

PLANTBASED, NOT PERFECT

# *RESET*

7 DAYS TO A HEALTHIER YOU





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## *WELCOME,*

Firstly, thank you so much for your support in purchasing this ebook. I dedicate my free time to researching, learning and sharing knowledge to help others live long healthy lives. I am so proud of you for taking your health into your hands, being open to change and trying something new. The *RESET* is based on daily principles with a 7 day meal plan that you can customize to your lifestyle and preferences. You choose the meals that sound best to you and create your own menu. I decided not to create a full grocery list as I didn't think most people will love every meal I have created, so feel free to mix and match based on your preferences.

This way of living is what I have discovered works best for me and many others who have changed their health following this lifestyle. It isn't just what we eat, but when we eat it, in what order, how we view our plates, set up our days and weeks, and our daily habits that contribute to our overall health, vitality and longevity.

The *RESET* provides you with a clear roadmap that is sustainable, which you can use any time you need a *RESET* or to help you with setting up a longer term lifestyle. Maybe you have been wanting to commit to eating more plantbased but are not sure where to start, or maybe you want to lose some weight and feel great, or just have more energy throughout the day. This is how I eat daily and what has helped me in achieving optimal health, vitality and energy, glowing skin, a lean body year round, less instances of being sick and so much more.

You can shed weight eating this way, but there is no calorie counting, products to buy or apps to use. I hope the *RESET* shows you that you can achieve optimal health by eating whole plantbased foods you can find at your farmer's market or grocery store - no powders, supplements or fancy ingredients. We focus on adding in and eating in abundance, not restricting or cutting out food groups. The beauty of eating this way means we can let go of diets and restrictive eating habits so you can start living your life with an ease and effortlessness you might not believe is possible. I also don't believe in villainizing macronutrients or certain foods (even animal products) so instead I show you how to incorporate them if you choose to have them in your diet. Over time you may feel called to eliminate them totally, but that is not the goal of this plan. To achieve and sustain true health, it isn't about what we do once in a while, but what we do the majority of the time that sets us up for success.

Living plantbased, not perfect means you can eat what you want so nothing is off limits or "bad", we just adjust *when* you have it and *how often*, which opens up a new way of looking at your plate, your day, your weeks and eventually - your life. Eating this way is simple if you allow it to be. Let me show you how.

## *ABOUT ME*

Hi, I'm Elizabeth but you can call me Beth. Eight years ago I watched the documentary *Forks Over Knives*, and then every vegan documentary available. Instagram was just starting to gain momentum and I came across Loni Jane living a plantbased lifestyle in Australia. I quickly shunned all animal products and was eating mainly raw, but I wasn't paying attention to macronutrients or approaching the lifestyle in a sustainable way. I would feel light headed when I went on walks, was still drinking alcohol frequently and was not sure what to eat when there weren't raw options, which was almost all social settings. I set myself up for failure because I didn't have the **WHY** or the knowledge and habits to support my new way of life so I eventually went back to eating a Standard American Diet.

A year and a half later my mom was rushed to the hospital with congestive heart failure, her heart was operating at a very low rate and she had to have a pacemaker put in. I did the first thing I knew how to do well - research - and I kept reading how our dental health is linked to our heart health. I asked my mom if she recently had dental work and she had just undergone a root canal; later they found out she had a serious infection from it which had spread to her heart. Because she lived an unhealthy lifestyle her immune system wasn't able to fight it and the infection spread. Your dental health can affect your heart health and even your brain health, which was something I feel nobody talks about!

The more I researched, the more I learned just how much influence what we choose to put in our bodies each day can either *fuel* disease or *fight* it and this made me fall in love with the plantbased diet all over again. So much research existed on the health benefits both short term and for our overall longevity; I had found my **WHY** - optimal health for the long term. This time though, I was going to approach it differently.

It has now been 6+ years of eating whole food plantbased, with some occasional dairy or seafood. The effects I have experienced and seen have been almost magical - people always comment how much younger I look than my age, my digestion is optimal, my skin is always clear and glowing, I stay lean year round, and common colds don't affect me. My overall mood and happiness has improved and I have become a more compassionate human - to animals and people. Living this way has improved all areas of my life and I became so passionate about it I created a blog, Instagram, Podcast and Ebooks to share the knowledge. I want everyone to know what it feels like to feel this good. I also know what it is like to have a full time job, stress, family, events and more so I created my own version of the plantbased diet - plantbased, not perfect which follows some general principles and aims for 80% whole plantbased foods, and 20% live your life foods.

We don't have to be dogmatic, but some change does have to happen to achieve what we want. This *RESET* is the first step towards that change.





## *DAILY PRINCIPLES*

**Time Restricted Fasting:** No food for 12hrs while you sleep. Example: stop eating at 8pm, start eating at 8am. No need to push this window further as over 12 hours can actually backfire on our health based on the evidence.

**Lean Green Smoothie (LGS):** Every day as the first meal you have (you can have coffee, tea or matcha beforehand)

**80/20 Method:** We aim for 80% whole plantbased foods, with 20% left in your day / week for animal protein, french fries, chocolate, processed snacks, meals out with friends, alcohol, etc. This allows for a sustainable approach to eating healthier, but allows for life to happen.

**Eating Light to Dense:** Structure your day to eat calorically lighter foods (fruit and veg, LGS) to heavier foods (beans, legumes, nuts), having your heaviest calorically-dense meal (lentil stews, animal protein, vegan processed foods, fried foods) for dinner so your body can digest the food while you sleep, waking up "regular" and ready to go. Consult the Calorie Density chart provided for guidance.

**Snacking:** We want to feel satiated from the main meals and not graze all day to give our digestion a break, but if you're hungry listen to your body and choose from the snack ideas provided. When you are eating lower calorie dense foods, you need larger quantities of them to feel full so keep that in mind.

**Movement:** You don't need intense workouts each day, which can actually spike our cortisol and make us hold onto weight. Instead make it a goal to simply move daily whether it is yoga, a walk or if you love HIIT workouts aim for just 3 days out of the week mixed with lower intensity movements. HIIT is shown in research to aid with weight loss, but if you overwork your body it can cause it to hold onto fat.

**Less Fat, More Fiber = Weight Loss** | Reducing saturated fats (animal products), processed foods and processed fats (vegetable oils, nut butters) and adding in more whole plantbased foods (filled with fiber, enzymes and nutrients) will result in weight loss. This is built into the meal plan.

**Mindset:** Resetting our lifestyle also includes our mindset. Many times we struggle to lose weight because we obsess over it and add stress to our bodies, so working on our mindset is also important which is why there are journal prompts for you daily to help gauge and reflect on your mindset along the way.



## *HOW THE RESET WILL CHANGE YOUR LIFE*

### + NO MORE MATH

We do not measure food, count calories or track macronutrients. You will learn how to shift your mindset around whole foods, eat in abundance and never have to count anything again!

### + SAVE MONEY

Everything you need to live a plantbased, not perfect lifestyle can be purchased at your local grocery store or market. No fancy powders, supplements, expensive ingredients, or monthly programs. By not buying powders, protein bars, frozen meals, meal delivery services or expensive cuts of meat you will SAVE money at the store. It is a myth that eating plantbased costs more.

### + MAXIMUM RESULTS, MINIMAL EFFORT

While we need movement for our cardiovascular and mental health, as well as toning and strength, you do not need to be a slave to the gym or do intense workouts to see results. Eating a diet based on 80% whole foods naturally aids in weight loss and/or maintenance, allowing you to stay lean year round without having to work out for hours each day.

### + ABUNDANCE & ENERGY

Your mindset will shift into a place of abundance when thinking of the foods you eat, which you can enjoy until you are full. You will feel satiated while losing weight, improving your digestion and health markers, clearing up your skin and improving your happiness overall – all from eating real whole foods as much as you want. Your brain fog will lift, you will become more "regular" and your overall vitality will shift. I have more energy now than I did when I was in my 20s!

### + SUSTAINABLE APPROACH

The *RESET* is a roadmap to show you an example of a way of living. It isn't a "diet" – it is a sustainable lifestyle that provides you with the knowledge, inspiration and ideas to make this a way of living. Because this plan is structured around the 80/20 method it sets you up for a maintainable way of living in the modern world of jobs, families, events, eating out and traveling. We don't want a short term hack, but a lasting lifestyle change that works with your busy life.

## *WHY WHOLE FOOD PLANT BASED (WFPB)*

Research shows that plantbased diets are "cost-effective, low-risk interventions that may lower body mass index, blood pressure and cholesterol levels. They may also reduce the number of medications needed to treat chronic diseases and lower heart disease mortality rates. A healthy, plant-based diet aims to maximize consumption of nutrient-dense plant foods while minimizing processed foods, oils, and animal foods (including dairy products and eggs). It encourages lots of vegetables (cooked or raw), fruits, beans, peas, lentils, soybeans, seeds, and nuts (in smaller amounts) and is generally low fat." (1)

Along with lowering health markers that have become accepted as part of "aging", a lifestyle based around whole plantbased foods provides:

### + CLEAR DIGESTION & GLOWING SKIN

Only plants contain FIBER which is key to cleansing out the system and feeding our gut microbiome bacteria. This bacteria is linked to our overall health so the more fiber we feed it, the better our systems run; keeping us regular, healthy and happy (yes our gut is actually linked to depression and happiness). More Fiber = Better Digestion. Eating foods filled with enzymes, vitamins and minerals adds to clearer skin, reduced wrinkles, fast growing hair and nails, and an overall glow.

