

**Imagine Looking and Feeling  
YOUNGER, SLIMMER and SEXIER...  
in 21 Days!**



## ***21 Day Ageless Energy Meal Plan***



**Let me Show You How to Double Your Fat Burning Results while Flooding Your Body with Anti-Aging Hormones while Eating Delicious and Slimming Energizing Foods!**

**Nourish Your Body, Tighten Your Skin  
and Get Your "Glow On"**

**LEGAL:**

All rights reserved. No part of this publication or any of the content found within the 7 minute ageless body secret program (ebook) can be shared, reproduced, copied, transmitted or transferred, or distributed in any form or by any means including photocopying, recording, or any other electronic or mechanical method without prior written consent or permission from Dawn Sylvester.

**DISCLAIMER:**

Always consult a doctor or healthcare practitioner before starting any new diet or exercise program. This book is not to be used as medical advice and is for entertainment purposes and is to be used at the owner or byers personal discretion and responsibility. The buyer assumes all responsibility in the application or use of this product. The author assumes no responsibility for injuries or issues sustained during the application of this information or while using the information contained in this product.

**TAKE THE GUESSWORK OUT  
OF WHAT TO EAT...WHILE  
PREVENTING YOUR BODY  
FROM EVER STORING A  
SINGLE CALORIE!**

**DISCOVER THE DELICIOUS AND ENERGIZING  
21 DAY AGELESS ENERGY MEAL PLAN**

**YOUR GUIDE OF SEXY SUPERFOODS AND SLIMMING RECIPES TO  
DETOXIFY, SCULPT YOUR BODY, AND MELT OFF THE WEIGHT**

## **WHAT YOU WILL GET:**

### **21 DAYS OF A “DONE FOR YOU ENERGIZING, BODY SCULPTING MEAL PLAN”**

- \* 21 Days of Breakfast, Lunch and Dinner Suggestions mapped out for you that take the guesswork out of “what do I eat and when?” So that you can wake up every day bursting with energy ready to power through the workouts and take on your day with vitality!
- \* (Recipes can be found in the Ageless Energy Recipe Guide here)
- \* Energizing Snack Ideas from “on the go” snacks to what to choose when on the road!
- \* List of the top 10 Foods that will Sabotage Your Goals to Stay Away From!

### **Ageless Energy Guide of Superfoods**

- \* Raise metabolic rate to youthful levels
- \* Anti-age and repair skin, tissue, organs, and brain
- \* Aid digestion and elimination for a more sculpted less bloated belly
- \* Calm inflammation of skin and joints
- \* Tighten and firm sagging skin
- \* Prevent disease and boost immunity
- \* Balance aging hormone, adrenal and thyroid levels naturally
- \* Energize and protect, nourish and feed internally and externally





## **PLUS**

### **Ageless Energy Recipe Guide**

- \* Fat burning, mouthwatering SIMPLE Breakfast, Lunch, and Dinner Recipes and Meals with Tasty Salads and Sexy Slimming Side Dishes.
- \* Recipes, Meals, Snacks and Smoothies that keep your metabolic furnace on high and your vitality higher, so that you can power through every day and every workout and NEVER feel tired as you "age backwards!"
- \* Detoxifying Weight Loss Smoothies
- \* AM Pick me up Juices and Smoothies
- \* Pre and Post Workout Smoothie Recipes for Energy, Power and Recovery
- \* Anti-aging and inflammation soothing smoothies for skin and joint recovery.
- \* Recipes of powerful but easy to make delicious foods that nourish every cell so that you can live long and strong while making aging a thing of the past!

# **"FOREVER YOUNG"**

## **21 DAY AGELESS ENERGY MEAL PLAN**



# **HERE IS THE GUIDE TO TRANSFORM YOUR BODY FROM THE INSIDE OUT SO THAT YOU CAN TURN BACK THE CLOCK WHILE FEELING AND LOOKING BETTER THAN YOU DID A DECADE AGO!**

We live in a busy, toxic, immediate gratification world. From finding the name to something we forgot on Google, to pre-packaged foods loaded with preservatives and chemicals. Our bodies are living longer, but our brains are loaded with stressors and our insides are working harder to digest and process what we put inside of it.

We wonder why we are sluggish, have bad skin and hair, are constantly exhausted, tossing and turning at night and turn to energy drinks daily. From sugar addiction to low sex drives, depression medications and a complete overload on our brains and bodies...Sometimes it is overwhelming and we turn to food, alcohol and sugar to make us “feel better” when all that does is drag out our misery.

We ingest certain foods every day that keep our blood sugar levels raised and keep us craving the foods that pack on the pounds. Most of the worst foods are the ones you eat at breakfast. The “healthy” granola bar, the smoothie from the local “juice” bar that is loaded with sugar, and the low cal/low fat muffin from the coffee shop that is loaded with chemicals and sugars to make them taste better.

Unfortunately a lot of the bad foods are masked with labels that make them seem “healthy” and have catchy names like “energy” and “natural” when they are really full of chemicals and added sugars.

Convenience foods are the worst offenders as we are busier and lead lives that are full “with no time to cook”. If this becomes a habit. It’s one that is hard to break. You are now addicted to these foods and they literally break your metabolism and slow it down so that weight gain and accelerated aging is a sure thing.

Unfortunately, this is when most people turn to fad diets and cleanses that are a temporary fix and make every system work harder NOT more efficiently!

What our bodies really want are the foods that naturally keep the pounds off and hormones balanced while warding off illness and keeping our cells alive longer. These are the nutrients, vitamins, minerals, fats, and proteins that keep our skin glowing, and our bodies energized while aging at a slower pace, and actually **prevent** fat storage.

These are foods that have multiple benefits and are not processed or have any harmful additives. These are the foods that need to be part of every meal, every day so that you live long and strong, while looking and feeling better than ever!

