

# JumpStart Diet

## DAY #1:

### Upon Arising:

Hot-Metab Cocktail

### Mid-Morning Snack:

2 hard-boiled eggs

### Noon:

4 oz grilled chicken breast

2 cups mixed greens

1 tbsp flax oil

Fresh lemon, to taste

### Mid-Afternoon Snack:

Hot-Metab Cocktail

### Dinner:

4 oz broiled halibut

2 cups steamed broccoli

### Before-Bedtime Snack:

Hot-Metab Cocktail

## DAY #2:

### Upon Arising:

Hot-Metab Cocktail

### Mid-Morning Snack:

2 hard-boiled eggs

### Noon:

4 oz baby shrimp

½ diced cucumber

1 diced tomato

1 diced scallion

1 tbsp. olive

Fresh lemon, to taste

### Mid-Afternoon Snack:

Hot-Metab Cocktail

### Dinner:

4 oz. Salmon

Fresh lemon, to taste

Sliced onions, to taste

2 cups steamed green beans

### Before-Bedtime Snack:

Hot-Metab Cocktail

## Day #3:

### Upon Arising:

Hot-Metab Cocktail

### Mid-Morning Snack:

2 hard-boiled eggs

### Noon:

4 oz. grilled chicken

1 diced scallion

1 chopped garlic clove

2 tbsp. yogurt

Cumin, to taste

Fresh lemon juice, to taste

Serve over 2 cups lettuce

### Mid-Afternoon Snack:

Hot-Metab Cocktail

### Dinner:

4 oz. grilled tuna steak

2 cups steamed asparagus

### Before-Bedtime Snack:

Hot-Metab Cocktail

## Hot-Metab Cocktail:

3 tbsp. fresh lime juice

1 vine-ripe tomato

½ cup chopped cilantro

2 tbsp. fresh chives

½ cup R/O water

2 tbsp extra-virgin olive oil

½ garlic clove

Dash of cayenne

Pinch of potassium-based salt substitute

3-4 ice cubes (purified water)

Blend all for approx 1 minute on high speed.

Yield: 12 oz.

## IMPORTANT DIET TIP:

Drink 1 oz R/O water daily  
for each 2 lbs. of body weight.

No more than 4 oz. per 30 minutes.