

Sonia Marie's

5 Day Bikini Jumpstart



Your step-by-step guide to losing weight
and being bikini ready this summer!



Sonia Marie

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Hello! Welcome to my Bikini Jumpstart Guide! I'm so excited that you've taken this step in your health; it is one that you won't regret! This guide contains fat-burning secrets, a food diary, a five day meal plan, and a food index! These tools will jumpstart your nutrition journey and get you on track for the body that you've always wanted! You won't only look great, you'll also feel great! Good, whole foods create a response in our body that leaves us feeling incredible!

Want to lose more weight, faster?

Check out my 10 Day Cleanse! It is a downloadable PDF complete with step-by-step instructions, self-building guides, recipes, tips, and so much more! Find it at:

<http://www.sonia-marie.com/soniamarie/downloads/10-day-cleanse-with-sonia-marie/>

Fastest Fat-Burning Secrets

The most important part of this process is getting medical clearance to begin weight loss. Talk to your doctor before getting started!

Remove caffeine, processed foods, and artificial chemicals from your system! These things slow your body's natural fat removal processes.

TIP: If you really need that caffeine fix, drink a cup of green tea. For sweetener, use sweet leaf stevia or honey.

Start your day with a cup of warm water with lemon. This starts cleaning your liver, the #1 fat burning organ in our body!

Avoid eating "fat-free" items! They are usually replaced with processed sugars! Please eat full-fat dairy, cottage cheese, etc.

Cook with coconut oil instead of olive oil or vegetable oil. Coconut oil can sustain high temperatures without turning rancid, where olive or vegetable oils cannot.

TIP: When eating out, ask to have your food prepared in butter instead of oil! This will help you stay on track.

Stay away from bagged, boxed, or canned foods. Whole, fresh, natural foods are the key to transforming your body!

For 5 days, use cold-pressed organic olive oil with any citrus (lemon, lime, orange, etc.) as dressing on salads.

The largest meal of your day should be breakfast, and the smallest should be dinner. Eat carbs before 2:00 PM; this capitalizes on your body's metabolism!

My Food Diary

Day/Date/Time:

Food/Drink:	Hunger Level (0-5)	Situation (place, activity)	Comments (emotional, physical, mood)
Breakfast:			
Snack:			
Lunch:			
Snack:			
Dinner:			
Snack:			
Other			

Physical Activity:
(high/medium/low, duration)

*Make sure to add 1 hour of cardio for each of 5 days for maximum results.

Total Water Consumed:

Biggest Challenge:

Grateful For:

This diary will help you keep track of your foods to find what works best for your body.

5 Day Jumpstart Meal Plan

Breakfast

Lunch

Dinner

Snack

Day One

2 eggs
 1/2 cup oatmeal
 1/2 cup strawberries
 1 tbsp flaxseed oil



2 cups spinach
 4 oz. halibut
 1 tbsp olive oil

4 oz. chicken
 8 asparagus
 2 cups mixed greens



Green smoothie w/ protein powder once a day
 -AM or PM snack -

Day Two

2 eggs
 1 orange
 8 almonds

2 cups mixed salad
 4 oz. grilled chicken
 1 tbsp olive oil

4 oz. grilled fish
 1 cup broccoli
 1 cup mixed salad with lemon

Green smoothie w/ protein powder once a day
 -AM or PM snack -



Day Three

1 cups yogurt
 1/2 cup berries
 8 walnuts
 1 tbsp flaxseed oil

1 cups brown rice
 4 oz. grilled chicken
 1 tbsp olive oil

4 oz. grilled fish
 2 cups grilled veggies

Green smoothie w/ protein powder once a day
 -AM or PM snack -

Day Four

2 links turkey sausage
 1 apple



4 oz. turkey burger patty
 1 sweet potato
 1 tbsp butter



4 oz. grilled fish
 1 cup bok choy
 1 cup carrots

Green smoothie w/ protein powder once a day
 -AM or PM snack -

Day Five

1/2 grapefruit
 8 walnuts
 2 eggs
 1 cup yogurt

4 oz. turkey lunch meat
 2 cups veggies
 1 baked yam

4 oz. grilled seafood
 2 cups spinach (cooked)
 1 tbsp olive oil & lemon

Green smoothie w/ protein powder once a day
 -AM or PM snack -



Food Index

This is where you can exchange or edit the sample menu & choose the foods that appeal to your health & taste. So, if you don't love one green veggie in a recipe, choose one below instead! You can do the same for each food group.

Enjoy the food you love!

Tip for a natural fruit & veggie wash –
Wash all your veggies and fruits in a clean sink filled halfway with water by adding 1 cup of apple cider vinegar and ¼ cup of baking soda.

Vegetables

(Limited by fullness – Organic suggested)

Cucumber	Herbs
Tomatoes	Carrots
Bell Peppers	Broccoli
Mushrooms	Bok Choy
Onions	Green Beans
Cauliflower	Cabbage
Dark, Leafy Greens	Celery Root
Garlic	Artichoke
Hot Peppers	Squash
Brussel Sprouts	Sprouts
Radishes	Sweet Potatoes (limited - 1 small)

Fruits

(Organic suggested – Fresh or Frozen – Not dried)

Berries (all)	Apple
Kiwi	Apricot
Peach	Pear
Grapefruit	Banana (half)
Plum	Avocado (no limit)

Dairy

(Non dairy – substitutions)

Almond milk	Coconut milk
Goat milk	Cottage Cheese (full fat)

Food Index

Nuts/Seeds/Legumes/Grains/Roots:

(Organic suggested) Frozen or Dried/Canned (If organic only)

Pumpkin Seeds	Chia Seeds
Flaxseeds	Fennel Seeds
Almonds	Walnuts
Cashews	Peanuts
Ginger	Beet
Garbanzo Beans	Red or White Kidney Beans
Lentils (any)	Black Eyed Peas
Quinoa (whole protein)	Brown Rice
Wild Rice	Black Rice
Millet	Oatmeal

Protein

(Free range – Organic)

Eggs	Turkey Breast
Cold Water or Wild Fish (salmon, sea bass, tuna, swordfish, sardines)	Chicken Breast

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Final Words

One ingredient, organic foods fuel and energize our bodies.
Remember, you are what you eat, so don't be cheap, fast, or
convenient!

Be mindful of your food - every time you put something in your mouth, you are doing
one of two things:
promoting health or promoting disease.

Give gratitude to yourself!
Each day, tell yourself: "I honor my health and my body by eating well and moving
every day."

Are you ready?
In a year from now, you will wish you had started a year ago! In a month from now,
you will wish you had started a month ago! Stop waiting to start feeling healthy.

Start today!

Change your thinking, change your food, change your life!

Share your results with me:
ennsoniamarie@gmail.com

In health and love,
Sonia Marie