



3 day Reset

The information presented in this guide is in no way intended as medical advice or as a substitute for medical treatment. This information should only be used in conjunction with the guidance and care of your physician. Consult your physician or other health care professional before beginning any diet, nutrition, exercise or fitness plan to determine if it is appropriate based on your health goals and health status.

INTRODUCTION

Expect to feel lighter & more energized



We've all been there - overindulging on weekends, relying on caffeine to fuel us through the 3pm slump and mindlessly satisfying sugar cravings. **That's why we have designed a 3 Day Reset.**

A few days to focus on simple, clean foods that are easy to prepare and easy to digest. We've cut out the biggest inflammatory culprits and focused on minimally processed foods and introduced lifestyle modifications to help you re-energize, re-fresh and re-new your approach to wellness. Expect to feel lighter, more energized and experience more restorative sleep.



Guidelines

- ✓ No Dairy
- ✓ No Alcohol
- ✓ No Gluten/Wheat
- ✓ No Refined/Processed foods
- ✓ No Soy
- ✓ No Meat

3 Day Meal Plan

	DAY 1	DAY 2	DAY 3
BREAKFAST	Lemon Water	Lemon Water	Lemon Water
SNACK 1	Clean Trail Mix	Banana Chia Crisps	Sour Cream n' Onion Kale Chips
LUNCH	Lemon Kale Salad with Chickpeas & Avocado	Sweet Potato Noodles with Spinach & Corn	Kale Salad with Roasted Red Pepper Dressing
SNACK 2	Detox Chia Lemon Water	Detox Chia Lemon Water	Detox Chia Lemon Water
DINNER	Paleo Falafel Salad with Mint Tahini Sauce	Lemon Maple Chickpea Salad	Lentil Salad with Maple Roasted Squash
SNACK 3	High Fiber Seed Loaf	High Fiber Seed Loaf	High Fiber Seed Loaf

Grocery List



55 ingredients

FRUITS

- 1 Avocado
- 1 Banana
- 1 1/2 Lemons
- 1/2 cup Lemon Juice
- 2 tbsps Lime Juice

SEEDS, NUTS & SPICES

- 2/3 cup Cashews
- 1 1/8 cups Chia Seeds
- 1 tsp Chili Powder
- 1 1/4 tpsps Cinnamon
- 2 cups Clean Trail Mix
- 1 tsp Cumin
- 1 tbsps Ground Flax Seed
- 1/2 cup Hemp Seeds
- 2 cups Pumpkin Seeds
- 1 1/4 tbsps Sea Salt
- 2 tbsps Sesame Seeds
- 1/8 tsp Smoked Paprika
- 2 1/8 cups Sunflower Seeds
- 1/8 tsp Turmeric
- 1 1/2 cups Whole Flax Seeds

FROZEN

- 1 cup Frozen Corn

VEGETABLES

- 2 cups Baby Spinach
- 1/4 cup Basil Leaves
- 2 cups Butternut Squash
- 1/2 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 3 cloves Garlic
- 4 stalks Green Onion
- 12 Heirloom Carrots
- 20 cups Kale Leaves
- 1/4 cup Mint Leaves
- 8 cups Mixed Greens
- 2/3 cup Parsley
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 4 1/4 ozs Roasted Red Peppers
- 1/4 Sweet Onion
- 2 Sweet Potato
- 1 Zucchini

BREAKFAST

- 1/4 cup Maple Syrup

BOXED & CANNED

- 3 3/4 cups Chickpeas
- 2 cups Lentils

CONDIMENTS & OILS

- 1/4 cup Apple Cider Vinegar
- 2/3 cup Avocado Oil
- 1 tbsps Dijon Mustard
- 1 1/16 cups Extra Virgin Olive Oil
- 1 1/2 tbsps Tahini

BAKING

- 1/4 cup Dried Unsweetened Cranberries
- 6 cups Oats
- 3/4 cups Psyllium Husks
- 1 tbsps Tapioca Flour

