

THE ULTIMATE 5 DAY RAPID RESET







***Are you ready to embark on a journey
that will not only transform your body
but also reshape your mindset, habits,
and lifestyle?***

You've taken the first step toward becoming the best version of yourself, and we're here to guide you every step of the way.

This **5 DAY RESET GUIDE** is designed to be your comprehensive guide to achieving sustainable results.





HERE'S WHAT YOU WILL FIND:

5 Day Reset Guide

Your Quick Start Guide to Reset, Recharge, and Transform Your Body

What's next after the 5 day Reset?

Low Glycemic Lifestyle

Helpful Guides

Trackers, Grocery Lists





5 DAY RESET

YOUR QUICK START GUIDE TO
RESET, RECHARGE, AND
TRANSFORM YOUR BODY

5 DAY RESET

Maybe you have a vacation coming up, a wedding, or you are looking to jump start things and create momentum with your transformation goals.

During the 5-Day Reset, you'll get clear guidance on what to eat and when. You can expect:

- **Energy improvement without caffeine.**
- **Bloat and puffiness diminish.**
- **A healthy glow.**
- **Weight reduction.**

You'll use an easy-to-follow guide, have a group for support, and infuse your body with our select & powerful combo of ingredients to help your body release toxins and unwanted water weight.

In just 5 days, we will get rid of 5 types of stubborn weight—water weight, bloat, puffiness, digestive bulk, and FAT.

This is the perfect choice and you've made a smart decision.



Product Recommendations

HYDROGEN WATER

to support cellular hydration, energy, and antioxidant defense

ELECTROLYTE PACK

to support optimal hydration and metabolism

PROBIOTIC + DIGESTIVE ENZYMES

to deliver beneficial gut bacteria strains and support your microbiome, while also aiding digestion and enhancing nutrient absorption from the healthy foods you eat.

GREENS POWDER

to support a balanced microbiome and a healthy diet

COLLAGEN

to support gut lining integrity and a healthy inflammatory response, while also promoting metabolism and helping maintain lean body composition

PEPTIDES

to boost fat loss, preserve muscle, increase energy, and support healthy aging at the cellular level

**GET YOUR HYDROGEN WATER AND PEPTIDES FROM
WHOEVER INVITED YOU TO THIS CHALLENGE.
MESSAGE THEM IMMEDIATELY TO GET YOURS!**

5 DAY RESET

DAY 1

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	BEDTIME
6-8 AM	9-11 AM	12-2 PM	3-5 PM	6-8 PM	8-? PM
DRINK 1 Hydrogen Water Important note: Take your peptides	TAKE 1 Probiotic DRINK 1 1 Carbonated Water w/ squeeze of lemon	DRINK 1 Electrolyte pack	DRINK 1 1 scoop of Greens powder with 1 scoop collagen	EAT Fatty Protein, Veggie, Good Fat & pinch Sea Salt Optimal Idea: Fatty Protein ie Salmon OR Steak + steamed noncruciferous veggie ie asparagus, green beans, drizzle w/ olive oil TAKE 2 Digestive Enzymes before OR after meal	DRINK 1 cup Decaf Green Tea w/ fresh lemon TAKE 2 Digestive Enzymes before bed
Minimize caffeine, but if you must, drink caffeinated green tea between meals 1-3.					

DAY 2

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	BEDTIME
6-8 AM	9-11 AM	12-2 PM	3-5 PM	6-8 PM	8-? PM
DRINK Hydrogen Water EAT Protein, Starch & Veggie Optimal Ideas: (1) Egg Whites w/ Veggies + Sweet Potato OR (2) Protein Shake + Oatmeal Important note: Take your peptides 30 mins before meal	TAKE 1 Probiotic EAT 1 Fruit Optimal Ideas: Grapefruit OR Berries	DRINK 1 Electrolyte pack EAT Protein, Fat Optimal Idea: 2 OR 3 hard boiled eggs. 2 under 150 lb / 3 over 150 lb	DRINK 1 1 scoop of Greens powder with 1 scoop collagen EAT Protein Optimal Ideas: Greek Yogurt OR Chicken Breast Strips w/ dips 0-25 calories.	EAT Protein & Veggie, Sea Salt Optimal Idea: Salad with Protein. Use a 0 to 25 calorie dressing. No added fats TAKE 2 Digestive Enzymes before OR after meal	DRINK 1 cup Decaf Green Tea w/ fresh lemon TAKE 2 Digestive Enzymes before bed

