

With Daily Meal Plans, Grocery Lists and Easy to Follow Recipes!

DR K 30-DAY RESET

**ELIMINATE TOXINS AND INFLAMMATORY FOODS
TO ESTABLISH A NEW BASELINE AND BOOST YOUR
FITNESS PERFORMANCE**

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INTRODUCTION

For many years of my early 20s I suffered severe migraines. They were often extremely painful and I was very sensitive to bright light. As with most conditions and diseases, there are often triggers that start an episode. For some with autoimmune diseases like celiac disease it could be eating gluten, or for others with migraines it could be wine, cheese or significant stress. In particular, one of my triggers was running in cold weather. I would go out for a run and have to stop mid way through because I would begin to lose part of my vision. I later came to understand these as auras. And as with most migraines, when the aura would end, the pain would begin.

Migraines and many other illnesses, injuries and conditions are the result of inflammation, particularly chronic inflammation. You are probably quite familiar with the inflammatory process. It plays a role in wound and injury healing; it's the redness, warmth, and even pain you experience with an injury. You may also be familiar with it because it is part of the delayed onset muscle soreness after a tough workout.

However, when inflammation goes beyond it's healthy and normal duties, it becomes a source and cause for many ailments in the body¹. The inflammatory process is meant to draw chemicals and blood carrying reparative nutrients to the injured area so that the body can begin the healing process. Where it all goes wrong is when the "off switch" for inflammation never gets turned off. This can happen for a few reasons. One of the main reasons chronic inflammation occurs is because of the food a person consumes and the lifestyle they lead. In other words, high stress, little to no rest, poor sleep, few healthy relationships, even a broken spirit, can all lead to an increase in overall inflammation.

Creating an environment with healthy habits and routines is the best way to reset and establish a new baseline. Perhaps you are here, reading this book now, because you're preparing for the start of your training season (athletes, hunters, starting a new fitness program), or you just want to feel better in your day and have more energy. Maybe you are here because you are tired of feeling like junk during your workouts and you know you need to clean your lifestyle and nutrition up to perform better. Or, maybe you are here because you are looking for a different solution to a health concern you have. Many people have turned to nutrition and lifestyle modifications to help them heal and recover from an illness or disease. I hope to guide you through eating cleaner foods and encourage you to focus on your habits and routines to help your body remove toxins, so you can get back to feeling great.

In this book we will continue to talk about ways to utilize nutrition to reduce inflammation by resetting your nutrition, reducing your toxic load and supporting your body's natural detoxification systems. Ultimately, this will help your body reset, curb any sugar cravings and feed your cells, so that you can boost your daily energy and sports performance,, discover new routines and healthy habits for getting healthy and recover from workouts more efficiently.

THE PROGRAM

THE EIGHT PILLARS OF WELLNESS

In this program you will learn how to support your body's systems with nutrition, healthy habits and routines. We will also dive deeper into the the body's natural ability to remove toxins and how that is critical for reducing inflammation. There are tools available for learning to track and establish goals, plan ahead, batch cook and food prep your meals so that you can stay consistent, be successful, and also save time in the kitchen through out the week.

There will be key themes to pay attention to as you walk through the program. There are eight pillars of wellness that relate to core systems in the body - nutrition, exercise, mindfulness, hormones, immune function, digestion, energy and detoxification. Often times, many people find that they have imbalances in multiple areas and these imbalances are expressed all over the body from muscles and joint aches to illnesses in the brain like depression, anxiety and/or migraines.

The program has many opportunities built in to teach you how to carry the changes you make into your life after you Reset. If at any time you begin to find yourself overwhelmed, remember this: you don't need to do a complete overhaul of your life. Just one or two small changes over time can make a large impact. You forever have access to this book as a resource. You can come back at any time to incorporate another few changes.

LET'S START WITH A FEW BASICS

Nutrition and exercise are imperative practices that are necessary for good health. You cannot do just one and be healthy. This program focuses on nutrition, but it is very important that you move daily and get plenty of exercise through out your week. There are many reasons to focus on nutrition and a balanced diet. Your goal may be to lose weight, curb sugar cravings, promote building muscle and gaining strength, or maybe your goal is simply to get healthier or perform better at your sport or fitness activity.

Whatever your reason, you will learn through out this program how food provides the necessary nutrients for each and every cell in your body to accomplish its job. In order for your body to be healthy, it needs nutrients to fuel. Often, by just restoring balance to the body over time, the body begins to heal itself. I hope to begin to teach you how food can heal. With just simple strategies and a plan, you can reach your goals, love how you feel and be excited about what you can accomplish.

In addition, you can build a foundation for your physical health with simple choices and dedication. When you pour a strong foundation for your physical health, you will see many other parts of your life start to fall into place.

HOW TO USE THIS BOOK

The 30-Day Reset Program is designed to provide physical support for the following body systems:

Gastrointestinal tract (your gut): this includes supporting your digestion, supporting the bacteria in your gut i.e. your microbiome balance and your bowel movement consistency. By supporting your GI tract, we are ensuring that as we also support liver detoxification, your gut is healthy enough to help move the toxins out of your system. This is just one incredibly important reason why we must have a healthy gut.

Cognitive System (your brain): by reducing inflammation and supporting your body with key nutritional information, you may experience an increase in mental clarity, less fatigue, more focus and an improvement in mood.

Cardiovascular System (your heart and blood vessels): your heart and cardiovascular system plays a key role in keeping you alive, of course, but it is also the way that your body communicates with itself. For example, the blood carries hormones, nutrients, oxygen and so many other nutrients and metabolites from the lungs, to the brain or from the digestive tract to the heart. It is also part of the way that we flush out toxins by shunting blood through the liver to filter and eliminate. Having a healthy cardiovascular system means we need to focus on reducing inflammation, create healthy cholesterol and lipid support. In addition it is important to support how you manage and maintain your blood sugar and the insulin response to glucose from your diet.

Endocrine System (your hormones and neurotransmitters): this includes providing the body with all the precursors it needs, through nutrition, to help your body produce, utilize and remove hormones. In addition, it is also important to support your adrenals in the production of cortisol, your stress hormone.

Immune System: there are so many aspects to a healthy immune system, and many of the systems we have already discussed above play into healthy immunity. With proper nutrition support, you can boost and maintain a healthy energy production, manage inflammation to be utilized only when the body needs it, reduce seasonal allergies, and support the management of autoimmune conditions.

THIS PROGRAM INCLUDES

1. 30 Days of meal plans & grocery lists
2. Worksheets to help you track your progress
3. Sections to help you track how you feel day-to-day
4. Daily tips, tricks and educational content to guide you through the program

Make sure to read through and look at the week ahead so that you can make substitutions for any foods you don't like or can't eat. Also, this will help you determine if you need to add anything to the grocery list provided for you.

FOLLOW THESE STEPS

There are easy to follow worksheets to help you establish a baseline, track your progress, and see what you have accomplished in just four short weeks. To make it easier to use, you may want to print

out those portions and the weekly meal plans. That way you can write on the pages and really use it as a journal, as well as know exactly what you are eating each week.

Before you start any program, fitness or nutrition related, it is important to establish a baseline. When you write down where you started it is easier to see any progress that was made at the end.

Step 1: Establish Baseline utilizing the worksheets in the next chapter.

Step 2: Determine your goals, using the fillable worksheets.

Step 3: Read and learn how to food prep and batch cook to make meal prepping easier, but also to make sure that you have a good plan. If you plan ahead for unforeseen difficulties, you will be much more successful than if you have to scramble each day and hope the food you chose fits your plan.

Step 4: Glance over the four weeks of grocery lists and meal plans and make any substitutions necessary if you know you have any food sensitivities, or foods you or your family won't eat.

Step 5: Determine if any meals will be at a restaurant or on-the-go and establish a strategy to make sure you will be able to stay on track

Step 6: Follow the program day-by-day, reading and looking over the daily tip, educational content, and tracking your progress. Finish the program by re-doing the baseline worksheets to see your progress.

NUTRITION BASICS

HOW MUCH TO EAT

The society we live in today promotes over-eating, super-sized portions of sugar filled processed foods. With the simple, calories in calories out principle, this often translates into a large amount of excess calories. That being said, it is important to remember that it is not as much about calories and portion sizes as it is about the type of food on your plate. As you will see shortly, it is important to base most of your meals off of vegetables, then protein, then add starches if needed. You do not have to pay as much attention to calories when the majority of the food you eat is from a well balanced diet.

THE "PERFECT PLATE"

The perfect plate of food is going to differ for many people based on what their training schedules, activity levels and their lifestyles look like. However, in general a balanced meal entails; abundant vegetables, a clean protein source, a healthy fat serving and complex carbohydrate serving. If you aren't sure how much you should be eating, I recommend starting with a plate that is almost 1/2 vegetables, 1/4 meat and fat, and 1/4 complex carbohydrate. If you find you need more of a starch and more carbohydrates for energy, you can incorporate more starchy vegetables and carbohydrates into your day. The same applies for protein.

Make sure you don't skimp on healthy fats with your meals. Many people think fats will cause them to gain weight, and that can be true if they are consuming the wrong kinds of fats. Healthy fats such as the ones outlined in this program actually encourage weight loss when consumed in the correct amounts. They also support cognitive health, hormonal balance, cardiovascular health, digestive health and more.

WHAT FOODS TO EAT

It is just as important to know what foods to add into your weekly food choices as well as which ones to avoid and eliminate. We are going to start with which foods to eliminate and end with an abundant list of foods you can enjoy. In the future, if you choose to begin incorporating the foods you have avoided during this reset back into your diet, please read the section on food re-introduction to make sure you do it safely and can also identify if a food causes symptoms.

FOODS TO ELIMINATE

#1 Processed/Packaged Foods: These are foods that were chemically modified or engineered, made in a factory or plant, that have 5+ ingredients or ingredients that you can't pronounce. That are shelf stable and have a lengthy expiration date. Examples include soda, juice, chips, crackers, candy, snacks, shelf stable cooking oils etc. Our bodies are simply not designed to digest packaged food; they are not recognized as real food in our bodies and offer little nutritional value. Processed foods/beverages can increase toxic burden in the body, cause irritation in your gut, raise inflammation, create blood sugar issues and more. Helpful Hint! In general, avoid the middle part of the grocery store!

#2 Gluten: Any products with wheat, barley, spelt, rye (includes whole wheat, whole grain, enriched wheat, etc.) Gluten can cause irritation of the gut, leading to "leaky gut", imbalanced flora and inflammation. This can be a precursor to autoimmune disease, and can also cause alterations in moods, skin issues as well as "brain fog".

#3 Dairy: Milk, cheese, cottage cheese, cream cheese, yogurt, butter, ice cream, dairy creamers, milk chocolate, whipped cream, etc. Dairy can create an increased acidic state in the body, and can contribute significantly to gut problems, like bloating and cramping.

#4 Soy: Tofu, Tempeh, soy beans, soy milk, any soy products. Soy is actually a highly processed food and is often manufactured with low quality, GMO beans. Although Soy can be a healthy source of protein and other vitamins and minerals, due to how processed it is, it often causes inflammation in the body. This may be a food that you eliminate for now, and introduce back in later. However, if you do introduce this food back in, it is very important that you pay attention to where the soy is coming from and the quality of the product you are purchasing.

#5 Peanuts: Peanuts, peanut butter. Peanuts are often contaminated with a carcinogenic mold called aflatoxin, and are one of the most pesticide-contaminated crops (unless organic). Peanuts also contain omega 6 fatty acids, which in abundance, can create inflammation. Helpful Hint! If you consume peanuts or peanut butter after the reset, look for non-GMO, organic.

#6 Corn: Corn, Corn tortillas and chips. Corn is often laden with pesticides and GMOs. It can also be difficult for the body to digest. Because of how it is processed it can contribute to an overabundance of pro-inflammatory omega 6 fats in our body. For this reason we will avoid it for the reset; however, it may be a food you can re-introduce. Look for organic whenever possible.

#7 Alcohol: Liquor, wine, beer, sake. Alcohol builds up toxins and creates a burden on the liver, slows down nearly all of our metabolic processes and impacts brain function and mood. Although some research states that a glass of wine an evening is healthy for cardiovascular health, the purpose of this reset is to give your liver and body a rest as best as we can.

*Note With Alcohol: If this is the first time, or you are worried that quitting alcohol may cause some

health issues, it is recommended that you speak with a qualified professional.

#8 Sugar and Artificial Sweeteners: Sweet N Lo, Sugar in the Raw, Equal, Agave syrup, brown sugar, any “refined” sugars, cane sugar/juice/syrup, confectioners sugar, corn syrup, high fructose corn syrup, dextrose, fructose, fruit juice concentrates, white sugar, syrup, sugar alcohols such as xylitol/sorbitol/erythritol. Sugar should be avoided in all forms, for the reset and after. It contributes to poor blood sugar management which in turn can create hormonal distress. Sugar is also highly addictive. It can also disrupt the microbiome in the gut and cause an environment that “bad” bacteria thrive in. This can all lead to cravings for sugar and unhealthy foods. By eliminating sugar for 30 days, you will be providing a better environment for healthy bacteria in your gut, which has a large effect on your hormones, gut, immune system, brain, heart health and detoxification.

BUT, WAIT!!

At this point you might be thinking, what can I eat?! This is going to be impossible! Take a breath, there are more foods that you can eat than you will be eliminating in this reset. It may take a bit of planning and some forethought to what you will be eating in your day and through out the week, but it will be worth it. Healing and supporting detoxification with food takes time, but it is a much more solid approach when you create habits and routines that give you energy and help you feel good and confident.

FOODS TO ENJOY OR ELIMINATE- YOUR CHOICE!

The foods listed below have been linked- in some cases - to causing digestion issues, inflammation, immune problems, blood sugar spikes and other physiological side effects. However, many people can consume these foods regularly and reap the nutritional benefits with no side effects. Because everyone's body is unique, it is your choice to incorporate or eliminate the foods below. Be sure you take the time to listen to your body and notice if there are any flare-ups in symptoms after consuming these select foods should you choose to include them.

#1 Gluten Free Grains: Brown rice, quinoa, gluten free/non-processed oats, amaranth, millet, sweet potatoes/yams, rice cakes, buckwheat. It is important to know how your body responds to grains, even those that are gluten free. Grains can cause blood sugar spikes, so focus on eating grains slowly and seeing how they impact you. Try to stick to 4 oz servings at a time, 1-2 servings per day.

#2 Legumes: Black beans, lentils, garbanzo beans, navy beans, peas etc. Limit to no more than 2-3 servings/week and see how your body responds. Although legumes are a great source of protein, carbohydrates and fiber, they can be difficult for some digestive systems to digest. If you know or suspect that your GI system is not functioning optimally, it may be hard to unlock the nutrition that legumes can offer. Either eliminate altogether or stick to 4 oz. servings at a time, one serving per day.

Helpful Hint! If you're buying canned beans, look for non-BPA cans and the only ingredients listed on the label should be the bean used and water. It is recommended to buy organic beans in bulk to save money, and soak them in water for a few hours-overnight before enjoying. Soaking them allows for easier digestion.

#3 Eggs: organic, pasture raised. Like grains and legumes, it's important to see how your body

responds when consuming eggs as they can often cause GI irritation. Sticking to organic, pasture raised eggs can often eliminate side effects that do occur. Stick to two eggs per serving, one serving per day.

#4 Sweeteners: Stevia, Honey, Maple Syrup Stevia should be used in great moderation. It is recommended that you avoid it completely if you are looking to eliminate sugar cravings. Try to stick to 1 packet no more than twice per day if you incorporate it. I recommend utilizing small amounts of honey or maple syrup. Sourcing is incredibly important as most commercial honey and maple syrup are made from high fructose corn syrup and cane sugar. Buy local when possible to support local farmers or make sure you are buying pure honey and/or maple syrup when at the grocery store.

FOODS TO ENJOY

#1 Vegetables: Any and all vegetables should make up the bulk of what you are eating daily. The meal plans included in this reset are designed to help you aim for 5-6 to 7-9 servings of fruits and vegetables per day. Most vegetable serving sizes are 1 cup, other than greens, which are 2 cups. Vegetables have unique sets of phytonutrients, vitamins and minerals, and provide important fiber. They have potent anti-inflammatory capabilities and can help prevent many types of chronic disease. In addition, just increasing your consumption of vegetables and fruits up to 7-8 servings per day can improve mood, depression and anxiety^{2,3}.

Helpful Hint! If you are not used to eating as much fiber as 8-9 servings of fruits and vegetables a day contains, it is recommended that you slowly work your way up to it and include a digestive enzyme supplement to avoid an increase in gas and digestive system discomfort. You can also juice some of the greens and a piece of fruit in the morning, then consume 2-3 servings of plants at lunch and dinner to work your way up to eating more fiber, but still get the nutrition benefits from plants.

#2 Fruit: blackberries, blueberries, raspberries, dark cherries, bananas, green apples, plums, pineapples, etc. This is not an extensive list. Stick to 4 oz servings, 1-3 servings/day. Fruits also have unique sets of phytonutrients, vitamins and minerals and many offer beneficial sources of carbohydrates without impacting blood sugar.

#3 Meat, Poultry and Seafood: Wild caught salmon, sardines, anchovies, grass fed and finished beef, lamb, organic pasture raised chicken and turkey, wild game, canned in water tuna/salmon/sardines (ideally BPA free).

Stick to 4 oz servings, 2-3 servings/day. Meat, Poultry and Seafood provide protein and amino acids—the true “building blocks” for our body’s growth and recovery. In addition, many selections of meat, poultry and seafood include omega 3 fatty acids, which the body needs to thrive.

#4 Fermented Foods and Bone Broth: Sauerkraut, kimchi, pickled fermented vegetables, chicken or beef bone broth. Fermented Food serving size is at least 2 Tbsps, but more is better! Bone Broth serving size is 8-12 oz. Fermented Foods and Bone Broth are two super foods when it comes to healing the GI system, preventing leaky gut syndrome, increasing beneficial bacteria, promoting bowel movement regularity and more.

#5 Beneficial Fats: Organic Extra Virgin olive oil, coconut oil, ghee, avocado oil, tahini, almond butter, sunflower seed butter, cashew butter, coconut milk, flaxseed, avocados, MCT oil. These fats increase omega 3's, lower inflammation, help absorb certain nutrients, increase HDL (good cholesterol), and

overall help maximize cell health.

#6 Nuts and Seeds (Raw, Organic): Chia seeds, hemp seeds, pumpkin seeds, almonds, cashews, walnuts, brazil nuts, pecans, etc. Both nuts and seeds provide plant based protein, filling fiber and fats such as omega 3's that help with reducing inflammation and cardiovascular health.

#7 Dairy Substitutes: Almond milk, cashew milk, coconut milk. These dairy alternatives do not increase acidity in the body and they have an added benefit of healthy fats.

#8 Spices, Herbs, Condiments: You can consume just about any spice. They are packed with flavor, but they also often have their own set of vitamins, minerals and healthy nutrient components. Cinnamon, garlic, turmeric, ginger, cumin, cilantro, parsley, lemon juice, sea salt, fresh ground pepper, cayenne pepper, chili powder etc. Dijon mustard, avocado mayo (2 Tbsp serving), apple cider vinegar. If you need ketchup or barbecue sauce as one of your main meal staples, look for paleo recipes to make the sauces yourself. It will help to reduce the amount of sugar you consume and preservatives. Many of these herbs, spices and condiments help support the liver and detoxification process, act as potent anti-inflammatory agents, and help increase the alkalinity in the body.

SUPER RESET FOODS

Below is a quick reference of foods that can “turbo charge” your Reset experience. These are foods that are especially shown to improve detoxification, act as anti-inflammatory agents, help balance hormones and heal your GI system. Incorporate these foods as much as possible into your recipes and daily regimen. You'll see these pop up quite a bit in the meal plans!

- Apple Cider Vinegar (1 Tbsp, can be taken as a “shot” or in water)
- Chicken or Beef Bone Broth (8-12 oz)
- Fermented Foods (at least 2 Tbsp)
- Lemon/Lemon Peel (juice of ½-1 lemon in water, 1 tsp lemon peel which can be mixed into smoothies or other recipes)
- Cruciferous Veggies: Broccoli, Cauliflower, Arugula, Bok Choy, Brussels sprouts, Cabbage, Collards, Kale, Radishes, Turnips, Watercress, etc. (all one cup servings other than greens, which are two cup servings)
- Herbal Teas: including green tea, black tea, rooibos, chamomile
- Turmeric (1 tsp ground or ½ inch fresh root)
- Ginger (1 tsp ground or ½ inch fresh root)
- Garlic (1 tsp pureed or 1-2 minced cloves)
- Onions
- Fresh Herbs: Parsley, Rosemary Cilantro, Dill, Mint, etc.
- Cinnamon (1 tsp ground)
- Filtered, Clean Water

WHEN SHOULD I BE EATING?

Meal and snack timing can be as important to overall health in addition to what you are eating. Below are a few guidelines to consider with meal timing.

Eat every 2-3 hours: eating frequently throughout the day helps maintain your blood sugar, and can prevent you from “binging” later in the day. Ideally this would follow the frame of: breakfast – snack- lunch- snack – dinner, eating every 2-3 hours and tapering down the volume of food/calories you are taking in as the day goes on. Be careful not to over eat with this model. It will be important to determine what a healthy balance looks like for you. Over eating and eating too frequently can increase cortisol and an inflammatory response, just as eating too little can, as well.

Eat breakfast an hour within waking time: this lays the foundation for normal blood sugar, hunger and satiety levels throughout the day. You want your meal time to match your sleep-wake (circadian rhythm) cycle, so sending your body food signals soon after waking is important. The only exception to this is when introducing and including intermittent fasting.

Eat dinner 2-3 hours before you fall asleep: (or try to eat before the sun goes down) Giving your body adequate digestion time before going to bed is important for many systems in your body, especially the GI system and liver. It also helps regulate your circadian rhythm, which has a large impact on the quality of your sleep. It allows your body to focus more on rest and recovery versus digestion and managing blood sugar while you are sleeping.

Avoid Skipping Meals: skipping meals can be detrimental to your blood sugar, hunger levels, binging and cravings. It can also signal your body to go into starvation mode, which can lead to increased calorie and fat storage. For those focused on losing weight, skipping meals can make it more difficult to lose weight than eating small meals through out the day. Again, there is only one exception to this and it is with intermittent fasting. We will cover this in a later chapter coming up.

Taper Your Calories: I.e., eat more early on in the day! Start your day with a high amount of calories/energy consumed, and try to taper down as the day goes on. This is particularly important if your workout is in the beginning or middle of the day. If you typically exercise at night, putting the majority of your carbohydrates around your workout in the evening will help you replenish your stores and utilize the energy from carbohydrates more efficiently.

Listen to your body, slow down: Above all else, listen to your hunger signals. Eat when you are hungry, stop when you are full. The more slowly you eat the better your body can communicate that it is full. Fat cells send a hormone called leptin to the brain, which works with the entire digestive tract, as well as insulin, to tell the brain that we are full. In addition, slowing down often allows for more chewing, which is the first step to improving digestion. Chewing food just 10 times more than you normally would breaks food down into smaller pieces making it easier on the stomach and intestines to fully break down food and absorb vital nutrients.