### + IMPROVED ENERGY & WEIGHT LOSS

As you eat more nutrient-dense foods, weight loss is a natural side effect as you let go of inflammation in your fat cells. Think of animal products and process foods as processed fats and these fats can make you hold onto fat. Fiber comes in and leans you out. With all the fiber-filled foods you will be eating you will feel satiated more quickly, but because you are eating foods that are less calorically dense you can eat larger portions than you may be used to, while ultimately leading to sustainable weight loss. Refer to the calorie density chart for a visual.

### + LONGEVITY

If being regular, losing weight and anti-aging yourself isn't enough, research has shown that eating a more plantbased diet increases lifespan and lowers common inflammatory diseases like heart disease and diabetes, adding years to your life and the *quality* of your life. This is what makes me so passionate about eating this way and sharing it with you.



## *WHY TO LIMIT ANIMAL PROTEIN*

I don't believe in an all or nothing lifestyle as it isn't sustainable, but I do believe in making choices to improve our health, beauty and longevity. Do the oldest living civilizations eat animal protein? Yes. But they treat it as a condiment on their plates – not as a main entree. They do not consume meat three times a day, aren't visiting McDonalds for lunch and their meat isn't factory-farmed filled with hormones and antibiotics. To try to compare their level of meat consumption to the (SAD) Standard American Diet would be impossible as the quality of meat, amount and frequency consumed is not comparable.

**Animal Protein:** Aside from containing protein and vitamin B12, animal protein is devoid of our beloved FIBER and low in essential vitamins and minerals. When we cook animal protein it denatures the amino acids that make up protein chains, reducing the actual amount of protein our bodies use. Animal protein consumption also appears to trigger the release of insulin-like growth factor 1 (IGF-1), a cancer-promoting growth hormone, while a 2% increase in plant protein intake was associated with a 23% decreased cancer risk(2).

If you choose to still have animal protein aim to have it at dinner so your body can digest it while you sleep. Try to only choose and eat organic, hormone and antibiotic free, and grass fed & finished meat.

**Seafood:** I still eat wild caught fish and typically choose salmon for its omega 3s, but sardines and anchovies are also good options. Avoid larger fish (tuna, swordfish) if you can due to their potential high amounts of heavy metals and contamination from the ocean. Aside from these issues, seafood does not show in research to lead to the same common health issues (diabetes, heart disease, obesity) as all other animal products.

**Eggs:** Even just a single egg a week may increase the risk of diabetes and are associated with prostate cancer progression and death.(3) Once I learned this I completely cut eggs out of my diet and I urge you to at least limit them to once a week.

**Dairy:** In *The China Study*, Dr. T. Colin Campbell concluded that casein ingestion promotes cancer in all stages of development. Limiting dairy is always going to help with overall health, skin, digestion and weight loss but once you're in maintenance mode you can introduce it back in within your 20% if it doesn't bother you. Goat and sheep cheese are easier on the stomach for many.

Yogurt is mucus-forming and typically has a lot of added sugar so it can also stay in our 20%. If you love it, try to choose a plantbased yogurt (cashew or coconut-based) with few additives, sugar and gums in the ingredients.

## *PLANTBASED PROTEIN*

Protein is a building block to repair tissue after a workout, is a satiating macronutrient, bolsters our immune systems, aids with weight loss, creates hormones and enzymes, and much more. However, a varied plantbased diet of whole grains, vegetables, and beans can easily meet our protein needs. If you have an active day and want to add additional protein to your meal plan, here are some amazing plantbased sources:

### **Peas / Beans / Lentils:**

- 4 oz. tempeh – 22g protein
- 1 cup tofu – 20g protein
- 1 cup lentils – 18g protein
- 1 cup cooked quinoa – 8g protein
- 1 cup green peas – 8g protein
- 1/2 cup pinto beans – 8g protein
- 1/2 cup black beans – 7g protein
- 1/2 cup chickpeas – 7g protein
- 1/2 cup kidney beans – 7g protein

### **Nuts + Seeds:**

- 2 tbsp chia seeds – 4g protein
- 2 tbsp flax seeds – 3g protein
- 2 tbsp peanut butter – 7g protein
- 2 tbsp almond butter – 7 g protein
- 2 tbsp nutritional yeast – 8 g protein
- 1/4 cup sunflower seeds – 8 g protein
- 1/4 cup cashews – 6g protein
- 2 tbsp pumpkin seeds – 4g protein
- 1 tbsp hemp seeds – 3g protein

### **Alternate Foods:**

- 1 russet potato – 8g protein
- 1 cup soy milk – 6.3g protein
- 1 cup spinach – 5g protein
- 1 tbsp spirulina – 4g protein
- 1 slice sprouted bread – 4g protein
- 1 cup kale – 2.9g protein
- 1 tbsp nutritional yeast – 2g protein

*In a 2013 Study, they found that, on average, vegetarians and vegans get 70% more protein than they need every day while non-vegetarians get even more than that (almost 80 grams).*

*An average woman needs about 46 grams of protein per day; the average man about 56. You can achieve this easily between the meals outlined in the plan.*



## *BEAUTIFYING COMPLEX CARBS*

"Worldwide, populations with the highest consumption of starch are the most trim and fit, with extremely low rates of diabetes, arthritis, gallbladder disease, constipation, indigestion, multiple sclerosis, heart disease and cancers of the breast, prostate and colon." (4) Carbs get a bad reputation, but complex carbs do not make you fat. It comes down to the type of carbs we are eating. We want to base our diet around complex carbs, not refined carbs that have been stripped of their nutrients.

### + SATIETY

Starches are less calorically dense than fats and oils, so you can eat more while consuming less calories overall and feel satiated longer. Complex carbs like beans, potatoes and rice are low in fat so they are less calorically dense, but high in fiber.

### + DON'T TURN TO FAT

Carbs do not convert to fat – they are used as energy in the body, and you burn off the remainder through body heat and NEAT (movement outside of exercise). Fat from animal products and vegetable fats are what convert to fat, whereas starches provide ENERGY and an abundance of nutrients not stored as fat.

### + RADIANT HEALTH

A carbohydrate-rich diet improves blood flow to the skin, improving circulation and leading to clear glowing skin. Eating enough starches, our bodies release hormones and experience neurological changes. Studies show that eating carbs increases our serotonin, elevating our moods, regulating our appetite and helping us feel balanced. When people restrict carbs they break down fat incompletely, producing ketones, and a buildup of ketones can cause an imbalance that leads to excessive acid production which isn't health promoting in our bodies.

Whole fruits are a mix of complex and simple carbs but they aren't refined, so they are a complete package of vitamins, fiber, minerals, and antioxidants. When we eat fruit the fiber in it helps to slow down the digestion of the sugar so our blood sugar doesn't spike as rapidly.

COMPLEX CARBS: beans, oats, potatoes, brown rice, whole grain bread, quinoa, nuts/seeds, fruits & vegetables

REFINED CARBS: white bread, white rice, pretzels, cookies, white pasta, cereal, candy, etc.

*think of white carbs like these as refined and devoid of their nutrition\**

## *BEAUTIFYING ENZYMES*

All of our organs and tissues are run by metabolic "worker" enzymes. These enzymes take proteins, fats and carbohydrates (starches and sugars) and structure them to make healthy bodies, keeping everything functioning in order. Enzymes assist with different processes in our bodies, help repair our DNA, help us with digesting our food and absorbing the nutrients in food. Absorption is so important because you aren't what you eat, you are what you absorb. Malabsorption can lead to poor collagen renewal, increased inflammation, dark under eye circles and other skin issues. Enzymes repair and prevent wrinkles through rebuilding and renewing collagen, even out skin tone and contribute to smoother skin, as well as speed up weight loss and overall detoxification.

Our enzymes diminish with age so we need to overdose on them, which are found in – raw plant foods. Enzymes are heat sensitive, so when we cook our foods we kill off their enzymes, so we want to focus a large part of our diets being "live" or raw foods when possible. If you are starting this *RESET* from rarely eating raw foods you may want to lightly steam vegetables, soak beans, nuts and seeds before cooking and simplify your raw food choices (one fruit at a meal vs. many) so you don't introduce too much fiber at once, which can all result in bloating or discomfort for some.

Enzyme-rich foods are designed to help us digest them, which in turn helps us lose weight because it is less work our digestive enzymes need to do. For example: eating a raw avocado vs. cooked oil; the avocado easily digests in your stomach with its own enzymes, whereas when you heat up processed oils you kill off its enzymes so it will not digest as well in your stomach. This is also why raw nuts are less fattening than roasted nuts, so steer clear of roasted as they typically have added cheap oils, which essentially means they are cooked in fat upping the caloric density of them. Nuts have a halo effect of health, but many of them are not a healthy choice and can add unnecessary processed fat to your diet.

To ensure we are getting enzymes, we want to increase our raw produce intake, which is why we start the day with the LGS, eat light to dense throughout the day choosing raw foods as much as we can, and **ADD** in veggies and fruit in abundance. This can mean adding in spinach to your rice pasta, soups and stews, and adding a side salad when eating out. It can help to have raw foods before or with a heavier meal to add in enzymes to help better break down foods without enzymes like dairy, animal products, butter and oils. If you are attending an event where you aren't sure what the food options may be, try to have some raw food before you leave (carrot sticks, celery) to set yourself up for success later.

