



YOUR 7-DAY BODY RESET: PRIME YOURSELF FOR FAT LOSS

Ready to kickstart your fat loss journey and feel amazing in just one week?

This 7-day reset is designed to gently cleanse your system, reduce bloat, boost energy, and set the stage for sustainable fat loss.

It's not about deprivation, but about nourishing your body with wholesome foods and mindful practices.

CHOOSE YOUR RESET APPROACH

CIRCLE WHAT YOU WANT
TO GO FOR

Soft Reset: This is the most gentle approach, ideal for those new to dietary changes or with sensitive systems. It focuses on incorporating more whole foods and mindful practices while gradually reducing processed foods.

Medium Reset: A balanced approach that involves a more significant reduction in processed foods, refined carbs, and added sugars. It includes a moderate increase in lean protein and healthy fats.

Hard Reset: The most intensive approach, designed for those seeking a more rapid change. It involves a stricter elimination of processed foods, refined carbs, added sugars, and potentially dairy. It emphasizes a higher intake of lean protein, healthy fats, and low-glycemic vegetables.

Feature	Soft Reset	Medium Reset	Hard Reset
Processed Foods	Reduce intake	Significantly reduce/eliminate	Eliminate
Refined Carbs	Reduce intake	Eliminate	Eliminate
Added Sugars	Reduce intake	Eliminate	Eliminate
Healthy Fats	Include in moderation	Prioritize	Prioritize
Lean Protein	Include at each meal	Increase intake	Increase intake
Fruits/Vegetables	Focus on variety	Focus on low-glycemic vegetables; moderate fruit	Primarily low-glycemic vegetables; limited fruit
Dairy	Include in moderation	Limit or eliminate	Eliminate
Exercise Intensity	Gentle to moderate	Moderate	Moderate to vigorous
Key Focus	Gradual changes, incorporating more whole foods	Balanced macronutrient intake, eliminating processed foods, blood sugar stabilization	Rapid change, detoxification, maximizing fat burning
Best For	Beginners, those with sensitivities, sustainable lifestyle changes	Those seeking noticeable results in a shorter timeframe, those who have experience with dietary changes	Experienced dieters, those seeking rapid results, and understand the temporary nature of this level of restriction. This level of restriction would not be sustainable for long term fat loss but a kick start.



FOODS TO ADD THIS WEEK

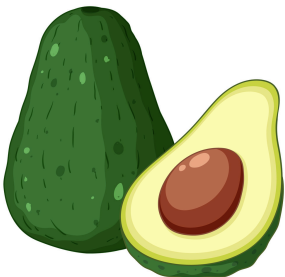
TICK WHAT YOU WOULD LIKE TO TRY

VEGETABLES

- ☐ LEAFY GREENS (SPINACH, KALE, ROMAINE)
- ☐ BROCCOLI
- ☐ CAULIFLOWER
- ☐ CARROTS
- ☐ BELL PEPPERS
- ☐ ZUCCHINI
- ☐ CUCUMBER
- ☐ ASPARAGUS
- ☐ BRUSSELS SPROUTS
- ☐ TOMATOES
- ☐ ONIONS
- ☐ GARLIC
- ☐ CELERY
- ☐ MUSHROOMS
- ☐ CABBAGE
- ☐ RADISHES
- ☐ GREEN BEANS
- ☐ ARTICHOKES
- ☐ SWEET POTATOES
- ☐ BEETS

FRUITS

- ☐ BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES)
- ☐ APPLES
- ☐ PEARS
- ☐ AVOCADOS
- ☐ LEMONS
- ☐ LIMES
- ☐ GRAPEFRUIT



