

# EAT, MOVE, THINK

# HEALTH KICKSTART



# **CONGRATULATIONS ON STARTING THE 5 DAY EAT, MOVE, THINK HEALTH KICKSTART!**

Before you start there are a few things to do before you start:

Go shopping before the start date.

In the Move section of this kickstart, We will divide each day into beginners, intermediate and advanced participants.

If there is any pain or discomfort during or after your exercise routine please stop.

So enjoy the journey and remember it is only days!

This won't be easy but will be worth it.

Yours in health,

The CCW TEAM

# SHOPPING LIST

Fruit and veggies

Frozen berries

Fresh berries-

Mango/banana/any others you like

Mushrooms 8 for 2 people

Bunch of asparagus

Avocado x 4

Kale

Baby spinach

Red cabbage

Cherry tomatoes punnet

Cucumber x 4

Carrots 1kg

Sweet potato - 1 kg

Spanish onion

Garlic

Celery

Cauliflower

Zucchini x 1 kg

2 capsicum

one lemon

ICE BERG lettuce

Bean sprouts



# SHOPPING LIST

Brown Lentils (if canned please buy BPA free lining and organic)

Chickpeas (if canned please make sure they have a BPA free lining)

Black beans (if canned please make sure they have a BPA free lining)

Pumpkin seeds, almonds and other activated nuts (prefer organic)

Rice paper rolls

Chia seeds

Milk – almond, coconut or other preferred nondairy milk

Organic tomato puree

Brown or basmati rice

Eggs organic

Raw Cocoa powder

Gluten free flour

Balsamic vinegar

Olive oil

Maple syrup

Tahini



	Breakfast	Lunch	Dinner	Snacks	
Monday	Very Berry Bowl	Mason Jar Jumble	Carrot, and other veggie sticks	Nuts and Seeds	
Tuesday	Choccie Chia Pudding	Open Mushroom Burgers	Veggie Frittata Muffins	Carrot, and other veggie sticks	
Wednesday	Mushroom & Asparagus Omelette	Buddha Bowl	Pasta Zoodles	Berries, you can also have them frozen	
Thursday	Gluten Free Pancakes	Fresh Paper Rolls	Loaded Sweet Potatoes	Kale chips	
Friday	AEK Avo, Egg & Kale	Mix & Match Salad	Open Burrito Bowl	Sweet Potato Chips	

# DAY 1



## VERY BERRY BOWL

1 Cup of mixed frozen berries  
1 banana or  $\frac{1}{2}$  a mango  
 $\frac{1}{2}$  avocado  
1 cup of coconut water

Blend and add topping like banana, pumpkin seeds, and nuts

## MASON JAR JUMBLE

- One clean jar with lid (700ml)
- Layer 1: Olive oil and balsamic or lemon juice with a tablespoon tahini and olive oil
- Layer 2: tomatoes, cucumbers, red onion, asparagus, celery, capsicum, carrots
- Layer 3: mushrooms, zucchini, beans, lentils
- Layer 4: boiled eggs
- Layer 5: rice or quinoa
- Layer 6: nuts and greens as lettuce, spinach or kale. .
- Get all the ingredients ready, that is cut, peel, wash the veggies/fruits. Boil the quinoa or rice. ▪ Prepare the dressing. ▪ Once everything is laid out throw all the ingredients according to the layers into the jars. Then lid on top and off they go into the fridge. As easy as that.



Fry with a little coconut oil, onions, garlic, celery, carrot, then add the rest of ingredients. Simmer until sweet potato cooked. Serve warm and enjoy!

