

Get started!

3-DAY NUTRITION & LIFESTYLE GUIDE



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LIFESTYLE UPGRADE

In this section of the guide, you'll learn about how something as simple as sleep and gratitude can make a huge difference in your motivation and lifestyle.



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ELEVATED NUTRITION

It's not just food... it's food that has the power to jumpstart your metabolism and commitment to eating (and aging) well.



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MORE MOVEMENT

I'm not asking you to train for a marathon. What I do want is to have you experience the joy and satisfaction that comes from simple daily movement.

LIFESTYLE UPGRADE



Focusing on one small, manageable change at a time can make a health transformation feel less overwhelming and more achievable. That's why starting with the Circadian Rhythm Reset is so critical. We need quality sleep so that the body and brain can recover from daytime activities. Plus, getting those zzzz's enables us to heal and grow mentally and physically. Optimal restorative sleep times are between 10 pm–6 am.

SLEEP IS A CRUCIAL DAILY NUTRIENT

Follow these steps to reset your circadian rhythm to get better sleep:

- 1** You can reset your Circadian Rhythm by getting sun on your eyelids 2-10 minutes after waking. Repeat the process for 2-5 minutes at noon. Then do the same thing for 2-5 minutes in the late afternoon. Get your last dose of sun for 5 minutes right before sundown.
- 2** Turn your screens off 60 minutes before going to bed.
- 3** Go to sleep and wake up at the same time every day, for 7 consecutive days.

Did you know?

Your liver is working its hardest at 1 am. Each time you snooze soundly, you gain a natural health boost in your liver! A healthy liver equals improved weight loss, energy, mood, and digestion.



Mood is the emotion that someone feels, while mindset is a set of beliefs and attitudes that accompany that emotion. Mindset can affect how much effort someone is willing to put into achieving something, and how successful they believe they can be. Both mood and mindset can impact your ability to find joy and purpose.

SUSTAINING A POSITIVE MOOD & MINDSET

Follow these steps to help overcome negative feelings while increasing your motivation to make healthy choices:

- 1** Write down three things that leave you feeling grateful. We can talk about feelings of gratitude, but writing them down is the key to reinforcing a positive mood and mindset. Research from the University of Pennsylvania has shown that when people wrote in a gratitude journal, they saw a significant positive difference in their level of happiness in just 3 weeks.
- 2** Writing in your journal each day is crucial because the people, things, and experiences you currently experience in your life are a direct reflection of the choices that YOU make day-in-and-day-out. So, focus on appreciation by celebrating your intentions, choices, and hard work.

Did you know?

Gratitude has psychological benefits, such as more positive thoughts and emotions, increased awareness, energy, and self-satisfaction. Gratitude also impacts you physically by boosting your immune system, reducing pain, optimizing blood pressure, and improving sleep-wake cycles.



A smiling woman is in the background, her face partially visible. In the foreground, a clear glass blender jar is filled with a pink smoothie and topped with fresh green basil leaves. A hand is resting on the black lid of the blender. The blender has measurement markings on its side: 1.250 and 1.000.

ELEVATED NUTRITION

Embracing a diet rich in whole, unprocessed, or minimally processed foods will give your beautiful body increased energy and vitality. Making the switch may take some intentional thought and a little planning, but don't worry, we've included some chocolate.

PURE WATER + WHOLE FOOD

Let's start by cleaning up your water:

- 1** Drink $\frac{1}{2}$ your body weight in ounces of water per day (more if you're exercising, using the sauna, or sweating due to heat). For example, if you weigh 150 lbs., you'll want to drink 75 ounces of water a day.
- 2** Add mineral-rich Celtic sea salt for ultimate hydration, or incorporate high-quality trace mineral drops, to your water for an instant boost.
- 3** Add a squeeze of fresh lemon/lime juice or organic berries to spruce it all up.
- 4** Grab a fun water bottle that gets you stoked about hitting your daily goal.
- 5** Drink filtered water that is free from harmful contaminants. We recommend [Radiant Life](#).

Did you know?

Water moistens your stools, which improves overall digestion and proper elimination. If you combine adequate water with vagus nerve exercises, you can dramatically reduce or eliminate constipation!

BONUS VAGUS NERVE EXERCISE: Gently put your palms over your closed eyes to apply light pressure (no pain, and no seeing lights from the pressure). This will trigger the "oculocardiac" reflex which stimulates the vagus nerve.

