

7 DAY TRANSFORMATION GUIDE



DAY 1

D1 PRE PREPARATION

The Day before you begin your 7 Day Challenge you will need to go do some shopping and a little prep so that you can begin Day 1 with a positive start.

Here is your shopping list for Day 1:

Fresh Food

- » 2/3 spring onion
- » 2 cloves garlic
- » 1 lemon
- » 1 bunch of coriander or parsley (herb of choice)
- » 300 - 500g greens (favorite dark green leafy)
- » 1 carrot
- » 1 red onion
- » 1 container of alfalfa sprouts

Dried Foods

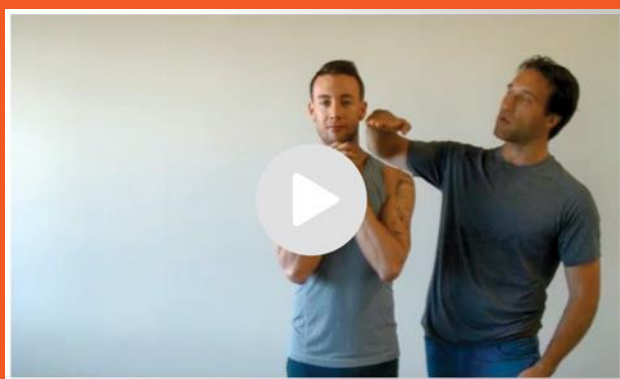
- » 2 cups sunflower seeds
- » 1 container of nutritional yeast
- » sea salt

To Do

Soak your sunflower seeds for 2 to 4 hours in clean fresh water. You can do this in the morning of Day 1. Remove and rinse after soaking. Refrigerate if you are not going to use them right away.



In this learning section we recommend you watch these videos. The first video will help with some basic alignments for your Fire Shaper practice. The second video will provide you with some inspiring and empowering content. Watch them both at your leisure.



Pranayama Deep Breathing
Use Password: ignite101-1



Empowering Video 1
Why You Do What You Do

D1 FEED YOUR BODY

Here is your "LIVE" food recipe for the day. Print this recipe so you can have it next to you while you prepare the dish. Watch the video as it will demonstrate step by step how to create this meal. Feel free to pause/play the video even while you prepare the meal.



Sunny Ranch Dressing & Colorful Salad
Use Password: RAW1

D1 RECIPE

SUNNY RANCH DRESSING

- » 2 cups sunflower seeds (soaked 2+ hours)
- » 1 cup water
- » 2 - 3 spring onion
- » 2 cloves garlic
- » 3 T nutritional yeast
- » 1 lemon juiced
- » 1 cup coriander/parsley (herb of choice)
- » 2 tsp sea salt

Putting it Together

- » Blend until creamy and pour over salad (save a cup of this dressing for dipping vegetable anytime).
- » This dressing adds an explosion of savory flavour that helps to make any veggie taste good and also adds an extra bit of protein to every salad.

The Numbers

- » Calories: 380 / KJ 1590
- » Carbs: 23
- » Fat: 32
- » Protein: 21

COLORFUL SALAD

- » 300 - 500g greens
- » 1 carrot peeled
- » 1/2 red onion sliced fine
- » 1/2 packet of sprouts

Putting it Together

- » Assemble salad and pour dressing over. Once dressing is poured over salad massage it thoroughly throughout.
- » It's a rainbow of health for your mind, body and soul. It will keep you glowing inside and out. Dark greens are the most nutrient dense foods on the earth (500 grams spinach = 14 g protein, 2 g fat, 18 carbs).

The Numbers

- » When considering raw foods such as these vegetables we don't count calories but, if you want to make some comparisons you can see how a simple thing like spinach matches up to meat.
- » 200 cal/837 KJ of meat (lean ground beef)
= 24 g protein, 10 g fat, 15% daily iron
- » 200 cal/837 KJ of spinach (cut and wash)
= 24 g protein, 3 g fat, 130% daily Iron



D1 FEED YOUR SOUL

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The day before you begin your 7 day challenge please click the link on the right to register yourself to receive your free yoga classes.

One class will be emailed to you per day for 7 days so you can practice. Once you register we will know you have committed to starting the 7 day challenge and we will send you bonus material during the week with each video!

