

## **Hello and Welcome to Metabolism Reset 90-day Challenge!**

We are excited for you to get started and experience the many benefits of resetting your metabolism with a self-care program.

This type of long-term care incorporates an eating plan that can help us live longer and maintain more vibrant health as we age. The health benefits and research around this lifestyle is staggering, so let us begin to look at this as a way of life, not a short-term diet.

We are including simplified menu choices to make it easy to get started. As the weeks go by, we will be including more recipes, ideas, tips, and tricks to help you make this new way of life more palatable. One thing we hear a lot is people are busy and, on the run, so it is easy to grab what is fast, not necessarily good for them. To be the most successful, a little planning and cooking ahead of time, will help you be able to grab quick foods in a hurry. Do not worry we will point you in the direction of healthy fast foods and all the resources you will need.

Once you get into the routine of it, you should feel good and not be hungry. The first two to three days your body is transitioning. Be gentle on yourself and watch your self-talk especially the first 4 weeks! Make sure you are drinking all your water and getting plenty of potassium and magnesium either in supplement form or using the drink recipe included. Take your supplements as directed and try to keep your food choices more alkaline and add alkaline drinks. (more on that later or search alkaline food lists)

### **How Do I Start?**

As with any new diet or exercise regime, it is always good to check with your doctor before jumping in. Know that individual results vary but we are here to support you until we get it right!

Once you have determined that the RESET Plan is for you, your first step will be to clean out your pantry. This process means simplifying the foods you eat, and the ingredients they contain. Start to avoid processed foods include "any food that has been...changed in some way prior to consumption." For example, any foods that have been packaged, enriched or "fortified." This means staying away from chips, crackers, sugary snacks, refined oils, imitation, "diet" and fast foods including artificial sweeteners. You will also need to purchase high-quality meats, chicken, fish, and beef. Focus on organic fresh vegetables grown above the ground, during the detox phase, adding the root vegetables back in later.

Once you have gotten used to the idea that your meals will be made up of whole foods, you will find that grocery shopping is simplified, and cooking is easier. You will be consuming simpler foods, foods in their natural state. The RESET program is not about counting calories, you will be counting carbohydrates. In fact, you will likely be consuming more calories than you have been accustomed to as you get close to your ideal weight. But these will be in the form of healthy fats, nuts, cheeses, full-fat dairy, and meats if you can tolerate such foods.

We are here to support and guide you through this process. Use the tools and resources provided and keep an eye on the Facebook group, post questions, give us ideas or tips you may have this helps everyone learn and grow.

We are in this together. Let us get started!

In Health!

# METABOLISM RESET

This 90-day program is designed to be a guided coaching and accountability program that will help you restore, reset your health, your digestive system and your weight. It will also give you the tools you need to maintain a lifestyle of self-care and health management.

You will be developing daily healthy practices, limiting carbohydrates, increasing the use of healthy dietary fats, perfecting your personal eating windows (delayed eating) and using additional supplementation to assist.

## The 4 R's of RESET:

- REMOVE:** Offending foods such as simple carbohydrates, alcohol, processed foods, food additives, artificial sweeteners, GMO (genetically modified) foods, Gluten (foods containing wheat and other grains), and specific foods that your individual body does not process well.
- REPAIR:** By combining our “delayed eating” program with our health restoration program, your body will be allowed to detoxify, reset and repair itself (specifically, your digestive and endocrine system). This program requires that you commit to feeding your body the restorative foods it needs, commit to healthy movement and mindset practices and also commit to incorporating the recommended needed supplementation that will not only speed up the detox and restoration process but also help you maintain a state of optimum health and balance.
- REPLACE:** Life is all about choices and all of our choices have consequences. Because of unhealthy choices, over time, our bodies will become unhealthy (that makes sense!). In fact, did you know that 90% of all health concerns begin in your gut! (digestive system).
- With the support of our coaches and community, you will be encouraged to make positive choices. These choices will help to replace the bad bacteria in your gut with good bacteria, replace your bad eating habits with good ones, inactivity with healthy movement, and a negative stressed mindset with a positive calm and healthy one.
- RESET:** By simply creating the right internal environment your body will be given the chance to reset itself back to health. Together, we will empower each other to develop and maintain the skills necessary for optimum health.

