

# MOVE-MENT

## April 30-Day Detox Meal Plan



*30 Day Fitness & Meal Program to Transform Your Life*  
*by Stacey Gerner*

# WHY DETOX?

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- ✔ EAT DELICIOUS MEALS THAT WILL DETOX YOUR BODY AND MAKE YOU FEEL YOUR BEST
- ✔ DE-BLOAT
- ✔ RE-ENERGIZE YOUR BODY AND MIND
- ✔ REFOCUS ON YOUR GOALS AND SET NEW INTENSIONS
- ✔ DETOX YOUR HOME, MIND, AND SOUL AND LET GO OF WHAT NO LONGER SERVES YOU
- ✔ PRACTICE PREVENTION EATING. IN ORDER TO STICK TO DETOX PLAN, YOU MUST EAT ALL THE MEALS AND EVERY SNACK. EAT BEFORE YOUR HUNGRY, SO THAT YOU NEVER OVER-INDULGE AND GIVE IN TO TEMPTATION. YOU WILL ALSO FEEL MORE ENERGIZED!
- ✔ AND THE MOST IMPORTANT REASON.... BECAUSE YOU DESERVE TO FEEL LIKE THE CONFIDENT, STRONG, BRILLIANT, AND BEAUTIFUL PERSON THAT YOU ARE!

# DETOX BASICS

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- **HAVE 4-5 SMALL MEALS A DAY**
  - EAT EVERY 2-3 HOURS
  - NEVER FEEL HUNGRY
- **EAT CLEAN, LEAN & GREEN**
  - LEAN PROTEINS
  - CLEAN INGREDIENTS, AVOID ARTIFICIAL SWEETENERS
  - HAVE AS MANY GREENS AS YOU WOULD LIKE
- **LIMIT STARCHES AFTER LUNCH**
  - THIS WILL RETRAIN YOUR METABOLISM TO BURN FAT
  - ENJOY STARCHES IN THE MORNING
  - FOCUS ON GREEN & LEAN PROTEIN AFTER 12:00PM
- **MORNING METABOLISM BOOST**
  - 1 TABLESPOON APPLE CIDER VINEGAR
  - HOT WATER & LEMON
- **PREPARE FOR SUCCESS**
  - PLAN YOUR WORKOUTS & MEALS FOR THE WEEK IN ADVANCE
  - MEAL PREP SUNDAY
  - LAY OUT WORKOUT CLOTHES IN ADVANCE
  - JOURNAL YOUR DAILY INTENSIONS

# GROCERY LIST

## PHASE 1

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### VEGGIES

Beets  
Tomatoes  
Carrots  
Celery  
Collard Greens  
Fresh Ginger  
Garlic  
Kale  
Bell Peppers  
Spinach  
Yellow Onions  
Your Favorite Veggies

### FRUIT

Strawberries  
Blueberries  
Blackberries  
Rasberries  
Avocados  
Lemons  
Melon

### CANNED ITEMS

Tuna  
Salmon

### SUPPLEMENTS

Calcium Nitrate  
Vitamin D  
Multivitamin

### PANTRY

Apple Cider Vinegar  
Seasonings for Meat  
Balsamic Vinegar  
Organic Olive Oil  
Coconut Oil Spray  
Coffee/Green & Black Tea  
Decaffeinated Green Tea  
Salt/Pepper

### PROTEIN & MISC.

Omega 3 Eggs  
Greek Plain Yogurt  
Cottage Cheese  
Your Favorite Protein:  
omega 3 eggs, turkey  
lean chicken, smoked salmon,  
low fat cheese, fish  
Health-Aid Kombucha

