

**THE 7 RESET
CHALLENGE**

Set yourself Free





WELCOME TO THE 7 DAY RESET

Congratulations on taking this step towards your health and wellbeing. The first (and sometimes hardest) part is showing up, so consider yourself an instant success. We have 7 days together to help you treat your body right with high vibration foods!

You may have noticed for example, the more sugar you eat, the more sugar you want. I want you to be in control of your own body and not a slave to cravings. This plan focuses on eating healthy whole organic foods and as many fruits and vegetables as possible. These foods naturally cleanse and detoxify your body and provide a host of nutrients to nourish your body.

How the plan works?

Everyone is different and I want you to do what makes you successful. I have provided two ways to RESET:

A-Follow the meal plan provided. It is straight forward and easy. No complicated recipes or hard to find ingredients.

B-Follow the food exchange list, this is great if you are not the "meal plan" type person. As long as you are eating approved foods, you are good to go. You can be flexible and eat to your appetite.

REMEMBER: Gone are the days of weighing your food and strictly monitoring portion sizes. In this program, eat when you are hungry and stop when you are full. It may take practice, but it is worth working on.



THE PROTOCOL

- Eliminate OR reduce white, brown, cane, raw or coconut sugar
- Take a break from processed cookies, cakes, candies, & chocolates.
- Stay away from packaged foods, chips, crackers and boxed snacks that usually contain added sugars and chemicals.
- Avoid processed foods. Choose foods in their natural states. If your great-grandmother did not eat it, neither should you.

WHAT ABOUT FRUIT OR ARTIFICIAL SWEETENERS?

The difference between whole fruit and fruit juice or honey, for example, is that the fructose in whole fruit is bound up with plenty of fibre and nutrients to slow down the sugar release. I recommend one to two small pieces of fruit a day (perhaps in your smoothie). It is best consumed in the morning or the most active part of your day.

The only acceptable sugar substitute is stevia. All artificial sweeteners are off limits. Stevia is not proven to have negative health effects. It is an herbal extract. **But** on the flip side it does keep you attached to eating something sweet, **so please limit to 1-2 Tbsp a day.**



DAY
1

MONDAY

LET'S GO

YOU got this!

Make it yours

Even though all the work has been done feel free to customize the meal plans by swapping around meals as you would like!

Example: Want to eat the same breakfast everyday?

Do it!

BREAKFAST

Berry Clean Detox
Shake

OR

Beautifying Breakfast
Cereal

LUNCH

The New & Improved
Chopped Salad

DINNER

1/2 Cup of Brown rice
or Quinoa topped
with steamed veggies,
avocado, high quality
protein (see protein
list).

SNACKS

Sliced cucumber with
tahini or hummus.

Find Recipes at the end of the guide

WHAT TO EXPECT:

Challenging side effects:

- Intense cravings
- headaches
- fatigue
- moodiness

*Remember everyone will respond differently

Positive side effects:

- Freedom from cravings
- Reduced inflammation
- More energy
- Weight loss
- Improved Skin
- Better state of health
- Many more

TIPS & TRICKS:

- Get rid of any tempting processed, fatty and sugary foods. If they are not in the house, you won't be tempted to eat them.
- Know your style: Choose to follow the meal plan or just use the food exchange.
- Be prepared. Make sure you have lots of healthy options on hand. Try to prepare your own food for the week.
- Eat as many raw fruits and vegetables as you can. These raw foods contain the enzymes that are necessary for digestion.
- Herbal teas are a great way to quash post-meal sugar cravings or curb late night snacking.



**DAY
2**

TUESDAY

SELF CARE

is Self LOVE

Practice conscious breathing. Take a long slow inhale and think of something you want to let go of in your life, exhale to let it go.

