

5 DAY WEIGHT LOSS JUMPSTART

5 DAYS OF CLEAN EATING MEAL PLANS WITH DELICIOUS, FAST & EASY RECIPES AND A ITEMIZED GROCERY LIST



WELCOME ABOARD!

Let's have a quick chat! How much attention have you been giving to your well-being lately? Have you been consistent with the habits that keep you feeling your best, or has self-care kind of slipped down your priority list in the midst of your busy schedule?

Trust me, I get it. It's easy to prioritize everything and everyone else before ourselves.

But here's the thing: it's okay to admit when we need a little assistance to get ourselves back on track.

Lately, I've been hearing a lot of people express the struggles they're facing and really wanting to change. Maybe you can relate:

- Feeling sluggish and drained of energy
- Carrying around some extra weight that's dragging them down
- Clothes fitting a bit too snug for comfort, but not wanting to size up
- Feeling way older than their actual age
- Dealing with constant joint pain and inflammation
- Battling with emotional eating and those pesky cravings
- Struggling to find the motivation to get moving
- Having trouble focusing and staying on task
- Snapping at loved ones due to stress and irritability
- Feeling like they've got everything else under control except for their relationship with food and their weight.

Sound familiar at all?



Alright, let's dive into some good news!

By following this 5-day meal plan, you're taking a crucial first step towards achieving healthy weight loss, ramping up your energy levels, and just feeling amazing about yourself. Plus, you're on track to confidently make smart choices for you and your loved ones, whether you're at home or dining out.

That's the beauty of this meal plan—it's all about those small changes that lead to big results! I've seen so many clients struggling with fatigue, pesky weight gain, and that annoying brain fog. But guess what? It doesn't have to be your story. I've witnessed firsthand how just five days without all those processed goodies can seriously turn things around—mood uplifted, energy soaring, and those cravings taking a backseat.

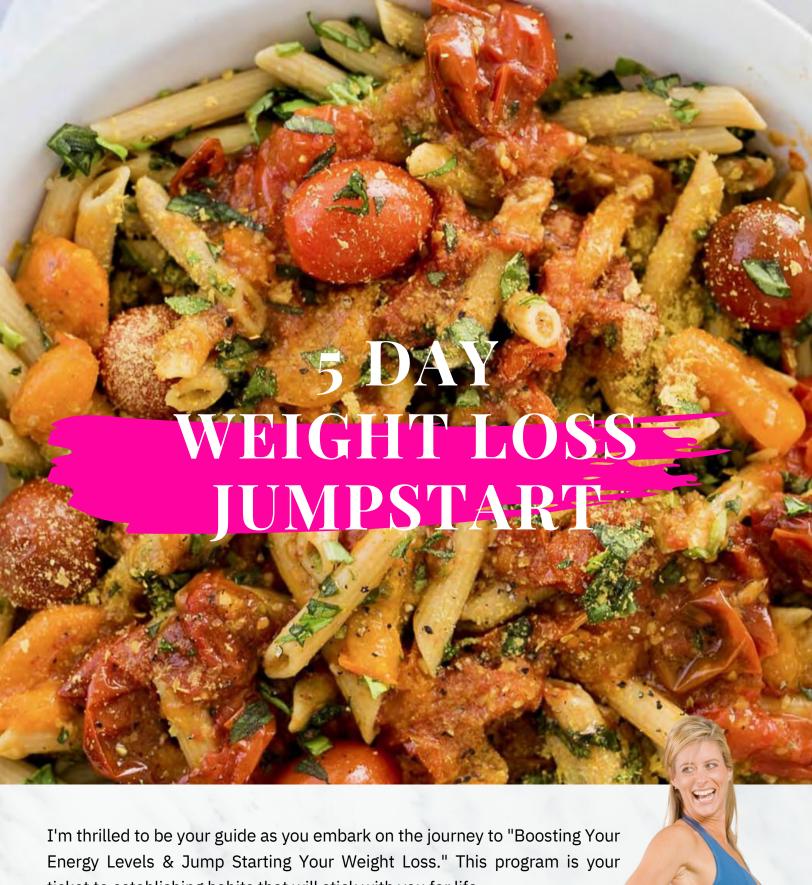
Now, why should you listen to me, right? Well, let me tell you, I've been around the block when it comes to food, diet, and exercise. I've had my fair share of bad habits and slip-ups—I'm no stranger to the struggle. I'm all about being real and sharing my journey.

