

# 7 Day Reset MEAL PLAN

## MORNING ROUTINE

Be sure to wait 12 hours between dinner & breakfast.

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 (within the guidelines of what is allowed during this reset plan). Start your day with the following:

### **Hydration Bomb**

12-16 OZ room temp 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. Can add a few drops of stevia or a drizzle of raw honey.

### **Green Drink and Probiotics 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 if you can.

## BREAKFAST

### **Oatmeal**

¼ cup oats with ½ cup water (can double this recipe for a male). 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, 1 cup fresh berries or diced apples.

OR

### **Protein Pudding**

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

## 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.), grape tomatoes and raw walnuts.

Protein: Add 2 tsp avocado 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 or more large handfuls of mixed greens fresh each day and ⅛ cup raw walnuts.

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, chilies and ⅛ cup walnuts if desired.

## DINNER

### **Creamy Cauli Dill Soup**

Ingredients: 1 red onion, 1 head of garlic, 3 tsp avocado or olive oil, 1 bag brussels 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 2 tsp avocado or olive oil for about 5 minutes. Add 1 more tsp oil and the brussels 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 (can use 1 cup cashews instead of 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 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 & DRINKS**

### **Snacks**

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

### **Desserts**

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

### **Drinks**

Water (add lots of lemon and lime), 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/>.*

*If there is an ingredient you do not like or can not get, swap it out for something else. 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.*

## **SHOPPING LIST FOR ALL MEALS**

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 brussels 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 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 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

*The 7 Day Reset was created by Nicole Haggerty – Holistic Health and Fitness Coach. Learn more and contact Nicole at her website below.*

## **Nicole Haggerty**

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