BAKING

- 1/4 cup Orange Juice

OTHER

- 17 1/16 cups Water

Day 1

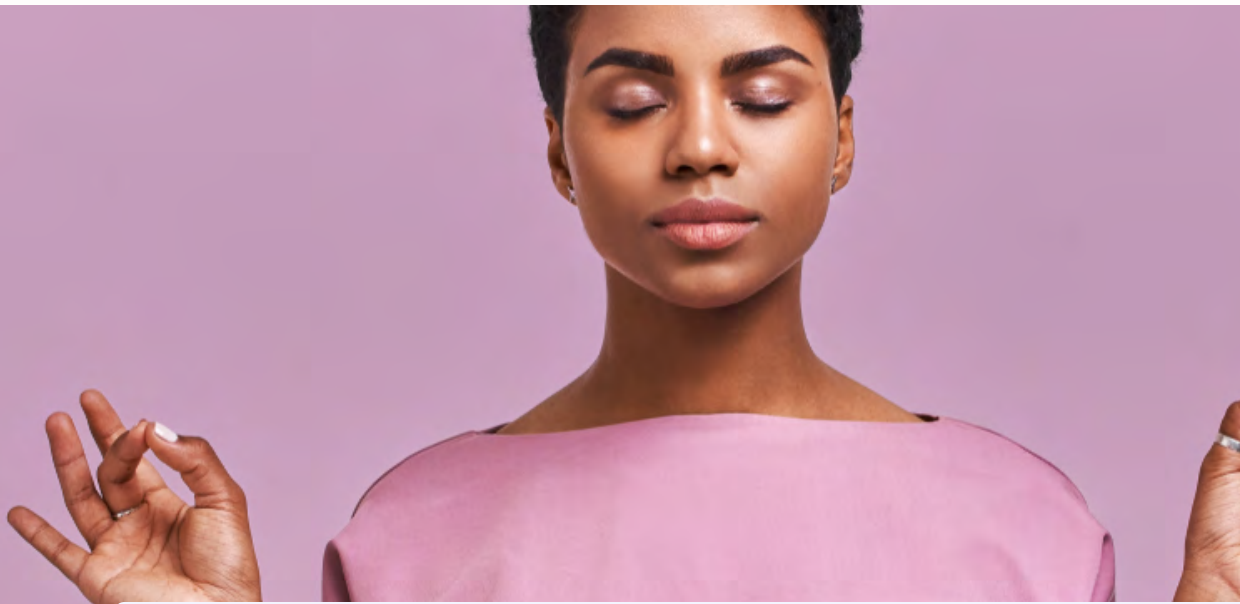
Eat

Follow Day One of the Meal Plan

Breathe

Breathing Exercise 4-7-8 Breath

1. Exhale completely through your mouth, making a whoosh sound.
2. Close your mouth and inhale quietly through your nose to a mental count of **four**.
3. Hold your breath for a count of **seven**.
4. Exhale completely through your mouth, making a whoosh sound to a count of **eight**.
5. This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.



Anecdotal evidence suggests 4-7-8 breathing works to promote relaxation and can reduce anxiety by increasing oxygen intake and signaling the brain to release GABA. GABA inhibits the release of cortisol and adrenaline, and calms the nervous system.

Day 1

Hydrate

Fill up 3 litre sized glass water bottles in the morning. Drink water throughout the day.



Studies have shown that mild dehydration can impair mood, memory and brain performance, so arm yourself with H2O to stay hydrated.



Sleep

Get to bed by 11pm



At night our bodies produce melatonin, which allows us to fall asleep, and stay asleep. We produce the largest quantities of this hormone between 11 PM and 3 AM. Melatonin supports the immune system and is integral for hormonal balance.

Day 2

Eat

Follow Day Two of the Meal Plan

Breathe

Alternate nasal breathing

1. Find a comfortable seat.
2. Using the right thumb, softly close the right nostril, and inhale as slowly as you can through the left nostril, then close it with your ring finger. Pause. Open and exhale slowly through the right nostril.
3. With the right nostril open, inhale slowly, then close it with the thumb. Pause. Exhale through the left nostril. Once your exhalation is complete, inhale through the left. Pause before moving to the right.
4. Repeat this pattern five to ten times, and then release the right hand to the right knee. Ease back into normal breathing.



