



Kitchen  
OF LIFE



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# 4 DAY Jumpstart



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# WELCOME!

Hello, and welcome to Kitchen of Life. I am Laura Bushey and I am a health coach!

Look, I understand what it's like to not feel "right", to be chronically under the weather, feeling "blah" and flat out sick. I've been there for sure! I never thought dietary or environmental toxins could be the "root" cause of my symptoms! I thought it was just a natural part of aging! Boy, was I wrong!

In the process of trying to get better, I felt confused scouring the Internet with all the conflicting and misguided information, seeing the endless "how-to's" and "what not's" in dietary programs. I started to feel overwhelmed and defeated as it was getting me nowhere in my progress. I'd have some ups but then I kept having many downs and it seemed like everything I tried was trial-and-error. A crapshoot. The next best thing or the next best supplement. I was frustrated and said enough is enough is enough!

Because of that, I wanted to learn firsthand how to heal using the best dietary program possible. I attended Hippocrates Health Institute where I learned what health really looked like. I was inspired and determined to help others help themselves.

I am now a certified Hippocrates Health Educator and have been working with clients in their health journey since 2012. I understand the ins-and-outs of dietary guidelines, plans, programs, detoxes and protocols and bring that knowledge to you!

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Changing one's health is a journey that twists and turns but eventually gets you where you want to be but making change isn't easy. Believe me, I know! Let me help you through your transition!

I freaked once I learned I had to ditch so many of my beloved foods, but now, in all honesty I enjoy food so much more! My mindset has expanded and I love getting creative! I have lost absolutely nothing but instead regained my health through the power of healing foods!

It is my passion to teach and inspire others to live healthfully so they can enjoy fuller, happier lives.

If you're trying to lose weight, feel better or even look better you're in the right spot. Believe it or not, when we release toxins, the body begins to shed a lot of what makes us feel like garbage. Even weightloss can occur without even trying! I call it a side-effect to eating healthy. You may even see immediate improvements in your skin and hair because really you're slowing the aging process... and we all want that!

Toxins are any substances that are harmful to the body, such as chemicals from your personal care and cleaning products and pollution. Our bodies are inundated with toxins daily which leads to weight gain, allergies, intolerances, rashes, mood changes, poor sleep, low sex drive, bags under the eyes, headaches, lower back pain, PMS, IBS, sensitivities, bloating, digestive upset, or an overall feeling of sickness.

In this 4-Day cleanse, my goal is to help you purge your body of toxins. You'll do so by filling your diet with nutritious foods. As a result, you'll feel more alive and energetic than you've ever felt and melt away those stubborn pounds.

This 4-day cleanse will be like hitting the reset button on your health.

Ready to dive in? I am.

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# BEFORE WE BEGIN

## JOIN OUR PRIVATE GROUP

Losing weight and feeling great is a much easier task when you are part of a community of like-minded people.

During your cleanse, I invite you to join the **4 Day Jumpstart with Kitchen of Life**, a place to support each other and encourage massive change.

In the group, we'll post tips, strategies, recipes and more to make your 4-day cleanse as effective as possible.

Feel free free to ask me any questions in the group as needed. Just tag me by typing the @ symbol and my name. All questions are welcome.

### HOW TO JOIN:

Create a [Facebook account](#) if you don't already have one. Please add a picture so we can see your pretty face!

[Click here](#) to access the group, and click the Join Group button at the top right. Your membership will be approved right away.

## GROUP ENGAGEMENT

- ❑ Share your successes! This is the single most important thing you can do in this group. Did you sleep better last night? Is your skin glowing? What did you eat today? Pants feel a little looser? Share with others for motivation and inspiration.
- ❑ Share your “Aha! Moments.” Has something dawned on you that you want to share? Did you learn something from one of the videos or calls? Share it with others! They will benefit from hearing from you.
- ❑ Share your selfie – I encourage you to take one before you start the challenge and one after.
- ❑ Ask questions often. Use this group to engage with other participants.
- ❑ Visit the group at least once per day during your cleanse.
- ❑ Engage with each other and answer each other's questions – you'll all be going through the same thing, so share and collaborate!

