

My Gorgeous Lifeline girls



Lifeline
Health & Life Coach
Tammy Du Plessis

So this is the first week and only time you will all have the same diets.

This is a five day Kickstart. Starting on Monday ending on Friday going straight into your new diet.

So for the first two weeks, absolutely NO cheat meals, not even a clean cheat.

With your following diet you will get attached letters on exactly how I want you to make this a lifestyle.

KICKSTART RULES:

- As I have told you my diets, plans etc. are for **you** only. You need advice, you come to me.
- No coffee whatsoever, no fizzy drinks, no meat and no sweeteners.

AND NOTHING ELSE EXCEPT WHAT IS ON YOUR KICKSTART.

- This is not only a physical Kickstart. This is a spiritual and emotional one. During these five days I will give you little assignments. You need to kickstart your life.

DIET AND KICKSTART FACTS:

This is extremely important.

SUPER HERO:

- You need to write on a piece of paper **"I AM A SUPER HERO"**
- You then need to put the piece of paper on a mirror you look at every morning. Once you are dressed, you need to stand in front of that mirror and look at yourself and say "I AM A SUPER HERO". This needs to be accompanied by you standing in a super hero position.



HIGHLIGHTS AND LOWLIGHTS:

- Every night before you sleep you need to write down your highlights and low-lights of your day (This can be food related, family, work etc) I then want you to deal with any negative emotion you feeling.
- Does this feeling benefit you?
- DO you want to talk to the person about it?
- What can you do to change it?

FOOD DIARY

First of all I need a photo of this every night right **after your last meal** (not 10pm).(via WhatsApp)

You need to write down every single thing you eat and drink and what time. (this will be done throughout your training with me).

You can use a normal writing book. – It only takes 2min to write down and goes really fast if you do it as and when you eat (See example below).

This has to be done as you eat, so you don't forget. This is extremely important.

7:00 - Yogurt and banana with a cup of Green Tea

10:00 – Green Tea

10:30 – Mixed Veg

11:00 – Green Tea

12:30 – Butternut and spinach salad

14:00 – Green tea

15:00 – ½ an apple and an orange

16:00 – Green tea

18:30 – Roasted veg with fresh basil and garlic

2.5l of water.

By 19:00 – send to Me

SLEEP

This is very very,very important.

No cellphones, laptops or any Technology devices half an hour before bed.

Please drink a cup of tea (Chamomile or rooibos) half an hour before bed.

So lets begin!!!

KICKSTART



The next five days your food intake will only be **fruit** and **vegetables**.

I am giving you some ideas for meals. Please experiment and don't just stick to this.

DAY 1 and 2:

This a day for **solid** veggies and solid fruit, you may have 100% fruit juice (watered down) as well.

Breakfast: fruit and yoghurt (only plain, fat free – white one)

Snack: mixed veg or small salad

Lunch: Starchy veg (sweet potato, butternut, carrots)

Snack: fruit salad

Dinner: grilled veg, stir-fry, mixed veg

DAY 3 and 4:

EVERYTHING needs to be **liquidized**. ALL fruit and vegetables. (add green tea to your smoothies).

Breakfast, Banana, green tea and yoghurt

Snack – Butternut, carrot and orange juice, green tea

Lunch – vegetable soup

Snack – berries and yoghurt smoothie

Dinner – Veggie soup

DAY 5:

This is exactly the same as day 1. Only solid fruit and vegetables.

Allowed on kickstart

- 1 cup of plain yoghurt a day – divided into smaller portions as needed.
- All fruit – but limited to one of each type daily – so one banana a day not 5
- All Fresh veg or frozen if it's a crisis
- All salad stuff (lettuce, mushrooms, peppers, onions, cucumbers, tomatoes)
- Fresh herbs
- Lemon juice
- Small amount of coconut oil to fry veg in
- 100 % fruit juice – watered down or mixed with green tea
- Avo
- Sweet potato
- Butternut

NOT ALLOWED

- Dates,
- Dried fruit
- Canned veg
- Canned beans, pulses
- Cheese
- Feta
- Milk, not even coconut milk
- Sweeteners
- Sugar (even brown)
- Pickled fruit or veg
- Potato
- Meat
- Honey
- Bread crumbs
- Sauces (tomato, vinegar (even balsamic), chutney, soup powders).

NB Information

- You may eat as much as you want. If you hungry, eat.
- You need to have one cup of white, fat free yogurt per day, on day 3 and 4 put this in your smoothies.
- **Five** cups of green tea EVERY SINGLE DAY.
 - With the green tea add some juice to it or add fruit pieces – so make a green tea infusion. You make the infusion by making a pot of tea, allowing it to cool and then adding the fruit and leaving it overnight.



- **In addition to the 5 cups of green tea is the 2-2.5litres of water.**
- No milk with anything
- During these five days you will only do cardio which I will WhatsApp the group every afternoon for the next day for this week.
- Ladies this kickstart is difficult, but by Friday you will see such a change in your life. I need you to please stay warm and not get sick.

YOU ARE MY POWER LADIES!!!!

This is physical and mental change. The kickstart is your starter kit to a better life, your jump board to a new diet.

A NEW LIFESTYLE.

I am going to be doing this with you. We are in this together.

LADIES PLEASE IF YOU BATTLE TO POOP PLEASE GET SOMETHING NATURAL AT DISCHEM.

I Am here for you always. This is it.

WE ARE GOING TO CHANGE US, and soon PEOPLE ARE GOING TO ASK "WHAT DID YOU DO".

LETS DO THIS!!!!!!!!!!!!!!

MY KINDEST LOVE

YOUR COACH

Tammy Lifeline

071 888 6599