Allow 12 hours between when you finish dinner and when you enjoy breakfast: This is the start to intermittent fasting, although it is recommended for everyone. Allowing for a full 12 hours over night between meals helps stabilize blood sugar, gives the liver time to reset hormones, and helps support leptin resistance. If you find this challenging, don't stress about it. Just try to leave at least a ten hour window between dinner and breakfast the following day.

HYDRATION

It is so easy to underestimate the importance of water, but the reality is that water accounts for around 60% of our body weight, and it plays a crucial role in nearly every single metabolic process that takes place in the body. The vast majority of Americans are chronically under-hydrated, which can lead to a plethora of health conditions (not to mention general fatigue). The human body could survive longer without food than it could water, which sums up how important it is.

General guidelines from the American Medical Association recommend drinking about half of your body weight in ounces of water every day. For example, a 150 pound person would drink 75 oz of water/day. This can be accomplished easily by making it a priority to drink a significant amount of water first thing upon waking up (16-20 oz is ideal), purchasing a 32-40 oz reusable BPA free water bottle, and drinking a full bottle or two of it throughout the day. It may be helpful to couple your habit of eating with drinking more water. Every time you eat, drink at least 8-12 oz of water. Whether you work at a desk or out of your car, keep a water bottle close by and sip it frequently throughout the day.

Keep in mind that almost as important as the amount of water you are drinking is the quality of water you are drinking. Most tap water (regardless of how clean it is reported to be) can contain harmful chemicals and toxins that can accumulate in your body. Dedicate a system, whether it be water filtration or purchasing clean water, to getting clean water in your home.

In addition to water, nut milks and herbal teas can be enjoyed, but it is recommended to stay away from any other types of liquid such as dairy milk, juices, soda, energy drinks, coffee (unless decaf), and of course alcohol. It is okay to enjoy sparkling water (only with all natural flavoring and no sugar) every once and while, but keep this to moderation as the carbonation can often cause digestion problems. Many people find that replacing their glass of wine or beer with a sparkling water when starting to “taper off” alcohol helps.



SUPPORTING SUPPLEMENTS

Research is lacking for the efficacy of certain juice and supplement shake cleanses as well as “detox supplement programs”. However, there are several supplements that are key for restoring gut health and improving detoxification. Here you will find recommendations for supplements that most people should be taking daily, and ones that are recommended specifically for autoimmune and detoxification*.

DAILY 5

Cod Liver Oil and Krill Oil: high in anti-inflammatory omega-3s. Both Cod Liver Oil and Krill Oil are helpful for neurological function as well as keeping the cell lining healthy.

Magnesium: Magnesium is helpful for promoting restful sleep, muscle recovery and is healthy for the GI tract. Taking too much of this though, can cause gut upset, so do not take too much.

Vitamin D: For athletes, individuals who live in regions that don’t see the sun often, and for chronic illness, vitamin D is a key supplement to consume daily for bone health, the immune system, and overall well being.

Multi-Vitamin: A good multi-vitamin can help fill in the gaps where diet and nutrition are lacking; however, they do not replace a diet low in fruits and vegetables.

Probiotic/Prebiotic/Digestive Enzymes: Although probiotics do not add bacteria back into the gut, they do help with lowering inflammation and encouraging a healthy environment for healthy bacteria. Prebiotics are food and fuel to healthy bacteria in the gut. They help to create an environment where good bacteria want to stay. Digestive Enzymes provide exogenous enzymes that you take with food to help your body break down food more efficiently. Although you already produce these naturally, having an extra source of enzymes can take some of the burden off of your body’s own digestive system.

*Always consult with your physician prior to taking any new supplements or changing your health care routine. For example, some supplements can affect medications or are not recommended during times of pregnancy. These are only recommendations and are not health care advice.

SPORTS PERFORMANCE

Beta Alanine: most people get plenty of this vitamin from meat. It can be helpful for improving training and day of competition performance, which is why many athletes also take this in supplement form.

Creatine: is helpful for athletes in any sport. It helps to increase muscle mass, but also helps regenerate ATP, a cell’s energy source, during short intensity bouts of resistance exercise. It may also play a key role in recovery as research suggests it helps reduce muscle damage.

Branched Chain Amino Acids and Curcumin: Combined, these two supplements may help to reduce delayed onset muscle soreness through different pathways by lowering inflammation while still protecting the adaptation benefits from intense training.

Beet Root Juice: Helps with Nitric Oxide production and availability, which may improve performance by enhancing a muscle's ability to utilize oxygen.

DETOXIFICATION

Glutathione: This supplement plays several key roles in overall health and also detoxification. Along with many other vitamins and minerals like B9, B6, cysteine and B12, glutathione is necessary for supporting mitochondrial function in the liver and for assisting the liver and GI tract in removing toxins. In addition, glutathione is needed in order to remove heavy metals as part of clinical detoxification.

Milk Thistle: An herb that is utilized to support liver health and detoxification.

B Complex and Anti-Oxidants: Most of these vitamins and minerals you will get from eating the right foods through out your day. Anti-Oxidants such as Vitamin C, Vitamin E, Vitamin A, Vitamin B's are all antioxidants that help to bind and remove free radicals and reduce oxidative damage to the cells.

Fish oil, Vitamin D, Magnesium, Probiotics and Prebiotics are part of the overall health and wellness supportive supplements. They also help with detoxification by lowering inflammation and improving the immune system and gut environment, which makes them part of healing the GI tract for chronic diseases like autoimmune disease, but also for detoxification and a reset.

REDUCING TOXIN EXPOSURE

The most common sources of toxins come from what's in our homes and what we put on our skin. You may think that "chemicals" are really only found in the industrial world that produce plastics, pesticides and pharmaceuticals. Unfortunately, many of the products we use to clean the kitchen, bathroom, and many products we have in our utility closets and garage shelves are toxic at a certain level of exposure.

The word detox has been used in many different contexts. Although this Reset is not a specific "detox program", we are focusing on removing exposure to chemicals and supporting the body's toxin removal systems. "Detox" can be used for withdrawing from alcohol or drug addiction, to removing chemicals, compounds and hormones to reduce harm to the body. Ultimately, it is important to help all of the organs of detoxification to work as efficiently as possible to reduce the body burden and toxic load.

Scientists estimate that the average adult carries within his or her body at least 700 toxins at any given time and a newborn's body can contain over 200 toxins (from exposure in utero and after birth). We live in an increasingly toxic society and we are seeing the negative impacts of it on health and disease. Symptoms of an increased toxic load (or build up of toxins in the body) include: obesity, cancer, fatigue, brain fog, allergies, infertility, tremors, headaches, cognitive difficulties or decline, Parkinson's and Alzheimer's, type 2 diabetes, neurological conditions and behavior and mood disorders.

There is still some debate over how much plastics and other chemicals affect humans, but there are a few that research has shown we need to avoid. Plastics #3, #6 and #7 are the first place to start.

PLASTICS

One of the ways to make a large impact on your toxic load is by reducing your exposure to plastic. There are just a few simple things you can do to reduce your exposure to harmful chemicals that leach into products from the plastic container.

Which Chemicals in Plastics Should I Avoid?

1. Phthalates - in personal care products and product containers (leaches in, then absorbs into skin), medications, food wrapper linings, children's toys and other household items
2. Bisphenols (#7) - BPA and BPS leach into food and water particularly if exposed to heat. These can make their way through the placenta, affecting unborn infants.
3. Perfluoroalkyl Chemicals (PFCs) - grease proof paper and packaging such as sandwich, pastry wrappers, french fry bags, pizza boxes, candy wrappers
4. Perchlorate - antistatic agent used for plastic packaging in contact with dry foods
5. Polyvinyl Chloride (PVC) - (#3) cling wrap, bottles used for cooking oils and some water bottles
6. Polystyrene - (#6) disposable plastic cups, bowls, colored plastic utensils. Clear plastic baby bottles, five-gallon water jugs, sippy cups, hard plastic cups and bottles (like Nalgene).

Safer Choices:

1. Explore alternatives. Find companies that use BPA and PVC free plastic containers, or opt for glass whenever possible. That includes skin care, lotions, soaps and cosmetics.
2. Limit your exposure. Read the labels! Transfer food to glass containers when you get home, change your water bottles to stainless steel. Avoid drinking water from 5-gallon plastic water

coolers and also drink filtered water.

3. Use paper or bees wax reusable wrappers instead of cling wrap.
4. Wash plastic by hand, not in the dish washer and do not microwave food in plastic containers.
5. Buy fresh or frozen food and avoid canned foods.
6. Avoid birth control pills and if possible consider the copper IUD.
7. Buy in bulk to reduce plastic packaging.
8. Buy organic fruits, vegetables, meats whenever possible
9. Use natural, organic, non-bleached pads or tampons ideally without a plastic applicator OR with an applicator that is BPA free and recyclable.
10. Reduce candles, opt for quality and safe essential oil diffusing, and choose simple detergent, soap, cleaning products and cosmetics without 'parfumes'.

LIVER / KIDNEYS / GUT / SKIN CLEANING PRODUCTS AND COSMETICS

The health and safety standards of cosmetics and personal care products are very low in the United States. In fact, as of 2019, the United States still has not kept up with the last law federal cosmetic law put in place back in 1938. Only a few chemicals are actually banned (9 to be exact*), compared to almost 1400 banned chemicals for cosmetic products by the European Union.

Which Chemicals in Cleaning Products and Cosmetics Should I Avoid?

1. Lye - drain cleaners
2. Sodium Hydroxide - scouring powders
3. Bleach - use less often, only when needed
4. Furniture polish, silver cleaner, paint remover
5. Butylatedhydroxy Anisole and Butylated Hydroxytoluene - possible carcinogens, may cause liver damage and hormone disruptors, found in lipsticks, moisturizers, diaper creams and other cosmetics.
6. Hydroquinone - a skin lightening chemical that is linked to cancer, skin irritation and possible organ toxicity.
7. Parabens this includes (methyl-, isobutyl-, propyl-, and others) - usually used as a preservative, but are known endocrine disruptors. Found in shampoo, face cleanser, body wash, body lotion, and foundation.
8. Phthalates and synthetic fragrance are known hormone disruptors and allergens, and may also cause birth defects. Found in nail polish, hairspray, plastic materials (containers holding your lotions and soaps), and synthetic fragrance.

Safer Choices:

1. Cleaning with vinegar is effective and sanitary. Bleach is rarely needed and should only be used when absolutely necessary. Many essential oils like citrus also have anti-bacterial and anti-viral properties, which when added to a vinegar solution are very effective for cleaning.
2. Find companies that have a mission to save the planet and offer safer, healthier products.
3. Choose safer quality skincare and cosmetics.
4. Try lemon juice and borax for toilet cleaner

Check out the Bonus PDF with product recommendations

<https://www.ewg.org/news-and-analysis/2019/03/cosmetics-safety-us-trails-more-40-nations>

MINDFUL EATING

You may have seen or heard some part of the “mindful movement” happening, whether on TV, articles, your favorite podcasts, etc. Many people write off mindfulness as “woo woo”, or “alternative”; the reality is that it’s a simple technique that can enhance every aspect of your life, especially with your relationship to food, eating, and digestion.

Mindfulness at a basic level is bringing attention to one thing at a time. Both men and women so frequently make attempts to multitask, having countless things going on at once, that we find it hard to focus or get anything done. We pretend we are listening, or space out while doing something like driving or washing the dishes, or constantly grab for our phone to check alerts when we are in the middle of something. Mindfulness is the opposite of these things, and is the art of focusing. It’s recognizing and being in the moment, truly paying attention to someone and connecting with them while in a conversation, or bringing attention to the way your bed feels when you lay down to sleep at night, being present when playing with your kids, or eating and actually paying attention to eating, not just absently putting food into your mouth.

There are some simple steps to being more mindful when eating. When used repeatedly, these simple steps can contribute to success in weight loss, better digestion, eliminating cravings and banishing overeating tendencies. First step? Allow yourself at least 10 minutes to consume each meal so you can really practice these techniques- the first few times you will be shocked at how long the 10 minutes feels!

Step 1: Don’t eat distracted. Avoid eating in front of TV’s and your cell phone, and do not eat while driving.

Step 2: Smell your food. Does it smell sweet or spicy?

Step 3: Look at your food. Observe and look at all the tiny details it has. Think about how much it grew or how far it traveled just to get to your plate. Express any gratitude you have for the person who prepared this meal for you. Notice the colors, textures, and tiny nuances in each bite of food.

Step 4: Chew your food. Avoid taking a few bites and hastily swallowing your food. Chewing is the most basic step we can take for better digestion, so challenge yourself to chew until your food is in a fine texture; this unlocks nutrients and allows your body to digest it more easily.

Step 5: Taste and feel the food while you are eating it. Feel the textures, and take time to notice the five main flavor elements at play: sweet, salty, sour, bitter or umami (savory).

Step 6: After you swallow a bite of food, pause. Allow this moment of slowing down for your digestive system to get a quick break, and for your satiety hormones to start kicking in. When we eat slowly, we allow the body to signal to us when we are actually full, versus overeating without realizing we are already full.

Step 7: Stop eating when you are starting to feel full. Don’t wait until you feel like your pants button is about to pop off; stop eating when you have paused and can feel it in your body that you are no longer hungry or need more food. This is one of the most basic signals your body sends to you.



MEAL PREP 101

I know what you may be thinking... there is no way you have time to follow each of these steps! That's okay. Maybe one of your challenges throughout the next 4 weeks is to introduce two or three of these steps each week to improve your mindfulness. This is a practice and you are not supposed to be perfect at it at first!

There are many ways to approach meal prepping. The traditional methods include planning out the entire week of meals, grocery shopping, prepping and cooking for 3-4 hours or an entire day. It can be incredibly tedious and not many people have the time and dedication to keep up with that style of meal prepping.

Another way to meal prep is to use the same protein, vegetable and starches for multiple dishes in multiple ways. For example, chicken can be baked, then chopped up and shredded for diverse meals from tacos to barbeque, to chicken noodle soup. Cauliflower can be roasted and added directly into the tupperware lunch containers or half can also be blended into making a cauliflower mash. If you can do this with just a few types of proteins, starches and veggies you'll have a pretty decent variety and a lot of options from not a lot of work!

You can use both methods for the 30-Day Reset. If you have to simplify one or two weeks due to a busy schedule, that is much better to do than to give up or quit. The most important goal is for you to be successful and complete a full 30 days of eating balanced and healthy meals.

THE PROCESS:

STEP 1: PROTEINS

Look at the weeks worth of meals in the reset and determine the different types of proteins you'll need to cover the full week. You can do them all, or simplify and just choose 2 or 3.

Prepare the proteins by baking them in the oven, or using a slow cooker for shredded pork or shredded beef. You can add sauces and spices later when you will be putting the meals together in tupperwares for lunches and dinners or to freeze for later. Here are some ideas of how you can use proteins for different meals:

Ground Beef, Elk or Turkey:

- Taco meat, hamburgers, chili, hashes and even casseroles.
- Shredded Pork Shoulder, Elk Chuck Roast:
- Barbecue, taco meat for taco bowls, salads, chilis or stews.
- Shredded Chicken:
- Soups, casseroles, salads, tacos, power bowls.
- Fish/ Shrimp/ Seafood can be prepped ahead or cooked quickly night of for freshness in flavor.
- Power bowls

STEP 2: VEGGIES/ STARCHES

The more variety and the more color that you can get onto your plate is ideal for nutrient density and diversity. But, chopping, prepping and cooking can be a big chore. For an easier prep day/week, look at the week ahead and identify 3-5 vegetables that you can easily prep and add to breakfasts, lunches and dinners.

Potatoes in Bulk:

- Roast sweet potatoes, yams, purple potatoes, beets in the oven. Use as mashed potatoes, as-is, or as a base for stuffed potatoes.
- Whole Grains - Brown Rice, Quinoa etc.
- Cook them all at once and store in a large container in the fridge or separate them into prepared lunches and dinners.
- Roasted Vegetables: coat rutabagas, parsnips, celery root, brussel sprouts with avocado or organic olive oil, season with salt and pepper. You can add these to salads, as a base for breakfast with eggs on top, or for lunches and dinners.
- Cauliflower and Broccoli: steam or roast to put on plate beside protein, or add to a stir fry later in the week. You can also rice and mash cauliflower to give it a different texture and to use as a base for different meals. Make sure not to overcook the broccoli, it should not be mushy or a brownish green. Steam until it starts to get soft, but is still a bright green color to make sure you get the most nutrients!
- Sautéed Greens, Raw Greens: salads are easy to prepare and make in bulk. You can also sauté greens and add them into stir fries or use as a side.
- Zucchini and other squash: These vegetables can be incredibly versatile. Turn them into noodles with a spiral tool for vegetable noodles to use as pasta, roast them as part of a big roasted vegetable mix or sauté in olive oil with fresh minced garlic and salt to use as a side. Zucchini can even go in soups!

STORING AND FREEZING:

Meals that you prepare on Sunday and put in the refrigerator are only really good for 3-5 days. I will usually dish out all of our lunches into tupperwares for the week, so that they are easy to grab. For dinners, I may keep the bulk of everything in large containers, so that I can pull those out and mix and match depending on what I feel like for dinner.

I find it helpful to prepare at least 2 easy freezable meals. This could include a soup, casserole and/or a chili each week because they are easy to freeze and they reheat well. Why? I've found that meal prepping on Sunday can often lead to less fresh tasting meals by the time Friday comes around. So, I will make fresh meals with a good protein, vegetable mix and starch Monday-Wednesday. Then, I'll rely on my frozen chili, soup, casseroles, or fresh salads for lunches and dinners later in the week.

BONUS:

Anything left over that's already frozen, works for next week, the weekend or for later down the road when I didn't have time to meal prep. It's a win, win. I reduce leftover waste and lost money, too.

And you're done! You've planned, prepped, cooked and sorted everything you need for the week.

ELIMINATION DIET CAUTION:

Although this program is not a full elimination diet, it does eliminate many food groups like dairy, wheat, soy, alcohol and most foods with sugar. It often takes at least two weeks to see your energy improve, and the cravings decrease (if you've been strict at avoiding these foods). However, it will vary for everyone.

At the end of the program, if you plan to re-introduce these foods/beverages back into your diet, do it slowly, one food, and a little at a time. For example, introduce dairy at one meal and wait at least two to three days before you continue to add in dairy, or include wheat etc. It can take up to three days for a sensitivity reaction to show up in the body. You may experience a rash, a headache, feel fatigued etc. This is why it is important to introduce these inflammatory foods carefully and slowly. If a food causes a symptom, it is recommended that you continue to avoid that food for at least 3 months before trying to re-introduce that food again.

Rarely will someone have a significant reaction to a food; however, severe reactions have been documented when re-introducing foods. If this happens, seek emergency help immediately.

The background of the image is a light-colored, marbled paper with intricate, swirling patterns in shades of grey and white. The text is centered horizontally and vertically on this background.

THE JOURNAL

ESTABLISH BASELINE

This is your health journal. Use this tool to help you set goals and track your progress. Athletes and individuals who have documented their progress through the program are more likely to succeed and stick with it, even when there are many challenges.

In addition, by writing down where you started, you can utilize multiple measurement tools to really see progress at the end. For example, we have had athletes say they did not lose weight on the scale, but they dropped a full pant size and their measurements improved. Others have said they saw huge results in their comparison pictures. Your journey is and will be unique to you. Make sure you set yourself up for success and document your progress.

START HERE

Step 1: Take a picture of yourself.

Men: shorts or boxers and no shirt.

Women: Sports bra/bra and shorts or underwear.

Take one picture from the front, one from the side, and if you can – one from the back as well.

Step 2: Weigh Yourself.

Although often, with exercise and good nutrition, weight doesn't always change and never tells the full picture, it is still important to weigh yourself periodically. Plus, it's a great marker to use for a reset like this one.

*If you know that the scale has caused you trauma in the past, or you have a history of eating disorders, I recommend skipping these markers and instead documenting your health concerns and how you feel right now (energy, stress, mood etc.). Utilize these as your markers to track how eating healthy food, and establishing a healthy mindset and relationship around food makes you feel.

If you can, weigh yourself at the same time (the best time is in the morning, after going to the bathroom and naked) and over a few days before you start the program.

3-Days Prior to Start

2-Days Prior to Start

1-Day Prior to Start

Weight: _____

Weight: _____

Weight: _____

Step 3: Take Measurements.

Write down your measurements in both inches and centimeters.

HOW TO TAKE PROPER MEASUREMENTS:

Bust: Measure all the way around your bust and back at the line of the nipple

Chest: Measure directly under the breast, as high up as possible

Waist: Measure at the narrowest point width-wise, which is usually right above the navel

Hips: The widest part of the hipbones

Thighs: Measure around the fullest part of the upper leg while standing

Upper arm: Measure around the fullest part, above your elbows

You can also include measuring forearms and calves, if you wish.

Left Arm: inches _____ cm _____

Right Arm: inches _____ cm _____

Bust: inches _____ cm _____

Chest: inches _____ cm _____

Waist: inches _____ cm _____

Hips: inches _____ cm _____

Left Leg: inches _____ cm _____

Right Leg: inches _____ cm _____

Step 4: If you have any symptoms relating to these systems/conditions...

Circle and rate 1 to 5 (1 being mild 5 being severe)

Frequent headaches _____

Migraines (once or more a month) _____

Frequent colds _____

Allergies _____

Stuffy nose _____

Frequent nose drainage _____

Plugged ears _____

Tinnitus (ringing in the ear) _____

Sensitivity to cold _____

Difficulty losing weight _____

Difficulty gaining weight _____

Dry skin _____

Itchy skin _____

Skin rashes (psoriasis, eczema, acne etc.) _____

High cholesterol _____

High Blood Pressure _____

Dizziness _____

Depression _____

Anxiety _____

Fatigue _____

Brain Fog _____

Poor or delayed memory _____

Bloating _____

Stomach cramps _____

Acid Reflux _____

Heartburn _____

Constipation _____

Frequent loose stools or diarrhea _____

Frequent infections _____

Yeast infections (currently or frequently) _____

Leg or Arm Swelling _____

Heart palpitations _____

Step 4 (continued): If you have any symptoms relating to these systems/conditions...

