



THE ULTIMATE 7-DAY JUMP START DIET

One Week, Drop Five Plan

Dawn Jackson Blatner, RD
food & nutrition expert
www.DawnJacksonBlatner.com

TABLE OF CONTENTS

PAGE

3

RESULTS TO EXPECT

4

BAN THE BLOAT

5

FREQUENTLY ASKED QUESTIONS

7

SHOPPING LIST

8

DAY 1

9

DAY 2

10

DAY 3

11

DAY 4

12

DAY 5

13

DAY 6

14

DAY 7

RESULTS TO EXPECT

LOSE WEIGHT

The key to weight loss is controlling calories. This plan includes three filling and balanced meals each day plus one snack for a daily total of 1200 calories. Each breakfast is 300 calories, each lunch and dinner is 400 calories and each snack is 100 calories.

RESET CRAVINGS

The food in this eating plan is seasoned very simply to retrain your palate to crave more natural, plant-based food. The recipes are delicious enough to repeat after the 7 days, and the more often you eat them, the more you will crave them.

REDUCE BLOATING

Less stomach distention and bloating not only helps you button and zip your pants, it also helps you feel more comfortable throughout the day. Specific ingredients such as yogurt, ginger, peppermint, and pineapple are incorporated daily to help digestion and reduce bloating.

DECREASE WATER RETENTION

The diet is low-sodium, contains plenty of fluids, is carbohydrate-controlled, and contains parsley (a natural diuretic) to keep water retention in check.

RECALIBRATE PORTIONS

After a week of eating these perfectly portioned meals, your stomach and eyes will “shrink” and you will be better able to stick to slimming serving sizes.



BAN THE BLOAT

Eat meals slowly (30 minutes) and chew all your food until it is almost an applesauce texture in your mouth. Eating small meals slowly reduces the amount of air you swallow, which will reduce bloating, and chewing food aids digestion so that you are less likely to produce gas.

Drink at least 64 ounces of water per day to keep your digestion running smoothly and to keep you regular.

Eat plain low-fat yogurt regularly because it contains probiotics (good bacteria) that help us stay regular. Add your own sweetness with honey, since it is a prebiotic or a compound able to feed good bacteria in our gut to reduce gas production.

Add peppermint tea to your day. It contains a compound called menthol that relaxes the intestines and reduces stomach distention. It is especially good for this week, since mint may help ward off hunger and cravings.

Incorporate ginger tea daily, which contains healthy compounds called gingerols that ease stomach bloat.

Avoid carbonated beverages, since all that fizz causes gas, and don't chew gum because you swallow air which can cause bloating.

Limit salt and high-sodium processed foods, since salt can make you feel puffy and water logged. Limit dining out, since restaurant meals tend to be high in sodium. When reading labels, aim to have no more than 500 mg sodium per serving in any product.

Enjoy pineapple. It contains bromelain, a digestive enzyme, which helps us break down our food to reduce bloating.



FREQUENTLY ASKED QUESTIONS

Q Do I have to follow this diet plan exactly as written?

A You do not have to eat the meals in any particular order. There are 7 different breakfasts, 7 lunches, 7 dinners, and 7 snacks that you can mix-and-match on any day that you'd like. Also note that the lunches and dinners are interchangeable because lunch and dinner choices are the same number of calories - 400 calories each.

This meal plan (and the corresponding shopping list) was designed to have you eating something different for each meal and snack. If you want to have less variety, you can pick 1-2 of your favorite breakfasts, 1-2 of your favorite lunches, and a few favorite dinners and snacks, and repeat the recipes throughout the week.

Q Do I need to exercise during these 7 days?

A During The Ultimate 7-Day Diet it is important to moderately exercise 30 minutes each day. If you don't have time to do it all in one session, break your exercise up into three 10-minute chunks. Research suggests exercising for 30 minutes each day will help reduce/control your appetite. It can also increase muscle mass and fat burning; give you skyrocketing energy; protect against heart disease and stroke; lower cholesterol levels; control blood pressure; decrease risk of type-2 diabetes; increase bone density; improve self-image and self-esteem; decrease depression, anxiety, and stress; improve mental focus; and enhance the immune system to fight everything from the common cold to some types of cancer. Added bonus...exercisers live about 1.5-3.5 years longer than non-exercisers.

Q What do I do if I have a snack attack?