FEED YOUR BODY WITH A 3-DAY GUIDE

Vibrant living has its beginnings in beautiful, whole, sustainable foods. Below you will find an easy-to-follow 3-day plan with delicious recipes that will have you feeling better within days!



3-Day Whole Food Meal Guide with 11 New Recipes!

	DAY 1	DAY 2	DAY 3
WAKE-UP	Drink 8 oz (250ml) hot water with lemon and ginger	Drink 8 oz (250ml) hot water with lemon and ginger	Drink 8 oz (250ml) hot water with lemon and ginger
BREAKFAST	*Healthy Breakfast Scramble	*Quinoa Breakfast Cereal	*Blueberry Spinach Smoothie
AM SNACK	1/2 Avocado	1 cup veggies + 2 tbs. hummus	1-6 oz serving non-dairy yogurt
LUNCH	*Chicken & Green Bean Stir Fry	*Flank Steak & Cauliflower Rice	
AFTERNOON SNACK	*Chia Pudding (1/2 portion)	18-20 whole, raw almonds	1 apple + 1 tbs. almond butter
DINNER	*Honey-Lime Chicken & Strawberry Salad	*Sweet & Sour Thai Carrot Salad	*Paleo Tacos
DESSERT	1-2 squares dark chocolate	1/2 cup berries	*Chia Pudding (remaining portion)
BEDTIME	Cup of herbal tea	Cup of herbal tea	Cup of herbal tea

**recipes found below*

Did you know?

If you struggle to stop eating, when full, and tend to over-eat, it may be due to a satiety gene. Knowing your unique genetic makeup can help you clarify if over-indulging is due to genetics or habit. Knowing about this gene places you in a position of power so you can adopt the strategies you need to manage hunger and satiety.

HEALTHY BREAKFAST SCRAMBLE



Makes 1 serving

Nutrition

285 kcal; 1192 kJ; 16 g protein; 17 g carbohydrates; 14 g net carbs; 3 g dietary fiber; 8 g total sugars; 0 g added sugars; 18 g total fat; 13 g saturated fat

INGREDIENTS:

- 1 tablespoon (15 ml) olive or coconut oil
- 1 clove garlic, chopped
- 1 onion, chopped
- 1 cup organic baby kale
- 3 organic eggs
- Salt and pepper to taste
- Herbs and spices of choice, to taste

DIRECTIONS:

1. Warm a medium-sized skillet over medium heat and add oil, allowing it to warm and melt for about 1 minute.
2. Once the skillet is hot add the garlic, onion, and kale, and sauté for 2–3 minutes or until lightly browned.
3. While veggies are cooking in the skillet, prepare the egg mixture: add eggs to a small bowl and whisk with a fork until well combined, then add salt, pepper, and herbs/spices.
4. Add the egg mixture to the skillet and cook, stirring regularly for about 3–4 minutes.
5. Once cooked, remove the eggs, plate them, and top with sliced avocado or salsa. Enjoy!

QUINOA BREAKFAST CEREAL



Makes 1 servings

Nutrition

465 kcal; 1945 kJ; 11 g protein; 45 g carbohydrates; 40 g total carbs; 5 g dietary fiber; 4 g total sugars; 0 g added sugars; 29 g total fat; 23 g saturated fat

INGREDIENTS:

- 1/3 cup (56 g) dry quinoa
- 1/2 cup (125 ml) coconut milk
- 1 cup (250 ml) water
- 1/4 cup (40 g) blueberries
- Optional: hemp seeds, almonds

DIRECTIONS:

1. Combine quinoa and water in a saucepan and turn to medium/high heat. Bring to a boil.
2. Once quinoa reaches a boil, stir and lower the heat. Simmer for 10 minutes.
3. Add coconut milk and blueberries.
4. Simmer for another 3–5 minutes, stirring occasionally. Remove from heat.
5. Garnish with almonds and hemp seeds, if using, before serving.

BLUEBERRY SPINACH SMOOTHIE



Makes 1 servings

Nutrition

214 kcal; 1561 kJ; 6 g protein; 48 g carbohydrates; 37 g net carbs; 11 g dietary fiber; 30 g total sugars; 0 g added sugars; 2 g total fat; 1 g saturated fat

INGREDIENTS:

- 2 handfuls (about 2 cups/85 g) organic spinach
- 1 cup (150 g) organic blueberries, frozen or fresh
- 1/2 banana
- 1 teaspoon cinnamon
- 1 1/2 cup (360 ml) coconut water

DIRECTIONS:

1. Wash and prepare ingredients.
2. Add ingredients to a blender and blend on high for 45–60 seconds. Add more coconut water as needed.
3. Serve and enjoy.

