



# *Complete Guidebook and Reference*

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**Congratulations...** for taking the first steps toward becoming the “**Best Version of YOU!**” and for downloading this Guidebook to accompany my 3-DAY CHALLENGE AND TRAINING:



First, please remember to put the following dates on your calendar at **11:30 AM CST /12:30 pm EST**

DAY 1 (Sep 5): **“Recover from the Summertime Madness: How to get back on Track with your Weight Loss & Health Goals?”**

DAY 2 (Sep 6): **“Discover What and How to Eat to Lose Weight Effortlessly”**

DAY 3 (Sep 7): **“Fight Sugar Cravings so that you Feel in Control of Food Choices”**

Second, please confirm you have joined my [private Facebook Group](#) where the challenge and training will take place.

## NOW A WORD...

I'm so excited you are joining us!

During the summer months, it's all about having fun, spending time with family and friends, and all that follows such as having less of a routine. This may include vacationing, theme parks, water parks, sporting events, dining out more, and more.

So, if the summer outings snuck up on you and interfered with getting your weight under control, don't get discouraged. You've still got time to shed a few extra pounds before the holiday season kicks in. If you're willing to make the right changes, your goals are already within reach!

These days, people are more concerned with their overall health, immune system, and especially, the impact weight has on their life. Consequently, people have even more concerns about the best way to eat to lose weight, boost energy levels, lower blood pressure, reduce blood sugar levels, and improve cholesterol levels – just to name a few.

That is what this challenge and training is all about. Specifically, how making small changes and mindful decisions can lead to big results!

Many people struggle with fatigue, unwanted weight gain, and brain fog. Trust me when I say, this does not have to be your story. I have seen how three (3) short days without highly processed foods greatly improves mood, boost energy levels, and reduces cravings!

You will experience first-hand how planned and balanced meals positively impact your body in only **THREE DAYS**. We are also going to cover common myths related to nutrition and weight loss that unknowingly sabotage achieving your desired results. Hence, you no longer live in this vicious cycle of failed weight loss attempts!

## SO WHY SHOULD YOU LISTEN TO ME?

Because I've "been there", "done that". I have not written the book (yet, LOL), but I am transparent in sharing my journey, mistakes, and struggles.

I've provided hundreds of people lifelong tools and strategies to lose weight, keep it off, boost energy levels and instilled the knowledge and confidence for making food choices that best support your personal beliefs and medical conditions.

Let me tell you that I'm sharing with you everything I know from practical, professional, and personal experience. My goal is to end your frustration and open a different door to a new way of living that brings you success, as well as joy while on the journey.

And if you're new to my work, rest assured that I am a successful Registered and Licensed Dietitian, Certified Personal Trainer, and Coach specializing in providing adults with personalized nutrition and lifestyle plans that result in sustainable weight loss, improved health, and the energy to do the things you enjoy most in life.

So, print out this guide, and have it handy during all 3 days of the challenge. You will receive fresh information each day of the challenge to move you a step closer to the goals you have worked so hard in the past to achieve.

I cannot wait to help you begin your “**Post Summer Detox**”. This is the perfect springboard start your journey of becoming the “**Best Version of YOU!**” by eating healthier, jump starting your weight loss, boosting your energy levels and feeling better!”

*Many Blessing and Healthy Regards,*

A handwritten signature in black ink that reads "Sandra". The signature is written in a cursive, flowing style with a large initial 'S' and a long, sweeping tail.



**Post-Summer Detox 3-Day  
Challenge (Get Your Weight  
Back on Track after Summer)**

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**action**  
It's All About Choices.

Aerobic | Conditioning | Training | Individualized | Optimal | Nutrition

Sandra Gultry

<http://ActionChoices.com>

## Welcome to " Post Summer Detox: A 3-Day Clean Eating Challenge to Get Your Weight Back on Track after Summer"

I am so excited you decided to join this exciting and fun challenge. Fall is approaching fast! The good news, it is not too late to reach your weight loss and health goals.

This 3-day challenge is designed to help you get back on track with your weight loss goal by jump starting your metabolism, boosting your energy levels, and transforming your body from the inside out without feeling deprived.

The meals are packed with whole grains, fruits, low-fat dairy, lean protein, vegetables, legumes, and heart healthy fats making it the perfect 3-day detox for anyone looking to eat cleaner without losing flavor, variety, and fun.

On the next pages, you will find the customized plan I have created specifically for this challenge, along with an itemized grocery list and delicious recipes.

During this 3-day experience, we are going to take the initial steps to get ready for your "Post Summer Detox" and have so much fun in the process. I look forward to hearing your successes, challenges and opps moments!

