

Sample Menus

The easiest way to take advantage of this program is to follow these **Sample Menus**. However, if you would like to develop your own menus, just be mindful of the **Recommended Foods List** and recommended serving sizes. Remember there are no caloric restrictions on this program, unless otherwise instructed. Vegetarian alternatives for entrees are presented in parentheses.)

Day 1: Ready. Set. Go.

Follow the **Eating Guidelines** and select only from the **Recommended Foods List**. 1-2 drops Lemon oil in water.

Sample Menu

Wake up: 1 Terrazyme on Empty Stomach

Drink 1-2 drops lemon in warm 8 oz. water

Breakfast: Gluten-free oatmeal with almond, coconut, or rice milk-topped with fresh organic berries of choice. 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

Lunch: Hummus and rice cakes with cherry tomatoes and avocado slices and Minestrone Soup. 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 GX Assist.

Dinner: Mixed veggie stir-fry** with brown rice and broiled salmon with (or without) mixed green salad dressed with oil and vinegar. 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assit.

Bedtime: 1 Terrazyme on empty stomach

Snacks: Nuts, fruits. raw vegetables, coconut yogurt, rice cakes with almond butter

**For Stir-fry use olive or coconut oil adding ginger and canned coconut milk at the end.

Bonus Recipes for Days 1 and 2: Sweet Potato Squash delight, Quinoa Vegetable Soup, Quinoa Salad, Kasha Chili, and Red cabbage & Apple Salad. These Recipes are also appropriate for Day 9.

Day 2: Follow the Plan.

Today you will follow the same eating rules from yesterday. You'll also be adding 1 scoop of the doterra Trim Shake product twice today, mixed with 4-5 oz. of water or unsweetened milk alternative (use a shaker cup or mix in a blender with ice). Add fresh or frozen fruit if desired.

Sample Menu

Wake up: 1 Terrazyme on Empty Stomach

Drink 1-2 drops lemon in warm 8 oz. water

Breakfast: Rice cereal with unsweetened almond, rice, or coconut milk. topped with 1/2 banana sliced. 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

Morning Supplementation: 1 scoop recommended dōTERRA trim shake product mixed as above;

Lunch: Left over stir-fry from dinner or Vegetable Rice Soup with rice crackers. and a fresh medium kiwi. 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 GX Assist.

Afternoon Supplementation: 1 scoop recommended dōTERRA trim shake mixed as above;

Dinner: Broiled tilapia and or pasta and beans; mixed green salad, dressed with oil and vinegar. 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

Bedtime: 1 Terrazyme on empty stomach

Snacks (if desired): nuts, raw vegetables, fruits, coconut yogurt, rice cakes with almond butter

Tip of the Day: You may begin feeling some discomfort such as muscle aches. This is normal and is reflecting that the program is working well. Be sure to contact your healthcare provider should you experience any significant unpleasant effects.

Day 3: Elimination Time.

Today you will continue to take 1 scoop twice of the recommended dōTERRA trim shake product. You'll also eliminate Nuts/Seeds, Grains/Starches. Sweeteners. Meat/Poultry, and Dairy Alternatives.

Sample Menu

Wake up: 1 Terrazyme on Empty Stomach

Drink 1-2 drops lemon in warm 8 oz. water

Breakfast: 1 cup sliced fresh mango and pineapple. sprinkled with cinnamon. 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

Morning Supplementation: 1 scoop recommended dōTERRA trim shake product mixed with 4-5 oz. water;

Lunch: Green salad with leftover tilapia (or garbanzo beans); medium peach. 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 GX Assist.

Afternoon Supplementation: 1scoop recommended dōTERRA trim shake, blended with 8 oz. water. 1/4 cup organic blueberries, and ice if desired;

Dinner: Baked Salmon with Salsa with steamed carrots and peas (or Vegetarian Chili) plus Tropical Salad. 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

Bedtime: 1 Terrazyme on empty stomach

Snacks (if desired): Fresh fruits, carrot/cucumber sticks with Salsa

Day 4: Stay Hydrated.

Today you will take 2 scoops twice of the recommended dōTERRA trim sake product. Continue to eat the same foods as Day 3.

Sample Menu

Wake up: 1 Terrazyme on Empty Stomach

Drink 1-2 drops lemon in warm 8 oz. water

Breakfast: 1 1/2 cups mixed organic berries (sliced strawberries, blueberries. etc.) 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

Morning Supplementation: 2 scoops recommended dōTERRA trim shake. blended with 8 oz. water. ½ cup nectarine, and ice if desired;

Lunch: Steamed fish with broccoli (or Red Potato & Green Bean Salad). 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 GX Assist.

Afternoon Supplementation: 2 scoops recommended doterra trim shake. blended with 8 oz. water. 1/2 cup pineapple. and ice if desired;

Dinner: Baked sweet potato or yam topped with coconut oil, Cauliflower Popcorn, baked fish (or Great Northern Beans). 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

Bedtime: 1 Terrazyme on empty stomach

Snacks (if desired): Fresh fruits and raw vegetables

Bonus Recipes for Days 3 & 4: Ratatouille, Greens & White Bean up and Salmon Potatoes & Red Onions. These recipes are also appropriate for Days 1, 2, 8, and 9.

Days 5-7: Just Do It.

Congratulations-you're half way there. Days 5-7 are the most challenging days of the program. You'll also be increasing the recommended dōTERRA trim shake product to 2 scoops 4 times a day.