Click here to register
and access more videos
and receive your free
daily yoga class

REGISTER

DAY 2

D2 PRE PREPARATION

Here is your shopping list for Day 2:

Fresh Food

- » 1 bunch romaine lettuce
- » 1 cup portabella mushrooms
- » 2 carrots
- » 1 packet of sprouts (alfalfa)
- » 2 red capsicums
- » 2 jalapeños

Dried Foods

- » 2 cups cashews
- » 1 cup walnuts
- » mexican chili
- » chipotle powder
- » onion powder
- » garlic powder
- » cumin powder
- » cayenne powder

To Do

Soak your cashew nuts for 2 to 4 hours in clean fresh water. You can do this in the morning of day 2. Remove and rinse after soaking. Refrigerate if you are not going to use them right away.

Soak your walnuts for 6 to 8 hours in clean fresh water. You can do this in the morning of day 2. Remove and rinse after soaking. Refrigerate if you are not going to use them right away.



D2 FEED YOUR MIND

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Half Moon Pose
Use Password: ignite101-1



Create the Energy, Vitality and Health You Deserve!

D2 FEED YOUR BODY

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Mock Meat Tacos w/ Chipotle Sauce
Use Password: RAW2

D2 RECIPE

CHIPOTLE CHEESE

- » 2 cups cashews (soaked 2 -4 hours)
- » 2 red capsicums
- » 2 red jalapeños or chilies
- » 3 T nutritional yeast
- » 2 cloves of garlic
- » 1 cup water
- » 2 T lemon juice
- » 2 tsp sea salt
- » 1 tsp chipotle powder

Putting it Together

- » Blend until smooth (save a cup of this for dipping).

The Numbers

- » Calories: 640 / 2679 KJ
- » Fat : 48 g
- » Carbs: 51 g
- » Protein: 31 g

MOCK MEAT

- » 1 cup walnuts (soaked 6 - 8 hours)
- » 1 cup portabella mushrooms
- » 1 T soy sauce / tamari / bragg's liquid aminos
- » 2 tsp ground cumin
- » 2 tsp garlic powder
- » 1 tsp onion powder
- » 1/2 tsp chili powder
- » 1/8 tsp cayenne powder

Putting it Together

- » Break romaine lettuce head and use bigger leaves for taco base. Layer with taco meat, sprouts, and top with additional chipotle sauce.

The Numbers

- » Calories: 760 / 3182 KJ
- » Fat: 72
- » Carbs: 20
- » Protein: 18

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D2 FEED YOUR SOUL

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If you havent signed up for all the videos [click here](#)

DAY 3

D3 PRE PREPARATION

Here is your shopping list for Day 3:

Fresh Food

- » 300 grams spinach (6 large handfuls)
- » 1 red onion
- » 1 packet of sprouts
- » 4 zucchinis
- » 2 lemons
- » 1 bunch of basil

Dried Foods

- » 2 cups pumpkin seeds

To Do

Soak your pumpkin seeds for 4 hours in clean fresh water. You can do this in the morning of Day 2. Remove and rinse after soaking. Refrigerate if you are not going to use them right away.

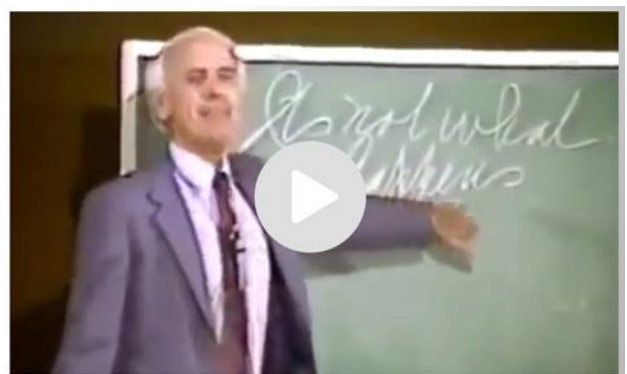


D3 FEED YOUR MIND

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Awkward Pose
Use Password: ignite101-1



Don't use Excuses!

D3 FEED YOUR BODY

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Zucchini Pasta with Pesto Sauce
Use Password: RAW3

D3 RECIPE

ZUCCHINI PASTA

- » 3 - 5 zucchini

Putting it Together

- » Cut off the ends of zucchini, peel, and spiralize. Transfer into a bowl and toss with salt. Let sit in a mesh strainer or muslin cloth to drain (20 - 30 min). Occasionally pressing or slinging water out for the pasta to become dry.

