



Reset From The Inside Out!
Discover How To Kick Start The Weight Loss &
Lose The Belly Bloat For Good!

www.christinalakefitness.com

Hi there! Thank you for downloading my
7 Day Gluten Dairy FREE Meal plan.

Whether you're looking to lose weight, overcome fatigue,
or get rid of constant sugar cravings, I've got you covered.

The truth is that we all have these breaking points in our lives
when our bodies just say, "ENOUGH!" A combination of a poor diet,
stress and other factors can lead to inflammation, achy joints, headaches,
belly bloat, sleep problems and much more.

Did you know that the top 3 symptoms associated with gluten and or dairy intolerance are:

1. Weight gain
2. Joint & abdominal pain
3. Bloating

and by dialing in your nutrition you can start to alleviate these symptoms and start to feel like
you have control over how your body feels again?

My 7 day grain and dairy free meal plan will help you regain your
energy, kick start your weight loss and start living life to the fullest.

As your health and wellness coach, I am here to help you get off the diet roller coaster and
transition into a healthy, vibrant life.

Bon appétit!

Corinne Olsen

Medical Disclaimer

Please consult with your physician before beginning any new exercise or nutrition plan. The information provided with this plan is intended for general information only, It does not include individualized recommendations and is not intended as medical advice. It is up to you to listen to your body and decide what foods you may need to avoid so you feel your best. If you have any concerns about following this balanced, whole food meal plan then please speak with your doctor. Christina Lake Health & Fitness assumes no risk for your voluntary participation in this meal plan.



7 Day Gluten Dairy Free Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B: Chocolate Peanut Butter Shake	B: Chocolate Peanut Butter Shake	B: Breakfast Smoothie	B: Breakfast Smoothie	B: Cashew Strawberry Cream Smoothie	B: Sausage Stir-Fry Breakfast	B: Smoked Salmon Scrambled Eggs
L: Grilled Shrimp & Veggies on a Stick + Healthy Zucchini Cakes	L: Grilled Shrimp & Veggies on a Stick + Healthy Zucchini Cakes	L: Turkey Vegetable Meat Balls + Pesto & Spaghetti Squash	L: Turkey Vegetable Meat Balls + Pesto & Spaghetti Squash	L: Ginger Beef & Broccoli + Beverly Hills Chopped Salad	L: Dijon Almond Crusted Salmon + Cauliflower Hummus	L: Ginger Beef & Broccoli + Beverly Hills Chopped Salad
D: Ginger Beef & Broccoli + Beverly Hills Chopped Salad	D: Turkey Vegetable Meat Balls + Pesto & Spaghetti Squash	D: Superfast Chili + Steamed Broccoli	D: Superfast Chili + Steamed Broccoli	D: 10 Minute Black Bean Burgers + Kale Coleslaw	D: Chicken with Lentils & Artichoke Hearts	D: Balsamic & Sweet Onion Pot Roast

Legend:

B: Breakfast

L: Lunch

D: Dinner



How to make the most of your 7 Day Gluten Dairy Free Meal Plan:

Gluten and dairy free doesn't have to mean you will be juicing, resorting to being hungry, cranky or depriving yourself of delicious foods. I prefer to think of it more as "clean eating" in which we remove processed foods, unrefined sugars, gluten & dairy.

Instead you will be focusing on filling up on grass fed protein, whole fruits and veggies, nuts and seeds, brown rice, quinoa, oats or other gluten free grains.

I am also including my top tips to make the most of your week! Don't feel you have to abide by all the rules- instead pick one or two new habits to incorporate for the week and see how you feel. You will be amazed at the difference just one week can make!

5 BEST Tips For Reducing Bloat, Joint Pain, and Losing Weight:

1. I recommend you drink 3-4 litres of water a day.

Staying hydrated is ultra important and this also means saying no to alcohol, limiting your caffeine to 2 cups a day and avoid artificially flavoured drinks.

Coffee and diet pop cannot replace water, and will actually result in you being further dehydrated for the day. This may seem like a "detox" but here is why:

Organs like your liver, kidneys, and intestines already get rid of harmful toxins in your body. ***So we want to promote the health of your detoxifying to naturally improve your body's ability rid itself of toxins and waste.*** This will also improve your digestion and your ability to absorb the nutrients you need!

2. Snacks are allowed!

The suggested meal plan includes a breakfast, lunch, and dinner. You can add 1-2 snacks a day if you feel hungry, or adjust your portion sizes accordingly. Aim for a balanced snack that includes some protein and healthy fats- and greens if possible.

3. Try to get 7 hrs of sleep per night.

Recent research has focused on the link between sleep and the peptides that regulate appetite. “Ghrelin stimulates hunger and leptin signals satiety to the brain and suppresses appetite. Shortened sleep time is associated with decreases in leptin and elevations in ghrelin.

Not only does sleep loss appear to stimulate appetite. It also stimulates cravings for high-fat, high-carbohydrate foods. Ongoing studies are considering whether adequate sleep should be a standard part of weight loss programs” - WebMD

Sleep can also affect your immune function, aging process, memory, learning, and metabolism. Yes, adequate sleep is a big deal!

4. Start each morning with a cup of hot water with ½ fresh lemon.

You could also add the fresh squeezed lemon to your water bottle if you prefer 😊 Lemons are naturally alkalizing for the body, lemons rev up your digestive system to help break down and absorb nutrients. They also act as a gentle diuretic to prevent bloating.

5. Take a weeks worth of probiotics.

If you suffer from chronically sore joints, we can bet there is some inflammation going on. And if your gut has been inflamed from eating foods such as grains and dairy (which can possibly lead to inflammation) then you want to increase the good bacteria you put into your body. I suggest taking a good quality probiotic to ensure you have enough good bacteria to combat unwanted pathogens and toxins that find their way into the body.



30 day

SLIM & SCULPT

Hi! I'm Corinne.

I don't believe in dieting or depriving ourselves. I also don't believe you need to spend hours in the gym to have a body you love. And I believe **you're never too old to start!**

I love teaching my clients how to eat for energy with a focus on decreasing inflammation, achy joints, and bloat. They are able to wake up and look forward to doing the things they love in a body they **feel good about!**

Yes you **CAN** end your struggle with weight loss for good by fueling up on delicious whole foods that won't leave you hungry and learn to exercise in a way that **doesn't feel like a chore!**

ARE YOU READY TO GET STARTED?

www.christinalakefitness.com

Click **HERE** to learn more about the **30 Day Slim & Sculpt.**