## ONE POT LENTIL & VEGGIE STEW

SERVES 2 – 4 (FREEZE FOR ANOTHER TIME)

1 diced onion and garlic diced to taste  
2 stacks of celery diced  
1 carrot diced  
1 sweet potato cut in cubes  
1 cup of tomato puree (organic if possible)  
1 cup of cooked brown lentils  
2 cups of water or bone broth

# DAY 2

## CHOCCIE CHIA PUDDING



1 & 1/4 cups unsweetened almond or coconut milk  
1/4 cup chia seeds  
3 tablespoons raw cacao powder  
Dash of pink Himalayan sea salt (optional)  
1 tablespoon organic maple syrup or raw honey (you may want more depending on how sweet you want it)  
Add all of the ingredients to stir them together. Refrigerate until very thick and pudding-like, at least 4 hours or overnight, stirring occasionally. Serve the pudding chilled with whatever topping you'd like.

## OPEN MUSHROOM BURGERS

1 cup of mushrooms diced finely  
1 cup of brown lentils  
1 egg beaten

Combine all ingredients and make into patties (it can be messy so you can coat your hands in gluten free flour) then pan fry them until golden.

Enjoy with your favourite salad.



## VEGGIE FRITTATA MUFFINS

1 cup of baby spinach (trimmed)  
½ cup of small diced capsicum  
½ cup of diced mushrooms  
4 eggs  
salt and pepper to taste

In a pan fry all the veggies with a tablespoon of coconut oil until soft. In a bowl beat the eggs and add the cooked veggies. Place in a well greased or lined with baking paper the mixture into the muffin tins. Place in oven until set.

# DAY 3

## MUSHROOM OMELETTE



3 mushrooms diced

2 eggs beaten

1 bunch of asparagus trimmed ends

Salt and Pepper to taste

Stir fry mushrooms and asparagus, leave aside.

Then separately cook eggs omelette style and add mushrooms to it fold until cooked and then place asparagus inside the omelette.

## BUDDHA BOWL

2 Tbsp olive or melted coconut oil

1/2 red onion, sliced in wedges

2 large sweet potatoes, halved

1 bundle broccoli, large stems removed

Chopped 2 big handfuls kale, larger stems removed 1 can of chickpeas, drained, rinsed + patted dry

TAHINI SAUCE (OPTIONAL) 1/4 cup tahini, 1 Tbsp maple syrup, 1/2 lemon, juiced, 2-4 Tbsp hot water to thin

Preheat oven to 200 degrees C and arrange sweet potatoes and onions on a bare baking sheet. Then gradually add to the oven the kale and the broccoli (these need less time so add them once the sweet potatoes are soft). Drizzle them with some coconut oil and season to taste, you can add chilli, turmeric, or just salt and pepper.

Prepare sauce by adding tahini, maple syrup and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Set aside.

To serve: Slice sweet potatoes into bite size pieces.

Divide vegetables between 2 serving bowls and top with chickpeas + tahini sauce.



## ZOODLES

3 Zucchinis, make into noodles with a spiral cutter if you don't have one use a peeler.

1 cup of veggies, diced onion, capsicum, mushroom, or anything else you like.

Tomato passata (make sure you look for no added sugar and organic is best)

Stir fry veggies with some coconut oil. Add the tomato passata. Season to taste.

Place the noodles in a large mesh strainer, and sprinkle generously with salt.

Stir fry the noodles until slightly cooked, don't overcook them otherwise they are lifeless, you want a slight crunch. Add the sauce and enjoy!

# DAY 4

## PANCAKES

1 cup of gluten free self-raising flour  
1 egg  $\frac{1}{2}$  cup of milk (almond, coconut or rice)

Blend all ingredients and cook with a non-stick frypan sprayed with coconut oil.  
Add maple syrup and your favourite fruit topping. YUM!

## FRESH PAPER ROLLS

8 small rice-paper wrappers  
1/2 cup shredded iceberg lettuce  
3/4 cup (50g) beansprouts, trimmed  
1 small carrot, peeled, grated  
1 medium Lebanese cucumber, peeled, cut into julienne slices  
1 medium avocado, peeled, cut into strips Pour warm water into a heatproof bowl until half full.

