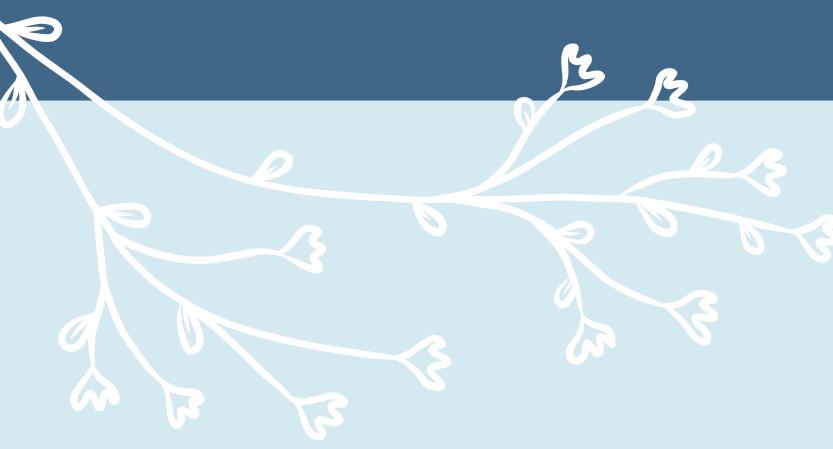


THE ULTIMATE 5 DAY RAPID RESET





***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

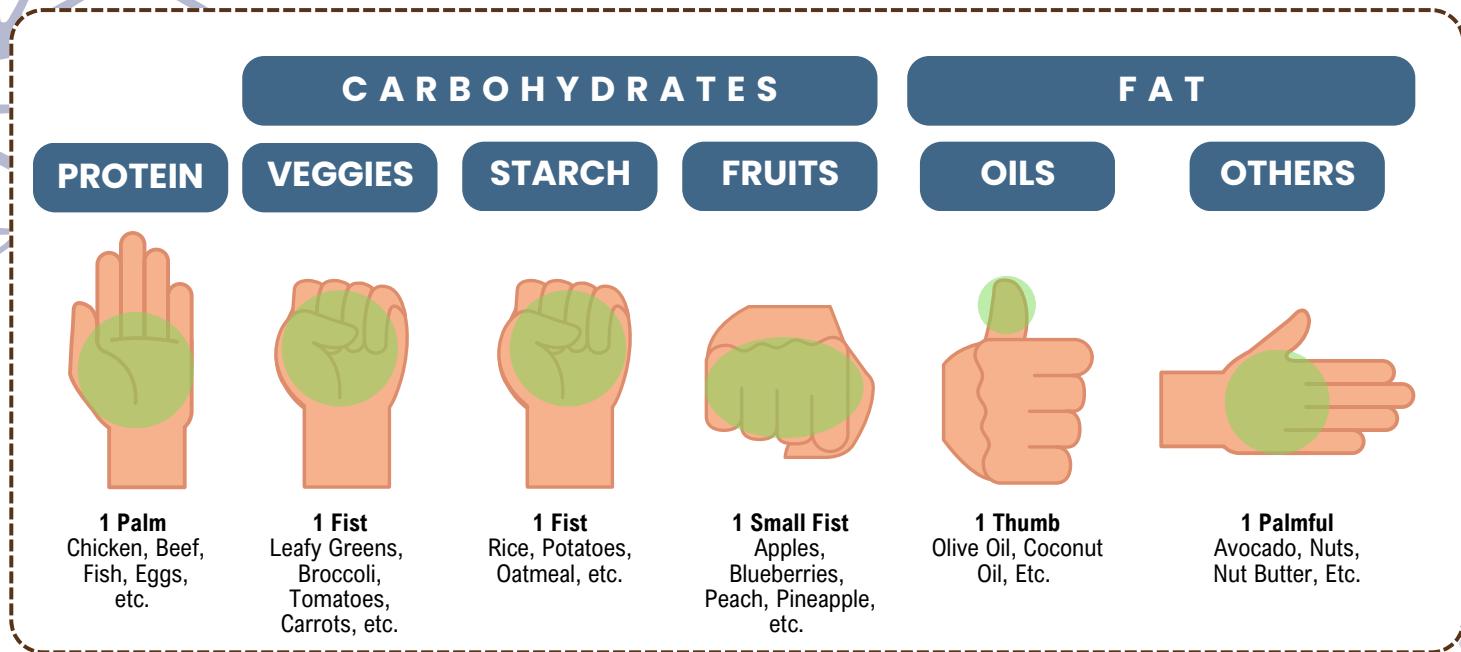
**GET YOUR HYDROGEN WATER AND PEPTIDES FROM
WHOEVER INVITED YOU TO THIS CHALLENGE.
MESSAGE THEM IMMEDIATELY TO GET YOURS!**

