

# 7 Day Reset

*By Nicole Kathryn*

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 duration of your Reset, so be sure to make it how you like it, sub things in and out and use plenty of herbs and spices. 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. Try to wait as long as you can (minimum of 1 hour). Eat as much food as you wish within the guidelines of the recipes, especially if you are feeling hungry, low energy or cranky 😊 Remember detox symptoms can be very mild or intense, everyone has a different toxic load in their cells. Detox Symptoms can include: low energy, fatigue, bloating, gas, constipation, diarrhea, headache or other aches & pains or even nausea. This is normal for the first 1-4 days. Drink plenty of fluids in between meals to flush the toxins. PLEASE reach out to Nicole if you are experiencing intense symptoms so she can help you. If you have any health conditions, consult your health care practitioner prior to implementing these suggestions.

## Consider the below optional supplements to assist the body in detoxification:

- **Herbal Teas**  
Herbal Teas like Ginger, Peppermint or Dandelion can be very helpful for detoxing.
- **Milk Thistle**  
Milk Thistle can increase liver function and toxin removal.
- **Digestive Enzymes & Probiotics**  
We are not what we eat, we are what we absorb! Digestive enzymes aid the body in breaking down foods, proteins, fats, carbs, etc. They also aid the immune system and gobble up nasty proteins, fungus & bacteria, so they can help with allergies as well. Probiotics replace beneficial gut bacteria to help the bowels function properly. If you are having digestive issues, allergies, or other annoying symptoms, consider taking digestive enzymes.
- **MSM**  
MSM opens up the cells and helps the body detox at the cellular level. Plus, it is amazing for the joints and connective tissues. I recommend the pure powdered form. Can mix in water, fresh Juice, green drink, tea or a smoothie.
- **Niacin**  
You may choose to take Niacin to help you detox further, detox the arteries and aid the nervous system. Take it on an empty stomach before activity to really get the flush effect!

## Get a notebook or journal

**Write down your intention for the end of the 7 days and look at it daily.** Write down how you feel during the day and after eating, meditating/breathing and walking. Write down any symptoms you feel, or any improvements you notice. This is important for progress. Also write down any stresses that come up and also any wins. Write down your weight and measurements if you would like. Be sure to try some conscious deep breaths when you wake up and before you go to sleep, and anytime you remember throughout the day. We also detox through the breath, so breathe consciously and fully! Feel gratitude, it's a great day, smile you woke up today, be curious about how cool life is!

Write your intention below (examples of intentions: reduce symptoms, reduce inflammation, gain energy, move better, get healthy, feel good again, etc.):

Day 1: Date \_\_\_\_\_

Write down any symptoms you have, your weight, your mood & your sleep

Day 5: Date \_\_\_\_\_

Symptoms, mood, weight & sleep

Day 3: Date \_\_\_\_\_

Symptoms, mood, weight & sleep

Day 7: Date \_\_\_\_\_

Symptoms, weight, mood, sleep

# WAKEUP

## 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. This helps get rid of bacteria on your tongue that can make you crave sugar and other foods you want to avoid, plus give you fresher breath!

### 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 it first thing in the morning.

### The Green Drink is a Must! When you're green inside, you're clean inside!

Drink your greens in the morning before breakfast &/or add them to a smoothie. Any clean green drink powder or fresh pressed green vegetable juice. Alkalize the PH, aid the cells in getting rid of waste, repair and detox, and flood the body with vitamins, minerals, and other important nutrients from real, alive whole food nutrition. Best to drink before a 10-20 minute morning walk if you can. Wait 20 minutes before eating food once you finish your green drink or juice so the vitamins can work their magic and get into the cells.

### Drinks

**Water!!!** Drink plenty of water and herbal tea between meals (add ginger, lemon, lime, grapefruit, orange, peppermint, thyme and other herbs or berries).

Herbal tea like dandelion, peppermint, hibiscus, rooibos, etc.

Aloe vera juice if having heartburn/acid reflux.