*Q. Instead of questioning the calories, ask if your food is enzyme rich?*



# Calorie Density Chart

Amounts are in calories per pound.

*Non Starchy  
Vegetables*

100 - 200



*Complex Carbs,  
Tofu*

400 - 600



*Refined Carbs & Dairy*

1,200 - 2,200



*Nuts & Seeds, Nut  
Butters*

2,800



*Fruit*

200 - 400

*Beans & Legumes*

600

*Sugar & Crackers,  
Chocolate*

1,800 - 2,500

*Oils*

4,000

AIM TO CONSUME THESE  
FOODS 80% OF YOUR  
OVERALL DIET.

*Avocados*

750

LIMIT THESE FOODS TO 20% OF YOUR  
OVERALL DIET. ALTHOUGH RAW NUTS  
& SEEDS ARE HEALTHY THEY ARE  
CALORICALLY DENSE SO SHOULD BE  
CONSUMED IN MODERATION.



# "OUR THOUGHTS, WORDS, AND ACTIONS MUST BE IN ALIGNMENT TO ACCOMPLISH OUR DESIRES."

If you have been dreaming about living a more plantbased lifestyle but feel held back by your partner, family members or worry about what others think we need to help you work towards finding alignment in your life.

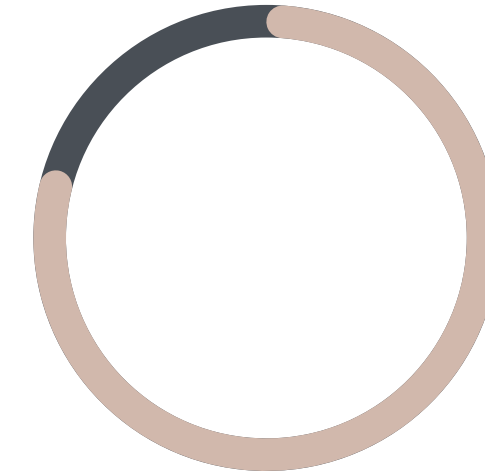
Finding groups, IG accounts, or Youtubers who share the same values as you will give you the confidence and sense of community to help you make the changes you want in your life. Your actions will lead to your desires.

If family members give you a hard time with your meals, say "this is how I feel my best" which is hard to argue with. Don't get preachy and argumentative, lead by example and how you are thriving following this lifestyle, and soon they will be asking you for your secrets.

We have a choice every day, with every meal we eat to support the type of world we want to live in. Regardless of what your family, loved ones or friends choose to do, if your actions align with your thoughts and words, you will be living in alignment. Living in alignment is a peaceful and freeing feeling.



# To aim for 80%



*Vegetables & Fruits*



Eat unlimited amounts until full. When eating out be sure to have raw food before or with calorically denser foods to aid digestion.

*Grains & Legumes,  
Beans*



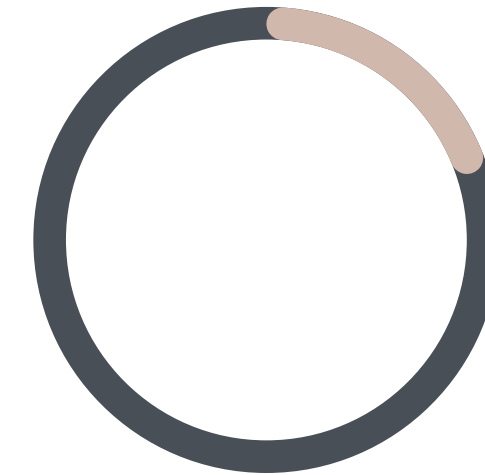
Alkaline grains like millet, quinoa, buckwheat, gluten free oats and whole wheat are all anti-inflammatory options. Legumes: chickpeas, black beans and lentils are amazing choices.

*Complex  
Carbohydrates*



Our bodies and brains need complex carbs for fuel - this includes brown rice, oats, whole grains, and root veggies as well as beans, fruits and vegetables.

# To *limit to 20%*



*Animal Protein &  
Dairy*



If you are eating animal protein and dairy, limit it to only once a week and at dinner. Pair raw foods with it to aid digestion.

*Processed Fats*



Limit vegetable oils, nut butters and nuts during the week to small amounts. Make sure nut butters / nuts are raw with nothing added.

*Alcohol*



Limit alcohol to twice a week and drink water in between drinks to rehydrate. Choose wine or blanco tequila over beer or rum.

*Refined Foods &  
Sugars*



Processed foods like chips, baked goods, crackers, granola bars, frozen meals, etc. are refined (empty) and should be limited as they provide little to no nutritional value.



"You'll never *change your life* until you change something you do daily. The secret of your success is found in your *daily routine*."

This 7 Day Meal Plan provides you with an example week to set yourself up for success. You can choose to repeat meals, skip or swap meals based on your personal preferences - make it your own.

## *Morning Drink*

Enjoy your morning coffee, matcha or tea with a plantbased milk.

## *Lean Green Smoothie (LGS)*

The cornerstone of the daily principles. I keep mine at room temperature and bring it with me to work in a large Yeti to enjoy around 10:30am.

## *Second Breakfast*

If you are an athlete, active in the morning or are just still hungry, choose from the breakfast options.

## *Lunch*

For lunch we want to keep our meals nutrient dense, but not calorically dense, with a lunch from the plan.

## *Snack*

If still hungry, choose a snack from the plan.

## *Dinner*

For dinner we have more calorically-dense meals that will take time to digest overnight while we sleep.

# *SAMPLE DAILY ROUTINE*



Journal Prompt: Each day you will have a journal prompt to reflect on. Our mindset is as important as the food we consume, so spending time with yourself to journal on how you feel adds to your overall health success.



## *Morning Drink*

Coffee, matcha or tea.

## *Lean Green Smoothie*

You can add plantbased protein powder if you are active in the morning or some raw nuts, hemp, etc.

## *Second Breakfast - Abundant Fruit*

## *Lunch - Kale Protein Packed Salad*

## *Snack - Rice Cakes*

## *Dinner - Tuscan Kale Bean Soup*

You can swap beans with lentils or quinoa.

# DAY ONE



Journal Prompt: What goals do you hope to achieve during this reset? Physical, emotional and mental.

## *Morning Drink*

Coffee, matcha or tea.

## *Lean Green Smoothie*

Swap out your greens occasionally to switch it up.  
You can also use frozen spinach vs. fresh if needed.

## *Second Breakfast - DIY Acai*

I have a tutorial on my IG under the ACAI highlight.

## *Lunch - Quinoa Bowl*

## *Snack - Raw Lemon Bars*

## *Dinner - Socca Mini Pizzas*

# *DAY TWO*



Journal Prompt: What is one habit you hope to instill by the end of the reset? Drink a green smoothie daily, choose more plants, etc.



## *Morning Drink*

Coffee, matcha or tea.

## *Lean Green Smoothie*

Chia seeds and flaxseeds can be interchanged.

## *Second Breakfast - Blender Pancakes*

## *Lunch - Curry Chickpea Sandwich*

If chickpeas bother you, they can be replaced with tofu.

## *Snack - Protein Bites*

## *Dinner - Cauli Steaks with Pesto & Asparagus*

# *DAY THREE*



Journal Prompt: What are your negative food habits and how can you begin to shift out of those habits?

## *Morning Drink*

Coffee, matcha or tea.

## *Lean Green Smoothie*

Use water, not milk for this first meal of the day for optimal digestion and hydration.

## *Second Breakfast - No Oil Granola*

## *Lunch - Tomato, Avo & Pesto Tofu Sandwich*

## *Snack - Crudite*

## *Dinner - Eggplant Stacks with Ricotta Cheese*

# DAY FOUR



Journal Prompt: How do your emotions affect what you eat? Do you eat out of boredom? Exhaustion? Convenience?

## *Morning Drink*

Coffee, matcha or tea.

## *Lean Green Smoothie*

Switch out your fruit based on the seasons, my favorites are mango and pineapple.

## *Second Breakfast - Baked Beans on Toast*

## *Lunch - Vegan Cobb Salad*

## *Snack - Raw Lemon Bars*

## *Dinner - Mexi Sweet Potatoes*

# *DAY FIVE*



Journal Prompt: What is your WHY for making healthier choices? Beyond weight loss, do you want to stay active, avoid illness, play with your children...



## *Morning Drink*

Coffee, matcha or tea.

## *Lean Green Smoothie*

Save money by using frozen fruit vs. fresh.

## *Second Breakfast - Smashed Avo Toast*

## *Lunch - Salad & Soup Combo*

## *Snack - Protein Bites*

## *Dinner - Creamy Chickpea Veggie Curry*

# *DAY SIX*



Journal Prompt: What is holding you back from living your healthiest life possible? Job, friends, family, lifestyle choices...

## *Morning Drink*

Coffee, matcha or tea.

## *Lean Green Smoothie*

If you have Candida or Diabetes Type 2 pair down the amount of fruit in the LGS and just choose one.