A If you are hungry and need to eat something, choose a cup of tea, celery, carrots, sugar snap peas, cucumber, or berries. Remember that this is just for 7 days. Try to keep busy and keep your mind off hunger and snacking. You can do it!

Q Will I have low energy, fatigue, and dizziness from eating so few calories?

A No! Research suggests that even people who go with almost 0 calories per day for a short period of time do not have any negative effects to their energy, concentration, mood, or sleep. In fact, many people notice an increase in energy over these 7 days.

Q Can I do this plan longer than 7 days?

A Absolutely! This is a 1200-calorie balanced eating plan that you can continue beyond 7 days. Choose your favorite meals and repeat them as often as you'd like for as long as you'd like. If you find you are too hungry after the first 7 days you can increase from 1 snack to 2-3 snacks each day. Consider taking a daily multi-vitamin to get additional vitamins and minerals while you are following this or any reduced-calorie diet for longer than 7 days.

Q Can I drink coffee on this diet plan?

A Yes. Two 8-ounce cups of coffee a day is fine as long as it is before noon, so the caffeine does not disrupt your sleep. It takes close to 12 hours for caffeine to be cleared from your system, so sip your caffeinated coffee in the morning and moderately.



FOOD IS MAGIC

SHOPPING LIST

PRODUCE SECTION

- apples (2 medium)
- arugula (2.5 cups)
- avocado (1)
- baby spinach (16 ounce package)
- bananas (2)
- broccoli, fresh or frozen (2 cups)
- carrots, pre-sliced fresh (2-16 ounce bags)
- celery (5 stalks)
- cucumber (2)
- garlic (1 bulb)
- ginger, fresh (2 Tablespoons grated)
- grapefruit (1)
- green beans, fresh or frozen (2 cups)
- kale (1 large bunch)
- lemons (3)
- onion (2)
- orange (1)
- parsley, fresh, flat leaf/Italian (1 bunch)
- pineapple, fresh or canned (1.5 cups, in own juice)
- raspberries (1 cup)
- red bell pepper (1)
- sugar snap peas (8 ounce bag)
- sweet potato (1 small)
- tofu (firm; 1-12 ounce container)
- tomatoes (3 medium)
- white potato (1 small)
- zucchini (1 medium)

CANNED

- canned white beans (1-16 ounce can)
- canned vegetarian baked beans, such as Eden™ (1-16 ounce can)
- tuna (2.5 ounce pre-drained pouch)

FISH/CHICKEN

- salmon filet (4 ounce)
- chicken breast (3 ounce)

GRAINS

- whole grain pita (3)
- quinoa (1/2 cup dry)
- rolled/old fashion oats (1/2 cup)
- whole grain pasta (3/4 cup)
- whole grain bread, such as Ezekiel™ (4 slices)
- cooked brown rice, use pre-cooked microwavable (1.5 cups)

NUTS/SEEDS

- almonds, whole (46, about 1/2 cup)
- walnut halves (34, about 3/4 cup)
- pine nuts (5 Tablespoons)
- natural peanut butter (2 Tablespoons)
- sunflower seeds (5 Tablespoons)

REFRIGERATED

- hummus (1-7 ounce container)
- low-fat plain Greek yogurt (3-6 ounce containers)
- pesto (1-7 ounce container)

FROZEN

- frozen edamame, shelled (1/2 cup)
- frozen mango (1/2 cup)
- frozen peas (10 ounce bag)

MISC

- cayenne pepper
- cinnamon
- ginger tea (7 tea bags)
- green tea (1 tea bag)
- honey (4 Tablespoons + 1 teaspoon)
- olive oil (5 Tablespoons)
- peppermint tea (7 tea bags)
- sea salt & pepper
- turmeric
- unsweetened vanilla almond milk (32 ounces)

DAY 1

BREAKFAST

Green Banana Smoothie

300 CALS

16 ounces
unsweetened vanilla
almond milk
2 cups baby spinach
1 banana
1 Tablespoon honey
Dash of cinnamon
8 almonds

In blender, puree
ingredients (except
almonds) until
smooth. Note: Use
frozen banana or
add ice for thicker
consistency. Serve
almonds on the
side.



SNACK

Pineapple (1/2 cup) & Chopped Walnuts (6 walnut halves, chopped)

100 CALS

LUNCH

Mediterranean Plate

400 CALS



1 Tablespoon chopped
fresh flat leaf/Italian parsley
8 Tablespoons hummus
1 whole grain pita, cut into
triangle pieces
1/2 cup cucumbers, sliced
1/2 cup carrots, sliced
1/2 cup sugar snap peas

Sprinkle parsley on
hummus. Dip pita and
veggies into hummus.