WHOLE GRAINS

- ☐ QUINOA
- ☐ BROWN RICE
- ☐ OATS (ROLLED OATS, STEEL-CUT OATS)
- ☐ WHOLE-WHEAT BREAD
- ☐ WHOLE-GRAIN PASTA
- ☐ BARLEY
- ☐ FARRO
- ☐ BULGUR
- ☐ SPELT
- ☐ RYE
- ☐ MILLET
- ☐ AMARANTH
- ☐ BUCKWHEAT
- ☐ WHOLE-GRAIN COUSCOUS
- ☐ WHOLE-GRAIN TORTILLAS
- ☐ POPCORN
- ☐ WHOLE-GRAIN CRACKERS
- ☐ WHEAT BERRIES
- ☐ TEFF
- ☐ WILD RICE

LEAN PROTEINS

- ☐ CHICKEN BREAST
- ☐ TURKEY BREAST
- ☐ FISH (SALMON, COD, TUNA)
- ☐ SHRIMP
- ☐ EGGS
- ☐ GREEK YOGURT (PLAIN, NONFAT)
- ☐ COTTAGE CHEESE (LOW-FAT)
- ☐ LEAN GROUND BEEF
- ☐ PORK TENDERLOIN
- ☐ TOFU
- ☐ TEMPEH
- ☐ LENTILS
- ☐ BEANS (BLACK BEANS, KIDNEY BEANS)
- ☐ CHICKPEAS
- ☐ EDAMAME
- ☐ PROTEIN POWDER (WHEY, SOY, PLANT-BASED)
- ☐ GAME MEATS (VENISON, BISON)
- ☐ LEAN HAM
- ☐ QUINOA



HEALTHY FATS

- ☐ AVOCADO
- ☐ OLIVE OIL
- ☐ NUTS (ALMONDS, WALNUTS, PECANS)
- ☐ SEEDS (CHIA SEEDS, FLAX SEEDS, SUNFLOWER SEEDS)
- ☐ NUT BUTTERS (ALMOND BUTTER, PEANUT BUTTER)
- ☐ FATTY FISH (SALMON, MACKEREL)
- ☐ COCONUT OIL
- ☐ MCT OIL
- ☐ GHEE
- ☐ FULL-FAT YOGURT
- ☐ CHEESE
- ☐ OLIVES
- ☐ EGG YOLKS
- ☐ DARK CHOCOLATE
- ☐ FLAXSEED OIL
- ☐ SESAME OIL
- ☐ SUNFLOWER OIL
- ☐ HEMP SEEDS
- ☐ BRAZIL NUTS
- ☐ MACADAMIA NUTS



FOODS TO AVOID THIS WEEK

- ☐ PROCESSED FOODS
- ☐ SUGARY DRINKS
- ☐ EXCESSIVE CAFFEINE
- ☐ ALCOHOL
- ☐ REFINED CARBS



THIS WEEK YOU WILL NEED TO PREP YOUR MEALS

Meal prepping is a fantastic strategy for maintaining a healthy diet, saving time, and reducing food waste. The basic process involves planning your meals for the week, usually focusing on lunch and dinner, and then preparing those meals in advance. This might mean cooking entire dishes and portioning them out into individual containers, or simply prepping individual ingredients like chopped vegetables, cooked grains, and proteins to be assembled later. By dedicating a few hours each week to meal prep, you'll have nutritious, ready-to-eat meals readily available, making it much easier to stick to your dietary goals and avoid unhealthy last-minute choices.



CHOOSE EXERCISES FOR THE WEEK

CARDIO (TICK - CONSIDER YOUR CHOSEN RESET APPROACH):

- ☐ WALKING
- ☐ RUNNING
- ☐ CYCLING
- ☐ SWIMMING
- ☐ OTHER: _____

HOW LONG WILL YOU TRAIN?

STRENGTH TRAINING (TICK - CONSIDER YOUR CHOSEN RESET APPROACH):

HOW MANY SETS AND REPS WILL YOU DO?