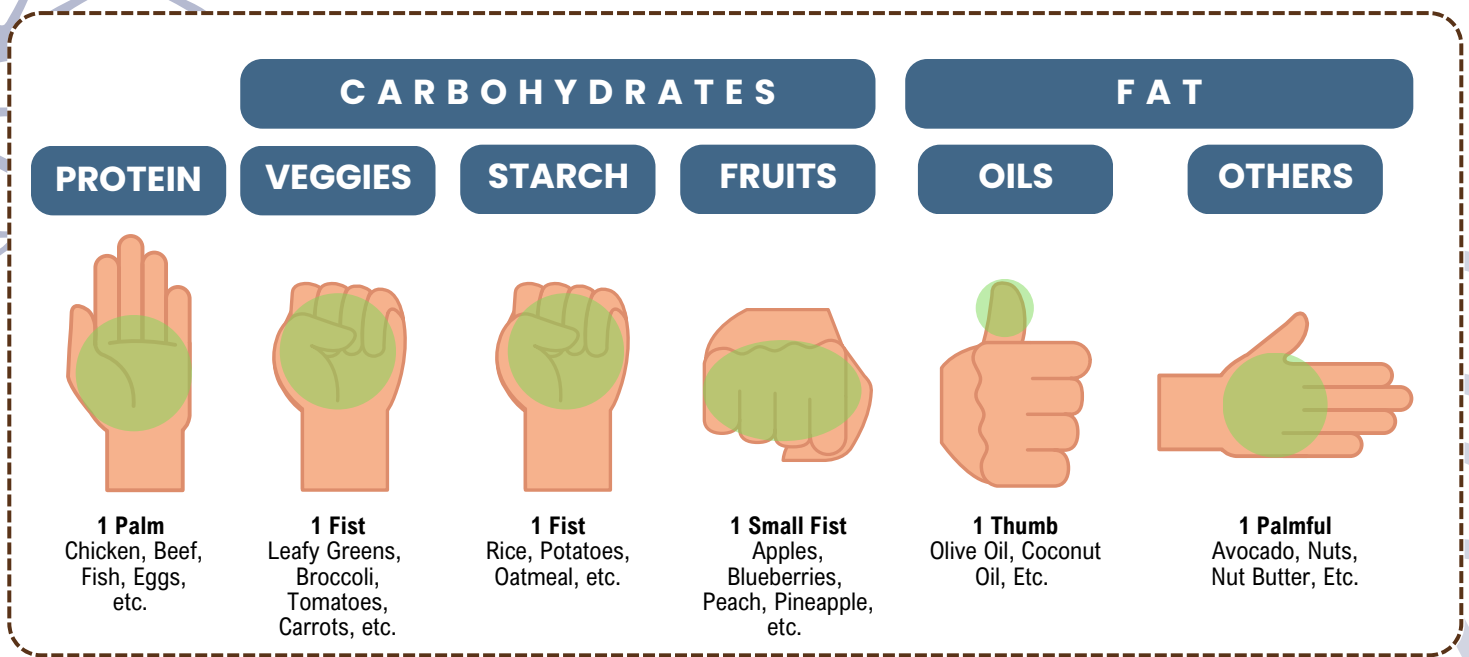
DAY 3

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	BEDTIME
6-8 AM	9-11 AM	12-2 PM	3-5 PM	6-8 PM	8-? PM
DRINK Hydrogen Water EAT Protein, Fat Optimal Idea: Egg whites w/ Avocado OR Scrambled Eggs Important note: Take your peptides 30 mins before meal	TAKE 1 Probiotic EAT Fat & Veggie Optimal Ideas: Bell Pepper & Raw Nuts OR fresh Pico with Avocado	DRINK 1 Electrolyte pack EAT Protein & Veggie Optimal Ideas: Stir Fry OR Protein & Veggie Bowl	DRINK 1 1 scoop Greens powder with 1 scoop collagen EAT Veggie & Fat Optimal Ideas: Bell Pepper & Raw Nuts OR fresh Pico with Avocado	EAT Protein & Veggie, Sea Salt Optimal Ideas: No Bean Turkey Chili OR Lettuce wrapped Burger. TAKE 2 Digestive Enzymes before OR after meal	DRINK 1 cup Decaf Green Tea w/ fresh lemon TAKE 2 Digestive Enzymes before bed