The Numbers

- » Calories: 125 / 523 KJ
- » Fat: 1
- » Carbs: 26
- » Protein: 9

PESTO

- » 2 cups pumpkin seeds (soaked 4 hours)
- » 1 big bunch of basil
- » 1 cup of spinach or rocket
- » 1 - 2 lemons juiced
- » 1/2 red onion
- » 4 -6 cloves garlic
- » 1 T sea salt
- » Optional : 1 T nutritional yeast for a parmesan cheese flavor

Putting it Together

- » Blend until consistency for pesto is achieved
- » Put noodles and pasta into a bowl and toss well.

The Numbers

- » Calories: 1630 / 6824 KJ
- » Fat: 121
- » Carbs: 80
- » Protein: 91



D3 FEED YOUR SOUL

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DAY 4

D4 PRE PREPARATION

Here is your shopping list for Day 4:

Fresh Food

- » 2 young coconuts
- » 2 bananas

Dried Foods

- » raw cocoa powder
- » raw maca powder
- » 1/2 tsp sea salt

To Do

Nothing to do until tomorrow



D4 FEED YOUR MIND

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Eagle Pose
Use Password: ignite101-1



Musts vs. Shoulds

D4 FEED YOUR BODY

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Positive Vibe Smoothy
Use Password: RAW4

D4 RECIPE

POSITIVE VIBE SMOOTHY

- » 2 1/2 cups young coconut water
- » 2 young coconut meat (chopped)
- » 2 bananas (peeled and broken into small pieces)
- » 4 T cocoa powder
- » 2 T maca powder
- » 1/2 sea salt

Putting it Together

- » Crack open coconut with a butchers knife and pour the water into a measuring cup, then put into blender.
- » Crack coconut in half with butchers knife and scoop meat out with a soup spoon. Put the meat into the blender.
- » Blend the water and coconut meat until a milk consistency forms (2 - 5 mins).
- » Place bananas, cocoa powder, maca, and salt and blend until smooth.

The Numbers

- » Calories: 737 / 3085 KJ
- » Carbs: 132g
- » Fat: 21
- » Protein: 15

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D4 FEED YOUR SOUL

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DAY 5

D5 PRE PREPARATION

Here is your shopping list for Day 5:

Fresh Food

- » 4 carrots
- » 1 avocado
- » 1 tomato
- » coriander bunch
- » jalapeños or chillies
- » ginger (thumb sized piece)
- » turmeric (thumb sized piece)
- » 2 cloves of garlic
- » 2 dates

Dried Foods

- » soy sauce, tamari, or braggs liquid aminos
- » sea salt

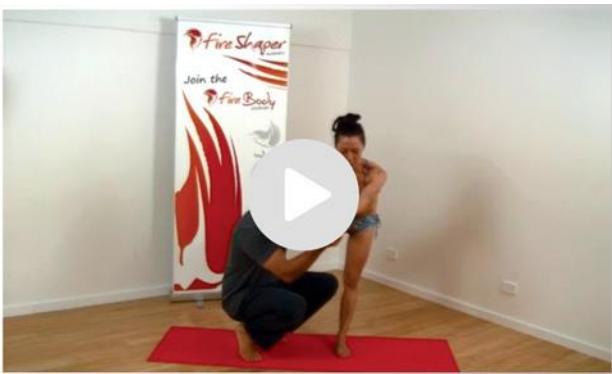
To Do

Nothing to do until tomorrow



D5 FEED YOUR MIND

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Standing Forehead to Knee
Use Password: ignite101-1



Tiny Changes Mean Huge Results

D5 FEED YOUR BODY

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Spicy Carrot Soup
Use Password: RAW5

D5 RECIPE

SPICY CARROT SOUP

- » 4 carrots
- » 1 avocado
- » 1 small tomato
- » 1/2 cup coriander
- » 1 jalapeño or chillies to heat
- » 1 tablespoon grated ginger
- » 3 T soy sauce, tamari, or bragg's liquid aminos
- » 1 lemon juiced
- » 1 t sea salt
- » 2 dates pitted
- » 1 cup water (more or less depending on the consistency desired)

Putting it Together

- » Blend all ingredients adding more water if needed.