Alternate nasal breathing activates the parasympathetic nervous system and reduces blood pressure with long term practice.

Move

Move for 30 minutes - Take the stairs, get off one subway stop early, have a walking meeting - just move your body.



When you exercise, your heart rate increases to circulate more oxygen (via the blood) at a quicker pace. The more you exercise, the more efficient the heart becomes at this process, so you can work out with greater intensity and for longer bouts. The minute you start exercising, your brain cells will function at a higher level. The increased blood flow to your brain will make you more alert and awake during exercising and more focused post-workout.

Day 2

Sleep

Sleep in complete darkness.

- Invest in an eye mask or cover all sources of light (even that pesky light from your alarm clock or your old DVD player).



Darkness is essential to sleep and critical to the production of melatonin - a hormone produced in the brain's pineal gland, often known as the sleep hormone. Even the slightest ray of sunlight or artificial light interrupts the secretion of this important hormone. Adequate levels of melatonin are essential to maintain a balanced circadian rhythm. Melatonin is also a strong antioxidant, anti-inflammatory, immune modulator and master repair hormone.



Day 3

Eat

Follow Day Three of the Meal Plan



Hydrotherapy Shower

Complete three to five hot and cold cycles

- Start with hot water for about one-two minutes.
- Switch to cold water for 30 seconds.
- Continue to alternate with hot for 2 minutes and cold bursts for 30 seconds.
- Repeat 4 times.
- Always remember to end the shower on a cold cycle and keep the body warm afterwards.



Alternating hot and cold increases circulation, encouraging lymphatic flow, and boosts metabolism and immune function.

Day 3

Read before bed

Put down your phone (better yet put it to sleep in another room) and pick up a good old fashioned book and read at least 2 chapters.



A winding-down ritual can help you fall asleep faster and enjoy a higher quality of sleep throughout the night - This ritual can reduce stress levels, resulting in decreased cortisol levels and a more restorative slumber.

Sleep

Get 7-8 hours of sleep.



When it comes to your health, sleep plays a pivotal role. While more sleep won't necessarily prevent you from getting sick, skimping on zzzzz's could adversely affect your immune system. While you slumber your body produces cytokines, a type of protein that targets infection and inflammation so without sufficient sleep your body's immune system will be hindered.





Lemon Water



2 ingredients



5 minutes



1 serving

DIRECTIONS

1. Combine water and lemon juice in a glass. Enjoy!

INGREDIENTS

- 2 cups Water (hot or cold)
- 1/4 Lemon (juiced)

NOTES

Likes it Fizzy

Make it with sparkling water

More Flavour

Garnish with extra lemon slices.



Clean Trail Mix



1 ingredient



2 minutes



4 servings

DIRECTIONS

1. This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast .
2. Pour into bowl and snack away!

INGREDIENTS

2 cups Clean Trail Mix



Banana Chia Crisps



3 ingredients



25 minutes



1 servings

DIRECTIONS

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
3. Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
4. Remove from oven. Let cool and enjoy!

INGREDIENTS

- 1 Banana (medium, ripe)
- 1/4 cup Chia Seeds
- 1 tsp Cinnamon

NOTES

Storage

Refrigerate in an air-tight container up to 5 days or freeze.

Serving Size

One serving is equal to approximately 12 small cups



Sour Cream n' Onion Kale Chips



6 ingredients



30 minutes



4 servings

DIRECTIONS

1. Preheat oven to 350°F (177°C). Line a baking sheet with foil, shiny side facing down. Lightly grease with a splash of extra virgin olive oil.
2. Place apple cider vinegar, onion, cashews, sea salt and water together in a blender or food processor. Blend until a creamy consistency forms.
3. Place kale leaves in a large bowl and pour cashew mixture over top. Massage the mixture into the kale leaves.
4. Arrange kale leaves across the foil in a single layer. Don't overcrowd. You will need to bake in a few batches.
5. Bake in the oven for 10 to 15 minutes or until crispy. Keep a close eye after the 10 minute mark so you don't burn them. You may need to remove some and give others a bit more time to crisp up.
6. Throw into a bowl and enjoy!