Stress level _____

Women: Cramping and pain or other symptoms during menstrual cycle _____

Women: Hot flashes or other menopausal symptoms _____

Men: difficulty getting or keeping an erection _____

Men: low desire to have sex _____

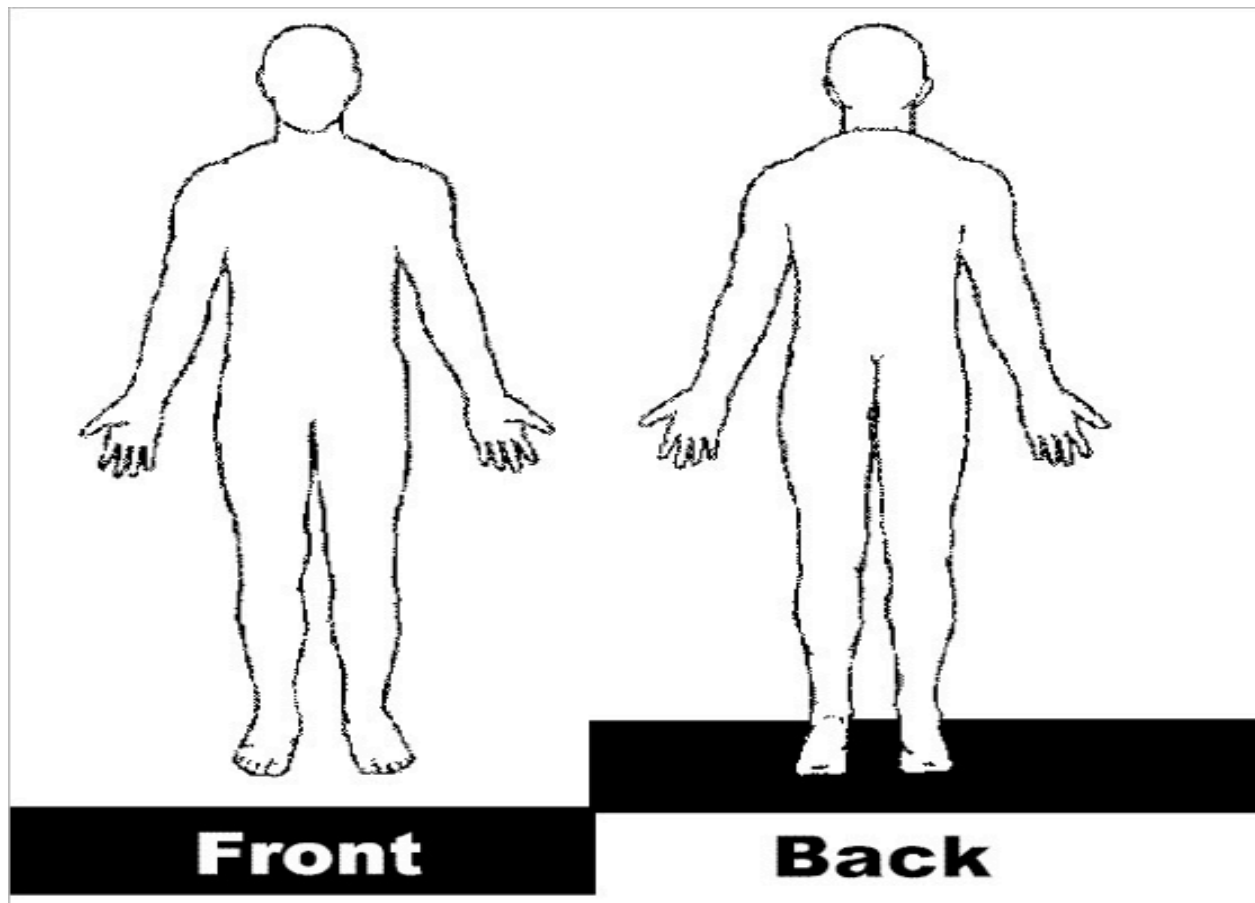
Men: difficulty losing weight or gaining muscle _____

If you are experiencing any other symptoms, conditions, illnesses etc. that are not on this list, write them down here: _____

Step 5: Use the following chart to mark any areas where you have pain.

Rate the pain from 1-5 (1 being minor and 5 being severe)

You may also want to write the quality of the pain whether it is sharp, dull, achy, burning, pins and needles etc.



Step 6: Establish A Workout Baseline

If you are hoping to improve your workout times or how you feel during a workout, choose a workout that you can perform before you start and after.

An example would be a workout called Baseline:

Done for time: 500 meter row or run, 40 air squats, 30 sit-ups, 20 push-ups, 10 pull-ups

Another example would be timing a long walk, run or bike ride etc.

Write down your workout: _____

Time Performed: _____

Rate how you felt (0-5 0 being horrible, 5 being great) or write down how you felt:

HEALTHY HABITS CHECKLIST

Below is a list you can use to remind yourself and keep track of your “Healthy Habits”. Don’t let this list overwhelm or stress you out, and don’t feel like you need to be doing all of these things every day. It’s simply to help remind you of all the small, positive habits that can accumulate and help you gain momentum towards your health.

- ☐ Sleep 7-8 Hours; avoid electronics 30 minutes prior to bed
- ☐ Fall asleep and wake around the same time, ideally around 10pm-6am
- ☐ Do something you genuinely enjoy each day
- ☐ Find quiet/meditation time- even if it’s just 5 minutes!
- ☐ Eat 7-8 servings of veggies
- ☐ Eat fermented foods
- ☐ Drink bone broth
- ☐ Take your supplements
- ☐ Eat breakfast within an hour of waking
- ☐ Allow for 12 hours between dinner and breakfast the next day. This helps with balancing leptin.
- ☐ Drink a large glass- 12-20 oz.- of clean water upon waking (bonus if it has lemon/cayenne pepper in it!)
- ☐ Drink half your body weight in ounces of clean water
- ☐ Take breaks at work for stretches or a walk if you have a sedentary job
- ☐ Incorporate physical activity throughout your day
- ☐ Create a morning ritual for when you wake up (ideally electronic free) and an evening ritual for before bed.
- ☐ Spend time with loved ones (talking on the phone counts too!)
- ☐ Eat dinner 2-3 hours before going to bed
- ☐ Have a healthy bowel movement
- ☐ Mindfully/slowly eat your meals with no distractions- take at least 10 minutes to eat
- ☐ Avoid the “Foods to Eliminate”
- ☐ Add in “Super Reset Foods”

ESTABLISH YOUR GOALS

The most important part of establishing and tracking goals is:

First: write them down

Second: establishing a good way to track progress

Third: evaluating progress

If you don't have a way to track and evaluate any progress you have made towards your goals, then you have no way of knowing what was working, what didn't work, and most importantly - data proving that you were successful!

In order to establish good routines and habits, it is important to know what works best for you and your body. Tracking and evaluating yourself through this program may help you establish healthy routines and habits that are perfect for you.

Write 3 goals you would like to achieve or work towards with this program (or more if you'd like!):
(This could include a weight you'd like to reach, a Personal Record or improved workout time, or improvement of some or one of the symptoms you circled and rated above)

1. _____
2. _____
3. _____

If there is anything else you would like to accomplish write that down here:

HOW TO USE THE MEAL PLANS

As you begin to explore the meal plans you'll notice a few things that I'd like to explain. There are many ways to utilize the meal plans to fit your needs and lifestyle.

First: Grocery lists: Grocery lists are provided to help you when you go to the store. They are divided into each week. Portion sizes are not included, and you'll need to look at the corresponding recipes to figure out how much you'll need to cook in order to feed yourself and/or your family. There may be many items that you already have on hand like spices and general condiments or popular foods. They are organized by type to help.

Second: The Meal Plans: There are two different meal plans included in this program. However, there are an infinite number of possibilities. If you are a 3 large meal person, following the Breakfast, Lunch and Dinner meals on each day will give you exactly what you need. If you are a 5 smaller meals a day person, you can follow all the meals and snacks. If you are neither, you can mix and match as you choose.

Regardless, it is important that you remember that you need to eat enough through out the day. It is a myth that you need to eat less in order to lose weight. In fact, if you eat strictly according to this meal plan, most people will lose weight. In general, you can eat as many fruits and vegetables as you can possibly stomach and not gain any weight. Most people struggle to lose weight because they have sugar, refined and processed carbohydrates/foods and fried foods consistently in their diet. So, your results rely a lot on what you eat, not how much you eat.

Serving Sizes: It will greatly vary and depend on the person and how often you exercise/train. If you have questions about this I highly recommend you look into the macros program that I offer. Protein on average is about the size of your fist (4-6 oz.). Fat serving sizes are often around 1 tbsp or a handful or two of nuts/seeds. Carbohydrates will vary per fruit, vegetables and starch. I recommend building a plate that is half vegetables, 1/4 protein and 1/4 starch or other (like legumes/beans).

Third: The Recipes: There are recipes for several meals, smoothies etc. organized by week. If you don't like something, feel free to change it. Just don't forget that they are there.

Fourth: It's What You Make It: You can use this program as strictly or loosely as you wish. The daily readings, journal opportunities, even the meal plans themselves are there to guide you through and help you get the most out of the program.

Fifth: Give It a Chance and Stick With It: Trying something new can sometimes be a challenge. Stick with it and try to learn the concepts. If you can, it will get easier and more efficient each time you prepare/batch cook for your week. The meal plans won't be as hard to follow and you may find substituting foods you have on hand or like more will be easy.

MEAL PLAN



GROCERY LISTS

Week 1 - Days 1 - 7 | Serving Sizes for family size of 2

FRESH PRODUCT

- Spinach
- Mixed Greens
- Romaine (1 head)
- Tomatoes (6)
- Avocado (5)
- Blueberries (3 clam shells)
- Cauliflower (2 heads)
- Broccoli (5 heads)
- "Veggies" options (roasted beets, peppers or broccoli)
- Carrots (1 lb)
- Shredded Carrots - can shred at home or buy shredded (1 package)
- Shredded Broccoli "slaw" (1 package)
- Red Bell Peppers (6)
- Celery (1 head)
- Bananas (2 bunch) (1 - fresh and freeze 1 at home)
- Sweet Potato (2)
- Fresh Pineapple (1)
- Apple and/or Orange (4 total)
- Apples (6) - freeze for smoothies later
- Onion (1)
- Garlic (2 heads)
- Cilantro (1 bushel)
- Lime (3)
- Lemon (5)
- Ginger (1 root)
- Green Onions (1 bunch)
- Jalapeno (1)
- Cabbage (need leaves - 1 head)
- Fresh Mint
- Red Potatoes (2 lb)

PANTRY

- Gluten Free Steel Cut Oats
- Brown Rice
- Yellow Split Peas
- Black Beans
- Almonds
- Pecans
- Chia Seeds
- Nut Butter (almond is ideal)
- Mixed Nut Mix (no sugar!)
- Coconut Oil
- Olive Oil - for cooking
- Chicken Broth
- Coconut Milk Canned (1)
- Pumpkin Puree (1 can)
- Coconut Aminos
- Pure Maple Syrup - (This can be eliminated and do butter and jam instead on top of the pumpkin pancakes.

PROTEIN

- Eggs (2 dozen)
- Turkey Sausage (organic is ideal - look at the ingredients!)
- Halibut (16pz or so)
- Chicken (5lbs)
- Ground Beef (4lbs)
- Rotisserie Chicken (2)
- Ground Turkey (1lb)
- Bacon (1 package)
- Cottage Cheese (optional for pumpkin pancakes sunday, see options below.

SEASONINGS

- Taco Seasoning (Buy or make your own recipe in back of the book)
- Hamburger Seasoning
- Turmeric (ground)
- Pumpkin Pie Spice
- Arrowroot Powder

OPTIONS

- Instead of doing the pumpkin pancakes on Sunday because they have both dairy and some sugar, make the black rice porridge recipe in the week 1 recipe section!

GROCERY LISTS

Week 2 - Days 8 - 14 | Serving Sizes for family size of 2

FRESH PRODUCT

- Spinach or Kale - Breakfast Greens
- Apple (4 for oatmeal, 6 for snack or replace some with bananas)
- Broccoli (5 heads)
- Avocado (5)
- Orange (3 for smoothie)
- Clementines/satsumas (8)
- Kale (3 bunches)
- Baby Bok Choy (4 small heads)
- Romaine Lettuce (1 head)
- Tomatoes (3-4 roma tomatoes)
- Lemon (4)
- Lime (4)
- Cilantro (1 bushel)
- Red Onion (1)
- Asparagus (2 bunches)
- Ginger (left over from last week!)
- Sweet Potato (4 medium - large)
- Butterleaf lettuce (1 head for hamburgers & tuna sandwiches on sunday)
- Celery (1 head - or left over from last week)
- Banana (freeze for smoothies!)
- Green Onions (use left overs if you have some!)
- Garlic (2 heads)
- Mushrooms (4 oz package sliced!)
- Red Bell Pepper (6)
- White or Yellow Onion (2)

PANTRY

- Gluten Free Steel Cut Oats
- Brown Rice
- Rice Cakes (snack)
- Sunflower Nut Butter
- Red Quinoa
- Black Rice
- Tuna (canned)
- Chia Seeds
- Mixed Nut Mix (no sugar!)
- Flax Meal
- Coconut Aminos (from last week)
- Kidney Beans (2 15oz cans)
- Diced Tomatoes (2 15oz cans)
- Tomato Sauce (1 15oz can)
- Optional: Gluten free bread for lunch sunday - lettuce wrap would be better!

PROTEIN

- Eggs (2 dozen)
- Ground Sausage (organic is ideal - look at ingredients!)
- Salmon (6 4oz filets)
- Ground Beef (2lbs)
- Chicken (5lbs)
- Chuck Roast (2lbs)
- Chicken Apple Sausage (1 package)

SEASONINGS

- Cinnamon
- Chili Powder
- Ground Turmeric
- Cajun Seasoning
- Arrowroot Powder (from last week)

- Oregano
- Cayenne Pepper
- Sesame Oil
- Red Pepper Flakes

FROZEN FOODS

- Blueberries (2 packages)
- Strawberries or other berry (2 packages)
- Frozen Zucchini (if not in package - buy fresh, dice, and freeze).

OTHER

- Whey Protein
- Hummas or Guacamole
- Salsa
- Primal kitchen Cilantro Lime Dressing (or make your own, follow recipe in week 2 section!)

GROCERY LISTS

Week 3 - Days 15 - 21 | Serving Sizes for family size of 2

FRESH PRODUCT

- Spinach or Kale - Breakfast Greens
- Mixed Greens
- Swiss Chard (3-4 bunches)
- Tomatoes (3)
- Avocado (5)
- Pear (4)
- Snap Peas
- Celery (1 head)
- Apple (5)
- Romaine Lettuce and/or butterleaf (1 head)
- Green Beans
- Lemon (2)
- Strawberries
- Carrots (1 bag small snack carrots)
- Bananas (1 bunch)
- Ginger
- Garlic
- Parsley (flat leaf)
- Green Onion
- Zucchini (3-4 medium)

PANTRY

- Gluten Free Steel Cut Oats
- Brown Rice
- Rice or Seed Crackers
- Sunflower or Almond Nut Butter
- Red Quinoa
- Pumpkin Seeds
- Flax Meal
- Chia Seeds

- Walnuts
- Almonds
- Dried Apricot (1 - 2 cups)
- Dried Dates (optional see recipe)
- BBQ Sauce
- Vanilla Extract (Optional gluten free bread for lunch Sunday - lettuce wrap would be better!)
- Black Beans (15oz can)
- Olive Oil - organic extra virgin
- White Vinegar or White Wine Vinegar or apple cider vinegar
- Honey
- Dijon Mustard
- Chipotle Chilis in Adobo Sauce (4oz can)

PROTEIN

- Eggs (1 dozen - for protein paleo pancakes subs available)
- Salmon (4 4-6 oz filets)
- Chicken (5-6 lbs)
- Deli Turkey (applegate brand is decent)
- Rotisserie Chicken
- Chuck Roast or pork shoulder roast (2 lbs)
- Chicken Apple Sausage (1 package)

SEASONINGS

- Cinnamon
- Cardamom
- Nutmeg
- Cajun Seasoning
- Cumin

FROZEN FOODS

- Blueberries (2 packages)
- Strawberries or other berry (2 packages)
- Mangos

OTHER

- Whey Protein
- Hummus
- Guacamole
- Salsa
- Almond Milk or Coconut
- Organic Green Tea
- Pesto

GROCERY LISTS

Week 4 - Days 22 - 30 | Serving Sizes for family size of 2

FRESH PRODUCT

- Fresh Berries of choice!
- Blackberries
- Raspberries
- Apple (4)
- Spinach
- Mixed Greens
- Swiss Chard (2 bunches)
- Arugula
- Grapes
- Snap Peas
- Carrots
- Beets (1 bushel)
- Broccoli (2 heads)
- Avocado (5)
- Microgreens
- Jicama (1-2) slice into long thin pieces
- Radishes (1 bunch)
- Tomatoes (4)
- Cilantro (1 bushel)
- Lime (4)
- Lemon (3)
- Sweet Potato (2)
- Romaine or Butterleaf lettuce
- Yellow Onion (1)
- Ginger (1)
- Green Onions (1 bushel)
- Red Onion (1)
- Garlic (3 heads)
- Fresh Mint
- Fresh Basil

PANTRY

- Steen Cut Oats
- Almond Milk or Coconut Milk
- Quinoa
- Brown Rice
- Basmati Brown Rice
- Black Rice
- Almonds
- Cashews (unsalted)
- Dried Shredded Coconut
- Yellow Split Peas
- Garbanzo Beans (2cans)
- Kidney Beans (2 cans)
- Coconut Milk 92 cans)
- Olive Oil
- Tahini
- Sesame Oil
- Vinegar (white or apple cider, etc)
- Chicken Broth
- Dijon Mustard
- Amaranth
- Dried Mangos (no added sugar)
- Siete "grain free" chips
- Seed Crackers
- Pitted Dates

PROTEIN

- 2 Dozen Eggs
- Turkey Sausage or Organic Chicken Apple Sausage
- Chicken (6lbs)

- Flank Steak (2lbs - 2 total steaks)
- Ground Beef (1lb)
- Halibut (4 6oz filets)
- Ground Turkey (1lb)
- Rotisserie Chicken (1)

SEASONINGS

- Turmeric
- Cinnamon
- Cumin
- Dried Basil
- Ground Allspice
- Dry Mustard
- Curry Powder
- Chili Powder

FROZEN FOODS

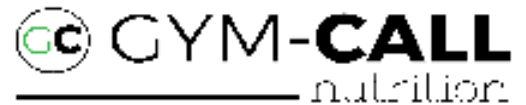
- Mangos
- Strawberries
- Apple (2)
- Banana
- 8oz frozen petite green beans

OTHER

- Organic Green Tea
- Peppermint Tea
- Guacamole
- Salsa

MEAL PLANS BY WEEK

WEEK 1 MEAL PLAN



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fresh Spinach Scramble	Turkey Sausage, Sautéed Tomatoes, Avocado + Week 1 Smoothie	Fresh Spinach Scramble	Turkey Sausage, Sautéed Tomatoes, Avocado + Week 1 Smoothie	Fresh Spinach Scramble	Overnight Steel-Cut Oats, chia seeds, berries & pecans + Week 1 Smoothie	Protein Pumpkin Pancakes (Pure Maple Syrup)
Lunch	Pesto Halibut, Cauliflower, Brown Rice	Lemon Ginger Chicken, Broccoli, Roasted Red Potatoes	Deconstructed Hamburgers, over a mixed green salad, with tomatoes, & avocado	Taco Salad, with Brown Rice, mixed greens, sautéed bell peppers, Black Beans, and fix ins	Grilled Chicken, Mixed Greens + Veggies	Rotisserie Chicken Salad over gluten free bread, or lettuce wrapped	Rotisserie Chicken Salad over gluten free bread, or lettuce wrapped
Dinner	Grilled Chicken, Mixed Greens + Veggies	Taco Bowl Tuesday, with Brown Rice, Black Beans, and fix ins	Pesto Halibut, Broccoli, Mixed Greens Salad, Roasted red potatoes	Lemon Ginger Chicken, Broccoli, Brown Rice	Lettuce Wrapped Hamburgers with tomatoes, bacon, avocado & fix-ins. Sweet Potato and broccoli sides.	Coconut Chicken Dal with Brown Rice, Steamed Broccoli, and Mixed Greens Salad	Asian Turkey Cabbage Boats with fresh, not canned, pineapple
Snacks	1. Blueberries & Nuts of choice 2. Carrots and Guacamole	1. Banana & Nut butter 2. Sliced Avocado & Red Pepper Strips	1. Blueberries & Nuts of Choice 2. Celery & Nut Butter	1. Banana 2. Red Pepper Strips & Guacamole	1. Blueberries & Handful of Nuts of Choice 2. Celery & Nut Butter	1. Apple 2. Red Pepper Strips or Carrots & Guacamole	1. Orange or Apple 2. Celery and Nut Butter
	Notes:	Notes:	Notes:	Notes:	Notes:	Notes: If you have left over Coconut Dal use for lunch on Sunday	Notes:

Autoimmune Breakthrough Substitutes:

- Replace the Fresh Spinach Scramble with Black Rice Porridge - See Recipe in Week 1 Recipe Section
- Replace Tomatoes on Tuesday and Thursday breakfast with Sautéed Kale or Spinach
- Omit Bell Peppers (optional: replace with fresh carrots)
- Replace Potatoes with Sweet Potatoes

WEEK 2 MEAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Soft Boiled Eggs with organic chicken apple sausage and sauteed greens	Berry Protein Smoothie + apple cinnamon protein gluten free oatmeal	Soft Boiled Eggs with organic chicken apple sausage and greens	Berry Protein Smoothie + apple cinnamon protein gluten free oatmeal	Soft Boiled Eggs with organic chicken apple sausage and greens	Vitamin C Booster Smoothie + Breakfast Sausage Frittata	Refreshing Green Smoothie + Breakfast Sausage Frittata
Lunch	Chili with Sweet Potatoes and Veggies (See Recipe)	Salmon with cooked Red Quinoa, Sauteed Kale and Baby Bok Choy	BARC bowl! (See Recipe)	Stir-Fried Chicken with Ginger and Broccoli, with black rice and asparagus	Chili with Sweet Potatoes and Veggies (See Recipe)	Taco Bowls with Brown Rice, lettuce, tomatoes, onions, avocado, salsa and cilantro-lime dressing	Tuna Salad on Gluten Free Bread or Lettuce Wrapped
Dinner	BARC bowl! (See Recipe)	Taco Bowls with Brown Rice, lettuce, tomatoes, onions, avocado, salsa and cilantro-lime dressing	Stir-Fried Chicken with Ginger and Broccoli, with black rice and asparagus	Salmon with cooked Red Quinoa, Sauteed Kale and Baby Bok Choy	BARC bowl! (See Recipe)	Lettuce Wrapped Hamburger or Turkey Burger with sweet potato fries	Salmon with cooked Red Quinoa, Sauteed Kale and Baby Bok Choy
Snacks	1. Rice Cakes with Sunflower Seed Butter 2. Celementines or Orange	1. Banana or Apple and Nut Butter 2. Carrots and Hummus or Guacamole	1. Rice Cakes with Sunflower Seed Butter 2. Celementines or Orange	1. Banana or Apple and Nut Butter 2. Carrots and Hummus or Guacamole	1. Rice Cakes with Sunflower Seed Butter 2. Celementines or Orange	1. Banana or Apple and Nut Butter 2. Carrots and Hummus or Guac	1. Rice Cakes with Sunflower Seed Butter 2. Celementines or Orange
	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

