



Kathy Smith's
protein shake
diet plan

2 WEEK JUMPSTART TO THE BEST SHAPE OF YOUR LIFE



Kathy Smith's protein shake diet plan

THE PLAN:

Chances are good that you'd like a fast and effective "reset" button for your body, mind and spirit. The Two-Week Protein Shake Diet Plan 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 5) for two weeks in a row. Make sure you don't go more than 3-4 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 two-week jumpstart 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 2-week 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 2-week jumpstart 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:

Starting on Day 1 you will do my revolutionary Matrix exercises for 10 minutes a day. Your exercise program starts on page 17. If this marks the first time in a while that you've engaged in physical activity, it is OK to go easy on yourself in the first couple of days. My hope is that you soon find that the rewards of exercise motivate you to adopt an active lifestyle forever. Exercise is so much more than a means to lose weight. It's how we stay young, healthy, spirited, and feeling in control. It Should be nonnegotiable.

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.

GROCERY LIST

- Almond milk
- Frozen mixed berries
- Nonfat vanilla yogurt
- 1 ginger root
- Lemons
- Chicken breasts
- Salmon
- Eggs
- Spinach
- Broccoli
- Asparagus
- Red peppers

Fresh or ground ginger?

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

THE GUIDELINES:

- **Lean proteins and vegetables are the center of attention** these two weeks, and you are eliminating starchy carbohydrates, such as bread, pasta, rice, and cereal. Refined sugars and most sweets are off the list this week too.
- **Substitute one of my nutritious protein shakes for up to two meals a day.** These delicious, easy-to-make shakes will help supercharge your weight loss for a reason you may not expect.
- **Eating every three to four hours is critical** to your success. Do not skip a meal or a snack. Eating frequently keeps your metabolism running in high gear, your blood sugar balanced, and your energy level maximized. You are less likely to feel either ravenous or painfully full, and you will stay satisfied between meals.
- **If you haven't set up a journal yet, do it now.** Be sure to record what you eat at every meal and snack and how much physical activity you're doing. Maintaining a journal will help you identify both good and unhealthy patterns in your eating habits.
- **Exercise for 10 minutes** every day.
- Because hydration is key to weight loss and good health, you should **drink at least six glasses of sugar-free liquids a day.** At least five of those glasses should be water, which you should drink at every meal and snack.
- **Don't forget to snack.** Have two snacks a day—ideally, one in midmorning and one between lunch and dinner.
- **Indulge in desserts...every day!** There is a time and place for sneaking in a sugary indulgence at every step of the Feed Muscle, Shrink Fat program. After all, sweets can satisfy us in ways nothing else can.



the simple7

STEP
1

MORNING: MORNING BURST DRINK

STEP
2

MORNING: PROTEIN SHAKE

STEP
3

MID-MORNING: SNACK

STEP
4

LUNCH: LEAN PROTEIN + VEGGIES

STEP
5

MID-AFTERNOON: SNACK

STEP
6

DINNER: PROTEIN SHAKE

STEP
7

POST-DINNER: DESSERT

KATHY'S TIPS:

- Feel free to mix & match your protein shakes.
- If you feel like you need to chew, cut up an apple to snack on
- Choose any of my approved protein shakes or invent your own!
- Drink as much Morning Burst and herbal tea throughout the day as you want

protein shake

recipes



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.

BASIC BERRY PROTEIN SHAKE

INGREDIENTS:

1 C. unsweetened almond milk

1/2 C. mixed berries

1 serving chocolate or vanilla protein powder

Ice to thicken

DIRECTIONS:

Put all ingredients into a blender and mix until smooth. Enjoy!



FRUIT COBBLER PROTEIN SHAKE

INGREDIENTS:

- 1 Serving vanilla protein powder
- 1 C. Frozen peaches or pears
- 1 C. Unsweetened vanilla almond milk
- 1 tsp. Cinnamon
- 1/4 tsp. Vanilla
- 1/4 tsp. Nutmeg

DIRECTIONS:

Put all ingredients into a blender and mix until smooth. Add ice as needed to thicken.



POMEGRANATE BLUEBERRY PROTEIN SHAKE

INGREDIENTS:

- 1/2 C. chilled pomegranate juice
- 1/2 C. frozen blueberries
- 8 oz. unsweetened almond milk
- 1 serving vanilla protein powder
- Handful of ice to thicken

DIRECTIONS:

Put all ingredients into a blender and mix until smooth. Add ice as needed to thicken.



PUMPKIN SPICE PROTEIN SHAKE

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.



PURPLE MACHINE PROTEIN SHAKE

INGREDIENTS:

1/2 C. Garbanzo beans
1/2 C. Mixed berries
1 C. Unsweetened almond milk
1 Tbsp. Lemon juice
Ice to thicken

DIRECTIONS:

Put all ingredients into a blender and mix until smooth. Add ice as needed to thicken.

lean protein

recipes



GRILLED HERBED CHICKEN

INGREDIENTS:

4 boneless skinless chicken breast halves
2 Tbsp. olive or canola oil
5 Sprigs fresh rosemary
5 Sprigs fresh sage
Juice of 2 lemons

DIRECTIONS:

Rub chicken breast halves with the oil, and sprinkle on both sides with the rosemary and sage. Let rest while you heat a grill pan, the bar-b-q grill, or a heavy non-stick skillet to medium high. Cook chicken on each side for 4 – 5 minutes each until golden brown and cooked through. Squeeze lemon over the top and serve.



