



# **7 DAY *RESET* DETOX**

Powered by BetterBody4.Life

## *What is a cleanse?*

It's a natural, physical and spiritual way to rid your body of toxins. Using specific foods, herbs, teas, your body will be assisted in the natural process of removing these impurities through your kidneys, liver, and colon.

Cleanses can range from very harsh to extremely gentle. Our cleanse will be gentle enough to assume almost all your current activities, including exercise.

## *Why start with a cleanse?*

Part of smart weight management is taking a holistic approach to total health. Our current standard diet leaves our bodies plagued with remnants of pesticides, contaminants, preservatives—just to name a few

Many of these toxins and poisons reside inside of fat cells. The moment we jump into your RESTART fat burning zone, you'll be shrinking and releasing fat cells in the blood stream. Which can make us sick, lethargic, even drive us to crave BAD FOOD.

To flush out impurities.

To reduce bloating by minimizing water weight.

To optimize our detox organs (kidney, liver, colon).

And prepare your system for healthy nourishing food to come!

Disclaimer: This guide has not been evaluated by the Food and Drug Administration. This cleanse is not intended to diagnose, treat, cure, or prevent any disease

# Food & Fitness Journal

Date Started \_\_\_\_\_

Date Finished \_\_\_\_\_



	Current Measurements	Four-Week Measurements	Date	Weight	Loss
Date					
Upper Bust					
Under Bust					
Upper Arms					
Waist					
Hips					
Thighs					
Calves					
Change			Notes		

## Food Journal

You may wonder whether it's really necessary to continue to keep a food journal. My answer is, without a doubt, yes. People who take the time to record the foods they eat are significantly more successful on the program than people who don't. Remember that you *will not* need to record everything you eat for the rest of your life. Food journaling is just part of the learning process: learning to recognize which foods your body responds to best, and in what amounts.

When I first changed my own eating habits and lifestyle, I started keeping an account of everything I ate and how I felt after each meal. After 2 months I wrote fewer notes because I had learned which foods made me feel best and in what amounts. I continued to journal for about 6 months and then stopped.

Food Journal (sample)

Date: January 4, 2016

Three things I am grateful for: 1. Spending each day doing what I love

2. I give thanks for my radiant health

3. The opportunity to live each day on my own schedule

My positive affirmations:

1. God is my universal source. He provides all that I need

2. I am nourished by the Spirit within. Every cell in my body is filled with light.

3. Happy surprises come to me each day. "I look with wonder at that which is before me."

What you'll need:

## RISE, VIBE & SYNC

### Protein Shake\*

\* If you are vegan, choose a vegan protein powder option like VegaOne or any blend containing protein sources like hemp, quinoa, pea and rice protein.



### First 3 Days drink only the \*Lemon Cleanse:

3 Gallons of Purified Water (I prefer Alkaline 8.5 and above), 15 organic lemons or limes (5 for each gallon), grade B Maple Syrup, cayenne pepper and olive oil.

### Detox Tea

Available at any grocery store, health food store, or even on Amazon Prime. We recommend an all natural cleansing tea to be consumed daily during your 7 Day Reset. Our favorite brands are:

Flora

Yogi

Triple Leaf

Choose an option without senna leaf or harsh laxatives. We want to promote a health liver, kidney, and colon without the need to run to the bathroom every 30 minutes! These teas are great tasting and should be consumed at least once per day following your meal plan. Add a squeeze of lemon or drops of stevia leaf extracts if you would like to alter the flavor.



\* Lemon Cleanse:

1 Gallon of purified water

5 Organic Lemons or Limes

1/4 TSP Cyenne Pepper

3 TBSP of Olive Oil

1/3 cup of grade B Maple Syrup from Vermont or Canada only

Be sure to store in the fridge and shake well with each 10 oz~ you MUST drink it all in one day



## Highly Recommended:

### *RISE, VIBE & SYNC*

What is oxidative stress? Think of cutting an apple in half and leaving it on the counter top for 60 minutes. The browning that occurs to the flesh is oxidation. Also – a great analogy is the rusting that happens to a piece of steel when left outside.

