

A close-up photograph of a hand holding a large, bright green apple. The background is softly blurred, showing a person's torso in a light-colored top. A semi-transparent yellow circle is overlaid on the bottom half of the image, containing text.

3 days

TO DITCHING
THE BLOAT



Hi, my name is Victoria Martin and I am a Naturopath, Nutritionist, Herbalist and a busy working mum of two, running my own natural medicine practice in Margaret River, Western Australia. I hope that you really enjoy this FREE program “3 Days To Ditching The Bloat” that I have put together to help people like you to take the first steps to take control of your health and discover healthy eating practices that will improve your daily wellbeing.

Let me first say this: Life is *not* about deprivation and constantly saying no to sweet treats. It *is* about balancing the yes and the no so we stay happy, healthy, feeling good and free of health issues.

I work with many busy people who have often forgotten what balance looks like on their plates and in their lives. Below is some of the great info I give my clients — I hope it helps you just as much as it has helped them by becoming more aware of their food choices.

No matter where you live in the world, what your job is or whether you have children or not, I want to give you some of the simple steps you need to face temptation and focus on eating well.

I am here to walk you step-by-step through a little something I call “how to make it work in the real world when temptation is everywhere.”

WHEN DO YOU GET TEMPTED?

- When you're watching TV
- When you are feeding the kids dinner
- Attending a BBQ or afternoon drinks at a friend's house
- Eating out for dinner
- Going for a playdate with your children at a friend's place

HAS THIS HAPPENED?

You swore this year would be different but somehow the food you promised yourself you would not eat entered your body.

I have had those times in my life and trust me I am human, and it still happens. But I finally have a plan, and I am sharing that plan with you today.

I have studied over 100 dietary theories including those by renowned experts in nutrition and wellness such as Andrew Weil, MD, Arthur Agatston, MD, Barry Sears, PhD, Mark Hyman, MD, Geneen Roth, and Deepak Chopra. During this time, my life changed. I began to see that the food on my plate was key, but so was how I was nourishing myself in other areas of my life. I began to take care of myself and slow down.

Eating foods that were right for my body lessened my food allergies, and I began to lose unwanted toxicity and inflammation. I began to feel alive and in control of my health.

SECRET #1: PRE-PLANNING

Make sure you know what you are walking into. If you're attending a BBQ or drinks, plan to eat beforehand. It is safe to assume most parties offer tons of cheese, bread, and often desserts, so it is best to have a good mini meal before you go. If you are off to work or a playdate with the kids then pack your own snacks and lunch. If you are going on a long car trip then pack a cooler with snacks so that you don't end up having to eat service station food.

MY FAVORITE MINI MEALS ARE:

1. A healthy protein like chicken, sliced with avocado
2. Greek or non-dairy yogurt with nuts
3. A smoothie
4. A cup of homemade soup
5. Vegetable sticks with hommus or guacamole dip
6. Cut apple or celery with almond butter

If you are going to any event involving food, make sure you are satisfied before you head out. And if you know there are lots of treats available at work, make sure to keep a healthy snack in your bag (my favourite is homemade protein balls or some raw nuts).

SECRET #2: EAT SIMPLE AND THINK SIMPLE

Keep it simple. Make sure the meals you are eating during this 3 day Min-cleanse are easy to digest. Often we are stressed, and when we eat when stressed we go into fat storage mode rather than fat burning mode.

Taking deep breaths and being conscious of what you eat is key for your health and happiness, and will leave you better able to say no to the carbs or savoury and sweet treats later.

Try taking a breath in through your nose, holding that breath for 10 seconds, and then releasing. Repeat this deep breathing exercise 5 times, and you will reduce those stressed feelings.

SECRET #3 – MY SECRET WEAPONS

Two drinks I love during my day are the following:

MY MORNING LEMON ELIXIR

Take 2 cups of room temperature water and add the juice from 1/2 a lemon, a pinch of cayenne (optional), and 1 teaspoon of raw honey or a couple drops of stevia (use stevia if you are on a yeast cleansing diet).

MY EVENING ALKALIZING CHLOROPHYLL DRINK

Add 1 tablespoon of chlorophyll to 250mls of water with the juice of one lemon.

Note: you can buy chlorophyll at any natural food store or online.

THE 3-DAY MINI CLEAN EATING PROGRAM

ARE YOU READY?