These foods ward off aging dehydrated skin and loss of collagen, wrinkles and falling energy levels in addition to chronic inflammation.

If you follow fads and trends that come and go, SO will your weight gain come and go. This is a guide, (NOT a strict diet) that keeps you



energized while promoting fat loss and muscle retention so that your body becomes more efficient at fat burning.

Eating foods from this list will keep you looking youthful and sexy, feel satiated (full), will keep blood sugar stable AND prevent age related weight gain. Not only will you lose excess flab, but it will stay off AND you will regain the energy levels you had when life was simple and you were young!



# 20 SUPERFOODS

THAT PROMOTE AGELESS ENERGY, BEAUTIFUL SKIN,  
POWERFUL FAT BURNING AND EXCELLENT DIGESTION,

ALL WHILE TURNING BACK THE CLOCK  
TRANSFORMING YOUR BODY  
INTO A MORE YOUTHFUL AND SUPER YOU!



**In order for our bodies to optimize our fat burning potential, we need energy (fuel) to “wake up” while kick-starting our day, and to get us into the right mindset for our bodies to follow. Some foods have so many properties that nourish us that they simply cannot be overlooked.**

**Add as many of these as possible to your daily nutrition plan for the most anti-aging, wellness and energizing benefits!**

**1. ALMONDS**

A great travel snack that is loaded with minerals, healthy fat and protein.

**2. COCONUT OIL**

Put in coffee, drizzle on sweet potatoes, use as a moisturizer, use in baking in place of butter! This is a powerhouse of nutrition, energy and should be a staple in any anti-aging program.

**3. BLUEBERRIES/CHERRIES/RASPBERRIES/BLACKBERRIES**

Fiber, vitamins and minerals including anti-inflammatory properties make these nutrient dense fruits a MUST in your wellness plan. No fruit will not make you fat, so add these skin savers loaded with goodies for optimal wellness.

**4. AVOCADOS**

A healthy source of fat and fiber, a great source of beta-sitosterol, a substance that lowers blood cholesterol. This is a monounsaturated fat that will not be stored as fat but has cancer and diabetes protective properties! Use in spreads, smoothies, and sliced with a sprinkle of cumin, hot sauce and a few organic tortillas as a “go to” snack that keeps you full, not fat!

**5. SALMON**

Loaded with Omega 3s, this fish is known for keeping skin smooth, brain power optimized and hearts healthy! Choose wild salmon over farmed. This fish contains a powerful antioxidant, astaxanthin that is in the orange pigment that is beneficial and prevents age related degeneration. (2)

## **6. KEFIR**

Organic fermented milk product that aids in digestion, boosts immunity, helps to heal gut inflammation, and helps build bones. A great base for smoothies that tastes like a thinner plain yogurt!

## **7. BRAZIL NUTS**

Loaded with selenium for brain power and mono-unsaturated fats. A great source of healthy fats although high in calories, eat only a couple a day as they supply minerals, protein, and vitamins. Great for thyroid function.

## **8. CHIA SEEDS**

This high fiber low calorie, high Omega 3 seed is a great addition for baking and to be used in smoothies. (1 T. is all you need for a single serving!) Use whole for baking and ground for smoothies.

## **9. RAW CACAO**

Loaded with healthy fats, polyphenols and fiber, this should NOT be confused with conventional chocolate. Rich in B vitamins and oleic acid, this is a great treat that has tasty and nutritious benefits! From minerals to anti-oxidants that protect skin, this should replace your old Hershey's bar and make you feel great about your "sweet tooth" choice! Use cacao nibs as a snack mixed with a few raw almonds and cashews with an apple or banana! Yummy! (3)

## **10. FLAX SEEDS**

Great source of heart healthy fats, loaded with fiber and like chia seeds, a great addition to baking and smoothies. Use whole for baking and ground for eating raw. Sprinkle on yogurt, and add to smoothies. This keeps you full and is lower in calories than most healthy fats. Studies show prostate and breast cancer fighting properties so this superfood is a must! <sup>(4)</sup>

## **11. GREEN TEA**

Anti-viral, anti-bacterial, anti-cancer and anti-aging, this superfood cannot be ignored. Green tea has been used for centuries for healing, fat loss, and cancer prevention in Asia and also shows cholesterol lowering properties; the polyphenols have shown to intensify fat oxidation, getting rid of belly fat and preventing fat storage. Drink 2-3 cups daily.

## **12. CITRUS FRUITS**

Vitamin C is great for collagen production and warding off wrinkles and immune support. However, forget orange juice! Go for the whole orange.

## **13. GINGER**

Excellent for digestion and energy production. Can be used grated in smoothies, and when cooking asian flared meals. A great antinauseant.

## **14. TURMERIC**

Anti-inflammatory superpowers that fight cancer, heart disease and chronic pain. Research shows that turmeric has proven to be as effective as prescription medications without the horrible side effects. PuraThrive is one of the most potent and pure organic Turmeric supplements on the market! It is a staple in our home



and has the science to backup that it is superior to other brands and capsules.

Click here to order yours> [PuraThrive Organic Turmeric.](#)

## **15. KALE AND GREEN CRUCIFEROUS VEGETABLES**

Steamed kale, arugula, bok choy, brussel sprouts and a few others are considered some of the highest acid binding vegetables that support a healthy digestive system. These are loaded with protein, fiber, nutrients and vitamins. They are also showing promising studies that these super nutrient dense vegetable kills cancer cells in five different types of cancer <sup>(1)</sup>. An excellent detoxifying superfood!

## **16. CINNAMON**

Wards off hunger and keeps blood pressure and triglycerides normal.

## **17. GARLIC**

Heart protective, immune support and helps to store healthy levels of iron in the body. This tasty addition to foods, soups and salads can be eaten raw or cooked.

