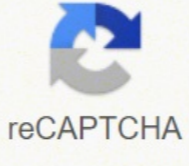




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Hormone reset diet plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 eggs, sweet potato, 1/2 cup steamed kale	coconut quinoa	2 eggs, sweet potato, 1/2 cup steamed kale	mixed fruit bowl	mixed fruit bowl	baked tempeh, avocado, steamed kale	baked tempeh, avocado, steamed kale
Lunch	miso soup, microgreens, salad, toasted pumpkin seeds, meat dressing	Greek salad, olive nuts, Greek Dressing, baked sweet potato	miso soup, microgreens, salad, toasted pumpkin seeds, meat dressing	veggie roll, and sweet potato	quinoa salad, 1/2 avocado, raw veg plate	quinoa salad, baked tempeh, avocado, pumpkin seeds, meat dressing	quinoa salad, baked tempeh, avocado, pumpkin seeds, meat dressing
Snack	vegan shakeology	vegan shakeology	vegan shakeology	vegan shakeology	vegan shakeology	vegan shakeology	vegan shakeology
Dinner	baked salmon, 1/2 cup steamed asparagus with lemon juice, sweet potato	not ribs with mushroom, cucumber and tomato salad, 1/4 cup quinoa	not ribs with mushroom, cucumber and tomato salad, 1/4 cup quinoa	not ribs with mushroom, cucumber and tomato salad, 1/4 cup quinoa	not ribs with mushroom, cucumber and tomato salad, 1/4 cup quinoa	not ribs with mushroom, cucumber and tomato salad, 1/4 cup quinoa	not ribs with mushroom, cucumber and tomato salad, 1/4 cup quinoa

Ultimate Reset
Week 1

METABOLISMRESET..... PROGRAM

BREAKFAST & LUNCH (choose 1 from each category for EACH serving)
Enjoy 1 full serving of shake for breakfast. And 1 full serving of shake for lunch.
OR - Dr. Christianson's Daily Reset Shake has everything in it.
Just add water and shake. No need to add anything else.

Protein	Resistant Starch	Fats (seeds)
<input type="checkbox"/> Pea Protein 20+ grams <input type="checkbox"/> Blended Vegetable Protein <input type="checkbox"/> Hydro Beef Protein <input type="checkbox"/> Liquid Egg Whites (not raw, 1 cup) <input type="checkbox"/> Soy Protein *Use simple protein only - no sugar, or extra food categories in the ingredients list	<input type="checkbox"/> 1/4 cup Green Banana Flour <input type="checkbox"/> 1/2 ripe, organic banana peel *if using the fruit too don't use additional fruits below <input type="checkbox"/> 1/2 green banana (no peel) <input type="checkbox"/> 1/2 cup white beans (navy, great northern, or cannellini) - with or without aquafaba	USE 1/4 - 1 tbs. of any ONE of the following: <input type="checkbox"/> Sunflower seeds <input type="checkbox"/> Flax seeds <input type="checkbox"/> Chia seeds <input type="checkbox"/> Hemp seeds <input type="checkbox"/> Sesame seeds

OPTIONAL Natural Flavorings *Use unlimited quantities of any of the following

<input type="checkbox"/> Stevia <input type="checkbox"/> Lo han fruit extract <input type="checkbox"/> Xylitol <input type="checkbox"/> Cinnamon	<input type="checkbox"/> Ginger <input type="checkbox"/> Natural extracts (vanilla, almond, mint...) <input type="checkbox"/> Food grade essential oils (lemon, wild orange, peppermint...)
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OPTIONAL Shake Fruit **Use no more than 1/2 fruit OR 1/2 cup per breakfast or lunch serving. Use IN SHAKES (not for snacks). Examples of some fruits that are delicious in shakes:
IF using organic, ripe banana + peel as your RS, DON'T add additional fruit