5 DAY RESET

DAY 1
DAY 2
DAY 3
DAY 4
DAY 5

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 <i>Hydrogen Water</i> Important note: <i>Take your peptides</i>	TAKE 1 <i>Probiotic</i> DRINK 1 <i>1 Carbonated Water w/ squeeze of lemon</i>	DRINK 1 <i>Electrolyte pack</i>	DRINK 1 <i>1 scoop of Greens powder with 1 scoop collagen</i>	EAT Fatty Protein, <i>Veggie, Good Fat & pinch Sea Salt</i> <i>Optimal Idea:</i> <i>Fatty Protein ie Salmon OR Steak + steamed noncruciferous veggie ie asparagus, green beans, drizzle w/ olive oil</i> TAKE 2 <i>Digestive Enzymes before bed</i>	DRINK 1 cup <i>Decaf Green Tea w/ fresh lemon</i> TAKE 2 Digestive Enzymes before bed
<i>Minimize caffeine, but if you must, drink caffeinated green tea between meals 1-3.</i>					
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 <i>Hydrogen Water</i> EAT Protein, Starch & Veggie <i>Optimal Ideas:</i> (1) Egg Whites w/ Veggies + Sweet Potato OR (2) Protein Shake + Oatmeal Important note: <i>Take your peptides 30 mins before meal</i>	TAKE 1 <i>Probiotic</i> EAT 1 <i>Fruit</i> <i>Optimal Ideas:</i> <i>Grapefruit OR Berries</i>	DRINK 1 <i>Electrolyte pack</i> EAT Protein, Fat <i>Optimal Idea:</i> 2 OR 3 hard boiled eggs. 2 under 150 lb / 3 over 150 lb	DRINK 1 <i>1 scoop of Greens powder with 1 scoop collagen</i> EAT Protein <i>Optimal Ideas:</i> <i>Greek Yogurt OR Chicken Breast Strips w/ dips 0-25 calories.</i>	EAT Protein & Veggie, Sea Salt <i>Optimal Idea:</i> <i>Salad with Protein. Use a 0 to 25 calorie dressing. No added fats</i> TAKE 2 Digestive Enzymes before bed	DRINK 1 cup <i>Decaf Green Tea w/ fresh lemon</i> TAKE 2 Digestive Enzymes before bed
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 <i>Hydrogen Water</i> EAT Protein, Fat <i>Optimal Idea:</i> <i>Egg whites w/ Avocado OR Scrambled Eggs</i> Important note: <i>Take your peptides 30 mins before meal</i>	TAKE 1 <i>Probiotic</i> EAT Fat & Veggie <i>Optimal Ideas:</i> <i>Bell Pepper & Raw Nuts OR fresh Pico with Avocado</i>	DRINK 1 <i>Electrolyte pack</i> EAT Protein & Veggie <i>Optimal Ideas:</i> <i>Stir Fry OR Protein & Veggie Bowl</i>	DRINK 1 <i>1 scoop Greens powder with 1 scoop collagen</i> EAT Veggie & Fat <i>Optimal Ideas:</i> <i>Bell Pepper & Raw Nuts OR fresh Pico with Avocado</i>	EAT Protein & Veggie, Sea Salt <i>Optimal Ideas:</i> <i>No Bean Turkey Chili OR Lettuce wrapped Burger.</i> TAKE 2 Digestive Enzymes before bed	DRINK 1 cup <i>Decaf Green Tea w/ fresh lemon</i> TAKE 2 Digestive Enzymes before bed

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	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
			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	

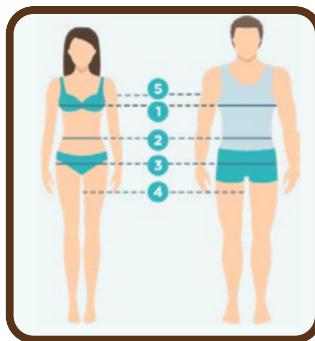
5 DAY RESET

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!



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

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.

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.