Coffee alternatives: green tea, matcha tea, dandelion tea

Any clean green drink or clean protein drink

Fresh juice

Coconut water

Kombucha (no cane sugar added)

The recipes are guides to help you prepare the best quality, easy, fast, healthy food, feel free to get creative with all of these fresh healthy ingredients and get the family involved. Choose Organic ingredients whenever possible. Utilize the Clean 15 and the Dirty Dozen list. If there is an ingredient you do not like or cannot get, swap it out for something else or leave it out. The Shopping List (below) is enough for 4-5 days. You will need to go back to the store for more fresh produce. **Be sure to wait 12 hours between dinner & breakfast.**

# BREAKFAST

### Detox Smoothie 1 Serving

2 cups frozen wild blueberries

1 peeled orange

1-2 pitted dates

2 chopped celery stalks

½ of a small lime (use an organic lime, wash the lime skin, and throw ½ of the lime in the blender with the skin on)

1 thumb nail sized piece of ginger root &/or turmeric root

Handful of fresh greens

Optional 1-2 scoops plant protein powder (I like Sun Warrior or Purium's MVP)

1 tsp beet powder &/or green powder of choice (barley greens, wheatgrass, spirulina)

1 cup of water or coconut water.

Optional add in 2 tsp wild Atlantic dulse for extra detoxing

Blend all ingredients until smooth.

### Wild Blueberry Chia Pudding 2 Servings

¼ cup chia seeds

1 ½-2 cups plant milk or coconut water

2 cups frozen wild blueberries

2 scoops plant protein powder

Blend all ingredients and serve immediately. Top with fresh mint & berries

**Oat Waffles or Pancakes** 4-6 Servings

2 cups sprouted oats

1 cup coconut water

1 1/2 cups water

1/2 tsp cinnamon &amp; vanilla powder

4 cups frozen wild blueberries for topping

Blend all the ingredients in a high-speed blender until smooth, about 30-45 seconds. If batter is too thick, add in a little more water or coconut water. 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. Waffles: scoop the batter into preheated waffle iron, cook on high for 6 minutes. Or until desired crispness is reached. This batter gets thick when it sits so you may have to add some more coconut water as needed. For a fluffier waffle add ½ cup plant yogurt, applesauce or a large, mashed banana to the batter. Pancakes: Scoop ½ 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 drizzle of pure maple syrup. Store the leftovers in the freezer in ziplock baggies. Warm the leftovers up in the toaster. Blueberry 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. Top your waffle with a few scoops of wild blueberries.

**Wild Blueberry Millet Porridge** 3-4 Servings

1 cup millet

1 1/2 cups water + 6 OZ

3 cups wild blueberries

1 bottle coconut smoothie or 10 OZ plant milk of choice

1 tsp ceylon cinnamon

½ tsp vanilla bean powder

1 tsp stevia leaf powder

⅓ cup pure maple syrup

Soak the millet in a medium bowl in 3 cups of water overnight. In the morning, drain, add the millet & 1 ½ cups of water along with the cinnamon & vanilla to a medium saucepan. Bring to a boil, then add the wild blueberries. Let come back up to a boil. Stir well. Turn heat down to low, cover and cook for about 10 minutes or until the millet is tender. Remove from heat, let cool for a few minutes, add to the blender with the Stevia, maple syrup, coconut smoothie and 6 OZ of water, blend for a minute or 2 using tamper or scraping down the sides as needed. Add more liquid a little bit at a time if needed. Top with fresh berries, dates or banana slices.

## LUNCH

**Super Liver Detox Salad & Steamed Veggies**

Salad suggestions: Mixed leafy greens, green onion, carrots, bell peppers, celery, beets, cucumbers, tomatoes, sprouts, cilantro & any other salad veggie you like. Chop all salad veggies small, (you can shred the carrots & beets with a cheese grater)

Steamed Veggie suggestions: Steam 1 head broccoli & cauliflower in a large pot on medium high heat with 1 inch of water for about 5 minutes, until broccoli turns bright green. Top your salad with 1 cup of steamed veggies. Optional toppings: ⅓ cup walnuts, hemp seeds, avocado, or sliced almonds. Top with wild Atlantic dulse.

**Orange Dressing:**

1 cup orange juice, 1 garlic clove, 1 tsp raw honey, ¼ cup water, ¼ tsp cayenne pepper. Blend all ingredients and store in a glass mason jar in the fridge.

Or use lemon or lime, pink salt, pepper, & any herbs and spices you like. Mix up the herbs/spices daily to enjoy different flavors.

**Cauliflower Cashew Bowls** 4-6 Servings

2 heads of cauliflower or 2 bags frozen riced cauliflower

1 small head of celery

3 large, shredded carrots

1 bell pepper any color

6 large kale or collard leaves de stemmed

1 onion

1 tsp minced garlic

1 tsp pink salt or more to taste

2 tsp Italian seasoning

2 cups plain coconut or cashew yogurt

1 cup crushed cashews

Soak the cashews in the morning in a bowl of water for a minimum of 4 hours. When ready to use drain & rinse. Preheat the oven to 350 degrees. 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, salt, Italian seasoning, & cashews. Add about ½ cup water to the sauce and mix well. Mix sauce & veggies. Bake in a large baking dish, 35 minutes. Top with wild atlantic dulse.