<input type="checkbox"/> Dark cherries <input type="checkbox"/> Strawberries <input type="checkbox"/> Oranges <input type="checkbox"/> Peaches	<input type="checkbox"/> Plums <input type="checkbox"/> Blueberries <input type="checkbox"/> Raspberries <input type="checkbox"/> Blackberries	<input type="checkbox"/> Papaya <input type="checkbox"/> Pomegranates <input type="checkbox"/> Apples <input type="checkbox"/> Kiwi
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OPTIONAL Shake Superfoods ***Use as specified

<input type="checkbox"/> Greens (1 cup) such as spinach, kale, chard <input type="checkbox"/> Milk thistle seeds (1 tablespoon) <input type="checkbox"/> Spirulina (1 teaspoon) <input type="checkbox"/> MCT *It's a coconut extract* (1 teaspoon)	<input type="checkbox"/> Maca (1 teaspoon) <input type="checkbox"/> Toasted carob powder (1 teaspoon) <input type="checkbox"/> Mesquite powder (1 teaspoon) <input type="checkbox"/> Cordyceps powder (1 teaspoon)
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*Some great foods may not be on the list. For the best results, and to simplify ingredients for your liver to process during this 4 week detox, use the foods listed here.
Other foods are in the book, but not here. Use those as directed in the book's recipes.



Hormone Balancing DIET PLAN

A Complete 21-Day Guide with Recipes & Supplements

LIVWELLZONE.COM

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Shakeology with Almond Milk	Shakeology with Almond Milk	Shakeology with Frozen Banana, Almond Milk, Strawberries, and Flax	Shakeology with Almond Milk, Avocado, and Strawberries	Shakeology with Frozen Banana, Almond Milk, Strawberries, and Flax	Shakeology with Almond Milk, Avocado, and Strawberries	Shakeology with Almond Milk
Lunch	Salad with Spinach, Bell Peppers, Black Beans and Spicy Chicken	Chicken Burger with Spinach, Coconut Oil, and Kidney Beans	Salad with Spinach, Bell Peppers, Black Beans and Spicy Chicken	Salad with Spinach, Bell Peppers, Black Beans and Spicy Chicken	Salad with Spinach, Bell Peppers, Black Beans and Spicy Chicken	Turkey, Carrot Sticks, Almonds	Shakeology with Almond Milk
Snack	Almonds	Chia Seed Pudding	Almonds	Chia Seed Pudding	Almonds	Shakeology with Almond Milk	
Dinner	Chicken Burger with Spinach, Baked Sweet Potato with Coconut Milk	Chicken Apple Sausage with Mixed Vegetables and Brown Rice	Chicken Burger with Spinach, Baked Sweet Potato with Coconut Milk	Chicken Apple Sausage with Mixed Vegetables and Brown Rice	Chicken Burger with Spinach, Baked Sweet Potato with Coconut Milk	Dinner Out	

Adrenal Reset Meal Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shakeology with Almond Milk, Strawberries and Hemp Seeds	Shakeology with Almond Milk, Chia Seeds, and Berries	Shakeology with Frozen Banana, Almond Milk, Strawberries, and Flax	Shakeology with Almond Milk, Avocado, and Strawberries	Shakeology with Frozen Banana, Almond Milk, Strawberries, and Flax	Shakeology with Almond Milk, Avocado, and Strawberries
Salad with Spinach, Bell Peppers, Black Beans and Spicy Chicken	Chicken Burger with Spinach, Coconut Oil, and Kidney Beans	Salad with Spinach, Bell Peppers, Black Beans and Spicy Chicken	Salad with Spinach, Bell Peppers, Black Beans and Spicy Chicken	Salad with Spinach, Bell Peppers, Black Beans and Spicy Chicken	Turkey, Carrot Sticks, Almonds
Almonds	Chia Seed Pudding	Almonds	Chia Seed Pudding	Almonds	Shakeology with Almond Milk
Chicken Burger with Spinach, Baked Sweet Potato with Coconut Milk	Chicken Apple Sausage with Mixed Vegetables and Brown Rice	Chicken Burger with Spinach, Baked Sweet Potato with Coconut Milk	Chicken Apple Sausage with Mixed Vegetables and Brown Rice	Chicken Burger with Spinach, Baked Sweet Potato with Coconut Milk	Dinner Out

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