

Revitalize!

A FREE 3-Day Body Reset Program



Gain energy, feel lighter, be beautiful.

**With Lisa Story, MA
Certified Health Coach**

Welcome to Revitalize!

I'm so happy you're here. This short and sweet FREE 3-day program is delicious, educational and empowering. It creates positive change in people's lives.

You'll enjoy fresh, seasonal, whole foods. Plain and simple. You'll be tuning into your body, nurturing yourself and staying well-hydrated. You'll clear out toxins that have been stored in your cells and fill them with healing vitality.

The benefits of participating in *Revitalize* include:

- Shedding excess weight and eliminating toxins to feel more balanced and healthier
- Boosting your mood, energy and productivity by reducing inflammation
- Identifying problem foods, you may be sensitive to that are keeping you from feeling your best
- Calming your mind, body and spirit
- Taking a short break from foods that can cause health issues for some such as; refined sugar, alcohol, caffeine, gluten, dairy, excess meats and processed foods

During *Revitalize* live your life normally and engage in all your daily activities. You may find that you're cooking more than you're accustomed to. **This is a good thing.** A very good thing. Strengthening the habit of cooking at home is one of the most significant ways to quickly improve your health and that of your family.

Use this time to tune into your body and get to know her (or him!) better. Be an explorer with an open mind.

Taking care of your health and well-being is an act of self-love. It requires action and positive habits. I support you!

Blessings in health,

Lisa Story, MA, CHC, 200-RYT

www.theconscioushealthcoach.com

Foods to Enjoy & Eliminate

While you don't need to follow the meal plan or recipes exactly, be sure to keep these guidelines in mind:

Enjoy:

Whole, unprocessed foods

Fruits

Dried fruits (as long as there are no added sugars or sulfates)

Vegetables

Fermented foods (sauerkraut, miso, pickles, kimchi – with no added vinegars or sugars)

Nuts & Seeds (raw or roasted with no added ingredients)

Legumes

Non-gluten whole grains (quinoa, brown rice, millet, wild rice, buckwheat, amaranth, whole oats*)

Clean, sustainable and/or organically-sourced meats, eggs, and fish

Naturally occurring healthy oils (cold-pressed and unrefined olive, sesame and coconut oils)

Fresh pressed juices

All fruit/vegetable smoothies

Herbal teas/Green tea/coconut water (best herbal tea options include; ginger, peppermint or Tulsi/holy basil)

*Oats do not contain gluten, but are often processed in the same facilities as wheat or have been contaminated during the farming process. Look for certified gluten-free oats if you have Celiac disease or suspect that you're sensitive to gluten.

Eliminate:

Processed foods (anything that comes in a package)

Wheat/Gluten

Poor quality oils (canola, soy, corn, vegetable)

Dairy

Alcohol

Caffeine (coffee and black tea)

Sugar

Revitalize: Your Program At-A-Glance

Day 1

Before breakfast: Drink 12-16 ounces of warm lemon water. Squeeze ½ lemon into a glass of warm water to stimulate your liver to release toxins and the bowels to move.

Breakfast: Sunshine Smoothie Bowl

Lunch: Fresh Rainbow Salad w/Chickpeas & Herbs

Mid-day: Move your beautiful body for 5-10 minutes or take a walk.

Dinner: Cauliflower, Kale & Lentil Detox Soup

After dinner: Luxuriate for 20 minutes in an Epsom Salt Bath with an essential oil such as lavender. Use 2 cups salts to support detoxification and be sure to drink plenty of water before and after.

Day 2

Before breakfast: Drink 12-16 ounces of warm lemon water.

Breakfast: Forbidden Tropical Porridge

Lunch: Strawberry-Asparagus Salad w/Tahini Dressing

Mid-day: Move your body for 5-10 minutes or take a walk.

Dinner: Sweet Potato & Black Bean Bowl

After dinner: Luxuriate for 20 minutes in an Epsom Salt Bath.

Day 3

Before breakfast: Drink 12-16 ounces of warm lemon water.

Breakfast: Radiance Smoothie

Lunch: Spring Salad w/Grapefruit Vinaigrette

Mid-day: Move your body for 5-10 minutes or take a walk.

Dinner: Lentil Masala Soup

After dinner: Luxuriate for 20 minutes in an Epsom Salt Bath.

Snacks: Include extra foods from the Enjoy List on page 2 as needed.