DAY 4

DAY 5

PORTIONS/GROCERY



PROTEIN	CARBOHYDRATES			GOOD FATS
	VEGGIES	STARCHES	FRUITS	
Grilled/Baked/Broiled Fish: Halibut/Tilapia/Cod Albacore Tuna in Water Shrimp Chicken Breast 99% Lean Ground Turkey 96% Lean Ground Beef Pork Tenderloin Egg Whites Plain Greek Yogurt Plain Cottage Cheese <i>For above use these portions</i> Under 150lbs 3/4 Cup 150-200lbs 1 Cup 200-250lbs 1 1/4 Cups Over 250lbs 1 1/2 Cups Protein Shake FATTY PROTEINS Steak: Hanger/NY Strip/T-Bone Salmon PROTEIN + FAT Whole Eggs 2 – under 150lbs 3 – over 150lbs	All Onions All Pepper Artichoke Asparagus Beets Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Collard Greens Cucumber Eggplant Green beans Green onion Kale Kohlrabi Leeks Lettuce Mushrooms Parsnips Radish Rutabaga Snow Peas Spinach Swiss Chard Tomatoes Zucchini	<i>After Cooked</i> Red Potato Sweet Potato Brown Rice Quinoa Lima Beans Kidney Beans Black Beans Lentils Navy Beans Chickpeas Pinto Beans <i>Before Cooked</i> Oatmeal Grocery Must Haves: <25 calorie dressings OR sauces <250 mg sodium per 1/4 cup Seasoning <250 mg sodium per 1/4 teaspoon Fresh Lemon Pan spray for cooking Sparkling Water Decaf Green Tea Sea Salt	Apple Banana Blackberries Blueberries Cantaloupe Cherries Grapefruit Grapes Guava Kiwi Nectarine Orange Pear Peach Pineapple Pitted Prunes Plum Raspberries Strawberries	Oils Olive Coconut Grape Seed Walnut Almond Hemp Avocado Nuts Raw Unsalted Cashews Almonds Nut Butters No Added Sugars Peanut Cashew Almond Fresh Avocado

5 DAY RESET PROGRESS TRACKER

PROGRESS PICTURES

Take your pictures in the same spot every time. Choose a place against a blank wall with lots of light - do not take picture in doorways or in front of windows.

here's an example!



HOW TO POSE

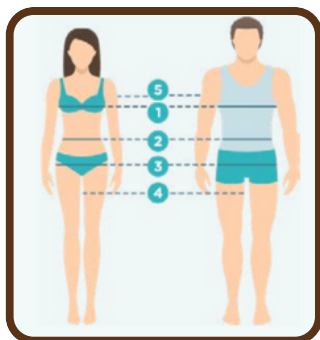
Stand naturally. Don't suck in. No need to flex. Bathing suits are okay. Please avoid pictures in bras and underwear.

POSE 1: Straight on, hands on your hips OR at your sides.

POSE 2: Side (left & right), with hands at your sides.

POSE 3: Back is facing the camera, hands at your hips OR at your sides.

POSE 4: Take a daily picture on your scale as shown on the right.



WEIGHING IN

Higher Starch Days accelerate your metabolism but may cause water retention. Please weigh on days indicated to get an optimal picture of progress. After utilizing the restroom and undressing, weigh yourself first thing in the morning. Do not hold anything such as a cell phone when taking your weight.

1ST ROUND

DAY 1	DAY 6
WEIGHT	WEIGHT
1 - CHEST	1 - CHEST
2 - WAIST	2 - WAIST
3 - HIP	3 - HIP
4 - RIGHT THIGH	4 - RIGHT THIGH
4- LEFT THIGH	4- LEFT THIGH
5 - RIGHT ARM	5 - RIGHT ARM
5 - LEFT ARM	5 - LEFT ARM

2ND ROUND

DAY 1	DAY 6
WEIGHT	WEIGHT
1 - CHEST	1 - CHEST
2 - WAIST	2 - WAIST
3 - HIP	3 - HIP
4 - RIGHT THIGH	4 - RIGHT THIGH
4- LEFT THIGH	4- LEFT THIGH
5 - RIGHT ARM	5 - RIGHT ARM
5 - LEFT ARM	5 - LEFT ARM



SO, WHAT'S NEXT??

