

*crush it*  
with Cathy Serif

*clean eating*  
**SUMMER SLIM-DOWN**  
*challenge*



## **CRUSH !T**

### *Clean Eating Summer Slim-Down*

The CRUSH !T *Clean Eating Summer Slim-Down* Challenge is a 5-day clean eating challenge and your recipe for a revitalized body, mind and spirit. You'll reset your metabolism, crush unhealthy cravings and improve your relationship with food all while getting a jump start on slimming down, just in time to **plunge into summer!**

Over the five-days of the clean eating challenge, you'll enjoy fresh green juices and succulent fruits, gorgeous summer vegetables, radiant veggie soup, lean proteins and cleansing herbal teas. You'll abstain from foods that cause bloating, inflammation and weight gain like dairy, sugar, processed foods, gluten, flour-based and sodium-laden products. ALL of the fruits and vegetables were chosen for their unique diuretic properties and are rich with life-giving nourishing power! They are locked and loaded with antioxidants, phytonutrients, enzymes, vitamins, minerals, protein and satisfying fiber.

After practicing this clean-eating approach for five days, you'll look radiant and feel lighter, slimmer, and re-energized. You'll build a solid foundation for continuing on a path towards living a healthy and fit lifestyle and realizing your true weight-loss potential.

Before beginning the CRUSH !T *Clean Eating Summer Slim-Down Challenge*, you have a little homework. You need to read my CRUSH !T *Powerful Principles for Crushing Your Goals*. It's a FREE e-book and can be easily accessed by visiting [www.crushitwithcathy.com](http://www.crushitwithcathy.com) and signing up with your email to be part of our Crusher Crew. It's an inspirational and motivational short-read that will put you in the right frame of mind and set the wheels in motion for crushing this challenge.

You'll need to go grocery shopping and prep a few things before beginning the challenge. Your success is dependent on being prepared. If you are not prepared you will set yourself up for failure. Take the time to get all of the food you'll need for the next five days and prep what you can in advance, especially if you have a hectic work and home schedule that leaves little time for focusing on yourself. If you live locally and you don't have time or the desire to prepare your own fresh green juice, Fresh Juice Bar will be putting the Super Slimming Green Juice on their menu. It's the only juice you'll be drinking, once a day, during this challenge.

Over the next five days you'll gradually add more food into your day. Day 1 will be the most challenging as your first substantial meal isn't until your evening Chow. Keep visualizing your results and stay true to the course. You'll be so amazed at your results after the five days, I promise you it will all be worth it! On Day 2 you'll add in more raw vegetables as well as lean protein. On Day 3 you'll continue with the addition of raw vegetables and lean protein and you'll also get a bump by adding three ounces of baked sweet potato to your Radiant Veggie Soup at Chow time. Day 4 and 5 are the same as Day 2 making this an easy plan to follow and prep for in advance.

It's time. Let's CRUSH this challenge together!

## SUMMER SLIM-DOWN MEAL PLAN

### DAY 1

**Rise & Shine:** Lemon Water Flush

**Break the Fast:** Fresh Fruit Option

**Green Juice Cleanse:** Super Slimming Green Juice

**Afternoon Delight:** Banana Almond Smoothie with 10 Raw almonds

**Chow:** Radiant Veggie Soup

**Sweet Dreams:** Herbal Tea

**Daily Water Intake:** 2-3 liters

### DAY 2

**Rise & Shine:** Lemon Water Flush

**Break the Fast:** Fresh Fruit Option

**Green Juice Cleanse:** Super Slimming Green Juice

**Afternoon Delight:** Asparagus Salad with Lean Protein

**Snack:** 10-15 raw almonds

**Chow:** Radiant Veggie Soup with Lean Protein

**Sweet Dreams:** Herbal Tea

**Daily Water Intake:** 2-3 liters

### DAY 3

**Rise & Shine:** Lemon Water Flush

**Break the Fast:** Fresh Fruit Option

**Green Juice Cleanse:** Super Slimming Green Juice

**Afternoon Delight:** Asparagus Salad with Lean Protein

**Snack:** 10-15 raw almonds

**Chow:** Radiant Veggie Soup with 3 ounces of sweet potato added & Lean Protein

**Sweet Dreams:** Herbal Tea

**Daily Water Intake:** 2-3 liters

### DAY 4

**Rise & Shine:** Lemon Water Flush

**Break the Fast:** Fresh Fruit Option

**Green Juice Cleanse:** Super Slimming Green Juice

**Afternoon Delight:** Asparagus Salad & Lean Protein

**Snack:** 10-15 raw almonds

**Chow:** Radiant Veggie Soup with Lean Protein

**Sweet Dreams:** Herbal Tea

**Daily Water Intake:** 2-3 liters

### DAY 5

**Rise & Shine:** Lemon Water Flush

**Break the Fast:** Fresh Fruit Option

**Green Juice Cleanse:** Super Slimming Green Juice

**Afternoon Delight:** Asparagus Salad with Lean Protein

**Snack:** 10-15 raw almonds

**Chow:** Radiant Veggie Soup with Lean Protein

**Sweet Dreams:** Herbal Tea

**Daily Water Intake:** 2-3 liters

## RECIPES:

### Lemon Water Flush

- The juice of 1 whole lemon
- A mug full of hot water

**Directions:** Squeeze the lemon juice into the mug. Heat water just short of a boil and pour into the freshly squeezed lemon juice. Drink.

