



30-Day Transformation

30 Day Fitness & Meal Plan



3 bad habits that drain your energy:

1. Eating foods that cause inflammation response in the body
2. Constant dieting
3. Insufficient physical exercise

3 Key steps to change:

1. Decide that you want to change
2. Identify obstacles
3. Come up with a plan





3 Food Groups:

1. Carbohydrate
2. Protein
3. Fat

4-Point Food Energy Plan

- Eat every 4 hours
- Include protein at every meal
- Drink 10 glasses of water daily
- Include the food power molecule: phytochemicals, antioxidants, omega-3, and calcium,





Begin every day with a protein packed breakfast

Include protein at every meal and snack.

Drink ten glasses of water daily.

Eat a bag of salad each day

Exercise every single day.

Coffee and tea are fine daily.

6 Basic Energy Principles



Favorite Breakfast Grains



Kashi GOLEAN



McCann's
Oatmeal



Uncle Sam's
Toasted Whole Grain
Wheat Flakes



Uncle Sam's
Toasted
Whole Grain
Wheat Flakes

On-the-Run Meals

Breakfast



Every day nutrition
shake- see recipe book



Fat-free plain yogurt,
add ripe peach, 10
almonds or pistachios in
a bag



Hard-boiled egg with 2
ounces of cheese and a
medium sized Bartlett
pear



1-cup low fat ricotta
cheese with cinnamon,
½ cup blueberries, tbsp
pistachio nuts



Omega 3 salad with 5-
Kashi TLC crackers and
1 apple

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On-the-Run Meals

Lunch



Every day nutrition
shake with 1 piece of
fruit.



Whole wheat tortilla with
fresh arugula, avocado
slices, tomato slices, and
roasted chicken. One
piece of fruit.



One four-ounce pop-top
can of dark Italian tuna
with Ziploc bag of fresh
crudites and olives.



Lentil soup or turkey
chili in a thermos. Whole
grain crackers and 2-3
ounces of low-fat
cottage cheese. One
piece of fruit: apple, pear
or peach.



Salmon Croquettes (see
recipe) on salad of red
leaf lettuce, cucumbers
and dill. One piece of
fruit: apple, pear or
peach.



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On-the-Run Meals

Dinner



Eat your main meal midday, so for dinner, eat light and healthy.



Order steam chicken and broccoli.



Order Greek Salad.



Chicken wrap with vegetables, no mayo.



Always, avoid french fries!



Sample Menu Plan

DAY 1

Breakfast

Energy Omelet, 2-large omega-3 eggs with 1 ounce low-fat cheese.

1 Tbsp. onion, ½ cup chopped red pepper, and a handful of chopped fresh parsley or cilantro.

Lunch

Arugula salad with shaved parmesan cheese, grilled wild salmon with lemon.

Snack

Fresh veggie sticks (carrots, celery, yellow peppers) with guacamole.

Dinner

Ginger Soy Chicken (see recipe), wild rice, green beans amandine. After dinner a cup of ginger tea will assist digestion.



Sample Menu Plan

DAY 2

Breakfast

Yogurt Energy Starter
(see recipe).

Lunch

Mandarin orange,
walnut, and spinach
salad, grilled shrimp.

Snack

One apple and 2
ounces low-fat
Muenster cheese. If
you can't eat cheese,
have 3-4 ounces of
chicken or a 4-ounce
can of tuna in its place.
You can even have
hummus, and
substitutue crudites for
the apple with any of
the proteins.

Dinner

Grilled wild Alaskan
salmon, asparagus,
and wild rice.



Sample Menu Plan

DAY 3

Breakfast

High Energy Berry Blast (see recipe).

Lunch

Grilled trout with lemon and capers.
Broiled tomato-eggplant, slices drizzled with basil oil.

Snack

Vegetable crudites with olives and Parmigiano-Reggiano cheese.

Dinner

Buffalo kebabs with tomato, portobello mushrooms, and zucchini. Quinoa with pine nuts.