# PHASE 1

	B	L	D	AM/PM
Mon	2 SCRAMBLED OMEGA 3 EGGS 1 OZ CHEESE 1/2 C. BERRIES COFFEE/TEA	A LARGE MESCLUN SALAD WITH 4 GRILLED LARGE SHRMP/ LEMON JUICE + OLIVE OIL	HOUSE SALAD RED SNAPPER (4-5 OZ) WITH OLIVE OIL & STEAMED ASPARAGUS	10AM: A CUP OF GREEN TEA  3PM: CAPRESE SALAD & GREEN TEA
Tue	1 CUP PLAIN YOGURT & 1/2 CUP BERRIES COFFEE/TEA	3-4 EGG WHITE VEGGIES OMELET WITH 1 OZ. FETA  SMALL SALAD: LEMON + OLIVE OIL	SALAD NICOISE & 4-5 OZ TUNA, 1 HARD BOILED EGG & LOT'S OF VEGGIES	10AM: A CUP OF GREEN TEA  3PM: 2 OZ LOW FAT CHEESE WITH VEGGIES
Wen	1 CUP COTTAGE CHEESE & 1/2 CUP BERRIES COFFEE/TEA	LARGE MESCLUN SALAD WITH ALASKAN SALMON LEMON JUICE + OLIVE OIL	MISO SOUP SASHIMI (4-5 PIECES) OF YOUR CHOICE & LOW SOD. SOY SAUCE	10AM: A CUP OF GREEN TEA  3PM: 8 OZ LOW FAT YOGURT WITH CINAMMON
Wed	3 OZ. SMOKED SALMON ON 1/8 MELON W/ LEMON & PEPPER COFFEE/TEA	CHOPPED SALAD WITH 4-5 OZ OF CHICKEN, LEMON JUICE + OLIVE OIL	ARUGULA SALAD WITH LOW-FAT ASPARAGUS SOUFFLE (SEE RECIPE)	10AM: A CUP OF GREEN TEA  3PM: 2 OZ LOW FAT CHEESE WITH VEGGIES
Thu	3-4 EGG WHITE VEGGIES OMELET WITH 1 OZ. LOW FAT CHEESE	RED SNAPPER (4-5 OZ) WITH OLIVE OIL WITH A SIDE SALAD WITH LEMON & OLIVE OIL	4-5 OZ GRILLED WILD ALASKAN SALMON OR ARTIC CHAR, WITH OLIVE OIL STEAMED VEGGIES	10AM: A CUP OF GREEN TEA  3PM: 8 OZ LOW FAT YOGURT WITH CINAMMON
Sat	1 CUP PLAIN YOGURT & 1/2 CUP BERRIES COFFEE/TEA	1 CUP COTTAGE CHEESE WITH A SIDE SALAD WITH BALSAMIC VINEGAR + OIL	A LARGE SPINACH SALAD WITH 5 GRILLED LARGE SHRMP/ LEMON JUICE + OLIVE OIL	10AM: A CUP OF GREEN TEA  3PM: 2 OZ. GARLIC HUMMUS RAW VEGGIES
Sun	1 CUP COTTAGE CHEESE & 1/6 MELON COFFEE/TEA	GRILLED VEGGIES (EGGPLANT, FENNEL, SQUASH) WITH 3 OZ. GOAT CHEESE BALSAMIC VINEGAR + OIL	4 OZ. HALIBUT WITH SALSA VERDE SIDE SALAD WITH VEGGIES/ OLIVE OIL & LEMON	10AM: A CUP OF GREEN TEA  3PM: 8 OZ LOW FAT YOGURT WITH CINAMMON

Dessert Options- only if still hungry (stop eating after 8:00pm):  
6 ounces Greek Yogurt with cinnamon OR 1/2 cup low fat cottage cheese

# PHASE 1

	<b>B</b>	<b>L</b>	<b>D</b>	<b>AM/PM</b>
<b>Mon</b>				
<b>Tue</b>				
<b>Wen</b>				
<b>Wed</b>				
<b>Thu</b>				
<b>Sat</b>				
<b>Sun</b>				

# ENTERING INTO PHASE 2

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**BY NOW YOU SHOULD BE NEAR YOUR GOAL WEIGHT, CONGRATULATIONS!**

**A WONDERFUL CHANGE HAS OCCURRED WITH YOUR MIND & BODY. YOU HAVE SAID YES TO LIFE! YOU HAVE CONQUERED CRAVINGS AND HUNGER, AND ACHIEVED A HEALTHY WEIGHT.**

**PHASE 2- YOU WILL CONTINUE THE HEALTH-PROMOTING EATING STYLE THAT YOU BEGAN IN PHASE 1. BUT FIRST, TAKE STOCK OF HOW FAR YOU HAVE COME, HOW MANY SIZES AND INCHES YOU HAVE LOST, HOW GREAT YOU FEEL WHEN YOU MOVE, AND HOW MUCH LIGHTER YOU FEEL!**

**THE GOAL OF PHASE 2- TO GRADUALLY INTRODUCE FOODS WEEK BY WEEK THAT WERE RESTRICTED IN PHASE 1. PHASE 2- PROVIDES ADDITIONAL FOOD CHOICES AND SERVES AS A TRANSITION TO A LIFETIME OF HEALTHY EATING.**

**DURING PHASE 2- EAT BREAKFAST WITH PROTEIN, DRINK 2-3 LITERS OF WATER DAILY AND SAVE YOUR SNACKS FOR THE AFTERNOON.**

# Phase 2 Gradual



## WEEK 1

*Red Meat: If you enjoy lean red meat, you may add this back into your diet. Try to eat organic meat. Beef, lamb, pork, and venison are all acceptable. Consume small quantities and trim away excess fat. Eat no more than 2x/ week and no more than 8 oz.!*

## WEEK 2

*Fruit: You can introduce any delicious fruit back into your afternoon snack. You will now be having 2 pieces of fruit per day: one with breakfast and one with afternoon snack. Always eat fruit with your protein/calcium snack. For example: Melon & 1 cup cottage cheese.*

