

A woman with long dark hair, wearing a black crop top and white wide-leg pants, stands in a lush green forest. She has her arms raised high, reaching towards the sky. The background is filled with large, thick tree trunks and dense foliage. The lighting is soft, suggesting a bright but slightly overcast day.

Love Body Spirit™
CLEAN EATING
3-Day Jump Start!

a goddess gift from
abiola abrams

CLEAN EATING 101

THREE DAYS TO A SUPERB YOU

Greetings Gorgeous Goddess!,

I am BEYOND THRILLED that you have taken this step towards your health, empowerment and well-being. How many times have you wanted to change your eating habits but felt overwhelmed by all the info on TV, the web and the millions of diet books out there? Today, we go from confusion to bombshell confidence. I have had numerous clients who felt EXACTLY the same way.

You are not alone.

Once upon a time I was confused by all the info out there, too, but those days are over. Celebrate good times – whoo hoo! Soon – yep, in just 3 days – you will begin to feel recharged, refreshed, and armed and READY with life-transforming knowledge on how to eat healthily.

Be advised – we will not be counting calories or dwelling on fats AT ALL. NOPE. We're kickin' the mental calculator to the curb and focusing on real food – whole foods – nutrition that will fuel and nourish your body in ways you cannot even image.

Change is waiting for you and as the Bombshell Whisperer, I have your back. Consider me your partner and change cheerleader on this journey.

Over the next 3 days your body will begin transform. I created this easy reboot mini program to show you how simple making healthy eating choices can be despite your busy life. Before we go any further, I want to assure you this experience will be free of any deprivation or starvation. Instead, you will consume foods that naturally decrease inflammation, improve your digestion, and make you feel stronger.

Abiola

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YOU ARE ON A PATH OF CLEAN EATING,
WHICH IS NOT A DIET BUT A REVOLUTION.



[This program is a quick start but if you're looking for an intensive plan with guidance that gets results, enroll in my 28-Day Love Body Spirit™ Detox Program. This is a spirit-based empowerment program that addresses body image and emotional cleansing as well. Find more information here: abiolaabrams.com/detox.html]

Hey Lovie!

Consider me your go-to Passionate Living Coach, Love Columnist & Empowerment Author based in New York City. I help extraordinary women (and by proxy, enlightened men) realize their juiciest lives by tapping into the power of love. I coach clients one-on-one and in groups: in person, via telephone, Google Hangout or Skype. In addition, I speak to civic organizations and educational institutions about self-worth, offer laser coaching as a lifestyle expert on TV, radio and the web and write books, blogs and columns.

My passion is helping YOU to feel empowered and transform your life.

My “beat” is: self-worth and self-esteem; love, dating and relationships, career creativity, body love and body acceptance. I came to this planet to share the secrets of living with more passion and positive energy than you ever thought possible.

For the past 10 years my work has been about women getting to be who we really are. Masks off. No more holding back. Let's do it. Life is not a passive experience. It's a passionate experience! If you were looking for a sign THIS IS IT.

I worked closely with Detox Expert Rachel Feldman to develop this plan just for you!

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IS THIS YOU?

You want to upgrade your beautiful body and your health. You might have tried every weight loss promise or diet in existence and are looking to try something new, hoping for long-lasting results this time. You want this time to be different – finally.

Am I right? Like me, you may eat vegan, vegetarian, paleo, raw, primal, slow carb or maybe even pescatarian. You may not even know what these terms mean, but what they really mean to me is that we are all different, and (YES!) our bodies require and desire different foods to give us energy. I am here to share with you different ways to fuel your body.

WORK, LIFE, HEALTH, STRESS THIS IS LIFE. SOUND FAMILIAR?

After years of struggling with everything from food allergies to acid reflux, I discovered my own personal Love-Body-Spirit Healthy Blueprint. Now, I want you to have the lightbulb moment like I did when I discovered the foods that took me from feeling tired and moody to energized.