## *Second Breakfast - Overnight Oats*

## *Lunch - Cacao Dream Bowl*

## *Snack - Rice Cakes*

## *Dinner - Veg Enchiladas*

# *DAY SEVEN*



Journal Prompt: How can you keep yourself feeling motivated after the reset?

# *LGS*

## *Breakfast*

## *Lunch*

## *Snack*

## *Dinner*

Select from each column to create your ideal week.

*X*

*Abundant Fruit*

*Vegan Cobb Salad*

*Protein Bites*

*Tuscan Bean  
Soup*

*X*

*No Oil Granola*

*Curried Chickpea SW*

*Lemon Bars*

*Socca Pizzas*

*X*

*Overnight Oats*

*Kale Protein Salad*

*Rice Cakes*

*Mexi Sweet  
Potatoes*

*X*

*Baked Beans on  
Toast*

*Tomato, Avo Pesto SW*

*Crudite*

*Veg Enchiladas*

*X*

*DIY Acai Bowl*

*Soup & Salad*

*Protein Bites*

*Creamy Curry*

*X*

*Blender Pancakes*

*Quinoa Bowl*

*Lemon Bars*

*Eggplant Stacks*

*X*

*Smashed Avo Toast*

*Cacao Dream Bowl*

*Rice Cakes*

*Cauli "Steaks"*



Create your ideal week.

*Mon*

*Tues*

*Wed*

*Thurs*

*Fri*

*Sat*

*Sun*

*LGS*

*Breakfast*

*Lunch*

*Snack*

*Dinner*

*Movement*

"There are many ways to love your body, but fueling your body with *nutritious food* is the highest form of self respect."

These recipes are simple, easy and nutrient dense. Mix and match what you like best to create your ideal plantbased, not perfect meal plan.



# *LEAN GREEN SMOOTHIE (LGS)*

3 Cups organic spinach (fresh or frozen)  
1 fresh banana  
1/2 pear or apple  
1/2 Cup frozen fruit of choice (I like mango but you can use pineapple, berries, or any other frozen fruit of choice)  
1 tbsp chia seeds or flaxseeds  
1/4 lemon, squeezed  
Filtered water  
Blend.

*Serving size: for one person*

*Greens are among the most nutrient dense and enzyme rich of all the foods, and are filled with chlorophyll, amino acids and alkaline minerals.*



# *LGS QUESTIONS*

What if I'm allergic to bananas?

Don't use banana and find a fruit that works for you. You really want the bulk of your green smoothie to be greens, the fruit is complementary to the greens and adds additional fiber, nutrients, and enzymes so you could just do greens, apple, chia seeds and lemon juice to keep it super simple if you wish. Also, make sure your bananas are ripe so they digest easily.

What if smoothies make me bloat?

Stick to lower glycemic fruits such as green apples, blue berries, blackberries, kiwis and strawberries. Also, if you have a smoothie and aren't losing weight or are experiencing digestion issues don't villainize the fruit, look at what you are adding. Many of the foods you might be adding could have other ingredients in them that could be causing digestive issues, such as:

- Protein powders
- Peanut butters / almond butters
- Weird supplements & superfood powders
- Flax and chia seeds: Soak your seeds before if you experience this\*
- Plantbased milks: Milks can have gums, sugars, and fillers which can all be irritants

What time do I have my LGS?

I enjoy the LGS around 10:30am at work or when I get hungry.

Can I make the LGS the night before?

Yes, you can prepare it the night before and just shake it up in the morning.

# BREAKFAST OPTIONS

After having the LGS, choose from one of these breakfast options as your second breakfast. Listen to your body and only eat if you are hungry.

# ABUNDANT FRUIT

Choose your favorite fruit to eat until comfortably full.

My favorite combo is mango, strawberries and kiwi. Papaya is great for digestion with lime juice squeezed on it. Look for what is in season to make your fruit bowl and if you are on the go, a slightly spotted banana makes the perfect choice.

Why you may experience issues when you eat fruit?

- + *If you eat fruit after eating something that takes longer to digest it could cause digestive issues. This is the simplest change you can make to test if this is true.*
- + *You are eating a high fat diet (nuts, seeds, oils, processed fats). Because fruit digests quicker than fats, it can be moving the fat out which then leads to bloating, digestive issues, etc. Lower your fat intake to test this out.*
- + *Your gut microbiome is off. Fruit is healing when our bodies have enough good gut bacteria to break down the fruit sugar. If over the years due to antibiotics, birth control, etc. we have affected our healthy gut bacteria, when we eat fruit we can experience issues and then of course, blame it on the fruit.*







# *BLENDER PANCAKES*

Blend 1.5 cup rolled gluten free oats into a flour.

Add 1 whole ripe banana + 1.5 cup plant milk, and blend together into a batter.

Warm pan on medium heat - no oil necessary!

Once hot, drop  $\frac{1}{4}$  cup of batter onto the pan cooking each side until bubbles appear (about 3 minutes on each side).

Makes 6 medium pancakes or 12 minis.

Top with wild blueberries and pure maple syrup.

*Serving size: two servings*

# DREAMY OATS

½ mashed banana

½ cup gluten free oats (I like Trader Joe's)

1 tsp chia seeds

1 cup plantbased milk

Simmer all ingredients over medium heat until thick and creamy.

*Top with 1/2 Cup fruit of choice and add 1/4 cup walnuts for added protein\* I rarely add nut butters to a morning oatmeal as it turns it into a more calorically dense meal.*

*Serving size: for one person*







# *SMASHED AVO TOAST*

1 ripe avocado

2 slices of gluten free toast or sourdough bread

Smash avocado with a fork on top of the toasted bread, sprinkle salt, pepper and smoked paprika on top.

Add nutritional yeast & hemp seeds for additional protein.

*\*Can add smoked salmon if you are eating fish*

*Serving size: for one person*



# NO OIL GRANOLA

3 Cups gluten free oats  
1 C chopped nuts of choice  
1/4 C unsweetened coconut flakes  
2 tbsp chia seeds  
2 tbsp coconut sugar  
1 tbsp cinnamon OR pumpkin pie spice  
1 tsp sea salt  
1/2 C maple syrup or honey

Mix ingredients in a bowl, transfer to a parchment-lined baking sheet. Bake at 340 for 15 - 25 minutes, or until lightly browned.

I like to add berries and plantbased milk or use the granola to top the DIY Acai Bowl, or you can eat it as a snack.

*Serving size: makes six servings*

# BAKED BEANS

1/4 onion, chopped  
2 garlic cloves, minced  
1 box of cannellini beans  
3 tbsp tomato paste  
1 tbsp vegetable broth  
salt & pepper to taste  
nutritional yeast

Sautee the onion and garlic over medium heat with extra virgin olive oil until browned.

Add in the drained and rinsed beans, tomato paste, vegetable broth and spices. Mix around until heated.

Top on toasted bread with vegan cheese on top.

*I like Follow Your Heart vegan feta.*

*Serving size: for one person*



# DIY ACAI

- 1 Unsweetened Packet of Acai (I like Trader Joe's the best)
- 1 frozen banana
- 1/2 C frozen mixed berries
- 1/4 C water

Pour water over the acai packet to slightly defrost it, you want it still frozen. Add everything to blender and add water in as you go until it catches and blends together, adding 1/4 cup water as you go.

*Different blenders need more water than others - you may have to shake the blender if using the Nutribullet.*

*Top with: No Oil Granola + 1/2 C fruit of choice*

*Serving size: for one person*

# LUNCH OPTIONS

For lunch we want to feel satiated but not sluggish. These meals will keep you full and give you energy through the afternoon.



# VEGAN COBB SALAD

1/2 box of cannellini beans or chickpeas, rinsed & drained  
1 head of romaine, chopped  
Chopped: Handful of tomatoes, olives, pickled peppers & beets or kraut + 1/2 avocado

*Vegan feta optional (I like Follow Your Heart brand)*

Dressing: lemon juice + extra virgin olive oil drizzle

# QUINOA BOWL

1 cup cooked quinoa  
Chopped: 1/4 cucumber, 1 small tomato, 1/4 red onion, handful of kalamata olives, 1/2 avocado, sprinkle of nutritional yeast

Drizzle rice vinegar, 1/2 lemon squeezed, salt & pepper to taste

# PROTEIN SALAD

1/4 bag of kale & 1/2 head of romaine  
1/2 can of chickpeas, rinsed and drained  
Sprinkle hemp seeds, sunflower or pumpkin seeds  
Pickled red onions & steamed beets ( I eyeball these)  
Shelled edamame (1/4 box)  
1/2 avocado

Dressing:

1tbsp dijon mustard  
1/2 tsp maple syrup  
1/4 lemon squeezed  
dash of water to thin it out

Salad Servings Sizes: for one person  
*These salad ingredients are suggestions so if you want to add to them or don't have every ingredient that's ok, it is the base to build from ensuring you get your greens and your nutrients.*

# *TOMATO, AVO & TOFU PESTO SANDWICH*

## TOFU:

Press block of tofu with paper towels to dry it out. Cut into slices.

Mix: 4 tbsp balsamic vinegar + 1 tbsp maple syrup + sprinkle of garlic powder & nutritional yeast. Marinade the tofu slices for about an hour or overnight with the mixture.

Toast two slices of gf bread, spread the pesto on both pieces.

Layer the tofu slices with tomato and avocado, adding more pesto if you have it.