Eat only the following:

- Steamed or raw cruciferous vegetables, including broccoli, cauliflower, kale, and cabbage
- Raw or steamed greens, including spinach, red/green lettuce, romaine, and endive
- Apples, Apple sauce and pears
- Onions, garlic, leeks, and scallions
- Fish (legumes may be substituted as a protein source if vegetarian)
- Oils/fats (Including avocado) and spices/condiments (including vinegars and herbs)
- Water and herbal tea-can use lemon or lime for flavor

Sample Menu

Wake up: 1 Terrazyme on Empty Stomach

Drink 1-2 drops lemon in warm 8 oz. water

Breakfast: Apple and pear fruit salad or baked apples (or pears). 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel, 1 GX Assist.

Morning Supplementation: 2 scoops recommended dōTERRA trim shake product blended with 8 oz. water, 1 small pear, 1 cup spinach, and ice if desired;

Lunch: Choice of fish (or legume) with steamed vegetables and/or green salad topped with oil and vinegar. 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 GX Assist.

Noon Supplementation: 2 scoops recommended dōTERRA trim shake product mixed with 8 oz. water

Afternoon Supplementation: 2 scoops recommended doterra trim shake blended with 8 oz. water. 1 small apple, 1/2 cup kale, and ice if desired:

Dinner: Slow Roasted salmon with wilted Greens or steamed vegetables (or Bean & Spinach Soup). 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

Evening Supplementation: 2 scoops recommended dōTERRA trim shake product blended with 8 oz. water. 1 small pear. and ice if desired;

Bedtime: 1 Terrazyme on empty stomach

Snacks (if desired): Left over cauliflower Popcorn , applesauce. avocado. and Kale Chips.

Day 8: You're Almost There.

Beginning today, you'll gradually add back in remaining fruits, veggies, and white rice. You'll now also reduce the recommended doterra trim shake product to 2 scoops 3 times today

Wake up: 1 Terrazyme on Empty Stomach

Drink 1-2 drops lemon in warm 8 oz. water

Sample Menu

Breakfast: 1 cup mixed melons sprinkled with cinnamon. 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

Morning Supplementation: 2 scoops recommended dōTERRA trim shake product blended with 8 oz. of water, 1 kiwi, and ice if desired;

Lunch: Vegetable Rice Soup(using white rice instead of brown);green salad and chopped vegetables. dressed with oil and vinegar. 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 GX Assist.

Afternoon Supplementation: 2 scoops recommended dōTERRA trim shake product blended with 8 oz. of water, 1 cup organic raspberries, and ice if desired;

Dinner: Broiled salmon (or legumes of choice); roasted vegetables with cooked white rice. 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

Evening Supplementation: 2 scoops recommended dōTERRA trim shake product mixed with 8 oz. of water;

Bedtime: 1 Terrazyme on empty stomach

Snacks (if desired): Choice of fresh fruit and raw carrots, celery, or cucumber

Tip of the Day: Weight loss can occur on the Jump Start Program due to decreased caloric intake, but this isn't the main goal of the program. By completing this program, you can experience greater energy and improved sleep and digestion-all of which can contribute to achieving your long-term goals.

Day 9: Take It Slow.

Today you will continue to add back in certain food groups gradually in addition to reducing the recommended dōTERRA trim shake product to 2 scoops ice.

Eat: Anything from the **Recommended foods List**.

Wake up: 1 Terrazyme on Empty Stomach

Drink 1-2 drops lemon in warm 8 oz. water

Sample Menu

Breakfast: Oatmeal with almond milk. topped with sliced organic strawberries or applesauce. 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

Morning Supplementation: 2 scoops recommended dōTERRA trim shake product blended with 8 oz. of water. 1 large tangerine. 1 Tbsp. flaxseed, and ice if desired;

Lunch: Green salad with kidney beans and chopped vegetables, dressed with oil and vinegar. 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 GX Assist.

Afternoon Supplementation: 2 scoops recommended doTERRA Trim Shake product blended with 8 oz. of water, 1 cup frozen organic berries. 1 Tbsp. almond butter, and ice if desired.

Dinner: Baked chicken breast (or Spicy Black Beans & Tomatoes); steamed green beans and carrots; Nutty Brown Rice or rice topped with oil of choice. 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

Bedtime: 1 Terrazyme on empty stomach

Snacks (if desired): Nuts, coconut yogurt. vegetables dipped in hummus or mashed avocado

Tip of the Day: Now that you are close to the finish line, we encourage you to continue to purchase organic produce and choose free-range and hormone- free dairy, meats, and eggs whenever possible.

Day 10: Moving Forward.

Wake up: 1 Terrazyme on Empty Stomach

Drink 1-2 drops lemon in warm 8 oz. water before breakfast and throughout the day

With Breakfast: 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

With Lunch : 2 Alpha CRS, 2 VMz, 2 XeoMega, 1 Terrazyme, 1 GX Assist.

With Dinner: 1 Terrazyme, 1 Zendocrine Complex, 1 Zendocrine Softgel. 1 GX Assist.

Bedtime: 1 Terrazyme on empty stomach

You made it! Today you should begin to SLOWLY add back other foods. We suggest starting with 1-2 foods per day so it will be easier to assess if you have any reaction to the foods that you have been avoiding for the past 10 days. It's best to wait 1-2 days per food group. Remember to check in with your healthcare provider.