### **Spaghetti Squash Bowls** 2 Servings

1 spaghetti squash  
2 finely chopped celery stalks  
1 finely chopped or shredded carrot  
1 tsp olive oil  
1/4 small, sweet onion  
1 tsp minced garlic  
2 large tomatoes diced small  
1 cup chopped greens  
1/4 cup plant yogurt  
Thyme, oregano, dill salt & pepper or crushed red chilies to taste

Cut spaghetti squash in half and scrape out seeds, bake face down on a baking sheet or in a baking dish at 450 for about 30 minutes. Saute onion, garlic, celery, carrot and tomato in olive oil, over medium heat in a large pot for about 10 minutes. Scrape the squash out of the shell and mix it into the pot with the other veggies. Add the chopped greens, yogurt and all spices and mix well. Serve with fresh parsley and some crushed walnuts.

## **DINNER**

### **Tempeh Veggie Scramble** 2 Servings

1 package green lentil tempeh, cut up into cubes.  
2 shredded potatoes any kind or 1 bag frozen potatoes  
½ head chopped broccoli  
¼ small, sweet onion  
1 clove garlic  
3 tsp coconut oil  
Thyme, oregano, salt to taste  
Squeeze any excess moisture out of the potatoes with a cheesecloth, in a large pan, add 1 tsp coconut oil, onion & garlic. Saute over medium heat for about 5 minutes. Scrape the onion & garlic onto a small plate and set aside, add a little more oil to the pan and throw in the potatoes. Spread out evenly and make a big hashbrown. Let cook over medium low heat for about 10 minutes. Flip over and let cook for about 10 more minutes or until golden brown. In a separate pan, sauté the tempeh & broccoli with 1 tsp coconut oil over medium heat for 3 minutes, add the onion & garlic & sauté 3-5 more minutes. Divide the hashbrown & veggie scramble into 2 plates. Season with salt to taste. Top with coconut or cashew yogurt, crushed red chilies & cayenne pepper.

⅓ cup water

Bake the potatoes at 400 for around 35 minutes or until tender. Saute all other veggies over medium heat for about 15 minutes (onions and celery alone for 5 minutes, then add cabbage and tomatoes) cut potatoes in half, mash them up a bit in individual bowls, Top potatoes with veggie mixture.  
To make the sauce blend all ingredients up in a magic bullet. Top each bowl with a few spoons of sauce. Store leftovers in airtight containers in the fridge.

### **Baked Potatoes** 3 Servings

3 large baked Potatoes any kind  
1 head of red or green cabbage  
1 onion  
1 head celery  
1 container of cherry tomatoes  
Parsley for garnish.  
**Sauce:**  
Juice from 2 Lemons  
1 tbsp honey  
1 tbsp fresh grated ginger  
1 tbsp olive oil  
1 tsp pink salt

### **Coconut Curry** 4-6 Servings

3 large, sweet potatoes any color  
1 heads of celery  
1 head of cauliflower  
½ box of full fat coconut milk (the red one)  
1/2 tsp onion powder  
1/2 tsp garlic powder  
2 tsp curry powder  
1 tbsp fresh grated ginger root  
1 tsp pink salt  
½ tsp black pepper  
1 tbsp raw honey  
¼ cup coconut aminos  
4 cups of water  
In a large pot bring to a boil 4 cups of water. Chop potatoes and add to the pot, once boiling turn heat down to medium high and let potatoes cook for 10 minutes. Chop cauliflower & celery and add to the pot with all of the spices. Turn heat down to medium low and cook for 10 more minutes. Remove from heat and stir in the can of coconut milk, coconut aminos, honey and salt. Top with crushed red chilies, lime juice, and cilantro!

## Savory Snacks

Raw or steamed Cruciferous veggies, celery, cucumber slices, and leafy greens with lemon & lime and pink salt, ½ an Avocado with lemon or lime (can mash the avocado, lime & salt and dip veggies in it), ¼ cup raw walnuts or almonds, or 2 tbsp hemp seeds.