Dip 1 rice paper wrapper in water. Place on a flat surface. Stand for 20 to 30 seconds or until soft enough to roll without splitting. Place one-eighth of lettuce along 1 edge of 1 wrapper. Top with one-eighth each of beansprouts, carrot, cucumber and avocado. Fold in ends. Roll up firmly to enclose filling. Cover with a damp tea towel to prevent roll drying out. Repeat with remaining wrappers, lettuce, beansprouts, carrot, cucumber and avocado.  
Refrigerate with damp tea towel and closed container.



## LOADED SWEET POTATO SKINS

2 sweet potatoes  
1/2 spanish onion  
handful of kale trimmed stacks  
1 cup of cooked black beans  
 $\frac{1}{2}$  avocado diced  
Cook sweet potatoes in a 180 degree oven for about 45 mins (can be done ahead of time)  
Don't forget to pierce the skin.  
Sautee the onion and kale until soft.  
Once the potatoes are soft, cut in half, scoop some of the sweet potatoes flesh and mash it, return it to the halved sweet potato and add the kale, onion, and top it off with diced avocado.  
Drizzle with a little olive oil and season to taste.

# DAY 5

## AEK (AVO, EGGS AND KALE)



2 Eggs any way you like

1 handful of kale or spinach trimmed ends.

1/2 avocado

Cook in a lightly sprayed pan (with coconut oil), one egg, bunch of kale (trimmed stacks).

Once cooked serve with half an avocado. Season with Himalayan salt.

## MIX AND MATCH SALAD

This is where we make sure we are not wasteful and use all of our shopping list ingredients left over from this week.

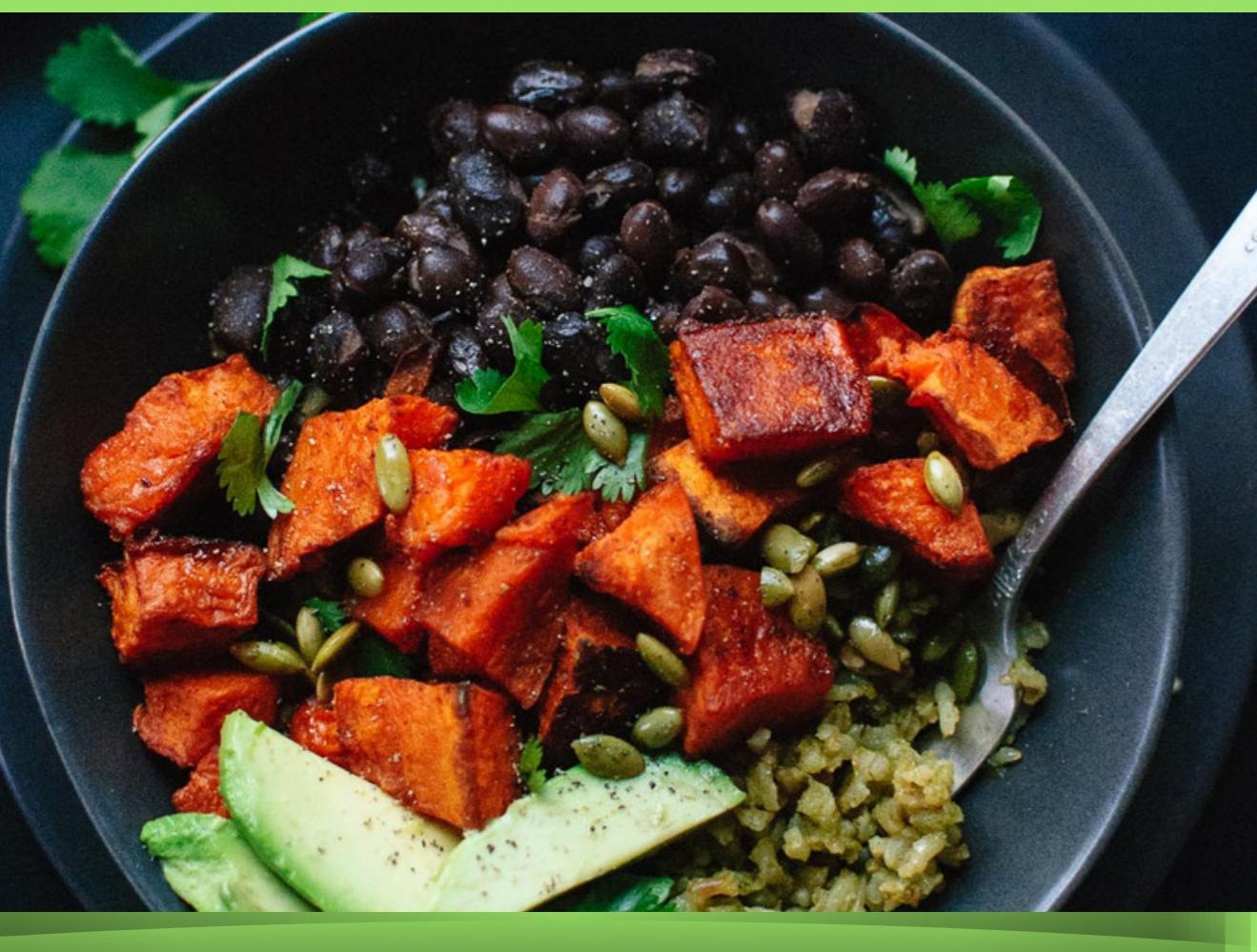
Let your imagination run wild and mix and match anything you like. Use lemon, olive oil, balsamic or tahini dressing.