LOW GLYCEMIC LIFESTYLE

THE CHEAT SHEET FOR A LIFESTYLE
TOWARDS VIBRANT HEALTH AND
WEIGHT LOSS

LOW GLYCEMIC LIFESTYLE

A low glycemic lifestyle involves consuming foods that have a **low glycemic index (GI)**. The glycemic index is a measure of how quickly carbohydrates in food raise blood sugar levels after being consumed. Foods with a high GI cause rapid spikes in blood sugar, while foods with a low GI cause slower, more gradual increases.



4 KEY HABITS

These four key habits are foundational for maintaining overall health, supporting fitness goals, and enhancing well-being.



100 ounces of water a day: Keeps you hydrated, boosts energy, aids digestion, and supports healthy skin.



10,000 steps a day: Promotes heart health, burns calories, strengthens muscles, and lifts your mood.



7-9 hours of sleep: Essential for recovery, balances hormones, improves mental clarity, and helps with weight control.



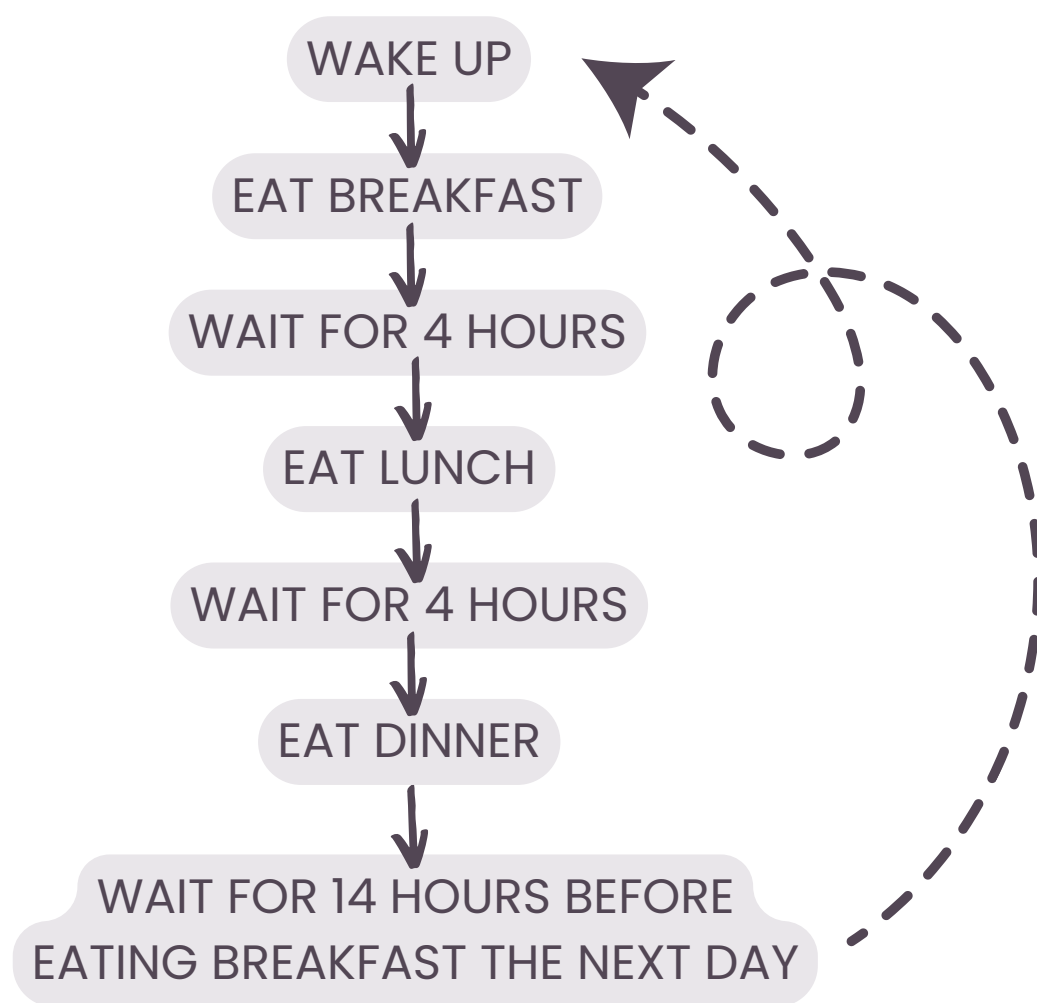
100g of protein a day: Builds and repairs muscle, boosts metabolism, and keeps you feeling full longer.