BREAKFAST

Sprouted grain or gluten-free toast topped with almond butter and sliced banana + 1/2 cup of fresh mixed berries

LUNCH

Steamed veggies with *Bragg's soy sauce over 1/2 cup brown rice with high quality protein (see protein list)

DINNER

Let's KISS (Keep It Simple Shake)
OR
Chickpea Curry
Comfort + Simple Spinach Salad

SNACKS

Carrots and bell pepper with tahini

Fruit or smoothie.

*Braggs: Can be found in the health food section of any grocery store. It is a non-GMO Project Verified liquid protein concentrate, derived from soybeans. It contains naturally-occurring Essential and Non-essential Amino Acids:



**DAY
3**

WEDNESDAY

HAPPY

Hump Day

Repeat after me: You. Do.
Not. Have. To. Be. Perfect.

Print this statement and
post it somewhere you can
see it daily.

BREAKFAST

Let's KISS (Keep It
Simple Shake)

OR

Sprouted grain or
gluten-free toast topped
with avocado, tomato
and sprouts + 1/2 cup
mixed fruit

LUNCH

The New & Improved
Chopped Salad

DINNER

Berry Clean Detox
Shake

OR

1 cup of Brown rice
pasta topped with
olive oil, sliced cherry
tomatoes, avocado
and basil + high
quality protein of
choice

SNACKS

Handful of raw nuts
and a piece of fresh
fruit or smoothie.



DAY
4

THURSDAY

CHOCOLATE

for Breakfast

The flavonoids in cocoa help your body process nitric oxide, which can improve blood flow, help lower your blood pressure and improve heart health.

BREAKFAST

Sinful Cocoa-Cleanse Shake

OR

Chocolate Strawberry Oats Cereal

LUNCH

Steamed veggies with Bragg's Liquid Aminos over 1/2 cup brown rice + high quality protein (see protein list)

DINNER

Let's KISS (Keep It Simple Shake)

OR

Yes! It's Veg Chili!

SNACKS

Piece of fresh fruit or cup of berries or a smoothie.



**DAY
5**

FRIDAY

WOO HOO

Celebrate YOU
KEEP IT GOING!

A plant-based diet and high quality protein is shown to maintain or reestablish good health. This includes improvements in everything from inflammation and depression to osteoporosis, heart disease, cancer and diabetes.

BREAKFAST

Let's KISS (Keep It Simple Shake)
OR
Sprouted grain or gluten-free toast topped avocado, tomato and sprouts + 1/2 cup mixed fruit

LUNCH

Whole wheat pita or a whole grain wrap with hummus, veggies and mixed greens + 1 piece of fruit

DINNER

Veggie chili leftovers
OR
Quinoa and black bean feast

SNACKS

Handful of raw nuts and a piece of fresh fruit or smoothie.



**DAY
6 & 7**

SATURDAY & SUNDAY

WEEKENDS

are for self care
FOOF IS SELF CARE

A plant-based diet and high quality protein is shown to maintain or reestablish good health. This includes improvements in everything from inflammation and depression to osteoporosis, heart disease, cancer and diabetes.

BREAKFAST

Let's KISS (Keep It Simple Shake)
OR

LUNCH

Sprouted grain or gluten-free toast topped avocado, tomato and sprouts + 1/2 cup mixed fruit

DINNER

Try your own recipe or any of the ones included in this plan!

Use Whole foods, whole grains, lots of veg and and get creative.

SNACKS

Handful of raw nuts and a piece of fresh fruit and smoothie.



RECIPES

SMOOTHIE RECIPES:

Transformational Nutrition Berry Clean Detox Shake

Servings: 1

Ingredients:

- 1 serving of sugar free protein powder (optional)
- 1 c organic almond milk or water
- ¼ c organic fresh or frozen blueberries
- ¼ c organic fresh or frozen raspberries or mixed berries

Directions:

Place all ingredients in blender and blend for 2mins to ensure ingredients are properly mixed.

Relax and drink up while allowing this cleansing shake to flush the toxins out of your body and mind!