## SUCCESS TIPS

To get the most out of this program, I recommend integrating the following pieces of advice:

1. Before starting, read the guide and look at your meals for the next 4 days.
2. Repeat this mantra daily: "I deserve health. I am worth weight loss. I love and accept myself fully. I strive for more."
3. Grab a journal and throughout the program, write down your meals and reflect on how you feel after you eat.
4. During the program, add a clean protein to any meal – vegetarian or non-vegetarian.
5. If hungry, enjoy a snack such as fresh fruit, a smoothie, kale chips, 1/2 avocado with sea salt, trail mix, a handful of seeds or nuts, or raw vegetables with hummus.

## YOUR DAILY PLAN

**BREAKFAST:** Follow your daily suggested meals.

**SNACK:** Enjoy a piece of fresh fruit, one of the suggested snacks or a cup of coconut water.

**LUNCH:** Follow your daily suggested meal plan.

**SNACK:** Listen to your body and check in to see if you need a snack.

**DINNER:** Follow your daily suggested meals.

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# SHOPPING LIST

## FRUITS

Lemon – 7

Strawberries - 1/2 cup

Avocado - 1/2

Apple – 3

Green apple- 2

Cucumbers- 2

Avocado – 3

Lime- 1

Berries – 1 1/2 cup

Red bell pepper- 1 cup

Dried cranberries - optional topping

Banana – 1/2

Yellow red pepper- 1/2 cup

Pineapple- 1/2 cup

Pear- 2

Roma tomatoes- 4

Sun dried tomatoes – 4



## VEGETABLES

Romaine – 1 cup

Kale -6 cups

Onion- 2

Red Onion- 2

Celery – 1 large

Celery sticks - 10

Carrot- 4 ¼

Spinach - 1 cup

Baby Spinach- ½ cup

Parsley – 1 cup

Flat leaf parsley- 1 cup

Baby carrots – 10 pcs.

Mesclun lettuce- 2 cups

Beets- ¼ cup

Kalamata olives- optional

Green peas- 1 cup

Scallions- 2

Cilantro- 1 cup

Broccoli – 1 head

Cauliflower – ½ head

Sprouts- optional topping

Cauliflower- 1 head

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## NUTS/SEEDS

Flax meal – 1 tbsp.

Almonds

Walnuts

Cumin Seeds – 1 tsp.

Brown lentils – 1 cup

Raw pumpkin seeds – ¼ cup

Quinoa – 2

Chia seeds- 1/3 cup

## CONDIMENTS/MISCELLANEOUS

Sea salt

Black pepper

Extra virgin olive oil

Coconut oil

Bayleaf – 1

Broth – 3 cups

Vegetable broth – 1 cup

Stevia

Non-dairy milk (coconut, hemp, or almond milk) – 4 ¼ cups

Eggs- 4

Hummus- ½ cup

Raw cacao- 1 tbsp.

Red wine vinegar- ¼ cup

Brown rice- 3 cups

Coconut aminos- ½ cup

Vanilla extract - optional

Bragg's raw apple cider vinegar -1/4 cup

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## HERBS/SPICES

Ground cumin –  $\frac{3}{4}$  tsp.

Oregano

Cayenne

Garlic – 8 large cloves

Garlic head- 1

Ginger- 2 in.

Fresh cilantro

Mint leaves- 1 bunch

Dijon mustard

Dried oregano

Dill –  $\frac{1}{2}$  cup

Dried rosemary

## BEVERAGES

Chamomile Tea - 4

# YOUR DAILY SUGGESTED MEALS

## DAY 1

### UPON WAKING

Drink warm water with lemon.

### BREAKFAST

#### **BERRY BEAUTY**

Serves 1-2

1 cup romaine

1 cup kale

1 1/2 cup water or non-dairy milk (coconut, hemp, or almond milk)

1/2 cup strawberries

1/2 avocado

1 tablespoon flax meal

### SNACK

Eat 10 almonds and 1 green apple.

