

# 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. Minimal fat is allowed on this reset plan to help the body detox to the fullest. DO NOT eat or drink any fat in the morning, this will help the liver get rid of waste and toxins. Eat as much food as you wish within the guidelines.

## 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 1 tsp of raw honey.

\*\*\*If drinking the tea instead, simply boil hot 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 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.

## Breakfast

### Liver Cleanser Fruit Bowl

1 large apple, 1 orange, 1 cup frozen wild blueberries, 1 banana. 2 pitted dates.

Optional toppings:

¼ tsp cinnamon, ¼ tsp vanilla powder, juice from a lemon or lime & a sprinkle of cayenne pepper. Chop fruit, place in a bowl, add toppings & enjoy!

OR

### Detox Smoothie

2 bananas, 2 cups wild blueberries, 1 orange, 1 thumb nail sized piece of turmeric root, optional 1-2 scoops plant protein powder (I like Purium's MVP or Sun Warrior), 1 tsp Green 85 or Green powder of choice (Barley greens, wheatgrass or spirulina) 1 cup of water or coconut water. (Optional add in 1 tbsp wild atlantic dulse for extra detoxing)

## Lunch

### **Super Liver Detox Salad & Steamed Veggies**

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 (shred carrots & beets with a cheese grater) store in airtight containers. When ready to eat add 4 large handfuls of greens to a bowl with some of the chopped/shredded veggies on top. Dress salad with lemon or lime, pink salt, pepper, & any herbs and spices you like. Mix up the herbs/spices daily to enjoy different flavors. OR use the salad dressing recipe below. 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 ½-1 cup of the steamed veggies. Optional toppings: ⅛ cup walnuts, hemp seeds, avocado, or sliced almonds.

### **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

**Get a garden salad, veggie soup, rice and beans bowl, and or quinoa salad at Nature's Pantry Juice Bar!**

## Dinner

### **Baked Sweet Potatoes OR Regular Potatoes**

5 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  
⅛ 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.

### **Savory 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 almonds, or 2 tbsp hemp seeds.

### **Sweet Snacks/Desserts**

1 cup Blueberries, 1 Red Apple, 1 Pear or any other fruit you like.

### **Drinks**

Water (add lots of ginger, lemon and lime), herbal tea like dandelion, peppermint, hibiscus, rooibos, etc.

Aloe vera juice if having heartburn/acid reflux.

Coffee alternatives: Green tea, matcha tea.

Any green drink or clean protein drink.

Coconut water

Kombucha

Drink plenty of water and herbal tea between meals.

## **FUN Saturday & Sunday Snack/Breakfast Option**

### **Breakfast Cookies**

2 large ripe bananas

2 cups sprouted oats

1 tsp cinnamon

1 tsp vanilla powder

¼ heaping cup raisins or chopped dates no sugar added

Preheat the oven to 350. Line the baking sheet with parchment paper.

Mash bananas with a fork, add all other ingredients and combine well. Scoop out with a large spoon and place on the baking sheet and flatten slightly to make discs. Bake for 15-20 minutes until the edges are browned on the sides.

Cool completely before removing from the cookie sheet or they will crumble! (you could also use ½ cup of frozen wild blueberries instead of the dried fruit in this recipe)

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 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

5-10 Apples  
5 Oranges  
5-10 Bananas  
3 pound bag of frozen wild blueberries  
2 bags of Sprouts  
Cilantro  
10 Lemons  
10 Limes  
100% pure Orange Juice(for salad dressing)  
Fresh ginger root  
Olive oil  
Fresh herbs  
Spices  
Leafy salad greens  
1 Large Broccoli  
1 Large Cauliflower  
Green onion  
1 bag of Carrots  
2 bunch of Celery  
3 Cucumbers  
Grape Tomatoes  
2 Bell peppers  
1 medium Beet  
1 Red or green cabbage  
1 red or yellow Onion  
1 head of Garlic  
3-5 Sweet potatoes  
3-5 Regular potatoes  
Avocado  
Walnuts, almonds, hemp seeds  
Lemon Dandelion Detox tea/any herbal tea  
Coconut water for smoothies  
Raw honey  
Clean Plant protein powder of choice  
Greens powder like Green 85, spirulina, wheat grass, or barley grass  
Wild atlantic Dulse

To assist the body in getting rid of the most waste & toxins, take Chemical Free Body's Gut Detox and/Or Toxin detox. Please ask me about this! :)

Set an intention for the end of the 7 days and write it down (ie: reduce symptoms, lose weight, gain energy, get healthy, feel good again, ETC.)

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

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

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

Symptoms, mood, weight & sleep

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

Symptoms, mood, weight & sleep

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

Symptoms, weight, mood, sleep