1. **UPON WAKING:** Drink my Lemon Elixir to cleanse, alkalize your body, and reduce sugar cravings.
2. **BREAKFAST:** Smoothie – easy to digest and ideal for getting rid of bloat.
3. **SNACK:** Enjoy a cup of peppermint or ginger tea and raw veggies with hummus.
4. **LUNCH:** Choice of green salad with 1 tablespoon of olive oil, 1 teaspoon of flax meal, lemon juice, garlic powder (omit if intolerant), and 250g of a high-quality protein or 1/2 cup lentils or mung beans for vegetarians. Also, drink your Cranberry Elixir to flush the toxins.
5. **LATE AFTERNOON SNACK** (around 3-4 pm): Enjoy a cup of herbal tea. Have 1/2 avocado with tomato and basil or a cup of dairy-free soup with 2 tablespoons of chopped pumpkin seeds and a dash of cinnamon to warm the digestion. Another great snack option is a rice cake with almond butter and cinnamon.
6. **DINNER:** A healthy soup or choice of salad with 250g of protein (optional) and a side dish of vegetables. Avoid the bread to reduce bloat.
7. **EVENING:** If you are craving something sweet, have a cup of chamomile tea with stevia or 1 tsp of raw honey. Or enjoy a baked apple with cinnamon, walnuts, and raw honey or stevia (bake at

180 degrees for 20 minutes). Another option is half a banana with 1 tbsp of almond butter and 1 tbsp of honey with slivered almonds.

RECIPES

DAY ONE

BREAKFAST

You can either opt for a smoothie for breakfast, or you can enjoy a warmed chia seed pudding in place of a smoothie, as desired.

CHIA SEED PUDDING

(Makes 1-2 Servings)

1 cup non-dairy milk
 ½ cup chia seeds
 2 tablespoons raw honey
 or 5 drops stevia (optional)

½ teaspoon vanilla (powder or
 alcohol free vanilla)
 Dash of cinnamon
 Dash of ground ginger

Warm your milk. In a small saucepan, add your non-dairy milk over a medium-low flame. Add ½ teaspoon vanilla, 2 tablespoons of raw honey or 5 drops stevia, to the saucepan. Warm the milk for 2 to 3 minutes. Make it is as hot as you can stand it without boiling. When the milk is warm, add the milk to your bowl of chia seeds. Stir continuously for about 2 minutes while the chia seeds absorb the milk. Allow the mixture to sit for 2 to 3 minutes. Top with cinnamon, and ground ginger.

TAHINI ENERGY SMOOTHIE

1 ½ cups dairy free milk (almond,
 coconut or hemp)
 2 tablespoons tahini
 1 cup spinach

½ cup strawberries
 1 banana, cinnamon
 1 tablespoon raw honey

LUNCH

ROASTED ROOT VEGGIE SALAD

500g root vegetables (beetroots, carrots, turnips, parsnips), diced
 1 Tbsp. coconut oil
 3 Tablespoons olive oil
 2 medium spring onions
 ½ tsp. chopped fresh rosemary

3 cups salad leaves
 1 Tbsp. apple cider vinegar
 1 Tablespoon Dijon mustard
 Dash of sea salt and pepper to taste

Preheat oven to 220C. Line a baking sheet with baking paper. In a medium bowl, toss diced vegetables and spring onions with a tablespoon of coconut oil and ½ tsp of sea salt to coat. Spread the veggies out in one layer on a baking sheet.

Roast in oven until all veggies are tender (about 20 minutes). Drizzle with one tablespoon of olive oil and add fresh rosemary to the vegetables and toss to coat.

Combine remaining 2 tbs of olive oil, vinegar, and mustard in a small bowl and whisk with a fork until combined. Place leaves in a mixing bowl, pour dressing over greens and toss to coat. Top with roasted vegetables.

DINNER

SWEET POTATO CAULIFLOWER SOUP

1 large head cauliflower
 Few dashes Garam masala (optional)
 3 medium to large sized peeled sweet potatoes, cut into 1cm

pieces
 1 sweet onion, diced
 6 cups vegetable broth
 1 tsp. salt

Preheat oven to 200C. Wash and cut cauliflower, and then sprinkle lightly with Garam masala. Place the cauliflower on parchment covered baking sheet and lightly drizzle with olive oil. Roast for about 20-30 minutes. In large stockpot, bring sweet potato, onion, garlic, salt and broth to a boil. Reduce heat and simmer until sweet potatoes are tender. Add in cooked cauliflower and blend half then combine and blend all until smooth.