Mix in a container of kale, cucumber, carrot, tomatoes , avocado diced, boiled egg , bean sprouts, chickpeas or lentils.

Let your culinary creativity shine through!



## OPEN BURRITO BOWL



1 sweet potatoes

1/2 spanish onion and garlic to taste

1/2 capsicum

fresh cherry tomatoes diced

1/2 cup of brown or basmati rice cooked

Sautee Spanish onions, capsicum, garlic with some coconut oil.

In a bowl add cooked brown rice, the cooked black beans and the sautéed veggies. Enjoy!

# FREQUENTLY ASKED QUESTIONS

## *I HAVE A HEADACHE? IS THIS NORMAL?*

This is normal, giving up sugar, caffeine and other processed foods can cause a rebound effect on your system. Get a massage, get adjusted by a Chiropractor, drink plenty of water, all this will help you deal with the symptoms of cleansing.

## *CAN I EXERCISE WHILE ON THE KICKSTART?*

Yes! But please take it easy. Follow the exercise program that has been provided for you, if you don't have the energy for anything else. Keep moving since this help remove the toxins that are being released when cleaning.

## *I AM CONSTIPATED!*

Yes, this can occur since changes are occurring in your gut. Make sure you have plenty of water, juices and exercise.

## *I FEEL DIZZY.*

This is very common, if it continues beyond day 3, take it easy and stop any rigorous exercise. If it persist seek advice from your health professional or contact me.

## *I HAVEN'T STUCK TO THE PROGRAM. HELP!*

Don't be harsh on yourself, dust it off and start again. We are all human, be kind to yourself.

# MOVE

This "Move" kickstart is especially designed to strengthen and lengthen essential muscles for optimum function.

Please stop if there is any pain or discomfort.

The following are exercises designed to suit levels of fitness, follow the exercises most suited to your level.

If you are a beginner :

<https://secure.webexercises.com/desktop/patient/rx.html?DQPHE82AP2NA>

If you are intermediate:

<https://secure.webexercises.com/desktop/patient/rx.html?XUOQLMZFE9MR>

If you are advanced:

<https://secure.webexercises.com/desktop/patient/rx.html?FJ17UROENYBD>



YOU DID IT!!!