## Develop these 7 healthy habits!

1. **Mindset:** Set your mind to “Ready”. It’s time to make YOUR health and self-care your #1 priority.
2. **Strengthen your “fasting muscle”:** We are simply switching from denial to delay. So much of our eating patterns are impulsive! Being mindful of when and what you feed yourself will literally change your life!
3. **Manage Stress:** Lower your cortisol levels. Supplementation, quiet time, proper breathing, etc...
4. **Move your body:** You choose how...but make regular sustained movement part of your daily practice.
5. **Sleep:** Aim for a minimum of 7-9 hours per night. Your body needs to shut down in order to reboot!
6. **Eat Clean Eat Green!** Increase Alkaline foods, more plants more colors, quality protein & fats
7. **Add Prebiotics & Probiotics:** Cultured foods, fermented veggies, bone broths, fibers and supplements

**For more detailed information consult your Health Coach:**

## Success tips

USE the Daily Tracker know where you are starting!

Take Supplements as directed

Go longer periods in between eating give your digestive system time to do it's thing

Change up eating window periodically (more on that in the Master Classes)

Keep Carbs under 50gm a day, get a carb counter app

Avoid SIMPLE Carbohydrates (sugar, starches, alcohol)

To Detox: try avoiding wheat, bread, grains, limited or no dairy first 30 days

Choose non-starchy vegetables and lean proteins

Limit fruit to berries and apples for first 30 days

Drink a minimum of 64-100 oz of water per day

Add cultured vegies, fermented foods, apple cider vinegar, sauerkraut, yogurt, kefir etc.

Choose daily some type of pickled food

1 T Apple cider vinegar or lemon water 1-2 x day

Rotate foods don't eat the same meals everyday

Weigh yourself on scale **weekly** (morning only w/empty bladder)

Take measurements **weekly** and focus on inch loss!

Sleep minimum 7-8 hours per night (lowers stress hormones)

Walking, weights or moving 3-5 days week plan it into schedule!

**USE YOUR COACH**, ask questions, communicate with community!

## Practice self-care make yourself the priority!

- Plan your eating strategy practice & play with delayed eating (record intake)
- Clean out kitchen by removing offending foods
- Prep food once a week
- Drink more tea, Eat more soup!
- Protein Boost powder (pea & brown rice) or Bone Broth to "Break"-fast
- Replace Bad Fats with Coconut oil, MCT, Avocado or Olive oil (helps with satiety)
- Add omega foods (quality fats) or supplements to address inflammation.
- Replace fake or processed sugars with stevia, monk fruit, coconut

Do not eat when you are not hungry. The less often you eat, the less blood sugar you make.

Have snacks only if needed and in your eating window only.

It is helpful to take a day like Sunday to plan and cook ahead so you can grab and go during the week.

\*Use "Pharmanex TR90 Protein Boost" for additional protein without dairy  
(\*may need extra canister if replacing 2 meals a day)

# Healthy Habit Builder Checklist

## Morning

Time \_\_\_\_\_

- Large glass of water with lemon or 1-TB ACV (apple cider vinegar)
- Hot liquid: black coffee, tea, lemon water
- Meta Supplements
- 2 capsules Tegen 97?
  
- Breaking fast time** \_\_\_\_\_ protein powder or broth 1/2 hour before food!

## Breakfast: Y/N

Time \_\_\_\_\_

List food and beverages:

## Lunch:

Add "NuBiome" packet to H2O

Time \_\_\_\_\_

List food and beverages:

## Dinner

Time \_\_\_\_\_

- Meta Supplements
- 2 capsules Tegen 97?

