

# THE 3-DAY BELLY FIX

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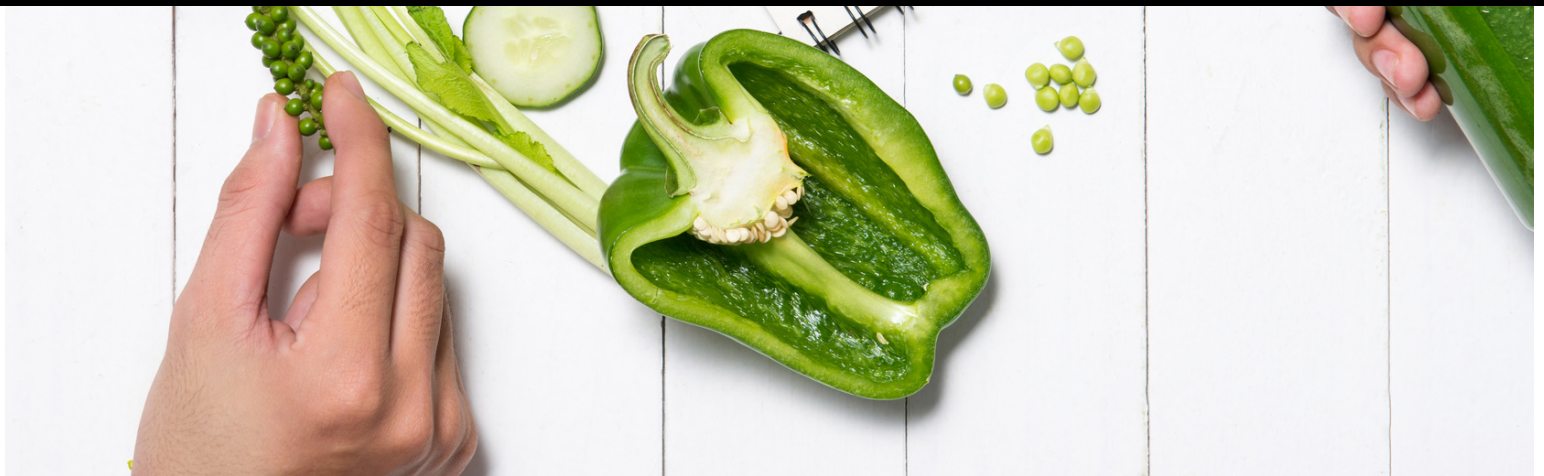
Restore your gut balance in  
time for the holidays!





# PLAN OVERVIEW AND TIPS FOR SUCCESS

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## **YOUR EATING WINDOW**

- Create a 12-hour eating window. *Example:* Eat from 6 am-6 pm or 8 am-8 pm.
- Wait 3-4 hours between every meal.
- Stop eating by 9 pm every night.

## **ADDITIONAL TIPS FOR SUCCESS**

- Drink room-temperature water only
- No eating or drinking after 8-9 pm

# DAYS 1 - 3 OVERVIEW

## **MORNING (6 AM-7 AM)**

- Drink one apple cider vinegar cocktail upon waking
- Sip a cup of warm ginger tea
- Eat a brown rice cake with 1 tsp. coconut and 1 tsp. olive oil

## **MID-MORNING (10 AM)**

- Add a protein shake or smoothie (See recipes for ideas)

## **LUNCHTIME (1 PM)**

- Enjoy a fresh green juice blend  
*If you like, you can have a second Green Juice Blend mid-afternoon.*

## **DINNER (5 PM-6 PM)**

- Enjoy a dinner of protein and vegetables (See page 12 for examples)

## **POST-DINNER SNACK (7 PM)**

- Have another protein shake or smoothie if your work out more than 30 minutes per day

# DAYS 1 - 3

## SHOPPING LIST

### PANTRY STAPLES

- Apple cider vinegar (unfiltered, organic such as Bragg Organic, Dynamic Health, or Spectrum Naturals)
- Ginger tea (100% ginger such as Alvita or Triple Leaf Tea) or dried/fresh ginger root
- Brown rice cakes (Lundberg Family Farms or Quaker)

### FATS

- Coconut oil (virgin or unrefined such as Spectrum, Dr. Bronner's, or Nutiva)
- Olive oil (extra virgin, first cold-pressed such as Olave, Colavita, or Spectrum)

### FRUITS

(AMOUNTS WILL VARY)

- Frozen unsweetened blueberries
- Frozen mango chunks
- Bananas
- Avocado
- Dates
- Pineapple
- Apples
- Lemon
- Pear

### VEGETABLES

(AMOUNTS WILL VARY)

- Kale
- Spinach
- Watercress
- Cucumber
- Celery
- Broccoli
- Red bell pepper
- Frozen Asian stir fry mix
- Frozen butternut squash

### PROTEIN POWDER (CHOOSE ONE)

- Vega One
- Metagenics UltraClear Sustain
- Alive Ultra-Shake Pea Protein

### HERBS AND SPICES

- Fresh ginger
- Fresh spearmint

# DAYS 1 - 3

## RECIPES

### MORNING TONICS



#### **Apple Cider Vinegar Cocktail**

Dilute 1 tablespoon of unfiltered apple cider vinegar in 3 tablespoons of water. Straight vinegar can damage tooth enamel or hurt the tissues in your throat and mouth.