These habits can help individuals meet health and fitness goals, promote longevity, and enhance daily well-being, making them core elements of a balanced lifestyle.

4-4-14 System

The 4-4-14 system is basically **a form of intermitted fasting**. This keeps you away from blood sugar fluctuations, and gives your digestive system the break it needs.

IT GOES LIKE THIS:



It may be difficult at first, but eventually, your cravings will lessen drastically and you will feel fuller much longer.

Here's the trick: Make sure your plate has a protein, a fat and a carb, and just eat until you're full!



EAT A RESET MEAL 1x PER WEEK

A reset meal is a meal designed to help "reset" or recalibrate the body. Diets that are too restrictive leave too much room for guilt and failure. People can't keep up with diets that are too impractical to maintain as a lifestyle. Part of this lifestyle change includes having 1 reset meal each week.

This meal allows you to eat whatever you want for one meal.

LOW GLYCEMIC FOODS

Low glycemic foods have a slower impact on blood sugar levels, making them great for steady energy and better blood sugar control.

Here are some Low Glycemic Foods you can eat!

Vegetables:

Artichoke	Jicama
Arugula	Kale
Asparagus	Kohlrabi
Baby corn	Leeks
Bamboo shoots	Lettuces
Bean sprouts	Mushrooms
Beets	Nopal
Bell peppers	Okra
Bok choy	Onion (all)
Broccoli	Pea pods
Broccoli rabe	Peppers
Brussel sprouts	Pumpkin
Cabbage	Radicchio
Carrot	Radish
Cauliflower	Rhubarb
Celery	Rutabaga
Chayote	Spaghetti
Cucumber	squash
Daikon	Spinach
Edamame	Sprouts
Eggplant	Sugar snap
Endive	peas
Fennel	Swiss chard
Greens (all leafy greens)	Tomatillo
Green beans	Tomato
Hearts of palm	Turnip
	Watercress

Fruits:

Apple
Apricot
Blackberries
Blueberries
Cantaloupe
Cherries
Dates
Figs
Grapes
Grapefruit
Guava
Honeydew
Nectarine
Nopal
Orange
Papaya
Peach
Pear
Prunes
Raspberries
Strawberries
Watermelon

Animal Proteins:

All animal meats
Beef
Bison
Chicken
Deer
Eggs
Fish & seafood
Lamb
Pork
Quail
Turkey

Fats:

Avocado
Butter
Coconut
Cooking oils
Nuts & nut butters
Olives
Seeds & seed butters

Grains:

Barley
Brown rice
Durum wheat
Israeli couscous
Quinoa
Whole wheat varieties

Beans & legumes:

chickpea, lentil, & edamame pasta

Others:

Dairy products (no sugar-added)
Mayonnaise
Tofu products
Sweet potato, boiled
Potato, served cold
Vinegar

HIGH GLYCEMIC FOOD ALTERNATIVES

Swap out high glycemic foods for healthier alternatives like whole grain bread, quinoa, sweet potatoes, and berries to help stabilize blood sugar levels and maintain energy throughout the day.

WHITE BREAD	→	WHOLE GRAIN/SOURDOUGH
WHITE RICE	→	QUINOA/BROWN RICE
REGULAR PASTA	→	WHOLE WHEAT/CHICKPEA PASTA
POTATOES	→	SWEET POTATOES/CAULIFLOWER
CORNFLAKES	→	OATMEAL/BRAN CEREAL
SUGAR	→	STEVIA/MONK FRUIT SWEETENER
INSTANT OATMEAL	→	STEEL-CUT OATS
FRUIT JUICES	→	WHOLE FRUITS
CAKES AND PASTRIES	→	NUTS, SEEDS, OR DARK CHOCOLATE (IN MODERATION)



HELPFUL GUIDES

GROCERY GUIDE

PROTEINS

- ☐ Protein Powder
- ☐ Egg Whites
- ☐ Ground Turkey Breast or Tender Loin
- ☐ Chicken Breasts (skinless)
- ☐ Lean Ground Beef (90% or leaner)
- ☐ Flank Steak (lean)
- ☐ Lean Bison
- ☐ Canned Tuna (in water, low sodium)
- ☐ White Fish
- ☐ Scallops OR Shrimp
- ☐ Salmon
- ☐ Greek Yogurt (plain)

