



Nourish Yourself

The FAQ's

Everything you need to know.

When can I start?

The great thing about this plan is that you can start (and restart, because it's yours to keep forever!) whenever you want and go at your own pace.

Is this plan for one person?

Yes, this plan was designed for one person, BUT most of the recipes (with the exception of the smoothies) make a serving size of 2-4 in order to provide leftovers and reduce overall cooking time. These extra portions can easily be shared with someone else. You can also double the recipes to make extra, as needed.

Can I share this plan with my friends?

Nourish Yourself was created just for you! Each purchase gives you access to the documents via a password-protected link. Sharing this link with others is prohibited.

But...you can absolutely share your prepared meals with your friends, family and colleagues. Invite them over to eat with you and show them just how delicious plant-based foods can be! 😊

Are all of the recipes gluten-free?

Yes, in addition to being 100 percent plant-based, every recipe in this plan is also gluten-free.

Can I do this meal plan if I'm vegetarian, vegan, lactose-intolerant?

Yes, you can. All meals and snacks are dairy and meat-free.

What if I don't like one of the recipes?

If you don't like one of the suggested meals, simply exchange it for another. You have 4 weeks of delicious recipes to experiment with and mix-and-match, if you choose.

Is there anything I should NOT eat during this plan?

For optimal results, I recommend following this meal plan (and included snack & sweet options) for the full 28 days, as closely as possible.

If there are ingredients in this plan that you don't like, try swapping them with a similar plant-based food. For example if you don't like kale, use a different dark leafy green vegetable, like spinach or arugula, in recipes that call for kale.



I also recommend avoiding these following foods:

- **Highly processed meals, snacks and beverages**
- **Dairy and gluten**
- **Refined sugars**
- **Foods high in Saturated or Trans Fats – including animal proteins, vegetable and hydrogenated oils**
- **Alcohol**

What about beverages? Do I have to give up coffee, tea, soda and alcohol?

There's no reason to give up coffee and tea all together, but I do recommend limiting yourself to two cups per day and drinking them before noon so that they don't interfere with your sleep. Most importantly make sure that they're unsweetened or have just a little squeeze of natural sweetener like honey or stevia.

To experience the maximum benefits of this plan, I do recommend giving your body a break from both soda and alcohol for the full 28 days.

What if I don't like almond milk?

You can use any unsweetened nondairy milk that you like. Experiment with them all – hemp, cashew, coconut, rice, flax, etc. – to find your favorite.

What should I drink?

Water and herbal teas are the best options and will keep you well hydrated throughout the day. Aim to drink **at least** 64 ounces (approx. 2 liters) of water every day and one or two herbal teas.

What should I do when I go out to eat with friends?

ENJOY!! And, consider a few of my favorite tips.

- **Know Before You Go.** Visit the restaurants online menu before you dine out – and look for their healthiest options. Choosing your meal in advance is helpful because you won't be as hungry as when you are at the restaurant and once you have a decision in your head – you can visualize it and plan for ordering it. This exercise makes it much easier for you to choose that item when you are in the moment.
- **Eat Before You Go.** Having a healthy snack, smoothie or green juice before dining out will keep you satiated so that you aren't ravenous when you arrive at the restaurant – AND it will also give you a nutrient boost before your meal.
- **Pass On The Bread.** Politely ask your waiter to skip your table when the bread arrives. The bread is a filler, save those calories for the delicious meal that you are about to enjoy and let that be the main event.



- **Start with Salad.** Order a small side salad to get you started. Getting your greens on before the meal will fill you up and provide you with lots of extra nutrients but very few calories – so you can think of it as a “win/win food”. Just be sure to choose a vinaigrette over a creamy dressing and ask for it on the side.

Then after your meal, hop right back to where you left off on the meal plan.

Will *Nourish Yourself* work for me?

Nourish Yourself doesn't work unless you do – your efforts over the next 28 days will determine your results. It's impossible for me to *promise* you anything, but *Nourish Yourself* does have a track record of success for those who follow it and use what they learn.

To help clear up any confusion, *Nourish Yourself* IS NOT a quick fix, fad diet...and it's not *just* a meal plan. It's a way of life.

Nourish Yourself requires that you shift the way you think about food, cooking and eating. It's about infusing your life with the best nutrition possible, carving out time to prep and prepare home-cooked meals and enjoying nourishing meals that promote optimal health.

However, if you put in the effort and consistently follow the full *Nourish Yourself* meal plan in its entirety, and honestly feel that you didn't get any value from the program, simply write me a detailed explanation of what steps you took, recipes you made and what specifically didn't work for you, within 30 days of your purchase for a full refund.

If you do not include a full detailed explanation of your experience with the *Nourish Yourself* meal plan within the 30 day period, no refund will be issued.

Still have questions?

Feel free to email me at Vicki@VickiMarquez.com or using the Contact Me Page at www.VickiMarquez.com

HEALTH DISCLAIMER: I always recommend that you check with your health care practitioner or doctor prior to starting any new diet or exercise program, including the *Nourish Yourself* meal plan.