NOTES

Keep Them Crunchy

Store in the freezer to keep crunchy

Crunch Them Back Up

If chips lose their crispness over time, throw them in the oven at 350°F (177°C) for 2 to 5 minutes to crisp them back up.

INGREDIENTS

- 2 tbsps Apple Cider Vinegar
- 1/4 cup Sweet Onion (finely diced)
- 2/3 cup Cashews
- 1/2 tsp Sea Salt
- 1/3 cup Water
- 8 cups Kale Leaves (cut into large pieces, about 1 bunch of kale)



Lemon Kale Salad with Chickpeas & Avocado



8 ingredients



20 minutes



2 servings

DIRECTIONS

1. Add the kale leaves to a large bowl.
2. In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
3. Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

INGREDIENTS

- 4 cups Kale Leaves (stem removed, thinly sliced)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1/4 tsp Sea Salt
- 1 1/3 cups Chickpeas (cooked)
- 1 Avocado (cubed)
- 1/8 tsp Smoked Paprika
- 2 tbsps Pumpkin Seeds

NOTES

Leftovers

Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

More Flavour

Roast the chickpeas with additional seasonings to enhance the flavour and add a crunch.

Additional Toppings

Add sliced onion, peppers, or roasted vegetables such as sweet potato.



Sweet Potato Noodles with Spinach & Corn



12 ingredients



15 minutes



2 servings

DIRECTIONS

1. In a pan over medium heat, add the sweet potato noodles and cook for 5 to 7 minutes or until cooked through. Remove and set aside. In the same pan, add the corn and cook for 2 to 3 minutes. Remove and set aside.
2. To the same pan, add the spinach and cook until just wilted and then set aside. Next, add the pumpkin seeds and toast them for 2 to 3 minutes.
3. In a blender or food processor, add the extra virgin olive oil, water, chili powder, garlic, orange juice, lime juice and sea salt. Blend until combined.
4. Add the sweet potato noodles, corn and spinach back to the same pan. Add the dressing on top and toss to coat. Divide between plates and top with chopped cilantro. Enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavour

For more heat, chop up canned chipotle peppers in adobo sauce or top with red pepper flakes.

Additional Toppings

Add cooked protein such as shredded chicken, tofu or smoked salmon.

No Blender or Food Processor

Whisk the sauce ingredients in a small bowl or shake vigorously in a mason jar.

INGREDIENTS

- 2 Sweet Potato (small, spiralized)
- 1 cup Frozen Corn
- 2 cups Baby Spinach
- 1/4 cup Pumpkin Seeds
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Water
- 1 tsp Chili Powder
- 1 Garlic (clove, minced)
- 1/4 cup Orange Juice
- 2 tbsps Lime Juice
- 1/4 tsp Sea Salt
- 1/4 cup Cilantro (chopped)



Kale Salad with Roasted Red Pepper Dressing



9 ingredients



15 minutes



2 servings

DIRECTIONS

1. To a food processor, add the roasted red pepper, fresh basil, garlic, lemon juice, salt and half of the olive oil. Blend for 15 seconds until mostly smooth. Scrape down the sides of the bowl, then while the food processor is running, stream in the remaining olive oil.
2. In a large mixing bowl, add the chopped kale. Pour half of the dressing over top of the kale and massage the leaves for about a minute or until the kale is wilted and tender.
3. Divide the kale evenly onto the plates and top each plate equally with tomatoes and almonds. Drizzle salad with remaining dressing. Enjoy!