CHIA PUDDING



Makes 3 servings

Nutrition

222 kcal; 929 kJ; 6 g protein; 19 g carbohydrates; 6 g net carbs; 13 g dietary fiber; 3 g total sugars; 2 g added sugars; 15 g total fat; 4 g saturated fat

INGREDIENTS:

- 2 cups (475 ml) unsweetened coconut milk (or hemp, flax or rice milk)
- 1/2 cup (80 g) chia seeds
- 1 teaspoon (5 ml) maple syrup
- 1 teaspoon (5 ml) vanilla

DIRECTIONS:

1. Add ingredients to a blender and blend for 1–2 minutes on high.
2. Pour mixture into a jar or glass container and place in the refrigerator for at least 3 hours or overnight to gel.
3. Enjoy!

CHICKEN & GREEN BEANS STIR FRY



Makes 2 servings

Nutrition

483 kcal; 2021 kj; 42 g protein; 29 g carbohydrates; 19 g net carbs; 10 g dietary fiber; 7 g total sugars; 0 g added sugars; 23 g total fat; 13 g saturated fat

INGREDIENTS:

- 1/4 cup (60 ml) tamari
- 2 teaspoons (10 ml) toasted sesame oil
- 1 tablespoon (15 ml) rice wine vinegar
- 3 tablespoons (45 ml) coconut oil
- 1 lb. (450 g) green beans, trimmed
- 1 inch (2.5 cm) ginger, minced
- 2 cloves garlic, minced
- 2 teaspoons green onion (spring onions), chopped
- 2 boneless, skinless chicken breasts, diced into 1-inch (2.5 cm) cubes
- 1 cup (180 g) julienned red bell peppers
- 1/2 cup (70 g) water chestnuts
- Cooked brown rice, for serving

DIRECTIONS:

1. In a small bowl, whisk together soy sauce, sesame oil, and rice wine vinegar.
2. Heat 2 tablespoons coconut oil in a large skillet over medium-high heat. Add green beans.
3. Sauté for a few minutes until beans turn dark green and are tender but still crisp (about two tablespoons of water can be added – cover skillet for a couple of minutes to steam-cook). Do not overcook, as beans will go back into the pan later.
4. Remove beans from the pan and set aside.
5. Add one more tablespoons of coconut oil to the pan, along with ginger, garlic, green onions, and chicken. Sauté, stirring continuously until chicken is lightly browned and cooked through (turns from pink to white). Add red peppers and sauté for another minute. Add water chestnuts and sauté for another minute. Add soy sauce mixture and green beans. Sauté all together for 2–3 minutes.
6. Serve over brown rice, top with a dash of sesame oil, and garnish with sesame seeds.

FLANK STEAK & CAULIFLOWER RICE



Makes 2 servings

Nutrition

515 kcal; 858 kJ; 42 g protein; 18 g carbohydrates; 12 g net carbs; 6 g dietary fiber; 7 g total sugars; 0 g added sugars; 31 g total fat; 18 g saturated fat

INGREDIENTS:

Cauliflower Rice:

- 1 small head cauliflower
- 1 tablespoon (15 ml) coconut oil
- 1/2 medium yellow onion, finely chopped
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon (15 ml) apple cider vinegar
- 1 teaspoon (5 ml) toasted sesame oil

Steak:

- 1 tablespoon (15 ml) coconut oil
- 12 oz. (340 g) grass-fed flank steak
- Sea salt and pepper to taste

DIRECTIONS:

To make the cauliflower rice:

1. Cut cauliflower into small florets and place into a food processor. Pulse until it resembles the texture of rice.
2. Add coconut oil to a large skillet set over medium heat and cook onion, garlic, salt, and pepper, for about 5 minutes. Do not burn the garlic.
3. Add cauliflower 'rice', sesame oil, and apple cider vinegar. Continue cooking for an additional 5-8 minutes, until cauliflower is al dente then remove from heat and set aside.

To make the flank steak:

1. Season one side of the steak with salt and pepper. Then melt coconut oil in a skillet over medium/high heat. Place steak in skillet seasoned side down. Season the other side with salt and pepper. Cook steak 4-6 minutes on each side.
2. Remove steak from skillet and let rest. Slice steak. Serve with greens and cauliflower rice.

