

beller *nutrition*

Lose Up to 3 pounds  
in just 3 Days!

PowerPerks™ 3D

For Now. For Life.

# Rachel's PowerPerks™ 3D

Ready to lose up to 3 pounds in just 3 days? Then meet your new best friend.

The best part? The next 3 days won't slam you with the usual deprivation and starvation — we all know downer diets never work, particularly in the long run. Instead, this plan treats you to awesomely delish dishes like Peachy Keen Cream Pie Smoothie Bowl and Zucchini Linguine Italiano. Yes, they are super easy to make and good for you and your waistline!

So say goodbye to processed junk and hello to an empowering new approach to eating. Join the PowerPerks™ movement for ongoing weight loss and optimal breast health. It will forever change the way you think about what you put in your body — in an amazing way!

# Overview

## Day 1

**AM Riser** — Power up your day with a refreshing beverage

**Breakfast** — Treat yourself to Beller's Better-Than-Basic Smoothie Bowl

**Lunch** — Soup up with the super lean and GREEEEEN 5

**PM Snack** — PM stands for “positively mandatory” — no starving before dinner!

**Dinner** — Indulge in the exotic Roast With The Most: Roasted Tomatoes and Eggplant with Curried Chickpeas

**Anytime Freebie Snack** — Go to town on unlimited low starch veggies

**PM Relaxer** — Chill down before you settle down

## Day 2

**AM Riser** — Perk up your day before breakfast

**Breakfast** — Go all-American with the PB&J Overnight Oats

**Lunch** — Feel your best with the Zesty Edamame Veg Fest

**PM Snack** — Get creative! Mix and match!

**Dinner** — Finish off your GREEEEEN 5 Soup

**Anytime Freebie Snack** — If you want it...have it

**PM Relaxer** — Relax and unwind

## Day 3

**AM Riser** — Put some pep in your step

**Breakfast** — Indulge without guilt with my Peachy Keen Cream Pie Smoothie Bowl

**Lunch** — Have a party in your mouth with Fiesta Rancherao Scramble + Farm Fresh Veg

**PM Snack** — Select what you want

**Dinner** — Here's a new twist on pasta -- Zucchini Linguine Italiano

**Anytime Freebie Snack** — Veg out!

**PM Relaxer** — Power up to power down

## Beverages

### AM Riser

Makes 1 Drink

1 cup plain hot water, 1/2-inch slice fresh ginger, handful of fresh mint leaves, a squeeze of lemon. Optional: Add a dash of cinnamon and tea bag of choice (black, green, or herbal) to your cup.

### PM Relaxer

Makes 1 Drink

Place 1 chamomile tea bag in 1 cup hot water. Add 3 to 5 fresh mint leaves, 1/2 teaspoon fennel seeds (in a tea ball), and two 1/2-inch slices peeled fresh ginger, allow to steep for 5 minutes before sipping.



## PM Snacks

Here are some suggestions. Pick & choose your favorites.

- 30 pistachios + 1 tangerine
- 1 small baked sweet potato sprinkled with cinnamon
- 1/2 avocado sprinkled with sea salt and fresh lemon juice
- 10 almonds + 1 orange or apple
- 7 walnut halves + 1/2 cup berries
- 1 small apple + 1 tablespoon nut butter
- 2 dates stuffed with 8 raw almonds
- 1 cup of berries sprinkled with a teaspoon of cacao nibs

## Anytime Freebie Snacks

You can eat an unlimited amount of low starch veggies. Some suggestions are below:

- Carrot sticks
- Cauliflower florets
- Celery sticks
- Cucumber spears
- Cherry tomatoes
- Multi-colored bell peppers
- Radishes
- Snow peas



Day One

# Beller's Better-Than-Basic Smoothie Bowl

Makes 1 Serving | Vegan, Gluten-free

## Ingredients

- ½ cup unsweetened plain plant-based milk
- ½ small frozen banana
- 1 cup baby spinach
- 1 tablespoon chia seeds
- 1 tablespoon vegan protein powder
- ¼ teaspoon Ceylon cinnamon

## Additional Toppings

- 1 tablespoon slivered almonds
- ¼ - ½ cup berries of choice

## Directions

Place all ingredients in a high-powered blender and puree until smooth.