### Fresh Fruit Option

- Choose any of the following fruits and savor slowly. About 2 cups is recommended however, if you need less or more, enjoy a little less or more.
  - Watermelon
  - Papaya
  - Pineapple
  - Grapefruit
  - Peaches
  - Grapes
  - Strawberries
  - Raspberries
  - Blueberries
  - Blackberries

### Super Slimming Green Juice

- Celery; 5 stalks
- Lemon; ½
- Spinach; 2 cups
- English Cucumber; ½
- Pineapple; 2 chunky thick slices, cut
- Parsley; a handful
- Mint; a whole sprig
- Ginger; optional

**Directions:** Put all ingredients through a juicer. DO NOT blend and eat the pulp. This is a juice and the pulp should be discarded.

### Banana Almond Smoothie

- 1 large banana; sliced & frozen
- 1 cup unsweetened vanilla almond milk
- 1 tbsp unsalted almond butter
- Crushed ice if you want it a bit thicker
- 10 raw almonds; do not blend them, just eat them.

**Directions:** Place all ingredients in a high speed blender and blend. The almonds are not to be blended. Just eat them.

*Note:* Protein supplement powder has not been added to this recipe due to the bloating effects of supplement powders. If you do choose to add a protein powder to your smoothie, Pea is the safest bet followed by Brown Rice. Hemp, while delicious, can cause bloating and Whey is very bloating so stay away from a whey based supplement.

### Asparagus Salad

- 3 large asparagus or 5 asparagus small spears; shaved raw
- 1 cup zucchini; shredded
- ¼ English cucumber
- 1 small tomato or 3 cherry tomatoes
- Fresh Lemon & Mint Vinaigrette
  - 1 tbsp Citrus Champagne Vinegar
  - 1 tsp olive oil
  - Fresh mint leaves; chopped, as much as you want
  - ½ lemon, freshly squeezed juice
  - Sweet: 1 packet of Stevia or Monk fruit
  - Savory: add any dried or fresh herb desired

**Directions:** Place one up of shredded zucchini in a bowl and top with shaved asparagus, cucumber and tomato. Dress with Fresh Lemon & Mint Vinaigrette.

*Note:* The asparagus is shaved with a potato peeler. If you don't have the time or patience to shave the asparagus, just cut it up into the salad. Shaving it just lends to a beautiful presentation!

### Radiant Veggie Soup

- 2 cartons low-sodium veggie broth
- 1 bunch of asparagus
- 2 fennel bulbs; cut
- 2 large zucchini; cut
- 5 large carrots; peeled and cut
- 5 celery stalks; cut
- 4-5 small tomatoes
- 1 bunch fresh parsley
- Italian Seasoning or any other fresh or dried herb
  - On Day 3 add 3 ounces of baked sweet potato to soup
- Trader Joe's Chili Pepper Sauce; optional

**Directions:** Pre-cut all vegetables and set aside. In a large pot add the fennel, zucchini, carrots, celery and parsley. Leave the asparagus and tomato out for now, you'll add them at the end of cooking time. Pour two cartons of low-sodium veggie broth over the vegetables and sprinkle in as much Italian Seasoning as you desire. Bring the soup to a boil and then simmer until the veggies are a little tender but not overcooked. This soup takes minutes to prepare and is done in less than 30 minutes. AFTER you turn the heat off of the soup, add in the asparagus and tomato, put the lid back on the pot and allow to sit for another 30 minutes or longer. The Trader Joe's



Chili Pepper Sauce is sodium-free and divine tasting in this soup if you want to add a little kick because adding salt is not an option!

### **LEAN PROTEIN OPTIONS**

**Women: 5-6 ounces**

**Men: 8 ounces**

- White fish
- Egg whites
- Skinless chicken breast
- Skinless turkey breast
- Ground turkey; 99% fat free
- Plant-based supplement powder; Pea or Brown Rice

### **HERBAL TEAN OPTIONS**

- Green Tea
- Black Tea
- Peppermint Tea
- Dandelion Tea
- Hawthorne Tea
- Hibiscus Tea
- Juniper
- Any other herbal tea that you enjoy is also acceptable

### **FEQUENTLY ASKED QUESTIONS:**

1. Is it okay to still drink my morning coffee?
  - a. In a word, yes! Only black coffee. You may sweeten your coffee with Stevia or Monk Fruit while avoiding dairy and creamer additives.
2. How much weight can I expect to lose during the 5-day Summer Slim Down?
  - a. While everyone will respond differently based on their personal physiological circumstances, women have reported a 5-6 pound weight loss and men have reported a 10-12 pound weight loss.
3. What's the deal with the warm lemon water first thing in the morning?
  - a. The primary benefit of the fresh lemon water flush first thing in the morning is to cleanse the liver and get your digestive system moving in the right direction☺ Additionally, lemon water promotes hydration and supports weight loss goals and Citrus fruits, like lemons, are high in Vitamin C, a primary antioxidant that helps protect cells from damaging free radicals.
4. What if I get hungry?
  - a. If you get hungry in the morning, eat an additional serving of the suggested fruit options.
  - b. If you get hungry in the afternoon or evening, you may eat more of the Radiant Veggie Soup.
  - c. Often times our bodies can confuse hunger with thirst. Try drinking more water before consuming more food outside of the plan.

Additional questions may be directed to Cathy Serif by emailing [fitness@dc.rr.com](mailto:fitness@dc.rr.com).

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