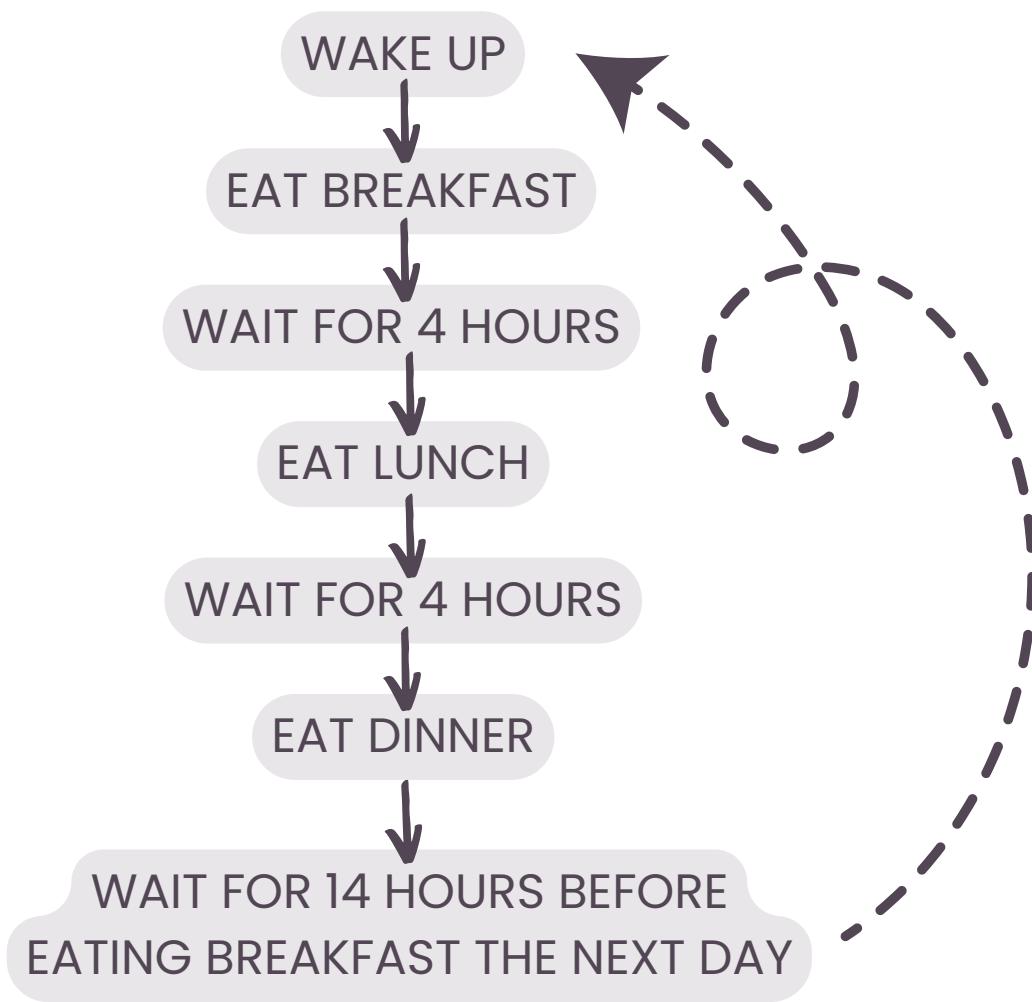
100g of protein a day: Builds and repairs muscle, boosts metabolism, and keeps you feeling full longer.

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 intermittent 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:	Fruits:	Animal Proteins:
Artichoke	Jicama	All animal meats
Arugula	Kale	Beef
Asparagus	Kohlrabi	Bison
Baby corn	Leeks	Chicken
Bamboo shoots	Lettuces	Deer
Bean sprouts	Mushrooms	Eggs
Beets	Nopal	Fish & seafood
Bell peppers	Okra	Lamb
Bok choy	Onion (all)	Pork
Broccoli	Pea pods	Quail
Broccoli rabe	Peppers	Turkey
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	
Fats:		
	Avocado	
	Butter	
	Coconut	
	Cooking oils	
	Nuts & nut butters	
	Olives	
	Seeds & seed butters	
Grains:	Beans & legumes:	Others:
Barley	chickpea, lentil, & edamame pasta	Dairy products (no sugar-added)
Brown rice		Mayonnaise
Durum wheat		Tofu products
Israeli couscous		Sweet potato, boiled Potato, served cold
Quinoa		Vinegar
Whole wheat varieties		

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.



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: -----

