

Diana Stobo's

Post- Pig-Out Rescue Plan

**3 Days To Lose Weight Fast And
Naturally Restore Energy Quickly
Without Starving Yourself**



I promise to always bring you my best knowledge and most loving guidance so you can feel empowered to live with health, vibrance and beauty every single day!

Diana Stobo



EATING FOR HEALTH, VIBRANCE AND BEAUTY

1. Who is Diana Stobo?

Diana is a raw-food and juicing expert, weight-loss specialist, holistic health practitioner, and mind-body nutritionist.

She is living proof that transitioning to a healthful diet can help you lose weight, gain energy, heal your body, and look younger and more vibrant. As a 50-year-old mother of 3, Diana looks and feels better than ever before. Diana is living proof that eating LIVE brings you a life of health, vibrance, and beauty.

2. What exactly is Diana Stobo's "POST-PIG-OUT RESCUE PLAN"?

It is a downloadable ebook that provides a 3-day eating plan to help you lose weight and bloat gained from a vacation or holiday.

3. How will it help me?

By following this menu plan, you can lose the few pounds, the bloated tummy, and the stomach upset caused by "pigging out."

4. How do I know if it's right for me?

If you are in general good health and want a quick and easy plan for getting your healthful eating plan back on track, this guide is right for you.

The information in this eBook is true and complete to the best of the author's knowledge. All recommendations are made without guarantee on the part of the author.

The author disclaims any liability in connection with the use of this information. Individuals with serious health problems or conditions should consult a physician before following the advice contained herein. The contents of this book are not intended to take the place of professional medical advice and treatment, if needed. The author does not dispense medical advice herein.

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Introduction

Have you got the post-pig-out blues?

It's the feeling you get after a holiday, vacation, or party weekend in which you fell off your health-food wagon and overdid it. You probably indulged in some pretty spectacular culinary experiences, didn't drink enough water, and ate out way too much.

Now you might be feeling puffy or swollen — some call it the post-holiday bloat. You might feel slow and sluggish and not overly enthusiastic about putting on your workout clothes or jeans (if you can even zip them!).



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I know that feeling. It's how many of us feel after we take a vacation, embark on a family trip, or indulge in holiday festivities. Taking a vacation or holiday is great fun and can be very relaxing. However, if you are like most people, you tend to fall out of your routine with foods and exercise and fall into decadence and hedonism. Nothing wrong with that —you are on vacation after all.

I assume the word vacation came from "vacate" — to leave one's ritual and routine and devote time to pleasure, exploration, adventure, and relaxation. However, upon your return into reality, ritual and routine are the very things you look forward to. They provide a safe haven of comfort.

And now that you're back to reality, you may find some changes have occurred in your body and you'd like to get it back to where it was before your overindulgence.

Your body is screaming for a detox.

The good news is that you can get your body back on track in 3 days. It takes just 3 days to signal the body into change.

Use the menu plan in this book for 3 days. Create varying combinations of the recipes to clean and detox your post-holiday body. Please be creative and do what works for you — these are just some things I use for my body to get back to a comfortable place.



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Preparing for Your Post-Pig-Out Detox

You will need to stock up for the next 3 days with alkalizing, detoxifying foods. Try to buy organic as much as possible.

Fruits

Lemons

Limes

Grapefruits

Avocados

Bananas

Fresh or frozen berries

Vegetables

Raw sauerkraut*

Kale

Fresh sprouts (such as pea, sunflower, broccoli, or alfalfa)

Cucumber

Celery

Fennel

Parsley

Chard

Lettuce

Spinach

Onion

A vegetable to make Cream-of-Any-Vegetable Soup (such as cauliflower, broccoli, butternut squash, sweet peas, or zucchini, to name a few)



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Juices and beverages

- Pure unsweetened cranberry juice
- Fresh-pressed organic apple juice
- Coconut water (preferably fresh or frozen)
- Apple cider vinegar
- Kefir (either coconut or dairy)
- Almond milk (fresh is best!)
- Low-acid coffee or Kava freeze-dried coffee*

Superfoods

- Liquid chlorophyll*
- Spirulina (green powder)*

Nuts and seeds

- Coconuts (preferably fresh, young Thai coconuts, if available)
- Chia seeds*
- Raw almonds
- Flax seeds

Broth

- Vegetable broth

*Can be found at some specialty stores or on line

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Menu Plan

Upon waking (choose one)