Day 1 Breakfast

Sunshine Smoothie Bowl

½ cup almond milk (or favorite non-dairy milk)
1 cup fresh or frozen strawberries
1 fresh or frozen banana
½ avocado, or 1 TBSP chia seeds, or 1 TBSP hemp seeds
1 Medjool date, pitted
juice of ½ lemon (Meyer lemon is divine if you have it!)
1 tablespoon almond butter or scoop of favorite protein powder (optional)

1. Place ingredients into blender and blend until smooth and creamy.
Enjoy! Yield: 1 serving.

***Optional:** Top with unsweetened coconut flakes, sliced banana or strawberries.

Note #1: Malk Organics and 3 Tree Organics are the ONLY brands of non-dairy nut milk I recommend as they NEVER contains fillers, additives or preservatives. Plus...they're SO tasty! They are available with pecans, almonds, pistachio, oats, sesame seeds and cashew.

Note #2: When it comes to protein powder stick with the purest formula possible. Avoid any that have long ingredient lists or contain isolated proteins, GMO's, fillers, preservatives, and sweeteners other than stevia.

Day 1 Lunch

Fresh Rainbow Salad with Chickpeas & Herbs

2 cups salad greens, washed

1 cup favorite veggies, chopped (radishes, carrots, red cabbage, onions, turnips, cucumber, tomatoes, celery)

1/3 cup garbanzo beans, rinsed (aka chickpeas!)

1-2 tablespoons favorite raw nuts or seeds (pumpkin, sunflower, walnuts, almonds)

1 tablespoon favorite fresh herbs, chopped (basil, cilantro, dill, parsley)

1 tablespoon avocado oil or extra virgin olive oil

½ lemon, lime, tangerine or orange

1. Place greens in salad, add chopped vegetables, chickpeas, nuts or seeds and herbs into bowl.
2. Drizzle oil and squeeze citrus fruit juice over the top of salad.
Yield: 1 serving.

Note: If possible when using canned goods, stick with BPA-free brands.

Day 1 Dinner

Cauliflower, Kale & Lentil Detox Soup

1 ½ tablespoons extra-virgin olive oil
½ medium onion, diced
2 stalks celery, diced
2 medium carrots, peeled and diced
3 garlic cloves, minced
1 small head cauliflower, chopped
1 small bunch kale, chopped
4 cups vegetable broth
1 ½ cups lentils, canned or cooked from scratch, drained and rinsed
sea salt, to taste
black pepper, to taste

1. Heat olive oil over medium heat in large pot. Add onion, celery and carrots. Cook for approximately 10 minutes, or until veggies are softened. Add garlic and sauté for 1-2 more minutes.
2. Add cauliflower, kale and vegetable broth. Bring to boil then reduce heat to low. Cover and simmer for 20 minutes.
3. Stir in cooked lentils and season to taste with sea salt and black pepper. Yield: 3-4 servings.



Day 2 Breakfast

Forbidden Tropical Porridge

1 cup cooked forbidden rice (black rice)
½ cup coconut milk, lite
1 mango, diced or ½ cup frozen mango, thawed
1 teaspoon pure maple syrup
juice of ½ lime
liberal pinch of cardamom or cinnamon
pinch of sea salt

1. Place all ingredients except lime juice in a medium-size saucepan and stir to combine.
2. Heat porridge over low-medium heat while stirring occasionally for 3-5 minutes or until warmed thoroughly. Turn off heat and stir in lime juice. Yield: 1 serving.

Note: You may substitute your favorite cooked non-gluten grain (quinoa, millet, brown rice) for the forbidden rice. For a no-added-sweetener option, leave out maple syrup.



Day 2 Lunch

Strawberry Asparagus Salad with Tahini Dressing

1/2 small bunch asparagus, woody stems trimmed
1-2 cups arugula, washed
1/3 cup radishes, thinly sliced
1/3 cup strawberries, thinly sliced
1/3 cup fresh shelled peas or frozen peas, thawed
1/4 cup tahini
1 tablespoon maple syrup
1 lemon, juiced
2 tablespoons pure warm water

1. Cut asparagus spears in half. Place in pan or steamer with 1/2 cup water. Cover and bring to boil. As soon as water boils, turn off heat and let asparagus sit for 1-2 minutes. Drain and then run asparagus under cool water.
2. Fill bottom of salad bowl with arugula. Top with sliced radishes, strawberries, peas and asparagus.
3. In small jar, combine tahini, maple syrup, lemon juice and water. Shake well. Add more water to thin in necessary.
4. Drizzle 1-2 TBSP dressing over top of salad and enjoy! Yield: 1 serving.

