



Kathy Smith's
flat abs
over 40

3-DAY LIQUID CLEANSE + WORKOUT PLAN



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THE PLAN:

Whether or not you're into New Year's Resolutions, chances are good that you'd like a fast and effective "reset" button for your body, mind and spirit. The Flat Abs Over 40: 3-Day Liquid Cleanse is just that. It's not some "get thin quick" gimmick. It's about switching up your normal eating habits, eliminating the guesswork, and giving your digestive system a rest so that you can recalibrate and pave the way to weight loss success.

The plan couldn't be easier to follow. Just stick to the Simple Seven (see page 4) for 3 days in a row. Make sure you don't go more than 2 hours between each step.

If you happen to go off track, don't consider the rest of the day a waste. Just get back on track as soon as you can.

Also, be sure to drink as much water as possible. Your body will need it to flush things out and keep the cleanse moving forward.

THE GOAL:

A cleanse is a great way to increase the efficiency of the digestive system and help kickstart your metabolism.

Over the years, I've visited spas and yoga retreats that promote cleanses, and I've always liked to think of it as a quick way to jumpstart my system. This 3-day approach is a totally doable version, adaptable to almost any lifestyle and, most importantly, it works!



THE BIG PAYOFFS:

You'll notice that the benefits of this 3-day cleanse are both internal and external. Whether you'd just like to improve your energy or jumpstart your weight loss (or both), you'll enjoy several results that may include:

- Losing water weight
- Improved quality of sleep
- More energy throughout the day
- Greater mental focus
- Reduced joint pain
- A more youthful appearance
- A flatter midsection

THE EXERCISE:

Since a cleanse puts you on a temporarily-reduced caloric intake, it's not the time for long, grueling workouts since you won't be getting the fuel you need for intense exercise. But it's important to keep your body moving - which makes this a perfect time to focus on yoga and pilates. These approaches to movement serve as a gentle physical companion to cleansing: They're gentle enough to be appropriate for all fitness levels, but they're still effective methods for improving core strength and flexibility - a must for the "new you." During the cleanse, we'll focus on yoga and pilates routines for a total body workout in just 10 minutes.

WHAT YOU'LL NEED:

Set yourself up for success by stocking your kitchen with the right ingredients. Use the attached grocery list to guide you through this cleanse. After all, it's much easier to stay on track when everything is right at your fingertips.



- 1 garlic root
- 12 lemons
- 3 C. broccoli
- 1 bunch kale
- 5 C. arugula
- 1.5 avocado
- 12 radishes
- 1 bunch swiss chard
- 3 green apples
- 1 bunch celery
- 6 cucumbers
- 3 C. coconut water
- 3 C. spinach
- 6 carrots
- 3 beets
- 6 C. mixed berries
- 24 oz. almond milk
- protein powder

Fresh or ground ginger?

You choose!
1" of fresh ginger
= 1 1/4 tsp. ground ginger

the simple7

STEP
1

MORNING: GINGER DRINK

STEP
2

MORNING: CLASSIC GREEN JUICE

STEP
3

MID-MORNING: BERRY PROTEIN SHAKE

STEP
4

LUNCH: GREEN MACHINE

STEP
5

MID-AFTERNOON: SPICY APPLE SMOOTHIE

STEP
6

DINNER: COCONUT BERRY SHAKE

STEP
7

DESSERT: TROPICAL COCONUT

- Feel free to mix & match your green juice options.
- If you feel like you need to chew, cut up an apple to snack on
- Make extra liquid to sip on either at the desk or in the car
- If you don't have coconut water, replace it with regular water
- Drink as much Morning Energizer and herbal tea throughout the day as you want



MORNING BURST

INGREDIENTS:

- 1 inch ginger root
- 8 oz. hot water
- 1 lemon
- Sprinkle of cayenne pepper or turmeric

DIRECTIONS:

Peel the ginger, then chop the into small chunks. Put in the bottom of a mug. Pour in the hot water. Squeeze the juice from the lemon into your mug, and sprinkle with cayenne pepper or turmeric.



GREEN MACHINE SMOOTHIE

INGREDIENTS:

- 1 C. broccoli
- 1 1/2 C. cold water
- 1 leaf kale
- 1 C. arugula
- 1/2 avocado
- 1 juiced lemon

DIRECTIONS:

Put all ingredients into a blender. Add more water as needed. Best if served cold.



SPICY APPLE SMOOTHIE

INGREDIENTS:

4 radishes
3 leaves chard
Handful arugula
Ginger to taste
1 C. cold water
1/2 green apple

DIRECTIONS:

Put all ingredients into a blender. Add more water as needed. Best if served cold.

CLASSIC GREEN JUICE

INGREDIENTS:

4 stalks celery
1 cucumber
Handful of kale
1 lemon, peeled
1/2 apple

DIRECTIONS:

Juice all ingredients together. Best if served cold.



TROPICAL COCONUT SMOOTHIE

INGREDIENTS:

1/2 C. coconut water, chilled
1/2 C. cold water
Handful of spinach
1 Cucumber, sliced
2 stalks of celery
Squirt of lemon juice

DIRECTIONS:

Blend all ingredients together until smooth.
Best if served cold.



SWEET BEET JUICE

INGREDIENTS:

2 carrots
1 beet
1 lemon, peeled

DIRECTIONS:

Put all ingredients in juicer and enjoy!



BERRY PROTEIN SMOOTHIE

INGREDIENTS:

1/2 C. frozen blueberries
1/2 C. frozen strawberries
8 oz (1 C.) unsweetened vanilla almond milk
1 scoop of protein powder
1 squeeze lemon

DIRECTIONS:

Blend together and enjoy!



COCONUT BERRY SMOOTHIE

INGREDIENTS:

1/2 C. mixed berries, frozen
1 C. unsweetened coconut water
1 serving protein powder
ice to thicken

DIRECTIONS:

Blend all ingredients together in a blender.
Add ice to thicken.

the **workouts**

Each day of this cleanse, we'll focus on yoga and pilates routines for a total body workout in just 10 minutes each. I suggest energizing each morning by doing the Pilates For Abs routine and then finish your day off with this gentle yoga segment before bed.



10-MINUTE PILATES FOR ABS PASSWORD: FLATABSOVER40



10-MINUTE YOGA



note from kathy

Yes, it's possible to have flat abs over 40, and if that's what you want, you deserve to have it. In fact, you deserve to make this the best year of your life - and that starts with letting go of what's not working so that you can make room for new habits and a more satisfying lifestyle - and that's what a good cleanse is all about. Enjoy this fun and easy "reset" button, and here's the healthiest year of our lives.

With much love,

♥ Kathy Smith