AFTERNOON

Peppermint Tea

DINNER

Broiled Salmon with Quinoa and Garlic Green Beans

400 CALS



4 ounce salmon filet
1/4 cup dry quinoa
1/2 cup water
2 teaspoons olive oil
1 clove garlic, minced
2 cups fresh or frozen
green beans
1/2 lemon, juiced

2 Tablespoons chopped
fresh flat leaf/Italian parsley
Sea salt & pepper, to taste

Preheat broiler. Broil
salmon until opaque or
145 degrees F. Bring
water to boil, add qui-
noa, cover and simmer
for 12 minutes. Sauté

oil, garlic, and green
beans for 5 minutes.
Drizzle everything with
lemon juice and parsley.
Add salt and pepper.

Vegetarian Swap:
Use 3 ounces (about
1/4 package) of tofu
instead of the salmon.

EVENING

Ginger Tea

DAY 2

BREAKFAST

Honey Yogurt with Raspberries & Almonds

300 CALS



1 container (6 ounces)
plain low-fat Greek yogurt
1 Tablespoon honey
1 cup raspberries
10 almonds, chopped

Mix honey and yogurt.
Top with raspberries
and almonds.

SNACK

Grapefruit (1 whole)

100 CALS

LUNCH

Carrot Ginger Soup with Walnuts

400 CALS

2 teaspoons olive oil
1 small onion, chopped
1 Tablespoon fresh
grated ginger
1 clove garlic, minced
1 pound (16 ounces)
pre-sliced carrots
1.5 cups water
Sea salt, to taste

10 walnut halves,
chopped
1 Tablespoon chopped
fresh flat leaf/Italian
parsley

Sauté oil, onion,
ginger, garlic, and car-
rots for 8 minutes. Add
water and salt, bring to a
boil, and simmer for 15
minutes until carrots
are tender. In blender,
puree mixture and
serve with walnuts and
fresh parsley on top.



AFTERNOON

Peppermint Tea

DINNER

Arugula Salad Pizza

400 CALS



2 teaspoons prepared
pesto
1 whole grain pita
2 cups arugula
1/2 cup chopped
tomatoes

1 Tablespoon pine nuts
1/4 cup canned white
beans, rinsed and drained
1 teaspoon olive oil
1/2 lemon, juiced

Preheat broiler. Spread
pesto on pita and broil
until golden, about 4
minutes. Toss remain-
ing ingredients and
serve on top of toasted
pesto pita.

EVENING

Ginger Tea

DAY 3

BREAKFAST

Green Tea Smoothie with Mango & Pineapple

300 CALS



8 ounces brewed green tea, chilled or room temperature

8 ounces unsweetened vanilla almond milk

1/2 cup frozen mango chunks

1/2 cup pineapple chunks (fresh or canned in own juice)

1 Tablespoon honey

6 walnut halves

In blender, puree ingredients (except walnuts) until smooth. Note: Add ice for thicker consistency. Serve walnuts on the side.

SNACK

Celery (3 stalks) & Natural Peanut Butter (1 Tablespoon)

100 CALS

LUNCH

Spinach Salad with Avocado & Sunflower Seeds

400 CALS



1/2 lemon, juiced

2 teaspoons olive oil

Sea salt and pepper, to taste

4 cups baby spinach

1/2 avocado, chopped

2 Tablespoons sunflower seeds

Whisk lemon juice, olive oil, salt, and pepper. Toss with other ingredients.

AFTERNOON

Peppermint Tea

DINNER

Pesto Pasta Primavera

400 CALS

3/4 cup dry whole grain pasta

1 Tablespoon prepared pesto

1 medium zucchini, chopped

1/2 cup chopped tomatoes

2 cups baby spinach

1/4 cup canned white beans, rinsed and drained

1 Tablespoon pine nuts

3 Tablespoons chopped fresh flat leaf/Italian parsley

Prepare pasta

according to directions. Sauté pesto, zucchini, and tomatoes for 5 minutes. Add spinach and beans for an additional 3 minutes. Add sautéed vegetables to pasta and top with pine nuts and parsley.