## WEEK 3

*Legumes: You can continue the plan as is, or include legumes such as lentils, black beans, navy beans, & black-eyed peas for lunch. For lunch, try an 8 oz- serving of bean soup, 1 oz. low-fat cheddar cheese & a side of salad w/ balsamic dressing.*

## WEEK 4

*Sweet Potatoes: They are high in carotene, and also in minerals. You may add one-half baked potato 2-3x/ week.*

## WEEK 5

*Raw Nuts may now be included in your diet. Manage your portion sizes & don't over-consume them. They are a great source of Vitamin A & E.*

## WEEK 6

*Complex Carbohydrates- 5 g fiber: whole-grain bread and cooked whole-grains. Indulge in these foods 2-3x per week. Do not have both on the same day or on the same day you have sweet potatoes or legumes. One serving is 1/2 cup of cooked grains (such as brown rice). When you reach your goal weight, you can add back in cereal with a protein at breakfast only!*

# PHASE 2

	B	L	D	AM/PM
Mon	2 SCRAMBLED OMEGA 3 EGGS 1 OZ CHEESE 1/2 C. BERRIES COFFEE/TEA	GRILLED CHICKEN CAESAR SALAD 1 OZ PARMESAN CHEESE	APP: TUNA CARPACCIO (2 OZ FRESH TUNA D: CHICKEN PAILLARD WITH VEGGIES	10AM: GREEN TEA  3PM: 1 MEDIUM APPLE OR PEAR WITH 2 OZ- LOW FAT CHEESE
Tue	1 CUP PLAIN YOGURT & 1/2 CUP BERRIES COFFEE/TEA	4OZ TURKEY BURGER OVER TRICOLOR SALAD WITH BALSAMIC VINAIGRETTE	APP: ICED- COLD GAZPACHO D: ROASTED TURKEY BREAST WITH STEAMED SPINACH	10AM: A CUP OF GREEN TEA  3PM: COTTAGE CHEESE WITH 1 MEDIUM ORANGE
Wen	1 CUP COTTAGE CHEESE & 1/2 CUP BERRIES COFFEE/TEA	SALAD NICOISE & 4-5 OZ TUNA, 1 HARD BOILED EGG & LOT'S OF VEGGIES	MISO SOUP SASHIMI (4-5 PIECES) OF YOUR CHOICE & LOW SOD. SOY SAUCE	10AM: A CUP OF GREEN TEA  3PM: 8 OZ LOW FAT YOGURT W/ PEACH/PLUM
Wed	3 OZ. SMOKED SALMON ON 1/8 MELON W/ LEMON & PEPPER COFFEE/TEA	CHOPPED SALAD WITH 4-5 OZ OF CHICKEN, LEMON JUICE + OLIVE OIL	ARUGULA SALAD WITH LOW-FAT ASPARAGUS SOUFFLE (SEE RECIPE)	10AM: A CUP OF GREEN TEA  3PM: FRUIT SMOOTHIE
Thu	3-4 EGG WHITE VEGGIES OMELET WITH 1 OZ. LOW FAT CHEESE	RED SNAPPER (4-5 OZ) WITH OLIVE OIL WITH A SIDE SALAD WITH LEMON & OLIVE OIL	4-5 OZ GRILLED WILD ALASKAN SALMON OR ARTIC CHAR, WITH OLIVE OIL STEAMED VEGGIES	10AM: A CUP OF GREEN TEA  3PM: 8 OZ LOW FAT YOGURT WITH TRAILMIX
Sat	1 CUP PLAIN YOGURT & 1/2 CUP BERRIES COFFEE/TEA	1 CUP COTTAGE CHEESE WITH A SIDE SALAD WITH BALSAMIC VINEGAR + OIL	A LARGE SPINACH SALAD WITH 5 GRILLED LARGE SHRMP/ LEMON JUICE + OLIVE OIL	10AM: A CUP OF GREEN TEA  3PM: 2 OZ. GARLIC HUMMUS RAW VEGGIES
Sun	1 CUP COTTAGE CHEESE & 1/6 MELON COFFEE/TEA	GRILLED VEGGIES (EGGPLANT, FENNEL, SQUASH) WITH 3 OZ. GOAT CHEESE BALSAMIC VINEGAR + OIL	4 OZ. HALIBUT WITH SALSA VERDE SIDE SALAD WITH VEGGIES/ OLIVE OIL & LEMON	10AM: A CUP OF GREEN TEA  3PM: 8 OZ LOW FAT YOGURT WITH FRUIT

Dessert Options- only if still hungry (stop eating after 8:00pm):  
6 ounces Greek Yogurt with cinnamon OR 1/2 cup low fat cottage cheese