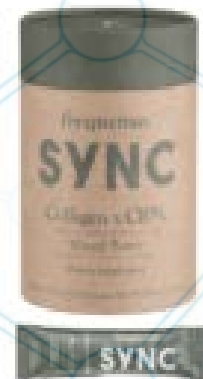
Imagine turning back the clock and aging like a 20 year old again! This is what RISE, VIBE & SYNC does. This scientific BREAKTHROUGH will help protect your cells against the effects of free radical damage.

Every formula has been harmonically charged with 11 frequencies.

Want to have MASSIVE ENERGY and insane focus and clarity during your 7 Day Reset and 30 day Smart Restart? Most diets cause people to crash because of too little calories or restrictions.

1. **RISE & VIBE**    **9 AM**

2. **SYNC**            **9 PM**



# 7 Day Reset Detox – For Women

## First 3 Days: Lemon Cleanse

( You will drink 1 Gallon each day. Make the same day as you drink it)

Upon waking: Make the Lemon Cleanse and drink 10 ounces and then every 2 hours.

## Days 4-7

Upon waking:

1 cleanse tea with 10 ounces hot water and lemon

### Meal 1

Fat burning Smoothie with Protein Shake (choose from one of the attached recipes)

*1 Micro Nutrient powder Sachet*

### Snack

1 container of greek yogurt (Greek Gods Plain is the best )

(look for no added sugar, should be 12-15g of protein and 12-15g of carbs total and less than 120 calories) add 1 packet of Stevia or Monk Fruit and a handful of blueberries

non-dairy option: coconut OR 1 cup vegetables and 3 tbsp hummus

### Meal 2

4 ounces of lean protein (chicken, turkey, pork loin, fish, shrimp, grass fed beef, egg whites, tempeh, tofu, ½ c of black beans/edamame, 1 organic veggie burger) 1 cup of green vegetables (asparagus, brussel sprouts, or cabbage) 1 small sweet potato



### Snack

1 apple, pear or peach

28 almonds OR 2 T of almond butter

### Meal 3

4 ounces of lean protein (chicken, turkey, pork loin, fish, shrimp, grass fed beef, egg whites, tempeh, tofu, ½ c of black beans/edamame, 1 organic veggie burger) 2 cups of green vegetables, sautéed in garlic and coconut oil (spinach or kale)

½ c. brown rice

### Snack

Herbal, non-caffeine tea

# 7 Day Reset Detox – For Men

## First 3 Days: Lemon Cleanse

(You will drink 1 Gallon each day. Make the same day as you drink it)

Upon waking: Make the Lemon Cleanse and drink 10 ounces and then every 2 hours.

## Days 4 -7

Upon waking:

1 cleanse tea with 10 ounces hot water and lemon

### Meal 1

Fat burning Smoothie with a Protein Daily Shake (choose from one of the attached recipes) *1 Micro Nutrients Sachet*

### Snack

1 container of greek yogurt (Greek Gods Plain is the best)

(look for no added sugar, should be 12-15g of protein and 12-15g of carbs total and less than 120 calories) add 1 packet of Stevia or Monk Fruit and a handful of blueberries and walnuts

non-dairy option: coconut OR 1 cup vegetables and 3 tbsp hummus

### Meal 2

8 ounces of lean protein (chicken, turkey, pork loin, fish, shrimp, grass fed beef, egg whites, tempeh, tofu, 1 c of black beans/edamame, 1 organic veggie burger)

1 cup of green vegetables (asparagus, brussel sprouts, or cabbage)

1 small sweet potato

### Snack

1 apple or pear

28 almonds OR 2 T of almond butter

### Meal 3

8 ounces of lean protein (chicken, turkey, pork loin, fish, shrimp, grass fed beef, egg whites, tempeh, tofu, 1 c of black beans/edamame, 1 organic veggie burger) 2 cups of green vegetables, sautéed in garlic and coconut oil (spinach or kale)

1 c. brown rice

### Snack

Herbal tea



# Detox Smoothie Recipes

Instructions: Mix all ingredients in a high powered blender. Add 2 scoops of Protein Daily Shake. If you are a female weight more than 200lbs or a male weighing more than 225lbs, you may want to add 3 scoops. I also add 1 scoop of elevate coffee or choclevate.