## Power Up! (Add to your bowl)

- A pinch of Ceylon cinnamon



## Meal Math

(Per Serving)

|          |       |
|----------|-------|
| Calories | Fat   |
| 190      | 10g   |
| Sodium   | Carbs |
| 200mg    | 10g   |
| Fiber    | Sugar |
| 10g      | 6g    |
| Protein  |       |
| 17g      |       |

# GREEEEEN 5 Soup

Makes 4 Servings | Serving Size 2 Cups  
Vegan, Gluten-free

## Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 leeks, chopped
- 3 cloves garlic, sliced
- 15-20 asparagus, tough ends removed, and cut into 1-inch pieces, or 3 cups chopped broccoli florets
- 2 cups frozen green peas
- 3 tablespoons chopped fresh parsley
- 6 cups low-sodium vegetable broth
- 1½ cups cooked cannellini beans, no salt added
- 2 cups baby spinach
- Sea salt and black pepper, to taste



## Directions

1. Heat the olive oil in a large pot over medium heat. Add the leeks and sauté until tender, about 5 minutes. Add the garlic and sauté another 2 minutes.

2. Stir in the asparagus or broccoli (if using), peas and parsley, then pour in the stock and beans and sprinkle with salt. Bring the soup to a boil, then reduce the heat and simmer, uncovered, until the veggies are just tender, about 3 to 4 minutes.

3. Stir in the spinach leaves, add salt and pepper to taste and serve.

\*Variation: This soup also tastes great pureed.

## Power Up! (Add to your bowl)

- 1 tablespoon hemp seeds (or other seed of choice)
- 1/4 cup watercress, chopped

## Meal Math

(Per Serving)

|          |       |       |     |
|----------|-------|-------|-----|
| Calories | 340   | Fat   | 13g |
| Sodium   | 350mg | Carbs | 41g |
| Fiber    | 13g   | Sugar | 10g |
| Protein  | 17g   |       |     |

# Roast with the Most: Curried Chickpeas

Makes 4 Servings | Serving Size ¾ Cups  
Vegan, Gluten-free

Have 1 serving of curried chickpeas and as much of the roasted tomatoes and eggplant (or any low starch veg) that you would like!

## Ingredients

- 3 cups cooked chickpeas, no salt added
- 1 tablespoon coconut, walnut oil, or olive oil
- 1 small yellow onion, chopped
- 2 teaspoons curry powder
- ½ teaspoon paprika
- 1 cup low sodium vegetable broth or filtered water
- Sea salt and pepper, to taste

## Directions

1. Mash half the chickpeas (1 ½ cups) with a fork or until broken up and coarse, but not smooth.
2. Heat the oil over medium heat in a medium saucepan. Add the onion, and saute for 3 to 5 minutes, until softened. Add in the spices and cook for 1 minute.
3. Add the mashed chickpeas, whole chickpeas, and water (or broth) to the saucepan and cook over medium heat until the mixture thickens for about 5 minutes. Add more water or broth as needed. Salt and pepper to taste and serve.

## Power Up! (Add to your meal)

- 1 tablespoon fresh cilantro, chopped



## Meal Math

(Per Serving)

|          |      |       |     |
|----------|------|-------|-----|
| Calories | 240  | Fat   | 5g  |
| Sodium   | 50mg | Carbs | 37g |
| Fiber    | 8g   | Sugar | 2g  |
| Protein  | 11g  |       |     |

# Roast with the Most: Roasted Tomatoes & Eggplant

Have 1 serving of curried chickpeas and as much of the roasted tomatoes and eggplant (or any low starch veg) that you would like!

## Ingredients

- 1 tablespoon extra-virgin olive oil
- 4 cups grape tomatoes
- 3 eggplants, sliced thinly
- Sea salt and black pepper, to taste

## Directions

1. Preheat oven to 400 degrees. Line 2 baking sheets with parchment paper.
2. Place oil in a small dish and brush veggies lightly and sprinkle with salt and pepper. Roast 15-20 minutes or until tomatoes burst and darken slightly and eggplant is tender when pierced with a fork.

