

7 Day Plant-Based Reset

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Nutlify, alkalize and detoxify with the 7 Day Plant Based Reset. Give your body a break from processed foods and animal products to revitalize, rejuvenate and reset your body. Plus, you may gain mental clarity, improve digestion, lose a few pounds, boost energy and just feel good again. You can choose to do this Reset Plan for 1 day or go all the way up to 10. It's up to you. Have your own experience and have fun! Give your body a chance to get rid of toxins and waste without having to work so hard!

You will be eating the same recipes for the 7 days, so be sure to make it how you like it, sub things in and out and use plenty of herbs and spices. These recipes are guides to help you prepare easy, fast, healthy food! To help the body detox to the fullest DO NOT eat or drink any fat first thing in the morning, this will help the liver get rid of waste and toxins. Eat as much food as you wish within the guidelines. Be sure to wait 12 hours between dinner & breakfast.

Start your day with the following:

Scrape your tongue with a **tongue scraper** and brush your teeth as soon as you wake up. Floss at least every night.

Hydration Bomb or Lemon Dandelion Tea

12-16 OZ room temp or boiled water, juice from ½ of a lemon, tiny sprinkle of pink salt and optional sprinkle of cayenne pepper.

Mix up in your favorite cup or mug and enjoy first thing in the morning. You can add whole leaf stevia or 1 tsp of raw honey. If drinking the tea instead, simply boil water and steep your tea bag for 5 minutes.

The Green Drink is a Must!

Drink your greens in the morning before breakfast. Any green drink powder from Purium or Nature's Pantry will work or fresh pressed green vegetable juice. Best to drink before or after a 10-20 minute morning walk if you can.

Go for a quick 5-20 minute walk in the morning shortly after you wake up to drain the lymphatic system and jump start the metabolism. Try to breathe consciously especially when walking, in through the nose for 3-6 seconds, exhale out through the mouth all of the stagnant air from sleeping, fill up the lungs and let the belly expand and exhale with an ahhhh sound. Proper breathing is a detox and helps all of our body systems.

Use a notebook or journal. **Write down your intention for the end of the 7 days and look at it daily!** Use it to write down how you feel during the day and after eating, meditating/breathing and walking. Any symptoms you feel, or any improvements you notice. This is important for progress. Also write down any stresses that come up. Be sure to try out the **3 minute breathing meditation at wake and right before bed, feel gratitude, smile and think about how cool life is!** 😊 set your timer. Be sure to write down your weight and any symptoms you have, or even if you notice no symptoms. And please let me know when you start.

Breakfast Options

Oat Waffles or Pancakes

2 cups sprouted oats
1 cup coconut water
1 1/2 cups water
½ cup plain Homemade Kefir yogurt coconut or cashew yogurt
2 scoops chocolate or vanilla protein powder or other clean plant protein
1/2 tsp cinnamon

2-4 cups frozen wild blueberries for topping
(Cook the blueberries in a medium saucepan, bring them to a boil then let them simmer on medium heat for about 10 minutes. Remove from heat and let cool.)

Blend all the ingredients in a high speed blender until smooth about 30 seconds, (if batter is too thick add in a little more water)

For waffles: Scoop the batter into preheated waffle iron, cook on high for 6-8 minutes. Or until desired crispness is reached. This batter gets thick when it sits so you may have to add some more water as needed.

For Pancakes: Scoop ¼ a cup of batter onto a griddle or skillet and cook on medium high for 3 minutes on each side.

You can serve these with ½-1 tsp cold pressed coconut oil per waffle or pancake, and a tsp drizzle of pure maple syrup. Top your waffle with a few scoops of the wild blueberries. Sometimes these waffles/pancakes can still be gooey inside, if that happens you can toast them in the toaster to make them a little crispier. For fast toaster waffles/pancakes, store the leftovers in the freezer in ziplock baggies.

Wild Blueberry Chia Pudding

¼ cup chia seeds
1 & 1/2 cups milk of choice
1 cup frozen wild blueberries
2 scoops plant protein powder
Blend all ingredients and serve immediately.
Top with fresh mint berries or kiwi slices.
(Serves 2)

Fruit Cereal For 2

2 large apple diced
1 cup of berries
1 carrot shredded
1 orange diced
½ of a papaya peeled and diced
4 chopped dates
Toss fruit in a bowl top with fresh grated ginger, and a sprinkle of cinnamon, vanilla or cayenne. Serve with a splash of coconut milk and shredded unsweetened coconut.