## **18. DARK CHOCOLATE, 70% ORGANIC OR DARKER**

Besides tasting yummy, this sweet tooth fixer is loaded with antioxidant powers and can lower the risk of heart disease. This nutrient dense dessert raises “feel good” endorphins and lowers the bad cholesterol. A european study actually showed that after 12 weeks of eating 2 oz. daily of this scrumptious treat, that women showed 25% more hydration in skin! That means less wrinkles and a longer life!

## **19. MUSHROOMS**

Used for centuries in Asia in teas, tinctures and cooking mushrooms are more than a tasty addition to pizza! With anti-cancer and immune boosting properties, mushrooms are becoming a “go-to” in capsule and raw form for people during chemotherapy treatments.

## **20. BEANS**

A powerhouse of fiber, carbohydrates, and protein, this is a great addition to any energized nutrient plan if you want to lose weight. From garbanzo, to black, red and lentils...these are cholesterol lowering, and filling, supplying B vitamins and assisting with proper elimination.

## **21. SWEET POTATOES**

This starchy but filling and good for your waistline is loaded with vitamins C, A and B's 1,2 and 6, Fiber and necessary minerals. Eat them on days with lots of activity and serve baked with a touch of cinnamon and coconut oil for an excellent side dish!

## **22. GRASS FED ANIMAL PROTEIN**

Building muscle is dependent on getting in enough lean proteins to rebuild muscle fibers that have been torn down (in a good way!) during exercise. In order to have a faster metabolic rate, eat 1 gram of protein minimum for each lean pound of bodyweight. Animal proteins from cows, and chickens that are not injected with steroids, antibiotics and that eat a healthy diet themselves are what you want to put into your body to get and stay strong and build lean and firm muscle tissue.

## **23. PROTEIN POWDERS, WHEY AND PLANT BASED**

Not all protein powders are created equal. Many are loaded with extras that are not only not needed, but can make you have

stomach issues and/or mess with your digestion and metabolism due to fake sweeteners and chemical additives that have no part in a fit and energized body!

I use either Bio-Chem Vanilla Non Gmo, Grass Fed Whey Protein Powder before and after exercise, and SunWarrior Plant Based Protein Powder in Warrior Blend Vanilla. (they both make great additions to smoothies, baking and mix well with anything in a shaker cup or blender)

#### **24. PASTURE RAISED EGGS**

It is said that the egg is the purest form of protein, and at one time, the fittest people on the planet drank them raw! I wouldn't recommend that, however I highly recommend that you eat eggs...often, with the yolks and cooked. Grass Fed or pasture raised eggs are higher in Omega 3's and fight inflammation, weight gain and keep you full with very low calories. This should be a staple in every kitchen that has fat burning, muscle building and long living on their minds!

#### **25. EZEKIEL BREAD/TORTILLAS AND ENGLISH STYLE MUFFINS**

Looking for a sprouted grain bread that is loaded with protein, is low carb, low carb, keeps you super full and has living enzymes in it? This superfood can be found in the freezer section of the organic foods in most grocery stores. This is the only "bread" that I eat, and I eat it about 4 X weekly! My favorite is with sliced tomatoes, slices of avocado and toasted dry.

OK, SO THERE IS A BONUS SUPERFOOD.

#### **26. RED WINE**

Although alcohol can make us waste the day after, or decide on either a Big Mac or mac n cheese, there are some health benefits that have been researched and found to be in red wine. There is

a component in red wine that is called resveratrol and that is a polyphenol that is linked to longevity.(5) Red wine has also been linked to lowering blood pressure and reducing the risks of blood clots. So, if you can have a small glass or maybe two on occasion, go ahead and celebrate. However, if you find that you have a hard time limiting or it is a habit that goes with poor food choices or makes you miss workouts the next day...go for water with lemon.

## **NEVER FORGET WATER**

One cannot EVER overlook the importance of pure, filtered, chemical free water. Every cell in our bodies depends on water to thrive. Most people over 50 are in a mild to severe state of dehydration. Drink a minimum of eight 8 oz. glasses daily. Water keep you full, keeps bowels regular, hydrates skin and keeps brain focused. Reach for water or water with lemon, cucumber, mint and lime for a quick pick-me-up and hydrator. Stay away from bottled water as the plastics have shown to disrupt hormones and that will surely throw off any anti-aging plan!

- (1) <http://www.cancer.gov/about-cancer/causes-prevention/risk/diet/cruciferous-vegetables-fact-sheet>
- (2) <http://www.ncbi.nlm.nih.gov/pubmed/18541602>
- (3) <http://www.ncbi.nlm.nih.gov/pubmed/17164979>
- (4) <http://www.ncbi.nlm.nih.gov/pubmed/24013641>
- (5) <http://www.medicaldaily.com/red-wine-burns-fat-and-lowers-blood-pressure-plus-5-other-health-benefits-winos-321382>

# THE TERRIBLE TEN

**10 FOODS TO STAY AWAY FROM THAT SABOTAGE WEIGHT LOSS,  
AND DESTROY YOUR ENERGY AND ANTI-AGING GOALS!**



- 1. FRUIT JUICES** – Eat fruit, don't drink it. You only get sugar and the blood sugar spike with "fruit juice". With real fruit you get the entire nutrient dense, fiber and vitamin loaded treat as well.