If you have any questions or comments, do not hesitate to post in our private FB group.

Many Blessings and Healthy Regards!

*Sandra*

### Important Next Steps

1. Join and access my [private Facebook group](#). This is where all the events of the challenge will take place and where the recordings are saved.
  2. The smoothie recipes were tested using a plant-based protein powder only. If you need a good recommendation, my favorite is Lean & Pure Plant Protein. It comes in both vanilla and chocolate and is an organic, plant-based complete protein powder derived from yellow peas (*Pisum Sativum*). [CLICK HERE](#) to learn more.
  3. Finally, stay tuned for an opportunity to join me for a "Special FB LIVE" on September 1st to receive pre-challenge instructions, directions, and tips before the weekend to help you prepare for grocery shopping and to start off strong on **Tuesday September 6th**. This is also a great time to ask me any questions you may have related to the Post Summer Detox Challenge.
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## Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

I also recommend reviewing each recipe before you go shopping to see if you need to reach out to me for substitutions.

## Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## Meal Prep Guide

Included with your 3-day meal plan is a meal prep guide, which is a document that lays out the exact steps you will take to put this meal plan to use. This prep guide is designed to break down the entire plan day-by-day, so that you know exactly when to cook, what to make, and what to do with leftovers!

This prep guide alongside your meal plan takes all the guess work away and will help you get the best results by ensuring they never forget or feel overwhelmed when it comes to prepping and packing your meals/snacks.

## Recipe Notes



















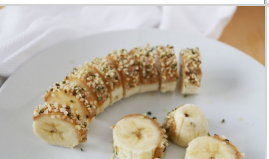


Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients, and prep them according to the ingredients list.

Unless otherwise indicated, you will be eating one serving of each meal. So, if a recipe serves two, prepare it, divide it into two even portions and enjoy one portion.

## Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

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	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Apple Cinnamon Overnight Oats PSD	 Apple Cinnamon Overnight Oats PSD	 Pumpkin Breakfast Cookies PSD	 Pumpkin Breakfast Cookies PSD	 Pumpkin Breakfast Cookies PSD	 Pumpkin Breakfast Cookies PSD
Lunch	 Tuna & Edamame Detox Salad	 Roasted Butternut Squash Soup with Kale Chips PSD	 Portobello BLT PSD	 Greek Chicken Burgers PSD		
Snack 1	 Hummus Dippers PSD	 Hummus Dippers PSD	 Brown Rice Chips with Salsa			
Dinner	 Roasted Butternut Squash Soup with Kale Chips PSD	 Portobello BLT PSD	 Greek Chicken Burgers PSD			
Snack 2	 Nectarine	 Nectarine	 Banana Sushi PSD			
	 Popcorn PSD	 Popcorn PSD				



## Fruits

- 1 1/2 Apple
- 1 Avocado
- 2 Banana
- 1 Lemon
- 2 Nectarine

## Breakfast

- 2 tbsps Almond Butter
- 1 1/2 tsps Maple Syrup

## Seeds, Nuts & Spices

- 1/16 tsp Black Pepper
- 1 tbsp Chia Seeds
- 1 tbsp Cinnamon
- 1 1/2 tsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1 1/8 tsps Nutmeg
- 1/2 cup Pumpkin Seeds
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Slivered Almonds
- 3/4 cup Sunflower Seeds
- 1/2 cup Walnuts

## Frozen

- 4 Brown Rice Tortilla
- 1/4 cup Frozen Edamame

## Vegetables

- 2 tbsps Alfalfa Sprouts
- 2 cups Arugula
- 4 cups Baby Spinach
- 1 cup Basil Leaves
- 2 cups Butternut Squash
- 1 1/2 Carrot
- 2 stalks Celery
- 2/3 Cucumber
- 1/4 head Endive
- 1 Garlic
- 1 1/2 tsps Ginger
- 3 cups Kale Leaves
- 4 cups Mixed Greens
- 12 ozs Portobello Mushroom Caps
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1/2 Sweet Onion
- 2 Tomato
- 1/2 Yellow Bell Pepper

## Boxed & Canned

- 16 cups Popcorn
- 2 cups Salsa
- 1/2 can Tuna
- 2 cups Vegetable Broth

## Baking

- 1 cup Almond Flour
- 1 1/2 tsps Baking Powder
- 2 cups Oats
- 1 cup Pitted Dates
- 3/4 cup Pureed Pumpkin
- 1/4 cup Raw Honey
- 1/4 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

- 8 slices Bacon
- 2 ozs Cheddar Cheese
- 1 lb Extra Lean Ground Chicken
- 1/2 cup Feta Cheese
- 1/2 cup Hummus