## Power Up! (Sprinkle before roasting)

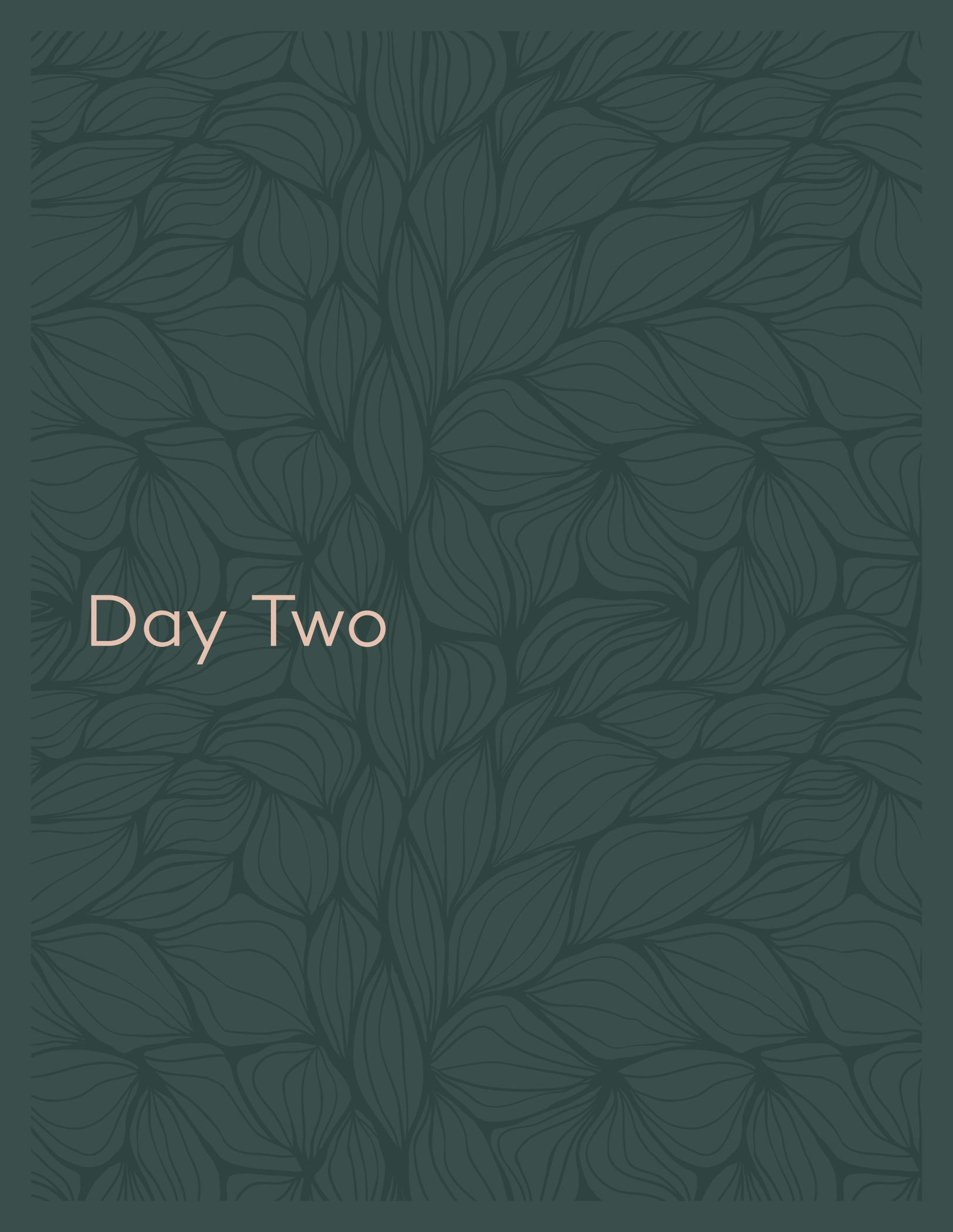
- ½ teaspoon turmeric



## Meal Math

(Per Serving)

|          |      |       |     |
|----------|------|-------|-----|
| Calories | 80   | Fat   | 4g  |
| Sodium   | 10mg | Carbs | 11g |
| Fiber    | 4g   | Sugar | 7g  |
| Protein  | 2g   |       |     |