Add ice, if desired.

Note: Choose your milk alternative: almond, cashew, coconut, rice, hemp milk all acceptable. Cut half of the milk for water (4 ounces milk or milk alternative + 4 ounces of water) for a thinner shake.

## Clean Green

¼ frozen banana  
½ medium apple, cored  
½ medium pitted avocado  
1 tsp. chia seeds  
handful of frozen kale  
8 ounces coconut milk

## Cucumber Pear

¼ frozen banana  
½ medium pear  
½ medium cucumber  
1 tsp. chia seeds  
handful of frozen spinach  
8 ounces coconut milk

## Chocolate Monkey

¼ frozen banana  
1 tsp peanut butter  
1 scoop of Choclevate  
1 tsp. flax seeds handful of frozen spinach  
8 ounces coconut milk

## Summer Breeze

¼ frozen banana  
½ c. frozen pineapple  
1 peeled kiwi  
1 tsp chia seeds  
handful of frozen spinach  
8 ounces coconut milk

## Radiant Roots

½ frozen banana  
¼ c. frozen berries  
½ steamed baby beet  
½ medium carrot  
handful of frozen kale  
8 ounces coconut milk

## Oh So Tarty!

¼ frozen banana  
Juice of 2 lemons or 2 limes or 1 of each  
1 tsp. chia seeds  
handful of frozen spinach  
8 ounces coconut milk

## Strawberry Delight

¼ frozen banana  
½ c. frozen strawberries  
1 tsp. chia seeds  
handful of frozen spinach  
8 ounces coconut milk

## Savory Green

*(can be used in place of any snack)*

handful of baby greens  
¼ bunch of fresh basil  
juice of 1 lime  
¼ red onion  
2 celery stalks  
¼ avocado

## ChocoMint

2-3 mint leaves  
1 scoop Choclevate  
½ medium pitted avocado  
1 tsp. flax seeds  
handful of frozen spinach  
8 ounces coconut milk



# Shopping List

## *Smoothie staples*

Choose your favorite desired smoothies to drink throughout the week and stock your pantry with some of all of these ingredients: Always remember you can add stevia to sweeten

**Milk** alternative, unsweetened, no sugar added, acceptable varieties:

- Coconut      - **NO Soy**
- Almond        - Hemp
- Rice

Chia or flax seed powder (ground), keep refrigerated

Frozen spinach/kale

Frozen berries

Almond butter

Cacao or dark cocoa powder, ideally raw organic or 1 tub of Choclevate

Fresh or frozen fruit and herbs (depending on your chosen smoothie recipe)

## *Snacks staples*

7 greek yogurts (look for no added sugar, should be 12-15g of protein and 12-15g of carbs total and less than 120 calories) or coconut yogurt

7 apples or pears

Raw almonds or almond butter

Vegetables (carrots, celery, peppers)

Hummus

## *Meal staples*

14 servings of lean meat (4 oz each \*women/8 oz each \*men)

7 small sweet potatoes

4 bags or bundles of lunch vegetables (asparagus, brussel sprouts or cabbage)

3.5 cups rice (women)/7 cups rice (men)

## *Teas & Beverages*

### *Happy Coffee or Choclevate*

Cleanse teas

Herbal teas

Stevia drops and lemons (if desired) I use Monk Fruit

# What to eat & What NOT to eat

Eating on your 7 Day Reset or 30 Day Smart Restart doesn't have to be boring. But if there is temptation around us – we are more likely to “cheat” and fall off the wagon. Make sure you clean out your pantry and refrigerator with foods that contain ingredients in the “AVOID” column, and learn to season and spice up your food with these acceptable condiments and flavorings in the “ACCEPTABLE” column.