EVENING

Ginger Tea

DAY 4

BREAKFAST

Sunflower & Banana Oatmeal

300 CALS

1/2 cup dry rolled/old fashioned oats
8 ounces unsweetened vanilla almond milk
1 Tablespoon sunflower seeds
1 small banana, sliced

Dash of cinnamon, to taste

Make oatmeal with almond milk. Top with seeds, banana, and cinnamon.



SNACK

Apple (1 medium)

100 CALS

LUNCH

Avocado & Tomato Sandwich

400 CALS



1/2 avocado
1/4 cup canned white beans, rinsed and drained
1/2 lemon, juiced
Sea salt and pepper, to taste
2 slices whole grain bread (such as Ezekiel™)
4 slices tomato

1/2 cup arugula

Mash avocado, white beans, lemon, salt, and pepper. Spread on bread and make sandwich with tomato and arugula.

AFTERNOON

Peppermint Tea

DINNER

Chicken with Sautéed Kale & Potato

400 CALS



3 ounce chicken breast
1 small white potato (with skin)
1 teaspoon olive oil
2 cloves garlic, minced
Dash of cayenne, to taste
1/2 bunch kale, chopped, stems removed
2 Tablespoons plain low-fat Greek yogurt

2 Tablespoons chopped fresh flat leaf/Italian parsley
Sea salt and pepper, to taste

Preheat broiler. Broil chicken about 8 minutes on each side, until internal temperature of 165 degrees F. Sauté

oil, garlic, cayenne, and kale for 4-5 minutes. Microwave potato. Top potato with yogurt and parsley. Add salt and pepper.

Vegetarian Swap:
Use 3 ounces (about 1/4 package) of tofu instead of the chicken.

EVENING

Ginger Tea

DAY 5

BREAKFAST

Toast with Peanut Butter & Honey

300 CALS



1 slice whole grain bread (such as Ezekiel™), toasted

1 Tablespoon natural peanut butter

1 teaspoon honey

1 large orange

Spread peanut butter and honey on toast. Serve with orange.

SNACK

Low-Fat Plain Greek Yogurt (6 ounces) & Honey (1 teaspoon)

100 CALS

LUNCH

Spring Pea Soup with Pesto

400 CALS



2 teaspoons olive oil
1 small onion, chopped
1 clove garlic, minced
2 cups (10 ounce bag) frozen peas
1.5 cups water

Sea salt and pepper, to taste
1 Tablespoon prepared pesto

Sauté oil, onion, garlic, and peas for 5 minutes. Add water, salt, and pepper; bring to a boil and simmer for 10 minutes. In blender, puree mixture and top with pesto.

AFTERNOON

Peppermint Tea

DINNER

Grilled Tofu with Nutty Brown Rice & Steamed Broccoli

400 CALS

3 ounces (~1/4 package) firm tofu, drained & pressed to remove extra moisture

1/2 cup cooked brown rice (use pre-cooked microwavable)

6 almonds, chopped

6 walnut halves,

chopped

1 Tablespoon pine nuts

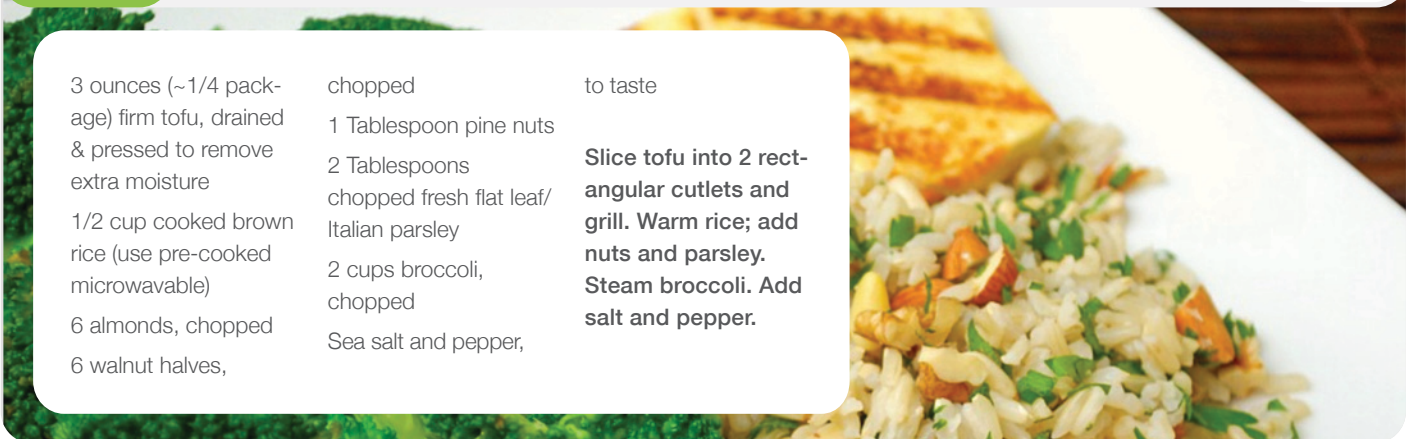
2 Tablespoons chopped fresh flat leaf/Italian parsley

