

Quick Start Guide

Three Day Beauty Meal Plan



LINDY SELLERS

Are you ready to change how you feel, detoxify your body, have more energy and change your appearance?

Get ready, because I am going to tell you how to get started!



Over the next three days, you will flood your body with large amounts of nourishing vegetables, fruits, and protein.

How will you do it?

- *Drink a smoothie for Breakfast.

- *Smoothie for Lunch.

- *For supper, eat salmon (or sardines in olive oil) and a big green salad with lemon juice. My favorite greens are arugula or baby kale.

- *If you get hungry between meals, eat blueberries and raspberries as a snack.

- *drink 1.5 to 2 quarts of water per day.

Steer away from processed or packaged foods, sugar, and bread. You will feel much better if you cut those things out of your diet.

Please try and stay on plan. If you veer off, your results may not be as good.

It's only three days, and you can do anything for three days!

*this plan is adapted from Dr. Perricone's Beauty Diet. I am not a dietitian, but I have used this eating plan to reset my system many times, with wonderful results.

Be sure to take a photo on day one and day three to see the difference in your face.



Green Smoothie

2 Bananas

2 cups of fresh spinach, kale, or collard greens

1 TBS hemp hearts

about 1/2 to 1 cup water.

(I like my smoothies thick so I use less water.)

Blend it all together well and enjoy!



Blueberry Smoothie

1 cup Blueberries

1 Banana

1 Handful of your favorite greens

a dash of Cinnamon.

1 TBS Hemp Hearts

1/2 to 1 cup water.

Blend until smooth



Beet Smoothie

2 raw beets

1 Banana

1 Medjool Date

1 handful of your favorite greens.

1 TBS Hemp hearts.

1/2 to 1 cup water. Blend until smooth.



Super Simple Salmon

Saute a salmon steak in 1 tsp of butter or olive oil.

Add salt and pepper and a pinch of lemon juice.

Serve over a bed of greens that have been dressed with only lemon juice.



Thank you for coming on this journey with me. I'm so grateful you chose to follow along and trust my guidance.

I hope you have fun and enjoy this step into the path of a living foods lifestyle.

Here's to vitality and radiant health!

xoxo,

Lindy