2. **BREAKFAST CEREALS** – Loaded with added sugars, chemicals and wheat products that all cause weight gain. If you must have cereal Kashi High Protein cereals are a good choice!
3. **“DIET” OR SUGAR FREE DRINKS AND SODAS** – Can you say “chemical crapstorm?”
4. **OBESOGENS – TOXIC CHEMICAL ADDITIONS TO FOODS AND PRODUCTS. BPA** – a synthetic estrogen that shown to increase insulin and metabolic disorder. **PHTHALATES** – found in plastic shower curtains, makeup and shampoos and conditioners, also show that they disrupt metabolic rates. **HIGH FRUCTOSE CORN SYRUP**, interferes with chemicals in the body that signal you are full and creates cravings that interfere with leptin and appetite.
5. **BREAD** (unless Ezekiel, which is a sprouted grain bread, loaded with nutrients, but low in carbohydrates)
6. **CONVENTIONALLY RAISED MEAT, CHICKEN, EGGS AND DAIRY.** (opt for organic, or pasture raised, without added hormones)
7. **PRE-PACKAGED FOODS WITH INGREDIENTS YOU CAN’T PRONOUNCE OR DON’T KNOW WHAT THEY ARE.** – If you eat frozen or pre-packaged foods, aim for Organic with known ingredients and no added chemicals.
8. **FRUITS THAT YOU EAT WITH THE SKIN ON, THAT ARE NOT ORGANIC.**
9. **SUGR** – anything that has more than 10 grams of sugar per serving will mess with your blood sugar, make you feel hungry again soon, and keep fat storing hormones turned on. DO NOT OPT FOR SUGAR FREE or fake sugars which disrupt your hormone balance (p.s. Sugar ages skin too!)
10. **DRIVE THRU OR FAST FOOD** – the amount of preservatives in those foods are enough to shut down your body’s ability to burn fat. Think of it as “FAT FOOD” not “Fast Food”

# Ageless Energy Secrets 21 Day Meal Plan

\*Snacks & sides for meals can be your choice!

(Any breakfast smoothie can be substituted with 3 Sinful Healthy Breakfast Cookies and coffee, tea or water.)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
A.M Detox Pick Me Up Smoothie or	Perfect Digestion Slimming Tropical Smoothie	Be Powerful PinaColada Breakfast Smoothie	Perfect Skin Anti-Inflammatory Smoothie	Raspberry High Fiber Energizing Smoothie	Green Machine Power Detox Smoothie	Breakfast Frittata and 1 Slice Ezekiel Bread
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Slimming Turkey Summer Salad	Chicken Peanut Slaw	Tasty “not boring” Tuna	Navy Bean Soup + Slice Ezekiel toast	Anti-Aging Mediterranean Lentil Salad	Chinese Chicken Peanut Slaw	YOUR FREE CHOICE DAY!
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Fiery Shrimp Sauté plus 2 sides	Broiled Greek Lemon Chicken plus 2 sides	Anti-Aging Mediterranean Lentil Salad with Grilled Chicken or Steak	Indian Spiced Chicken plus 2 sides	Simple Broiled Haddock plus 2 sides	Flank Steak plus 2 sides	Asian Chicken Cashew Sauté plus 1 side

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cocoa Coconut Coffee and Power Pancakes w/3 slices nitrate free bacon	AM Detox Pick Me Up Smoothie	Perfect digestion Slimming Tropical Smoothie	Be Powerful PinaColada Breakfast Smoothie	Perfect Skin Anti-Inflammatory Smoothie	Cocoa Coconut Coffee with 2 eggs /1 Slice Ezekiel toast w/1 Tbsp. Almond Butter	Raspberry High Fiber Energizing Smoothie or Breakfast Frittata and 1/2 Cup Fresh Fruit w/1 slice Ezekiel Toast
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Navy Bean Soup + Slice Ezekiel toast	Slimming Turkey Summer Salad	Anti-Aging Mediterranean Lentil Salad	Slimming Turkey Summer Salad	Chicken Peanut Slaw	Tasty “not boring”tuna sandwich on Ezekiel	YOUR FREE CHOICE DAY!
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Broiled Greek Lemon Chicken plus 2 sides	Indian Spiced Chicken plus 2 sides	Simple Broiled Haddock plus 2 sides	Anti-Aging Mediterranean Lentil Salad with Grilled Chicken or Steak	Asian Chicken Cashew Sauté plus 1 side	Fiery Shrimp Sauté plus 2 sides	Flank Steak plus 2 sides

<b>Day 15</b>	<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cocoa Coconut Coffee and Breakfast Frittata w/3 slices nitrate free bacon	Green Machine Power Detox Smoothie	AM Detox Pick Me Up Smoothie	Raspberry High Fiber Energizing Smoothie or Breakfast Frittata and 1/2 Cup Fresh Fruit w/1 slice Ezekiel Toast	Be Powerful PinaColada Breakfast Smoothie	Green Machine Power Detox Smoothie	Cocoa Coconut Coffee and Power Pancakes w/3 slices nitrate free bacon
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Anti-Aging Mediterranean Lentil Salad	Slimming Turkey Summer Salad	Navy Bean Soup + Slice Ezekiel toast	Tasty “not boring”tuna sandwich on Ezekiel	Chicken Peanut Slaw	Slimming Turkey Summer Salad	Anti-Aging Mediterranean Lentil Salad
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Simple Broiled Haddock plus 2 sides	Asian Chicken Cashew Sauté plus 1 side	Fiery Shrimp Sauté plus 2 sides	Broiled Greek Lemon Chicken plus 2 sides	Indian Spiced Chicken plus 2 sides	Flank Steak plus 2 sides	Anti-Aging Mediterranean Lentil Salad with Grilled Chicken or Steak

### Snack Options:

<p>One Cup Greek Yogurt with 2 T. Almonds and sliced fruit.</p>	<p>2 Slices String Cheese or 2 T. Almond or Cashew Butter with 4-6 Gluten Free Crackers</p>	<p>1 Apple with 2 T. Almond Butter</p>	<p>1 Smoothie from recipe list</p>	<p>Dr. Mercola Brand Energy Bar- My favorite is Dark Chocolate Coconut</p>	<p>2 Sinful Healthy Breakfast Cookies</p>	<p>Garden of Life brand Fuco Protein Bars</p>
		<p>10-12 Mixed Raw Almonds/Cashews/ Cacao Nibs</p>	<p>Banana with 2 T. Almond Butter</p>	<p>Gnu Fiber &amp; Flavor Bars organic/high fiber/great tasting</p>	<p>3 Tablespoons Raw Cocoa nibs mixture with raw almonds/ cashews and 1 small banana or apple</p>	



# AGELESS ENERGY

**RECIPES, SALADS AND SMOOTHIES  
TO  
TIGHTEN AND FIRM BODY AND SKIN  
AND PROMOTE FAT LOSS  
WHILE FILLING YOU UP, NOT OUT!**



## A.M. DETOX PICK-ME-UP SMOOTHIE

- 1 Cup Chilled Green Tea
- 1 bunch spinach
- 1/4 cup raspberries
- 1/4 cup blackberries
- 1 peeled cucumber
- Optional (1 Dropper [PuraThrive Turmeric](#))
- 1 Dropper of
- Blend!