Autoimmune Breakthrough Substitutes:

- Omit Eggs, Keep the Sauteed Greens and Sausage. Add Week 1 Smoothie or Vitamin C Booster Smoothie.
- Replace Breakfast Sausage Frittata with black rice porridge, gluten free oatmeal or chia seed pudding
- Omit Tomatoes & Salsa (tomatoes)

WEEK 3 MEAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Organic Breakfast Sausage (Example: Chicken Apple Sausage) with sauteed kale	Rainbow Smoothie with Chia Steel-Cut Oats in a Jar	Organic Breakfast Sausage (Example: Chicken Apple Sausage) with sauteed kale	Rainbow Smoothie with Chia Steel-Cut Oats in a Jar	Organic Breakfast Sausage (Example: Chicken Apple Sausage) with sauteed kale	Rainbow Smoothie with Chia Steel-Cut Oats in a Jar	Refreshing Green Smoothie + Paleo Protein Pancakes
Lunch	Cajun seasoned chicken with brown rice and side salad	Turkey Wraps, with Tomatoes, Avocado, Everyday Basic Vinaigrette + Side of Carrots	Cajun seasoned chicken with brown rice and side salad	Cajun seasoned chicken with brown rice and side salad	Turkey Wraps, with Tomatoes, Avocado, Everyday Basic Vinaigrette + Side of Carrots	Rotisserie Chicken Salad over gluten free bread or lettuce wrapped	Turkey Wraps, with Tomatoes, Avocado, Everyday Basic Vinaigrette + Side of Rice Crackers and Hummus
Dinner	BBQ Shredded Beef, Sautéed Greens, Brown Rice	Chicken Fajita Bowls with black beans, chipotle zucchini, guacamole and salsa	BBQ Shredded Beef, Sautéed Greens, Brown Rice	Pesto Salmon with, Quinoa, green beans and sauteed zucchini	Rotisserie Chicken over sauteed garlic and swiss chard and quinoa	Chicken Fajita Bowls with black beans, chipotle zucchini, guacamole and salsa	Pesto Salmon with, Quinoa, green beans and sauteed zucchini
Snacks	1. Almonds and Fresh Pear 2. Sugar Snap Peas, Carrots and Fresh Salsa	1. Fresh Strawberries and Pumpkin Seeds 2. Celery and Nut Butter	1. Apple Slices with Sunflower Seed Butter 2. Rice Crackers and Hummus	1. Fresh Strawberries and Walnuts 2. Sugar Snap Peas, Carrots and Fresh Salsa	1. Pumpkin Seeds and Fresh Pear 2. Celery and Almond Nut Butter	1. Date, Apricot and Coconut Power Balls 2. Rice Crackers and Hummus	1. Apple Slices with Sunflower Nut Butter 2. Sugar Snap Peas, Carrots and Fresh Salsa
	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

Autoimmune Breakthrough Substitutes:

- Use Recipe for “Flax Eggs” to replace the eggs in the paleo protein pancakes
- Omit Tomatoes from the Turkey Wrap
- Omit Salsa (tomatoes)

WEEK 4 MEAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Apple Cinnamon Amaranth Porridge and Peppermint Green Tea	Organic Chicken Apple Sausage or Turkey Sausage, Eggs and Berries	Apple Cinnamon Amaranth Porridge and Peppermint Green Tea	Organic Chicken Apple Sausage or Turkey Sausage, Eggs and Berries	Apple Cinnamon Amaranth Porridge and Peppermint Green Tea	Overnight Steel Cut Oats with Pecans, Chia seeds and Berries & Strawberry Mango Smoothie	Refreshing Green Smoothie + Paleo Protein Pancakes
Lunch	Quinoa Salad with Chicken, Grapes, and Almonds + Side of Sugar-snap Peas and Carrot sticks	Spice Rubbed Chicken Breast with Three Bean Salad, Roasted Beets and Almonds	Quinoa Salad with Chicken, Grapes, and Almonds + Side of Sugar-snap Peas and Carrot sticks	Spice Rubbed Chicken Breast with Three Bean Salad, Roasted Beets and Almonds	Coconut Chicken Dal with Brown Rice and Steamed Broccoli	Quinoa Salad with Chicken, Grapes, and Almonds + Side of Sugar-snap Peas and Carrot sticks	Coconut Chicken Dal with Brown Rice and Steamed Broccoli
Dinner	Arugula and Baby Greens Salad with Dijon Marinated Flank Steak	Taco Salad with Seasoned Ground Beef, Tomatoes, Salsa, Avocado & Cilantro-Lime Dressing	Halibut with Broccoli, Lime- Scented Coconut Rice & Mixed Greens Salad	Lemon, Garlic Chicken Thighs with Black Rice & Sautéed Swiss Chard or Collards	Halibut with Broccoli, Lime- Scented Coconut Rice & Mixed Greens Salad	Ground Turkey Lettuce Wrapped Burgers with Sweet Potato Fries	Arugula and Baby Greens Salad with Dijon Marinated Flank Steak
Snacks	1. Lemon Cream with Blackberries and Raspberries 2. Mango Cashew Snack Bars	1. Seed Crackers with Avocado Spread and microgreens 2. Sliced Jicama and Radish with Salsa and/or Guacamole	1. Mango Cashew Snack Bars 2. Siete Grain Free "tortilla" chips with black bean hummus	1. Lemon Cream with Blackberries and Raspberries 2. Sliced Jicama and Radish with Salsa and/or Guacamole	1. Seed Crackers with Avocado Spread and microgreens 2. Siete Grain Free "tortilla" chips with black bean hummus	1. Mango Cashew Snack Bars 2. Sliced Jicama and Radish with Salsa and/or Guacamole	1. Seed Crackers with Avocado Spread and microgreens 2. Siete Grain Free "tortilla" chips with black bean hummus
Notes:			Try Siete's brand OR find similar - no corn, no grains				

Autoimmune Breakthrough Substitutes:

- Omit Eggs on Tuesday and Thursday - add sauteed zucchini with garlic
- Use "Flax Eggs" for Paleo Protein Pancakes OR Sub the pancakes with black rice porridge
- Use guacamole instead of salsa for snacks, and omit tomatoes from the taco salad bowl



DAY 1

MEAL PLAN

Breakfast: Start with Lemon Water (1/2 lemon)

Egg Scramble: 2 eggs, with 2 pieces of Bacon diced (P + F) and 1 cup of Spinach (C)

Snack: 1-2 cups of Blueberries (C) and Handful nuts/seeds (F)

Lunch: 1 filet (3-4 oz) Salmon (P+F), 2 cups of roasted cauliflower (C), 1 cup of brown rice (C)

Snack: 1 cup Carrots (C) & Guacamole

Dinner: Grilled chicken salad (1 chicken breast 3-4oz.) – mixed greens (3 cups)– add in whatever veggies you'd like – (1/2) avocado, (1/4 cup) carrots, (1/4 or 1 whole) tomatoes, olives , olive oil (1 tbsp) and balsamic vinegar (1/2-1 tbsp) etc. (P, F, C)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water – every morning

12 – 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 1

READING

Anytime you start to eat differently, the body takes time to adjust. Cravings often make it difficult to avoid foods like sugar, really salty foods, fried foods etc. One of the best ways to overcome these cravings is to have natural sources of sugar and fat around your house or office space such as fruits and nuts. Including a fat like a nut butter or handful of nuts to increase energy and help you feel full can also help with the salt cravings.

Life Hack and Helpful Hint: Do a clean-out of your cupboards, fridge and freezers. Remove and donate foods that aren't healthy and then replace with healthier options. You will be less likely to be tempted by foods that will undo your progress on the reset, but you'll also have healthier options available.

GI System/Tract

The GI system (tract) is one of the most sophisticated systems of the human body and includes all the organs involved in digestion, starting with the mouth all the way down to the rectum. We often think of the GI tract for its primary role in digesting and breaking down food, but that is only a small part of a much larger role the GI tract plays in overall health and disease.

The GI tract is responsible for extracting the nutrients you need to thrive, maintaining an appropriate balance of helpful and harmful microbes (bacteria), and working with the immune system to prevent the entrance of harmful substances into the bloodstream. The GI tract is truly the gateway to the rest of the body; if our GI health is compromised our overall health is compromised. That is why it is the best place to start when looking to heal the body and optimize health.

DAY 2

MEAL PLAN

Breakfast: Start with Lemon Water (1/2 lemon)

Week 1 Smoothie (P, C)

Turkey or Chicken Sausage (P), Sauteed Tomatoes (C), Avocado (F)

Snack: 1 banana (C) and 1 tbsp almond butter (F)

Lunch: Lemon Ginger Chicken (P) (1 chicken breast), 1-2 cups roasted broccoli (C), (1 cup) Roasted Potatoes (C)

Snack: Sliced Avocado, Red Pepper Strips (1 cup)

Dinner: Taco Tuesday – Taco Bowl

(1 cup) Brown Rice or whole grain rice (C), (1/2 cup) black beans (P + C), (4 oz.) Ground beef (with taco seasoning) (P), diced tomatoes (C), (1/2) avocado (F), cilantro, salsa (diced onions if you like them).

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water – every morning

12 – 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 2

READING

The average American consumption of fruits and vegetables is around one serving per day. It has been shown in research that eating more fruits and vegetables can help with mood and create better feelings of health and overall well-being.

In fact, eating just 5-7 servings of fruit and vegetables per day has been shown to improve mood. Eating 9-12 servings of fruits and vegetables is the daily goal to ensure the body has enough vitamins and minerals to fuel cellular function. If cells don't get what they need, they can't produce enough energy to support your daily needs. Thus, muscle recovery, cognitive function, liver detoxification capabilities, gut health and much more suffers because of it. 1 cup of a fruit or vegetable is usually about 1 serving.

Life Hack and Helpful Hint: start slow. Increase the amount of fiber from fruits and vegetables slowly by using green supplements and juicing to still get the nutrients and servings, but with less fiber. If you are not used to eating a lot of fiber, increasing your plant intake up to 5-7 or 9-12 servings can cause bloating, gas and gut discomfort. Fiber is healthy for the gut and should not be eliminated; however, it is helpful to work up to it. Increase your intake by 1-3 servings of fruits and vegetables per day for 1 week. Then 2-6 the following and so on until you have reached your desired daily amount.

Microbiome

Your microbiome is all of the microbes and bacteria that live in your gut, on your skin and in your body. Specifically, the microbiome refers to the genes of the microbes that live in your GI tract. Your microbiome is unique to you. Your microbiome is impacted by your birth, if you were or were not breast fed, and your lifestyle and eating habits and routines.

The microbes that live in your body are constantly changing, and are determined by geography, health status, stress, diet, age, gender, and everything you touch. When the microbiome becomes inhabited with too many harmful microbes, it is categorized as "dysbiosis". Dysbiosis can show up as symptoms such as irregularity, IBS, bloating and other digestive issues. Dysbiosis can also be the beginning and often the cause behind conditions such as leaky gut, acne/skin issues, anxiety, depression, ADD/ADHD autoimmune disease and more.

DAY 3

MEAL PLAN

Breakfast: Start with Lemon Water (1/2 lemon)

Egg Scramble with Bacon (P+F) and Spinach (C) (2 eggs, 2 pieces of bacon, 1 cup of spinach)

Snack: Blueberries & Nuts and Seeds Mix

Lunch: Deconstructed Hamburgers (P) over a mixed green salad (C) with everyday dressing, tomatoes (C), avocado (F)

Snack: Celery & Nut Butter

Dinner: (1 filet 3-4 oz) Halibut (P+F), (2 cups) broccoli and mixed greens salad (C), (1 cup) roasted potatoes (C)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 3

READING

The body is designed to eliminate toxins. Many people think of the liver when they think of organs that participate in detoxification; however, the liver is only part of the detoxification system in the body. The large intestine, kidneys, and skin each play a role in removing chemicals, medications, hormones and anything else the body wants to get rid of. If any one of these is not functioning as it should, toxins will build up in the body.

The liver's primary job is to detoxify the blood. In order to do that, it has two phases that blood, carrying toxins, has to pass through. Each phase needs several vitamins and minerals in order to function properly and a large majority of these necessary vitamins and minerals come from food. If your diet does not supply these, it has to pull from other stores in the body.

Life Hack and Helpful Hint: There are many foods that contain key nutrients that support the body's natural ability to detoxify. Blueberries and Broccoli supply many of these precursors, which make them an ideal food for supporting your liver while you detox the sugar, color additives, and many other toxins we are exposed to each day. Blueberries are high in vitamin C, Vitamin K, Manganese and fiber. Broccoli is also high in fiber, several B Vitamins, Vitamin E, Manganese, Choline, Vitamin A, Zinc, Calcium, Iron, Niacin, Selenium, Potassium, Copper, some protein and some omega-3 fatty acids.

DAY 4

MEAL PLAN

Breakfast: Start with Lemon Water

Week 1 Smoothie (P, C)

Turkey or Chicken Sausage (P), Sautéed Tomatoes (C), Avocado (F)

Snack: 1 banana (C)

Lunch: Taco Salad Bowl - mixed greens, brown rice, sautéed bell peppers, black beans, salsa, avocado and cilantro lime dressing

Snack: Red Pepper Strips and Guacamole

Dinner: Lemon-Ginger Chicken (P), roasted broccoli (C), brown rice (C), butter or ghee (F) (1 chicken breast, 2 cups roasted broccoli, 1/2 cup brown rice)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 4

READING

Inflammation is at the root of almost all chronic diseases. It is a large part of how the immune system functions in the body, which is why it can go so haywire when the body is not healthy. We see this with 'acute and chronic' inflammatory responses:

- Acute: A necessary (and helpful) short term immune system response to ward off “invaders” such as pathogens, bacteria, viruses, etc. Immune cells will rush to the “site of the crime” to help heal and recover. This response happens when we get physical injuries as well.

- Chronic: long term, sustained inflammation in various parts or systems of the body caused by repeated “hits” to the immune system such as poor diet, lack of sleep, sedentary lifestyle, high stress levels. Chronic inflammation is the root of most diseases and health conditions such as heart disease, arthritis, chronic pain, IBS, weight gain, Chron’s, high blood pressure and even depression. It is also often behind symptoms such as brain fog, fatigue, allergies and muscle aches.

Life Hack and Helpful Hint: an elimination diet helps to remove the most common inflammatory foods. Like this reset, elimination diets are designed to start the healing process by removing allergens and toxins. Although this process does not address if there are other pathogens, parasites or infections, the majority of people feel better after just a few weeks of following a strict elimination diet. It takes a few weeks to push through and get over the bread and sugar cravings, but once you do, the body has a chance to rest and heal. Many people find they start to wake up easier with more energy, they have less brain fog and are able to focus better. In addition, athletes notice it’s easier to recover and their performance improves, as well. However, if you suspect there is something else going on with the GI tract, that food alone is not helping, working with a Functional Medicine practitioner will help with testing, diagnosing and treating GI tract dysfunction.

DAY 5

MEAL PLAN

Breakfast: Start with Lemon Water

Egg Scramble with Bacon (P+F) and Spinach (C) (2 eggs, 2 pieces of bacon, 1 cup of spinach)

Snack: Blueberries (C) & Nuts/Seeds Mix (F)

Lunch: 1 Grilled Chicken breast (P) with a salad (C) – mixed greens (3 cups) – add in whatever veggies you'd like – (1/2 -1 full) avocado (F), (1/4 cup) carrots (C), (1/4 cup) tomatoes (C), olives, olive oil (F) and balsamic vinegar (1 tbsp) etc.

Snack: Celery and Nut Butter (F)

Dinner: Hamburgers – Ground beef or Ground Turkey made into patties and grilled (1-2 patties depending on size, 3-4oz) (P), 1 piece of Bacon (P+F) and/or 1/2 Avocado (F), 2-4 lettuce wraps (C), tomatoes (C), Onions (C), Roasted Sweet Potato Fries, & Broccoli(C)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water – every morning

12 – 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 5

READING

Autoimmunity

The healthy human body is equipped with a powerful set of tools in the immune system for resisting the onslaught of invading microorganisms (such as viruses, bacteria, and parasites). In addition, 40-60% of your immune system is surrounding the entire GI tract. This is why it is so important to look at gut health when we see symptoms of inflammation. In most cases of autoimmune disease, the original cause of the disease beginnings came from disorder in the gut.

Autoimmune disease means that the immune system has created antibodies against itself. Typically this is focused in on one organ in particular, like Hashimoto's targets specifically the cells of the thyroid or celiac targets cells in the GI tract. There are many phases of autoimmunity, with one of them being the "silent phase". This is where many people slowly develop autoimmune conditions without even realizing anything is wrong. Unfortunately, it can be a long road to proper diagnosis, largely because the symptoms of autoimmune diseases are widespread and vague.

However, as I mentioned above, most autoimmune diseases start at the GI tract meaning that's often the best place to start and target when it comes to treatment. Tomorrow we will cover what Leaky Gut Syndrome is and how it plays a role in autoimmune disease and overall inflammation.

Life Hack and Helpful Hint: Food sensitivities often come along with autoimmune disease because of 'Leaky Gut Syndrome'. Food sensitivities differ from full blown food allergies in that they are not necessarily life threatening. Food allergies cause an immune response that can be extremely severe or detrimental, whereas food sensitivities still can cause an immune response (chronic inflammation), just at a lower more mild level. This response is primarily an intolerance in the GI tract, when the body can't properly digest/

DAY 6

MEAL PLAN

Breakfast: Overnight, gluten free, steel-cut oats (C) with chia seeds (F), berries (C) and pecans (F)

Snack: Apple

Lunch: Rotisserie Chicken Salad (P,F) over gluten free bread or lettuce wrapped(C)

Snack: Carrots or Red Pepper Strips (C) and salsa or guacamole (F)

Dinner: Coconut Chicken Dal (P,F) with Brown Rice (C), Steamed Broccoli (C), and Mixed Greens Salad (C)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____

Weight: _____

Time Spent Exercising: _____

Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____

Quality of Sleep _____

Rate your Stress Levels: _____

Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 6

READING

Leaky Gut

The gastrointestinal (GI) barrier is a delicate, selective barrier that controls the absorption of vitamins, minerals, amino acids, fats, (i.e. everything you need that helps your body function) into the bloodstream while keeping out harmful substances like pathogens. Think of this barrier like a protective fence in your body. In healthy people, the barrier is tightly regulated, allowing only important nutrients to pass through the gut, and protecting the body from harmful substances such as toxins, undigested food and pathogens. Since the GI tract is constantly exposed to food, microbes and chemicals (i.e., anything from our outside environment), it must work continuously to defend itself from these unwanted substances that, if allowed entry into the body, can cause a vicious cycle of inflammation. In addition, there are certain foods and hormones that increase inflammation in the GI tract.

Cortisol, the stress hormone, when in excess can contribute to increasing inflammation in the gut. Foods like gluten and in particular the protein gliadin, activates a chemical called Zonulin, which is an inflammatory substance that is released by the cell wall of the intestines. If the GI tract is exposed to many inflammatory substances for a long period of time, the cells of the GI tract can become loose and leaky. This means that undigested food particles and foreign invaders can make their way in between the cells into the blood stream.

Remember from a few days ago when I mentioned 40-60% of your immune system is in your GI tract? As these undigested food particles and invaders make their way into the blood stream, the immune system has to figure out what to do about them. In most cases, it treats them like foreign invaders and creates antibodies against the food. Then it utilizes whichever system it can to remove it from the body and this normally means the skin. It pushes these foreign invaders out, which often causes rashes like eczema, acne and in some cases even psoriasis.

This is ultimately how food sensitivities begin and is often part of the cause of autoimmune disease. Treat the cause, not the symptoms. If you treat brain conditions, thyroid disease etc. and never look at where the source of the inflammation is coming from, the fire will continue to burn even though your lab tests came back normal because you are taking medication that covers up the symptoms.

Life Hack and Helpful Hint: It's important to get a wide range, high quality and variety of proteins in our week. Fish and seafood are high in omega-3s which help to balance out the omega-3:6 ratio from other foods in the diet. Fish, Chia Seeds, Nuts & Seeds, and even grass fed, free range beef and meat can be high in omega-3s as well. Omega-3s can lower elevated triglyceride levels, they have anti-inflammatory properties and they are necessary for a healthy brain.

DAY 7

MEAL PLAN

Breakfast: Protein Pumpkin Pancakes with *real* maple syrup and no more than 1 tbsp, Weekend Green Smoothie
Snack: Apple, Banana or Blueberries - Anything left over
Lunch: Rotisserie Chicken Salad (P,F) over gluten free bread or lettuce wrapped(C)
Snack: Celery and Nut Butter
Dinner: Asian Turkey Cabbage Rolls with a side of fresh, not canned, pineapple

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day
Lemon Water - every morning
12 - 24 oz. of Green Tea/ Black Tea
8-12 oz. Bone Broth
12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 7

READING

Another reason to get a variety of proteins in the diet is because of their different amino acid profiles. There are 9 essential amino acids that we must get from food. These include: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine. There are 4 non-essential amino acids that our bodies produce “in house”. These include: alanine, asparagine, aspartic acid and glutamic acid. Lastly there are conditional amino acids that aren’t essential, except for when we are stressed or sick. These include: arginine, cysteine, tyrosine, glycine, ornithine, proline and serine. Although you don’t need to get amino acids at every meal, getting a balance of them through the whole day is important.

Life Hack and Helpful Hint: From day to day, we have a tendency to stick with what we know. If it’s easy to cook, doesn’t take much time, and we know we like it – that’s what we stick to. Unfortunately, this creates an opportunity for major gaps in our nutrition. Each fruit and vegetable, each different kind of protein, and each different kind of fat carries a variety of amino acids, essential fatty acids, vitamins and minerals that are essential for health. Plus, if you are an athlete and you work out 3-5 times per week, your body will use up more of certain nutrients than others. This means your diet needs to have enough variety in order to fill in the gaps. Once every month, look up a recipe with a vegetable you don’t always make. Go through the grocery store and see if there is a fruit or vegetable you’ve never tried before. Stretch out this year and see if you can find a few other natural foods you can add to your weekly routine.

Glycemic Control

This is a blanket term for how your body regulates blood sugar (glucose), and insulin, the hormone that responds to blood sugar. When you consume low quality or “simple” carbohydrates such as wheat, flour, sugar or most processed foods, your blood sugar will spike or increase. Insulin is then released by the pancreas in response, to help regulate the amount of sugar in the blood. Over time, when blood sugar is consistently high, insulin begins to decline and become less effective at regulating glucose. This can ultimately turn into diabetes. Most people tend to think that high blood sugars only repercussion is diabetes; however, blood sugar highs and lows also come with their own set of symptoms such as brain fog, fatigue, anxiety, inflammation, and general metabolic stress.