Over the years, I've equipped thousands of clients with the tools and strategies they need to not only shed those pounds but keep 'em off for good. And here's the kicker—I'm here to spill all that knowledge, drawn from practical experience, professional expertise, and my own personal journey. My mission? To kick that frustration to the curb and open up a whole new world of healthy living that brings you joy and success every step of the way.

Now, if you're new to me, no worries glad you are here! I come packing some serious credentials—I'm a seasoned Certified Fitness Expert and Certified Holistic Health & Wellness Coach with over 30+ years under my belt. I specialize in crafting tailored fitness programs, nutrition plans, and lifestyle tweaks for the 40+ crowd, all geared towards finding that sweet spot of work-life balance, improved health, and the energy to tackle life head-on.

So, grab a hold of this meal plan and prep guide, keep it close for the next five days, and hey, why not pair it up with my 10 Day Home Workout Plan for Beginners? And, I'm always here for your questions and comment. Let's do this!





ticket to establishing habits that will stick with you for life.

You Got This!





5-Day Jumpstart

Jumpstart your Weight Loss & Boost your Energy Levels: A 5-Day Meal Plan & Prep Guide w/ Fast & Easy Recipes plus and Itemized Grocery List

You might have noticed there aren't any snacks included in this plan. That's because the meals are hearty and loaded with nutrients that keep you feeling satisfied. If you find yourself getting hungry around 3 ½ to 4 hours after a meal, feel free to turn any leftovers into a snack—even dinner!

Listen to your body. When you're feeling full, save the rest for later. It's all part of practicing mindful eating.

Feel free to kick off this plan any day that suits your schedule. Use the meal prep guide to map out when to prep and cook your meals. Once that's done, you'll have days of simply reheating leftovers—easy peasy!

My hope is that having meals prepped will come in handy on those days when cooking feels like a chore.

I'd love to hear about your experience with shopping, prepping, and cooking these meals. And of course, I'm all ears for feedback on the meals and the overall plan.

Drop me a note at inquiry@janissaffell.com and let me know how it goes!

Enjoy!



Easy Peasy Meal Plan

Feel free to substitute where you need. For example eggs for breakfast is a great add.



Meal Prep

| Day | | Task | Notes |
|----------|-----|--|--|
| 0 Day | | Grocery shop. | Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have. |
| | 101 | Freeze the chicken breasts and half of the salmon fillets. | This guide will remind you to thaw them later in the week. |
| | | Make Penne with Bursted Cherry Tomato Sauce. | Divide between containers and store them in the fridge. |
| 1 Day | * | Make Creamy Apple Pie Smoothie for breakfast. | Pour into a glass or a portable cup if you're on-the-go. |
| | | Pack your meals if you are on-the-go. | Creamy Apple Pie Smoothie and Penne with Bursted Cherry Tomato Sauce. |
| | | Make Arugula Salad with Salmon for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |
| 2 Day | * | Make Creamy Apple Pie Smoothie for breakfast. | Pour into a glass or a portable cup if you're on-the-go. |
| | | Pack your meals if you are on-the-go. | Creamy Apple Pie Smoothie and Arugula Salad with Salmon. |
| | | Enjoy leftover Penne with Bursted Cherry Tomato Sauce for dinner. | Reheat in the microwave or in a pan. |
| | | Take the chicken breast out of the freezer. | Thaw on a plate in the fridge for dinner tomorrow. |



Meal Prep

| | | Make Caramelized Banana & Almond Oatmeal for breakfasts. | Divide between containers and store them in the fridge. Reheat and add toppings just before serving. |
|----------|---|--|--|
| Day | * | Pack your meals if you are on-the-go. | Caramelized Banana & Almond Oatmeal and Penne with Bursted Cherry Tomato Sauce. |
| | | Make One Pan Roasted Chicken, Broccoli & Sweet Potato for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |
| 4 Day | * | Pack your meals if you are on-the-go. | Caramelized Banana & Almond Oatmeal, Apple with Almond Butter, One Pan Roasted Chicken, and Broccoli & Sweet Potato. |
| | | Make Butternut Squash Buckwheat Bowl for dinner. | Enjoy and store leftovers in the fridge for lunch tomorrow. |
| | | Take the salmon fillets out of the freezer. | Thaw on a plate in the fridge for dinner tomorrow. |
| 5 Day | | Pack your meals if you are on-the-go. | Caramelized Banana & Almond Oatmeal and Butternut Squash Buckwheat Bowl. |
| | | Make Grilled Honey Dijon Salmon with Zucchini & Quinoa for dinner. | Enjoy and store leftovers in the fridge. |