List food & beverages:

**KITCHEN CLOSES Begin fast:** Time \_\_\_\_\_ **Bedtime:** \_\_\_\_\_

- Daily Movement:**
- Water: 64 ounces minimum**
  
- Weekly weigh in: \_\_\_\_\_ Lbs  
Weekly measurements: bust \_\_\_\_\_ waist \_\_\_\_\_ hips \_\_\_\_\_ thigh \_\_\_\_\_ arm \_\_\_\_\_

**My Reset Plan** Continue to cycle wash, rinse, and repeat!

Name: \_\_\_\_\_

1. Begin journey: \_\_\_\_\_, with a \_\_\_\_\_ (optional) a 1-3-day clean fast or protein shake/bone broth)
2. Daily eating plan: \_\_\_\_\_ (16 hour fast/8hrs eating window, carbs 25gm)
3. Minimum Movement: \_\_\_\_\_ (Walking 1 mile or 10,000 steps a day/6 days week)
4. Kitchen schedule: opens \_\_\_\_\_ am closes \_\_\_\_\_ pm (6pm-10am)

## Sample:

1. Begin Journey: \_\_\_\_\_, 2024 with a (1-day bone broth cleanse or delayed eating window)
2. Daily eating plan: 16hr fast/8hr eating window, ease into to low carb plan 50g carbohydrates per day, Eat clean: No alcohol, fried foods, processed, sugars, breads, chips.
3. Minimum Movement: you choose! (Walking 1 mile or 10,000 steps a day/6 days week)
4. Kitchen closes 6:30pm opens 10:30a (Make your own window based on your schedule)

# Health Tracker

## 1. TAKE YOUR PICTURE!

Be sure to wear clothing that will show your physique. This photo is for you, no one else (unless you decide to share it later) Be sure to get all four poses of face, front full body, back full body & profile Weigh once a month in the morning with an empty bladder.

Start date: \_\_\_\_\_

Baseline Weight \_\_\_\_\_ 4 weeks \_\_\_\_\_ 8 weeks \_\_\_\_\_ 12 weeks \_\_\_\_\_

Dress Size \_\_\_\_\_ Top Size \_\_\_\_\_ Pant Size \_\_\_\_\_

## 2. Waist Circumference: take your measurements ( 1 x weekly)

	Week 1(Baseline)	4 weeks	8 weeks	12 weeks
<b>Date</b>	_____	_____	_____	_____
<b>Chest:</b>	_____	_____	_____	_____
<b>Waist:</b>	_____	_____	_____	_____
<b>Belly:</b>	_____	_____	_____	_____
<b>Hip:</b>	_____	_____	_____	_____

**Chest:** Fullest part of the chest for the man and the bra line for a woman.

**Waist:** The natural belt-line for men and women.

**Belly:** Mid belly fullest part

**Hip:** Fullest part of the hip/abdomen area for men and women.

## 3. Health Concerns:

Blood lipids

- Triglycerides: \_\_\_\_\_
- HDL: \_\_\_\_\_
- LDL: \_\_\_\_\_
- Cholesterol: \_\_\_\_\_
- Blood pressure?
- Blood sugar- A1C?
- Inflammation?
- Energy levels?
- Sleep issues?
- Gut issues gas, bloating, irregularity, loose stools, constipation?
- Food sensitivities?
- Food cravings?

Any other health concerns or inflammatory conditions you notice improvement in?

# SUPER DETOX DRINK

Secret Recipe Detox Drink will help your body burn fat, lose weight, fight diabetes.

## Ingredients

- 1 glass of water (12-16 oz.)
- 1-2 Tbsp. [Bragg – Apple Cider Vinegar](#)
- 2 Tbsp. lemon juice
- 1 tsp. cinnamon
- 1 dash cayenne pepper (optional)
- [Stevia](#) to sweeten

## Directions

1. Blend all ingredients together 3x a day before meals

**Apple Cider Vinegar** is full of enzymes and good bacteria. It contains acetic acid which has been shown to lower blood pressure up to 6%. It can also help eat up the starches if you do eat grains in your diet. *I use Bragg – Apple Cider Vinegar* **Lemon juice** helps balance blood sugar and has an alkaline effect on your body helping to regulate ph. It contains, Vitamin C.

**Cinnamon** is one of the best anti-oxidants on the planet. It is the number one herb/spice for balancing blood sugar.

**Cayenne Pepper** has been shown to drop blood pressure, increase metabolism. Optional

**Stevia** is an all-natural sweetener made from the stevia plant and it is a great replacement for any artificial sweeteners.