- | | | | | | |
|--------------------------------|-------|--------|-------|------|---|
| <input type="checkbox"/> CHEST | | REPS & | | SETS | T |
| <input type="checkbox"/> BACK | | REPS & | | SETS | |
| <input type="checkbox"/> ARMS | | REPS & | | SETS | |
| <input type="checkbox"/> LEGS | | REPS & | | SETS | |
| <input type="checkbox"/> CORE | | REPS & | | SETS | |

MONITORING PROGRESS: BEFORE & AFTER

Starting Point:

Weight: _____
Waist Measurement: _____
Other Measurements (optional):

How I'm Feeling Today: _____
My Main Goal for This Reset:

My Chosen Reset Approach (Soft, Medium, or Hard): _____

At the end of the week:

Weight: _____
Waist Measurement: _____
Other Measurements (optional):

How I'm Feeling Today: _____
My Main Goal for This Reset:

My Chosen Reset Approach (Soft, Medium, or Hard): _____

MINDSET AND MOTIVATION

Visualize Your Success: Imagine yourself at the end of this week. You feel lighter, more energized, and more confident. Your clothes fit a little looser, and you're glowing from the inside out. You've proven to yourself that you can make positive changes, and you're excited to continue on your journey to a healthier, happier you. This week is a stepping stone to a brighter future.

Affirmations: Repeat these affirmations daily to stay focused and motivated:
""I am committed to nourishing my body and achieving my goals.""
""I am strong, capable, and in control of my choices.""
""I embrace healthy habits with ease and joy.""
""I am releasing anything that no longer serves me.""
""I trust my body's wisdom and listen to its needs.""
""I am worthy of feeling my best.""
""Every day, I am getting closer to my goals.""

Meditation for Success: Find a quiet space. Sit comfortably and close your eyes. Take a few deep breaths, inhaling slowly and exhaling completely. Visualize yourself successfully completing each day of this reset. Feel the sense of accomplishment and pride with each healthy choice you make. Remind yourself of your goals and your ""why."" Focus on the positive changes you are making and how they will benefit you. Spend 5-10 minutes in this visualization.





YOUR 7-DAY RESET PLAN-OPTIONAL MEAL SUGGESTIONS

Daily Focus:
Hydration Hero: Aim to drink at least [Specify amount, e.g., 8-10 glasses] of water throughout the day. Infuse with lemon, cucumber, or mint for extra flavor and benefits.
Eat Clean: Focus on whole, unprocessed foods.
Gentle Movement: Incorporate light activities like walking, yoga, or stretching for [Specify duration, e.g., 30 minutes] daily.
Prioritize Sleep: Aim for [Specify duration, e.g., 7-9 hours] of quality sleep each night.
Mindful Moments: Take a few minutes each day for deep breathing or meditation to reduce stress.

DAY 1 GENTLE START
Meal Suggestions (Adjust portions and food choices based on chosen reset approach):
Morning: Warm water with lemon, followed by a smoothie with spinach, berries, protein powder (plant-based), and almond milk.
Alternative: Warm water with lemon, followed by 2-3 eggs and a small serving of oatmeal.
Mid-Morning: A small handful of almonds.
Alternative: A small serving of Greek yogurt.
Lunch: Large salad with chickpeas, mixed greens, and a light vinaigrette.
Alternative: Grilled chicken breast with a large salad and a light vinaigrette.
Afternoon: Apple slices with a tablespoon of almond butter.
Alternative: A small serving of cottage cheese.
Dinner: Baked tofu with steamed vegetables (broccoli, carrots, and zucchini).
Alternative: Baked fish or lean ground beef with steamed vegetables.
Evening: Herbal tea (e.g., chamomile)

DAY 2: FOCUS ON GREENS
Meal Suggestions (Adjust portions and food choices based on chosen reset approach):
Morning: Green smoothie (spinach, kale, avocado, almond milk, chia seeds).
Alternative: Eggs with a side of spinach.
Mid-Morning: Celery sticks with hummus.
*Alternative: Celery sticks with a small amount of cream cheese
Lunch: Large salad with tempeh, mixed greens, cucumber, bell peppers, and avocado.
Alternative: Grilled chicken salad with mixed greens, cucumber, bell peppers, and avocado.
Afternoon: A handful of pumpkin seeds.
Alternative: A hard-boiled egg.
Dinner: Tofu stir-fry with broccoli, spinach, and a small amount of brown rice.
Alternative: Chicken stir-fry with broccoli, spinach, and a small amount of brown rice.
Evening: Herbal tea (e.g., peppermint).