Sinful Choco-Cleanse Shake

Servings: 1

Ingredients:

- 1 serving of sugar free protein powder (optional)
- 2 Tbsp or hemp or chia seeds
- 1 Tbsp cocoa powder
- 1 c coconut milk
- 1 c of water
- 1 banana
- ¼ c frozen blueberries

Directions:

Place all ingredients in blender and blend for 2mins to ensure ingredients are properly mixed.

Find a moment to fully enjoy the flavour and let the ingredients nourish you.





Kiss (Keep It Simple Shake)

Servings: 1

Ingredients:

- 1 serving of sugar free protein powder
- 2 c almond milk or water
- 1 banana
- 1 c fresh or frozen blueberries

Directions:

Place all ingredients in blender and blend for 2 mins to ensure ingredients are properly mixed.

Drink up gorgeous!

Fibre Fantastic Shake:

Servings: 1

Ingredients:

- 1 serving of sugar free protein powder (optional)
- 2 tsp of chia seeds or flax seeds
- 1-2 c of water
- $\frac{1}{2}$ c organic coconut kefir (any flavor)
- $\frac{1}{2}$ banana
- 1 handful of spinach or other leafy greens

Directions:

Place all ingredients in blender and blend for 2 mins to ensure ingredients are properly mixed.

Enjoy!



Tropical Tango Toxin Buster (bonus smoothie recipe)

Servings: 1

Ingredients:

- 1 serving of sugar free protein powder
- 1 c almond milk
- 1 c of cubed organic mango, pineapple and papaya blend
- $\frac{1}{4}$ c of coconut milk

Directions:

Place all ingredients in blender and blend for 2 mins to ensure ingredients are properly mixed.

Enjoy!

BREAKFASTS:

Beautifying Breakfast Cereal

Servings: 1

Ingredients:

- 4 Tbsp raw sunflower seeds
- 3 Tbsp sliced almonds
- 1 Tbsp ground flax seed
- $\frac{1}{4}$ c blueberries
- $\frac{1}{4}$ c strawberries
- 1 tsp cinnamon
- $\frac{1}{2}$ - $\frac{3}{4}$ c coconut milk

Directions:

Combine almonds, sunflower seeds, flax meal and berries in a bowl and pour coconut milk over them. Top with cinnamon and serve!



Choco- Chia Bowl (bonus recipe)

Servings: 1

Ingredients:

- 3 Tbsp chia seeds
- 1 c coconut or almond milk
- 1 Tbsp raw cacao
- ½ c sliced banana

Directions:

Using a fork, stir the chia seeds and milk for 2 mins to avoid clumping.

Add the cacao, bananas and stevia (optional) and mix well

Refrigerate for at least 30 minutes, and stir well before enjoying the fruits of your labor!

Chocolate Strawberry Oats Cereal

Servings: 1 - 2

Ingredients:

- 1 c cooked steel cut oats
- ½ c of fresh strawberries, sliced
- ½ Tbsp raw cocoa powder
- ¼ c chopped banana
- ½ c almond milk, unsweetened

Directions:

Place oats in a bowl. Add in cocoa powder and dates and mix well. Top with fresh strawberries. Add almond milk and enjoy!

LUNCH AND DINNER

The New & Improved Chopped Salad

Servings: 2

Salad Ingredients:

- 1 head of romaine, chopped
- $\frac{1}{2}$ avocado, cubed
- $\frac{1}{2}$ red bell pepper, chopped
- 1 handful raw sunflower seeds
- 1 carrot, sliced
- $\frac{1}{2}$ c cherry tomatoes, halved
- $\frac{1}{2}$ c of chickpeas

Sea salt to taste

Optional: $\frac{1}{2}$ c of cooked high quality protein

Dressing:

- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 1 Tbsp apple cider vinegar
- 1 tsp mustard
- Sea salt and pepper to taste

Simple Spinach Salad

Servings: 2

Ingredients:

- 4 c baby spinach
- Juice of $\frac{1}{2}$ lemon
- 2 tbsp Olive oil
- Sea salt, to taste



Directions:

Place spinach in bowl

Add lemon juice, olive oil, and sea salt and toss

Use the time saved to be completely present and enjoy each bite!