MEXICAN STYLE SCRAMBLE

INGREDIENTS:

Nonstick canola oil cooking spray
1/4 cup chopped green bell pepper
1 small tomato, chopped
1 whole egg plus 3 egg whites
Chopped fresh cilantro (optional)

DIRECTIONS:

Mist a nonstick skillet with nonstick cooking spray. Heat the skillet over medium-high heat for 2 minutes. Saute bell pepper in hot skillet until tender (2 to 3 minutes). Add tomato and cook just until softened (1 minute). Lightly beat whole egg and egg whites in a small bowl. Add eggs to the vegetable mixture in skillet. Stir with a rubber spatula until eggs are set.



GRILLED CHICKEN SALAD

INGREDIENTS:

2 grilled skinless, boneless chicken breasts
8 cups torn salad greens
1/2 of a cucumber, thinly sliced
1 large tomato, cut into wedges
1/2 of a green or red bell pepper, sliced
2 scallions, sliced
1/2 of an avocado, peeled and diced
2 hard-cooked egg whites, chopped

DIRECTIONS:

Cut chicken into bite-size pieces; set aside. Mix the salad greens, cucumber, tomato, bell pepper, and scallions in a large bowl. Toss with olive oil and divide between 2 bowls. Sprinkle the avocado and, if desired, egg whites over the salad. Arrange chicken pieces on each salad. Serves 2.



ASIAN GLAZED SALMON

INGREDIENTS:

3 Tbsp. white or yellow miso
2 Tbsp. minced fresh ginger
2 Tbsp. brown sugar
2 Tbsp. low-sodium soy sauce
2 Tbsp. water
4 salmon fillets (4 to 6 ounces each)
Chopped scallions

DIRECTIONS:

Preheat broiler. Stir together miso, ginger, brown sugar, soy sauce, and water in a small bowl, mixing until well combined. Line a baking sheet with foil and mist with cooking spray. Arrange fish on baking sheet, skin sides down. Coat each piece with the miso mixture. Broil fish 6 inches from heat for 10 mins. Sprinkle with scallions.

delicious dessert — recipes



APPROVED DESSERTS:

- Diet Swiss Miss Hot Chocolate® or Carnation Hot Chocolate Light®
- Sugar-Free Jell-O® pudding or Sugar-Free Jell-O®
- 1 single Popticle®, Fudgcicle®, or Creamcicle®
- The Skinny Cow Fat-Free Fudge Bar® or The Skinny Cow Ice Cream Sandwich®
- Weight Watchers Smart Ones Pop®
- ½ cup berries with 1 tablespoon Fat-Free Reddi-Wip®
- ½ cup berries with ½ cup nonfat vanilla yogurt with ¼ ounce shaved dark chocolate on top (This is one of my all-time favorites!)
- ½ grapefruit sprinkled with stevia or Splenda
- 1 ounce dark chocolate (Tip: Go for chocolate that has 60 percent or more cocoa. It is higher in healthful antioxidants.)
- Cup of tea with a teaspoon of honey or agave nectar

scrumptious snack

recipes

SNACK ATTACKS:



- Celery sticks with 1 to 1½ tablespoons soy nut butter, almond butter, or natural crunchy peanut butter
- Starkist® tuna (5-ounce bag) wrapped in lettuce leaves (optional: dress up the tuna with dillweed, lemon juice, green onions, light mayo, and/or lemon pepper)
- 2 hard-cooked egg whites, cauliflower, or celery dipped in 1 to 1½ tablespoons hummus
- 1 hard-cooked egg, sliced and served with diced tomatoes or salsa
- 2 ounces turkey, beef, or salmon jerky with ½ or 1 medium cucumber
- ¾ cup plain low-fat or fat-free yogurt (preferably organic) with ½ cup berries
- ¾ cup edamame (soybeans)
- 4 asparagus stalks wrapped with 4 ounces turkey slices (optional: add mustard)
- 1 hard-cooked egg with balsamic vinegar and steamed asparagus or spinach
- 2 to 3 ounces roasted turkey with ¼ avocado rolled up inside (optional: add mustard)
- ½ chopped apple
- 1 high-fiber bar (look for one that has less than 200 calories, at least 5 grams of fiber, and fewer than 20 grams of sugar)
- Asparagus wrapped in turkey

the workouts

Each day of this jumpstart, we'll focus on matrix training for a total body workout in just 10 minutes each day.

10-MINUTE MATRIX METHOD ULTIMATE SCULPT FREE VIDEO DOWNLOAD



DOWNLOAD INSTRUCTIONS:

1. Click [here](#)
2. Proceed to checkout
3. Enter the 100% off coupon code: 14DAYFATBURN
4. Follow the download instructions on your screen

note from *kathy*

Yes, it's possible to be in the best shape of your life, 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 jumpstart is all about. Enjoy this fun and easy "reset" button, and here's the healthiest year of our lives.

With much love,

♥ *Kathy Smith*