DAY 3: PROTEIN POWDER
Meal Suggestions (Adjust portions and food choices based on chosen reset approach):
Morning: Tofu scramble with vegetables and a small serving of quinoa.
Alternative: Eggs with a small serving of cottage cheese.
Mid-Morning: Edamame.
Alternative: Turkey slices.
Lunch: Lentil soup with a side salad.
Alternative: Chicken breast with a side salad.
Afternoon: A handful of almonds.
Alternative: A small serving of cheese.
Dinner: Tempeh stir-fry with mixed vegetables and brown rice.
Alternative: Lean beef stir-fry with mixed vegetables and brown rice.
Evening: Herbal tea (e.g., ginger).



DAY 4:HYDRATION AND FIBER
Meal Suggestions (Adjust portions and food choices based on chosen reset approach):
Morning: Oatmeal with berries and a tablespoon of flaxseed.
Alternative: Oatmeal with a scoop of protein powder.
Mid-Morning: Apple with peanut butter.
Alternative: Apple with a small serving of cheese.
Lunch: Black bean salad with mixed greens and whole-grain pita bread.
Alternative: Tuna salad with mixed greens and whole-grain pita bread.
Afternoon: Carrots with hummus.
Alternative: Hard boiled egg and carrots.
Dinner: Lentil loaf with a side of roasted vegetables (brussel sprouts, carrots).
Alternative: Salmon with a side of roasted vegetables (brussel sprouts, carrots).
Evening: Herbal tea (e.g., chamomile)



DAY 5: VARIETY IS KEY
Meal Suggestions (Adjust portions and food choices based on chosen reset approach):
Morning: Whole-grain toast with avocado and a sprinkle of chia seeds.
Alternative: Whole-grain toast with a slice of cheese and tomato.
Mid-Morning: Orange
Alternative: Beef Jerky
Lunch: Chickpea and vegetable wrap with whole-wheat tortilla.
Alternative: Chicken and vegetable wrap with whole-wheat tortilla.
Afternoon: A handful of almonds and a few berries
Alternative: A small serving of cottage cheese with a few berries
Dinner: Baked tempeh with roasted vegetables (bell peppers, zucchini)
Alternative: Baked chicken breast with roasted vegetables (bell peppers, zucchini)
Evening: Herbal tea



DAY 6: LIGHT AND CLEANSING
Meal Suggestions (Adjust portions and food choices based on chosen reset approach):
Morning: Fruit salad with a small portion of plant-based yogurt.
Alternative: Fruit salad with a small portion of Greek yogurt.
Mid-Morning: Cucumber and mint infused water
Alternative: Bone Broth
Lunch: Large vegetable soup with a side of whole-grain bread.
Alternative: Large vegetable soup with a side of whole-grain bread and a small portion of lean protein.
Afternoon: Apple slices
Alternative: Hard Boiled Egg
Dinner: Steamed vegetables with a light vinaigrette and a small portion of grilled tofu.
Alternative: Steamed vegetables with a light vinaigrette and a small portion of grilled fish.
Evening: Herbal tea