Day Two

# PB&J Overnight Oats

Makes 1 Serving | Gluten-free

## Ingredients

- ½ cup gluten-free rolled oats
- ¾ cup unsweetened plant-based milk
- 1 tablespoon chia seeds
- ¾ cup sliced strawberries or berry of choice, fresh or frozen
- 2 teaspoons peanut butter or nut butter of choice
- 1 teaspoon of pure maple syrup (optional)

## Directions

Stir the oats, milk, and chia in a jar or container. Cover and refrigerate overnight. In the morning top with berries, nut butter, and optional pure maple.



## Power Up! (Add to your bowl)

- ½ teaspoon Ceylon cinnamon

## Meal Math

(Per Serving)

|                 |              |
|-----------------|--------------|
| Calories<br>340 | Fat<br>15g   |
| Sodium<br>140mg | Carbs<br>19g |
| Fiber<br>13g    | Sugar<br>8g  |
| Protein<br>11g  |              |

# Zesty Edamame Veg Fest

Makes 3 Servings | Serving Size 1 Cup  
Vegan, Gluten-free

Have 1 serving of zesty edamame on a bed of mixed greens of your choice!

## Ingredients

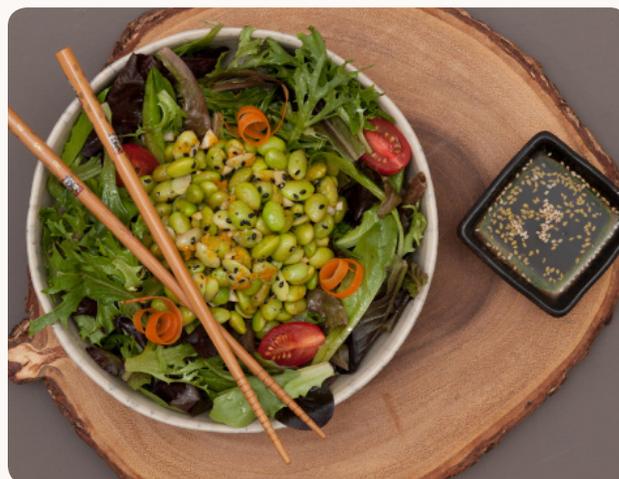
- 3 cups frozen organic edamame, thawed
- 1 tablespoon low-sodium tamari sauce
- 1 clove garlic, minced
- 1-inch piece ginger root, minced
- 1 thinly sliced green onion
- 1 teaspoon orange zest (from fresh orange)
- 1 tablespoon avocado or olive oil
- ½ teaspoon sesame oil
- Pinch of black pepper

## Directions

Put all ingredients in a bowl and toss together. Cover and refrigerate for 15 minutes before eating.

## Power Up! (Add to your meal)

- 1 teaspoon sesame seeds



## Meal Math

(Per Serving)

|          |       |       |     |
|----------|-------|-------|-----|
| Calories | 200   | Fat   | 13g |
| Sodium   | 160mg | Carbs | 12g |
| Fiber    | 6g    | Sugar | 3g  |
| Protein  | 13g   |       |     |

# GREEEEEN 5 Soup

Makes 4 Servings | Serving Size 2 Cups

Vegan, Gluten-free

## Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 leeks, chopped
- 3 cloves garlic, sliced
- 15-20 asparagus, tough ends removed, and cut into 1-inch pieces, or 3 cups chopped broccoli florets
- 2 cups frozen green peas
- 3 tablespoons chopped fresh parsley
- 6 cups low-sodium vegetable broth
- 1 ½ cups cooked cannellini beans, no salt added
- 2 cups baby spinach
- Sea salt and black pepper, to taste



## Directions

1. Heat the olive oil in a large pot over medium heat. Add the leeks and sauté until tender, about 5 minutes. Add the garlic and sauté another 2 minutes.