Lemon water

20 oz of water with freshly squeezed juice of ½ lemon

Apple cider vinegar water

20 oz of water with 1 tablespoon apple cider vinegar

Green cranberry water

20 oz of water with ¼ cup pure cranberry juice and 1 tablespoon liquid chlorophyll (if you can't find chlorophyll, it's okay to omit)

Morning coffee, juice, or smoothie (choose one)

Low-acid coffee

Cold-brewed coffee, heated or with hot nut-milk added; or hot-brewed low-acid coffee with nut-milk and sweetener (if you must)

Grapefruit juice

Freshly squeezed



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Morning Glory smoothie



Ingredients

1½ cups fresh almond milk

½ cup low-acid coffee (or 1 tablespoon of Kava brand freeze-dried low-acid coffee www.kavacoffee.com/)

½ frozen banana

2 packets of stevia

Directions

Combine in blender until smooth.

Popeye's Passion smoothie

Ingredients

2 cups fresh-pressed apple juice

2 cups fresh organic spinach

1 frozen banana

Directions

Blend all ingredients in high-speed blender for 30–40 seconds.



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Mid-morning drink (choose one)

Cran-apple chia water

20 oz of water with ¼ cup pure cranberry juice, ¼ cup fresh-pressed apple juice, and 1 tablespoon ground flax seeds or chia seeds

Lemony honey kale water

20 oz of water blended with juice of 1 lemon, 2 kale leaves, and 1 tablespoon raw, wild honey

Sweet vinegar cayenne water

20 oz of water with 1 tablespoon apple cider vinegar, 1 tablespoon raw honey or maple syrup, and a dash of cayenne pepper

Lunchtime (choose one)

My Happy Meal smoothie

Ingredients

- 1 cup coconut water
- 1 cup almond milk
- 1 cup frozen raspberries or strawberries
- 1/2 frozen banana
- 1-2 teaspoons spirulina

Directions

Blend all ingredients in blender on high for 30-60 seconds and serve immediately.



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Probiotic salad

Ingredients

2 cups of lettuce broken into bite-sized pieces (leaf or romaine)

¼ cup raw sauerkraut

Half an avocado, cubed

Fresh green sprouts or sprouted beans such as mung beans or lentils

Sprinkle of flax or chia seeds

Dressing: Whisk together about a tablespoon of apple cider vinegar or squeeze of lemon; olive oil, sea salt.

Directions

Toss ingredients together with dressing.

Green juice (makes 4 quarts)

Ingredients

3 cucumbers

2 bunches celery

1 bunch parsley

1 bunch rainbow chard or kale

3 green apples

3 lemons

2 fennel bulbs

(Or make any variation of your favorite green juice)



Directions

Juice all ingredients in juicer and store in airtight container.

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Mid-afternoon munchies (choose one)

Fresh young Thai coconut

Scoop out all the meat and eat it

½ an avocado

Squeeze lime juice and sprinkle hot sauce or sea salt on top. Cut into cubes or eat with a spoon.

¼ cup raw almonds

Soaked in water for 12 hours.

Fresh watermelon

About one cup of watermelon cut into cubes or spears

Green juice





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Dinner (choose one)

Cream-of-Any-Vegetable Soup

This recipe works for basically any vegetable that you like, such as carrots, zucchini, broccoli, or snow peas.

Ingredients

4 cups of vegetable of choice, chopped

1 yellow onion, diced

1 tablespoon ghee

1 quart vegetable broth

or

1 quart water and organic vegetable bouillon

2 teaspoons sea salt

Any fresh herb or seasoning of your choice (such as curry)

Directions

In 4-quart saucepan, sauté vegetable of choice with onion in ghee until it sweats but doesn't brown. Add broth, salt, and seasoning and simmer for 20 minutes or until vegetable is soft.

With hand blender directly in pot, blend until desired consistency. Or let it cool and blend it in the blender.

Serve and enjoy!

Probiotic salad (see Lunchtime)

My Happy Meal (see Lunchtime)

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Notes

It is important during this time to drink a lot of water. You can also have herbal tea throughout the day to increase your fluid intake.

Do not eat late at night, and make sure you sleep at least 8 hours a night.

Keep the menu plan simple, and eat no more than the times I have listed. This is a detox time for you, a time to get back on track.

Avoid any sweets, breads, grains, or nuts (only eat the almonds if the need to fill the body persists). Any fat will slow the detoxification down.

After the three days, you should be feeling lighter and back to normal.

Until the next holiday event, bon appetit! 😊