INGREDIENTS

- 4 1/4 ozs Roasted Red Peppers (jarred)
- 1/4 cup Basil Leaves
- 1 Garlic (clove, small)
- 2 tbsps Lemon Juice
- 1/2 tsp Sea Salt
- 1/4 cup Extra Virgin Olive Oil (divided)
- 8 cups Kale Leaves (chopped)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Sliced Almonds

NOTES

Nut-Free

Use sunflower seeds instead of almonds.

Leftovers

Keeps well in the fridge for 2 to 3 days



Detox Chia Lemon Water



3 ingredients



5 minutes



1 servings

DIRECTIONS

1. Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

INGREDIENTS

- 2 cups Water
- 1 tbsp Chia Seeds
- 1/4 Lemon (juiced)

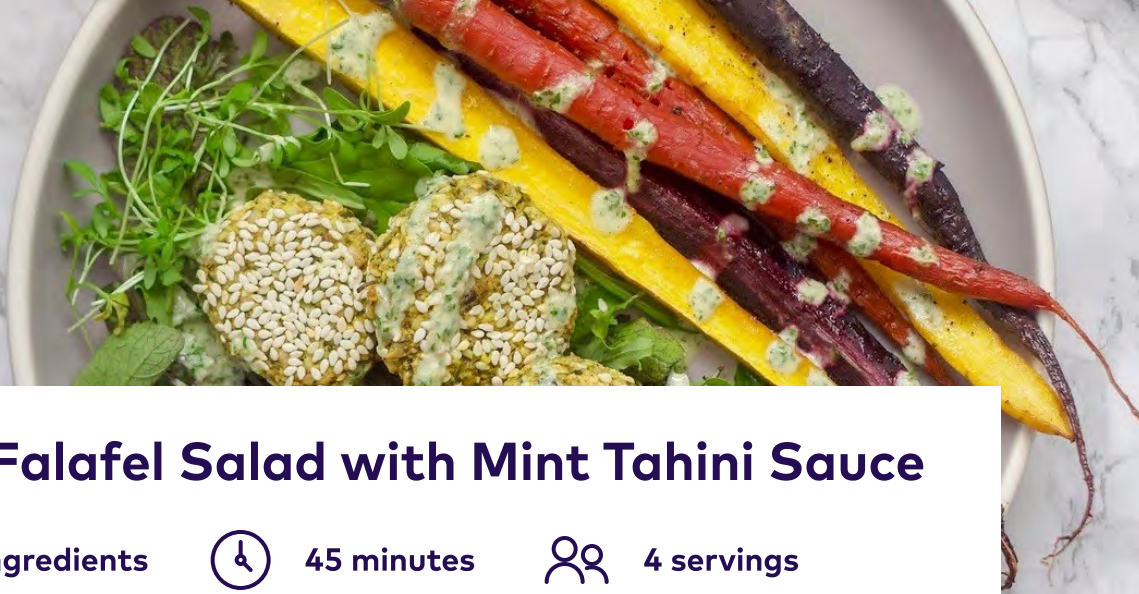
NOTES

Make it Sweet

Add maple syrup.

Make it Spicy

Add a pinch of cayenne pepper.



Paleo Falafel Salad with Mint Tahini Sauce



18 ingredients



45 minutes



4 servings

DIRECTIONS

1. Make a flax egg by combining the ground flax with water in a small bowl and set aside.
2. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
3. Add the hemp seeds, half of the sunflower seeds, parsley and the flax egg into a food processor and pulse until combined. Remove and add to a medium size bowl and add the remaining sunflower seeds, half of the lemon juice, tapioca flour, cumin, turmeric and garlic. Season with sea salt and pepper and mix well.
4. Using your hands, form balls with the falafel mix and flatten with your hands. Add sesame seeds to a plate and roll the flattened balls in the seeds then place them on the baking sheet. Bake for 25 to 30 minutes, flipping at the halfway point.
5. Meanwhile, make the mint tahini sauce by adding the tahini, olive oil, mint leaves, sea salt and remaining lemon juice to a food processor or blender. Blend until smooth and transfer to a jar.
6. Add mixed greens to your plate, with roasted carrots and falafels. Drizzle with tahini sauce. Enjoy!