This is a proven concept called the elimination diet, based on the teachings of Dr. Mark Hyman and Liz Lipski. During the next 3 days, you'll detox your body of certain foods to unclog the pipes and eliminate ingredients that may be wreaking havoc on your body and your life.

We are not about deprivation or starvation – EVER. This is a love your body, feed your body, Healthy at Every Size approach. You may think you have to starve yourself or only drink smoothies to cleanse your body, but that is a myth. Your body can and will unclog the pipes, get rid of unwanted inflammation and regenerate when you eat protein. Actually your cells will regenerate faster when you consume protein.

Of course, my job as your passionate living coach is not to tell you which protein is right or wrong for your body, as we are all different; instead it is my job to give you the best protein options.

There is no right or wrong during a clean eating program. Everybody – and every BODY -- is different and some of us need that protein to rejuvenate, rebuild cells, detox properly, and think clearly. So please listen to your body and eat high-quality protein when you feel the need. Listening to your body is loving your body.

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You can add 3-4 ounces of a clean protein source, if needed, to any meal option. Good animal based choices include (hormone and antibiotic free or pasture-raised if possible) chicken, turkey, bison and wild-caught fish. Canned fish from Wild Planet works well for quickie meals.

If you're vegetarian or vegan (preferred), consider adding 1/2 cup red lentils or adzuki beans, as they are easier to digest than most beans. I don't recommend consuming unfermented soy products during a detox.

PLUS you can't eat too many leafy green veggies. Go for it!

YOUR HEALTHY PROTEIN SOURCES

IMPORTANT: I ADVOCATE A PLANT-BASED DIET BUT IF YOU EAT ANIMAL PROTEIN I AM INCLUDING IT AS AN OPTION. Always make sure you buy nitrate-free meats to lessen the toxin load for your body, your liver, and your brain.

ANIMAL-BASED PROTEINS:

- BISON
- LAMB
- GRASS-FED BEEF
- CHICKEN
- TURKEY
- SHRIMP
- WILD-CAUGHT FISH
- EGGS

PLANT-BASED PROTEINS:

- AVOCADO
- BEANS (1/2 CUP)
- TEMPEH
- SPROUTS
- HEMP SEEDS
- PROTEIN POWDER
- NUTRITIONAL YEAST

DAY 1

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(Day 1)

UPON WAKING

Drink warm water with lemon and honey. (I mention honey throughout but it can be easily eliminated if you're vegan or have insulin issues.)

BREAKFAST

2 eggs sautéed in 2 tablespoons of olive oil with ½ cup sautéed spinach. Top with ¼ avocado and 2 tablespoons of vinegar-free salsa.

Add 2 tablespoons of olive oil to a medium saucepan. Then add 2 eggs and ½ cup spinach. Stir the eggs until cooked. Top with ¼ avocado and vinegar-free salsa.

OR

M'WAH - SPINACH KISS SMOOTHIE

[Serves 1]

1 cup unsweetened coconut milk
or almond milk

1 scoop plant-based protein powder

1 tablespoon ground chia seeds

1 cup frozen berries of choice

1/2 banana

½ cup spinach

Blend all the ingredients in a high powered blender, and enjoy. If you feel there is too much, then save it in a BPA-free container or Mason jar for your mid-morning snack.

Note: You can add ¼ teaspoon of cinnamon, nutmeg or clove to your smoothie to warm your digestion. If you still feel cold from drinking your smoothie, try following it with a hot cup of dandelion or chamomile tea with raw honey.

SNACK

½ grapefruit with 2 tablespoons of shredded coconut.

LUNCH

YUMMY SALAD -SERVES 2

2 big handfuls of mixed greens

1 small handful of spinach

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Small handful of cherry tomatoes
2 cucumbers, thinly sliced

1/4 cup raisins
1/4 cup walnuts

Combine greens, cucumbers, and tomatoes in a large bowl. Sprinkle the raisins and nuts on top, add your favorite gluten-free deli meat, and top with dressing. To make a simple dressing, try this Dijon Vinaigrette.