DAY TWO

BREAKFAST

STRAWBERRY BLISS SMOOTHIE

1 cup coconut water or almond milk	1/2 cup frozen strawberries
1 banana	1 Tablespoon coconut oil
1 Tablespoon hemp seeds	1 Tablespoon flax meal or chia seeds
Pinch of cinnamon	Stevia or raw honey to sweeten
Ice (optional)	

LUNCH

AVOCADO SALAD WITH LIME DRESSING

(Makes 2 Servings)

2 cups baby spinach	1 medium cucumber, chopped
6 to 8 cherry tomatoes	1 avocado, diced

LIME DRESSING:

2 limes, juiced	2 teaspoons extra virgin olive oil
1/4 teaspoon ground cumin	Sea salt
1 teaspoon raw apple cider vinegar	Black pepper

Prepare the dressing. Add your lime juice, ground cumin, raw apple cider vinegar, extra virgin olive oil, sea salt, and black pepper in a small bowl. Whisk the ingredients until they come together. Set to the side.

Mix the salad. Add baby spinach, cherry tomatoes, cucumber, and avocado to a bowl. Top with lime dressing and serve immediately.

DINNER

VEGETABLE CURRY

500g cauliflower,
cabbage, zucchini
1 red onion, diced
2 Tbsp. coconut oil
180ml can tomato paste (look for
BPA FREE can)
200ml coconut milk

1 clove garlic
½ tsp. cardamom powder
½ tsp. coriander powder
½ tsp. ginger
1 tsp. fenugreek powder
½ tsp. chili powder (optional)
1 tsp. sea salt

Wash and chop vegetables. Sauté onions and garlic in coconut oil. Add seasonings and cook off spices for a few minutes until aromas are released. Add tomato paste and coconut milk and stir until smooth. Add vegetables and simmer for 15 minutes.

DAY THREE

BREAKFAST

DELICIOUS DATE SMOOTHIE

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| 1 ½ cups dairy free milk (almond, coconut or hemp) | 1 frozen banana |
| 2 pitted Medjool dates, soaked and pitted | 1 teaspoon cinnamon |
| | 1 teaspoon vanilla |
| | 1 tablespoon raw honey |

LUNCH

COLORFUL GODDESS SALAD

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|----------------------|-------------------|
| 2 cups red cabbage | 1 radish |
| 2 cups green cabbage | 1 stalk of celery |
| 1 raw beetroot | 1 cucumber |
| | 1 zucchini |

Chop all the ingredients into bite size chunks. Cut the cabbage into thin slices and add all ingredients to a large bowl. In a separate bowl make the dressing (as detailed below) and then add ¼ cup almonds or walnuts, pecans or pine nuts to the salad.

DRESSING:

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| ½ cup Tahini | 2 cloves garlic |
| ½ cup water | 1 tsp. coconut aminos |
| 2 Tablespoons fresh parsley, chopped | 2 Tablespoon fresh lemon juice |
| 2 Tablespoons chives, chopped | 2 Tablespoons raw apple cider vinegar |
| ½ teaspoon sea salt | |

Combine all ingredients in a blender; blend until smooth and pour ontop.

DINNER

CARROT GINGER SOUP

1 kg carrots	2 Tbsp. grated ginger
4 cups vegetable/chicken stock	1 tsp. salt
1 Tbsp. coconut oil	¼ tsp. cumin
1 cup chopped onion	¼ tsp. cinnamon
½ cup fennel, chopped	¼ tsp. dried mint
2 garlic cloves, minced	3 Tbsp. fresh lemon juice

In one pan cook the carrots in the vegetable or chicken stock for 10-15 minutes. Sauté onions, fennel and garlic over a medium heat in another pan for about 5 minutes. Add ginger, salt, and spices. Turn the heat to low, and continue to sauté for another 8 to 10 minutes. Stir in lemon juice. Combine the contents of both pans in a blender and puree until smooth.



I hope you have really enjoyed my FREE 3 day program “Three Days to Ditching the Bloat” and are feeling re-charged and motivated to make further improvements to your health. I also hope that you have realized that with support taking control back of your health is totally within your capability.

I would love the opportunity to work with you further, so if you have enjoyed this program and the recipes included why not take a look at my other online programs available on my website at [www.victoriarmartinnaturopathics.com](http://www.victorimartinnaturopathics.com) I offer one-on-one appointments in person at my clinic in Margaret River, Western Australia or via Skype/FaceTime for those remote to my area where we can really delve deeper into your health and empower you to reach your full health potential.

I look forward to hearing from you and working with you further.

Victoria x