

Spring Reset

Week Two Workbook

Complete Your Labs
Optimal Sleep Schedule
Reset Eating Plan Introduction
Reset Eating Plan Checklist
Grocery Shopping Tips



Remember to Complete Your Labs!

Please remember to complete your labs by the end of the week, if you haven't already!

Our library of video test instructions can be found [here](#). If you need further instructions, please feel free to book a [15 minute Zoom call](#) with us!



Lab testing is
understanding the
language our body
is communicating

Optimal Sleep Schedule



Digital Sunset Routine: starts 60–90 mins before bed

1.5 Hours Before Bed – start a wind down routine

- Set your phone to "Do Not Disturb" or Sleep Focus Mode
- Lower screen brightness or switch to Night Shift / Warm Mode if you must use screens
- Dim the lights in your space to signal your brain it's evening

1 Hour Before Bed – screens off

- Put your phone on airplane mode
- Do a low-stimulation activity: light reading, stretching, journaling, or making tea

30 Minutes Before Bed – relax your body & mind

- Do a calming ritual: breathing exercises, meditation, or listen to a sleep playlist
- Sip herbal tea (like chamomile) or try a warm shower
- Get into bed and stay off devices — this is wind-down sacred time

Lights Out – let sleep happen naturally

- Try not to try too hard to sleep — just stay still and let your mind settle
- If your thoughts race, gently return focus to your breath or body

Reset Eating Plan



A food allergy is a known immune reaction to a specific food. These reactions typically occur within 20 minutes of eating the food and are more severe.

Food sensitivities are potentially unknown immune reactions to food. They can take up to 72 hours after eating the food to appear and tend to be vague symptoms, such as brain fog or anxiety.

Ongoing, low-grade immune reactions to foods can be a cause of underlying immune dysfunction and contributor to chronic illness.

Once the food is temporarily eliminated and the immune system has a chance to recover, the food can often be reintroduced without issue.

Whole foods help
the body be less
acidic, promoting a
state of health

Reset Eating Plan Checklist

Below are your list of foods you'll be focusing on and those you'll be reducing during the Reset Eating Plan. Over the next week, slowly begin grocery shopping and transitioning into the Reset Eating Plan.

Foods Included in the Reset Eating Plan

- ☐ Dairy alternatives (see shopping list for ingredients to avoid)
- ☐ Fish
- ☐ Fruits
- ☐ Gluten free whole grains (rice, quinoa, buckwheat)
- ☐ Healthy oils (avocado, olive, coconut)
- ☐ Legumes (except peanuts)
- ☐ Nuts & seeds (except peanuts)
- ☐ Poultry (organic, free range)
- ☐ Vegetables

Foods Reduced in the Reset Eating Plan

- ☐ Alcohol
- ☐ Beef (optional)
- ☐ Coffee, soda, caffeinated teas, energy drinks
- ☐ Dairy products
- ☐ Eggs (optional)
- ☐ Gluten containing grains
- ☐ Peanuts
- ☐ Processed meats
- ☐ All forms of sugar (except honey and maple syrup)

Grocery Shopping Tips

For more detailed information, please see our [How to Grocery Shop](#) course on the community



- ✓ Stick to the outer periphery of the store, where most of the fresh produce is
- ✓ Choose free-range, wild caught, 100% grass-fed meats
- ✓ Go with a list to avoid impulse purchases
- ✓ Drink out of glass or stainless steel water bottles, avoid plastic
- ✓ Avoid grocery shopping hungry
- ✓ Wash your produce, organic or not!
- ✓ Buy organic whenever possible - see the Clean Fifteen and Dirty Dozen lists for foods that should be prioritized purchasing organic
- ✓ Avoid purchasing foods with food dyes or seed oils (canola, safflower, sunflower or soybean oil)

See you next week!

We now have an optimal sleep routine and understand the ins and outs of the Reset Eating Plan.

Remember to complete your labs if you haven't already!

We'll be meeting next week, Tuesday May 6 for our third Zoom meeting.

See you then!



Do you need
more help?

[Schedule a Zoom](#)



revehealth.com
hello@revehealth.com