## Condiments & Oils

- 3/4 tsp Balsamic Vinegar
- 1/2 cup Black Olives
- 1 tbsp Coconut Oil
- 3/4 tsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil

## Cold

- 3/4 cup 1% Low Fat Milk
- 1 Egg

## Other

- 1/4 cup Water



## Apple Cinnamon Overnight Oats PSD

2 servings

8 hours

### Ingredients

- 3/4 cup Oats (quick oats work best)
- 3/4 cup 1% Low Fat Milk
- 1 tbsp Chia Seeds
- 1 1/2 tsps Maple Syrup
- 1/2 tsp Cinnamon
- 1/8 tsp Nutmeg
- 1/4 tsp Vanilla Extract
- 1/4 cup Water
- 1/2 Apple (cored and diced)
- 1/2 cup Walnuts (chopped)

### Directions

- 1 Combine oats, milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 3 Store in the fridge up to 4 days or until ready to eat.

### Notes

**Warm it Up:** Heat in the microwave for 30 to 60 seconds before eating.

**No Maple Syrup:** Use honey to sweeten instead.

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



## Pumpkin Breakfast Cookies PSD

8 servings  
45 minutes

### Ingredients

- 1 1/4 cups Oats (quick or rolled)
- 1 1/2 tsps Ground Flax Seed
- 2 tsps Cinnamon
- 1 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1 1/2 tsps Baking Powder
- 1/2 cup Pumpkin Seeds
- 1/2 cup Sunflower Seeds
- 1 cup Pitted Dates (chopped)
- 1 Egg
- 3/4 cup Pureed Pumpkin
- 1/4 cup Raw Honey
- 1 tbsp Coconut Oil (melted)
- 1 Carrot (grated)

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 3 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 4 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 5 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 6 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

### Notes

**No Coconut Oil:** Substitute with either margarine or butter.

**Make it Sweeter:** Add in a handful of dark chocolate chips.

**Vegan:** Use maple syrup instead of honey and a chia egg instead of an egg.

**Leftovers:** Freeze in the freezer-safe bag or container for up to one month.



## Tuna & Edamame Detox Salad

1 serving  
15 minutes

### Ingredients

3/4 tsp Balsamic Vinegar  
3/4 tsp Dijon Mustard  
1 1/2 tsps Extra Virgin Olive Oil  
1/16 tsp Sea Salt  
1/16 tsp Black Pepper  
1/2 can Tuna (drained and flaked)  
1/4 cup Frozen Edamame (thawed)  
1/8 Cucumber (diced)  
1/4 head Endive (julienned)  
1 cup Kale Leaves (chopped)  
2 tbsps Alfalfa Sprouts  
1 tbsp Slivered Almonds

### Directions

- 1 Combine balsamic vinegar, mustard, olive oil, sea salt and black pepper together in a jar. Mix well and set aside.
- 2 Combine remaining ingredients together in a large salad bowl. Drizzle with desired amount of dressing and toss well. Divide into bowls and enjoy!

### Notes

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

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**No Tuna:** Use diced grilled chicken instead.

**Vegan:** Use 1 can of cooked lentils instead of tuna.

**Nut-Free:** Replace almonds with sunflower or pumpkin seeds.



## Hummus Dippers PSD

2 servings  
15 minutes

### Ingredients

- 1/2 Yellow Bell Pepper
- 1/2 Carrot
- 2 stalks Celery
- 1/2 cup Hummus

### Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with ¼ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

### Notes

**Mix it Up:** Substitute in different veggies like cucumber or zucchini.



## Cheddar Cheese Cubes

**1 serving**  
**2 minutes**

### Ingredients

2 ozs Cheddar Cheese (cubed)

### Directions

- 1 Serve cheese on a plate or in a bowl and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container or food wrap for up to two weeks.

**Dairy-Free:** Use a dairy-free cheese instead.

**Serve it With:** Crackers, vegetables, nuts or cooked meat slices.

**No Cheddar:** Use swiss or gouda cheese instead.



## Brown Rice Chips with Salsa

4 servings  
15 minutes

### Ingredients

4 Brown Rice Tortilla  
2 cups Salsa

### Directions

- 1 Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
- 2 Remove chips from oven. Serve with salsa. Enjoy!

### Notes

**Flavored Chips:** Flavor your chips by brushing them with a bit of olive oil and spices before baking. Sea salt, cumin and chili powder all work great!