NOTES

Meal Prep

Make the falafels ahead and freeze for quick and easy meals down the road.

No Tapioca Flour

Use coconut flour instead.

Wet Falafels

If the falafel mix is a little too wet, add ½ tsp more flour to thicken.

Serving Size

One serving is equal to 3 falafels

INGREDIENTS

- 1/2 cup Ground Flax Seed
- 3 tbsps Water
- 1/2 cup Hemp Seeds
- 2/3 cup Sunflower Seeds (divided)
- 1/3 cup Parsley (packed)
- 3 tbsps Lemon Juice (divded)
- 1 tbsp Tapioca Flour
- 1 tsp Cumin
- 1/8 tsp Tumeric
- 2 tbsps Sesame Seeds (optional)
- 1 1/2 tbsps Tahini
- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Mint Leaves (packed)
- 1/8 tsp Sea Salt (or more to taste)
- 8 cups Mixed Greens
- 12 Heirloom Carrots (roasted)



Lemon Maple Chickpea Salad



8 ingredients



15 minutes



3 servings

DIRECTIONS

1. In a large mixing bowl, whisk the lemon juice, maple syrup, mustard and salt together.
2. Add the bell pepper, zucchini, red onion and chickpeas to the mixing bowl with the dressing. Fold everything together. Season with additional salt or lemon juice, if needed.
3. Divide between plates and enjoy! For best flavor, serve chilled.

INGREDIENTS

- 3 tbsps Lemon Juice
- 2 tbsps Maple Syrup
- 1 tbsp Dijon Mustard
- 1/2 tsp Sea Salt
- 1 Red Bell Pepper (chopped)
- 1 Zucchini (small, chopped)
- 1/4 cup Red Onion (finely chopped)
- 2 cups Chickpeas (cooked)

NOTES

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add in baby arugula, chopped basil or parsley, fresh ground pepper or dried dill.

Serve it With

Enjoy alone or serve over leafy greens like baby spinach, mixed greens or romaine lettuce.



Lentil Salad with Maple Roasted Squash



11 ingredients



30 minutes



4 servings

DIRECTIONS

1. Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
3. In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, green onion, cranberries, parsley and butternut squash. Season with additional salt if needed. Enjoy!

NOTES

Leftovers

Store in an airtight container in the fridge for up to 5 days

No Maple Syrup

Use honey instead.

No Butternut Squash

Use sweet potato or carrots instead.

Save Time

Buy pre-sliced butternut squash.

INGREDIENTS

- 2 cups Butternut Squash (chopped into 1cm cubes)
- 1 1/2 tps Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 2 tbsps Maple Syrup
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Apple Cider Vinegar
- 1/4 tsp Cinnamon
- 2 cups Lentils (cooked, from the can)
- 4 stalks Green Onion (chopped)
- 1/4 cup Dried Unsweetened Cranberries
- 1/4 cup Parsley (chopped)



High Fiber Seed Loaf



9 ingredients



3 hours



10 servings

DIRECTIONS

1. In a large bowl, combine sunflower seeds, flax seeds, pumpkin seeds, chia seeds, oats, psyllium husks and salt. Mix well.
2. In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
3. Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
4. Preheat the oven to 350°F (177°C). Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
5. Remove from the oven and let it cool completely before slicing. Enjoy!

INGREDIENTS

- 1/2 cup Sunflower Seeds
- 1/2 cup Whole Flax Seeds
- 1/2 cup Pumpkin Seeds
- 1/4 cup Chia Seeds
- 2 cups Oats (rolled)
- 1/4 cup Psyllium Husks
- 1/2 tsp Sea Salt
- 3 tbsps Avocado Oil
- 1 1/2 cups Water

NOTES

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving is equal to one slice of bread.

Additional Toppings

Serve with nut or seed butter, hummus, avocado, or chia jam.

Psyllium Powder

If you are using psyllium powder instead of the whole husks, cut the amount used in half.