

# 7 Day Reset

## MEAL PLAN

### By Nicole Haggerty

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: Try to 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 if you can, in through the nose for 5 seconds, out through the mouth for 5 seconds, fill up the lungs and let the belly expand and exhale with an ahhhh sound. Proper breathing helps all of our body systems. Drink lots of water and herbal tea in between meals.

#### Hydration Bomb

16 OZ room temp or warm water, juice from ½ of a lemon or 1 whole lime, tiny sprinkle of pink sea salt and optional sprinkle of cayenne pepper.. Mix up in your favorite cup or mug and enjoy this first thing in the morning. You can add a few drops of stevia or a drizzle of raw honey. **Take your Probiotic with your hydration bomb!**

#### Breakfast - Green Smoothie

2-4 small bananas, 2 cups wild blueberries, 1 handful of spinach or any other salad greens you like, 1 thumb nail sized piece of turmeric, 1-2 scoops Sun Warrior protein, 1 tsp greens powder of choice (Barley greens, green 85, wheat grass, chlorella, or spirulina) 1 cup of water or unsweetened plant milk. Can add 1 tsp raw honey if needed. (Optional add in 1 tbsp wild Atlantic dulse)

#### Morning snack

1 large apple any color or a pear

#### Lunch - Rice Bowl & Green Salad

2 cups Black or brown rice, 3 avocado, 2 bunch cilantro, and a container of fresh pico or fresh bell pepper & tomato slices. Bag of Spring mix, 1 medium shredded beet, 1 head of celery chopped celery, bag of sprouts, and any other veggies you like. Use lemon or lime with a drizzle of olive oil for dressing with plenty of herbs, spices, & Celtic sea salt. You can also add beans if you would like. **Make extra rice: Soak 2 cups of black or brown rice overnight in a large pot. When ready to cook, drain and rinse rice, and add back to the pot with 4 cups of water. Bring to a boil and then turn down to low and simmer for 30- 45 minutes, until tender. Store in the fridge in an airtight container to keep it fresh for up to 5 days.** To make a rice bowl: Place rice in a bowl top with avocado, chopped cilantro, fresh lime juice, and 2 tbsp of fresh pico. Have as much salad and veggies as desired. Pre chop/shred veggies and store in the fridge for up to 5 days.

## **Afternoon Snack**

1 cucumber or ½ cup of carrots with 1 tbsp of unsweetened almond butter

## **Dinner - Coconut Curry**

4 small sweet potatoes or 2 large of any color, 1 head of celery, 1 head of cauliflower, 3 medium carrots, 1 can full fat coconut milk, 1/2 tsp onion powder, 1/2 tsp garlic powder, 2 tsp curry powder, 1 tbsp fresh grated ginger root, 1 tsp celtic salt, ½ tsp black pepper, 1 tbsp raw honey, ¼ cup coconut aminos, 6 cups of water. In a large pot bring to a boil 6 cups of water. Chop potatoes and carrots, add to the pot, once boiling turn heat down to medium high and let potatoes and carrots 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 the salt. Top with crushed red chillies, lime juice, and cilantro!

## **Shopping List**

(this is enough for about 4 days)

1-2 racks of bananas  
2 Apples  
2 Pears  
2 cucumbers (For afternoon snack)  
1 bag of carrots  
1 Bag of sprouts  
2 heads of celery  
1 3lb Bag frozen wild blueberries  
1 bag of Spinach  
1 bag of Spring mix  
Unsweetened plant milk  
Raw honey  
Fresh turmeric & ginger root  
4 Lemons/Limes  
Cilantro & other fresh Herbs  
1 bottle cold pressed Olive oil  
2 cups Black or Brown Rice  
Organic Can of Beans if using in rice  
2 Avocados  
Fresh Pico or tomatoes  
1 large Beet  
1 head cauliflower  
Unsweetened almond butter  
4 sweet potatoes  
1 can full fat coconut milk  
Onion powder  
Garlic powder  
Curry powder  
Coconut aminos  
Sun Warrior Protein Powder  
Greens powder of choice  
Probiotic of choice  
Celtic salt  
Herbal Tea of choice

## **Advanced Supplements**

Digestive enzymes  
Biome Medic or Toxin Detox  
Apple Berry Power Shake  
Super Aminos 23  
Flushing Niacin  
Aloe Vera  
Milk Thistle