GRILLED CHICKEN WITH LEMON & HERBS



Makes 2 servings

Nutrition

322 kcal; 1347 kJ; 26 g protein; 2 g carbohydrates; 2 g net carbs; 0 g dietary fiber; 1 g total sugars; 0 g added sugars; 24 g total fat; 3 g saturated fat

INGREDIENTS:

- 2 organic chicken breasts
- 1/3 cup (80 ml) olive oil
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons parsley
- 1/2 teaspoon fresh thyme
- 1/2 teaspoon oregano
- 1/4 teaspoon rosemary
- 3 tablespoons (45 ml) lemon juice

DIRECTIONS:

1. Place chicken breasts between 2 sheets of plastic wrap and, using a meat mallet, pound out to an even 1/2-inch (1.25 cm) thickness.
2. Place chicken in a large resealable Ziploc bag. Add all other ingredients and massage to evenly coat. Seal the bag and marinate in the refrigerator for at least an hour, but ideally four hours.
3. Preheat oven to 375 F (190 C).
4. Place chicken on a baking sheet and bake for 25 minutes or until chicken reaches an internal temperature of 160 F (71 C).
5. Transfer to a plate and let rest for a few minutes. Slice and serve!

HONEY-LIME CHICKEN & STRAWBERRY SALAD



Makes 2 servings

Nutrition

773 kcal; 3234 kJ; 40 g protein; 27 g carbohydrates; 19 g net carbs; 8 g dietary fiber; 16 g total sugars; 9 g added sugars; 58 g total fat; 16 g saturated fat

INGREDIENTS:

For the salad:

- 2 chicken breasts, cut into 3/4-inch (2 cm) pieces
- 1 tablespoon (15 ml) coconut oil
- 1/2 lime, juiced
- 1 tablespoon (15 ml) honey
- 6 strawberries, sliced
- 1/2 avocado, diced
- 1/2 cucumber, peeled and chopped
- 4 cups (170 g) romaine lettuce, shredded
- Salt

For the dressing:

- 1/4 cup (60 ml) olive oil
- 6 strawberries
- 1 tablespoon (15 ml) lime juice
- 1/4 teaspoon ground ginger
- Salt to taste

DIRECTIONS:

1. Blend the dressing ingredients together until the mixture is smooth. Set aside.
2. Heat coconut oil in a skillet over medium-high heat. Add chopped chicken and sauté until chicken is nearly cooked, about 10 minutes.
3. Add lime juice and honey to the pan. Stir to coat the chicken.
4. Cover the pan, lower heat to medium, and let the chicken finish cooking, about 5 minutes. Set aside.
5. To a separate bowl, add other salad ingredients and toss.
6. Place chicken over salad greens, drizzle with dressing, and serve.

SWEET & SOUR THAI CARROT SALAD



Makes 2 servings

Nutrition

658 kcal; 2753 kJ; 18 g protein; 81 g carbohydrates; 63 g net carbs; 18 g dietary fiber; 32 g total sugars; 16 g added sugars; 28 g total fat; 4 g saturated fat

INGREDIENTS:

- 3 tablespoons (45 ml) lemon juice
- 3 tablespoons (45 ml) olive oil
- 4 tablespoons (60 ml) rice wine vinegar, divided
- 1/8 teaspoon dill, dried
- 1/8 teaspoon garlic powder
- 1/2 teaspoon garlic, minced
- 1 BPA-free can (300 g) chickpeas
- 1/4 red onion, minced
- 1/4 cup (15 g) cilantro (coriander), chopped
- 2 cucumbers, spiralized or cut into matchsticks
- 2 large carrots, spiralized or cut into matchsticks
- 2 tablespoons (30 ml) honey
- 1 tablespoon sesame seeds

DIRECTIONS:

1. In a small bowl, whisk together lemon juice, olive oil, 2 tablespoons (30 ml) vinegar, garlic powder, dill and garlic.
2. To a separate bowl, add chickpeas, onion, cilantro, cucumbers, and carrots.
3. Add dressing and toss. Allow to marinate for 20 minutes for more flavor.
4. Combine honey with the remaining 2 tablespoons (30 ml) rice wine vinegar and pour over the salad.
5. Garnish with sesame seeds and serve.