#### **Ginger Tea**

Steep one teabag of ginger tea in a 6 oz. mug of boiling water for 3 minutes. Drink your tea immediately following the apple cider vinegar beverage.

# DAYS 1 - 3

## RECIPES

### SMOOTHIE RECIPES



#### **Blueberry Pie**

Makes one serving

##### Ingredients:

- ½ cup frozen unsweetened wild blueberries
- Juice of ½ lemon
- 1.1 scoop vanilla protein powder
- ½ cup of water

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

*Per serving: 180 calories, 15.41 g protein, 3.56 g fat (.31 saturated), 22.09 g carbohydrates, 9.15 g sugars, 8.2 g fiber, 131 mg sodium*



#### **Banana Chocolate**

Makes one serving

##### Ingredients:

- 1 medium banana, frozen
- 1 scoop chocolate protein powder
- 1 cup of water

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

*Per serving: 256 calories, 17.37 g protein, 5.35 g fat (.44 saturated), 39.61 g carbohydrates, 16.43 g sugars, 9.2 g fiber, 141 mg sodium*

# DAYS 1 - 3

## RECIPES

### SMOOTHIE RECIPES



#### **Berry Blast**

Makes one serving

#### Ingredients:

- 1 cup unsweetened frozen strawberries
- ½ medium avocado
- 1 scoop plain protein powder (we used Vega One Natural)
- ½ cup ice
- Water as needed

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

*Per serving: 289 calories, 16.97 g protein, 13.64 g fat (1.76 saturated), 15.45 g carbohydrates, 15.45 g sugars, 13.7 g fiber, 138 mg sodium*



#### **Vanilla Date**

Makes one serving

#### Ingredients:

- 1 Medjool date, pits removed
- 1/2 medium banana, frozen
- 1 scoop vanilla protein powder
- 1 cup of water

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

*Per serving: 254 calories, 16.07 g protein, 3.23 g fat (.37 saturated), 42.47 g carbohydrates, 25.17 g sugars, 9.10 g fiber, 131 mg sodium*

# DAYS 1 - 3

## RECIPES

### SMOOTHIE RECIPES



#### **Tropical Colada**

Makes one serving

#### Ingredients:

- ½ cup frozen mango chunks
- ½ cup cubed pineapple
- 1 scoop tropical or plain flavored protein powder (we used Vega One Natural)
- ½ cup ice
- Water as needed

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

*Per serving: 214 calories, 16.13 g protein, 3.41 g fat (.38 saturated), 31.78 g carbohydrates, 21.40 g sugars, 8.5 g fiber, 132 mg sodium*



# DAYS 1 - 3

## RECIPES

### GREEN JUICE BLENDS



#### **Dr. Taz's Green Juice**

Makes one serving

##### Ingredients:

- 1/2 medium apple
- 1/2 medium pear
- 1 medium cucumber
- 3/4 cup chopped kale
- 1/2 lemon

##### Instructions:

1. Chop apple, pear, and cucumber
2. Add all ingredients to blender and pulse, adding water to thin as needed

*Per serving: 173 calories, 4.71 g protein, 1.08 g fat (.45 saturated), 43.11 g carbohydrates, 25.07 g sugars, 8.4 g fiber, 27 mg sodium*



#### **Green Juice #2**

Makes one serving

##### Ingredients:

- 3 leaves romaine lettuce
- 1 celery stalk
- 2 kale leaves
- 1/2 medium apple
- Juice of 1/2 lemon
- 1/2 tsp grated ginger
- 1/2 cup of water

##### Instructions:

1. Chop lettuce, celery, kale, and apple
2. Add ingredients to blender and pulse until combined

*Per serving: 89 calories, 3.08 g protein, .85 g fat (.17 saturated), 21.29 g carbohydrates, 19.63 g sugars, 5.4 g fiber, 53 mg sodium*

# DAYS 1 - 3

## RECIPES

### GREEN JUICE BLENDS



#### **Green Juice #3**

Makes one serving

#### Ingredients:

- 1 apple
- 2 stalks celery
- 1 cup chopped watercress
- 1 cup of water
- Juice of ½ lemon

#### Instructions:

1. Chop apple, celery, and watercress
2. Add ingredients to blender and pulse until combined

*Per serving: 117 calories, 1.88 g protein, .54 g fat (.1 saturated), 29.61 g carbohydrates, 21.04 g sugars, 6 g fiber, 80 mg sodium*