2. Stir in the asparagus or broccoli (if using), peas and parsley, then pour in the stock and beans and sprinkle with salt. Bring the soup to a boil, then reduce the heat and simmer, uncovered, until the veggies are just tender, about 3 to 4 minutes.

3. Stir in the spinach leaves, add salt and pepper to taste and serve.

\*Variation: This soup also tastes great pureed.

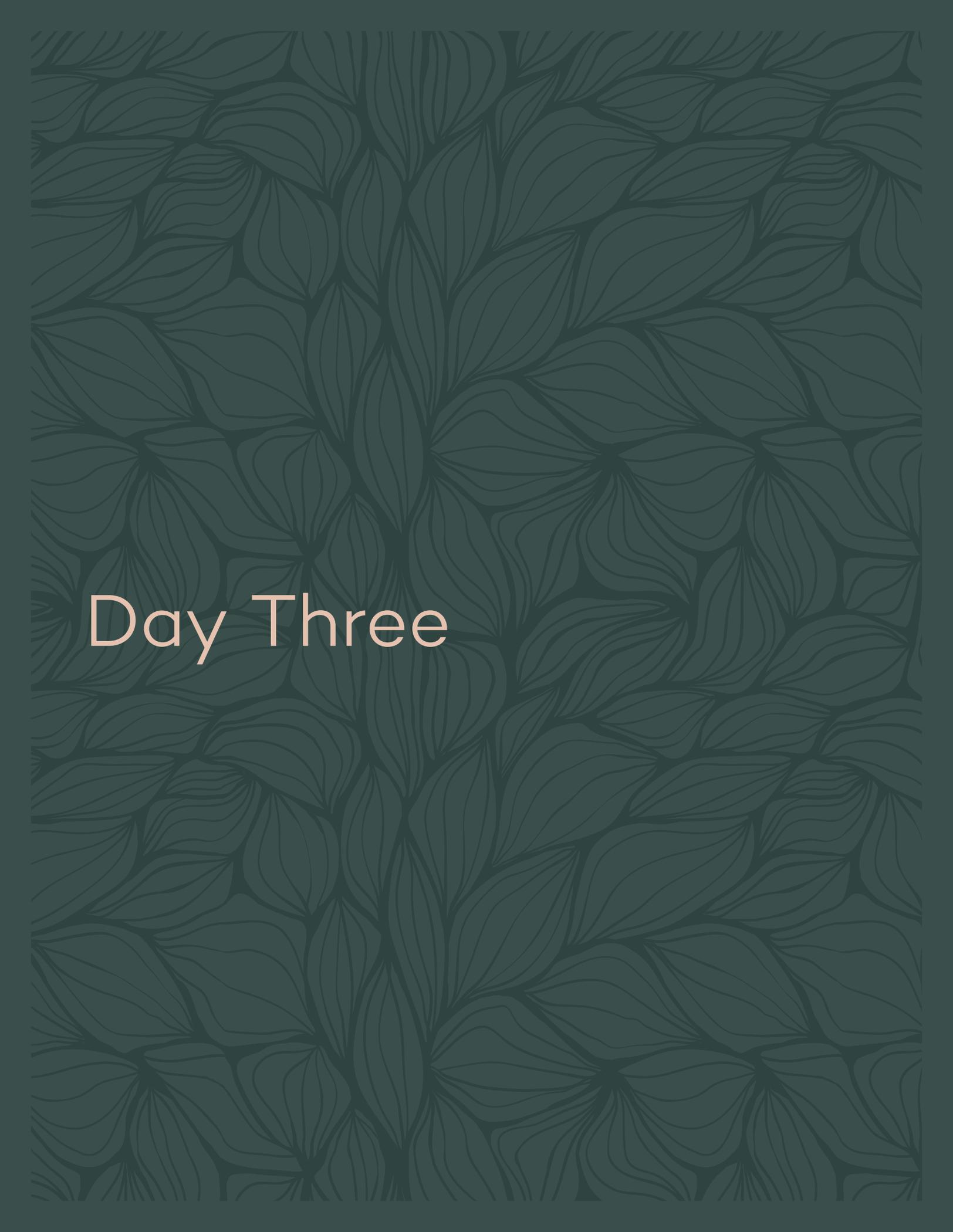
## Power Up! (Add to your bowl)