DIJON MUSTARD VINAIGRETTE

Whisk together:

4 Tablespoons olive oil
1 Tablespoon Dijon mustard
1 Tablespoon lemon juice

1/2 Teaspoon sea salt
8 to 10 grinds fresh ground pepper

SNACK

1 apple and 10 raw walnuts

DINNER

[Serves 2]

Chopped Pear Salad

4 cups spring mix
1 pear, cored and grated
1 cucumber, peeled and sliced

4 tablespoons balsamic or bragg's raw
apple cider vinegar
2 tablespoons of olive oil

Add your mixed greens to a bowl. Peel the pear, slice and dice. Peel and slice the cucumber and then add to the bowl. Toss the salad with olive oil and balsamic or raw apple cider vinegar. Feel free to add cinnamon to sweeten the flavor of the salad or garlic powder to give it a zip.

BEFORE BED

Drink chamomile tea with lemon and raw honey.

DAY 2

UPON WAKING

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Drink water with lemon and raw honey.

BREAKFAST

SUPER FOOD QUINOA BREAKFAST (OF CHAMPIONS) BOWL

[Serves 1-2]

1/2 cup cooked quinoa (follow package directions ahead of time)
1/8 cup pumpkin seeds
4 tablespoons flax meal
1/2 cup almond milk

1/4 cup frozen berries
Stevia, to taste
Combine all ingredients in a bowl.
Serve warm.

OR

SUPERB KALE, BERRIES AND CREAM SMOOOOOOTHIE

[Serves 1-2]

1 cup fresh/frozen berries
1 cup water or almond milk
1 tablespoon coconut oil
1-2 tablespoons ground flax/chia seeds

Handful of kale or another green of choice
Splash of vanilla extract
1/8 teaspoon cinnamon

SNACK

Option: Two dates stuffed with almond butter and cinnamon (can be pre-made and put in fridge for an on-the-go snack).

LUNCH

CITRUSY DELIGHT

(Serves 4)

2 grapefruits
2 tablespoons fresh grapefruit juice
1 tablespoons lemon juice
4 tablespoons extra-virgin olive oil

1 tablespoon honey or stevia
1/4 teaspoon sea salt
1/4 teaspoon fresh ground black pepper
5 cups arugula or choice of greens
1 avocado, peeled and diced

Peel the grapefruits. Separate the segments and remove the membranes. This is a juicy process, so do it over a bowl to collect your grapefruit juice. Whisk together the grapefruit juice, lemon juice, olive oil, honey, sea salt and pepper. Place grapefruit segments in dressing and let stand for 5 minutes. Place arugula in a large salad bowl, add avocado chunks and top with the grapefruit dressing. Toss thoroughly.

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SNACK

1 apple sliced in half with 2 tablespoons of almond butter and cinnamon

DINNER

CAULIFLOWER MASH IT UP WITH ASPARAGUS AND SHIITAKES

(serves 4)

1 cauliflower head, chopped	and cut in half
1-2 Tablespoons olive oil	1/2 onion, sliced
1-2 Tablespoons coconut oil	1 cup shiitakes, sliced
3/4 of a bunch of asparagus, trimmed	Sea salt and pepper

Boil or steam the cauliflower pieces until tender. Drain and puree them in a blender or food processor with 1 tablespoon of olive oil and sea salt. Steam the asparagus for a few minutes, then drain and toss with a drizzle of oil and season to taste with salt and pepper. Sauté the onions and shiitakes in coconut oil until soft.

Spoon the cauliflower mash into bowls, cover with some onions and shiitakes, and top with asparagus.

BEFORE BED

Drink soothing chamomile tea with lemon with raw honey.

DAY 3

UPON WAKING

Drink water with lemon.