**Extra Mexican Flavour:** Squeeze a lime wedge over the chips after baking.

**Low FODMAP:** Ensure the salsa is onion-free.



## Roasted Butternut Squash Soup with Kale Chips PSD

2 servings  
1 hour 30 minutes

### Ingredients

- 2 cups Butternut Squash
- 1/2 tsp Cinnamon (plus extra for garnish)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 Apple (peeled, cored and sliced)
- 1/2 Sweet Onion (diced)
- 1 1/2 tsps Ginger (grated)
- 2 cups Vegetable Broth
- 1 tsp Sea Salt (divided)
- 2 cups Kale Leaves (cut into large pieces)

### Directions

- 1 Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
- 2 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 3 Place a large pot over medium heat and add half of the olive oil. Add the apples, onion, and ginger and saute for about 5 minutes or until soft.
- 4 Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
- 5 Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 6 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

### Notes

**Leftovers:** Refrigerate for up to four days. Freeze for up to three months.

**More Flavor:** Add some nutmeg and/or more cayenne pepper.

**No Butternut Squash:** Substitute with pumpkin.





## Portobello BLT PSD

4 servings  
30 minutes

### Ingredients

- 8 slices Bacon
- 12 ozs Portobello Mushroom Caps
- Sea Salt & Black Pepper (to taste)
- 1 Garlic (clove, minced)
- 1/4 cup Sunflower Seeds
- 1 cup Basil Leaves (chopped)
- 1 Lemon (juiced)
- 1/4 cup Extra Virgin Olive Oil
- 2 cups Arugula
- 1 Avocado (peeled and sliced)
- 2 Tomato (sliced)

### Directions

- 1 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper. Add the bacon. Bake in the oven for 8 minutes. Flip and let cook for another 8 to 9 minutes or until bacon is crispy. Remove and wrap in paper towel.
- 2 Brush the inside of your portobello mushroom caps with a splash of olive oil and season with sea salt and black pepper to taste. Place them on a baking sheet in the oven for 10 minutes. Remove from oven.
- 3 Use a food processor or blender to create your pesto by combining garlic, sunflower seeds, basil, lemon juice and extra virgin olive oil. Season with a pinch of sea salt and black pepper and blend until a creamy consistency forms. Transfer to a jar and set aside.
- 4 Add a handful of arugula to each mushroom cap. Top with sliced avocado, tomato and bacon. Drizzle with pesto. Enjoy!

### Notes

**Save Time:** Purchase pesto or omit.

**Bacon:** Use bacon of choice: Pork, beef, turkey or soy-based.



## Greek Chicken Burgers PSD

6 servings  
45 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1 Red Bell Pepper (diced and divided)
- 1/2 cup Red Onion (diced and divided)
- 4 cups Baby Spinach
- 1 cup Almond Flour
- 1 lb Extra Lean Ground Chicken
- 1/2 cup Black Olives (chopped and divided)
- 1/2 cup Feta Cheese (crumbled and divided)
- 1/2 Cucumber (diced)
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens

### Directions

- 1 Heat olive oil in a large skillet over medium heat.
- 2 Add half of the red pepper and half of the red onion to the skillet. Saute for about 5 minutes or until onion is translucent. Add baby spinach and stir just until wilted. Remove from heat and set aside to cool.
- 3 Add almond flour, ground chicken, half of the black olives and half of the feta cheese to the mixing bowl. Now add in your sauteed vegetables. Mix well. Form the mixture into even patties and place on a baking sheet. Transfer to the fridge until ready to grill.
- 4 Meanwhile, create your greek salsa in a bowl by combining the remaining red pepper, red onion, black olives, feta cheese and cucumber. Drizzle with a splash of extra virgin olive oil and season with sea salt and pepper to taste. Set aside.
- 5 Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through. Remove from grill.
- 6 Plate burger over a bed of greens and top with your chopped greek salsa. Enjoy!

### Notes

**No Almond Flour:** Substitute with any type of flour you have on hand. Ground flax could work too.

**No Ground Chicken:** Ground turkey (or any other type of ground meat) will work great.

**Get Creative:** These also work well as meatballs or sliders.

**Added Touch:** Serve with tzatziki.



## Nectarine

**1 serving**  
**2 minutes**

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### Ingredients

1 Nectarine

### Directions

- 1 Wash and enjoy!

### Notes

**Make it a Sweet:** Drizzle with a bit of raw honey or maple syrup.



## Popcorn PSD

4 servings

2 minutes

### Ingredients

8 cups Popcorn

### Directions

- 1 Pour into bowls and enjoy!

### Notes

Save time: 100-Calorie bag work great! Kettle corn is my favorite.