Grocery List

| Fruits | Vegetables | Bread, Fish, Meat & Cheese |
|---|-------------------------------|---|
| Truits | vegetables | |
| 2 Apple | 4 cups Arugula | 10 ozs Chicken Breast |
| 1 Avocado | 1 1/2 cups Basil Leaves | 1 1/2 lbs Salmon Fillet |
| 2 1/2 Banana | 3 cups Broccoli | |
| 2 Fig | 1 cup Butternut Squash | Condiments & Oils |
| 2 tbsps Lemon Juice | 4 1/2 cups Cherry Tomatoes | 1 1/2 tsps Coconut Oil |
| | 1/2 Cucumber | 3 tbsps Dijon Mustard |
| Breakfast | 3 Garlic | 3/4 cup Extra Virgin Olive Oil |
| 1/3 cup Almond Butter | 1 cup Kale Leaves | 2 tbsps Tahini |
| 1 cup Buckwheat Groats (Bob's Red Mill) | 1/2 cup Mushrooms | |
| 1 1/2 tsps Raw Honey or Maple Syrup | 1 Sweet Potato | Cold |
| Seeds, Nuts & Spices | 3 Zucchini | 5 cups Nut Milk of choice (almond, coconut, cashew) |
| 1/3 cup Almonds | Boxed & Canned | Other |
| 1/8 tsp Cayenne Pepper | 6 ozs Chickpea Pasta | 8 Ice Cubes |
| 2 1/4 tsps Cinnamon | 3/4 cup Quinoa | 1/4 cup Vanilla Plant-Based Protein Powdo |
| 1 tsp Dried Basil | | 2 1/8 cups Water |
| 3 tbsps Hemp Seeds | Baking | |
| 1 2/3 tsps Sea Salt | 1 1/2 tbsps Nutritional Yeast | |
| 0 Sea Salt & Black Pepper | 1 3/4 cups Oats | |
| | 1 1/2 thens Raw Honey | |





Creamy Apple Pie Smoothie (Hi Protein)

1 serving

5 minutes

Ingredients

Apple (6 oz in weight before chopping)

1/2 Banana (frozen - 6 oz in weight before peeling)

4 Ice Cubes

2 tbsps Vanilla Plant-Based Protein Powder

2 tbsps Oats

1 tbsp Almond Butter3/4 tsp Cinnamon (ground)

1 cup Nut Milk

Directions



Add all ingredients to a high-speed blender and blend until smooth. Pour into a glass and enjoy!

Notes

Apple Type: For a distinct apple flavour, use a tart variety of apple like a Granny Smith or

a Mcintosh.

Banana: Peel and freeze a few fresh bananas in advance!

No Almond Butter: Use any nut or seed butter - chunky or creamy

Milk Subsitutes: Nut milks - almond, coconut, cashew





Caramelized Banana & Almond Oatmeal (Hi Protein)

3 servings

10 minutes

Ingredients

1 1/2 cups Oats (rolled or steel cut)

3 cups Nut Milk

3/4 tsp Cinnamon (divided)

1 1/2 tsps Coconut Oil

1 1/2 Banana (sliced lengthwise down

the middle)

1/3 cup Almonds (chopped)

3 tbsps Hemp Seeds3 tbsps Almond Butter

Directions

Add oats, milk and half of the cinnamon to a small saucepan. Bring to a low boil then reduce to a steady simmer. Cook, stirring occasionally, for about 5 minutes or until the oats are tender and most of the liquid is absorbed.

Meanwhile, in a small pan, heat the coconut oil over medium-high heat. Add the remaining cinnamon and the banana cut side down. Cook for 1 to 2 minutes until slightly browned and caramelized.

Transfer the cooked oats to a bowl and top with caramelized banana, almonds, hemp hearts, and almond butter. Enjoy!

Notes

Likes it Sweet: Add a drizzle of maple syrup.

No Coconut Oil: Use ghee or butter instead.

No Rolled Oats: Use steel cut oats instead. Cook times will vary.

Nut-Free: Use a nut-free milk, seed butter and seeds for the toppings.

Milk Substitutes: Nut milks, almond milk, cashew milk, coconut milk.





Penne with Bursted Cherry Tomato Sauce

3 servings

30 minutes

Ingredients

6 ozs Chickpea Pasta (dry)
1/3 cup Extra Virgin Olive Oil
4 1/2 cups Cherry Tomatoes
3 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)

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1 1/2 cups Basil Leaves (chopped)

Directions

Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.

In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.

Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta:

Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken, crumbled tofu, chickpeas, or hemp seeds.





Arugula Salad with Salmon

2 servings

15 minutes

Ingredients

12 ozs Salmon Fillet

1/4 tsp Sea Salt

2 tbsps Extra Virgin Olive Oil

2 tbsps Lemon Juice

4 cups Arugula

1/2 Cucumber (sliced)

1 Avocado (sliced)

2 Fig (optional, quartered)

Directions

- Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- In a small bowl, mix the oil and lemon juice together.
- Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

Notes

Leftovers: For best results, store the salad separate from the dressing. Refrigerate the

salad for up to three days and the dressing for up to seven days.

More Flavor: Add additional seasoning to the salmon such as cayenne, chili flakes or

other herbs and spices.

Additional Toppings: More vegetables, nuts or seeds.





One Pan Roasted Chicken, Broccoli & Sweet Potato

2 servings

30 minutes

Ingredients

10 ozs Chicken Breast

Sea Salt & Black Pepper (to taste)

1 Sweet Potato (medium, diced)

1 tbsp Extra Virgin Olive Oil (divided)

3 cups Broccoli (chopped into small

florets)

2 tbsps Tahini

1 1/2 tsps Raw Honey or Maple Syrup

2 tbsps Water

1/8 tsp Cayenne Pepper

Directions

Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.

Place chicken breasts on the baking sheet and season with sea salt and black pepper.

Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.

Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets overtop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.

Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.

Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

Notes

Storage: Store in an airtight container in the fridge up to 3 days.

Vegan & Vegetarian: Replace the chicken breast with black beans.





Butternut Squash Buckwheat Bowl

2 servings

30 minutes

Ingredients

2 cups Water

1 cup Buckwheat Groats2 tbsps Extra Virgin Olive Oil

1 cup Butternut Squash (chopped into

small cubes)

1/2 cup Mushrooms (sliced)1 cup Kale Leaves (chopped)

1 tsp Sea Salt1 tsp Dried Basil

Directions

In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.

Heat the oil in a separate pan over medium heat. Add in the butternut squash, mushrooms, kale, sea salt and basil. Cook, stirring frequently, for 15 minutes or until cooked through.

3 Transfer the cooked buckwheat into bowls. Top with the kale mixture and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 2 cups.

More Flavor: Add diced onions or minced garlic.





Grilled Honey Dijon Salmon with Zucchini & Quinoa

3 servings

30 minutes

Ingredients

3/4 cup Quinoa (dry, uncooked)3 tbsps Dijon Mustard (grainy or

regular)

1 1/2 tbsps Raw Honey12 ozs Salmon Fillet

3 Zucchini (sliced in half lengthwise)

1 1/8 tsps Extra Virgin Olive Oil

1/3 tsp Sea Salt

Directions

Cook the quinoa according to the directions on the package and set aside.

While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.

Preheat the grill to medium heat.

Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.

Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.

Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

No Grill: Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or

until fish flakes with a fork.

No Zucchini: Use asparagus or green beans instead.

Lower Carb: Omit the quinoa or serve with cauliflower rice instead.

Leftovers: Store leftovers in an airtight container in the fridge up to 2 to 3 days.



Are You Struggling to Lose Weight and Keep It Off Permanently?

The struggle can be really frustrating!

There is so much nutrition information readily available at your fingertips. Unfortunately, much of this information is conflicting and ends up causing even more confusion! Worse, it's difficult to weed out factual information versus myth. So often, a "Google search" results in general information that does not consider your specific medical conditions, food preferences, body type, and current lifestyle, so it's just not helpful.

Here's the good news.

You don't have to stay stuck, and you don't have to continue living like this. I've helped thousands of people who, like you, have struggled with food cravings, unwanted weight gain, and low energy, and their lives have completely turned around as a result of our partnership together.

As a result of our work, my clients:

- Experience fewer sugar/food cravings
- Enjoy seeing themselves in the mirror and feeling their best version of themselves.
- Like the way their clothes fit
- Better self-image & confidence, quality of life, less pain, good health, and more energy eating foods, they enjoy and still losing weight
- Report having better quality of sleep and waking up feeling well-rested, refreshed, and so much more

The good news is my clients end the vicious dieting cycle by having an overall nutrition & lifestyle plan!

Curious about how my unique approach can help you? Let's chat!

Grab a spot on my calendar and let's come up with your personalized plan of action.







THANK YOU FOR PURCHASING AND WORKING OUT WITH ME! 10 DAY HOME WORKOUT PLAN

Beginners

Looking to maximize results?



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