**SERVES 1**

## BE POWERFUL "PINA COLADA" BREAKFAST SMOOTHIE

- 1 Cup Coconut Water
- 1 Scoop Grass Fed Whey Protein powder or Plant Based Protein Powder
- 1/3 Avocado
- 1 T. Ground Chia Seeds
- 1/2 Cup cubed fresh pineapple
- Add ice, blend.

**SERVES 1**

## RASPBERRY HIGH FIBER ENERGIZER SMOOTHIE

- 1 Cup Water
- 1/4 Cup Frozen or Fresh Raspberries
- 1 Scoop Plant or Whey Based Vanilla Protein Powder
- 1 T ground chia seeds
- 1 T ground flax seeds
- Optional (1 Dropper [PuraThrive Turmeric](#))
- 1 Dropper of

- Small Banana
- Blend!

**SERVES 1**

## **GREEN MACHINE POWER DETOX SMOOTHIE**

- 1 1/2 Cups Water
- 1 bunch spinach
- 1 small peeled cucumber
- 1/3 avocado
- 1 juice of whole lemon
- 1 juice of whole lime
- Optional (1 Dropper [PuraThrive Turmeric](#))
- 1 Dropper of
- 1 T. Chia Seeds
- 1 peeled and cored green apple
- Blend!

**SERVES 1**

## **COCOA COCONUT COFFEE**

- 1 Cup Coffee
- 1 Scoop Vanilla Grass Fed Whey Protein powder
- 1 dash cinnamon
- 1 T. organic cocoa powder
- 1 T. raw organic coconut oil

Add coconut oil into coffee to melt. Add in remaining ingredients and stir or whisk.

- \* This is my “go to” quickie breakfast that keeps me full for a couple of hours if it’s not a workout day! (I like a little carbs on my workout days for added energy!)

**SERVES 1**

### **PERFECT DIGESTION SLIMMING TROPICAL SMOOTHIE**

- 1 cup Coconut Water
- 1/2 cup Plain Organic Kefir
- 1 T. Fresh ground ginger
- 1/2 cup frozen peaches, pineapples and mango chunks
- 1/3 avocado
- Blend!

**SERVES 1**

### **PERFECT SKIN ANTI-INFLAMMATORY SMOOTHIE**

- 1 Cup Coconut Water
- 1/2 Cup Plain Organic Kefir
- 1/4 Cup frozen tart cherries and cubed pineapple
- Optional (1 Dropper [PuraThrive Turmeric](#))
- 1 T. Flax Seeds
- Blend!

**SERVES 1**

### **PRE WORKOUT ENERGIZING SMOOTHIE**

- 1 Cup Water or Coconut Water
- 3 T. Dry Oats
- 1 small banana
- 3-4 chunks frozen pineapple
- 1 Scoop Plant or Whey Based Vanilla Protein Powder
- Blend!

**SERVES 1**

**\* DRINK APPROXIMATELY 1 HOUR BEFORE WORKOUT.**

## POST WORKOUT MUSCLE BUILDER ANTI-INFLAMMATORY

### SMOOTHIE

- 1 Cup Water
- 2 Scoops Vanilla Grass Fed Whey Protein powder
- 1/2 cup frozen tart cherries
- 1 T. Ground Chia Seeds
- Bunch Spinach
- Blend!

**SERVES 1**

**\* DRINK WITHIN 30 MINUTES AFTER WORKOUT SESSION.**





## SINFUL HEALTHY BREAKFAST COOKIES

(Great source of energy for long days!)

**PREP AND COOK TIME:** 40 Minutes

### **INGREDIENTS:**

- 2 Oz. dark chocolate or cacao nibs (70% or greater)
- 2 Cups rolled oats
- 1 Cup shredded coconut (unsweetened)
- 1/4 Cup Chia Seeds
- 2 T. Maca Powder
- 1 T. Brewer's yeast
- 1 tsp cinnamon
- 2 bananas
- 1/4 cup natural almond butter
- 1/4 cup pure maple syrup
- 1 tsp pure vanilla extract

Preheat oven to 350.

In medium bowl mix chocolate, oats, coconut, chia, maca, yeast, and cinnamon in a separate bowl with a mixer on medium. In another bowl, Blend bananas, almond butter, maple syrup and vanilla until smooth, then pour over dry ingredients. Stir with a large spoon to combine.

Using a large cookie scoop, scoop (about 1/4 cup) dough onto a large parchment lined baking pan. Moisten fingers and flatten each cookie slightly.

Bake for 20 minutes or until golden.

Cool, then transfer to airtight container and store in fridge for up to 1 week.