*\*Pesto will be leftover from the Cauli "Steaks" dinner.*

*Serving size: tofu makes four servings*





# *CURRIED CHICKPEA SANDWICH*

1 box chickpeas, rinsed & drained. Smashed with fork or masher.

Mix with:

1/4 C vegan mayo

1/2 tsp dijon mustard

1 tbsp curry powder

1/2 celery stalk, chopped

1 tbsp red onion, chopped

1 date or raisins, chopped

squeeze of lime, salt & pepper to taste

Top onto two slices of toasted bread of choice. Add tomato and greens to the sandwich.

*If chickpeas bother you, replace with tofu\**

*Serving size: curried chickpeas makes two servings*





# CACAO DREAM BOWL

1 handful of ice  
2 frozen bananas  
1 pitted medjool date  
1 spoonful nut butter  
1/4 C plantbased milk or water  
1 tsp cacao powder

Blend until you achieve a creamy nice cream consistency.  
Top with coconut flakes and walnuts.

*Add plantbased protein powder to this if you are wanting it to hold you over onto a workout. When choosing a protein powder look for pea or hemp protein, organic, non GMO.*

*Serving size: for one person*

# SOUP SALAD COMBO

Tuscan Kale Bean Soup

Side salad

Crudite snack leftovers or slice of bread

Soups make the best leftovers! Pair with any salad ingredients you have left to create a meal saving you time and money.

## *Tips on bread:*

I prefer gluten free bread options (rice or millet based) when available or a few-ingredient sourdough bread. However, a whole wheat option is still a solid choice vs. plain white refined bread.

Brands I like are: Ezekiel rice bread, Deland Bakery Millet bread and Happy Camper's Gluten Free.

# SNACK OPTIONS

# *PROTEIN BITES*

1C gluten free oats  
1/2C nut butter of choice  
1/4C unsweetened coconut flakes  
1/3C honey or maple syrup  
1tbsp chia seeds  
1/2C cacao or vegan choc chips

*Mix ingredients into a dough, scoop out 1tbsp of mix and roll into balls, keep refrigerated in tupperware in the fridge.*

*I eat 2 - 3 as a snack at a time.*

*Serving size: Makes 12 bites*





# CRUDITE

Half of a cucumber sliced  
Half of a red pepper sliced  
Rice Crackers (6)  
Olives of choice  
Hummus of choice (look for few ingredients)

*Crudite is great for before a night out, event or to take on a flight.*

*Serving size: for one person*

# RICE CAKES

Organic brown rice cakes (I like Lundberg brand)

## TOPPINGS:

+ olive tapenade  
+ smashed avocado with salt & pepper, lemon squeezed  
+ nut butter with honey drizzled on top

*Choose your favorite topping. I would eat two of these for a filling snack. Serving size: for one person*

## *Snacks on the go:*

Raw fruit  
Unsweetened dried fruit  
Larabars / GoMacro bars  
Seaweed snacks

# LEMON BARS

## Base:

1 cup walnuts, 8 large medjool dates, 1 tsp cinnamon

Food process base ingredients until sticky, press into parchment-lined dish and place in freezer to set the base.

## Filling:

1/2C soaked cashews (soak in boiling water for 1 hour),  
1/4C coconut oil + 2tbsp lemon juice + 1/2 tsp vanilla extract +  
1/4C maple syrup or honey

Food process the filling until blended, pour on top of the base and spread filling with back of a spoon. Place back in freezer for at least an hour, then cut up into small bars.

Keep in the freezer until ready to eat, they defrost quickly.

*I eat 2 - 3 of these as a snack.*

*Serving size: makes 16 bars*



# DINNER OPTIONS

Dinner is when we have our most calorically dense meals of the day so vegan cheeses, oils, beans and animal protein if still eating it.



# *TUSCAN KALE BEAN SOUP*

1 bunch dino kale or small bag of any kale  
4 boxes or cans of cannellini beans, rinsed & drained  
1 medium yellow onion, dices  
3 garlic cloves, minced  
1 carrot diced & 2 celery stalks diced  
1 14oz can roasted tomatoes  
6 cups vegetable broth  
1 tsp thyme & 1 tsp rosemary

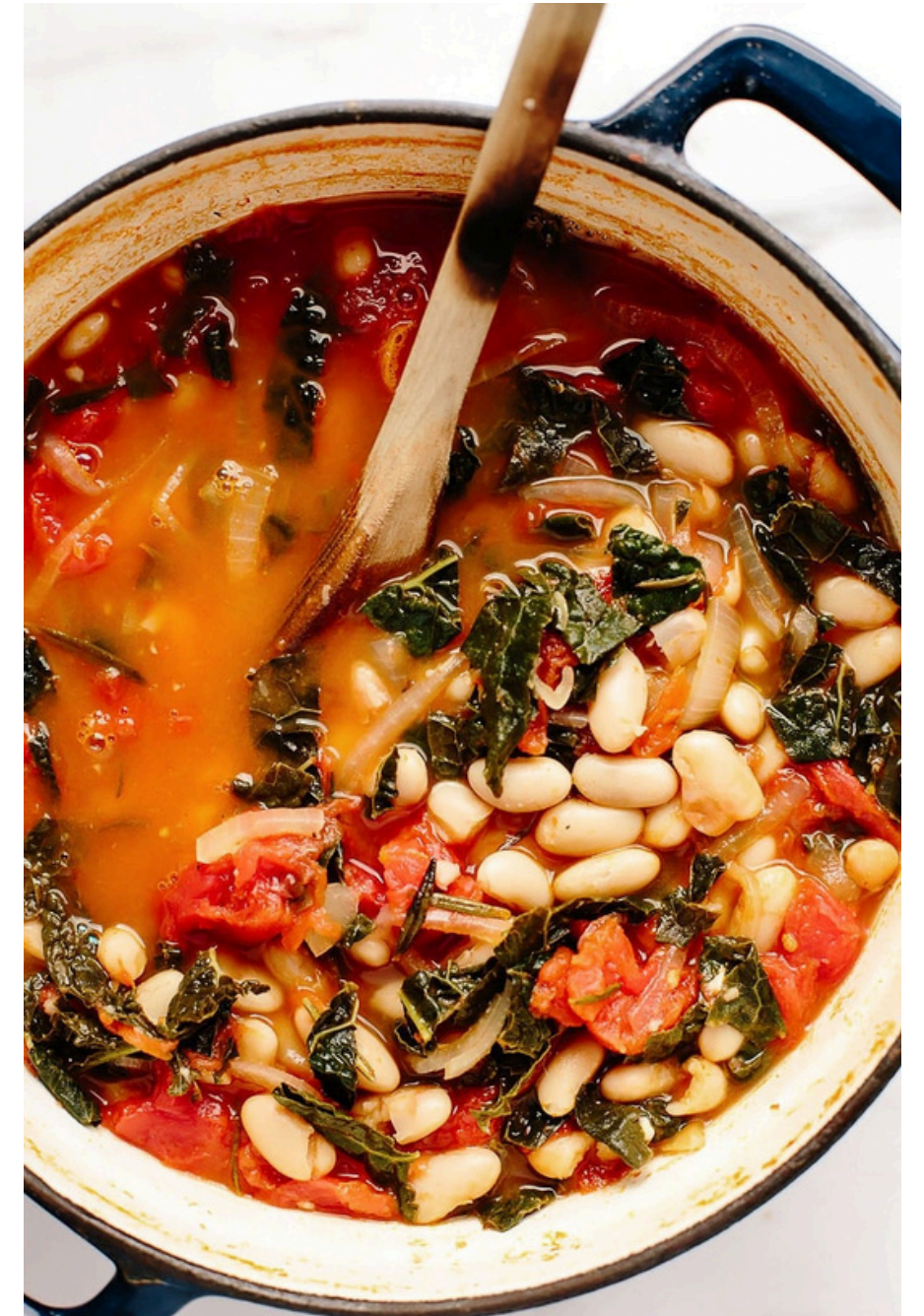
Heat up 1 tbsp olive oil in a large soup pot.

Add in: onion, carrot, celery and garlic until lightly brown. Add spices, tomatoes, broth and beans.

Bring to a boil, then cover and simmer for 15 minutes.

Take half of the soup and blend it in your blender to get a creamy consistency. Add back into the pot.

Dump in chopped kale and wait for it to wilt. Season to taste and serve, I like to add nutritional yeast to it!



*Sub beans with lentils or quinoa\*  
Serving size: makes four servings*



# EGGPLANT STACKS

1 large eggplant, cut into slices  
1 jar marinara sauce  
1 bag of organic spinach  
Gluten free seasoned breadcrumbs  
Plantbased milk

Preheat oven to 375. Dip eggplant slices into plantbased milk on both sides, then dip them into breadcrumbs on both sides. Place slices on parchment-lined baking sheet. Top all with EV olive oil drizzle. Bake for 20 minutes on each side. Let them cool.

Build stacks with eggplant, spinach, vegan "ricotta", and marinara sauce between each layer. Top with nutritional yeast. Warm under the broiler to get them hot again before serving.

*Ricotta Cheese:* Food process ingredients together.

