

LETS DO THIS!

YOUR

WETWORK

guide



TARA GRIMES
FITNESS NUTRITION LIFE

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Beat the Bloat

These next 3 days you'll spend quality time in the kitchen cooking meals, preparing quick nutritious snacks and blending green smoothies. This is part of a 10 day program I am preparing to launch as an online program.

Reduce & Prepare

These first 3 days are part of 10 day detox plan I am launching in the next week. Three days are designed to give your body a break from caffeine, sugar and processed foods, while still loading up on satisfying, nutrient rich meals. This is a great transition towards jump starting your real detox. Jumping from a low nutrient highly processed diet to a high nutrient low processed diet with all the "bells and whistles" is extremely difficult to do. So let's take it in stages and I know you'll still be feeling great after the first 3 days. Follow this simple diet and really get prepared for the following few weeks. Make sure you have all the ingredients and equipment you need. If you're already eating a healthy diet like this, then why not use the extra time now to look into other natural methods of detoxifying your body - such as your daily movement, home environment and down time.

Turn Up the Heat & Clear Out the Toxins

It's now time to turn up the heat and take things to the next level. In this period you'll eat huge amounts of fibre-rich vegetables and snack on fresh fruit and seeds while drinking plenty of water, green smoothies, and herbal teas to flush out the toxins. It's also at this point that we really focus on removing certain food groups from the diet, like gluten, dairy and soy. We swap some of our typical healthy snacks for nutrient packed green smoothies. This is where true reset happens, so be kind to yourself, rest and eat up! Detox symptoms may surface during this time and could require you to slow down for a few days while your body works hard at pushing toxins out of the body. Also, your energy levels will begin to rise during these few days and if continuing onto the program in 10 days your skin will really begin to look healthier.

Guidelines

Have breakfast, lunch and dinner

If you are hungry only have snacks

No tea, coffee, milk, caffeinated drinks, sugar or processed foods

No alcohol

No salt added to foods

3 litres of fresh water every day

Mix and match menu list

You may experience headaches, dizziness and low energy and this is due to the detoxification process.

Breakfast	Smoothie & tonic tea	smoothie & tonic tea	Smoothie & tonic tea
Snack	5 mixed nuts & green tea	Apple slices with nut butter	fruit salad from recipe or a serving of fresh berries
Lunch	Any palm size protein, unlimited veg or salad	Any lunch from recipe list	Soup from recipe list
Snack	Fruit salad from recipe list	Fruit salad from recipe list	fruit salad from recipe list
Dinner	Any recipe from Lunch/dinner list	Grilled salmon fillet with roasted veg and 3 baby boils	Coriander and lime chicken with roasted chickpeas

Recipe ideas for Breakfast, lunch/dinner.

SMOOTHIE AND TONIC RECIPES

Pina Colada Smoothie Serves: 1

2-3 handfuls spinach leaves

150ml coconut milk

100ml cold water

1 tbsp coconut flakes, unsweetened

3 rings pineapple, fresh

Blend the spinach, water and milk until smooth, then add the remaining ingredients and blend again until smooth and creamy.

Tropical Smoothie Serves: 1

3-4 handfuls spinach

250ml coconut water

3 rings pineapple, frozen

1/2 avocado

Blend the spinach and coconut water until smooth, then add the remaining ingredients and blend again until smooth and creamy.

Mango & Green Tea Smoothie Serves: 1

2-3 handfuls spinach

200ml green tea, cold

1/2 mango, frozen

1/2 orange, peeled

Blend the spinach and cold green tea until smooth, then add the remaining ingredients and blend again until smooth and creamy.

Pre-Workout Smoothie Serves: 1

3-4 handfuls spinach

250ml beetroot juice (freshly juiced or store bought)

1 apple, chopped and frozen

1/2 avocado

1/4 tsp cinnamon

Blend the spinach and beet juice until smooth, then add the remaining ingredients and blend again until smooth and creamy

Post-Workout Smoothie Serves: 1

2-3 handfuls kale, tough stalk removed

250ml coconut water

1 orange, peeled & frozen

3 rings pineapple

2 handfuls blueberries

1 tbsp chia seeds

1 scoop protein powder of choice

Blend the kale and coconut water smooth, then add the remaining ingredients and blend again until smooth and creamy

Lemon & Cayenne Pepper Tonic Serves: 1

200ml warm water

juice 1/2 lemon

dash maple syrup

pinch salt

pinch cayenne pepper

Mix all ingredients in a glass until well combined.

Lemon & Ginger Tonic Serves: 1

200ml warm water

juice 1/2 lemon

1 tsp honey

1 tsp fresh ginger, minced or grated

3 mint leaves

Muddle the ginger and mint leaves in a glass. Add the remaining ingredients and mix until well combined

Lemon & Turmeric Tonic Serves: 1

200ml warm water

juice 1/2 lemon

pinch turmeric

pinch fresh ginger, minced or grated

pinch cayenne pepper

Mix all ingredients in a glass until well combined

SNACK RECIPE

Fruit Salad Serves 4

1 honeydew melon

2 oranges, plus juice of 1 orange

1 pomegranates

juice of 1 lime

1 tbsp honey

handful mint leaves, chopped

Cut the honeydew melon into quarters and remove the seeds, cut off the skin and slice into pieces. Cut the skin and the pith from 2 oranges, then slice thinly. Cut the pomegranate into quarters and remove the seeds, leaving all the pith behind. Mix the fruit together in a large bowl, and drizzle with the orange, lime juice and honey. Scatter over the mint leaves.