## **BREAKFAST FRITTATA**

**PREP AND COOK TIME:** 20 minutes

### **INGREDIENTS:**

- 1/2 medium onion minced
- 1/2 red pepper minced
- 2 medium cloves garlic chopped
- 1/4 lb ground breakfast turkey sausage
- 3 cups rinsed and finely chopped kale or spinach(stems removed)
- 5 omega-3 enriched eggs
- salt and black pepper to taste

### **DIRECTIONS:**

1. Mince onion and pepper and chop garlic
2. Preheat broiler on low.
3. Heat 1 TBS broth in a 9-10 inch stainless steel skillet. Saute onion and pepper over medium heat, for about 3 minutes, stirring often.
4. Add garlic, turkey, and cook for another 3 minutes on medium heat, breaking up clumps.
5. Add kale. Reduce heat to low and continue to cook **covered** for about 5 more minutes. Season with salt and pepper, and mix.
6. Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture evenly. Cook on low for another 2 minutes without stirring.
7. Place skillet under broiler in middle of oven, about 7 inches from the heat source so it has time to cook without the top burning. As soon as the eggs are firm, it is done, about 2-3 minutes.

**SERVES 2**

## HEALTHY HEARTY OATMEAL

**PREP AND COOK TIME:** 15 minutes

**INGREDIENTS:**

- 2-1/4 cups water
- dash salt
- 1 cup regular or steel cut rolled(gluten free) oats
- 1/2 tsp cinnamon
- 1 TBS ground flaxseeds
- 1 TBS raw Honey
- 1 cup milk or dairy-free milk alternative

**DIRECTIONS:**

1. Combine the water and salt in a small saucepan and turn the heat to high.
2. When the water boils, turn the heat to low, add oatmeal, and cook, stirring, until the water is just absorbed, about 5 minutes. Add cinnamon, and flaxseeds. Stir, cover the pan, and turn off heat. Let set for 5 minutes. Serve with milk and honey.

**SERVES 2**

\*great on intense workout days or long days of activity!

## CHINESE CHICKEN PEANUT SLAW

**PREP AND COOK TIME:** 10 minutes

**INGREDIENTS:**

- 6 cups napa cabbage, sliced thin
- 2 stalks green onion sliced
- 1/4 cup raw peanuts
- 4 TBS extra virgin olive oil
- 4 TBS rice vinegar

- 2 tsp soy sauce
- 1 1/2 TBS minced ginger
- 1 medium clove garlic, pressed
- 2 TBS chopped fresh cilantro
- 2 cooked chicken breasts, shredded or cut into 1" cubes

**DIRECTIONS:**

1. Toss all ingredients together and serve.

**SERVES 4**

## TASTY "NOT BORING" TUNA SALAD

**PRE TIME** - 15 minutes

**INGREDIENTS:**

- 1 can solid albacore tuna in water (or diced cooked grilled chicken)
- 4 T. Plain greek yogurt
- 4 green olives chopped
- 1 stalk celery chopped fine
- 1/4 onion chopped fine
- 2 T. Fresh dill (optional)

**DIRECTIONS:**

1. Drain tuna
2. Blend all ingredients

Can be served on a bed of salad greens or on Ezekiel bread or toast.

**SERVES 2**

## SLIMMING TURKEY SUMMER SALAD

**PREP AND COOK TIME:** 10 minutes

**INGREDIENTS:**

- 6 cups mixed greens
- 1 medium tomato, sliced
- 8 oz fresh turkey breast, sliced
- 1 firm avocado sliced
- 4 TBS sunflower seeds
- 2/3 cup cooked kidney beans or canned (no BPA)

**DIRECTIONS:**

Combine all ingredients and drizzle with dressing.

**SERVES 2**

## AVOCADO OIL, HONEY AND LEMON DRESSING

- 1/4 Cup avocado Oil
- Juice of One Whole Lemon
- 2 T. Raw Organic Honey

Whisk into bowl, drizzle onto salad.

## NAVY BEAN SOUP WITH VEGETABLES

**PREP AND COOK TIME:** 40 minutes

**INGREDIENTS:**

- 1 medium onion, diced
- 2 medium carrots, diced
- 2 stalks celery, diced
- 3 cloves garlic, pressed
- 4 cups organic chicken or vegetable broth
- 4 cups kale, minced

- 1 15 oz can diced tomatoes
- 2 slices nitrate free bacon
- 2 TBS chopped oregano(or 2 tsp dried oregano)
- 1 tsp red pepper flakes (optional)
- 2 15oz cans navy beans (No BPA), drained
- salt & pepper to taste

**DIRECTIONS:**

1. Using 5 tablespoons of broth, saute onion, carrot, bacon and celery in large soup pot over medium low heat for 5 minutes, stirring frequently.
2. Add garlic and continue to sauté for another minute.
3. Add rest of chicken or vegetable broth, kale, and tomatoes. If using dried oregano, add them now as well. Add pepper flakes.
4. Simmer for 40 minutes over medium heat.
5. Add beans, salt, and pepper. If using fresh herbs, add them now. Cook for several minutes so beans can heat through.

**SERVES 4**

**FIERY SHRIMP SAUTE'**

**PREP AND COOK TIME:** 15 minutes

**INGREDIENTS:**

- 1/2 lb medium-sized shrimp, peeled and deveined
- 2 TBS + 1 TBS fresh lemon juice
- Sea salt and pepper to taste
- 3 TBS low-sodium chicken or vegetable broth
- 2 medium garlic cloves



- 1/8 tsp red pepper flakes
- 1/4 cup orange juice
- 2 TBS red hot sauce
- 1 TBS minced fresh ginger
- 1 TBS extra virgin olive oil

**DIRECTIONS:**

1. Chop garlic and let sit
2. Peel and devein shrimp.
3. Rub shrimp with 2 TBS lemon juice, salt and pepper.
4. Heat 3 TBS broth over medium-low heat in a stainless steel skillet.
5. When broth begins to steam, add shrimp, red pepper flakes, orange juice, red hot and ginger and sauté. Stir frequently. After 2 minutes, turn the shrimp over and add garlic. Sauté until shrimp are pink and opaque throughout (approximately 3 minutes). Shrimp cook quickly, so watch your cooking time. They become tough if overcooked.
6. Dress with the extra virgin olive oil and the remaining 1 TBS lemon juice.