# PHASE 2

	<b>B</b>	<b>L</b>	<b>D</b>	<b>AM/PM</b>
<b>Mon</b>				
<b>Tue</b>				
<b>Wen</b>				
<b>Wed</b>				
<b>Thu</b>				
<b>Sat</b>				
<b>Sun</b>				



# QUICK SNACKS

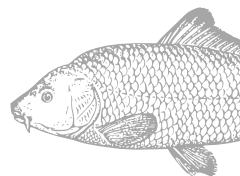
## CALORIE ADD ONS

### 100-150 CALORIES

- 5 egg whites
- 1 cup plain yogurt
- 1 tablespoon extra virgin olive oil
- 2 tablespoons chia seeds
- 1/2 cup cooked quinoa
- 1/2 medium avocado
- 3 oz canned tuna in water, drained
- 3 oz skinless chicken
- 1 cup firm, organic tofu
- 3 cups cooked and chopped kale
- 3 oz grilled shrimp
- 1/4 cup almonds
- 1 cup pineapple
- 1 banana
- 1 large apple
- 2 dates
- 2 inch square dark chocolate
- Protein Shake- Pea Protein

### 200-250 CALORIES

- 1 cup beans
- 1/4 cup chopped walnuts
- 1/4 cup unsalted sunflower seeds
- 2 tablespoons natural peanut butter or almond butter
- 4 oz cooked salmon
- 2 tablespoons extra virgin olive oil
- 1 scoop Protein + frozen banana +1 cup almond milk
- 1 cucumber with 1/2 cup hummus
- 25 baby carrots with 1/4 cup hummus



# MAINTENANCE

	<b>B</b>	<b>L</b>	<b>D</b>	<b>AM/PM</b>
<b>Mon</b>	BREAKFAST WRAP OR ANY MEAL FROM PHASE 1	VEGETABLE CHICKEN STIR FRY	TURKEY LENTIL TACOS	10AM: A CUP OF GREEN TEA 3PM: PROTEIN BALLS
<b>Tue</b>	PROTEIN PANCAKES OR ANY MEAL FROM PHASE 1	ROASTED QUINOA BOWL	BLACKED SALMON WITH PINEAPPLE PICO	10AM: A CUP OF GREEN TEA 3PM: VANILLA MINI MUFFINS
<b>Wen</b>	EGG WHITE VEGGIE BITES OR ANY MEAL FROM PHASE 1	NICOISE SALAD WITH GRILLED CHICKEN	GRILLED CHICKEN & VEGGIES	10AM: A CUP OF GREEN TEA 3PM: PROTEIN SMOOTHIE
<b>Wed</b>	OVERNIGHT OATS OR ANY MEAL FROM PHASE 1	CHOPPED SALAD WITH 3 LARGE GRILLED SHRIMP, LEMON JUICE + OLIVE OIL	GRILLED STEAK & VEGGIES	10AM: A CUP OF GREEN TEA 3PM: SIMPLE SUPERFOOD BAR
<b>Thu</b>	AVO SMOOTHIE OR ANY MEAL FROM PHASE 1	CITRUS GRAIN BOWL	CAULIFLOWER BOLOGNESE	10AM: A CUP OF GREEN TEA 3PM: SMOOTHIE
<b>Sat</b>	CRANBERRY NECTARINE SMOOTHIE BOWL OR ANY MEAL FROM PHASE 1	GRILLED SALMON OVER SWEET & SPICY KALE SALAD	TAHINI TRAY DINNER	10AM: A CUP OF GREEN TEA 3PM: 2 OZ. GARLIC HUMMUS RAW VEGGIES
<b>Sun</b>	VANILLA LATTE SMOOTHIE OR ANY MEAL FROM PHASE 1	GRILLED VEGGIES (EGGPLANT, FENNEL, SQUASH) WITH 3 OZ. GOAT CHEESE BALSAMIC VINEGAR + OIL	MIX & MATCH LEAN BOWL	10AM: A CUP OF GREEN TEA 3PM: APPLE & NUT BUTTER

Dessert Options- only if still hungry (stop eating after 8:00pm):

6 ounces Greek Yogurt with cinnamon OR 1/2 cup low fat cottage cheese



# Long-Term MAINTENANCE

*This detox program is a plan for healthy eating all life long and can be followed by all who seek to reclaim vitality. When you reach your goal weight, you should be eating a wide variety of delicious foods that help you stay slim and trim! I would like to emphasize that this plan is not about deprivation, but about selectivity. If you want to enjoy a special dessert, by all means, be my guest! You should have that dessert, but just not every night... and it should be really delicious, not just a store-bought sponge cake. Savor it!*

*Bottom line, when you are at your goal weight, weigh yourself in the morning (same time/day every week). By keeping track of your weight, it won't get out of control. If you find that you gained a few pounds, address it right away. Come back to this plan for a week and the pounds will drop off!*

*In health & happiness,  
Stacey Gerner*