## Acceptable

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All foods on the meal plans  
Salsa  
Pico de gallo  
Low-sugar ketchup  
Hot sauce  
Garlic  
Ginger  
Paprika  
Mrs. Dash seasonings  
Red pepper flakes  
Chili peppers (any)

Capers  
Onions  
Mustard  
Wasabi  
Horseradish  
Curry season  
Black pepper  
Sea Salt (RealSalt brand)  
Fresh or dried herbs  
(try oregano, basil  
cilantro, rosemary,  
thyme and dill)

Lemon/lemon juice  
Limes/lime juice  
Balsamic vinegar  
Extra virgin olive oil  
(not for cooking)  
MacNut oil (great for  
frying and cooking)  
Sesame seeds  
Briggs aminos  
(like soy sauce)  
Stevia, Monk Fruit

## Avoid

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Monosodium glutamate (MSG)  
Ranch or creamy dressings  
Mayonnaise  
Artificial sweeteners (Aspartame,  
sucralose)  
High fructose corn syrup  
Added sugars (read all labels!)

Jams and jellies  
Maple syrup  
Margarine  
Trans fats  
Safflower oil  
Soybean oil  
Anything with food dyes

White bread  
White pasta  
White rice  
Soy sauce /**use in moderation**  
Farmed fish (choose only  
labels that say WILD-caught)  
Non-organic dairy

# Frequently Asked Questions

## *Can I substitute meals?*

Yes. But not for just anything, here are some acceptable meal substitutions:

- Natural homemade soups, 2 cups broth, 1 portion lean protein, 1 portion of healthy greens and your sweet potato or rice.
- Egg white omelets, no cheese, unlimited vegetables, plus your sweet potato or rice.
- Large salad. Leafy greens, red onions, olives, tomatoes, with lemon olive oil dressing (1 Tbsp olive oil, 1 tspb lemon juice, 1 pinch salt, pepper), capers, artichokes, plus 1 portion lean protein, 1 portion of healthy greens and your sweet potato or rice.

## *I'm vegan... Can I do the 7 Day Reset **Detox**?*

Yes! Please replace Engage Protein Daily shake with VegaOne protein or your favorite Vegan shake. Choose the vegan non dairy options for your meals and snacks.

## *How often should I repeat the **detox**?*

We recommend a 7 day detox to be repeated once per month.

## *Can I choose my own cleanse tea? Is the tea really essential?*

To get the best results on a detox, we recommend leveraging the power of a gentle detox tea. This will work with your bodies natural detoxification processes and prepare your cells for all the good nutrition you're about to flood it with! You can choose your own brand - We love Yogi, Flora, and Triple Leaf brands among others. Do read ingredients and be aware of any laxatives like Senna – as you can become dependant with long-term use.

## *Am I cutting carbs completely in these **detox**?*

No way! We are simply removing refined carbohydrates (breads, pastas, added sugar) out of the diet and adding in complex carbohydrates like sweet potatoes, brown rice, fruits, and vegetables. The goal is to manage blood sugars, regulate your insulin and support your energy throughout the day.

# Frequently Asked Questions

*I am going to the bathroom more than normal! Is something wrong? Help!*

This is a natural by-product of detoxing, consuming purified water and eating foods high in fiber. Don't cut back on water, as it's essential to flush out the toxins. A frequency in urination is completely normal, and you might notice bowel movements more frequent as well. Gastro-intestinal experts say that it's best to be eliminating every time you eat, so don't be shocked if you're going #2 3x a day. It's healthy!