- 1 tablespoon hemp seeds (or other seed of choice)
- 1/4 cup watercress, chopped

## Meal Math

(Per Serving)

|          |       |       |     |
|----------|-------|-------|-----|
| Calories | 340   | Fat   | 13g |
| Sodium   | 350mg | Carbs | 41g |
| Fiber    | 13g   | Sugar | 10g |
| Protein  | 17g   |       |     |



Day Three

# Peachy Keen Cream Pie Smoothie Bowl

Makes 1 Serving | Vegan, Gluten-free

## Ingredients

- 1 cup unsweetened plant-based milk
- 2 teaspoons almond butter
- 1 cup sliced peaches, frozen
- ¼ teaspoon pumpkin pie spice (optional)
- 1 tablespoon chia seeds
- 2 ice cubes
- 1 teaspoon pure maple syrup (optional)

## Optional Toppings

- 1 teaspoon almond butter
- 2 teaspoons pistachios, chopped (or any nut of choice)
- ¼ cup berries of choice

## Directions

Place all ingredients in a high-powered blender and puree until smooth.

## Power Up! (Add to your bowl)

- A pinch of Ceylon cinnamon



## Meal Math

(Per Serving)

|          |       |
|----------|-------|
| Calories | Fat   |
| 220      | 13g   |
| Sodium   | Carbs |
| 230mg    | 19g   |
| Fiber    | Sugar |
| 10g      | 13g   |
| Protein  |       |
| 8g       |       |

# Fiesta Ranchero Scramble + Farm Fresh Veg

Makes 2 Servings | Vegan, Gluten-free

Have 1 serving of Fiesta Ranchero Scramble and pair with about 1+ cups veggies of choice (such as mixed greens, cucumbers, carrots, sliced tomatoes).

## Ingredients

- 1 teaspoon extra-virgin olive oil
- ½ medium yellow onion, finely chopped
- ½ medium green bell pepper, finely chopped
- ½ medium red bell pepper, finely chopped
- ¼ teaspoon ground cumin
- ¾ cup cooked black beans, no salt added
- 6 ounces extra firm organic sprouted tofu, drained, patted dry, and crumbled
- 2 tablespoons fresh cilantro, finely chopped
- ¼ cup fresh tomato salsa
- ½ medium tomato, chopped
- ½ medium avocado, sliced
- Sea salt and black pepper, to taste

## Directions

1. Heat oil in medium skillet over medium-high heat.
2. Add onion and bell peppers; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
3. Add cumin, black beans, and tofu; cook, stirring frequently, for 3 to 4 minutes, or until heated through.
4. Divide tofu mixture between two serving plates and top evenly with cilantro, salsa, tomato, and avocado. Salt and pepper to taste and serve.

## Power Up! (Add to skillet along with cumin)

- ½ teaspoon turmeric



## Meal Math

(Per Serving)

|          |       |       |     |
|----------|-------|-------|-----|
| Calories | 260   | Fat   | 12g |
| Sodium   | 260mg | Carbs | 27g |
| Fiber    | 10g   | Sugar | 5g  |
| Protein  | 14g   |       |     |

# Zucchini Linguine Italiano

Makes 4 Servings | Vegan, Gluten-free

## Ingredients

- 8 medium zucchinis, tops and bottoms removed
- 1 tablespoon extra-virgin olive oil
- 1 large yellow onion, chopped
- 2 cloves garlic, minced
- 3 cups diced tomatoes (about 4 medium sized tomatoes)
- 6 ounces jarred tomato paste
- 1/3 cup water or broth of choice
- 1 tablespoon balsamic vinegar
- 1/2 cup basil, chopped
- 1 tablespoon thyme, chopped
- 3/4 cup hemp seeds (3 TBS|serving) or sub with 3 cups any beans (3/4 cup|serving)

## Directions

**Anytime Marinara Sauce:** (Note: if you're short on time, you can always buy jarred low-sodium, organic, no sugar added marinara sauce)

1. Heat oil in a large saucepan over medium heat. Add onion & cook 3 to 5 minutes, until softened. Add garlic & cook another minute.
2. Add in diced tomatoes, tomato paste, water, & balsamic vinegar. Simmer uncovered for 40-45 minutes, salt & pepper to taste.
3. Stir in basil & thyme.