Blue Ginger Smoothie

2 cups frozen wild blueberries
1 cup cold steamed cauliflower
1 scoop favorite protein (vanilla or Berry is good)
1 scoop favorite greens powder (Barley, chlorella, spirulina)
1 thumb nail sized piece of ginger & turmeric
½ tsp cinnamon
2 pitted dates
1 cup milk of choice

Liver Detox Smoothie

1 banana
1 cup wild blueberries
1 small orange or ½ cup frozen dragon fruit
1 handful of spinach, kale, collards or any other salad greens you like
1 thumb nail sized piece of turmeric
1 cup of water or coconut water. (Optional add in 1 tbsp wild atlantic dulse)
(Peel and freeze bananas/oranges in ziplock bags)

Morning snack

1 apple any color or a pear or cucumber slices with pink salt & lime juice or ½ cup nuts

Lunch Options

Wild Rice Tzatziki Bowls

1 cup wild rice
1 cup brown lentils or 1 can of beans
2 celery stalks
½ head broccoli
½ head cauliflower
Parsley for garnish.
Soak rice and lentils overnight in separate containers. Drain the lentils & Rice. Bring rice to a boil in 2 cups of water. Turn down to low & cook covered for about 40-50 minutes, Lentils will only take about 10 minutes to cook, so start them when the rice has been cooking for 30 minutes. Bring the lentils to a boil in 2 cups of water and cook over medium heat for 10 minutes. Chop the cauliflower, broccoli & celery fine. Add all ingredients to 2 bowls, top with a few spoons of sauce and fresh parsley.

Dressing:

1 medium cucumber peeled and grated
1 cup cashews soaked overnight or use 1 cup yogurt
2 tbsp lemon juice
2 tbsp sun butter
2 tbsp dulse
1-2 garlic clove
5 tbsp water
½ cup chopped fresh dill
Blend cashews with all the ingredients except the cucumber & dill. Pour mixture into a bowl and gently fold in the grated cucumber & dill.

Quinoa & Collard Bowls

¾ cup white quinoa
2 cups sprouted & cooked beans of choice
7 medium Collard leaves
2 green onions
1 cup fresh parsley
½ an orange peeled
¼ cup sprouted crushed walnuts (Can toast lightly in a pan)
Juice from ½ of a lemon
½-1 tsp pink salt
Optional pepper to taste

Rinse ¾ cup of white quinoa, cook in a pot with 2 cups of water. Bring to a boil, then turn down to medium high and let boil for about 10 minutes. Check it to see if it's tender. Drain water and set aside. De stem & chop the collards. Massage the collard leaves in a bowl with the lemon juice for a couple of minutes. Split the quinoa between 2 bowls, Chop all veggies, the orange & parsley, top the quinoa with all ingredients. Can use more lemon juice, yogurt or hummus for a sauce as well....

Sweet Potato Toast & Roasted Brussels

For the sweet potatoes:

2 large sweet potatoes any color
Wash and trim sweet potatoes, cut into ¼ inch thick slices. Line a baking sheet with parchment paper. Place each slice on the baking sheet, bake at 425 for about 15 minutes. (poke with fork to make sure its tender, cook longer for crispier)

Topping Ideas:

Homemade hummus or mashed up avocado,
lentils or beans of choice

Broccoli Sprouts

Pink Salt

Fresh Parsley & Cilantro garnish

Sprinkle of Coriander

For the Brussels:

1 or 2 bags of brussel sprouts

1-2 tbsp lime juice

1 tbsp Braggs or coconut aminos

½ tsp pink salt

1-2 tsp raw honey

Optional seasonings; Dill, Thyme, Basil,
Rosemary

Wash & trim brussels, and cut in half. Mix the rest of the ingredients in a bowl, pour the brussels in and coat evenly. Let marinate for about 30 minutes. Line a baking sheet with parchment paper. Bake @ 425 for about 20 minutes or until tender.

Afternoon Snack

1 cucumber with pink salt/herbs/spices or any veggies of choice. Can have mashed avocado or hummus with it as well or ¼ cups nuts.

Easy Hummus

2 cups sprouted & cooked pinto beans
3 TBSP Lemon Juice
2 TBSP Olive Oil
¼ cup Sunflower Seed Butter
1 Clove Garlic
1 TSP Pink Salt
Process or Blend all ingredients until smooth.

Dinner Options

Sweet Potato Hash

2 sweet potatoes any color
4 celery stalks
½ head broccoli
½ tsp oregano
½ tsp dill
1 green onion & lemon juice for garnish
Pink salt & pepper to taste or crushed red chillies
Dice all veggies small, heat a large skillet over medium heat, add 2 tsp avocado oil, once the skillet is hot. Add the potatoes, saute over medium heat for 10 minutes, turn heat to medium low, add the rest of the ingredients and saute 10 more minutes, until tender. Garnish with the green onion & lemon. Can use a couple tablespoons of plain yogurt as well.