DAY 8

MEAL PLAN

Breakfast: Soft or Hard Boiled Eggs (P) with Organic Chicken Sausage(P,F) (2 eggs, 1 or 2 Sausage)

Snack: Rice Cakes (C) with Sunflower Seed Butter (F)

Lunch: Sweet Potato and Veggie Chili (P,F,C)

Snack: Clementines or Orange (C)

Dinner: BARC Bowl (P,F,C)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

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Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 8

READING

Antioxidants and Reactive Oxygen Species

Everyday with cellular metabolism, reactive oxygen species (ROS) are created as byproducts of the work it takes to keep us alive and healthy. This is normal and the body has ways to eliminate and reduce ROS, when it gets plenty of nutrients from the diet. However, when we are exposed to smoke (tobacco), pollutants, medications, xenobiotics and radiation in our environment, this can contribute to oxidative stress and the creation of reactive oxygen species as the body tries to eliminate and detoxify these toxins.

Oxidative stress can cause damage to DNA and RNA and it can also contribute to a variety of inflammatory responses including cardiovascular disease (via oxidation of fats). For this reason, it is very important to get dietary antioxidants that neutralize oxidative stress. Antioxidants include: Vitamin A, C and E, Beta-Carotene, Lutein, Lycopene and Selenium. Foods high in antioxidants include a lot of fruits and vegetables (Blueberries, Broccoli, Green Leafy Vegetables, Carrots, Tomatoes, Citrus fruits, Berries, Cauliflower and many more...)

Life Hack and Helpful Hint: By the way: antioxidants must come from dietary intake. Supplemental intake helps some, but the nutrients from supplements often do not act the same way in the body as antioxidants from food sources. This is in part because nutrients from supplements are broken down into a synthetic form. In addition, supplements often lack the enzymes and other helpful nutrients that whole food naturally includes and provides, which in many cases can help with digestion and improved absorption.

DAY 9

MEAL PLAN

Breakfast: Berry Protein Smoothie (C, P) and Apple Cinnamon Protein GF Oatmeal (P,C)

Snack: Banana (C) (1 banana) with Nut Butter (F)

Lunch: Salmon(P,F) with cooked red quinoa (C), sauteed garlic, kale and baby bok choy

Snack: Carrots (C) and Hummus or Guacamole (F)

Dinner: Chicken or Ground Beef (P) Taco Bowls with Brown Rice (C), Lettuce, Tomatoes, Onions, Avocado (F), Salsa and Cilantro-Lime Dressing

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 9

READING

Delayed Onset Muscle Soreness or DOMS is the sore muscle feeling you get 1-3 days after a tough workout session. There are a few things you can do to improve your recovery. Some studies have shown that Vitamin C can improve DOMS, so eating berries such as blueberries, strawberries or even citrus like oranges can improve sore muscles. Most green vegetables are also high in Vitamin C. Turmeric and Branched Chain Amino Acids may also help with delayed onset muscle soreness. Because of their anti-inflammatory effects, they play a role in the repair and restore phases of muscle damage after intense exercise.

Life Hack and Helpful Hint: Curcumin is the bioactive anti-inflammatory source of Turmeric. It is very difficult to absorb enough of it through the GI tract to have a therapeutic effect. So, many supplements will contain piperine or black pepper because it increases the absorption rate by up to 2000 percent. I will always recommend trying to get your turmeric through food, using the root in food and golden milk teas. However, there are a few supplements that contain enough curcumin to have a therapeutic benefit and I will often recommend this to most of my patients and athletes.

DAY 10

MEAL PLAN

Breakfast: Soft or Hard Boiled Eggs (P) with Organic Chicken Sausage(P,F) (2 eggs, 1 or 2 Sausage)

Snack: Rice Cakes (C) with Sunflower Seed Butter (F)

Lunch: BARC Bowl! (P,F,C)

Snack: Clementines or Orange

Dinner: Stir-Fried Chicken with Ginger and Broccoli, served with black rice and asparagus (P,F,C)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 10

READING

Are you a high fat or high carbohydrate person? If you are striving for weight loss, to balance out your blood sugar, correct hormonal imbalances, or if you have SIBO, IBS or other digestive upset, lowering your intake of certain carbohydrates and increasing the fat in your diet can improve all of those listed above.

Carbohydrates

One of three types of macronutrients; the basic components of food, all of which consist of calories (which is used by the body as energy). There are two main types of carbohydrates:

Complex Carbohydrates: break down slowly in the body and are digested over time, typically are fiber based. These are things such as starchy vegetables (squash, cauliflower, broccoli, etc.), most fruits such as bananas, green apples, berries etc., beans, nuts, seeds, sweet potatoes, quinoa, oats.

Simple Carbohydrates: break down quickly in the body and so they create blood sugar spikes. These are things such as processed foods with high sugar content, sodas, packaged snack/protein bars, chips/pretzels/crackers, sweets and pastas.

*Athletes need to look at their sports supplement sources as well and make sure their carbohydrate drinks and gels are not packed with simple sugars and simple carbohydrates.

Fat

Fat is another type of macronutrient, and plays vital roles in the body. It is the basis of energy, vitamin absorption, provides a “super conducting highway” across nerve fibers in your body which helps them communicate, and is the basis of all hormones (we need healthy cholesterol to create hormones). Contrary to popular belief, fat is your friend. But, not all fats are created equal.

Protein

One of three types of macronutrients; the basic components of food, all of which consist of calories (which is used by the body as energy). Protein provides structure for components of body tissues, specifically through amino acids which help us build, grow and repair. Ideally protein should be 30-40% of your daily calories consumed. In addition, where you source your meat can make a large impact on your overall inflammation and health. If you can find a local farmer that raises grass fed and finished beef, free range pork, and also healthy actual free range chickens, they will have a lower Omega-6 content and a higher Omega-3 content - which ultimately means healthier for you.

Life Hack and Helpful Hint: The best fats to include in your eating patterns are: avocados and avocado oil, coconut milk/oil, nuts and seeds, nut butters, ghee (clarified butter), extra virgin olive oil (avoid cooking with this), salmon, grass fed butter, flax seed/oil, eggs, dark chocolate. Make sure you are eliminating shelf stable, processed fats (hint: vegetable oil, canola oil, any “hydrogenated” oils). Clean protein sources include grass fed beef, organic/pasture raised poultry, organic/pasture raised eggs, nuts, certain veggies, organic tofu, legumes, clean protein powder.

DAY 11

MEAL PLAN

Breakfast: Berry Protein Smoothie (C, P) and Apple Cinnamon Protein GF Oatmeal (P,C)

Snack: Banana or Apple (C) with Nut Butter (F)

Lunch: Stir-Fried Chicken with Ginger and Broccoli with black rice and asparagus (P,F,C)

Snack: Carrots (C) and Hummus or Guacamole (F)

Dinner: Salmon (P,F) with Cooked Red Quinoa (C) and Sauteed Garlic, Kale and Baby Bok Choy

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

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Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 11

READING

Toxicity/Toxic Burden

Toxins are a very large part of detoxification and a Reset. They are any substance that has a harmful effect on the body. Toxins can invade the body from three main sources- the environment, personal lifestyle such as the foods we eat and beverages we drink as well as household cleaning chemicals & cosmetics/personal care products, and the body's own metabolic processes (internal toxins).

Toxins are unavoidable in our world of processed foods, high stress and pollution. In addition, the cosmetic and personal care product industry is essentially unregulated by the FDA. They have officially banned only 30 chemicals, and yet hundreds and thousands of chemicals are created and added to products year after year. Even further, we have no idea of the impact many of these chemicals can have on human health.

It is important to remember that your skin is porous and it absorbs whatever you put on it. There are many known chemicals such as phthalates and parabens there are known hormone disruptors. In addition parabens such as Bisphenol-A (BPA), which used to be and still is in many plastic water bottles and receipts, can be absorbed more readily through the skin when we have just recently coated our hands in hand sanitizer. a

When incoming toxins exceed the liver's ability to remove them, it is termed toxicity or toxic burden. This can show up as symptoms like fatigue/low energy, mental fog, skin problems, digestive problems, headaches, persistent immune problems, joint stiffness and more. To ease the body's toxic load, it is important to periodically detoxify and address the pathways involved in both Phase I and Phase II detoxification of the liver, which turn fat soluble toxins into water soluble toxins, and encourages them to be eliminated via bile from the gall bladder, stool and urine. This process takes place with a unique set of vitamins, minerals, amino acids and antioxidants, and nutritional support is often needed.

Life Hack and Helpful Hint: there are several ways to clear out your house of harmful chemicals. Start with big items like hand and body soap, shampoo, conditioner and laundry detergent and replace them with safer solutions. You can even make your own soap, sugar scrubs, laundry detergent and surface cleaner with common non toxic household items like baking soda and quality, safe essential oils.

DAY 12

MEAL PLAN

Breakfast: Soft or Hard Boiled Eggs (P) with Organic Chicken Sausage(P,F) (2 eggs, 1 or 2 Sausage)

Snack: Rice Cakes (C) with Sunflower Seed Butter (F)

Lunch: Sweet Potato and Veggie Chili (P,F,C)

Snack: Clementines or Orange (C)

Dinner: BARC Bowl! (P,F,C)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 12

READING

What is your overall toxic load and how can you measure it? We are exposed to toxins in the air, in the products we spray into the air, at work, in the foods and water we drink, products we clean with and products we put on our skin. Although toxins are unavoidable, there are ways to reduce our overall toxic load.

Why would we want to reduce our exposure to toxins? Toxicity from heavy metals, pesticides, medications, pollution, preservatives, food additives and dyes, and many binding agents etc. in cleaning products and cosmetics can lead to many symptoms like: brain fog, fatigue, dizziness, migraines, headaches, sensitivity to smell, sensitivity to light, acne and skin conditions, gut dysbiosis and much, much more.

Life Hack and Helpful Hint: toxins are filtered out of the blood and removed from the body by the liver, kidneys, GI tract and skin. When any one of these systems is dysfunctional, it can create a backup of toxins in the body. In addition, specifically with the GI tract, if motility (how fast or slow a bowel movement moves through your gut) is slowed down due to constipation from dehydration, medication, hypothyroidism etc. then toxins and chemicals meant to be removed from the body can be re-absorbed. There are some helpful supplements that can help with GI tract function and the removal of toxins and heavy metals including: glutathione, zinc, an inclusive mineral supplement, prebiotics and probiotics.

DAY 13

MEAL PLAN

Breakfast: Vitamin C Booster Smoothie (C) & Breakfast Sausage Frittata (P,F)

Snack: Banana (C) or Apple and Nut Butter (F)

Lunch: Taco Bowls - chicken or ground beef (P) with Brown Rice (C), Lettuce, Tomatoes, Onions, Avocado (F), Salsa and Cilantro Lime Dressing

Snack: Carrots (C) and Hummus or Guacamole (F)

Dinner: Lettuce Wrapped Hamburger or Turkey Burger with Sweet Potato Fries (F), Top with bacon or avocado for a good source of fat! (F)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

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Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 13

READING

Why are greens so important? First, they are high in antioxidants. High dietary intake of fruits and vegetables is associated with reduced risk of cancer. Cruciferous vegetables like broccoli, arugula, kale, watercress, collard greens, cabbage and many others have an active component called Sulforaphane. In petri dish studies, sulforaphane killed human leukemia cells while having little impact on the growth of normal human cells.

In another study with over 500 women who were diagnosed with non-Hodgkins lymphoma, those who started eating three or more servings of vegetables daily had a 42 percent improved survival rate than those who ate less. Salads, citrus fruits, cooked greens and green leafy veggies appeared to be most protective.

Life Hack and Helpful Hint: Greens supplements, juicing and smoothies can be helpful resources for increasing our daily servings of fruits and vegetables conveniently and with a little less fiber load on the GI tract. Of course, the GI tract needs fiber - it's what the gut and liver use to carry toxins away from the body; however, too much fiber in an unhealthy GI tract can be uncomfortable. Plus, for those whose mornings can get to be a bit hectic, easy to make and quickly consume products can save the morning.

DAY 14

MEAL PLAN

Breakfast: Refreshing Green Smoothie (C) & Breakfast Sausage Frittata (P,F)

Snack: Rice Cakes (C) with Sunflower Seed Butter (F)

Lunch: Tuna Salad (P,F) on Gluten Free Bread or Lettuce Wrapped (C)

Snack: Clementines or Orange

Dinner: Salmon (P,F) with Cooked Red Quinoa (C) and Sautéed Garlic, Kale and Baby Bok Choy (C)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

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Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 14

READING

Ingredients

When you look at a label on a certain beverage or food product, it is important to look for things like 'Partially Hydrogenated Oils' or Trans fats, for preservatives like sodium benzoate, or food dyes like Red #1 or Carmel color. In addition, start to familiarize yourself with the nutrition label and look for things like grams of sugar. If something contains over 5-8 grams of sugar, it would be best to put it down and find an alternative.

These oils, dyes, preservatives and refined sugars are not present in a fruits, vegetables, natural source of fat or natural protein. If there is something you just can't live without, is there a more natural alternative? Reducing your exposure to these types of ingredients and toxins will reduce your overall toxic load.

Life Hack and Helpful Hint: low fat, reduced fat products often contain more sugar because that's the way companies make their food products more palatable. "Food" that comes in a box that is labeled "low fat", is usually not "food". It may have calories, but it's nutrients are often stripped and then added back in with synthetic forms.

Sports supplements can also be sources of food dyes, additives, preservatives and simple sugars. Go through your pantry and look at the ingredients in your supplements, foods and snacks. If you find a few items that you think should be replaced with healthier options, just choose 1 or 2 and make that your goal this week to find a healthier alternative.

DAY 15

MEAL PLAN

Breakfast: Organic Breakfast Sausage (P,F) (Example: Chicken Apple Sausage) with Sauteed Kale (C)

Snack: Almonds (P,F) and Fresh Pear (C)

Lunch: Cajun Seasoned Chicken (P) with Brown Rice (C) and Side Salad and Everyday Basic Vinaigrette (C,F)

Snack: Sugar Snap Peas and Carrots (C) with Fresh Salsa

Dinner: BBQ Shredded Beef (P) with Sauteed Greens & Brown Rice (C)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 15

READING

Some, if not the majority of Gastrointestinal complaints come from an imbalance with the microbiome. Some common digestive tract complaints include pain, indigestion, heartburn, bloating, constipation, diarrhea and gas. There are many reasons and causes of an upset digestive tract and many of them are due to food. Refined carbohydrates, sugar, processed and fried foods create an environment in the gut where 'bad' bacteria can thrive. Foods high in fiber like fruits and vegetables create an environment where 'good' bacteria thrive. When the gut is healthy, the body is able to eliminate used up hormones, toxins, utilized metabolic products and waste quickly and efficiently. This not only promotes a healthy gut, but also a healthy body.

Life Hack and Helpful Hint: you should be noticing this week that sugar cravings are not as intense and you're able to focus better later in the day. You are also hopefully noticing that you're workouts have improved, your recovery time has improved, you have more energy in your day and things like sleep or random joint aches and pains are improving. If they are not getting better here are some tips that will hopefully help you see progress:

Have you been able to be strict with following the program and keeping sugar/inflammatory foods out?

If not, that's okay! Set an intention this week for yourself to do this for you. Only you can make the choices that are healthiest for you. Set a small goal this week to follow the program or find healthy solutions where you can't.

If you have been strict, are there some other areas you need to focus on? Are there areas like negative relationships, recent or past traumas you need to address, poor sleep habits or poor stress management that you can work on? Part of getting a full reset also means we need to work on more than just nutrition. See if you can identify one or two areas with an easy actionable that you can do every-day this week to improve those areas. For example: if stress management is something you need to work on, can you plan in 10-15 minutes of a fun activity or hobby into 2-3 days in your week? Could you work in a guided youtube meditation for 10 minutes each morning? Set a goal and make your action specific and plan it into your schedule.

DAY 16

MEAL PLAN

Breakfast: Rainbow Smoothie with Chia Steel-Cut Oats in a Jar (P,F,C)

Snack: Fresh Strawberries and Pumpkin Seeds

Lunch: Turkey Lettuce Wraps (P) with Tomatoes, Avocado, (F) Everyday Basic Vinaigrette + Side of Carrots (C)

Snack: Celery (C) and Nut Butter (F)

Dinner: Chicken Fajita Bowls (P) with taco seasoning, black beans (C), Chipotle Zucchini (C), Guacamole (F) and Salsa

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 16

READING

Hormones/Endocrine System

An extremely complex and sensitive system, hormones are the body's chemical messengers, and are part of the endocrine system. Endocrine glands make hormones, which travel through the bloodstream to tissues and organs and control most of our body's major systems. The endocrine system regulates essentially everything- our heart rate, metabolism, energy from food, appetite, mood, sexual desire, sleep, growth and more. Hormones can become imbalanced by many things; diet, stress, poor sleep, prescription drugs, genetics, etc. Key endocrine glands that produce hormones are the thyroid, pituitary, ovaries, testes, pancreas and adrenals. Key hormones to keep in balance are your sex hormones: estrogen, progesterone, testosterone, progesterone, some neurotransmitters including melatonin and Thyroid Stimulating Hormone (TSH), thyroid hormones such as thyroxine (T4) and triiodothyronine (T3), your stress hormone cortisol as well as adrenal health hormones like dehydroepiandrosterone (DHEA), and insulin, which manages blood sugar regulation.

Life Hack and Helpful Hint: Are there other types of foods that support detoxification? Any type of tea (Black tea, Green tea, Rooibos, Oolong etc.) supports certain phases of detox in the liver. If you do enjoy tea, make sure you are getting good quality tea (some are covered in pesticides). Onions, Garlic, Cilantro, Coriander, broccoli, cauliflower, green leafy vegetables, tomatoes, citrus fruits and many more support the body's ability to detox. Having enough fiber from the diet allows the liver to dump the toxins into the digestive tract to be carried out of the body.

*If you have an autoimmune disease you may want to avoid nightshades like tomatoes, bell peppers, eggplants and white potatoes as they can create inflammation and cause overall pain as well as achy joints. For those that may have a condition like IBS and SIBO, avoiding onions and garlic as well as other foods that are High FODMAP would be helpful for reducing symptoms. If you have one of these conditions, look up Low FODMAP foods and see if eating only those helps to reduce symptoms.

DAY 17

MEAL PLAN

Breakfast: Organic Breakfast Sausage (P,F) (Example: Chicken Apple Sausage) with Sauteed Kale (C)

Snack: Apple Slices (C) with Sunflower Seed Butter (F)

Lunch: Cajun Seasoned Chicken (P) with Brown Rice (C) and Side Salad with Everyday Basic Vinaigrette (F)

Snack: Rice Crackers and Hummus (C,F)

Dinner: BBQ Shredded Beef (P) with Sauteed Greens & Brown Rice (C)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 17

READING

Neurotransmitters

Neurotransmitters are another set of chemical messengers, which are used by the nervous system to transmit messages between neurons in the brain and nervous system. Neurotransmitters impact mood, focus, cognitive function, stress response and numerous bodily functions, and levels are impacted by the health of the microbiome, food, stress, sleep, exercise, and genetics. Key neurotransmitters include serotonin, GABA, glutamate, dopamine, epinephrine and norepinephrine. There are many balances and precursors to the creation of these hormones that we get through food. In addition, inflammatory foods can have a negative impact on these hormones as well, causing a variety of brain conditions and disorders.

Life Hack and Helpful Hint: Inflammatory foods can have a large, negative impact on these all hormones including neurotransmitters. They can contribute to a variety of brain conditions and disorders. Omega-3 fatty acids from Fish Oil Supplements and eating fresh, wild caught fish can promote brain health. Omega-3's have an anti-inflammatory affect on the brain and the body. Cod Liver Oil is a good option. Make sure to research the brand you buy to make sure they are testing for and removing/limiting heavy metals. Krill Oil may be a good option for athletes as it seems to have an impact on muscle aches and joints as well.

DAY 18

MEAL PLAN

Breakfast: Rainbow Smoothie with Chia Steel-Cut Oats in a Jar (P,F,C)

Snack: Fresh Strawberries and Walnuts (C,F)

Lunch: Cajun Seasoned Chicken (P) with Brown Rice (C) and Side Salad with Everyday Basic Vinaigrette (F)

Snack: Sugar Snap Peas, Carrots and Fresh Salsa

Dinner: Pesto Salmon with Quinoa, Green Beans and Sauteed Garlic Zucchini

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 18

READING

Exercise

You're almost 3 full weeks in! Hopefully you are noticing improvements in sleep, digestion and your daily energy levels. Sugar cravings should be pretty minimal by now and symptoms like headaches, bloating and joint aches (if you started with them) should be improving as well. Have you noticed exercise getting a bit easier?

If you are losing motivation to keep going, think back to when you started this reset. Can you identify a feeling, a reason for starting? I want you to write that down today in the journal section next to this page. Take a deep breath in and set an intention for the rest of this reset. If you have had some "meals" or "beverages" that you think have thwarted your progress, set the intention to finish out the reset strong. If other areas like exercise have dropped off the map, set the intention to get in a few more workouts or training sessions this week and next. And as always, don't forget to plan it into your schedule!

Athletes, or people who exercise more than 3 days a week, have a tendency to utilize certain nutrients faster than the average person. Many injuries and illnesses can be prevented by tracking nutrient levels with 1-2 blood tests. Anemias and fractures are only two most common injuries and illnesses that plague athletes. For the most part, they can be avoided and prevented, because they are rooted in malnutrition.

Some of these include vitamin D, B Vitamins, Magnesium, Calcium, Vitamin C and others. Eating plenty of fruits and vegetables will cover most of the needs of an athlete; however, there are still a few nutrients that may need to come from supplements. Vitamin D for example, is normally synthesized in the body after being exposed to sunlight. For some, access to sunlight is minimal during certain parts of the year so regularly supplementing with a good quality Vitamin D supplement may fill in the gaps.

Life Hack and Helpful Hint: blood testing is a big part of sports nutrition and overall health. Tracking and having accurate information showing your body's physiological function is imperative for utilizing nutrition to prevent injury and chronic disease. Many athletes suffer stress fractures, bone fractures and many other injuries that when checked, could have been avoided. You can optimize your nutrition by making sure you get a wide variety of phytonutrients - a rainbow of vegetable and fruit colors on your plate throughout the day everyday.

If you are looking for more information on this topic head to:
www.gymcall.com/blog/functional-medicine-for-the-athlete

DAY 19

MEAL PLAN

Breakfast: Organic Breakfast Sausage (P,F) (Example: Chicken Apple Sausage) with Sauteed Kale (C)

Snack: Pumpkin Seeds and Fresh Pear

Lunch: Turkey Lettuce Wraps (P) with Tomatoes, Avocado, (F) Everyday Basic Vinaigrette + Side of Carrots (C)

Snack: Celery and Almond Nut Butter

Dinner: Rotisserie Chicken over Sauteed Swiss Chard with Garlic and Quinoa

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 19

READING

Mitochondria

Another powerful antioxidant is CoQ10. It is technically a co-enzyme that we make 'in house'. We have little organelles called mitochondria inside our cells. They make ATP (adenosine triphosphate) – the energy source – that enables us to perform our normal bodily functions. The mitochondria essentially take dietary fat and other nutrients to turn it into energy. CoQ10 must be present in order for this conversion to occur. Deficiencies in CoQ10 play a role in autoimmune disease, migraines, development of cancer, Parkinson disease, Alzheimer's and other consequences of increased inflammation and oxidative stress.

