

7 Day Reset MEAL PLAN

MORNING

Be sure to wait 12 hours between dinner & breakfast.

You will be eating the same recipes for the 7 days so be sure make it how you like it, to sub things in and out and to use herbs and spices (within the guidelines of what is allowed during this reset plan). Start your day with one of the following:

Hydration Bomb

12 OZ room temp water, juice from ½ of a lemon, tiny sprinkle of pink salt. Mix up in your favorite mug and enjoy first thing in the morning. Can add a few drops of stevia.

OR

Parsley Detox Water

1 head flat leaf Parsley, 2 lemons, 1 lime, 4 cups water, 2 tbsp Pure Maple Syrup or a few droppers stevia. Peel citrus, add all ingredients to blender, blend 60 seconds, strain through fine mesh strainer. Store in glass mason jars. Drink 4-8 oz on an empty stomach in the AM. Will only keep 4 days in fridge.

Green Drink and Probiotic Are a Must!

Drink your greens and take your probiotic in the morning first before breakfast. Any green drink powder and probiotic from Nature's Pantry will work. Best to do after a 10-20 minute morning walk.

Breakfast

Oatmeal

¼ cup oats with ½ cup water. Bring water to a boil. Add oats and let boil 1-2 minutes, stirring frequently. Remove from heat add in a splash of plant milk, 1 scoop protein powder, ⅛ cup chopped walnuts, & 1 tbsp ground flax or chia seeds, 1 tbsp hemp seeds, 1-2 tsp raw honey or Pure Maple Syrup.

OR

Protein Pudding

1 scoop of your favorite protein powder, ½ cup plant milk, 1 cup berries, ⅛ cup walnuts. Place protein powder in bowl with plant milk, mix with a spoon(will be thick) add a little more milk if desired. top with fruit and nuts.

Lunch

Protein Salad

Serves 4. Ingredients: 1 can chickpeas, 1 bag frozen edamame, ½ tsp Cajun seasoning, 1 tbsp avocado or olive oil, 1 small head broccoli & cauliflower, 2 stems chopped green onions, 1 cup chopped and seeded cucumbers, 1 cup chopped celery, 1 cup shredded carrots, 1 medium shredded beet, 2 large handfuls salad greens (romaine, spinach, spring, etc.), and grape tomatoes.

Protein: Add 1 tbsp coconut oil, chickpeas, frozen edamame, & Cajun seasoning to a pot. Sauté on Med/Low heat for about 5 minutes stirring occasionally. Remove from heat and season with pink salt.

Salad: chop cauliflower, broccoli, cabbage, onions, and cucumbers, shred carrots and beet. Store in an airtight container. Dress with lemon or lime juice, pink Himalayan salt, and Italian seasoning or use Mother Earth Raw Salad Dressing. Separate out portions of chickpeas and edamame into meal prep containers then you can add the chopped veggies and 2 large handfuls of mixed greens fresh each day.

OR

Pinto Bean Stew

2 cans pinto beans, 1 head cauliflower, 6 celery stalks, 4 large carrots, 1 bag of kale, 1 bell pepper, 3 roma tomatoes, 1 onion, 2 tsp garlic, 6 cups water, 2 tsp Italian seasoning, ½ tsp dill, pink salt, crushed red chilies, & pepper to taste. Chop all veggies. In large pot add water veggies(except kale) and seasonings. Bring to a boil, then turn down to medium heat and let cook 10 minutes. Add chopped kale and pinto beans and let cook 5 more minutes. top with salt, pepper, and chilies.

Dinner

Creamy Cauli Dill Soup

Serves 6. Ingredients: 1 red onion, 1 head of garlic, 1 tbsp + 1tsp avocado or olive oil, 1 bag brussel sprouts, 4 large carrots, 1 head cauliflower and broccoli, 2 sweet potatoes, 6 celery stalks, 1 tsp dill, 1 tsp Italian, 1 tsp pink salt, 1 tsp crushed red chilies (optional), 1 carton bone or vegetable broth, 1 avocado, green cabbage.