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## LUNCH

### **RAW BEAUTY SOUP**

Serves 2

2 large cucumbers  
1 avocado  
1 lime, juiced  
1 teaspoon sea salt  
3/4 teaspoon ground cumin  
dash of cayenne  
fresh cilantro, minced

Blend the cucumbers, avocado, lime juice, sea salt, and cumin. Add a dash of cayenne and garnish with fresh cilantro.

## SNACK

Eat ½ cup of berries and 5 raw walnuts.

## DINNER

### LENTIL SOUP

- 1 tablespoon extra virgin olive oil
- 1 teaspoon cumin seeds
- 1 small onion, minced
- 1 large celery rib, minced
- 4 large garlic cloves, minced
- 1-inch piece of ginger, shredded
- 1 large carrot, chopped
- 1 bay leaf
- 1 cup brown lentils
- 3 cups broth of your choice (or water)
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- Spinach or kale (optional)

Create your soup base. In a large pot, add extra virgin olive oil. When the oil is hot, add cumin seeds and cook until fragrant (about 1 minute). Then add your minced onion, celery, garlic, ginger, carrot, and bay leaf. Sauté until soft (about 2 to 3 minutes).

Assemble the soup. Add brown lentils and broth (or water) along with sea salt and pepper. Cover and cook on medium-low heat for 30 to 45 minutes, stirring every

15 minutes. The soup is done when the lentils are tender but still holding their shape.

Serving suggestion. Add greens like spinach or kale at the end if you would like. Allow the soup to settle for about an hour before eating for the best flavor.

## BEFORE BED

Drink one cup of chamomile tea with stevia.

# DAY 2

## UPON WAKING

Drink warm water with lemon.

## BREAKFAST

### **SCRAMBLED EGGS WITH SPINACH AND PEPPERS**

Makes 2 servings

1 tablespoon coconut oil

1/2 cup chopped red bell pepper

1 cup baby spinach

pinch of oregano

sea salt to taste

black pepper to taste

2 eggs, beaten

Add your coconut oil to a hot skillet, and allow it to melt. Add chopped red bell pepper, and allow it to soften. After about 2 to 3 minutes, add baby spinach. The spinach should quickly wilt. Season with oregano, sea salt, and black pepper. Next, add the beaten eggs to the vegetables. Tilt the pan so the eggs spread out evenly. Use a rubber scraper or spatula to turn the eggs over so that they don't harden and burn. Scramble the eggs for 2 to 3 minutes to your desired consistency.

## SNACK

Eat 10 raw almonds and 1 green apple.

## LUNCH

### **MASSAGED KALE WITH APPLE**

Makes 2 servings

4 cups of kale, thinly sliced  
1 cup parsley, chopped  
1 large lemon, juiced  
1 avocado, chopped  
4 tablespoons extra virgin olive oil  
¼ teaspoon sea salt  
¼ teaspoon black pepper  
1 large apple, chopped  
¼ cup carrots, shredded

Suggested toppings: pumpkin seeds, dried cranberries



Prepare the kale. Add kale, parsley, lemon juice, avocado, extra virgin olive oil, sea salt, and black pepper to a large bowl. Massage the kale and other ingredients with clean hands. The kale should turn a bright green and become softer. Massage until well incorporated. Taste and adjust seasoning as needed.

Add remaining ingredients. Add your chopped apple and shredded carrots to the kale mixture. Toss. Top with pumpkin seeds and dried cranberries if desired.

## SNACK

Eat 10 celery sticks and 1/8 cup of hummus.

## DINNER

### LEMON QUINOA

Makes 2 servings

1 tablespoon extra-virgin olive oil

1 small carrot, grated

1-inch piece of ginger, grated

1 small onion, minced

2 large garlic cloves, minced

2 cups quinoa

3 ⅓ cups water

½ teaspoon sea salt

½ teaspoon black pepper

½ lemon, juiced

Sauté the vegetables. Add extra virgin olive oil to a large sauce pan over medium heat. When the pan is hot, add carrot, ginger, onion and garlic. Sauté for about 2 to 3 minutes.