For athletes, the mitochondria play a large role in how quickly you recover and also how well you perform. Mitochondria help muscles adapt to the stress of training. CoQ10, ubiquinol and ubiquinone, are helpful for maintaining healthy mitochondria. CoQ10 also helps recycle Vitamin C and Vitamin E allowing them to reduce even more oxidative stress in the body.

Life Hack and Helpful Hint: You can get CoQ10 from organ meats, grass-fed beef, cage-free eggs, free range chicken, sardines and rainbow trout, broccoli, cauliflower, pistachios, sesame seeds, oranges and strawberries.

DAY 20

MEAL PLAN

Breakfast: Rainbow Smoothie with Chia Steel-Cut Oats in a Jar (P,F,C)

Snack: Date, Apricot and Coconut Power Balls

Lunch: Finish up the left overs

Snack: Rice Crackers (C) and Hummus (F)

Dinner: Chicken Fajita Bowls (P) with taco seasoning, Black beans (C), Chipotle Zucchini (C), Guacamole (F) and Salsa

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 20

READING

Refined sugar vs. fruit sugar. One of the biggest differences between fruit and a cookie is fiber. When the brain signals that it wants something sweet, we have many ways to satiate that need. The difference though, between eating 2 pieces of fruit and 5 cookies is how the stomach and brain communicate. When you eat a piece of fruit the stomach recognizes the fiber and at a certain point (1-3 pieces of fruit later) the stomach will signal to the brain that it is full and the craving for something sweet will often dissipate. However, since a cookie, candy bar or piece of cake has next to no fiber, the stomach never sends a signal to the brain to stop eating. This is why it is still okay to eat fruit, but also why avoiding foods made with refined, processed white sugar is so important.

Life Hack and Helpful Hint: Although honey and maple syrup are considered “paleo”, better substitutions to sugar, they still spike blood sugar. They can be used in moderation, which means one or two times per week maximum. If you are putting honey or maple syrup in your tea or coffee every single day, that adds up to still be quite a bit of sugar.

In addition, be wary of alternative sweeteners. There are hardly any that are healthy. Consider this: many people switch over to diet sodas because they hear that sugar is bad and causes weight gain. Alternative sweeteners can increase toxic load in the body and can still lead to weight gain or a stagnant weight.

Tomorrow we are going to talk about balance in nutrition and life. But we are also going to cover when you need to be strict with your nutrition and when you can have some leniency.

DAY 21

MEAL PLAN

Breakfast: Refreshing Green Smoothie + Paleo Protein Pancakes (P,F,C)

Snack: Apple Slices with Sunflower Nut Butter (C, F)

Lunch: Turkey Lettuce Wraps (P), Tomatoes, Avocado (F), Everyday Italian Dressing, Side Rice Crackers and Hummus

Snack: Sugar Snap Peas, Carrots and Fresh Salsa (C)

Dinner: Pesto Salmon (P,F) with Quinoa (C), green beans and sauteed zucchini with garlic

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 21

READING

Bringing foods back in after eliminating many of them needs to be a slow process. Follow this introduction pattern when you are done with the reset and ready to start including some of the foods we cut out, back in:

1. At one meal only, add one food item back in (for example, toast with gluten, cheese or cream)
2. Eat “clean” the rest of the day and two to three days afterward
3. If you noticed symptoms like: stomach upset, a change in digestion, stuffy nose, mild or severe headache, any acne, rash or brain fog or fatigue it is possible that you have a sensitivity to this food and should continue to avoid it for 3 months then test it again. Some foods may need to be permanently removed, others - once you heal the GI tract - you will be able to eat them again.
4. If you had no symptoms up to 3 days afterward this food may be one you can include back in within moderation and reason. Remember, both gluten and dairy, corn and soy, can still have an inflammatory impact on the body regardless of whether you have a sensitivity to it, or not. Only include these foods back in moderation.
5. Try a different food the following week and repeat this process until you’ve incorporated foods you have missed and see the result.

Life Hack and Helpful Hint: There are times for balance and there are times for being strict. There are so many nutritionists, registered dietitians and physicians talking about nutrition on the internet and on social media with different suggestions and opinions. How do you sort through them all? Here is what I walk my patients through in my clinic:

1. Are we treating something (chronic disease, injury, common cold/flu)? If yes, we need to be strict about the food we eat because our intent is to heal the body. It is often only for a particular length of time and not forever, but it is important to eat nutrient dense, anti-inflammatory foods.
2. Are you in training or competition season? If you are in training/competition season, then a strict diet is advised to make sure you recover quickly and avoid injury. Your body will already be tackling plenty of inflammation, it is best not to compound it with inflammatory foods. During off season, you can indulge where you like and find some balance. Just remember, still, moderation is key for overall health.
3. Are you aiming for overall health? If this is the case, and you don’t have migraines, joint aches/pains, fatigue, brain fog, bloating or GI symptoms, hormone imbalances then there is some room for balance. This is where having a healthy mindset around food is important. For example, if you want something sweet like a donut, it would be okay to fulfill that craving. But, it would be best to have that donut with a source of protein and make sure you eat super clean, healthy meals the rest of the day for the next two days afterwards. Sugar is incredibly addicting and you may find your cravings for sugar may increase the next few days afterward. Balance is key, but understanding how your body responds is important, too. Remember, the goal is to always get 9-12 servings of fruits and vegetables of a variety of colors and types every single day. Starches, fats and proteins fit in after that.

DAY 22

MEAL PLAN

Breakfast: Apple Cinnamon Amaranth Porridge (C,F) + Peppermint Green Tea

Snack: Lemon Cream (F) with Blackberries and Raspberries (C)

Lunch: Quinoa Salad (C) with Chicken (P), Grapes and Almonds (F) + Side of Sugar Snap Peas and Carrot Sticks

Snack: Mango Cashew Snack Bars (F,C)

Dinner: Arugula and Baby Greens Salad (C) with Dijon Marinated Flank Steak (P)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 22

READING

GI Tract Supplements

Digestive enzymes, probiotics and prebiotics play key roles in the digestive process. Digestive Enzymes exist in your saliva, your stomach and in your intestines. They are even found in many foods of all types. They help break down the food item we eat into the vitamins, minerals and little building blocks like amino acids and essential fatty acids that we need in order to fuel and survive.

Digestive enzymes can take a bit of stress off of the digestive system and can ease many digestive symptoms. Many of today's diseases are due to 'malnutrition'. With the obesity epidemic, you would think it's the opposite. Actually, we are eating so many foods that are missing vitamins and minerals that heal and fuel the body. Even further, many of our soils are becoming more depleted leaving vegetables and fruits with less nutrition than 10, 20, to 50 years ago. Digestive enzymes can help break down food even further so that we get an increased chance to fully digest and absorb the nutrients in our food.

Probiotics and Prebiotics are also helpful overall supplements because they create a healthy environment for good bacteria that live in your GI tract as they pass through. Prebiotics are food for good bacteria. If you want a healthy gut, a healthy microbiome is how you get there. In order to create a healthy microbiome, you need to create an environment that healthy, helpful, good bacteria want to be there. Prebiotics are the food, and probiotics help with breaking down food and have an anti-inflammatory effect on the GI tract.

Life Hack and Helpful Hint: You can get prebiotics and probiotics from food, not just a supplement.

Healthy food sources of probiotics: fermented foods like kimchi, pickles and pickled food items, and sauerkraut. Yogurts often have probiotics as well. I just recommend a dairy free yogurt that is unsweetened. Kombucha is also a fermented food with natural probiotics. Make sure to look for ones that are low in sugar (4-6 g of sugar or less).

Healthy food sources of prebiotics: onions, garlic, leeks, artichokes, chicory root (tastes like coffee without the caffeine), dandelion greens, asparagus and bananas.

DAY 23

MEAL PLAN

Breakfast: Organic Chicken Apple Sausage (P,F) with optional Eggs (P) and Side of Berries (C)

Snack: Seed Crackers (C,F) with Avocado (F) and Microgreens

Lunch: Spice Rubbed Chicken Breast (P) with Three Bean Salad, Roasted Beets (C) and Almonds (F)

Snack: Sliced Jicama and Radish (C) with Salsa and/or Guacamole (F)

Dinner: Taco Salad with Seasoned Ground Beef (P), Tomatoes, Salsa, Avocado (F) and Cilantro Lime Dressing

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

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Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 23

READING

Magnesium is a mineral that is necessary for many systems in the body. Symptoms of magnesium deficiency may include PMS, hormonal imbalance, heart attack, fibromyalgia, type 2 diabetes, osteoporosis, constipation, migraines, headaches, anxiety and depression, chronic fatigue, tight muscles, muscle fatigue and more. Green leafy vegetables such as spinach and swiss chard are high in magnesium. Avocados, pumpkins seeds, almonds, black beans and bananas also have some magnesium content. One key thing to remember about magnesium is that your body must have adequate amounts of magnesium in order to absorb and utilize calcium. So, if you are taking a calcium supplement that does not also have magnesium, I recommend you make the switch to a cal/mag supplement.

Life Hack and Helpful Hint: Magnesium can often cause digestion upset if it is not good quality or if you take too much. Start with 300 mg or less and increase as needed up until you notice digestion upset, then back off to find a healthy dose for you. Taking magnesium at night can help with relaxation, muscle recovery and improved sleep.

DAY 24

MEAL PLAN

Breakfast: Apple Cinnamon Amaranth Porridge (C,F) and Peppermint Green Tea

Snack: Mango Cashew Snack Bars (C,F)

Lunch: Quinoa Salad (C) with Chicken (P), Grapes and Almonds (F) + Side of Sugar Snap Peas and Carrot Sticks

Snack: Siete Grain Free “Tortilla” chips with Black Bean Hummus (C,F,P)

Dinner: Halibut (P,F) Lime Scented Coconut Rice (C) and Mixed Greens Salad (C, Fat from dressing)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water – every morning

12 – 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

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DAY 24

READING

Exercise, reducing stress, good sleep, laughter, challenge, fun and tuning in nutrition are all pieces to staying healthy. At this point in the program you have hopefully seen improvements in one of these areas: weight loss, better performance at the gym, more energy and/or better digestion.

As you get ready to finish up this program, what are some other areas of your nutrition and your lifestyle that you can improve?

Have you thought about trying meditation to reduce stress? How many days are you getting into the gym, could you add one more? Or, do you feel like you are exercising too much? Could you exchange one day for a more restful exercise like a long fast paced walk or yoga?

Are there ways you could add in even more greens after this program? You have the tools and the opportunity to continue working on incorporating new recipes and new foods, new habits and routines to your week.

Life Hack and Helpful Hint: you may find it helpful to check in with yourself every Sunday in a journal planner. You can rate things like: nutrition, exercise, rest, communication, relationships, spirituality, mindfulness, stress, work, personal/professional growth, and even your physical environment. Each week rate each section and see if there are small actionable things you can do each coming week to improve each section. This practice of mindfulness and wellness can improve your overall well-being and lead to even greater health outcomes.

DAY 25

MEAL PLAN

Breakfast: Organic Chicken Apple Sausage (P,F) with optional Eggs (P) and Side of Berries (C)

Snack: Lemon Cream (F) with Blackberries and Raspberries (C)

Lunch: Spice Rubbed Chicken Breast (P) with Three Bean Salad, Roasted Beets (C) with Almonds (F)

Snack: Sliced Jicama and Radish (C) with Salsa and/or Guacamole (F)

Dinner: Lemon, Garlic Chicken Thighs (P) with Black Rice (C) and Sauteed Swiss Chard or Collards

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 25

READING

Detoxification Revisited

The skin is one of the largest organs in the body. It also, is one of the most absorbent organs in the body. One role it plays is an elimination route for toxins. We eliminate many chemicals through our sweat. When the body is inflamed or we have more exposure to toxins than normal, the body utilizes the easiest and quickest routes it knows: through our pores. Unfortunately, this often causes a bad reaction and we see it as pimples and skin rashes (such as eczema and psoriasis etc.). Often, when the diet is cleaned up of foods that commonly cause sensitivities, the body is able to utilize other detoxification routes as well, taking the strain off of the skin.

Life Hack and Helpful Hint: Have you changed some of the cleaning chemicals in your house or sought out safer, less toxic skin care and cosmetics? If you have, well done! Making even the smallest of changes can have a very large impact on our health. If you haven't read the section about toxins from cleaning products, skin care and cosmetics, head back to the introduction section and sit down for a quick read. If you need recommendations on products you can always head to www.gymcall.com. There are plenty of resources there to help you find safer products for your skin care and home!

DAY 26

MEAL PLAN

Breakfast: Apple Cinnamon Amaranth Porridge (C,F) and Peppermint Green Tea
Snack: Seed Crackers (C,F) with Avocado Spread (F) and Microgreens
Lunch: Coconut Chicken Dal (P,F) with Brown Rice and Steamed Broccoli (C)
Snack: Siete Grain Free "Tortilla" Chips (C) with Black Bean Hummus (P,C,F)
Dinner: Halibut (P,F) with Broccoli, Lime Scented Coconut Rice (C) & Mixed Greens Salad

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day
Lemon Water - every morning
12 - 24 oz. of Green Tea/ Black Tea
8-12 oz. Bone Broth
12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 26

READING

Antioxidants

Antioxidants play powerful roles in overall health and cellular health. Reactive Oxygen Species (ROS) or Free Radicals are created by the body during certain cellular processes as the result of metabolism and they are created when we are exposed to toxins. The liver generates Free Radicals during the first phase of liver detoxification. In all of these areas of normal ROS production, the body is counting on getting the antioxidants it needs from the diet to neutralize the Free Radicals and remove them from the cell and body.

Processed foods and most standard American diet foods are very low in antioxidants. As free radicals build up, toxicity rises in the body. This is part of how diseases such as cancer, autoimmune disease and other chronic diseases begin.

We have talked about many antioxidants through out the program. Vitamin C, B Vitamins, Vitamin A, Glutamine and others are all essential antioxidants. Vitamin E is another powerful antioxidant that can help thicken hair, heal the skin and wounds, balances cholesterol and even balances hormones. It may also protect against age related vision degeneration, it may protect against Alzheimer's disease, and it helps with muscle and physical endurance.

Life Hack and Helpful Hint: You can find natural sources of Vitamin E from: Sunflower seeds, almonds, butternut squash, avocado, broccoli, mango and spinach.

DAY 27

MEAL PLAN

Breakfast: Overnight Steel Cut Oats (C) with Pecans (F) Chia Seeds and Berries (C) + Strawberry Mango Smoothie (F,C)
Snack: Mango Cashew Snack Bars (C,F)
Lunch: Quinoa Salad (C) with Chicken (P), Grapes and Almonds (F) + Side of Sugar Snap Peas and Carrot Sticks
Snack: Sliced Jicama and Radish with Salsa and/or Guacamole
Dinner: Ground Turkey (P) Lettuce Wrapped Burgers (with Avocado (F)) and Sweet Potato Fries (C)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day
Lemon Water - every morning
12 - 24 oz. of Green Tea/ Black Tea
8-12 oz. Bone Broth
12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 27

READING

The Calorie Paradigm

There are some foods you can eat a lot of and not gain weight. Yep, it's true. Some of these foods include: beet greens, collards, chicory, dandelion greens, lettuce, romaine, spinach, swiss chard, water cress, almonds, brazil nuts, pine nuts, pistachios, walnuts, hazelnuts, chia seeds, flax seeds, pumpkin seeds, sesame seeds, sunflower seeds, all kinds of vegetables, beans, and fresh herbs. Fruits like blueberries, strawberries and other low glycemic fruits have a high nutrient density and a low caloric density. Meaning you can eat quite a bit of them with little impact to your overall caloric intake.

That being said, focusing on calorie intake is fraught with errors. For example: 150 calories from a snack bar that has 19 grams of sugar is not equivalent to 150 grams of blueberries, beef jerky and a few carrots with guacamole. The nutrient density of the whole foods versus the processed snack bar is very different. In fact, you could eat 300 calories of the whole foods snack and still not need to worry about eating too much.

It is all about the quality and the type of food you eat.

If you normally eat out restaurants, you don't have as much control over what you are eating, what oils are being used, and so many other factors that contribute to your overall health (positive or negative).

Life Hack and Helpful Hint: Aim to cook homemade meals as much as you can. There is a connection between shopping for food, or even better growing it in a home garden and harvesting it, then bringing it home, preparing it and cooking it. This may seem tedious to you if you don't like to cook, but you can change your mindset around it by setting an intention for each time you cook and sit down to eat an incredibly flavorful and nutrient packed meal for yourself. Search for gratitude of the meal if you prepared it or if someone else prepared it for you. Think about where the items came from and how they will impact your body. Even if you just start with cooking one more meal for yourself each week, overtime you may come to enjoy it!

DAY 28

MEAL PLAN

Breakfast: Refreshing Green Smoothie (C,F) + Paleo Protein Pancakes (P)
Snack: Seed Crackers (C,F) with Avocado (F) and Microgreens
Lunch: Coconut Chicken Dal (F,P) with Brown Rice and Steamed Broccoli (C)
Snack: Siete Grain Free Tortilla Chips (C) with Black Bean Hummus (P,F,C)
Dinner: Arugula and Baby Greens Salad (C) with Dijon Marinated Flank Steak (P)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day
Lemon Water - every morning
12 - 24 oz. of Green Tea/ Black Tea
8-12 oz. Bone Broth
12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 28

READING

Sugar cravings may return after the reset if different foods make their way into your diet. Sugar cravings are often a sign of imbalances with stress hormone, blood sugar and insulin. Refined sugar enters the blood stream extremely quickly, spiking insulin and serotonin. Just as fast as blood sugar went up, it will come down causing mood swings and fatigue. We tend to reach for more sugar to give us a 'boost'. Which spikes blood sugar again and again through out the day.

Protein helps to even out the blood sugar spikes, so if you know you have trouble managing your blood sugar, try increasing healthy sources of protein while decreasing your sugar sources and see if that helps relieve some of the "hangry", jittery sensations you get from not eating.

Life Hack and Helpful Hint: There are certain herbs like astragalus and spirulina that can help with energy and cravings, although making sure you are getting enough protein and a balance of minerals from fruits and vegetables over a few weeks often helps immensely.

DAY 29

MEAL PLAN

Breakfast: Overnight Steel Cut Oats (C) with Pecans (F) Chia Seeds (F) and Berries

Snack: Strawberry Mango Smoothie (F,C)

Lunch: Grilled chicken, quinoa, mixed greens salad (P,C,F)

Snack: Hummus or Guacamole, Carrots/Cucumbers/Celery (F,C)

Dinner: BARC bowl (P,C,F)

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 29

READING

CREATING A POSITIVE MINDSET AROUND FOOD

Yo-Yo and chronic dieting can have a harmful impact on your body, but also your mind and relationship to food. A big piece of succeeding through a successful nutrition program and beyond is understanding that to become “healthy” it requires a mindset shift, which ultimately drives pattern and habit change. This then leads to the patterns of a balanced and healthy diet. But it first starts with focusing more on lifestyle and mindset than how you look in the mirror or how your clothes fit. When I work with clients and patients, we strive to work on education first. For example, how does food impact your body? How does it impact your goals? Eating “right” wouldn’t be hard if we lived out in the middle of no where and had to hunt and grow our own food. But it doesn’t have to be hard if you focus on how you feel versus how you look.

The most difficult aspect of eating healthy for most of my patients is the fact that there are so many choices and options when you step foot in that grocery store. So, when you are thinking about what you should eat... could you grow it in the ground? Could you potentially hunt it? Those are two pretty strong guidelines to start with. But that does not tackle the mindset around needing to diet. Going on and off diets creates feelings of scarcity around food. We want to strive for feeling a sense of abundance around food and a mindset of feeling strong and healthy when we eat foods that we know feed the body and cells that are working hard to do their jobs.

Life Hack and Helpful Hint: When building meal plans it is important to eat nutrient dense food. Make sure to vary the fruits and vegetables, eat as many that are in season as you can, and make sure you are getting plenty of healthy sources of protein and fat. In reality, we are never on a ‘diet’. We are shifting our habits to feed our cells so that we can strive for our best health.

DAY 30

MEAL PLAN

Breakfast: Green Smoothie (P,F,C) With Egg Scramble Or Chicken Apple Sausage

Snack: Nuts/Seeds

Lunch: Grilled Chicken with and roasted diced sweet potato (P,F,C)

Snack: and salsa (C)

Dinner: Ground Beef Taco Bowl with Taco Seasoning (P), Romaine Lettuce (C), Brown Rice (C) Avocado (F) and cilantro lime dressing!

DAILY LIQUIDS

1/2 - 2 liters of filtered Water each day

Lemon Water - every morning

12 - 24 oz. of Green Tea/ Black Tea

8-12 oz. Bone Broth

12 oz. of Coffee is allowed, but optional

DAILY TRACKING

Workout/ Training Session: _____ Weight: _____

Time Spent Exercising: _____ Hours of Sleep: _____

Energy Levels (Daily & During Exercise) : _____ Quality of Sleep _____

Rate your Stress Levels: _____ Other: _____

Write down & rate severity (0-5) of any other _____

aches/pains/symptoms: _____

DAY 30 READING

Congratulations! You've made it to the final day! I hope you are proud of your accomplishment! You stuck with it and finished the program. I hope you learned a lot about nutrition and how to build balanced, healthy meals.

Let's talk shortly about any results you have seen. Make sure to complete the post reset assessment. Do you have results you want to share? Feel free to email any results or reviews to info@gymcall.com or share your results on your favorite social media and tag us on facebook @gymcall or instagram @drkirstin and use #30dayresetwithdrk. On that note, if you aren't following us on those platforms - come on over! We have tons of content we put out everyday covering all sorts of topics around health and wellness.

Whether you followed the 5 smaller meals or the 3 larger meals on this meal plan, I hope you were able to discover how balanced nutrition makes you feel great, but also helps you achieve your goals. I know it may have been tough, but you made it!

I hope you are proud of yourself and feel encouraged to continue working on your nutrition and exploring more ways that you can love how you feel on the inside. Feel free to revisit any meals and build your own meal plans out of your favorite meals anytime you'd like!

Don't forget to check out the BONUS recipes at the back and continue working on swapping out some of those house and personal products that contain harmful toxins.

Thank you for joining me on this program and I'd love to hear your thoughts about it!

A Note on Functional Medicine

Functional Medicine is an approach to health care that aims to address the cause of any illness or injury instead of just address the symptoms. Working with a Functional Medicine practitioner can help you restore function to your body. For those dealing with autoimmune disease or managing a chronic illness, Functional Medicine can help.

Functional Medicine for athletes is all about injury and illness prevention by optimizing nutrition and key health factors for your best performance. The main goal is to optimize function of each system and the body as a whole for optimal performance and recovery.