Notes: Option to add organic roasted or grilled chicken to your salad for a clean animal protein boost! Store remaining salad dressing in fridge for 3-5 days. Run jar under hot water to soften before next use if needed.



Day 2 Dinner

Sweet Potato & Black Bean Bowl

1 sweet potato, diced into ½-inch cubes
1 teaspoon extra-virgin olive oil
1/4 teaspoon cumin
dash of cinnamon
dash of paprika
3 tablespoons tahini
½ lemon, juiced
2 garlic cloves, minced
1 ½ tablespoons unsweetened almond milk
½ cup black beans, canned or cooked from scratch, drained and rinsed
½ cup cherry tomatoes, halved
¼ cup cilantro, chopped
Sea salt and black pepper, to taste

1. Preheat the oven to 400. Line baking sheet with parchment paper.
2. In mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
3. Meanwhile, make dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
4. In the mixing bowl, combine black beans, tomatoes, chopped cilantro and sweet potato. Drizzle with 1-2 TBSP of dressing. Season with salt and pepper to taste. Yield: 1 serving.

Note: Store remaining dressing in fridge for 3-5 days. Run jar under hot water to soften before next use if needed.



Day 3 Breakfast

Radiance Smoothie

- 1 ¼ cups pure water
- 1 banana, fresh or frozen
- 1 small cucumber, chopped
- 1 cup frozen strawberries or fruit of choice
- ½ lemon, squeezed
- ¼ avocado or 1 TSBP ground flax seeds or 1 TBSP hemp seeds
- 1 small handful parsley
- 4-6 Swiss chard leaves, rinsed and stems removed
- favorite protein powder, optional
- 1 Medjool date, pitted or 1 teaspoon raw local honey or maple syrup

1. Place all ingredients in a high-speed blender and blend until smooth. Yield: 1 serving.



Day 3 Lunch

Spring Salad w/Grapefruit Vinaigrette

2 cups mixed greens
¼ cup strawberries, sliced
¼ cup raspberries
¼ cup blueberries
1 TBSP walnuts, toasted
1/3 avocado, peeled and diced
1 TBSP basil leaves, minced
½ grapefruit, juiced
1 TBSP extra-virgin olive oil
1 TBSP apple cider vinegar

1. Place prepared greens on a salad plate. Top with berries, walnuts, avocado and basil.
2. In a small jar, combine grapefruit juice, olive oil, and apple cider vinegar. Shake well. Drizzle desired amount of dressing over salad just before serving. Yield: 1 serving.

Note: Option to add organic roasted or grilled chicken to your salad for a clean animal protein boost!



Day 3 Dinner

Lentil Masala Soup

2 teaspoons coconut oil
½ cup red onion, finely diced
4 garlic cloves, minced
1 teaspoon turmeric
1 tablespoon Garam Masala
1 teaspoon sea salt
1 cup cilantro, chopped
4 cups vegetable broth
3 cups tomatoes, diced
1 cup dry red lentils
1 cup coconut milk, full fat
1 bunch kale, finely sliced

1. Heat coconut oil in large soup pot over medium heat. Add onion and sauté for 3-4 minutes or until soft and translucent. Add garlic and sauté for 1 more minute. Add turmeric, Garam Masala and sea salt and stir in well.
2. Add in cilantro, diced tomatoes and vegetable broth. Bring to boil then reduce heat to simmer.
3. Add lentils, cover and cook for 15-20 minutes. Once lentils are cooked through, stir in coconut milk, then gently stir in kale until wilted. Turn off heat. Yield: 3-4 servings.

Note #1: Garam Masala is an Indian spice typically found in any supermarket.

Note #2: Store leftovers in fridge for up to 3 days. Reheat over low heat by adding a small amount of vegetable broth to thin out soup.

Revitalize Success Tips

GROCERY SHOP & PREP FOODS IN ADVANCE. This will prepare you properly and support your three days in flowing smoothly. Before shopping, review the recipes carefully and check your pantry and refrigerator for items you may already have on hand. Shopping the bulk section at your grocery store will help reduce costs.