HEALTHY FATS

- ☐ Oils: Extra Virgin Olive Oil, Sesame,
- ☐ Walnut, Almond, Hemp
- ☐ Nut Butter: Peanut, Almond (no sugar or
- ☐ oil added)
- ☐ Nuts: Almonds, Cashews
- ☐ Avocado
- ☐ Chia, Flax or Hemp Seeds
- ☐ Unsweetened Almond Milk -30 cal/cup
- ☐ Unsweetened Coconut Milk -45 cal/cup
- ☐ Almond Flour
- ☐ Avocado Mayo

CARBOHYDRATES

FRUIT (SIMPLE)

- ☐ Grapefruit
- ☐ Apple
- ☐ Cantaloupe
- ☐ Honeydew
- ☐ Orange
- ☐ Tangerine
- ☐ Peach
- ☐ Rasp, Black, Blue, Straw--berries
- ☐ Nectarine
- ☐ Plum
- ☐ Pomegranate
- ☐ Kiwi
- ☐ Cherries
- ☐ Pear
- ☐ Green Grapes

COMPLEX

- ☐ Oatmeal/Steel Cut Oats
- ☐ Whole Grain Breads
- ☐ Corn Tortillas or
- ☐ Low Carb Wraps
- ☐ Quinoa
- ☐ Wild/Brown Rice
- ☐ Sweet Potatoes or Yams
- ☐ Red Potatoes
- ☐ Black/Red Beans, Lentils, Black
- ☐ Eyed Peas, or Chickpeas
- ☐ Couscous (contains Gluten)
- ☐ Unflavored Rice Cakes
- ☐ Corn
- ☐ Jicama
- ☐ Squash/Acorn & Butternut
- ☐ Peas
- ☐ Parsnips

VEGETABLES - FREE

- ☐ Mixed and/or Salad Greens
- ☐ Kale
- ☐ Spinach
- ☐ Bok Choy
- ☐ Romaine Lettuce or Leafy Lettuce
- ☐ Celery
- ☐ Asparagus
- ☐ Eggplant
- ☐ Broccoli
- ☐ Cauliflower - fresh or frozen
- ☐ Green Beans/Snap peas
- ☐ Carrots
- ☐ Onions/Scallions
- ☐ Bell Peppers
- ☐ Cucumbers
- ☐ Tomatoes
- ☐ Mushrooms
- ☐ Brussels Sprouts
- ☐ Jalapenos
- ☐ Squash - Spaghetti/Pumpkin/Yellow/
- ☐ Zucchini/Summer











































































OTHER (ALL FREE)

- ☐ Low-Sodium Broth (Bone, chicken, veggie)
- ☐ Unsweetened Tea. Green or herbal is best
- ☐ Black Coffee
- ☐ Fiber
- ☐ Pure Monk Fruit or Stevia (powder or liquid)
- ☐ Vinegars - Balsamic, Apple Cider, Red Wine, Rice Wine
- ☐ Lemon or Lime Juice
- ☐ Mustard (Regular, Dijon, spicy, no sugar)
- ☐ Tomato Sauce (no sugar added)
- ☐ Garlic and Shallots
- ☐ Sugar Free Jello
- ☐ Torani Sugar Free Syrup (Stevia)
- ☐ Taco Seasoning/ no added sugar or oil
- ☐ Uncle Dan's Ranch Powder
- ☐ No sugar Salsa
- ☐ Tabasco Sauce
- ☐ Coconut Aminos, Liquid Aminos, Low Sodium Soy Sauce
- ☐ Cooking Spray
- ☐ Fresh or Dried Herbs (Oregano, Rosemary, Parsley, Dill, Cilantro, Mint, Basil, Thyme, Sage, etc.)
- ☐ Baking Soda
- ☐ Nutritional Yeast

MY WATER TRACKER

SHADE THE DROPLET FOR EVERY GLASS OF WATER!

MONTH: _____

DAY 1	      	DAY 16	      
DAY 2	      	DAY 17	      
DAY 3	      	DAY 18	      
DAY 4	      	DAY 19	      
DAY 5	      	DAY 20	      
DAY 6	      	DAY 21	      
DAY 7	      	DAY 22	      
DAY 8	      	DAY 23	      
DAY 9	      	DAY 24	      
DAY 10	      	DAY 25	      
DAY 11	      	DAY 26	      
DAY 12	      	DAY 27	      
DAY 13	      	DAY 28	      
DAY 14	      	DAY 29	      
DAY 15	      	DAY 30	  