

# **The Quick Guide for The 3 S's Healthy & Energising Food Plan:**



The 3S Food Plan of 1.Smoothie, 2.Salad & 3.Soup/Stew.

It is designed to increase the vitamins & minerals in your diet, by boosting the raw, live enzymes in each meal, which will raise your immunity, boost energy levels, improve mood, help you control portion sizes, thus manage your weight & help you become mindful of your 'mood & food connection'. Improve your overall wellness and wellbeing, plus look and feel your best!

The 3S Food Plan is a simple and easy structure, it is not a diet, it is a food plan as it empowers, educates and re-conditions you to make more conscious, positive, meaningful and holistic lifestyle health choices.

The advantage of the **3S Food Plan** compared to other programs, is that it doesn't cut out any important food groups such as carbs, it does not rely on counting points, consuming fluid only diets and allows you to eat food based on your diet preference, including meat eaters, vegans, pescatarians or flexitarians! As well as intermittently fast.

The 3S Food Plan golden rule is that **'if it doesn't grow from the earth, swim in the sea or picked from a tree, you can't eat it!'**

When starting the 3S Food Plan, it is critical that you aim to follow it for **21 days** to ensure your body and mind gets a chance to reboot, it also takes 21 days to change a habit. In this time there is no processed food consumed, yes no bread or pasta! This is why it is called Food Plan, as it will require a certain amount of planning for optimum success, you may want to do a taster week to prepare or ease yourself into. After this most people follow 2S's e.g. Smoothie and salad and a free dinner.

It is also recommended that you do a minimum of 20-30mins activity a day especially if your goal is weight loss, drink lots of water/herbal teas and start journaling your moods during the day to understand your triggers and cravings.

**Health Will be Your New Wealth!**

**Please note you will need to plan your meals in advance! Check out our meal guide below and add your own meal choices. Ensure you have healthy snacks ideas e.g. nuts, seeds and fruit.**

***NB. Please consult a physician or GP before making any major changes to your diet especially if you have any medical/health issues or conditions.***

## An Example of 3 S's Food Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Smoothie	Banana, Spinach & Lemon juice	Kale, Pear and Lime juice	Banana & Berries	Papaya and Mango	Banana, Mango & Orange	Pineapple, Cucumber, Apple (juiced) & Avocado	Parsnip and Pineapple (juiced) & pear
Salad	Aubergine and Chickpea salad	Chicken salad	Greek salad & cous cous	Caribbean grilled scallop salad	Toasted Corn and Black Bean salad	Smoked salmon salad with Dijon dressing	New Potatoes and tuna salad
Soups	Fish Soup	Sweet potatoes & lentil soup	Chicken and sweet corn Soup	Lentils, Chickpea & chili soup	Thai Chicken Soup	Coconut & Red Lentil soup	Carrot and Coriander Soup

KEY:

Meat	Vegetarian/Vegan	Pescatarians	All
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Snacks: e.g. 1-2 fruit, corn on the cob, roasted peppers, vegetable sticks (carrots, cucumbers, peppers, sugar snaps peas), dips (hummus, guacamole, salsa), 1 portion of nuts, dried fruit

Seasoning/dressing: e.g. dried and fresh herbs (e.g. thyme, rosemary,) chillies, lemon, lime, mustard, apple cider, garlic, ginger...

## Recipe Ideas:

### 1. Smoothies

[Smoothie Recipes | Allrecipes](#)

### 2. Salads

[Salad recipes - BBC Good Food](#)

### 3. Soup

[Soup recipes - BBC Good Food](#)