Add the quinoa. After sautéing the vegetables, add quinoa, water, sea salt, and black pepper. Stir and allow the quinoa to steam -- with the cover on -- for about 20 minutes on low heat. The quinoa is done when the water is absorbed. Turn off the flame and fluff the quinoa with a fork. Add lemon juice. Cover and allow the quinoa to absorb the lemon juice.

Serving suggestions. This quinoa can be served with a variety of stir-fried vegetables including cabbage, kale, broccoli, etc.

## BEFORE BED

Drink 1 cup of chamomile tea with stevia.

# DAY 3

## UPON WAKING

Drink warm water with lemon.

## BREAKFAST

### **SWEET SUNSHINE**

Serves 1-2

1 cup spinach or kale

1 handful of cilantro  
1 1/2 cups water or non-dairy milk (coconut, hemp, or almond milk)  
1/2 cup frozen berries  
1 tablespoon coconut oil  
1 tablespoon raw cacao  
1/2 frozen banana

## SNACK

Eat 10 baby carrots and 1/8 cup hummus.

## LUNCH

### **MEDITERRANEAN SALAD**

Makes 2 servings

2 cups mesclun lettuce  
1 cup flat leaf parsley, chopped  
1 carrot, shredded  
1 large apple, chopped  
1/4 cup shredded beets  
10 fresh mint leaves, roughly torn to small pieces  
1 avocado, chopped  
Kalamata olives, chopped (optional)

### **DRESSING**

2 large garlic cloves, minced  
1 large lemon, juiced

¼ cup red wine vinegar  
¼ cup extra virgin olive oil  
½ teaspoon Dijon mustard  
1 teaspoon dried oregano  
¼ teaspoon sea salt  
¼ teaspoon black pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add all the ingredients to a jar with a lid. Shake vigorously. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

Toss the salad. Add your mesclun lettuce, parsley, shredded carrot, apple, beets, and mint leaves to a large salad bowl. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Top with chopped avocado and kalamata olives (optional). Enjoy!

## SNACK

Eat ¼ cup raw pumpkin seeds.

## DINNER

### **BROWN RICE STIR FRY**

Makes 4 servings

3 tablespoons coconut oil  
1/2 cup chopped yellow bell pepper  
1/2 cup chopped red bell pepper  
2 eggs, beaten

3 cups cooked brown rice  
1 cup green peas  
1/2 cup coconut aminos  
1/2 cup chopped pineapple  
2 scallions, chopped  
1/2 bunch cilantro, chopped

SAUTÉ. Add coconut oil to a large pot. When the pot is hot, add yellow and red pepper. Sauté until soft. Add beaten eggs, and scramble in the pot. When the eggs are firm add brown rice, and green peas. Sauté until warm. Add coconut aminos, and allow the rice to slightly brown. When the rice is slightly brown, add pineapple, scallions and cilantro.

## BEFORE BED

Drink chamomile tea with stevia.

# DAY 4

## BREAKFAST

### WARM CHIA BREAKFAST PUDDING

Serves 1-2

1 cup dairy-free milk of your choice (coconut, almond or hemp)  
1/3 cup chia seeds  
1 tsp vanilla extract (optional)

Assemble the night before. The night before you want the pudding for breakfast, mix the dairy-free milk, chia seeds, and vanilla if using in a container with a lid. Shake well and let it sit overnight in the refrigerator.

The next morning. The next morning, transfer the chia pudding from the container to a pot on the stove. Warm it for 2 to 3 minutes and serve it in a bowl.

Add your choice of cinnamon, ginger, or vanilla.

Serving suggestion. Add a sweetener of your choice. Top with dried apricots, pomegranate seeds, sliced apple or pear, etc.

## SNACK

Eat 1 apple with 10 raw almonds.

## LUNCH

### **SIMPLE HERB SALAD**

Makes 2 servings

1 head broccoli, chopped into bite-sized pieces

½ head cauliflower, chopped into bite-sized pieces

1 large carrot, shredded

1 pear, chopped

¼ cup minced red onion

½ bunch cilantro, minced

½ bunch dill, minced

½ bunch mint leaves, minced

Suggested salad toppings: diced avocado, dried cranberry, and sprouts of your choice.