### Zucchini Linguine:

1. Place zucchini into a spiralizer & crank until long, thin noodles come out. Alternatively, you can shave off fettuccine-like strips with a veg peeler.
2. Boil 10 cups of water in a large pot. Add spiralized zucchini in water for 1 minute. Drain water.
3. Divide zucchini noodles into four equal servings. Mix each serving with about 1/2 - 3/4 cups of Anytime Marinara Sauce or jarred organic marinara (if using) & top with protein serving of choice - ie. 3 tablespoons hemp seeds or 3/4 cups beans.



## Power Up! (Add to your meal)

1 teaspoon nutritional yeast or additional fresh basil and thyme.

## Meal Math

(Per Serving)

|          |      |       |     |
|----------|------|-------|-----|
| Calories | 330  | Fat   | 19g |
| Sodium   | 55mg | Carbs | 26g |
| Fiber    | 8g   | Sugar | 18g |
| Protein  | 18g  |       |     |

# Shopping List (Organic preferred)

## Produce for Meals

- Asparagus (15-20 stalks)
- Avocado (1)
- Banana (1)
- Bell Pepper, green (1)
- Bell pepper, red (1)
- Berries, any (1½ cups)
- Eggplants, small-medium (3)
- Garlic (1-2 bulbs)
- Ginger (1 large piece - get extra for your beverages)
- Green onions (1 bunch)
- Leeks (2)
- Lemons (1-2 for AM Riser)
- Mixed greens (1-2 bags)
- Orange (1)
- Spinach (3 cups)
- Tomatoes, grape (4 cups)
- Tomato, medium (5)
- Watercress (1 bunch)
- Yellow onions (3)
- Zucchini, medium (8)
- \*Fresh veggies of choice for Mexican Scramble -- 1 + cup (suggestions: mixed greens, sliced tomatoes)

# Shopping List (Organic preferred)

## Herbs

- Basil (1 bunch)
- Cilantro (1 bunch)
- Mint (1 bunch for beverages)
- Parsley (1 bunch)
- Thyme (1 bunch)

## Frozen

- Edamame, organic (3 cups)
- Green peas (2 cups)
- Sliced peaches (1 cup)

## Beans | Legumes

- Black beans, cooked, no salt added ( $\frac{3}{4}$  cup or 1 tetra pack)
- Cannellini beans, cooked, no salt added (1  $\frac{1}{2}$  cups or 2 tetra packs)
- Chickpeas, cooked, no salt added (3 cups or 2 tetra packs)
- Optional: Buy extra beans (any kind) for Linguine Zucchini Italiano

# Shopping List (Organic preferred)

## Nuts | Seeds

- Nut butter of choice (almond, peanut, etc.)
- Chia seeds
- Hemp seeds
- Pistachios (optional)
- Slivered almonds (optional)
- Sesame seeds

## Spices | Oils | Vinegar

- Balsamic vinegar
- Ceylon cinnamon
- Coconut, or walnut oil
- Cumin
- Curry powder
- Extra-virgin olive oil
- Fennel seeds (for PM Relaxer)
- Paprika
- Sesame oil
- Turmeric

## Miscellaneous | Packaged

- Black, green, or herbal tea bags (optional for AM Riser)
- Chamomile tea bags (for PM Relaxer)
- Fresh tomato salsa
- Gluten-free rolled oats
- Low-sodium vegetable broth (6 cups or 2 boxes|tetra packs)
- Low-sodium tamari sauce
- Plant-based milk, plain, unsweetened (almond, cashew, etc. 1 box|tetra pack)
- Plant-based plain protein powder (suggestions: Sunwarrior, Garden of Life, or Vega One)
- Tofu, extra-firm, organic, sprouted (6 ounces)
- Tomato paste (6 ounces, glass jar preferred)

