

# Spring Reset

## Week Five Workbook

Last Week Check In  
Food Reintroductions  
Maintenance Schedule  
Check In On Health Goals



# Last Week Check In

This is the last full week of the Spring Reset!

How are you feeling?

Have you been mostly eating foods from the Reset Eating plan? Have you increased your fiber intake or included new supportive foods?

Have you stuck to the Optimal Sleep Schedule?

Have you been able to get out in nature?

Have you tried any lymph moving exercises?

Use this last full week to continue your progress and try any new practices you haven't gotten to yet.



Lasting change is  
not a quick fix – it's  
a gradual journey  
into a new life



# Food Reintroductions

How to incorporate foods back in that you removed on the Reset Eating Plan



This week you'll be slowly reintroducing any foods you eliminated during your Reset Eating Plan.

The goal, unless you have a true allergy, is to be able to introduce as many foods as possible. The body loves variety. Nutrition by inclusion!

Follow the steps included here to slowly bring foods back into your diet. If you have hesitations about reintroducing certain foods, we encourage you to book a nutrition guidance call to receive personalized support to address any food fears that may be coming up.



Pick the food you missed eating most. Let it be a single food, such as bread, vs an item that has multiple foods you're including back in, such as pizza.



**Day 1:** Have a decent size serving of the food you're testing. An example would be 2 pieces of bread or 1 cup of coffee.



**Day 2:** Do not consume the food. Watch and see if symptoms occur.



**Day 3:** Do not consume the food. Watch and see if symptoms occur.

# Food Reintroductions

How to incorporate foods back in that you removed on the Reset Eating Plan

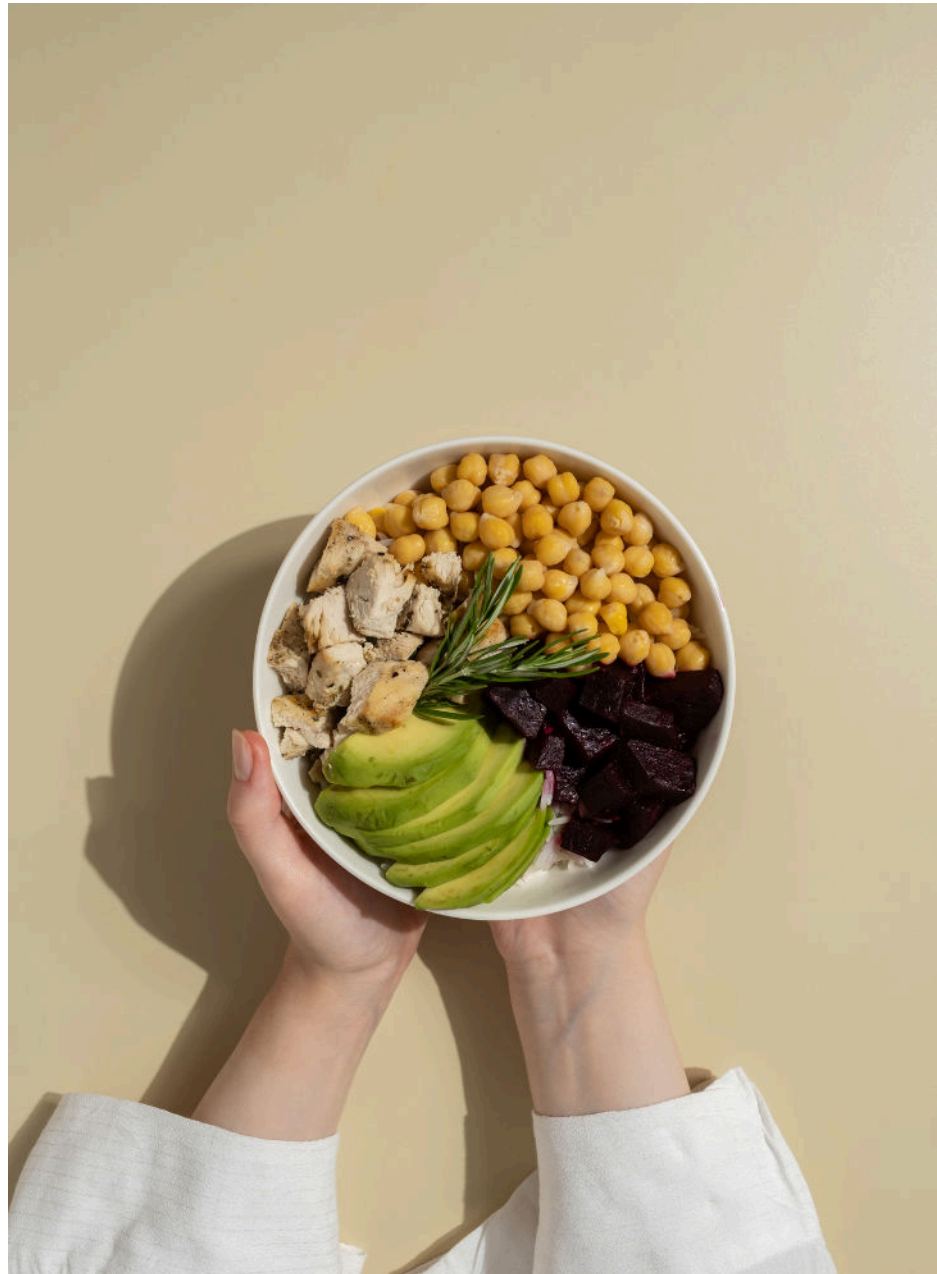
## Day 4:

