

# 7 Day Reset MEAL PLAN

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).

## **Detox Bomb**

2 cups room temp water, juice of ½ of a lemon, sprinkle of cayenne, 1 tbsp ACV. Mix up fresh and drink within 15 minutes if possible. Can add 1 tsp pure maple syrup or a few drops of liquid monk fruit.

Drink right before your morning walk.

## **Green Drink and Probiotic**

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

## **Breakfast – Oatmeal or Overnight Oats**

Serves 1. Ingredients: ¼ cup oats, ⅛ cup walnuts, 1 tbsp hemp seeds, 1 tbsp ground flax or chia, ½-1 scoop Plant based Protein Powder.

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, ½-1scoop 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.

Overnight Oats: Add ¼ cup oats to a glass jar. Add 1 tbsp fresh ground flax or whole chia seeds. Stir a few drops of liquid monk fruit into your oats with a ½ cup plant milk. Refrigerate overnight. In the morning add ⅛ cup walnuts & 1 tbsp hemp seeds, and a dash of raw honey or pure maple syrup (1-2tsp) and ½-1 scoop of protein powder.

## **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.

### **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.

### **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.

## SHOPPING LIST

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.

- 1 large head broccoli & cauliflower or 2 small
- 1 bunch green onion
- 1 bag carrots
- 2 bag celery (extra for snacking)
- 3-6 cucumbers (extra for snacking)
- 1 bag brussel sprouts
- 1 medium beet
- 1 red onion
- 1 head garlic
- 2 white sweet potatoes
- Grape tomatoes
- 1 large box each spinach & spring mix
- 1 bag of romaine
- 1 head green cabbage
- 1 bag lemons (6), 1 bag limes (6)
- 4 avocados
- 1 bag apples/pears
- 1-2 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
- 1 small bottle ACV
- 2 cans chickpeas
- 2 bags frozen edamame (shelled)
- Oats
- Dandelion tea or any detox tea with dandelion and milk thistle
- Marshmallow root tea
- Aloe vera juice
- Plant milk of choice
- Liquid monk fruit
- Clean Vegan protein powder of choice (optional)
- Greens powder like spirulina, wheat grass, or barley grass
- Probiotics