

SHRED 10 SAMPLE PLAN

PHASE 1

Guidelines:

FOLLOW THESE DURING THE 10 DAY PERIOD

ADD:

1. More PLANT food & Juice +Capsules Daily
2. 2 Complete Shakes Daily
3. Plenty of Water
4. Take 10 Deep Breaths & Get 7 - 8 Hours of Sleep Daily
5. Exercise Most Days

ELIMINATE:

6. Caffeine & Alcohol
7. Eating after 6 pm*
8. Processed Foods
9. Gluten & Dairy
10. Artificial & Refined Sugars

*Flexible for children, pregnant/nursing mothers, elite athletes, and night shift workers



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Smoothie & Oatmeal	Smoothie Hard boiled eggs	Smoothie Banana apple pancakes	Smoothie Avocado Hard boiled egg	Smoothie & Oatmeal
SNACK	Apple & Cutie	Grapefruit	Apple & Cutie	Grapefruit	Apple & Cutie
LUNCH	Salad in a jar Creamy Turmeric Cauliflower Soup	DIY Burrito Bowl	Salad in a jar Creamy Turmeric Cauliflower Soup	DIY Burrito Bowl	Salad in a jar Creamy Turmeric Cauliflower Soup
SNACK	Almond Joy Energy Balls	Chocolate Chip Cookie Dough	Turkey Jerky	Almond Joy Energy Balls	Chocolate Chip Cookie Dough
DINNER	Chocolate Shake	Vanilla Shake	Chocolate Shake	Vanilla Shake	Chocolate Shake
EXERCISE	Rebounding Push ups Burpees Squats	Gym	Push ups planks & stretching	Stretch	Body Pump Class

SHRED 10 SAMPLE PLAN

PHASE 2

Guidelines:

FOLLOW THESE AFTER THE 10 DAY PERIOD

ADD:

1. More PLANT food & Juice +Capsules Daily
2. 1 - 2 Complete Shakes Daily
3. Plenty of Water
4. Take 10 Deep Breaths & Get 7 - 8 Hours of Sleep Daily
5. Exercise Most Days

REDUCE:

6. Caffeine & Alcohol
7. Eating after 6 pm*
8. Processed Foods

ELIMINATE:

(for at least 20 days)

9. Gluten & Dairy
10. Artificial & Refined Sugars

*Flexible for children, pregnant/nursing mothers, elite athletes, and night shift workers

Shred it. Live it. Share it.

	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
BREAKFAST	Banana Pancakes & Turkey sausage Smoothie	Poached eggs Sweet potato toast & almond butter Smoothie	Banana Pancakes & Turkey sausage Smoothie	Oatmeal & Smoothie	Smoothie Banana & nut butter
SNACK	Nuts & Seeds	Veggie sticks & hummus	Apple & Cutie	Veggie sticks & hummus	Veggie sticks & hummus
LUNCH	Curried lentils	Salmon Sauteed spinach Quinoa	Salad in a jar Turkey jerky	Salad in a jar Turkey jerky	Salad in a jar Turkey jerky
SNACK	Chocolate Pudding	Chocolate Pudding	Chocolate Chip Cookie Dough	Almond Joy Energy Balls	Chocolate Chip Cookie Dough
DINNER	Salmon Sauteed spinach Quinoa	Curried lentils	Vanilla Shake	Chocolate Shake	Vanilla Shake
EXERCISE	Hike	Run	Rebounding Push ups Planks	Yoga at home	Gym

bellashealthyliving.com/shred10
info@bellashealthyliving.com
 (949) 445-3757