If no reactions occur you can include the food in your diet moving forward. Repeat the same reintroduction process with the next food.

If reactions do occur, remove the food for 3 months before attempting to reintroduce again. You may want to consider a food sensitivity test! Feel free to send us an email for additional information.

## Symptoms of Immune Food Reactions:

fatigue, skin rashes, headaches, migraines, acid reflux, joint pain, anxiety, brain fog, swelling



# Maintenance Schedule

## Daily Support Checklist

### *Dietary Pattern:*

- Continue to follow the plate structure:
  - 50% non-starchy vegetables
  - 25% protein dense sources
  - 25% complex carbohydrates
  - 1-2 tbsp healthy fats
- Aim for 3 meals and 1-2 snacks per day
- Drink mostly filtered water

- 1.5 hours before bed: put phone on do not disturb, lower screen brightness, dim lights
- 1 hour before bed: put phone away, low stimulation activity
- 30 minutes before bed: calming ritual, herbal tea, get into bed
- Lights out: settle mind and body

### *Lifestyle:*

- Spend at least 20 minutes outside per day
- Make eye contact with sunlight before looking at screens in the morning

### *Sleep:*

- Keep the room cool, dark, and quiet

## Weekly Support Checklist

- 3-5 lymphatic moving exercises
- Gradually increase fiber over time
- 1 longer activity out in nature, such as hiking

# Check In On Health Goals

Look back at your health goals from Week One. Reflect on what has changed, what your challenges have been, and what can you change in the last week as you complete the reset.

GOAL 1 .....	
CHANGES	<ul style="list-style-type: none"><li><input type="radio"/></li><li><input type="radio"/></li><li><input type="radio"/></li><li><input type="radio"/></li></ul>

GOAL 2 .....	
CHANGES	<ul style="list-style-type: none"><li><input type="radio"/></li><li><input type="radio"/></li><li><input type="radio"/></li><li><input type="radio"/></li></ul>

GOAL 3 .....	
CHANGES	<ul style="list-style-type: none"><li><input type="radio"/></li><li><input type="radio"/></li><li><input type="radio"/></li><li><input type="radio"/></li></ul>



# See you next week!

We checked in on our progress so far, learned how to reintroduce foods into our diets, received daily and weekly maintenance schedules, and reflected on our initial health goals.

We'll be meeting next week, Tuesday May 27 for our final Zoom meeting.

See you then!



Do you need  
more help?

[Schedule a Zoom](#)



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