If you have gone through this program and know there is more you need to do to get to the root cause of your migraines, autoimmune disease or other chronic illness, brain fog, fatigue, chronic injuries etc., or you're ready to take your performance and sports nutrition to the next level, consider working with a Functional Medicine practitioner. You can find more information about our programs at our website at www.gymcall.com or email us at info@gymcall.com.

POST RESET ASSESSMENT

You've just put in so much hard work! Now it's time to go through each of the baseline assessments that you completed 30 Days ago, and see the progress you've made! Go through the process again and compare with 1 month ago. Did anything change - better or worse? Are there things that still need improvement? These are just a few questions to ask yourself as you look back and compare.

Step 1: Take a picture of yourself.

Men: shorts or boxers and no shirt.

Women: Sports bra/bra and shorts or underwear.

Take one picture from the front, one from the side, and if you can – one from the back as well.

Compare both pictures, any changes?

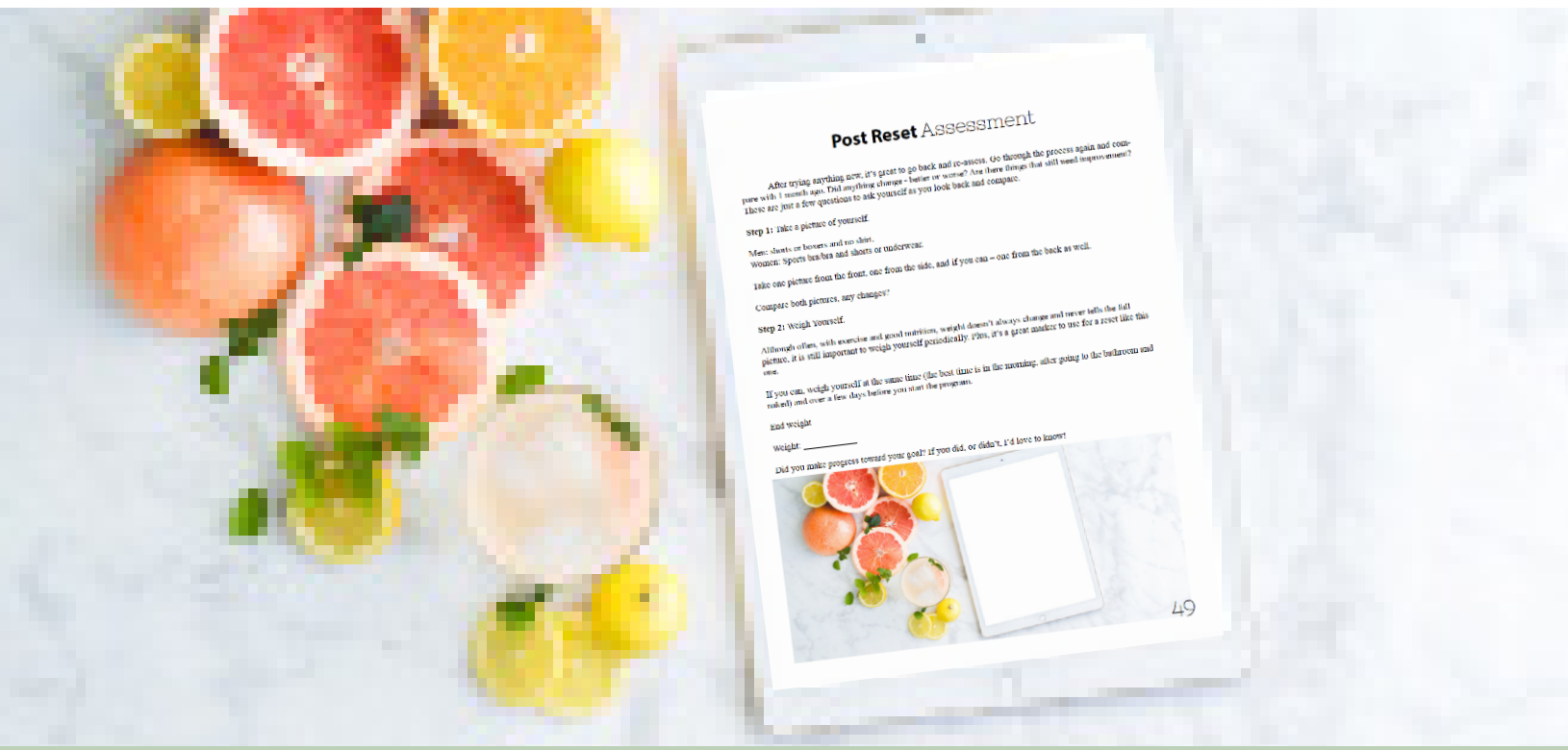
Step 2: Weigh Yourself.

Although often, with exercise and good nutrition, weight doesn't always change and never tells the full picture, it is still important to weigh yourself periodically. Plus, it's a great marker to use for a reset like this one.

If you can, weigh yourself at the same time (the best time is in the morning, after going to the bathroom and naked) and over a few days before you start the program.

End weight

Weight: _____



Step 3: Take Measurements.

If your weight does not change over the 30-days, it is possible that your measurements will. Make sure to write these down now.

Write down your measurements in both inches and centimeters.

Left Arm: inches _____cm_____

Right Arm: inches _____cm_____

Bust: inches _____cm_____

Chest: inches _____cm_____

Waist: inches _____cm_____

Hips: inches _____cm_____

Left Leg: inches _____cm_____

Right Leg: inches _____cm_____

Step 4: If you have any symptoms relating to these systems/conditions...

Circle and rate 1 to 5 (1 being mild 5 being severe)

Frequent headaches _____	Migraines (once or more a month) _____
Frequent colds _____	Allergies _____
Stuffy nose _____	Frequent nose drainage _____
Plugged ears _____	Tinnitus (ringing in the ear) _____
Sensitivity to cold _____	Difficulty losing weight _____
Difficulty gaining weight _____	
Dry skin _____	Itchy skin _____
Skin rashes (psoriasis, eczema, acne etc.) _____	
High cholesterol _____	High Blood Pressure _____
Dizziness _____	Depression _____
Anxiety _____	Fatigue _____
Brain Fog _____	Poor or delayed memory _____
Bloating _____	Stomach cramps _____
Acid Reflux _____	Heartburn _____
Constipation _____	Frequent loose stools or diarrhea _____
Frequent infections _____	Yeast infections (currently or frequently) _____
Leg or Arm Swelling _____	Heart palpitations _____

Step 4 (continued): If you have any symptoms relating to these systems/conditions...

Stress level _____

Women: Cramping and pain or other symptoms during menstrual cycle _____

Women: Hot flashes or other menopausal symptoms _____

Men: difficulty getting or keeping an erection _____

Men: low desire to have sex _____

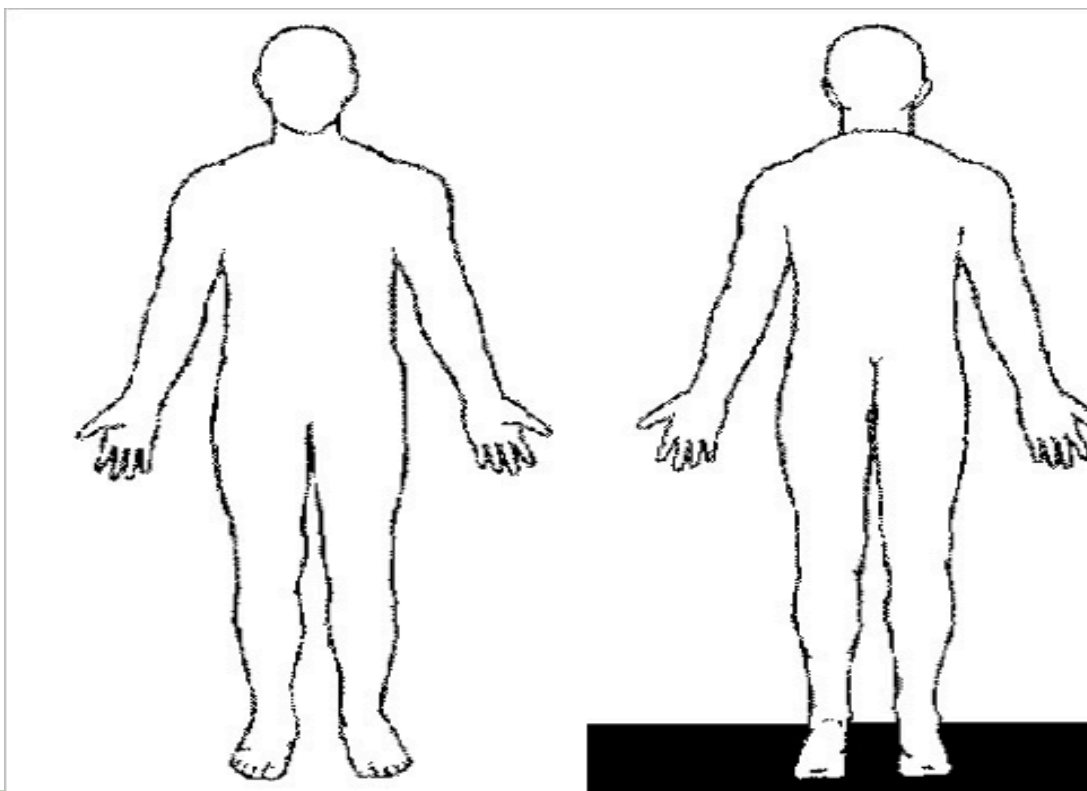
Men: difficulty losing weight or gaining muscle _____

Are there any symptoms or complaints that are still bothering you? How does this list compare to the one at the beginning? _____

Step 5: Use the following chart to mark any areas where you have pain.

Rate the pain from 1-5 (1 being minor and 5 being severe)

You may also want to write the quality of the pain whether it is sharp, dull, achy, burning, pins and needles etc.



Step 6: Redo Your Baseline Workout

Write down your workout: _____

Time Performed: _____

Rate how you felt (0-5 0 being horrible, 5 being great) or write down how you felt:

Did you improve? If your time didn't improve, did you feel different performing the workout?

Establish Your Goals

Did you achieve your goals? If your goals were more long term, did you make progress towards them?

In what ways did they improve?

Write 3 goals you would like to achieve or work towards outside of this program (or more if you'd like!):

(This could include a weight you'd like to reach, a Personal Record or improved workout time, or improvement of some or one of the symptoms you circled and rated above)

1. _____

2. _____

3. _____

If there is anything else you would like to accomplish write that down here:

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RECIPES

WEEK ONE

Week 1 Green Smoothie:

- 1 Cup of Water, or Coconut Water
- 1 cup of greens (or handful)
- 1 frozen banana
- 1 apple diced
- 1 lemon (juice)

You can also add: avocado, ginger (1 tbsp minced), spirulina or other green powder, whey protein, frozen blueberries (to mix up the flavor profiles a bit).

Add all ingredients in a blender, blend until smooth and enjoy!

Weekend Green Smoothie:

- ½ Cup Water
- ½ Cup Almond, Coconut, Cashew or other nut milk
- 2 Cups Spinach (or other greens that you have on hand)
- 1 frozen banana
- 1 orange (peeled and take out the seeds)
- ½ cup mango or pineapple

Add all ingredients in a blender, blend until smooth and enjoy!



Black Rice Porridge

Ingredients

- 1 Cup Black Rice Like: Lotus Foods Forbidden Rice
- 1 3/4 Cups Water
- 1/4 Cup Almond Milk (or other milk alternative)
- 1-2 T Tbsp Jam (Blackberry or Raspberry works well)
- 1 Cup Fruit of choice (Nectarine, Blackberries, Raspberries, Strawberries, Blueberries)

Instructions

Follow Instructions for preparing Black Rice on package. I personally like to use Lotus Foods Forbidden Rice. Combine 1 3/4 cups of water, 1 cup rice and a pinch of salt. Bring to a boil over high heat. Cover, reduce heat and simmer for 30 minutes. Remove from heat. Let stand covered for a few minutes. Fluff and serve. A rice cooker may be used with the same water-to-rice ratio.

Once the black rice is done, you can put it into containers for lunches, or this breakfast a few times this week.

To prepare the breakfast bowl, if reheating, add 1/3-1/2 cup of the black rice to a pot with the almond milk (or milk alternative) and re-heat on medium-low.

If you are making this in the morning, after the black rice is cooked, add 1/3 – 1/2 cup of rice to a bowl and top with almond milk like you would oatmeal.

Add favorite jam or honey, top with fruit of choice and enjoy! You may need to adjust the sweetness a little bit to your preference.

You could also add a vanilla protein powder to this to give it a bit more protein, or make this with a side of eggs and you have a good source of fat, protein and carbohydrates for a perfect start to your day!



Coconut Chicken Dal

Makes 6 servings (1 serving ≈ 1 cup)

1 pound rotisserie chicken (shredded)

¼ teaspoon sea salt

¼ teaspoon black pepper

2 cups yellow split peas (dry)

3 teaspoons coconut oil, divided

1 small yellow onion, sliced

3 cloves garlic, pressed or grated

1 tablespoon grated fresh ginger

2 teaspoons ground turmeric

1 quart chicken broth, low-sodium

1 can (14 ounces) lite coconut milk

¼ cup chopped fresh cilantro

Directions

1. Place the chicken thighs on a plate and sprinkle salt and pepper on both sides.

2. Rinse the split peas in a colander and set aside to drain.

3. Add 2 teaspoons coconut oil to a saucepan over medium-high heat. After it melts, add onion and sauté.

5. While onion is cooking, get the rotisserie chicken shredded.

6. Place chicken into the pan. Add garlic, ginger, and turmeric. Sauté for a few minutes.

7. Add chicken broth and stir with wooden spoon. Scrape up the bits of cooked chicken from the bottom of the pan to ensure the best flavor. Add the lite coconut milk and peas.

8. Simmer uncovered over medium heat until peas are soft (approximately 30 minutes).

9. Sprinkle with fresh cilantro just before serving.

Tip: This can be served over brown rice or eaten with a side of non-starchy vegetables.

Taco Seasoning:

(for 1 lb of beef or chicken)

2 Tbsp Cumin

2 Tbsp Paprika

1 Tbsp Onion powder

1 Tsp Coriander

1 Tsp chili or chipotle powder

1 Tsp Salt

1 Tsp Pepper or cayenne

Roasted Broccoli or Cauliflower

Place Broccoli on roasting pan

Sprinkle with olive oil

Salt

Pepper

Roast at 425 for 10 minutes

Lemon Ginger Chicken

2 Tbsp Olive oil
1 Tbsp of ginger minced
Lemon Zest
2 cloves of garlic minced
1 Tsp of Salt
½ Tsp ground pepper
Chicken Breasts – cut into ¾ inch pieces
Or thin, slender pieces like tenderloins

Add all ingredients into a bowl and coat the chicken.

Roast in the oven at 375 degrees for 10-15 minutes or until thermometer reads 165 degrees Fahrenheit. Serve warm!

Gluten-Free Steel-Cut Oats

Makes 4 servings
4 cups water
1 cup gluten-free steel-cut oats

Directions

1. In a medium saucepan, bring water to a boil.
2. Add oats, and stir. Reduce heat to low, and allow to simmer, uncovered.
3. Simmer for 25–30 minutes, stirring occasionally, until oats are of desired texture.

Tips: Note that oats will thicken further after removing from heat. Refrigerate any leftovers. This dish may also be served topped with a spoonful of plain coconut yogurt or soy yogurt. Or stir in additional milk of choice, and some fresh or dried berries. Adding flaxseed milk or ground meal would support detoxification.

Everyday Basic Vinaigrette

Makes 8 servings (1 serving ≈ 1½ tablespoons)

¼ cup vinegar of choice

Juice of 1 lemon (≈3 tablespoons)

1 clove garlic (or 1 teaspoon minced garlic)

½ teaspoon ground cumin

1 tablespoon honey

1 teaspoon Dijon mustard

½ teaspoon sea salt

¼ teaspoon pepper

1–2 tablespoons fresh minced parsley

2–4 chopped green onions

¼ cup extra-virgin olive oil

Variation:

In place of cumin, add ½ to 1 teaspoon of dried basil or 1–2 tablespoons fresh basil.

Directions

1. Place the vinegar, lemon juice, garlic, mustard, honey, sea salt, and pepper in a blender and blend.
2. Add the fresh chopped parsley and onion. Blend.
3. Add oil and blend (if possible, slowly stream in olive oil through an opening in the top of the blender).
4. Serve at room temperature.

Guacamole

Makes 4 servings

2 cloves garlic, minced (≈ 2 teaspoons)

3 scallions or red onion, minced (≈ ¼ cup)

¼ jalapeño, minced

2 avocados, peeled

1 tablespoon fresh lime juice (juice of ½ lime)

2 tablespoons chopped cilantro

1 pinch sea salt

Directions

1. In a medium bowl, combine the garlic, scallions, and jalapeños.
2. Add avocado and mash using the back of a fork.
3. Gently stir in lime juice.
4. Finish with cilantro and sea salt.

High-Protein Pumpkin Pancakes

Makes 4 servings

2 teaspoons coconut oil

1 cup rolled oats

$\frac{3}{4}$ cup egg whites (about 6)

$\frac{1}{2}$ cup cottage cheese

$\frac{1}{4}$ cup pumpkin puree

1 tablespoon pure maple syrup

1 teaspoon pumpkin pie spice

Directions

1. In a medium to large skillet, melt oil over medium-high heat.
2. Place all remaining ingredients in a blender. Blend to batter consistency.
3. Drop $\frac{1}{4}$ cup of batter into the pan for each pancake. Cook until the edges are bubbling. Flip and cook another 2 minutes, or until edges are golden brown and pancakes are fully cooked.



Asian Turkey Cabbage Rolls

Makes 6 servings

3 tablespoons fresh lime juice
1 tablespoon arrowroot powder
¼ cup coconut aminos
1 teaspoon sesame oil
1 tablespoon coconut oil
1 pound ground turkey breast
1 tablespoon grated fresh ginger root
2 cloves fresh garlic, minced
1 cup (≈1 bunch) thinly sliced green onions
1 small jalapeño pepper, finely chopped (optional)
½ to 1 cup sliced red bell pepper (1-inch strips)
1 package shredded carrots (≈2 cups)
1 package broccoli slaw (≈2 cups)
1 tablespoon chopped fresh mint
2 tablespoons chopped fresh cilantro
6 Chinese cabbage leaves, lightly steamed for 1–2 minutes
¼ cup chopped almonds, roasted

Directions

1. In a small bowl, mix together fresh lime juice, arrowroot powder, coconut aminos, and sesame oil. Set aside.
 2. In a large skillet or wok, heat coconut oil over medium-high heat. Add ground turkey breast, ginger, and garlic. Stir often until turkey is browned and cooked through, about 6–8 minutes.
 3. Add green onions, jalapeño, bell peppers, shredded carrots, and broccoli slaw. Stir-fry until vegetables are crisp, but tender.
 4. Add the lime juice-arrowroot powder mixture to the meat & vegetables. Mix thoroughly. Turn heat to low.
Fold in chopped mint and cilantro.
 5. Arrange steamed Chinese cabbage leaves on a serving platter. Spoon about 1 cup of mixture onto each leaf.
Top with chopped almonds.
- Tips: Shredded carrots and broccoli slaw are available prepackaged, or you may shred with a food processor or box grater. If grating your own broccoli slaw, use just the stalks of the broccoli.

Can use leaf lettuce or Butterleaf lettuce (not steamed) in place of cabbage leaves.

Rotisserie Chicken Salad

1 cup of turkey or rotisserie chicken – shredded

1 – 2 tbsp of mayo (home made if possible)

1 tsp lemon juice

Salt

Pepper

½ tsp garlic salt

¼ tsp onion powder

¼ tsp oregano

1/8 tsp cayenne pepper

Romaine Lettuce - you can shred it or use whole pieces of it like a “boat” or wrap

Add everything but the lettuce into a bowl and mix. Serve over the romaine lettuce.

Roasted Sweet Potato Fries

Makes 6 servings (1 serving ≈ ¾ cup)

5 medium sweet potatoes, cut into about 1 by 5-inch strips

3 tablespoons olive oil

2 teaspoons kosher salt

½ teaspoon freshly ground black pepper

Directions

1. Preheat oven to 400° F.

2. Place the sweet potato strips on a baking sheet lined with foil.

Drizzle with olive oil. Spread potatoes out in pan, so that they are in a single layer. Bake until golden, about 45 minutes.

3. While potatoes are baking, combine the salt, and pepper in a small bowl. Stir to mix.

4. When the sweet potato fries come out of the oven and are still hot, sprinkle with the basil mixture.

Sweet Potato Hummus

Makes 8 servings (1 serving ≈ ⅓ cup)

1 large sweet potato (12–14 ounces), cooked and mashed

1 can (15 ounces) chick peas, drained, rinsed

¼ cup tahini

¼ cup fresh lemon juice

3 tablespoons extra-virgin olive oil

1 small clove garlic, halved

1½ teaspoons fine sea salt

1 teaspoon ground cumin

½ teaspoon cinnamon (optional)

Directions

1. Combine all ingredients in a food processor, and purée until smooth.

Tips: Serve with vegetables or seed crackers.

WEEK TWO

Vitamin C Booster Smoothie

¼ cup blueberries (frozen)
4-6 whole strawberries (frozen)
½ peeled orange
1 stalk of celery
1 cup of fresh kale or spinach
1 tsp of turmeric
1 cup or more of filtered water/coconut water

Blend together and enjoy!

Refreshing Green Smoothie Recipe

1-1.5 Cups of Coconut Water (or filtered water if you have that on hand)
1 Cup or Handful of Kale or Spinach
1 Frozen Banana or ½ frozen banana and ½ frozen zucchini
Juice from 1 lemon
1 tsp of fresh ginger minced or 1 tsp of ginger juice
1 apple

Add to blender, blend and enjoy!

Apple Cinnamon Oatmeal

1/4-1/2 cup Oatmeal (cook according to package instructions)
1-2 scoops Protein Powder
1 spoonful Chia seeds
1 spoonful Flax Meal
½ an apple or 1 whole apple diced
½ tbsp. of nut butter
1-2 tsps of cinnamon
and an optional – add a little bit of honey
Top with a little almond or coconut milk, and enjoy!

Add and mix all together!

Stir-Fried Chicken with Ginger Broccoli

Makes 4 servings
1 pound chicken breast, cut into bite-sized pieces
4 tablespoons coconut aminos, divided
3 tablespoons olive oil, divided

1 bunch green onions, thinly sliced
2 teaspoons peeled and minced fresh ginger
2 minced garlic cloves
1 tablespoon arrowroot or cornstarch
1 tablespoon dry sherry (optional)
½ teaspoon cayenne or ¼ teaspoon hot-pepper flakes
2 cups broccoli florets
2 cups sliced mushrooms
1 red bell pepper cut into thin strips
¼ cup water
1 teaspoon sesame oil
¼ teaspoon sea salt
¼ teaspoon black pepper

*If making with black or brown rice, follow the cooking instructions on the package.