LUNCH/ DINNER RECIPES

Avocado & Blueberry Salad Serves 4

For the salad:

100g rocket

1 avocado, chopped

100g blueberries

50g blueberries

2 tbsp olive oil

1 tbsp balsamic vinegar

1 tbsp Dijon mustard

1 tsp clear honey

salt & pepper, to taste

Make the dressing by blitzing all the dressing ingredients together in a food processor or with a stick blender.

Season well. Toss together the rocket, avocado and blueberries, divide into 4 portions and drizzle with the blueberry dressing. Serve with grilled fish or chicken (optional).

Coriander & Lime Chicken with Roasted Chickpeas Serves 2

2 chicken breasts

1 can chickpeas, drained

1 red onion, sliced

150g roasted peppers, drained and rinsed

1 lime, grated and juiced

2 handfuls coriander, chopped

1 tsp ground coriander

1 tsp cumin

1 tsp paprika

pinch chilli flakes

1 tsp coconut oil

Heat oven to 180C (fan)

In a bowl mix the chickpeas with the cumin, paprika and chilli flakes. Then transfer on a lined baking tray and cook for 15-20 mins, while preparing the

chicken. Put the chicken between 2 sheets of clingfilm and flatten with a rolling pin, then cover with coriander, lime zest, and season with salt and pepper. Leave to stand for a few minutes. In a bowl, combine the onion and lime juice, and add a pinch of salt.

Set aside while you cook the chicken. Heat the coconut oil in a frying pan and cook the chicken for 3-4 mins each side until cooked throughout. Then cut into chunks and set aside ready to assemble the salad.

Once the chickpeas are ready add them to the onion along with the roasted peppers and fresh coriander leaves. Season to taste. Scatter the chicken over the chickpea salad and serve warm.

Chicken Curry Soup Serves 6¥

1 onion, chopped
3 chicken breasts
2 headed, tbsp korma curry paste
500g carrots, coarsely grated
100g split red lentils
400ml can reduced-fat coconut milk¥
1 litre chicken stock
90g basmati rice
1 tsp coconut oil
pinch dried chilli flakes
coriander, to serve

Heat the coconut oil in a large pot, add the onion and cook for a few minutes until soft. Add the curry paste, chilli flakes and cook for another few minutes. Now add the coconut milk, stock, chicken legs, grated carrots and lentils. Bring to the boil and simmer everything for 15 mins until lentils are soft. Add the rice and season with salt and pepper. Cook everything for a further 15 mins, until rice and chicken are cooked. Once ready, take off the hob and remove the chicken.

Use 2 forks to shred the chicken breasts and set aside. Blend the soup with a hand mixer until smooth. Check soup for seasoning and serve hot with scattered coriander leaves and shredded chicken.

Parsnip Soup Serves 4

1 tsp coconut oil

1 onion, finely chopped

2 garlic cloves, finely chopped

1 tsp ground coriander

2 tsp ground cumin

1kg parsnips, peeled and chopped

1 litre vegetable stock

80 ml coconut cream

Heat coconut oil in a pot and add the onions, Cook for 3-5 minutes, until softened. Add the garlic and ground spices and cook for another 2-3 minutes.

Add the parsnips and stock, bring to the boil, and then simmer for 15-20 minutes.

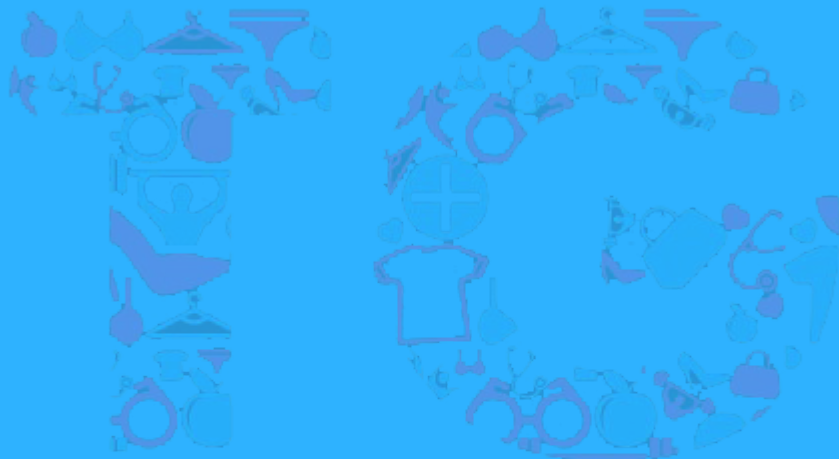
Once parsnips are soft, remove the soup from the heat and whizz with a hand blender until smooth (if it's too thick, add a little more stock). Stir in the coconut cream and season to taste with salt & pepper.

Workouts

I would advise walking 3-5 miles per day or alternatively doing one of my high intensity full body home workouts, please click this link to follow the workout.

<https://youtu.be/9iEG3X4PmZc>

If you are an intermediate - advanced exerciser you can do both for maximum benefit and results.



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