1.5 Cups cashews or tofu block (presoak cashews for an hour in boiling hot water)  
1.25 tbsp nutritional yeast  
1/4 Cup fresh basil  
Salt, pepper & oregano to taste  
1/2C of water to thin out  
1 tbsp lemon juice



*Serving size: makes two servings*



# SOCCA PIZZAS

1 Cup chickpea flour  
1 1/4 C water  
2 tbsp olive oil  
1/2 tsp salt

Whisk ingredients in a bowl until blended. Let sit for a few minutes.

Heat up skillet over medium/high heat (no oil necessary) and then pour 1/4 C batter to the pan. Cook on both sides over medium heat for about 2 minutes each, like a pancake.

Place them on a baking sheet lined with parchment paper as you finish them. Top each pizza with marinara sauce or leftover pesto, spinach and any veggies you want - I love to add mushrooms and olives. Top with nutritional yeast.

Put over on high broil and pop the sheet into the oven to warm up the pizzas.

*Serving size: Makes 8 small pizzas*





# *MEXI SWEET POTATOES*

1 large sweet potato

Pierce with a knife, bake until cooked through (about 30 - 40 minutes at 400)

Heat up 1/2 can black beans & 1 cup frozen corn on the stovetop.

Top the cooked sweet potato with black beans, chopped tomatoes, 1/2 avocado, corn, cilantro and lime juice. You can swap tomatoes with salsa if needed.

*These are easy to batch cook and bring for work lunch.*

*Serving size: makes two filling servings. I ate one half for dinner and brought the other for lunch.*



# CAULI STEAKS WITH PESTO

Cut up head of cauliflower into large "steak" pieces and chop ends off asparagus. Place both on one large baking sheet lined with parchment paper. Drizzle olive oil and sprinkle salt and pepper over everything.

Bake at 350 for 20 minutes, or until you can pierce the cauliflower.

Top the "steaks" with vegan pesto!

PESTO: Food process 1/2 C walnut pieces, 3 handfuls spinach + 1 handful fresh basil + 1/4 C EVOO + 2.5tbsp lemon juice + 2 garlic cloves + 2 tbsp nutritional yeast, and 1/4 cup water to thin out the pesto adding more if needed.

*Serving size: makes two servings*

# VEG ENCHILADAS

1 box black beans  
1 green pepper & 1 red pepper, sliced  
1 onion, sliced  
1/2 box mushrooms, sliced  
1 package enchilada sauce (red or green)

Pan fry ingredients together with light olive oil, 1 tsp cumin, salt & pepper and a little bit of the enchilada sauce. Add beans in last.

Spoon mixture into tortilla, roll and place in lasagna dish with seams down. Pour enchilada sauce on top.

Bake at 350 until heated 15 minutes or so.

Tortillas: We typically buy brown rice, quinoa or cassava flour, corn or whole wheat.

*Serving size: makes four servings*

# *CREAMY CHICKPEA CURRY*

- 2 tablespoons oil (coconut has a lower smoke point)
- 1 chopped onion
- 3 cloves minced
- 2tbsp Curry Powder
- 1 can Coconut Milk
- 2 cans chickpeas, rinsed & drained
- 2tbsp tamari
- 1tbsp pure coconut sugar
- 2tbsp fresh lime juice
- 2 tablespoons chopped cilantro

Heat coconut oil in a large pan over medium high heat. Add in your onions and cook until they start to brown, then add in garlic to brown.

Add 1tbsp curry powder and 1/4 can of coconut milk, combining until mixed.

Add chickpeas and any additional veggies you would like, tamari sauce and the rest of the can of coconut milk + the 1tbsp curry powder.

Bring everything to a boil and cook for 5 minutes (or until your veggies are cooked through).

Mix in the the coconut sugar and lime juice, simmer until ready to serve.

*You can sub chickpeas with tofu or more veggies.*

*Serving size: This recipe makes 4 large servings or 6 smaller servings and you can serve it over jasmine rice or a baked sweet potato.*



# GROCERY LIST

Based on the recipes you want to make and how often, I left the grocery list custom for you to plan out what you want to make and the ingredients you need. I separated it by store section which is how I plan out my grocery list.

# Shopping for the *LGS*



For one week, one person:

1 large container of organic spinach

1 bunch of bananas (at least 7)

lemons (2)

Organic pears or apples (4)

1 bag of chia seeds (lasts for a month)

1 bag of frozen fruit (mango, berries, pineapple, etc.)

# *grocery list*

*fresh produce*

*dry goods*

*refrigerated foods*

*frozen foods*



# *grocery list*

*fresh produce*

*dry goods*

*refrigerated foods*

*frozen foods*



# *Everyday Staples*

Oats (gluten free)

Chia Seeds

Lentils

Olives

Noodles (lentil, brown rice, corn)

Marinara sauce (check for no milk)

Vegetable broth (organic and unsalted)

Coconut Milk (unsweetened)

Plant milk (I love cashew, hemp, oat and soy)

Honey (use with tea & acai bowls)

Unsweetened dried coconut flakes

Cacao nibs

Brown Rice, Quinoa

Teas (chai, rooibos, mint, green tea, earl grey & dandelion)

Nutritional Yeast (gives a cheesy flavor to recipes or top on salads)

Extra Virgin Olive Oil & Coconut Oil

Dates (I prefer medjool and organic if possible)

Frozen Acai packets (no sugar added)

Bee pollen (top acai bowls, take spoonfuls of)





# *Everyday Tools*

Blender - I have made all of the meals in this Ebook with both a Vitamix and Nutribullet. Both make the LGS well, but you need less water when using the Vitamix and more water when using the Nutribullet.

Chef's Knife - I use this for everything from slicing up fruit, to mincing garlic.

Food Processor - Ideal for making dairy free cheeses, sauces, etc.

Cutting Board - Probably the most used tool in my kitchen.

Mason Jars - I love to pour my LGS into a large mason jar vs using plastic. You can also use them to store granola, or to make your smoothies in.

Baking Sheet - I like to use parchment paper vs. aluminum foil for all of my baking.

Yeti Tumbler (30oz) - I bring my LGS to work everyday in a large Yeti, it keeps it cool and carries well.

Salad Spinner - I love my salad spinner to clean and dry my greens.



# If you get a *sweet* craving



By eating more fruit during the day it will help satisfy sweet cravings. If you still crave sweets, dates are an excellent fiber-filled choice.

DATES are high in protein and contain impressive amounts of calcium, magnesium, iron and Vitamin B-6. All dates are fat free, saturated fat free, trans fat free, and cholesterol free making them a delicious and healthy snack. Studies have shown even those with Diabetes 2 can eat dates!

Herbal Teas are another great sweet tooth option.

A close-up photograph of a person's hands. The left hand holds a clear glass filled with water, while the right hand holds a small, round, yellow pill between the thumb and index finger. The background is a plain, light-colored wall.

# Supplements

Supplements are *supplemental nutrition* for bodies that aren't receiving adequate nutrition. When you are eating a nutrient dense whole food plantbased diet you will be getting adequate nutrients, vitamins and minerals. However, many of us can still be deficient in a few key vitamins: Vitamin B12, Vitamin D3, Magnesium, Omega 3s, Iron and Folate.

Ritual Multivitamin - this multi fills in the gap for the essential vitamins many of us are missing. Get 10% off with [ritual.com/PBNP](https://ritual.com/PBNP)

Other Supplements I Take:

Olive Leaf Extract - Skin issues, viruses, rashes and immune support

Collodial Silver Spray - Immune support, fights bacteria

Zinc (50mg) - When feeling a cold coming on or are sick

CBD has been shown to help with anxiety, sleep and more. I love NED's hormone balance CBD during my period to take the edge off and their sleep blend actually helps me fall asleep with no grogginess the next day.

To save on NED use "Plantbased" at checkout at [helloned.com](https://helloned.com).





# *Movement*

I aim for movement six days a week taking one rest day typically on the weekend. You don't need high intensity workouts to stay toned, you can achieve lean lines by combining a plantbased, not perfect diet with lower intensity workouts daily. I don't add cardio or walks to my routine and do not use weights above 1 lb.

Example of a weekly workout schedule:

Full Body  
Arms & Abs  
Booty  
Inner Thighs  
Full Body  
Abs  
Rest Day

Workouts I Love:

[Melissa Wood Health](#) (monthly app subscription)

[Sami Clarke](#) (free on Youtube)

[Caroline Deisler](#) (free on IG)

Club Pilates in studio class



## MORNING JOURNAL PROMPTS

1. *What are 3 things I want to feel today?*
2. *What are 3 things I can do that will support me in feeling those things?*
3. *What are 5 things I am grateful for?*
4. *Who do I want to be for myself and others today?*
5. *What are three things I want to get done today?*

# Mindset

Your mindset is everything.

You can be eating all of the plants, but if you have a negative mindset towards yourself you may not achieve your goals. It isn't just about what we feed ourselves, but how we talk to ourselves as well. If we don't believe we will lose weight or tell ourselves it isn't possible, or we are "destined" to have heart disease like our family member, etc. that may very well be your reality because you have accepted it as such.

Your brain is powerful and studies show our brain can be rewired when we tell it a new story. I like to think and say "I am healthy, I am free of disease, I am lean and toned, I am anti-aging" - sounds kind of cheesy writing it out but when I say it and feel it, that becomes my reality. I embody the woman I want to be and believe I am her, already.