PALEO TACOS



Makes 2 servings

Nutrition

706 kcal; 2953 kJ; 53 g protein; 47 g carbohydrates; 28 g net carbs; 19 g dietary fiber; 11 g total sugars; 0 g added sugars; 40 g total fat; 7 g saturated fat

INGREDIENTS:

For the meat:

- 1 tablespoon (15 ml) olive oil
- 1/2 sweet onion, chopped
- 1 lb. (450 g) grass-fed ground turkey
- 1 teaspoon dried basil
- 1 teaspoon oregano
- Salt and pepper to taste

For the taco shells:

- 6–8 large romaine lettuce leaves

Toppings:

- 1/2 cup (120 g) guacamole
- 1 red bell pepper (capsicum), chopped
- 3/4 cup (110 g) romaine lettuce, chopped
- 1 red onion, chopped
- Optional additions: 1/2 cup (75 g) salsa, avocado (sliced), herbs and spices

DIRECTIONS:

1. In a medium skillet, heat oil over medium heat for about 1 minute.
2. Add onion, basil, oregano, salt and pepper. Sauté until lightly browned, about 2 minutes.
3. Add the ground turkey and sauté 7–10 minutes or until cooked, stirring every few minutes.
4. While the ground turkey is cooking, wash and chop toppings and lay romaine lettuce leaves out on serving plates.
5. When the ground turkey is done, add 1–2 tablespoons to each lettuce wrap, then add toppings.
6. Serve and enjoy!

BONUS RECIPE: CARROT RED LENTIL CHILI



Makes 4 servings

Nutrition

331 kcal; 1384 kJ; 17 g protein; 49 g carbohydrates; 39 g net carbs; 10 g dietary fiber; 10 g total sugars; 0 g added sugars; 9 g total fat; 1 g saturated fat

INGREDIENTS:

- 2 tablespoons (30 ml) olive oil
- 1 onion, chopped
- 1 cup (200 g) red lentils (brown and green lentils are good too)
- 1 1/4 cup (300 ml) organic chicken stock
- 2 zucchinis (courgettes), chopped
- 5 medium carrots, peeled and chopped
- Sea salt and pepper to taste
- 2 tablespoons basil
- 2 tablespoons oregano

DIRECTIONS:

1. Rinse lentils thoroughly in cold water, picking out any pebbles.
2. In a medium to large stockpot, heat olive oil over medium heat for 1–2 minutes.
3. Place chopped onion in the stockpot, stirring occasionally for 2–3 minutes or until slightly browned. Once the onion is browned, add lentils and continue to cook, stirring occasionally for another 5 minutes.
4. Add broth, zucchini, carrots, herbs, spices, salt and pepper. Continue to cook chili on medium–high heat until soup comes to a boil.
5. Once the soup is boiling, lower the heat to medium/low and simmer for 30–45 minutes or until the lentils are completely cooked.
6. Remove soup from heat and serve immediately, or save for later.

MORE MOVEMENT



Movement

feeds the brain and reduces inflammation in the body. There are some things you can do to help yourself get in the habit of moving your body more. Start by choosing activities you enjoy and set daily reminders on your phone or device.

STRETCH. WALK. THRIVE!

Set a goal to walk everyday, but focus on each day at time. You've got this!

- 1** Walk 10,000 steps (minimum) per day for adults ages 18–59 years old.
- 2** Invest in good quality walking shoes.
- 3** Listen to music or podcasts to help the time pass quickly.
- 4** Take a 15-minute walk right after dinner! It will improve your digestion, burn those dinner calories before bed, and help your body break down carbs efficiently.

Did you know?

Increasing your step count by a few thousand steps per day can be enough to improve your health. For example, you could add 2,000–3,000 steps to your daily routine, which is roughly equivalent to 30 minutes of exercise. You can also increase the intensity of walking if you have specific goals, like weight loss or building muscle.

SPECIAL BONUS: My gift to you is a free ***SHIIT Training Guide***. Learn how to perform these unique exercises that will boost your strength, endurance, and energy to help you become a fat-burning phenom!

I'M SO GLAD YOU'RE HERE!

{WHAT'S NEXT? SO GLAD YOU ASKED.}

If you haven't done it yet, schedule a FREE 15-minute discovery call, so we can talk about YOU... and why I have the secret to decoding *your* toughest health challenges.

[CLICK HERE](#) to check my availability and schedule a call!



 **DR. SAM SHAY**

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It is recommended that before starting any diet or exercise program, you get approval from your medical provider.