**SERVES 2**

\*Excellent if served over Jasmine or Brown Rice with Steamed Broccoli

**SIMPLE BROILED HALIBUT**

**PREP AND COOK TIME:** 15 min

**INGREDIENTS:**

- 2 Halibut Steaks
- Salt , pepper to taste

**DIRECTIONS:**

1. Preheat broiler for about 10 minutes.
2. Season halibut steaks with a pinch of salt and pepper.

3. Place halibut directly on broiler pan. Broil for just about 2-3 minutes, depending on thickness of fish. Do not turn as it is cooking on both sides simultaneously.

### **SERVES 2**

Top with Lemon Yogurt Dill Sauce

\*Serve with Green Beans and Brown Rice

### **LEMON YOGURT DILL SAUCE FOR FISH**

- 4 oz cup low-fat plain yogurt
- 1 medium cucumber, seeded and diced
- 1 TBS dill weed
- 1 tsp fresh mint
- 2 TBS fresh squeezed lemon juice
- black pepper to taste

### **ASIAN CHICKEN VEGGIE AND CASHEW SAUTE**

**PREP AND COOK TIME:** 15 minutes

#### **INGREDIENTS:**

- 2 TBS low-sodium chicken or vegetable broth
- 1 cup chopped scallions
- 2 TBS fresh minced ginger
- 2 skinless, boneless chicken breasts, cut into bite-sized pieces or shredded
- 1½ cups sliced fresh asian blend or shiitake mushrooms
- 1/2 cup shredded carrots
- 4 cups chopped bok choy
- 1/8 cup raw cashews
- 2 TBS soy sauce

- 1 TBS rice vinegar
- salt and white pepper to taste
- pinch of red pepper flakes

**DIRECTIONS:**

1. Heat broth in a stainless steel skillet.
2. When broth begins to steam, add scallions and saute for 2 minutes.
3. Add ginger and continue to sauté for another minute.
4. Add chicken and continue to sauté.
5. After 2-3 minutes, add mushrooms, carrots and bok choy. Continue to sauté for another 3-4 minutes, and then add soy sauce, rice vinegar, salt, and pepper. Top with cashews and simmer for one additional minute to heat.

**SERVES 4**

\*Serve over brown rice

**ANTI-AGING MEDITERRANEAN LENTIL SALAD**

**\*(CAN BE SERVED FOR LUNCH OR DINNER WITH GRILLED CHICKEN BREAST ON TOP)**

**PREP AND COOK TIME:** Prep: 20 min; Cooking: 25 min; Chill: 1hr

**INGREDIENTS:**

- 3/4 cup dried green lentils (you want to end up with 2 cups cooked)
- 2 cups water
- 3 oz jar roasted bell peppers chopped
- 2 TBS finely minced onion
- 2 medium cloves garlic, pressed
- 1/2 cup chopped fresh basil
- 1/3 cup coarsely chopped walnuts
- 3 TBS balsamic vinegar

- 1 TBS fresh lemon juice
- 2 TBS + 2 TBS extra virgin olive oil
- salt and cracked black pepper to taste
- 1 bunch arugula, chopped
- 1 firm avocado

**DIRECTIONS:**

1. Wash lentils, remove any foreign matter, and drain.
2. Combine lentils and 2 cups lightly salted water in medium saucepan. Bring to a boil. Reduce heat, and cook at low temperature for about 20 minutes, or until lentils are cooked but still firm. Cook gently so lentils don't get mushy. When done, drain any excess water, and lightly rinse under cold water. Continue to drain excess water.
3. Mince onion and press garlic and let sit for 5 minutes .Place lentils in a bowl and add peppers, onion, garlic, basil, walnuts, vinegar, and 2 TBS olive oil. Season with salt and pepper to taste. Marinate for at least 1 hour before serving.
4. Toss arugula with 2 TBS olive oil, 1 TBS lemon juice, salt and pepper. Slice Avocado and arrange on plate with lentils.

**SERVES 4**

**(OVERNIGHT-MARINATED) FLANK STEAK**

\*Prepare night before

**PREP AND COOK TIME:** 15 minutes

**INGREDIENTS:**

- 1 Flank Steak
- 1/2 Cup Soy Sauce
- 1/4 Cup Orange Juice
- 2 medium cloves garlic

chopped

- 1/4 tsp salt
- 1/4 tsp black pepper

**DIRECTIONS:**

1. In One gallon zip loc baggie, blend all ingredients, including steak.
2. Let sit overnight in refrigerator.
3. Preheat broiler on high heat for 5 minutes with broiler pan left in.
4. Once pan is hot, lay marinated steak on pan and cook on one side for 5 minutes, turning over for another 3-4 minutes. Cook until still very reddish pink in center. (will cook when sitting in step 5)
5. Take out of oven, let sit for 5 minutes, then slice “against the grain diagonally” with an electric or serrated knife.

**SERVES 4**

\*Serve with Mushrooms, Green Beans and a Salad

## **GRILLED OR BROILED GREEK LEMON CHICKEN**

**PREP AND COOK TIME:** 30 minutes

**INGREDIENTS:**

- 2 Chicken Breasts halved
- 1 Cup Plain Kefir
- Juice of one lemon
- 1 Clove garlic chopped
- 1 Tsp. Oregano
- Salt and Pepper (dash of each)

**DIRECTIONS:**

1. Overnight place all ingredients in a ziplock bag and refrigerate.
2. Prior to cooking, preheat grill or broiler
3. Lay chicken on grill on medium heat, cook for 10 minutes

4. Flip breasts over and raise grill to higher heat, cook for 5 more minutes or until juice runs clear when pierced with a fork.

Serve with Spicy Green Beans and Roasted Beets.