To cultivate our mindset I recommend meditation, mantras like the ones I shared and journaling. Use the prompts provided, write out how you feel during and after the *RESET*, revisit what you write and check in with yourself that you are still showing up the same you were during this week as you go forward.

# Smoothie *Tips*

## *Freeze Bananas*

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Always buy different stages of bananas so you can freeze the spotty ones for smoothies & nice cream.

## *Protein Powder*

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We get full protein from plant foods: greens, nuts, beans, seeds, nooch. Aim for whole food protein over powdered refined options.

## *Water over Milk*

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Use filtered water over milk to keep the calorie density low and avoid common additives.

## *Chia vs. Flax*

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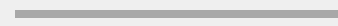
Chia and flax are both great options with omega3s and protein - this is preference. Zen basil is also a great option.





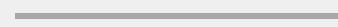
# Meal Prep *Tips*

## *Grocery Shop*



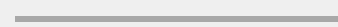
Print out the grocery list you create. Buy all of your ingredients on Sunday so you are prepared for the week.

## *Plan It Out*



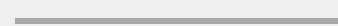
Choose your meals from the plan and write out your week so you have a plan to follow each day.

## *Meal Prep*



Chop veggies, make soups, raw bars, and protein bites beforehand to save on time. You can make the LGS the night before if needed.

## *Batch Cooking*



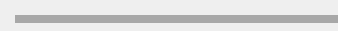
Premake meals and chop up ingredients on Sunday so they are ready to go for the week and you can grab-n-go or make dinner quicker.





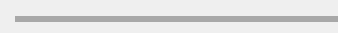
# Bloating *Tips*

*Slowly Intro Fiber*



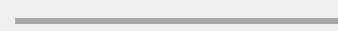
Steam veggies vs eating them raw, soak nuts and seeds beforehand. Simplify the LGS if too much fiber (choose one fruit).

*Walking*



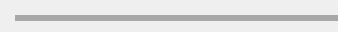
Going for a walk helps to eliminate bloat. Moving gets things moving.

*Add in Enzymes*

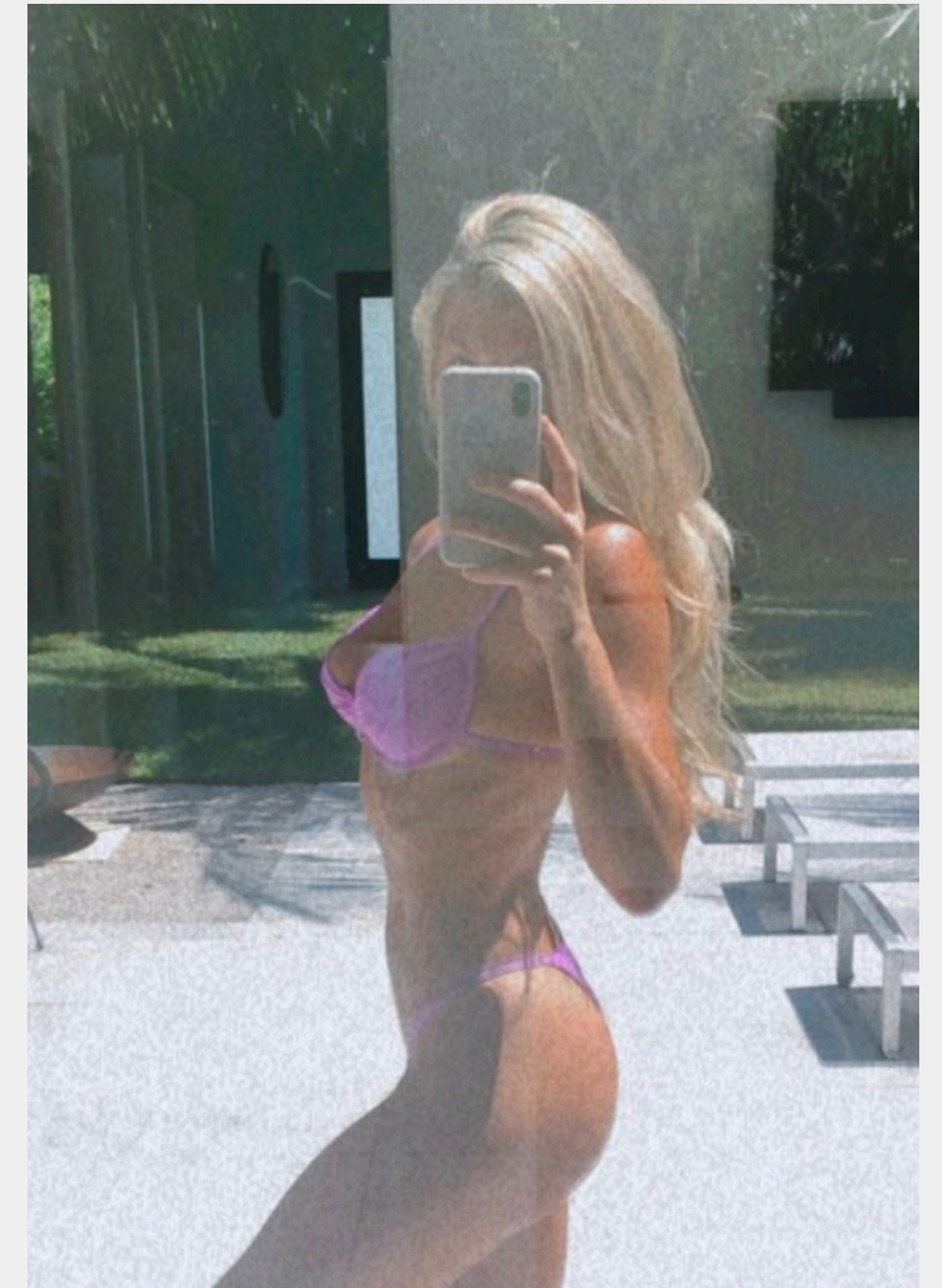


Raw veggies before dense meals aid in better digestion as the enzymes help to break down the foods.

*Teas*



Dandelion tea and hot water with lemon both aid in flushing out bloat.



# Skincare Tips

## *Dry Brushing*

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Boosts circulation, improves skin texture, sloughs off dead skin cells and aids in cellulite reduction.

## *Sauna*

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Sauna boosts blood flow, releases toxins and improves skin. If you can't sauna, exercise mimics the response.

## *Movement*

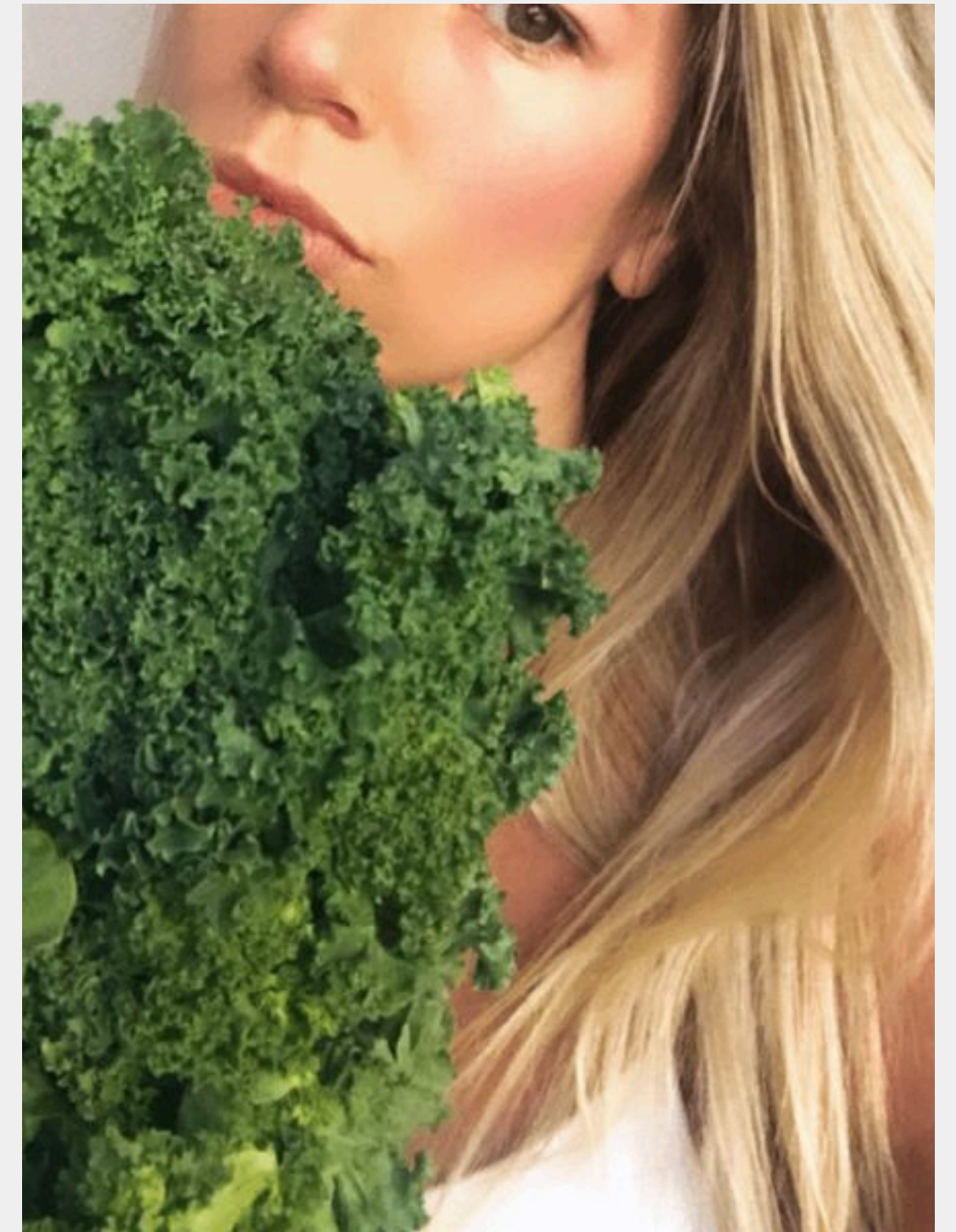
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Moving daily, even a short walk, improves mental health, cardiovascular health and skin health.