DAY 7: CELEBRATE SUCCESS
Meal Suggestions (Adjust portions and food choices based on chosen reset approach):
Morning: Quinoa porridge with fruit and nuts.
Alternative: Eggs with fruit.
Mid-Morning: Pear
*Alternative: Small serving of cottage cheese
Lunch: Salad with grilled tempeh and a light dressing.
Alternative: Salad with grilled chicken and a light dressing.
Afternoon: Rice cakes with avocado.
Alternative: Rice cakes with a small serving of tuna salad.
Dinner: Healthy version of your favorite meal (e.g., vegan burger on a whole-wheat bun with a large salad).
Alternative: Healthy version of your favorite meal (e.g., lean beef burger on a whole-wheat bun with a large salad).
Evening: Herbal tea

Wall Chart

NOTES

DATE _____

MONTH

DAY 1: GENTLE START

DIET

- ☐ CALORIES DEFICIT (ADJUST BASED ON CHOSEN RESET APPROACH)
 - ☐ PRIORITIZE PROTEIN
 - ☐ WHOLE FOODS
 - ☐ LITTLE/NO PROCESSED FOODS (ADJUST BASED ON CHOSEN RESET APPROACH)
 - ☐ HYDRATION
- ## EXERCISE
- ☐ CARDIO (E.G., 30-MIN WALK - ADJUST BASED ON CHOSEN RESET APPROACH)
 - ☐ RESISTANCE (E.G., BODYWEIGHT EXERCISES - ADJUST BASED ON CHOSEN RESET APPROACH)
- ## SELF-CARE AND MOTIVATION
- ☐ HYDRATION
 - ☐ 7-9 HOURS SLEEP
 - ☐ VISUALIZATION (REFER TO STARTING POINT)
 - ☐ AFFIRMATIONS (REFER TO STARTING POINT)
 - ☐ MEDITATION (REFER TO STARTING POINT)
 - ☐ MINDFUL EATING (E.G., PAY ATTENTION TO EACH BITE.

DAY 2: FOCUS ON GREENS

- DIET

- ☐ **FOCUS ON GREEN VEGETABLES (ADJUST BASED ON CHOSEN RESET APPROACH)**
- ☐ **LIMIT FRUIT INTAKE (ADJUST BASED ON CHOSEN RESET APPROACH)**
- ☐ **PROTEIN**
- ☐ **HYDRATION**
- **EXERCISE**
 - ☐ **CARDIO (E.G., 30-MIN BRISK WALK) (ADJUST BASED ON CHOSEN RESET APPROACH)**
 - ☐ **STRENGTH TRAINING (E.G., SQUATS, PUSH-UPS) (ADJUST BASED ON CHOSEN RESET APPROACH)**
- **SELF-CARE AND MOTIVATION**
 - ☐ **HYDRATION**
 - ☐ **7-9 HOURS SLEEP**
 - ☐ **AFFIRMATIONS**
 - ☐ **DEEP BREATHING EXERCISE (E.G., 5 MINUTES)**
 - ☐ **GRATITUDE JOURNAL (WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR)**

DAY 3: PROTEIN POWER

- DIET

- ☐ HIGH PROTEIN (ADJUST BASED ON CHOSEN RESET APPROACH)
- ☐ LOW CARB (ADJUST BASED ON CHOSEN RESET APPROACH)
- ☐ HEALTHY FATS
- ☐ HYDRATION
- EXERCISE
 - ☐ CARDIO (E.G., 20-MIN JOG) (ADJUST BASED ON CHOSEN RESET APPROACH)
 - ☐ STRENGTH TRAINING (E.G., LUNGES, PLANKS) (ADJUST BASED ON CHOSEN RESET APPROACH)
- SELF-CARE AND MOTIVATION
 - ☐ HYDRATION
 - ☐ 7-9 HOURS SLEEP
 - ☐ VISUALIZATION
 - ☐ POSITIVE SELF-TALK (REPEAT 3 POSITIVE STATEMENTS ABOUT YOURSELF)
 - ☐ MINDFUL STRETCHING (10 MINUTES)