BREAKFAST

GRAIN-FREE CEREAL

1/4 cup raw pumpkin seeds	1 tablespoon honey
1/4 cup walnuts	1 teaspoon ground cinnamon
1/4 cup unsweetened, shredded coconut	1/4 teaspoon sea salt
1/2 cup flax meal	2 cups boiling water
1 tablespoon chia seeds	

In a blender combine the pumpkin seeds, walnuts, coconut, flax, honey, chia seeds, cinnamon and sea salt. Blend until smooth. Slowly add the boiling water to the mixture, blending until smooth. Transfer the mixture to a saucepan and place over low heat for 10

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minutes, stirring often. Garnish with chopped apples, raisins, sliced almonds and a sprinkle of cinnamon and coconut crystals. It's also delish with a splash of coconut milk. Enjoy!

OR

BERRY GREEN DELIGHT-FULL SMOOTHIE

1 cup water or almond milk
Big handful frozen or fresh, organic wild blueberries
½ cup spinach
1 tablespoon coconut oil
1 tablespoon hemp seeds
1 tablespoon flax meal or chia seeds
Pinch of cinnamon
Stevia or raw honey to sweeten
Ice (optional)

SNACK

1/2 sweet potato with 1 tablespoon coconut oil and choice of garlic powder or ginger. If you feel you need an extra boost, add a scoop of protein powder to your sweet potato and mix thoroughly.

LUNCH

CABBAGE SALAD, SLAW AND DIVINE LOVE

1/2 head savoy cabbage	1/4 red onion
1/2 head red cabbage	1/2 cup sunflower seeds
1 Fuji apple	1/2 cup raisins

Using a sharp knife, thinly slice the cabbage, apple, and red onion and combine in a large bowl. Add the sunflower seeds and raisins. Toss gently in a large bowl. Top the salad with a dressing of your choice.

SNACK

10 almonds and 4 ounces of coconut water if you are feeling drained, or a cup of mint tea if you are feeling cold.

DINNER

WARM SPINACH SALAD MEDLEY WITH FIGS AND BERRIES

1/2 medium onion, sliced thin	8 dried figs, sliced
2 handfuls of spinach	2 Tablespoons pumpkin seeds

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1/2 Teaspoon honey
2 tablespoons balsamic vinegar
2 tablespoons bragg's raw apple cider vinegar

1 cup hot water
2 Tablespoons olive oil
Sea salt and pepper
1/2 cup berries

Marinate the sliced onion in the raw apple cider vinegar and hot water for 10 minutes. Rinse and dry the spinach. Whisk together balsamic, honey, and salt and pepper, add the olive oil slowly. Take your onions out of the marinade and toss all ingredients together. Enjoy!

BEFORE BED

Chamomile tea with lemon and raw honey



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MUST-FOLLOW TIPS FOR CLEAN EATING

- Start a food diary to document what foods you put into your mouth daily and any reactions you may notice. This exercise is not about counting calories; instead it is to determine which foods are fueling or draining you and notice any changes you experience over the next three days.
- Aim to eat food in its natural state – this ensures your body is assimilating the nutrients and cell regeneration is happening.
- Make sure you are adding a healthy protein to your meals (see the lists of healthy animal- and plant-based proteins); protein also helps to stabilize blood sugar, resulting in increased energy and weight loss.
- If you want to upgrade your clean eating experience, add a handful of greens to your smoothie, drinking a green juice or making a green drink with 16 ounces of water and 1 tablespoon of chlorophyll and the juice of one lemon. You can purchase chlorophyll at any natural food store, GNC, Whole Foods or Amazon.
- Clean eating supports a clean body, which means you want to have a healthy bowel movement everyday. To ensure you are properly eliminating your bowels, drink at least 60 ounces of good quality water through out your day.

SELF-CARE TIPS FOR PUTTING YOU FIRST

- Take at least five minutes out of your day, five times throughout the day to refocus your attention on you. Examples of self care include taking a walk outside, deep breathing, getting up from your office desk and taking a stretch, journaling for five minutes, watching an inspirational YouTube video, reading inspirational quotes, or simply just being.
- Remind yourself to put yourself at the top of the totem pole -- too often we are taking care of the rest of the world and putting ourselves last. Clean Eating is not just about the food on your plate – it is the whole picture – the food you are feeding your mind, too, in terms of thoughts and sensory input.
- Release old patterns of thinking that are negative and focus on the positive in your life.