## *Less is More*

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Eating this way will make your skin glow, so you don't need a ton of products. Keep your routine simple.





# *Self Discipline Tips*

## *Know Your WHY*

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Journal your WHY if you aren't sure what it is yet. Revisit your why daily to help keep you on track.

## *Self Confidence*

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Build self confidence by keeping promises to yourself. Map out your meals for the week in a planner and schedule your daily workouts, then keep your plans with yourself like you made them with a friend. This builds our confidence, which instills discipline.

## *Plan & Prepare*

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Set yourself up for success and support your new daily habits by meal planning and preparing your food each week.





# *Self Discipline Tips*

## *Your Circle*

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To stay disciplined to making healthier changes and developing a new routine, you have to evaluate who you surround yourself with and make changes to support the new life you want to be living. Revisit your social feeds to only be inspirational and motivational people as well.

## *Binging & Cravings*

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Journal, meditate and spend alone time to get to the core of your cravings. You may be binging due to restriction so get honest with yourself if you need to work on how you look at food and your food behaviors.



# FAQs

## *Juicing vs. Smoothies*

Juicing extracts the fiber from the plants so juices aren't going to keep you satiated or add fiber to your diet which we need for weight loss and optimal health. I like juices as a nutritional "shot" to boost health, but not as a meal.

## *Is Soy Bad for Us?*

Evidence shows that soy reduces risk of breast cancer, it doesn't promote it. A great source of protein, soy benefits our overall health and longevity.

## *Should We Always Buy Organic?*

While avoiding the Dirty Dozen can be helpful if it's in your budget, you can wash the produce to remove pesticides and chemicals. Organic also uses pesticides and the "dose makes the poison" so if you are healthy, non organic produce won't make an impact on your health.

## *Fresh vs. Frozen Produce*

Frozen produce is picked at its highest nutritional content before its frozen whereas fresh produce travels to your store and has a shelf life so frozen actually wins for higher nutritional content.

## *How to Combat Overeating?*

Eat until satiated during your day if you overeat at night, it may be due to restriction. Eat without distractions and mindfully reflect on when you are feeling full.

## *Collagen Supplements?*

There is no evidence to show that ingesting collagen creates collagen production in our skin. These supps are largely untested and unregulated which means you can ingest chemicals, toxins, fillers and more along with a useless product.

## *Should I Drink Lemon Water?*

Drinking lemon water does not move your digestion more than drinking plain water. Lemon water also doesn't change the pH of our bodies. Drink water when you wake up to hydrate, add lemon if you like it but it doesn't have magical traits.

## *Thoughts on Colonics / Enemas*

There is no evidence to suggest colonics are necessary; when you are properly eliminating no assistance is needed. If constipated, enemas are helpful and used for healing modalities but again, if you are "regular" your body knows how to get rid of waste and doesn't need help.

## *Ways to Get Rid of Cellulite?*

Dry brushing, sweating from exercise and sauna, as well as eating fiber rich foods can help break up fat in those areas.

# Testimonials

## *Suzanne*

"About 6 weeks ago I reached out to you asking if you thought your books would be helpful to me in improving my health. I am so grateful you replied and shortly after I purchased your books. I will never be able to thank you enough for sharing your knowledge. In this short period of time my health has improved immensely! I have far more energy, much less inflammation, and have lost 20 pounds!! Your books and podcasts have guided me along and I couldn't be happier!!"

"I've been doing the green smoothie every work day and eating plantbased at work. I have been thinking about food in a different way. I got my husband to go to a vegan restaurant and I'm down 7 pounds so far. So thank you!!"

## *Sara*

"I have lowered my blood pressure, cholesterol and lose 14 inches all over. Also my anxiety has basically gone away the last 5 months. It's incredible what food can do to your mind and body. I also love that I don't feel like I am depriving myself at all and can eat till I'm full."

## *Chrissy*

"OMG Beth - I have lost 22 pounds, just from eating plants!"

## *Jessica*

"I feel so great and can't wait to continue these daily habits for a lifetime! I have way less bloating, I'm down 2 lbs and have way more energy."

"I have lost 14 pounds since February! Thank you so much for changing the way I see food, I have been afraid of carbs my whole life it's so nice to not worry anymore."

"To be honest I touched based with you in May or June and because of your recommendation I cut out nuts and seeds, swapped for more fruit and I actually lost 5 pounds and feel the fittest and most lean I have ever been!"

"Down around 12lbs since I started in January solely based on food! I haven't been working out like I'd like to, but I will get there."

"I got my husband to go to a vegan restaurant and enjoy meatless chili and I'm down 7 lb so far!"



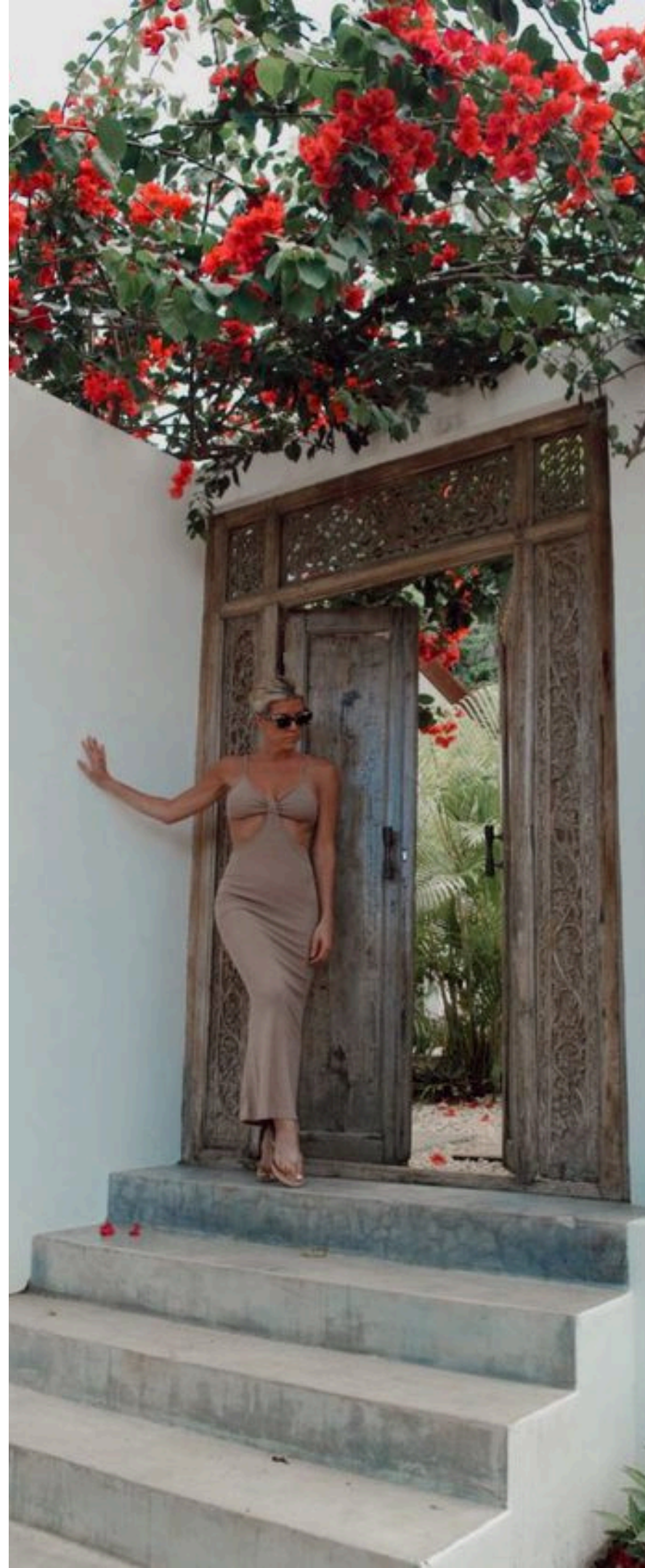
# Disclaimer

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## CITATIONS

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662288/>
2. <https://nutritionfacts.org/topics/animal-protein/>
3. <https://nutritionfacts.org/video/eggs-choline-and-cancer/>
4. *The Starch Solution*, John McDougall
5. [Calorie Density Approach](#)



## *BLOG*

[hauteandhealthy.com](https://hauteandhealthy.com)

## *EBOOKS*

[Recipes](#)

[Revamp](#)

## *PODCAST*

[Plantbased, Not Perfect](#)