Lettuce Wrap Ideas:

Lay some fresh slices of tomato, avocado and cucumber on 2 large romaine or green leafs.. Add some micro sprouts, shredded carrots or beets, bell pepper or onion. Maybe throw a few beans or rice in as well? For dressing, squeeze a bit of lemon or lime and drizzle 1 tsp olive oil. Sprinkle with herbs, sea salt and ground pepper before serving. Can sub collard greens for lettuce, just wrap up like a diaper and bake for about 15 minutes at 350 if you do.

Cauliflower Cashew Bowls

2 heads of cauliflower
1 head of celery
3 large shredded carrots(can use a large cheese grater)
1 bell pepper any color
6 large kale leaves de stemmed
1 onion
1 tsp minced garlic
1 tsp pink salt or more to taste
2 tsp italian seasoning
1 mashed avocado
2 cups plain coconut or cashew yogurt
Juice from 2 limes
1 cup cashews
Preheat the oven to 350. Chop all veggies to desired size. Saute onion, celery and garlic over medium heat for about 7 minutes. Place all the veggies together in a large bowl.
Make the sauce in a bowl by combining the yogurt, avocado, lime juice, salt, Italian seasoning, and cashews. Add about ½ cup water to the sauce and mix well. Pour sauce over veggies and mix well. Pour mixture into a large baking dish, bake for 35 minutes
Serve with a green salad.

Dessert or other snack Ideas

Date Bark

20 dates
Peanut butter or Sunflower seed butter
½ a bag of Hu chocolate chips
Line a bread pan with parch paper. Slice 20 dates in half. Fill dates with a tsp of nut/seed butter. Set all the dates in the bread pan. Melt the chocolate chips and pour over the dates. Sprinkle some chunky celtic salt on top. Freeze 30 minutes to set up! Store leftover bark in a freezer bag in the freezer.

Half Baked Berry Protein Cake

Crust:

4 TBSP ground flax
½ cup water, coconut water or plant milk
2 scoops protein powder of choice
1 ¼ cups sprouted rolled oat flour
Pinch of pink salt
12 pitted dates + 4 tbsp of water

Top Berry Layer

3 cups berries of choice
1 cup coconut milk
1 cup cashews
12 pitted dates

Begin by soaking the cashews overnight in water.

The next morning drain them & set them aside.

Preheat the oven to 350.

Next make the flax egg, in a small bowl mix the ground flax & ½ cup water. Let sit for 5 minutes.

Next blend the dates & water in a magic bullet or single serve blender cup, until pretty smooth & not so chunky. Add more water ½ tbsp at a time if needed.

In a medium bowl, mix together the dry ingredients, pour the flax eggs & dates on top and mix until a rough dough is formed. Press dough into an 8x8 cake round. Bake for 25 minutes.

While the crust is baking, prepare the Berry layer:

Bring the Berries to a boil in a small saucepan, turn heat down to medium low, let the liquid boil out of the fruit for about 10 minutes, stirring every couple of minutes or so. Remove from heat, let cool for 5 minutes, next add the Berries, cashews, coconut milk, and dates to your blender, blend until smooth.

When the crust is done, place it in the freezer for about 15 minutes to cool.

Top with the Berry layer, spreading it out evenly with a spatula. Place it back in the freezer for 1 hour to set up. Can top with fresh berries, nuts, seeds, fresh mint or kiwi slices.

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Advanced Supplements

Digestive enzymes
Cant Beet This
Cracked Cell Chlorella
Aloe Digest/ Aloe Vera
Apple Berry Power Shake
Super Aminos 23
Flushing Niacin
Milk Thistle

Simple Shopping List

(this will get you going, but check the recipes for other ingredients you may need)

Lettuce/collard greens/kale/avocado
Apples/pears/oranges/berries/bananas
Cucumbers
1 bag of carrots
1 Bag of sprouts
2 heads of celery
1 3 lb Bag frozen wild blueberries
Cashews/walnuts/shredded coconut
Sprouted oats
Fresh turmeric & Ginger root
Bag of Lemons/Limes
Cilantro & other fresh Herbs
Quinoa
Organic Can of Beans
Tomatoes/bell peppers
1 head cauliflower & 1 head broccoli
6 sweet potatoes
Fresh herbs
1 red box of full fat coconut milk(Thai Kitchen Brand)
Onion powder
Garlic powder
Curry powder
Coconut aminos
Plant Protein Powder
Greens powder of choice
Herbal Tea of choice (I like; hibiscus, ginger, dandelion, lemon balm, rose, ginger)