#### **Green Juice #4**

Makes one serving

#### Ingredients:

- ½ medium pear
- ¼ medium cucumber
- ½ cup chopped kale
- ½ cup chopped spinach
- Juice of ½ lemon
- 5 peppermint leaves
- 1 cup of ice cubes

#### Instructions:

1. Chop pear and cucumber
2. Add kale, spinach, lemon, and mint leaves to a blender and increase speed until liquid
3. Add ¼ cup of ice and blend, increasing ice by ¼ cup until desired consistency is reached

*Per serving: 81 calories, 2.35 g protein, .54 g fat (.14 saturated), 19.83 g carbohydrates, 10.3 g sugars, 3.9 g fiber, 27 mg sodium*

# DAYS 1 - 3

## RECIPES

### GREEN JUICE BLENDS



#### **Green Juice #5**

Makes one serving

#### Ingredients:

- 1/2 medium banana, peeled
- 1 small orange, peeled
- 1 cup chopped kale
- ½ cup of water
- 1 cup of ice cubes

#### Instructions:

1. Chop banana and orange half, and add to blender along with kale and water
2. Blend until liquid
3. Add ¼ cup of ice and blend, increasing ice by ¼ cup until desired consistency is reached

*Per serving: 155 calories, 4.78 g protein, 1.02 g fat (.15 saturated), 36.90 g carbohydrates, 20.63 g sugars, 7 g fiber, 27 mg sodium*

# DAYS 1 - 3

## RECIPES

### DINNER COMBINATIONS

1 cup each broccoli, snow peas, sliced red pepper, steamed and sprinkled with the juice of ½ lemon

1 cup frozen butternut squash and 1 cup chopped kale sautéed in 2 teaspoons coconut oil with a pinch each nutmeg and cinnamon

1 cup cauliflower and 1 cup chopped rainbow chard sautéed in 2 teaspoons olive oil with a pinch of red pepper flakes and a pinch of cumin

3 cups frozen Asian stir-fry mix, sautéed in 2 teaspoons coconut oil with 1 crushed clove of garlic and ½ teaspoon grated fresh ginger

*\* You can also use unlimited herbs like dried or fresh oregano, basil, parsley, rosemary, thyme, sage as well as spices like cumin, ginger, cinnamon, nutmeg, and cloves.*

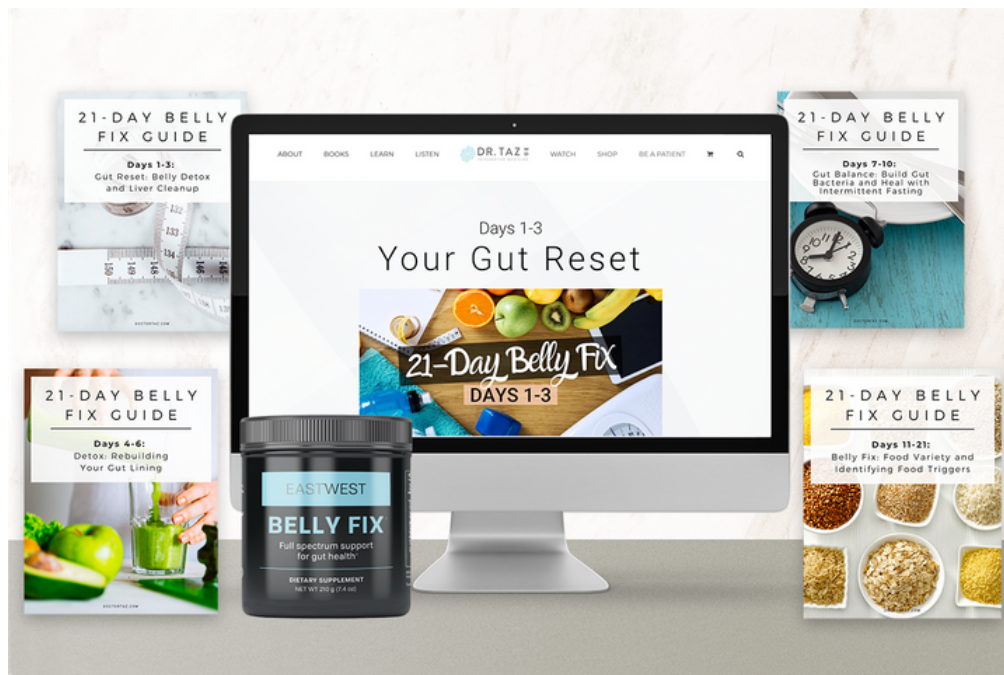
# MISSION ACCOMPLISHED

## THAT'S IT FOR YOUR 3-DAY BELLY FIX!

### What's Next?

Fantastic work! If you'd like to continue your gut balance protocol, check out my full **21-Day Belly Fix Course** and pick up your Belly Fix with the Days 4-6 video and guide.

**For a limited time, The 21-Day Belly Fix Course includes my custom formulated Belly Fix supplement!**



[LEARN MORE](#)