*I'm going out to eat, what do I order?*

We highly recommend following the meal guideline provided, but if you absolutely **MUST** eat out or find yourself in a situation where you don't have your food on you here are some suggestions for eating out:

Chipotle Burrito Bowl; no cheese, no sour cream. Chicken, rice, beans, lettuce, pico, salsa, and 2 tbsp of guacamole is acceptable.

Steakhouse; Start with a spinach salad with balsamic vinaigrette. Main dish: 4-8 ounce filet mignon, ½ baked potato, ask that the entrée be prepared with absolutely no butter (ask for side of olive oil instead, plenty of pepper and salt is fine!).

Juice bar; any green juice or smoothie (bring your PhysIQ protein and have them add it in!)

Salad bars; go at it! Stay away from creamy dressings, croutons and cheese. Remember to get in your protein and carb choices like quinoa or rice salad. Stay away from pastas or coleslaws as they tend to be drenched in mayo and cream based sauce.

*How is this different then the 30 Day Smart Restart?*

Once you've completed your 7 Day Detox, you'll move onto the 30 Day Smart Restart meal plans. You'll notice a lot more flexibility with snacks and meals, no longer drinking taking the Cleanse Product, and adding in some of your favorites like bread, pasta, and dairy in moderation.



## General Detox Tips

- If tea makes you feel hot, add a few ice cubes.
- Drink plenty of filtered high quality water. Drink 1 ounce of water to 2 lbs you weigh.
- Example if you weigh 200 lbs, consume no less than 100 oz of water per day. artificial sweeteners, food dyes, propylene glycol, and hefty amounts of sugar
- Stay away from dietsodas and energy drinks. Many of these drinks contain toxic chemicals

Limit 1 cup of coffee a day if ABSOLUTELY NECESSARY. Choose coconut creamer and monk fruit to sweeten and enjoy. Ditch the coffee-mate and sugar/substitutes. Want to go ALL IN? Ideally ditch your morning java for 1-2 cups of green tea.

**If you feel hungry, take 1 scoop of Protein shake and add 8 ounces of cold water and some ice cubes, shake and drink. Follow with 8 ounces of water. Get busy for 30 minutes working on some projects around the house or emails, make a phone call. Re-evaluate how you feel after a half hour.**

**Get in 30-60 minutes of working out per day. Follow the Better Body workouts, or get 30 minutes walking, lymphasizing (jumping on a mini trampoline), or jogging in the morning. Getting your lymphatic system flowing each day will further help remove toxins.**