2 cups broccoli, chopped

Sea salt and pepper,

to taste

Slice tofu into 2 rectangular cutlets and grill. Warm rice; add nuts and parsley. Steam broccoli. Add salt and pepper.



EVENING

Ginger Tea

DAY 6

BREAKFAST

Pesto Tofu Scramble with Toast

300 CALS



1 teaspoon olive oil
3 ounces (~1/4 package) firm tofu, drained & crumbled
1/8 teaspoon turmeric
1 Tablespoon prepared pesto
2 cups baby spinach

1 slice whole grain bread (such as Ezekiel™)
Sea salt and pepper, to taste

Sauté oil, turmeric, and crumbled tofu for 1 minute. Add pesto and spinach for an additional 5 minutes. Serve mixture on toast and sprinkle with salt and pepper.

SNACK

Sunflower Seeds (2 Tablespoons)

100 CALS

LUNCH

Quinoa Tabouli Salad

400 CALS

1/2 cup water
1/4 cup dry quinoa
1 cup chopped fresh flat leaf/Italian parsley
1 cup chopped tomato
1 cup chopped cucumber
2 Tablespoons pine nuts
1/2 lemon, juiced

1 teaspoon olive oil
Sea salt and pepper, to taste

Bring water to boil, add quinoa, and simmer covered for 12 minutes. Toss with other ingredients.



AFTERNOON

Peppermint Tea

DINNER

Edamame Stir Fry

400 CALS



1 teaspoon olive oil
1 Tablespoon fresh grated ginger
2 cloves garlic, minced
1/4 cup pineapple (fresh or canned in own juice), finely chopped
1/2 cup frozen edamame (shelled)

1 red bell pepper, chopped
1/2 cup sugar snap peas
1/2 cup cooked brown rice (use pre-cooked microwavable)
10 almonds, chopped

Saute oil, ginger, garlic, and pineapple for 3 minutes. Add remaining ingredients for an additional 10 minutes. Serve with almonds on top.

EVENING

Ginger Tea

DAY 7

BREAKFAST

Apple Walnut Breakfast Brown Rice

300 CALS

1/2 cup cooked brown rice (use pre-cooked microwavable)

1 apple, chopped

1/4 cup chopped pineapple (fresh or canned in own juice)

6 walnut halves, chopped

Dash of cinnamon, to taste

1 teaspoon honey

Heat brown rice. Add in apple, pineapple, walnuts, and cinnamon. Drizzle with honey.



SNACK

Almonds (12)

100 CALS

LUNCH

Lemon & Parsley Tuna Pita

400 CALS



2.5 ounce pre-drained tuna pouch

2 stalks celery, finely chopped

1/2 lemon, juiced

2 teaspoons olive oil

3 Tablespoons chopped fresh flat leaf/Italian parsley

Sea salt and pepper, to

taste

1 whole grain pita

1 cup baby spinach

Combine tuna, celery, lemon, olive oil, parsley, salt, and pepper. Serve in pita with spinach.

Vegetarian Swap: Use 3/4 cup canned white beans, rinsed and drained, instead of the tuna.

AFTERNOON

Peppermint Tea

DINNER

Sautéed Kale with Sweet Potato and Baked Beans

400 CALS



1 teaspoon olive oil

1 clove garlic, minced

1/2 bunch kale, chopped, stems removed

Sea salt and pepper, to taste

1/2 cup canned vegetarian baked beans (such as Eden™)

1 Tablespoon chopped fresh flat leaf/Italian parsley

1 small sweet potato

1 teaspoon honey

Dash of cinnamon, to taste

Saute oil, garlic, and kale for 4-5 minutes. Add salt and pepper. Heat beans and top with parsley. Microwave potato and serve with honey and cinnamon.

EVENING

Ginger Tea