Chickpea Curry Comfort

Servings: 3

Ingredients:

- 2 tsp coconut oil
- 1 onion, minced
- 2 garlic cloves, minced
- 1½ c chickpeas, cooked (or 1 15 oz. can, drained and rinsed)
- 2 ripe tomatoes, diced
- 2 Tbsp curry powder
- Sea salt, to taste

Directions:

- Heat oil in a large pot and add onions and garlic and cook until translucent, about 5 minutes.
- Add curry to the pot and cook until fragrant, approximately 1 minute.
- Add the chickpeas and tomatoes and cook, stirring occasionally, for about 20 minutes.
- Serve with brown rice or quinoa.

Quinoa and Black Beans Feast

Servings: 1

Ingredients:

- 1 tsp olive oil
- 1/2 bell pepper, chopped
- 2 tbsp chopped red onion
- 1/2 c canned black beans, rinsed -2 tbsp broth, (or water)
- 1/2 c hot cooked quinoa

Directions:

- Heat oil in a small saucepan over medium heat
- Add bell pepper and onion and cook until almost tender
- Add beans and broth (or water) to the pan
- Cook until heated through
- Stir in quinoa, take three deep breaths to slow your mind and enjoy.





Yes! It's Veggie Chili

Servings: 3 - 4

Ingredients:

- 1c of frozen corn
- 1 ½ c cooked kidney beans (or 1 15oz can, rinsed and drained)
- 4 large tomatoes, diced
- 1 large red bell pepper, diced 1 large green bell pepper, diced
- 1 medium red onion, diced
- 2 Tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 2 Tbsp sea salt
- ½ Tbsp chili powder
- 1 tsp cumin
- ¼ tsp cayenne pepper

Optional: Add ¾ c of cooked high quality protein

Directions:

- Heat a large pot over medium heat and add the oil and onion
- Sauté for 3 minutes and add the corn, garlic, cumin, sea salt, chili powder and cayenne pepper
- Sauté for another 4 minutes, then add the tomatoes, green bell peppers, red bell peppers and cover
- Turn heat to low and simmer for 30 minutes
- Add more sea salt to taste

NO MEAL PLAN OPTION: FOOD EXCHANGE LIST

Flexible Meal Plan:
Include one of each section
for each meal

CARBS

- 1/2-1 whole:
Potato of any colour
- 1/2-1 Cup Cooked:
Grains (Brown, wild, jasmine, red, and black rice, quinoa, oats, steel cut oats).
- 1-2 pieces Ezekiel bread or sprouted grain bread.
- Unlimited vegetables.

PROTEIN

- 1/2 Cup:
Chickpeas, Beans, lentils or organic tofu.
- 4-6oz: Grass-fed, pasture raised, organic meats.
- 6oz of wild caught fish.
- 2 free range eggs
- 1 Scoop
Vegan/soy free protein powder

FATS

- 1/3-1/2 of a Avocado
- 4-5 Olives
 - 2-3 TBSP flax or chia seeds.
 - 2-3 TBSP of Hemp Hearts.
 - 1-2 TBSP of Tahini or Nut butter.
 - 1 TBSP of Coconut or Olive oil.
 - 30G of Raw nuts

Vegetables: ARE UNLIMITED can be raw, frozen, steamed, sautéed (in water), or roasted.

Fruits: Fresh or frozen.

Fruits: To be consumed at Breakfast or morning/daytime snack. Fresh or frozen.



Thank you for joining me!
I appreciate you! Anna.

I am a Transformational Nutrition and Wellness coach. I am here to show you how to stop suffering and start seeing results. I help you find Nutrition, Exercise and MINDSET practices that will get you the body, confidence and life you always wanted.

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