In a large pot sauté onion & garlic in 1 tbsp avocado or olive oil for about 5 minutes. Add 1 more tsp oil and the brussel sprouts with the outer leaves removed, to the pot and sauté 3 more minutes. Add 6 cups liquid (4 cups bone or vegetable broth, & 2 cups water) to the pot and bring to a boil while chopping cauliflower, carrots, sweet potatoes, broccoli, and celery. Add all veggies to the pot with dill & Italian seasoning. Bring back to a boil, then turn down to medium and let simmer for 15-20 minutes (until veggies are bright in color and tender). Add 2 cups of the soup broth with a few cauliflower chunks in it to your blender with 1 avocado. Blend until smooth for 60 seconds. Add avocado back

to soup and mix well. Finish with 1 tsp pink salt & crushed red chilies. Add a big handful of chopped cabbage and/or greens to your soup bowl for extra nutrition.

OR

Zucchini Casserole

4 small zucchini, 1 bag broccoli, 1 small onion, 2 tsp minced garlic, 1 package mushrooms any kind, 2 large avocados, 2 large carrots, 3 celery stalks, 1 large can crushed tomato sauce, 2 tsp Italian seasoning, Pink salt & pepper to taste. Chop all veggies(including avocado) and mix with tomato sauce in a large baking dish. Season and mix again. Bake at 375 for 30 minutes.

Snacks, Desserts and Drinks

Snacks

Cruciferous veggies, celery, cucumbers, and leafy greens with lemon & lime and pink salt, ½ an Avocado with lemon or lime, ⅓ cup raw walnuts, or 2 tbsp hemp seeds.

Desserts

½ cup -1 cup Blueberries or 1 Green Apple or 1 Green Pear. Only snack if feeling hungry between meals.

Drinks

Water (add lots of lemon and lime to it), herbal tea like dandelion and milk thistle, aloe vera juice & marshmallow root tea for (heartburn/acid reflux), green tea, matcha tea, or any green drink or clean protein drink. Drink plenty of water and herbal tea between meals.

Try to choose organic options for the meals, especially when it comes to oats, blueberries, greens, edamame, or soy of any kind. Utilize the Clean 15 and the Dirty Dozen: <https://www.ewg.org/foodnews/>.

The produce on the shopping list is enough for 4-5 days. You will need to go back to the store for more fresh produce. Check your recipes to see what you will need for each.

- 2-3 bags broccoli
- 2 heads cauliflower
- 1 bunch green onion
- 1 bag carrots
- 2 bag celery (extra for snacking)
- 3-6 cucumbers (extra for snacking)
- 4 zucchini
- 1 bag brussel sprouts
- 1 medium beet
- 2 red onion
- 2 head garlic or 1 jar minced
- 2 white sweet potatoes
- Grape tomatoes
- 3 roma tomatoes
- 1 large box each spinach & spring mix
- 1 bag of romaine
- 1 head green cabbage
- 1 bag lemons (6), 1 bag limes (6)
- 6 avocados
- 1 bag apples/pears
- 2 containers blueberries
- 1 small bag raw walnuts
- 1 bag hulled hemp seeds
- Small bag of chia or flax
- 1 carton of vegetable or bone broth
- Italian Seasoning, Dill, Cajun, Pink Salt, cayenne pepper, crushed chilies
- Avocado or Olive oil (Cold pressed)
- Mother Earth Raw Salad Dressing
- 2 cans chickpeas
- 2 cans pinto beans
- 1 large can crushed tomato sauce
- 2 bags frozen edamame (shelled)
- Oats
- Dandelion tea or any detox tea with dandelion and milk thistle
- Plant milk of choice
- Liquid Stevia (whole leaf)
- Clean Vegan protein powder of choice
- Greens powder like spirulina, wheat grass, or barley grass
- Probiotics