**SERVES 2**

## **INDIAN SPICED CHICKEN**

**PREP AND COOK TIME:** 30 minutes

### **INGREDIENTS:**

- 2 Chicken Breasts diced
- 1/2 Cup Plain Kefir
- 1 clove garlic diced
- 1 Cup Coconut Milk
- 1/2 cup organic chicken broth
- 1 T. Turmeric seasoning
- 2 T. Cumin seasoning
- 1 T. Curry powder (mild or spicy)
- 1 T. Salt
- 2 T. Olive Oil

### **DIRECTIONS:**

1. Heat oil, and garlic in pan on low.
2. Add broth and chicken, cook for 10 minutes, or until chicken is cooked through.
3. Slowly add in seasonings, coconut milk and kefir, stirring slowly until heated.

Serve over Jasmine or Brown rice with Asparagus

**SERVES 4**

# MOUTH WATERING SIMPLE SEXY SIDE DISHES AND SALADS

## SWEET POTATO HEAVEN

- 2 Sweet Potatoes
- 2 T. Organic Coconut Oil
- 1 T. Cinnamon

### **DIRECTIONS:**

1. Microwave or Bake 2 Large Sweet Potatoes
2. Scoop out flesh, mash into bowl,
3. Add Organic coconut oil and 1 T. Cinnamon.
4. Blend

**SERVES 4**

## SPICY "FRIED" GREEN BEANS

- 3 Cups trimmed washed green beans
- 1 T. cayenne pepper
- 1 T. red pepper flakes
- T. Grass fed butter
- 1 T. Avocado Oil
- Salt and pepper to taste

### **DIRECTIONS:**

1. Simmer beans in skillet covered with 1/4 cup water and oil, until soft and water is gone.
2. Add butter and seasonings.  
Turn pan on high and flash fry until beans are seared and starting to get brown.

**SERVES 4**



## SAUTEED MUSHROOMS AND WINE

- 2 Cups Assorted Mushrooms (shiitake, cremini, button, oyster, portabella)
- 1/2 Cup Dry Red Wine
- 2 T. Grass Fed Butter
- Salt & Pepper to taste

Simmer until mushrooms are tender and 1/2 of wine has reduced.

**SERVES 4-6**

## ROASTED ASPARAGUS WITH BALSAMIC DRIZZLE

- Pre-heat oven to 425 degrees
- 1 Stalk Rinsed and Trimmed Asparagus, dry with paper towel
- Lay Asparagus on baking sheet, drizzle with olive oil
- Bake for 10 minutes
- While still warm, sprinkle with salt and pepper
- Drizzle with Aged Balsamic Vinegar.

**SERVES 2-4**

## POWER GREENS SAUTE

- 1 Package organic kale/swiss chard/spinach mix
- Or 2 cups of each if purchased separately
- 1 Clove minced garlic
- 2 T. Olive oil
- Sea Salt and Pepper
- In large skillet, saute garlic with salt and pepper
- Add in Greens
- Saute until wilted

**SERVES 4**

## SWEET POTATO FRIES WRAPPED IN BACON

- Preheat Oven to 425 degrees
- Line baking pan with parchment paper
- Slice 2 Large Sweet Potatoes into long thin strips (like fries)
- 8 pieces nitrate free bacon cut in half and cut lengthwise again (making thin strips.
- Wrap bacon strips around each slice of sweet potato
- Bake for 20 minutes, or until sweet potatoes are soft.
- Broil for 3 minutes until crispy.

**SERVES 4**

## ARUGULA BERRY BEET SALAD

**PREP TIME:** 5 Minutes

**INGREDIENTS:**

- 1 package Organic Arugula
- 2 Whole Roasted Beets cut into large pieces
- Small handful organic blueberries
- 1/4 Cup Goat Cheese Crumbles (optional)
- 4 T. Shelled pistachios
- 1/4 small thinly sliced red onion

**DRESSING**

- 1/8 Cup Olive Oil
- 2 T. ground ginger or ginger paste
- 4 T. Rice vinegar
- Sea Salt and Pepper to taste

**SERVES 4**

**\*CAN ALSO TOP WITH 2 SLICED GRILLED CHICKEN BREASTS FOR A GREAT, FILLING AND FAT BURNING MEAL!**

## **STEAMED BEETS**

**PREP AND COOK TIME:** 5 minute prep; 15 minute cooking

### **INGREDIENTS:**

- 3 MEDIUM BEETS, ABOUT 3" IN DIAMETER
- 1 MEDIUM CLOVE GARLIC, PRESSED OR CHOPPED
- 2 TSP FRESH LEMON JUICE
- 1 TBS BALSAMIC VINEGAR
- 3 TBS EXTRA VIRGIN OLIVE OIL
- SEA SALT AND CRACKED BLACK PEPPER TO TASTE

### **DIRECTIONS:**

1. Fill the bottom of a steamer with 2 inches of water.
2. While the water is coming to a boil, wash beets, leaving 2 inches of tap root and 1 inch of the stem on the beets. Cut beets into quarters. Do not peel.
3. Steam covered for 15 minutes. Beets are cooked when you can easily insert a fork on the tip of a knife into the beet. Although some of their colorful phytonutrients are lost to the steaming water, there is plenty of color and nutrients left in the beets.
4. Press or chop garlic and let sit for 5 minutes to bring out their health-promoting properties.
5. Peel beets using a paper towel.
6. Transfer beets to a bowl and toss with remaining ingredients while they are still hot.

**SERVES 2**

## **ROASTED CAULIFLOWER**

- 1 Large Head Cauliflower
- 1/8 Cup Olive Oil

- Sea Salt, Garlic Powder, Pepper
- Pre-heat oven to 425
- Cut Cauliflower into large chunks (6-8)
- Toss in large bowl with Oil, salt, garlic powder, pepper
- Lay on metal baking sheet
- Bake for 30 minutes or until tender.

**SERVES 2**