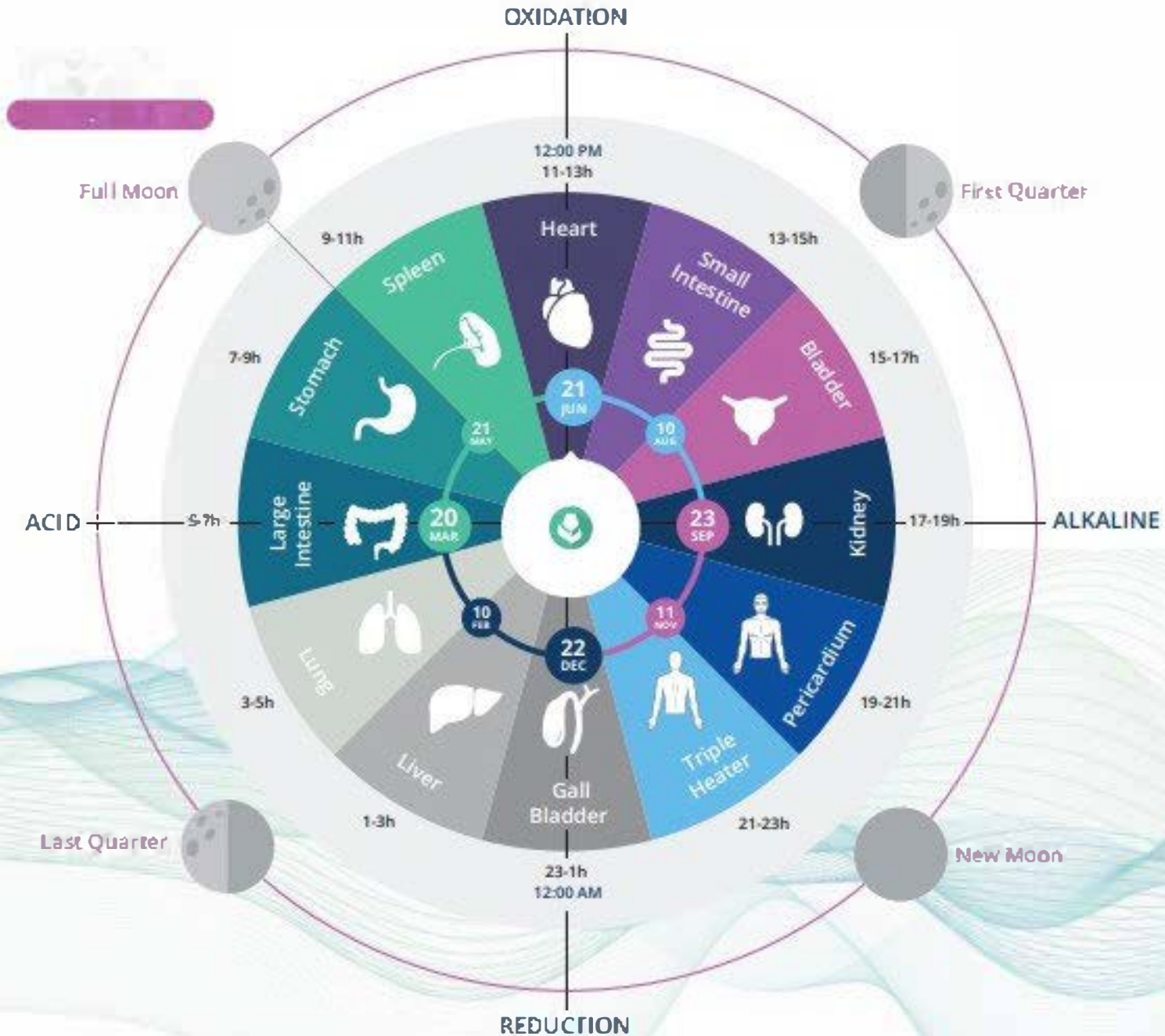
**Hit the sauna. Dry, steam, or infrared all have unique detoxification benefits and can help you sweat out toxins PLUS have a natural healing affect post-workout. Be sure you use your Healy programs every day as suggested**

*Better Body 4 Life*

Thank you for choosing The Better Body 4 Life Solution

We look forward to helping you track your journey and are here to answer any questions you may have.

# In Tune with Nature in Five Easy Steps



Date:

Note for Today:

Prioritized Task List

Wake Up:

Rise & Vibe

Analyze and set up.

Usage

Breakfast

Time:

Bed Time

Time:

AM

Time:

PM

Time:

Circle number for every glass of water. Each glass should be 8-12 oz and the goal is to drink 12 glasses a day.

1 2 3 4 5 6 7 8 9 10 11 12

My biggest accomplishment today:

Schedule

7am

8am

9am

10am

11am

12noon

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm SYNC

Meal / Time

Breakfast

Lunch

Dinner

Journal ~ Upon waking, repeat Affirmation 7 times to gain control of your day

In the Divine Design there is no limitation, only health, wealth, love and perfect self-expression.