Sample Menu Plan

DAY 4

Breakfast

Caviar omelet with a side order of blueberries.

Lunch

Selenium Salad (see recipe). Field greens with grilled tuna and slivered Brazil nuts. (Tuna and Brazil nuts are two of the highest natural selenium foods known.)

Snack

One sliced white nectarine with a handful of almonds.

Dinner

Ginger-steamed cod with bok choy and scallions. Wild rice with lemon zest.



Sample Menu Plan

DAY 5

Breakfast

Two scrambled eggs with red and yellow peppers and part-skim mozzarella cheese. One side order of blueberries.

Lunch

Spiced shrimp with cucumber salad (see recipe). Sliced tomatoes on the side.

Snack

One cup fat-free plain yogurt with raspberries.

Dinner

Organic-free range filet mignon grilled with herbs. Roasted Sweet Potato Fries (see recipe).



Sample Menu Plan

DAY 6

Breakfast

Sunrise Chicken
Quesadilla (see recipe)
with mango salsa.

Lunch

Salad Nicoise (see
recipe) with seared
tuna.

Snack

One apple and a
handful of walnuts.

Dinner

Broiled lobster with
lemon, parsley, and
summer squash.



Sample Menu Plan

DAY 7

Breakfast

1 cup cottage cheese and ½ cup mixed berries with 3 tablespoons chopped walnuts.

Lunch

Grilled wild Alaskan salmon with white asparagus with citrus zest.

Snack

One apple and one organic part- skim mozzarella stick.

Dinner

Dinner salad with Alaskan halibut and papaya.



3-Day Mini Detox Energizing Program



Step 1: Wake Up + Move

Begin each day with a large glass of water + 1 hour workout.

Step 2: Breakfast

1 cup plain fat-free yogurt with ½ cup blueberries. Coffee/Tea.

Step 3: Lunch

Lots of greens & vegetables. Dress your salad with 1 tablespoon olive oil and vinegar. Choose a protein.

Step 4: Snack

1 cup plain, fat-free yogurt with raw vegetables. 1 cup green tea.

Step 4: Dinner

Grilled fish with herbs, a side salad, and two servings of vegetables. Berries for dessert & tea.





Swedish Massage

Shiatsu Massage

Fitness Coaching

Four Great Energy Boosters

Sauna- Followed by a
cold plunge in the
shower or pool.



Miraval, Tuscon, Arizona

An amazing sprawling facility where the focus is on getting back into balance.

Mayflower Inn & Spa, Washington Conneticut

A luxury five-star retreat just a few hours from the hustle and bustle of NYC or Philadelphia.

The Canyon Ranch, Lenox, Massachusettes

The tranquil setting offers a variety of energizing exercise classes and superb lectures about health.

The Lodge at Woodloch, Poconos

A destination spa with an array of Poconos activities to enjoy without leaving the resort.

Nemacolin, Farmington, PA

A holistic healing center to restore, transform and move.

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Perfect Weekend Getaways



Vitamins + Supplements



Omega 3

If you do not eat fish, I recommend you take an omega-3 fish oil capsule- 2000mg per day.



Calcium

All females should take calcium citrate with Vitamin D to prevent bone loss. I recommend 1500mg calcium daily for all women older than fifty years and 1000mg for younger woman.



Vitamin D

I recommend anyone over the age of 40 take 800 IU in supplement form.



Vitamin C

It is good if you travel weekly. I recommend taking 500mg, in the morning and 500mg in the evening to keep your immune system strong.

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Example of Vegetables + Fruits in a Typical Day



Breakfast

One piece of fruit or ½ cup
berries

Lunch

Salad of dark leafy green
vegetables, combined with
accents of red, yellow, and
purple vegetables to equal
four cups

Snack

One serving of fruit

Dinner

Two cooked vegetables

Dessert

One piece of fruit



Respect yourself, love yourself, because there has never been a person like you and there never will be again.



I wish you well in
your journey
toward health
and greater
energy. You
deserve the best!

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