## Banana Sushi PSD

2 servings

5 minutes

### Ingredients


2 Banana (medium - 7" to 7-7/8" long)  
before peeling)  
2 tbsps Almond Butter  
2 tbsps Hemp Seeds



### Directions




- 1 Spread almond butter onto banana.  
;
- 2 Sprinkle hemp seeds over top.  
;
- 3 Slice and enjoy!

### Notes


No Hemp Seeds: Use sunflower seeds instead.

Day	Task	Notes
<p style="text-align: center;"><b>0</b></p> <p style="text-align: center;"><b>Sun/Mon</b></p>	 <p>Grocery shop.</p>	<p>Grab the grocery list for the Post-Summer Detox Program and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.</p>
	<p>Make Apple Cinnamon Overnight Oats.</p>	<p>Divide into mason jars, seal and store in the fridge for Monday and Tuesday breakfast.</p>
	<p>Make Tuna &amp; Edamame Detox Salad.</p>	<p>Divide into containers with the dressing in a separate container. Store in the fridge. (Note: You can also make these up as mason jar salads with the dressing on the bottom and filling the rest of the jar with the salad mix. Shake well before eating.)</p>
	<p>Make Hummus Dippers.</p>	<p>Slice veggies into sticks. Fill the bottom of a mason jar with hummus and fill the rest of the jar with veggie sticks, standing them up vertically. (For snack</p>

			Monday and Tuesday.)
		Optional Time Saver: Prep or make Roasted Butternut Squash Soup with Kale Chips.	You can choose to make the whole recipe now or make up parts of it in advance to save you time tomorrow, like roasting the butternut squash and/or making the kale chips.
		Make Pumpkin Breakfast Cookies.	Let cool and then store in baggies in the freezer.
<b>1 Tue</b>		Pack your meals if you are on-the-go.	Apple Cinnamon Overnight Oats, Tuna & Edamame Detox Salad and Hummus Dippers.
		Finish making Roasted Butternut Squash Soup with Kale Chips.	Enjoy for dinner and pack away a portion for your lunch tomorrow.
		Optional Time Saver: Cook bacon and pesto for tomorrow's Portobello BLTs.	Store the bacon in an airtight container and the pesto in a mason jar, both in the fridge.
		Enjoy Nectarine for snack with popcorn	Wash and enjoy! Or slice into wedges.

2 Wed		Don't forget to pack your lunch!	Apple Cinnamon Overnight Oats, Roasted Butternut Squash with Kale Chips and Hummus Dippers.
		Finish making Portobello BLTs.	Pack away a portion for your lunch tomorrow. (Tip: To mix things up, chop leftover ingredients and assemble on arugula for a BLT salad drizzled with pesto.)
		Make Brown Rice Chips with Salsa for a snack.	Store for tomorrow afternoon's snack.
		Optional Time Saver: Chop veggies for Greek Chicken Burgers for tomorrow night's dinner.	Dice red pepper, red onion, black olives, cucumber and feta cheese. Store in the fridge covered in small bowls.
		Enjoy Nectarine for snack with popcorn.	Wash and enjoy! Or slice into wedges.
3 Thu		Pack breakfast, lunch, and snacks.	Pumpkin Breakfast Cookies, Portobello BLT and Brown Rice Chips with Salsa.
		Finish making Greek Chicken Burgers for dinner.	Store leftovers in the fridge.



		Prepare Banana Sushi for evening snack or after dinner dessert.	Enjoy!
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**Calling all Weight Loss Warriors!**

**Was three (3) days too short?**

**Are you impressed by how you are feeling after only THREE days of eating clean, delicious, fulfilling, and easy to prepare meals and snacks?**

**Imagine what's possible for you with some direct 1:1 feedback and personalized attention from me!**

**Get ready to see your weight loss jump started, energy boosted, and continue on this road to improved health!**

**I want to give you the opportunity to ask questions and get answers directly related to you and your personal weight loss and/or health journey!**

Here's how you can continue the journey....



[www.ActionChoices.com/fnt](http://www.ActionChoices.com/fnt)

## About Sandra

Sandra is Registered and Licensed Dietitian as well as coach for adult women and men. Using personal and professional experience, she teaches her clients to overcome that sense of frustration and overwhelm associated with failed attempts at either losing weight, keeping the weight off, and/or improving their health status.

Pulling from a variety of leading-edge weight loss and lifestyle strategies, Sandra teaches her clients the necessary tools and techniques to move toward a healthier relationship with food as well as build habits that last for life. The result, healthy and sustainable weight loss, newfound energy and the ability to enjoy the things they love doing.

Sandra offers private sessions, group programs, runs challenges, webinars, and more. She lives in Orlando, FL with her husband and very active 9-year-old son.

To learn more please visit

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