## **DRESSING**

2 lemons, juiced

¼ cup Bragg's raw apple cider vinegar (omit if you have acid reflux)

¼ cup extra virgin olive oil

¼ teaspoon sea salt

¼ teaspoon black pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the lemon juice, Bragg's raw apple cider vinegar, olive oil, sea salt, and black pepper to a container with a lid. Shake vigorously until well blended. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

Toss the salad. It is important to chop your broccoli and cauliflower into small pieces for easier digestion. Try pulsing them in a food processor, or use a sharp knife to chop them into bite-sized pieces. Add the broccoli and cauliflower to a large salad bowl along with the shredded carrot, chopped pear, red onion, cilantro, dill, and mint. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Add any of the suggested toppings if desired. Enjoy!

## SNACK

Eat 1 pear and 10 raw walnuts.

## DINNER

### **IMASHED CAULIFLOWER WITH TOMATO SAUCE**

#### **TOMATO SAUCE**

4 Roma tomatoes

1 large red onion

1 head of garlic, peeled

1 tablespoon extra-virgin olive oil

1 tablespoon dried rosemary

½ teaspoon sea salt

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½ teaspoon black pepper  
4 sun-dried tomatoes, soaked  
1 cup vegetable broth

## **MASHED CAULIFLOWER**

1 head cauliflower  
¼ cup dairy-free milk of your choice  
¼ teaspoon sea salt  
¼ teaspoon pepper

Preheat the oven. Preheat your oven to 375°F.

Prepare the tomato sauce. Chop tomatoes and onion into bite-sized pieces. Place onto a roasting pan. Pull apart the garlic bulb and remove the skin. Add the garlic onto the roasting pan. Add the extra virgin olive oil, rosemary, sea salt, and black pepper. Toss the mixture using your hands. Roast for 30 to 35 minutes.

When the vegetables are done roasting, remove them from the oven and let it cool

for 5 to 10 minutes. Place the vegetables in a blender with sun-dried tomatoes and vegetable broth. Blend to desired consistency. Remove the sauce and place into

a serving bowl.

Prepare the cauliflower. Cut your cauliflower into small pieces. Steam the cauliflower until tender (about 5 to 10 min). Place cauliflower in a clean blender or food processor. Add dairy-free milk, salt, and pepper while blending until smooth. Remove from blender and put into a serving bowl.

Serve the dish. Serve your mashed cauliflower with the rosemary tomato sauce immediately. Enjoy!

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## BEFORE BED

Drink 1 cup of chamomile tea with stevia.

# CONGRATS - YOU DID IT!

Congratulations on accomplishing this momentous achievement! I am honored to be a part of your magical journey. Do yourself a huge favor and continue to push forward and make healthier choices so that you can live the life you deserve.

You can also continue to be a part of the Facebook community for as long as you like. We'd love to stay posted on your progress.

Love,

Laura

# WORK WITH ME



My name is Laura Bushey, founder of Kitchen of Life. I'm a certified health food educator, foodie and former teacher and I love teaching people struggling with their health or chronic diseases how to tap into vibrant health and wellness through the power of food. I know first hand from my own health journey that knowledge isn't just power, it's the key to true wellness!

Ready to dive in and learn the Age-Defying Secrets to Defy Age?

[\*\*LEARN MORE\*\*](#)

Website: [www.kitchenoflife.com](http://www.kitchenoflife.com)

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## TESTIMONIALS

*Before I began with Kitchen of Life, my blood sugars were out of control and my snack choices were limited to processed starchy foods. Over the course of the program, I learned how to prepare interesting, seasonal, whole foods and make them taste great!" – HP*

*"I've noticed that I have a lot more long lasting energy during the day than before, even when I don't get enough sleep. I used to get quite a few stomachaches each week that were very painful even when I avoided foods I shouldn't eat. After eating only the foods suggested by this program, my stomach aches have gone from several in a week, to once every few months and it's always getting better. The education provided by this service has been far more beneficial to me than the food alone." –RC*

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