DAY 4: HYDRATION & FIBER

- DIET

- ☐ **HIGH FIBER**
(ADJUST BASED ON CHOSEN RESET APPROACH)
- ☐ **FOCUS ON WATER INTAKE**
- ☐ **BALANCED MACRONUTRIENTS**
(ADJUST BASED ON CHOSEN RESET APPROACH)
- ☐ **LIMIT PROCESSED FOODS** (ADJUST BASED ON CHOSEN RESET APPROACH)
- **EXERCISE**
 - ☐ **CARDIO (E.G., 40-MIN WALK)** (ADJUST BASED ON CHOSEN RESET APPROACH)
 - ☐ **STRENGTH TRAINING (E.G., DEADLIFTS, OVERHEAD PRESS)** (ADJUST BASED ON CHOSEN RESET APPROACH)
- **SELF-CARE AND MOTIVATION**
 - ☐ **HYDRATION**
 - ☐ **7-9 HOURS SLEEP**
 - ☐ **AFFIRMATIONS**
 - ☐ **MEDITATION**
 - ☐ **NATURE WALK (20 MINUTES)**

DAY 5: VARIETY IS KEY

- DIET

- ☐ WIDE VARIETY OF FOODS (ADJUST BASED ON CHOSEN RESET APPROACH)
- ☐ FOCUS ON WHOLE FOODS
- ☐ LIMIT SUGAR (ADJUST BASED ON CHOSEN RESET APPROACH)
- ☐ HYDRATION
- EXERCISE
 - ☐ CARDIO (E.G., CYCLING) (ADJUST BASED ON CHOSEN RESET APPROACH)
 - ☐ STRENGTH TRAINING (FULL BODY) (ADJUST BASED ON CHOSEN RESET APPROACH)
- SELF-CARE AND MOTIVATION
 - ☐ HYDRATION
 - ☐ 7-9 HOURS OF SLEEP
 - ☐ JOURNALING (WRITE ABOUT YOUR FEELINGS AND PROGRESS)
 - ☐ LISTEN TO UPLIFTING MUSIC
 - ☐ SOCIAL CONNECTION (SPEND TIME WITH LOVED ONES)

DAY 6: LIGHT AND CLEANSING

- DIET

- ☐ FOCUS ON LIGHT MEALS (ADJUST BASED ON CHOSEN RESET APPROACH)
- ☐ PLENTY OF VEGETABLES AND FRUITS (ADJUST BASED ON CHOSEN RESET APPROACH)
- ☐ HYDRATION
- ☐ LIMIT HEAVY PROTEIN (ADJUST BASED ON CHOSEN RESET APPROACH)
- EXERCISE
 - ☐ GENTLE CARDIO (E.G., YOGA OR SWIMMING) (ADJUST BASED ON CHOSEN RESET APPROACH)
 - ☐ LIGHT STRETCHING
- SELF-CARE AND MOTIVATION
 - ☐ HYDRATION
 - ☐ 7-9 HOURS SLEEP
 - ☐ AFFIRMATIONS
 - ☐ VISUALIZATION
 - ☐ TAKE A LONG BATH WITH EPSOM SALTS

DAY 7: CELEBRATE SUCCESS

- DIET

- ☐ **BALANCED MEALS (ADJUST BASED ON CHOSEN RESET APPROACH)**
- ☐ **CONTINUE FOCUS ON WHOLE FOODS**
- ☐ **HYDRATION**
- **EXERCISE**
 - ☐ **CHOOSE YOUR FAVORITE ACTIVITY (ADJUST BASED ON CHOSEN RESET APPROACH)**
 - ☐ **ACTIVE RECOVERY (E.G., LIGHT WALK)**
- **SELF-CARE AND MOTIVATION**
 - ☐ **HYDRATION**
 - ☐ **7-9 HOURS OF SLEEP**
 - ☐ **REFLECT ON YOUR PROGRESS**
 - ☐ **PLAN FOR THE WEEK AHEAD**
 - ☐ **REWARD YOURSELF (NON-FOOD)**