Three things I am grateful for:

Carbs\* (7 servings) 0000000

\* Note: 1 serving of carbs = 5-20 grams

Sugar (20 grams) 000000000000  
000000000000

Date:

Note for Today:

Prioritized Task List

Rise and Vibe

Schedule

- 7am
- 8am
- 9am
- 10am
- 11am
- 12noon
- 1pm
- 2pm
- 3pm
- 4pm
- 5pm
- 6pm
- 7pm
- 8pm
- 9pm SYNC

Meal / Time

- Breakfast
- 
- 
- 
- 
- Lunch
- 
- 
- 
- Dinner
- 
- 
- 
- 
- 

Usage

Breakfast Time:

Bed Time Time:

AM Time:

PM Time:

Circle number for every glass of water. Each glass should be 8-12 oz and the goal is to drink 12 glasses a day.

1 2 3 4 5 6 7 8 9 10 11 12

My biggest accomplishment today:

- There is within me:
- Eternal joy ~
- Eternal youth ~
- Eternal wealth ~
- Eternal health ~
- Eternal love ~
- Eternal life ~

Three things I am grateful for:

Carbs\* (7 servings) 00000000

\* Note: 1 serving of carbs = 5-20 grams

Sugar (20 grams) 000000000000  
000000000000



Date:

Note for Today:

Prioritized Task List

Wake Up:  
Rise & Vibe

Schedule

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- 3pm
- 4pm
- 5pm
- 6pm
- 7pm
- 8pm
- 9pm SYNC

Meal / Time

Breakfast

Lunch

Dinner

Usage

Breakfast Time:  
 Bed Time Time:  
 AM Time:  
 PM Time:

I give thanks for the Divinely planned journey under Divinely planned conditions with the Divinely planned supply

Circle number for every glass of water.  
Each glass should be 8-12 oz and the goal is to drink 12 glasses a day.

1 2 3 4 5 6 7 8 9 10 11 12

Three things I am grateful for:

My biggest accomplishment today:

Carbs\* (7 servings) 00000000

\* Note: 1 serving of carbs = 5-20 grams

Sugar (20 grams) 000000000000  
000000000000

Date:

Note for Today:

Prioritized Task List

Wake Up:  
Rise & Vibe

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Meal / Time

- Breakfast
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- Lunch
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- Dinner
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- 
- 

Usage

Breakfast Time:  
 Time:  
 Bed Time Time:  
 Time:  
 AM Time:  
 PM Time:

My good now overtakes me in a surprising way

Circle number for every glass of water.  
Each glass should be 8-12 oz and the goal is to drink 12 glasses a day.

1 2 3 4 5 6 7 8 9 10 11 12

Three things I am grateful for:

My biggest accomplishment today:

Carbs\* (7 servings) 00000000

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Meal / Time

Breakfast

Lunch

Dinner

Usage

Breakfast Time:  
 Bed Time Time:  
 AM Time:  
 PM Time:

Journal ~ Upon waking, repeat Affirmation 7 times to gain control of your day

The Divine Plan of my life cannot be tampered with. It is incorruptible and indestructible. It awaits only my recognition.

Circle number for every glass of water.  
Each glass should be 8-12 oz and the goal is to drink 12 glasses a day.

1 2 3 4 5 6 7 8 9 10 11 1  
2

Three things I am grateful for:

My biggest accomplishment today:

Carbs\* (7 servings) 00000000

\* Note: 1 serving of carbs = 5-20 grams

Sugar (20 grams) 000000000000  
000000000000

Date:

Note for Today:

Prioritized Task List

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Rise & Vibe

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- 6pm
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- 8pm
- 9pm SYNC

Meal / Time

Breakfast

Lunch

Dinner

Usage

Breakfast Time:  
 Bed Time Time:  
 AM Time:  
 PM Time:

All that is mine by Divine Right is now released and reaches me in a perfect way under Grace

Circle number for every glass of water.  
Each glass should be 8-12 oz and the goal is to drink 12 glasses a day.

1 2 3 4 5 6 7 8 9 10 11 12

Three things I am grateful for:

My biggest accomplishment today:

Carbs\* (7 servings) 00000000

\* Note: 1 serving of carbs = 5-20 grams

Sugar (20 grams) 000000000000  
000000000000