

Spring Reset

Week Three Workbook

Scheduling Your Guidance Call
Reset Eating Meal Plan
Importance of Clean Water
Detoxification Promoting Recipes
Exercises for Lymph Movement
Mindful Sleep Cheat Sheet
Mindfulness Practice



Scheduling Your Guidance Call!

New members: Your lab results will be in soon, if they aren't already!

We'll reach out when we have your health report finalized with a link to schedule your 90-minute guidance call.

Personalized health guidance is on the way!

Current members: we'll email you with any specific reset advice.

Our health reports
combine your lab
results with lifestyle
habits into one
personalized,
comprehensive plan
for your wellbeing



The Reset Eating Plan



Unless your plan specifically states otherwise, you'll be following our plate structure for each meal:

- **50%** non-starchy vegetables such as peppers, cabbage, zucchini asparagus, leafy greens, and berries
- **25%** protein dense sources such as free range chicken, wild caught salmon, organic tofu or tempeh, and beans
- **25%** starchy vegetables or gluten free grains such as sweet potatoes, squash, quinoa, and rice
- **1-2 tbsp** healthy plant based fat such as avocado, olive oil, nuts, and seeds

Aim for 3 meals per day plus 1-2 snacks throughout the day. To keep blood sugar stable, try to eat a meal or snack around every 4 hours.

Having a balance of protein, carbs, fiber, and fat with each meal keeps blood sugar stable throughout the day

The Reset Eating Plan

Here is an example of a day following the Reset Eating Meal Plan

Breakfast

7:30 AM

Aim to eat within the hour of waking

Smoothie:

- 1 cup frozen berries
- 20 g scoop of protein powder
- 2 dates
- 1 cup frozen spinach
- 1 tbsp nut butter
- 1 tbsp hemp hearts

Snack

10:30 AM

Handful of nuts
Orange

Lunch

1:30 PM

Green Goddess Bowl:

- Chicken or tofu
- 1 cup leafy green of choice
- Cucumber slices
- 1/4 cup shelled edamame
- 1/2 cup rice or quinoa
- Small handful pistachios
- Dressing: blend together cilantro, dill, basil, garlic, EVOO & lemon juice

Dinner

5:30 PM

Salmon Dinner:

- 1 fillet of salmon cooked in EVOO
- Mashed sweet potato
- Tomato cucumber salad

Before Bed

8:30 PM

Berries
Cacao nibs

Nut butter

Importance of Clean Water

For more detailed information, please see our [How to Clean Up Your Water](#) course on the community



Many people don't realize that their water can be a significant source of toxin exposure in their daily lives. Tap water, shower water, bottled water, and the ice you use can all be chosen intentionally to support your health.

In many areas, tap water is not safe to drink. The Environmental Working Group, a non-profit focusing on toxin exposure, has created an online database that shows what is in your local water supply. A link to their database is [here](#).

There are many steps you can take to drink and be exposed to cleaner water:



Invest in an activated charcoal filter (such as Berkey) or a reverse osmosis filter (such as AquaTru)



Invest in a water bottle that has a build in filter (such as Clearly Filtered)



Order bottled water when dining out



Purchase glass bottled water over plastic



Routinely replace your fridge water filter and clean the ducts if using your freezer for ice

Detoxification Promoting Recipes

Kidney Support Juice:

1 head celery
1 bunch parsley
2 green apples
2 cucumbers
1 knob ginger
2 lemons

Building Blood Juice:

3 beets
4 carrots
2 lemons
2 cucumbers
1 knob ginger
1 knob turmeric root

Viral Support Tea:

1 sprig rosemary
3 lemon slices
3 ginger slices
1 cinnamon stick
1 tsp local honey
Hot water

Gut-Lung Tea:

1 cinnamon stick
3 whole cloves
3 orange slices
3 ginger slices
1 tsp local honey
Hot water

Curly Parsley Salad:

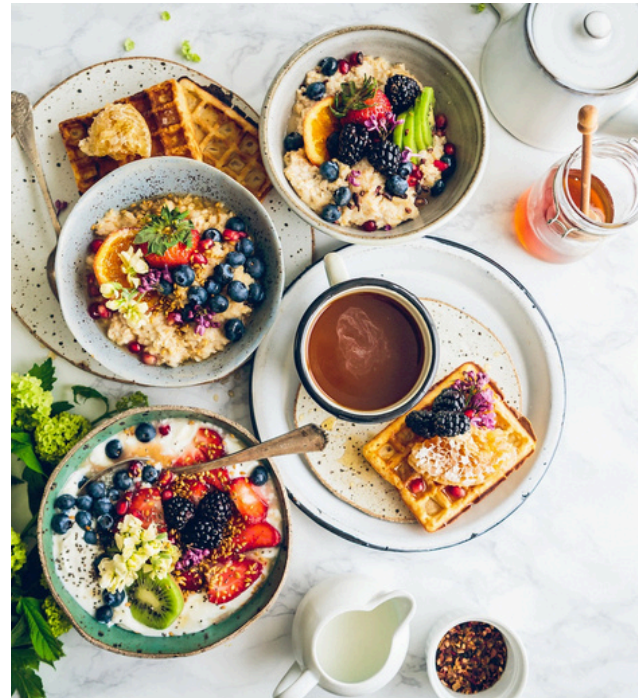
1 bunch curly parsley
1 bunch radishes
½ cup red onion
½ English cucumber
1 package cherry tomatoes
1 tbsp extra virgin olive oil
2 lemons
Finely chop all ingredients. Combine EVOO & the juice from 2 lemons

Carrot Salad:

3-4 large carrots
½ cup pistachios
¼ bunch cilantro
1 tbsp sesame seeds
Juice of 1 lime
1-2 tbsp apple cider vinegar
1 tbsp coconut aminos
1 tsp fish sauce
1 tbsp EVOO
Shred or finely chop the carrots and other ingredients. Combine with liquids for a dressing

Healing Broth:

1 onion
2 carrots
3 celery stalks
2 garlic cloves
2 bay leaves
1 bunch parsley
1 bunch kale
Optional grass-fed/free range bones
Filtered water
Fill an instapot or crockpot with all the ingredients. Fill with filtered water. Cook for 2 hours (instapot) or 4 hours (Crockpot)



Exercises for Lymph Movement

For more detailed information, please see our [Exercise and Movement](#) courses and our [Lymph Movement Tutorial](#) on the community



The lymphatic system consists of specific glands, organs, and fluid that acts as the body's waste cleanup system. While it does have systems in place to move and drain, it works much more effectively when we manually move and support it.

There are specific exercises that can be done to support lymphatic movement. Here are some examples:

- ✓ Lymphatic movement routine (found on the community)
- ✓ Rebounding on a trampoline or gently bounding up and down
- ✓ Heated yoga or heated pilates (if medically applicable)
- ✓ Dry brushing
- ✓ Sauna use or Epsom salt baths

Mindful Sleep Cheat Sheet

Still having trouble falling asleep? Try one of the following exercises to support relaxation before bed:

Box Breathing (Square Breathing)

Inhale for 4 sec

Hold for 4 sec

Exhale for 4 sec

Hold for 4 sec

Repeat 4-6 cycles for deep relaxation

Body Scan Meditation

Start with your toes, move up to your head

Notice tension in each part of your body

Breathe deeply and release tension with each exhale

Gratitude Reflection

Think of 3 things you're grateful for that day

They can be big or small, personal or general

Shift your mind toward positivity, easing stress



Adequate sleep in
the evening allows
for our brain to
detox properly
through the
lymphatic system

5-4-3-2-1 Grounding Exercise

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste or appreciate

Breath Counting

Inhale... Exhale... count "one"

Continue counting your breaths up to ten, then start over

Focus on your breath, gently guiding your mind back when it wanders

Mindfulness Practice

Feel free to join our community meditations on Sunday evenings, 7 PM EDT on the community



1

I am noticing I physically feel...

.....

.....

.....

.....

.....



2

I am noticing I emotionally feel...

.....

.....

.....

.....

.....



3

I am noticing I energetically feel...

.....

.....

.....

.....

.....

See you next week!

We now understand the reset eating meal plan, the importance of drinking clean water, lymph moving exercises, how to check in with yourself through mindfulness practices, and tips on mindful sleep practices.

We'll be meeting next week, Tuesday May 13 for our fourth Zoom meeting.

See you then!



Do you need
more help?

[Schedule a Zoom](#)



revehealth.com
hello@revehealth.com