**Don't want to cook? No problem: Get a smoothie, juice, salad, kale detox salad, veggie soup, lentil chili, rice and beans bowl, or quinoa salad at Nature's Pantry Juice Bar!**

## SWEET SNACK OR DESSERT

**Berries, apples, pears, oranges, dates.**

### Energy Balls

1 1/2 cups sprouted oats (blended into flour)  
1/2 cup Sun warrior or MVP Sport (vanilla or chocolate)  
or other clean plant protein  
1/4 teaspoon pink Himalayan sea salt  
1/2 cup crunchy nut butter  
1/2 cup Hu Kitchen Date Chocolate Chips  
1/4 cup pure maple syrup or raw honey  
1 teaspoon vanilla powder

Line the pan with parchment paper. Mix oat flour, protein powder, and salt in a large bowl. Add in almond butter, syrup, and vanilla extract. Stir all ingredients together. If the mixture is too dry, add a splash of your favorite organic nut milk. Roll dough into balls and put them into the freezer for about 30 minutes. Store leftovers in the freezer in a freezer bag. Thaw for a few minutes before eating.

### Nut Butter No Bake Cookies

1 cup sprouted rolled oat flour  
⅓ cup dates  
½ cup nut butter of choice  
½ tsp pink salt  
¼ cup Hu Kitchen Date Sweetened Chocolate Chips  
Add oats & salt to a high-speed blender and blend into a flour.

Add the dates and pulse/blend for about 30 seconds. Add the nut butter and pulse again until a rough dough forms. Add the chips Pulse 1 -2 more times. Grab 2 tbsp of dough and form into balls. Place them on a large plate lined with parchment paper and flatten with a fork. Can top with a couple of fresh berries.

### Raw Chocolate Coconut Truffles

2 cups dates  
¼ cup Hu Kitchen Date Chocolate Chips  
3-4 tbsp cacao powder or 1 large scoop of Chocolate plant protein  
1/2 tsp cinnamon  
2 tsp vanilla or 1 tsp peppermint extract  
½ cup shredded coconut for rolling.  
Soak the dates in a bowl of hot boiled water for about 10 minutes.

(Save the water you soaked the dates in just in case you need to pour some into the blender if the mixture is too dry, add 1 tbsp at a time until it is a tad wet but not too much.) Add the dates to a food processor or high-speed blender with all of the ingredients, (start with 3 tbsp cacao powder) and blend until just before smooth. Add the chocolate chips, Pulse 1-2 times. Roll into balls then roll into the coconut and freeze for 1 hr to set up. Store leftovers in a ziplock baggie in the freezer. Let thaw for a few minutes before eating.

### Mango Lassi

2 cups mango  
¼ cup plain coconut yogurt  
2 dates  
¼ tsp cardamom  
½ tsp vanilla  
1 scoop vanilla protein powder  
1 cup coconut water or milk Blend until smooth.

## **Interested In My Advanced Detox or Supplement Routines?**

These advanced routines may help you boost energy, gain mental clarity, lose weight faster, improve digestion, enhance nutrient absorption, improve athletic performance & recovery, get rid of those annoying symptoms for good, and learn how to sustain a healthy lifestyle. Call or text Nicole at 503-449-9804 for your free consultation today!

# SHOPPING LIST

5-10 Oranges  
3-pound bag of frozen wild blueberries  
Dates  
Chia seeds  
5-10 Lemons  
5-10 Limes  
100% pure Orange Juice (for salad dressing)  
100% Pure Coconut Water  
Fresh ginger & Turmeric root  
Coconut oil  
Fresh herbs like mint/cilantro/basil/thyme  
Spices/cinnamon/vanilla powder  
Leafy salad greens & sprouts  
1 Large Broccoli & cauliflower  
Green onion  
1 bag of Carrots  
2 bunch of Celery  
3 Cucumbers  
Radishes  
Grape Tomatoes  
2 Bell peppers  
1 medium Beet  
1 Red or green cabbage  
1 red or yellow Onion  
1 head of Garlic  
3-6 Sweet potatoes  
3-6 Regular potatoes  
Avocado  
Plain Coconut or plant Yogurt  
Sprouted Oats/Millet  
Nut Butter  
Seeds/Nuts: Walnuts, almonds, hemp seeds  
Lemon Dandelion Detox tea/ herbal teas  
Pure Maple/Raw honey/Stevia  
Clean Plant protein powder of choice  
Greens powder(s) of choice  
Wild atlantic Dulse  
Hu Kitchen Date Chocolate Chips