REDUCE CAFFEINE, ALCOHOL & SUGAR IF POSSIBLE BEFORE YOU BEGIN. If caffeine, alcohol, and/or sugar are a part of your daily diet, you may wish to cut back on your intake by ½ prior to beginning the program. Quitting cold turkey on the first day may leave you detoxifying too rapidly. Take it slow to avoid headaches, fatigue, nausea or mood swings. Switching to green tea is an excellent replacement for coffee.

PERSONALIZE YOUR PROGRAM. This will help you stay on track and be successful. Switch menu meals around to suit your personal and professional life if necessary. If you have a food allergy, sensitivity or strong dislike, then make an appropriate healthy substitution. If you exercise two hours a day or work long 14-hour days, you may require some extra protein such as fish, chicken or eggs. **If you're overwhelmed by the idea of giving up your coffee or wine, consider simply cutting back to one cup or glass.** Don't allow yourself to fall into "all or nothing" thinking. Eating clean and revitalizing your body isn't about suffering. However, if you're addicted to something, this experience is a wonderful opportunity to let it go and regain control. If weight loss is NOT your goal, incorporate clean animal proteins or additional grains and legumes with a few of your meals each day. Include more nuts, seeds and healthy fats whenever possible.

STAY WELL HYDRATED. Drinking plenty of pure water will help you to feel satisfied and flush your system of toxins. Aim to drink at least ½ of your body weight in ounces each day. Make sure your water is room temperature and add lemon for extra detoxifying benefits. According to the practice of Ayurveda, cold water decreases your digestive fire.

NURTURE YOUR DIGESTION & ELIMINATION. Sip peppermint or ginger tea to support your digestion or reduce gas and bloating. A hot water bottle or heating pad can also be soothing. Should constipation occur, reduce the amount of raw foods or leafy greens and incorporate more cooked foods. Be sure to practice gentle twists and take a walk if possible.



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GET MORE REST. This is an excellent time to get a little extra sleep. 10pm-6am are ideal sleeping hours. This is when the body naturally restores, repairs and renews itself. Staying up late or sleeping in late create imbalance in the body and throws off your circadian rhythms. Book a massage, have a pedicure, watch a funny movie. Pamper yourself.

LISTEN TO YOUR BODY. *You* are your own best authority. If you're feeling depleted, then rest. If you're feeling hungry or light-headed, then drink some water and eat leftovers or some fresh fruits, vegetables, clean protein, nuts or seeds. You should NOT feel poorly during *Revitalize*.

EXERCISE & MOVE. Do your best to get at least 30 minutes of your favorite exercise in each day. This keeps your lymphatic system flowing and the toxins releasing. Walking, rebounding, dancing, and yoga are excellent ways to accomplish this.

Your Next Steps

Congratulations on completing *Revitalize: A 3-Day Body Reset Program!* I'd love to hear about your experience and support you further.

1. Reach out at lisa@theconscioushealthcoach.com and share any changes you noticed as a result of the program.
2. Go deeper with the self-paced ***Eat Whole, Live Happy: 14 Day Seasonal Clean Eating Program***. This program includes: a 100-page whole foods cookbook, a whole foods lifestyle and eating guide, recipes, meal plans, grocery lists, and two recorded audio classes to set you up for success and help you sustain your results. Investment: \$47. Let me know you'd like to participate. I'll set you up for success!
3. Schedule a 75-minute ***Vitality Breakthrough Health Coaching Session***. You'll complete a food and lifestyle journal along with a health history form that I'll review thoroughly before we meet. During your session, we'll discuss your goals, and I'll provide suggestions while helping you identify habits and actions to begin taking right away. Investment: \$180. Email to schedule this session.



Lisa Story is a Certified Health & Nutrition Coach by the Institute for Integrative Nutrition and the American Association of Drugless Practitioners. Most recently she graduated from the Integrative & Functional Healthcare Practitioner program taught by Dr. Aviva Romm. She's been personally and professionally passionate about health and wellness for more than 30 years and has a B.S. in Health Science, an M.A. in Spiritual Psychology, and is a yoga instructor. Lisa lives in beautiful Shell Beach, California with her husband Doug and sweet little dog Tucker. Their 19-year-old son Sam plays soccer for Southern New Hampshire University and their 29-year-old daughter Sydney is a Kindergarten teacher in Compton, California.