, or until golden brown.

Dill Salmon
2 4-6 oz salmon filet
1 tsp Dill
1 tbs lemon juice
1/2 cup spinach
Parchment paper

Cut the parchment into a large heart shape (about 17x11 inches)
Lay the spinach in the center of 1/2 of the heart.
Place the salmon filet on top of the spinach and drizzle the lemon juice even over top.
Sprinkle with the dill, then fold the other half of the heart over top.
Starting at the round side, roll the edges to seal your fish pouch.
Bake at 400 for approximately 12 minutes.

*Reserve 1 filet for meals on days 2 & 3

Quinoa Stuffed Pepper
1 Can Sardines in water
1 Small avocado
1/2 cup cooked quinoa
2 tbs diced white onion
2 tbs greek yogurt
1 tbsp lemon juice
1 bell pepper

Put everything except the quinoa and bell pepper into the bowl and mash it together.
Stir in the quinoa, then cut the bell pepper in half and remove the stem & seeds. Fill each side with 1/2 of the mixture.
You can eat this as-is, or bake it in the oven for 30 minutes at 350.
Salmon Eggs
2-3 oz dill salmon (reserved from lunch on day 1)
2 eggs
pepper
1 tomato

Whisk the eggs and pepper until they are frothy. Using a fork, pull apart the salmon and add the flakes into the egg mixture.*
Get a medium skillet medium-hot, then pour egg mixture in and stir slowly with a rubber spatula.
Once lumps begin to form, turn the heat down to low and gently fold the eggs until they are fully cooked & enjoy.

*you can prepare the eggs the night before. Just make sure you put them in an air-sealed container.

Rainbow Salad
2 cups loosely packed fresh kale
2 cups loosely packed baby spinach
1/4 cup almonds, chopped
2 oz strawberries, sliced
1/4 cup blackberries
1/2 cucumber, peeled, seeded & sliced
1/4 cup blueberries

Tear the spinach and kale into bite sized pieces and place in a large bowl. Lay the fruits and vegetables in the bowl, in a rainbow pattern.

Drizzle with honey-lemon dressing.

Alpha-Omega Greek Salad
1 tablespoons lemon juice
1 tsp extra-virgin olive oil
1/2 clove garlic, minced
1/2 teaspoons dried oregano
1/4 teaspoon freshly ground pepper
1 medium tomatoes, cut into large chunks
1/2 cucumber, sliced
1/2 15-ounce can chickpeas, rinsed
1/4 cup thinly sliced red onion
1 can sardines in water, drained

Whisk together the lemon juice, olive oil, garlic, oregano and black pepper. Add the tomato, cucumber, chickpeas, and onion and toss well. Top with sardines and enjoy.

Baked chick peas
1/2 can chickpeas
2 tsp olive oil
1 tsp curry powder

Coat the chickpeas with the olive oil and then toss with curry powder.
Spread on a baking sheet covered in parchment & bake at 450 for 30-40 minutes, until brown and crunchy.
**Salmon stuffed bell pepper**

2-3 oz dill salmon (reserved from lunch on day 1)
1 Small avocado
1/2 cup cooked quinoa
2 tbs diced white onion
2 tbs greek yogurt
1 tbsp lemon juice
1 bell pepper

Put everything except the quinoa and bell pepper into the bowl and mash it together.
Stir in the quinoa, then cut the bell pepper in half and remove the stem & seeds. Fill each side with 1/2 of the mixture.
You can eat this as-is, or bake it in the oven for 30 minutes at 350.

**Citrus Quinoa Salad**

1 cup cooked Quinoa
1/4 cup finely diced white onion
1 Blood Oranges, peel, remove seeds & cut into slices
1 Navel Oranges, peel, remove seeds & cut into slices
1/2 Pink Grapefruit, peel, remove seeds & cut into slices
1 Avocado, diced & tossed with some Lemon Juice
1/4 cup Honey lemon dressing
Black Pepper, to taste

Toss the quinoa with the onion and dressing. Gently fold in the oranges, grapefruit and avocado, and enjoy.