The Numbers

- » Calories: 527 / 2206 KJ
- » Carbs: 78 312
- » Fats: 19 171
- » Proteins: 11



D5 FEED YOUR SOUL

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DAY 6

D6 PRE PREPARATION

Here is your shopping list for Day 6:

Fresh Food

- » 20 stalks of kale
- » cold pressed olive oil
- » 3 lemons

Dried Foods

- » onion powder
- » garlic powder
- » sea salt

To Do

Nothing to do until tomorrow



D6 FEED YOUR MIND

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Chaturanga Tips
Use Password: ignite101-1



Evaluate Where You Are

D6 FEED YOUR BODY

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Super Kale Salad
Use Password: RAW6

D6 RECIPE

COLLA GREENS (KALESALAD)

- » 20 stalks of kale
- » 1/4 cup cold pressed olive oil
- » 1/4 cup lemon juice
- » 1 t onion powder
- » 1 t garlic powder
- » 1 t sea salt
- » 1 red onion sliced thin

Putting it Together

- » Remove stem and break up kale into a large bowl.
- » Add onion.
- » Stir together in a measuring cup olive oil, lemon juice, onion powder, garlic powder, and sea salt.
- » Toss dressing over salad and massage until wilted.
- » You can eat it right away or Let it sit for 8 hours or more. The longer you let it sit, the more the salad will wilt and take on the flavor of the dressing.

The Numbers

- » Calories: 756 / 3165 KJ
- » Carbs: 55
- » Fat: 60
- » Protein: 17

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D6 FEED YOUR SOUL

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DAY 7

D7 PRE PREPARATION

Here is your shopping list for Day 7:

Fresh Food

- » 2 carrots
- » 1/2 bunch celery stalks
- » parsley
- » spring onions
- » garlic
- » 1 lemon

Dried Foods

- » 1 cup almonds
- » 1 cup sunflower seeds
- » 1/4 cup sesame seeds
- » dulse flakes (kelp powder)

To Do

Soak almonds 6 – 8 hours

Soak sunflower seeds 6 – 8 hours



D7 FEED YOUR MIND

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Backbending Tips
Use Password: ignite101-1



Unlock What's Stopping You

D7 FEED YOUR BODY

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Save The Tuna Rolls
Use Password: RAW7

D7 RECIPE

SAVE THE TUNA ROLLS

- » 1 cup almonds (soaked 6 - 8 hours)
- » 1 cup sunflower seed (soaked 6 - 8 hours)
- » 1/4 cup sesame seeds (soaked 6 - 8 hours)
- » 1/2 cup celery (chopped finely)
- » 1/2 cup red onion (chopped finely)
- » 1/2 cup parsley (chopped)
- » 2 T lemon juice
- » 1 t salt
- » 1 T kelp powder (Dulse Flakes)

Putting it Together

- » Process almonds, sunflower seeds in a food processor/ juicer with a solid plate or good blender.
- » Add remaining ingredients and mix well.

Create your Sea Pate Rolls

- » Spread mock tuna onto seaweed add extra vegetables of choice and a small amount of sprouts and roll.
- » Slice diagonally.
- » Dip into left over sunny ranch dressing.

The Numbers

- » Calories: 1.654 / 6924 KJ
- » Carbs: 59
- » Fat: 138
- » Protein: 57



D7 FEED YOUR SOUL

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WOW

CONGRATS ON COMPLETING YOUR 7 DAY CHALLENGE

As you may have noticed, it takes a bit of learning. How to shop, how to time your preparations and how to actually mix and prepare the food. Once you start doing it we are sure you noticed that it becomes quite easy.

Keep the momentum going and choose a meal or two or three or seven during the week that you can make "ALIVE".

Want more and more?

Get in on the Fire Shaper team, become a raving fan groupy and we will send you some more awesome recipes, videos and inspiring/empowering content.

How do you do that you ask? Easy, join one of our Training Programs, get in on our inner circle and experience the difference as we give you open access all the time to these great videos. As fast as we create them is as fast as our team gets them!

Register today with Fire Shaper's Teacher Training Courses

- + 200hr Hot Yoga Level I Teacher Training
- + 100hr Vinyasa Flow Teacher Training
- + 50hr Yin Yoga Teacher Training
- + 40hr Burn, Shape, Forge Combined Training
- + RQU – Release the Quantum yoU

Develop your Personal Power in our 200 hour program. An intense life moving experience not only learning how to teach hot yoga but learning of your true human potential.

Click here to register
for Teacher Training

REGISTER