Directions

1. Toss chicken with 2 tablespoons tamari sauce, and set aside for 5–10 minutes. In a wok or large skillet, heat 1 tablespoon oil over medium heat and add scallions, ginger, and garlic. Stir-fry for 30 seconds.
2. Drain chicken and add to wok, stir-frying for 2 more minutes.
3. Using a fork or small whisk, mix remaining 2 tablespoons tamari with arrowroot or cornstarch, sherry, and cayenne in a small bowl. Set aside.
4. Add another 1 tablespoon oil in wok over medium to high heat, and add broccoli, mushrooms, and bell pepper, and stir-fry for 2 minutes. Add ¼ cup water, and bring to a boil. Cover wok and reduce heat to low, simmering about 5 minutes until vegetables are slightly tender.
5. Stir reserved tamari mixture into wok and cook over medium heat until thickened and thoroughly heated; do not overcook chicken and vegetables. Add sesame oil, salt, and pepper to taste and adjust seasonings if you desire a spicier dish.
6. Serve immediately or make ahead and refrigerate until ready to serve. Reheat carefully; flavors are enhanced when the dish sits overnight.

Cooked Red Quinoa

Makes 8 servings (1 serving ≈ ½ cup)

2 cups water
1 pinch sea salt
1 cup red quinoa, rinsed & drained

Directions

1. Bring water to a boil in a medium heavy saucepan.
2. Add sea salt and quinoa. Cover, and bring to a boil. Reduce heat to low, and simmer for 12 to 15 minutes.
3. Remove from heat, and let sit, covered, for 5 more minutes before serving.

Gym-Call Nutrition Breakfast Sausage Frittata

1 tbsp olive oil or ghee
9-12 eggs beaten
2 bell peppers diced
½ a white onion diced
1 clove of minced garlic (can be omitted if needed)
1 lb of ground sausage, ideally organic, ideally sugar free
1 tsp salt
1 tsp pepper
½ tsp red chili flakes (optional)

Begin by heating the oven to 325 degrees.

Next, with a sauté pan that can be used in the oven – i.e. it doesn't have any rubber or plastic on the handle.

Over medium to low heat, add the olive oil or ghee.

Add ground sausage and cook through (no red spots when you cut through pieces). Take out of the pan and set aside.

Add to the pan the bell peppers and white onion.

Once almost cooked through add the garlic and the sausage back into the pan.

Add the salt, pepper and red chili flakes (if adding in).

Add the beaten eggs and let cook on the low-medium heat for 1 minute.

Then move the pan to the oven to bake for 10-12 minutes or until cooked through (no jiggly egg of top).

BARC Bowl

This is one of my all time favorite recipes. It's quick, it tastes good and it's packed with easy, balanced nutrition.

Broccoli
Avocado
Brown Rice
Chicken
Cajun Seasoning
Himalayan Salt
Olive Oil

Directions:

Coat the broccoli with olive oil and Himalayan salt on a baking sheet. Roast the broccoli in the oven at 375-400 degrees for 10-15 minutes until it is starting to get toasted and a little brown on the bottom touching the pan.

Dice up the avocado.

Cook the brown rice according to directions on the package.

Cover the chicken with Cajun seasoning. Cook on the barbeque or in the oven until done. Dice the chicken up into small squares.

Layer in the brown rice, then the diced chicken, the broccoli and the avocado. Enjoy!

Gym Call Sweet Potato Chili

2 lbs. chuck roast
2 lbs. ground beef
2 15 oz. cans of kidney beans
2 15 oz. cans of diced tomatoes
1-2 15 oz. cans tomato sauce
1 large sweet potato diced
1 onion - diced
3 bell peppers (any color) - diced
9-10 Tbsp chili powder
1 Tbsp oregano
1-2 Tsp red chili flakes
Salt and Pepper

Salt and pepper the outside of the chuck roast, then place in a skillet, with olive oil and butter on medium high heat. Make sure all sides are seared and browned (about 1-2 minutes each side). Place the chuck roast in the slow cooker. Add the rest of the ingredients to the slow cooker and cook on high for 4 hours or low for 6-8 hours until the chuck roast meat is tender and super easy to shred. When finished cooking, take the chuck roast out and shred it with a fork. Add it back into the slow cooker, stir it in - and break up the ground beef if you need to. Serve hot! Enjoy!

Cilantro-Lime Dressing:

1/2 cup cilantro leaves loosely packed
1/2 cup extra virgin organic olive oil or avocado oil
1/4 cup white wine vinegar or apple cider vinegar
2 clove garlic minced
2 limes - juice from 2 whole limes
1 tsp Salt
1 tsp Pepper
1/2 avocado (optional)

Put all into a blender and blend until smooth and creamy. Stores for up to about 1 week.

WEEK THREE

Protein Paleo Pancakes – serves 2

3 bananas

3 eggs *For Autoimmune Breakthrough use Flax Eggs or about 3-4 tbsp apple sauce. Instructions below*

1-2 scoops of Whey Protein

½ cup nut butter

1 tsp cinnamon

½ tsp cardamom

Handful of blueberries - for topping, optional if you don't want to use them

Preheat a skillet. Put all of the ingredients in a blender and then cook like normal pancakes. Serve with butter or ghee, blueberries and maple syrup.

Some people don't like cardamom, so you could leave that out and add more cinnamon.

You can also try adding ¼ cup of almond or coconut flour. Enjoy!

*Flax Eggs: for 3 eggs, use 2 tbsp of flaxseed meal with 6 tbsp of water. Mix together and let sit in the fridge for 15 minutes to set up and thicken.

Rainbow Smoothie

Makes 2 servings (1 serving ≈ 8–10 ounces)

½ cup (cold) green tea

1 cup almond milk (unsweetened)

1 tablespoon chia seeds, whole or ground

1 tablespoon flax seeds or flax meal

¼ teaspoon cinnamon

⅛ teaspoon ginger (dried) or ½ teaspoon fresh ginger, minced

2 tablespoons fresh lemon juice

½ cup (no sugar added) frozen blueberries

½ cup (no sugar added) frozen strawberries

½ cup (no sugar added) frozen mangoes

1 cup packed baby spinach

Add all into a blender, blend and enjoy!

Overnight Chia Seed - Oats in a Jar

1 cup steel cut oats
1 cup almond or coconut milk
2 tbsp chia seeds
1 tbsp cinnamon
1/4 tsp vanilla extract
Pinch of nutmeg
*optional - 1 tbsp of raw honey

Optional toppings: fruit, shredded coconut, pecans or walnuts

Combine all of the ingredients in a medium sized bowl and mix. Divide it evenly into jars (mason jars work well). Cover and refrigerate overnight. Remove from the refrigerator in the morning when ready to eat!

Sauteed Greens

1 bunch Spinach, Kale, Swiss Chard, Collards (de-stemmed)
2-3 tbsp minced garlic
1 tbsp olive oil
Salt
Pepper

In a medium-large saute pan on medium heat, add the olive oil, garlic, then greens on top. Saute for 2-3 minutes until they start to wilt, but are still a bright green. Take off heat and serve immediately.

BBQ Shredded Beef

2 lbs chuck roast or pork shoulder
BBQ sauce (no sugar! Look at the ingredients)
Salt
Pepper

In a skillet, add olive oil to the pan on high heat. Cover the roast with salt and pepper, then sear all sides (about 45 seconds to 1 minute or so per side). Place the roast in a slow cooker. Cover in some of the bbq sauce and cook on high for 4-6 hours, or low for about 8 hours. The meat should be easy to shred. Take out the meat, and place on a cutting board. With two forks, shred the beef. Place back in the crock pot and cover with bbq sauce.

Add to whichever meals you'd like. This also makes a super good snack on top of diced sweet potatoes!

Date, Apricot & Coconut Powerballs

Makes 10 small to medium sized power balls

1/2 cup dried apricots (no pit!)

1/4 cup dates - these can be optional.

1/2 cup shredded coconut

1/2 teaspoon vanilla extract

1/2 teaspoon flax seed

Zest from 1 lemon

Juice from 1/2 lemon (about 1-2 tbsp)

pinch salt

*I've used the dates, and not used the dates. Personally, I like it better without dates, but it does help bind them together a bit better. If you don't have them, feel free to omit them and see if you like it!

I recommend doubling the recipe!

Place everything into a food processor and blend for about 30 seconds to 1 minute. Make sure it's fully combined. Then pour it out onto a baking sheet or cutting board and form into medium sized balls. Place in a container and then put them in the refrigerator for 20-30 minutes. Enjoy!



Chicken Fajita Bowls

Slow Cooker Chipotle Chicken and Zucchini:

2 Chicken Breasts
¼ cup chicken stock
2 cloves of minced garlic
1.5 tbsp of lime juice
2 tbsp of adobo sauce and...
1-2 whole chipotle peppers
A drizzle of honey

You can double the chicken breasts, but you won't need to completely double the other ingredients, just use a bit more chicken stock, and a little extra of everything else to make sure you don't water down the flavor.

Place everything in a slow cooker and cook on low for 4 hours or so. Remove once cooked through and shred with a fork. Place it back into the sauce and mix it around. Then you can remove the chicken and place into a container to build your bowls later, or put it into the bowls you've already put together.

Zucchini:

2 Medium Sized Zucchini, sliced into small discs using a mandolin
Olive oil
1-2 tbsp of chipotle spice

Slice the Zucchini into small thin discs. Be careful not to take skin off when using a mandolin. Place 1 tbsp of olive oil into a sauté pan. Add the zucchini and chipotle spice. Cook the zucchini until it is starting to get soft, but is still slightly crunchy.

Assemble The Bowls:

Step 1: Start by making the chicken earlier in the day. You can also cook the chicken in the oven covered in the adobo sauce, lime juice and garlic, or dice it up, cover in the sauce, lime juice and garlic and saute until cooked through.

Step 2: Meanwhile, cook the Brown Rice according to the instructions on the package.

Step 3: Prep and cook the Zucchini

Step 4: In a saucepan add the black beans (drained) and add just a little salsa and heat until warmed through.

Assemble the bowls the way you'd like. You can add salsa, diced tomatoes, diced onions, guacamole or just diced avocados.

For the autoimmune protocol - add onions and avocado!

WEEK FOUR

Peppermint, Green Tea

12 cups water, divided
4 bags organic green tea
4 bags peppermint tea

Fill a coffee pot with 8 cups of water and add it to the coffee maker. Put the 8 tea bags into the filter section of the coffee maker (where you'd put the coffee grounds). Turn on the coffee maker and let it run through a cycle. Pour the tea into mason jars or a large pitcher and add 4 cups of cool water. Stays fresh for about 1 week.

Detox Morning Starter:

12-16 oz of filtered water
½ lemon juice
¼ tsp of maple syrup or honey
Pinch of cayenne pepper

Mix all together and place in an easy grab and go cup or bottle. Store in the fridge!

Lemon Cream with Blackberries and Raspberries

1 can coconut milk (coconut cream on top)
1 tsp vanilla extract
Lemon zest (from 1/2 a lemon)
1 tbsp lemon juice
Raspberries/Blackberries

Skim the coconut cream off the top and place into a medium sized bowl. Add the vanilla, lemon zest and lemon juice and either use a whisk and whisk together, or use a hand mixer to whip together to get a more like whip cream consistency.

Add Raspberries and Blackberries to small bowl and top with the lemon cream!

Halibut and Broccoli

Makes 4 servings
3 cups small broccoli florets (fresh or frozen)
1 tablespoon olive oil or coconut oil
¼ cup finely ground almonds
2 teaspoons minced fresh tarragon or basil (or 1 teaspoon dried)
1 pound halibut filets (cut into 4 filets)
½ cup low-sodium chicken broth
⅓ cup lemon juice
¼ teaspoon sea salt
¼ teaspoon ground black pepper

Directions

1. Steam broccoli until slightly tender, but not too soft. While broccoli is cooking, heat oil over medium heat in a large skillet.
 2. In a pie plate, mix together ground almonds and herbs. Coat each halibut filet with the almond-herb mixture and place in pan.
 3. Cook halibut filets for about 4 minutes on each side. Transfer to a serving dish and cover loosely to keep warm.
 4. Add chicken broth or fish stock to skillet. Use a wooden spoon to scrape up any bits that may still be stuck to the pan. Stir in the cooked broccoli, lemon juice, sea salt, and black pepper.
 5. Remove cover from halibut. Spoon broccoli, with juices, on top of halibut filets and serve.
- Tip: If desired, serve garnished with fresh or dried herbs.

Lemon Garlic Chicken

- 2 Tbsp Olive oil
- 3 cloves of garlic minced
- Lemon Zest
- 1 Tsp of Salt
- ½ Tsp ground pepper
- Chicken Breasts, or thighs
- Or thin, slender pieces like tenderloins

Add all ingredients into a bowl and coat the chicken. Roast in the oven at 375 degrees for 10-15 minutes or until thermometer reads 165 degrees Fahrenheit

Mango Cashew Snack Bars

- 2 cups of raw unsalted cashews
- 1/3 cup unsweetened shredded coconut
- 8-10 pitted dates
- 1/3 cup unsweetened dried mango
- ½ cup of unflavored protein powder OR ½ cup of egg white protein powder (I used Hammer Nutrition's unflavored or vanilla whey protein powder)
- Pinch or two of salt

Add it all into a food processor until combined. Take out and place on a baking sheet pressing it down to make one flat sheet. Place in the fridge for 30 minutes. Take out and slice into "bars". These will store for about 1 week.

Strawberry and Mango Smoothie

Makes 1 serving

1 cup frozen strawberries
1 cup almond milk
1 cup spinach
1 cup frozen mango
Juice from 1/2 of 1 lemon

Put into a blender and blend together!

Apple Cinnamon Amaranth Porridge

2 cups water
1 cup amaranth
1 large apple, skin on, cored & diced
¼ teaspoon ground cinnamon
½ teaspoon sea salt

In a medium saucepan, add all ingredients and bring to a boil. Stir frequently. Reduce heat to low and simmer (covered) for 20–25 minutes until amaranth is soft.

Lime Coconut Scented Rice

2 tablespoons extra-virgin olive oil
2 tablespoons minced onion
1 teaspoon minced garlic
1 cup brown basmati rice
¾ cup low-sodium chicken or vegetable broth
¾ cup canned lite coconut milk
½ cup water
½ teaspoon sea salt
½ cup thinly sliced green onions
¼ cup minced cilantro
1 tablespoon fresh lime juice

In a medium saucepan, heat oil over medium heat.

Add onion and sauté about 3 minutes, or until translucent. Add garlic and cook for 30 seconds more. Add the rice, stirring to coat with oil. Add broth, coconut milk, water, and sea salt. Bring to a simmer. Cover and cook for 40–60 minutes, or until liquid is absorbed. Remove from heat.

While rice is cooking, toast the cashews. Using a small skillet, toast nuts over medium-low heat for about 5 minutes, or until lightly browned. Stir frequently and watch closely to prevent burning. When toasted, remove to a plate to cool.

When the rice is done, fluff with a fork. Stir in green onions, cilantro, and lime juice.

Black Bean Hummus

1 can (15 ounces) black beans, drained & rinsed
1 can garbanzo beans (chickpeas)
1 clove garlic
2 tablespoons lemon juice
2 tablespoons tahini
1 teaspoon cumin
1 teaspoon sesame oil
1 teaspoon olive oil
¼ teaspoon sea salt

Directions

Puree all ingredients in a food processor. Add water if needed

Tip: Serve with vegetables, or seed crackers.

Three Bean Salad with Roasted Beets and Almonds

Makes 8 servings

2 medium roasted beets, thinly sliced
1 can (15 ounces) dark red kidney beans
1 can (15 ounces) cannellini beans
1 can (15 ounces) garbanzo beans (chickpeas)
1 small or ½ medium red onion, cut in rings & then halved
2 tablespoons chopped fresh parsley
¼ to ½ cup chopped almonds
¼ cup olive oil
1 tablespoon honey
⅓ cup vinegar
½ teaspoon dried basil
½ teaspoon dry mustard
¼ teaspoon turmeric
8 ounces frozen or fresh petite, green beans, lightly steamed, cut into 1-inch pieces

Directions

Heat oven to 375-400° F.

Prepare the beets: Remove greens, root and stems. Rinse beets well. Cut into quarters or dice into small pieces and place onto a baking sheet. Cover the beets with olive oil and salt and roast for about 45 minutes. Set aside and let cool (can make a day ahead).

Rinse and drain all canned beans in a colander, then place in a medium to large bowl. Add diced onion and fresh parsley.

Mix together the olive oil, honey, vinegar, basil, dry mustard, and turmeric. Toss with petite green beans, canned beans, onion, and parsley, and marinate in the refrigerator for at least 1 hour.

Just before serving, add the cooled, roasted beets and chopped almonds.

Spice-Rubbed Chicken Breasts

Makes 12 servings

2½ pounds boneless, skinless chicken breast
½ teaspoon turmeric
1 tablespoon ground cumin
1 tablespoon curry powder
1 tablespoon chili powder
1 teaspoon salt
½ tablespoon ground allspice
½ tablespoon black pepper
½ teaspoon ground cinnamon

Mix together the spices in a bowl. Heat the oven to 400 degrees or heat up a grill. Rub the spices onto the chicken breasts until fully coated. Place on a grill for 5-7 minutes per side (the middle should read 165 degrees on a thermometer). If baking in the oven, bake for about 20 minutes or longer if the breasts are thicker. Again, use a meat thermometer to make sure you've reached the safest temperature.

Dijon Marinated Flank Steak

This is a personal all time favorite. I couldn't not put it in this Reset - and I saved it for the last week because it is perfect to celebrate the finishing of a huge achievement!

2 Flank Steaks (we tend to eat 2 in one week when I make this, but your family may eat less.)
1/4 cup olive oil
1/4 cup white wine vinegar
1/3 cup dijon mustard
2 shallots - diced or use half of 1 onion
2 cloves of garlic - minced
2 teaspoons salt
2 teaspoons pepper

Mix the olive oil, vinegar, mustard, shallots, salt, pepper and garlic together. In a ziploc style bag, add the flank steak and pour in the marinade. Place in the fridge for 30 minutes to 8 hours (i.e. you can start the marinade before you leave from work and come home and be ready to cook!). If you'd like to use a plastic free option, use a glass pan or container that will fit the flank steak, and make sure the entire steak is covered by the marinade before putting it in the fridge.

Grill the steak for about 5 minutes per side for medium-rare on a medium-hot grill. When finished, take off the grill onto a clean plate* and cover with aluminum foil. Let it rest for 5-10 minutes then slice it into thin slices. Cut diagonally against the grain! Serve hot.

Quinoa Salad with Chicken, Grapes, and Almonds

Makes 8 servings (1 serving \approx 1¼ cups)

2 cups water
1¼ cups quinoa, red or brown
1 teaspoon vinegar (rice or balsamic)
1 tablespoon lemon juice
1 tablespoon lime juice
¼ teaspoon sea salt
¼ teaspoon black pepper
2 tablespoons olive oil
½ cup fresh mint, chopped
½ cup fresh basil, chopped
¼ cup fresh cilantro, chopped
2 cups shredded chicken breast
2 cups grapes, halved
½ cup sliced almonds, toasted
3–4 cups chopped baby spinach
½ cup green onions, chopped

Directions

Bring 2 cups of water to a boil. While water is heating, rinse quinoa under cold running water and drain. Once water comes to a boil, stir in quinoa. Immediately reduce heat to a simmer and cook for about 12–15 minutes (until most of liquid is absorbed). Remove from heat, uncover, and set aside to cool. In a large bowl, whisk together vinegar, lemon and orange juices, sea salt, and pepper. Continue whisking while slowly streaming in olive oil. Stir in the mint, basil, and cilantro and mix well. Add cooled quinoa to dressing and toss. Add chicken, grapes, nuts, chopped baby spinach, and green onions. Toss again. Serve at room temperature or chilled, if preferred.

BONUS RECIPES

Blueberry Spice Smoothie:

You can add in this smoothie to any day of the week

1 cup milk alternative, coconut water, or filtered water

1 cup frozen blueberries

½ cup greens – or handful or so

½ avocado

½ banana or 1 Tbsp honey *local and raw would be best!

1 tsp cinnamon

1 tsp curcumin

½ tsp chia seeds

Blend together and enjoy.

Pumpkin Cranberry Muffins

Makes 12 servings (1 serving = 1 muffin)

½ cup coconut flour

½ teaspoon sea salt

¼ teaspoon baking soda

1 tablespoon pumpkin pie spice

6 eggs

¼ cup pumpkin purée

½ cup melted coconut oil

1 teaspoon vanilla extract

¼ cup pure maple syrup

½ cup fresh cranberries

Directions

1. Preheat oven to 350° F.

2. In a medium bowl, whisk together dry ingredients (coconut flour, sea salt, baking soda, and pumpkin pie spice). Set aside.

3. In a large bowl, beat together the eggs, pumpkin purée, melted coconut oil, vanilla extract, and maple syrup.

4. Add dry ingredients to wet ingredients and stir until well combined.

Gently fold in cranberries.

5. Pour batter into a 12-count muffin tin that is either lined with muffin cups or sprayed with cooking spray, and bake for 35 minutes.

Gluten-Free Baking Powder Biscuits

Makes 12 servings (1 serving = 1 biscuit)

1½ cup brown rice flour

½ cup tapioca flour

4 teaspoons baking powder

1 teaspoon salt

3 tablespoons coconut oil

1 cup unsweetened applesauce

Directions

1. Preheat oven to 425° F.
 2. In a medium-large mixing bowl, stir together dry ingredients (brown rice flour, tapioca flour, baking powder, and salt).
 3. Sprinkle oil on top, and mix well with a pastry blender or fork, until consistency is crumbly.
 4. Mix in applesauce, and stir until blended.
 5. Drop 12 equal spoonfuls onto an ungreased cookie sheet. With spoon, lightly shape into biscuit.
 6. Bake 15–18 minutes until slightly browned.
- Tips: Serve warm for best flavor, but may be lightly reheated in a microwave.

Berry Protein Smoothie

1 cup of frozen fruit (berries- blueberries, strawberries, raspberries etc.)

½ cup greens or 1 scoop of a greens supplement

½ cup frozen zucchini

1 cup water or coconut water

1-2 tbsp vanilla protein powder

Add all to a blender and enjoy! If it needs a bit more sweetness, try adding ½ of a frozen banana. Make sure to blend well to really break down and combine all the greens/little pieces.

How to build a flavorful salad that is balanced and will fill you up:

Serving size: 1

3 cups of greens (green mix, kale, spinach etc.)

Add in veggies of choice: ½ bell pepper diced, ½ cup of mushrooms (raw or cooked), sprouts or any other vegetable you love!

½ avocado diced

Protein – chicken, steak, salmon, tuna, and/or beans!

Olive oil, balsamic vinegar, salt, pepper (optional: minced garlic)

Depending on the salad and flavors, you can sometimes add nuts and fruits for some sweetness and a good crunch

The best thing to do is think: flavor and wide variety of vegetables.





ABOUT THE AUTHOR

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