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- Pamper yourself with a massage from a therapist or a loved one.

PREPARING FOR YOUR WELLNESS JOURNEY

- Clean out the foods in the refrigerator and the cupboard that are processed. Give your house a clean eating detox. Get rid of processed foods and any white sugar, bread, and pastas.
- Give your digestion a rest for three days by giving up wheat and dairy. Look at this three-day experience not as a deprivation but a perfect present – you are improving your digestion, your metabolism and improving your vitality.
- Set a goal for yourself. Are you trying to release weight? Do you want to reduce inflammation? Is improving digestion on the menu? Do you need to clear up your skin? Write down this goal and post it on your bathroom mirror and EVERYWHERE. Make it visible so you can be reminded of how important the next three days are to your life.
- Get support from friends and family if possible to make these pivotal changes.

7 TIPS TO A FIERCE AND FAB YOU

- Stay hydrated – drink at least 60 ounces of water everyday. Many of us are lacking minerals, which are key to metabolic function, so feel free to add 4 ounces of coconut water daily, especially if you are working out intensely.
- Eat the right fuel. Nourish yourself properly. You will begin to learn how to achieve this goal in the next three days.
- Eat enough protein for your body to run like a well oiled machine – by the end of this three-day experience you will instinctively know what fuels your body.
- Get moving at least four times a week. Working out increases the blood flow in your body, sweats out toxicity and increases endorphins (which are the happy hormone in your body).
- Sleep is critical. Rest to rebuild. Your cells need you to sleep at least 7-8 hours.

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- Ditch the toxic products, such as lotions, make-up and household products, which wreak havoc on your system and metabolism. The more you take care of your liver, the better of a job it can do for you, which means feeling incredible on a daily basis.
- Positive thinking. By shifting our perception and thinking positively about our lives – getting grateful and being present to what we have instead of what we do not have – we feel more alive.

PRAISE FOR MY COACHING PROGRAMS

"This program helped me to find the confidence to be the real me. I finally realize what it means when Abiola says, 'You are enough.' My life is really good finally and it's just getting better. Abiola tailors the program to fit my life so I have a mentor and coach who genuinely cares about me. I'm not going to lie. Sometimes she kicks my butt but I get back on point and get with the program. She makes sure that what I say I want and the actions I take match." Kyra T., 35, Princeton, NJ.

"I thought I really had tried everything. Then Abiola explained that I had not really tried everything because I had never 'tried' myself. This was incredible. Is incredible, I should say because so far I have released almost all of the unwanted pounds. 'Released' is an Abiola term you'll learn but as she says it's not about the scale. That was a hard one for me but it's about loving your body as is, accepting your body as is. Getting mentally healthy then physically healthy. Thank you." Diana R., 39, Denver, Colorado

"Thank you, Abiola, you helped me to release years of terrible relationship patterns. I feel like I finally have a fresh start after dating losers non-stop. This new chapter is incredible. My new man agrees. This is the love I have been waiting for forever. As you would say, it is right on time. I now know what is possible. We started out working on dating but your support and strategies have improved every area of my life. " Lisa N., 41, Staten Island, NYC.

WORK WITH ME

I look forward to working with you. Please contact me for your free 20-minute strategy session to discuss how I can support you. Here's how to apply for this free session – or just jump in and change your life.

Info about my coaching programs here: <http://www.abiolatv.com/life-coach-dating-self-love-weight-loss-creativity-relationships-nyc/>

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Application for a free strategy session:

<https://docs.google.com/forms/d/1pFynXjw1moUycGxuyoYcVOwdXj6Gru10elgHzCb8mgU/viewform>

If you're ready to get started today, jump into my Love Body Spirit 28-Day Detox Program right now: <http://abiolaabrams.com/detox.html>.

"You are enough!"



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