



THE FRESH 20

MIND BODY RESET

get ready, get reset, go!

RESET GUIDE

All information presented for the Reset is for informational purposes only. These menus are not intended to diagnose, treat, cure or prevent any disease and are not intended to be a substitute or replacement for any medical treatment. Please seek the advice of a healthcare professional for your specific health concerns. Individual results may vary.



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MIND BODY RESET

FOUNDERS NOTES

When I started The Fresh 20 five years ago, I had no idea the reach it would develop or the number of people it would benefit. I was looking for answers to an everyday problem I experienced and needed to solve for my family.

It has certainly changed my family food culture for the better but it's never a fait accompli. There's still choices to be made each and every day about the quality of food, the amount of fat, sugar and salt I consume and how to keep up healthy habits when life happens.

Sometimes I slip into old habits. Stress, perceived lack of time and plain old indulgence, can take me away from my optimal health. Here I was with a solution for dinner but still struggling to align my diet to everyday life. I needed another solution for getting back on track when my choices became less than ideal.

The Mind Body Reset is my answer to getting back to health. I never set out for it to be a diet or a cleanse. It was just a way to reprogram my habits and bring my body back to awareness by eliminating tough to process foods. The first time I reset was an exercise in patience and endurance but at the end, I never felt better and I knew I had done something incredible for myself.

Now the Reset will be part of an ongoing process for me and my family to get back on track every once in a while so the indulgences don't become the standard.

I'm really honored and quite humbled that you are taking this journey with me and my wish for you is that in 20 days, you will feel better than ever.

Let's do this!

To your wild happiness,
Melissa Lanz



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MIND BODY RESET

CALENDAR

Friday September 4th:

Week 1 Menu posted & Kickoff

Sunday September 6th:

Prep Day

Monday September 7th:

Meditation Day

Tuesday September 8th:

RESET STARTS!

Wednesday September 9th:

10am PST Support Call

Phone number: (425) 440-5100

PIN Code: 834152#

Friday September 11th:

Week 2 Menu Posted

Saturday September 12th:

5 Minute Fitness

Sunday September 13th:

Prep Day

Monday September 14th:

Meditation Day

Tuesday September 15th:

Dessert Guide

Wednesday September 16th:

10am PST Support Call

Phone number: (425) 440-5100

PIN Code: 834152#

Friday September 18th:

Week 3 Menu Posted

Saturday September 19th:

5 Minute Fitness

Sunday September 20th:

Prep Day

Monday September 21st:

Meditation Day

Tuesday September 22nd:

Restaurant Guide

Wednesday September 23rd:

10am PST Support Call

Phone number: (425) 440-5100

PIN Code: 834152#

Saturday September 26th:

5 Minute Fitness

Sunday September 27th:

YOU MADE IT!

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MIND BODY RESET

GET STARTED

THE RULES

The basic rules are simple.

- No sugar
- No dairy
- No gluten
- No alcohol

9 STEPS TO GETTING STARTED

1. SAY GOODBYE TO JUNK FOOD

It's important to get rid of temptations in your household.

In our experience, there's really no way to "hide" junk food and/or soda. If it's in the house, cravings will find a way. Clearing out the food riff raff is the most effective way to stay the course with the Reset.

2. STOCK YOUR PANTRY

Scout out the pantry list at the back of the guide and take inventory of the basics. Olive oil? Check!

Running out of basics will not only frustrate you but may lead you to throw in the towel at dinner time and order up a pizza. We might be speaking from experience.

3. JOIN THE FACEBOOK GROUP

The community is an amazing resource for a successful Reset journey. Pick up tips, celebrate wins and join in the daily focus conversations in our private group.

<https://www.facebook.com/groups/TheFresh20MindBodyReset/>

Note: Our Facebook group is for sharing tips, idea and inspiration. Customer service questions should be directed to [thefresh20.zendesk.com](https://www.thefresh20.com)

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MIND BODY RESET

GET STARTED

4. MARK YOUR CALENDARS

Don't miss the live calls on Wednesday's during the Reset. There are meditations, fitness check-ins and printables arriving along the way. Stay tuned!

5. PRINT OUT THE CHALLENGE CHART

There's sure to be something you can focus on. Choose a theme to help carry you through the Reset journey. Circle it, celebrate it, tell everyone you know about it! This is your time to make changes!

6. READ DAILY EMAILS

Each morning your inbox will have a little inspiration and message to keep the Reset mojo going. Open them up and spend a couple minutes focusing on the day ahead and what amazing changes you are making towards optimal health!

7. KEEP TRACK

We've included a daily checklist. X marks the spot for every day you stay true to the Reset. It's not about perfection. This is a journey. The checklist is just a tiny reward for the win days.

8. BE HUMAN

If the Reset is a dietary change for you, this won't be easy. There will be emotional moments. Feel them, acknowledge them, fight them and do NOT beat yourself up if you slip off the Reset. It's hard. Life is going to come up. Every day there will be a choice to make. If you fall off the Reset, don't waste any time telling yourself you failed. Get back on!

9. ASK FOR HELP

It's really important you let someone know how much this means to you. Yes, your cat counts. When we declare things to the world, we take things more seriously. Let your family and friends know you want to succeed and ask them (aloud) for support.

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MIND BODY RESET

NUTRITION

A NOTE ON NUTRITION

The nutrition material contained in the Fresh 20 Mind Body Reset is intended for information purposes only and is not intended to diagnose, treat, or provide medical advice. This plan is intended for individuals in good health. Speak with your medical provider before starting any lifestyle change or exercise program.

Our meal plans are based on a minimum of 1200 calories/day. The three meals provided will be around 1000-1150 calories allowing for at least one snack per day. Everyone has a different calorie range based on age, weight, activity level and other factors. We have offered a variety of reset approved snacks and even a few treats to help you reach your ideal calorie range.

Our meals are balanced with proteins, fats and, yes carbohydrates. Carbs are healthy and necessary to keep your body functioning optimally. We mostly rely on fruits, vegetables and legumes for carbohydrates but do include a few healthy grains and starchy vegetables throughout the program.

The reset includes an abundance of fresh vegetables with every meal. Including more vegetables is a great way to control your weight and improve health. This is one of the most important lifestyle changes you can make. Vegetables are rich in vitamins, minerals, antioxidants, fiber and water. We have included a variety but feel free to include even more. Start your day with vegetables by including them in breakfast; this will help you keep the momentum throughout the day.

You will notice many healthy fats in all of the reset menus including avocado, nuts, seeds and olive oil. A healthy diet should include fats – fat helps us absorb other nutrients and helps you feel full longer. Use this time on the reset to transition to replacing any unhealthy saturated or trans fat in your diet with the healthier fats we recommend. While we recommend including them regularly, you should always measure fat when cooking because it is easy to over-do.

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MIND BODY RESET

NUTRITION

If your body is accustomed to processed foods, added sugars, caffeine, you may find you miss or crave these foods at the beginning of the reset. The food you eat is your body's fuel, so, for optimal health and performance, the steps you take during the reset to remove these calorie-dense, nutrient-poor foods from your diet will help promote long-term benefits. If you have not done so yet, clear your pantry of these foods.

Include plenty of water, infused water, herbal teas, green tea and white tea. Remember that by the time you are thirsty, you are already dehydrated, so stay ahead of thirst and dehydration by planning your fluids. Stay away from all sweetened drinks including any juice. We will give you many options for infused waters and teas to help meet your fluid goals. Just like calories, everyone has different fluid needs. 8 glasses or 64 ounces is a somewhat ambiguous number but at least provides an overall starting point. If you exercise a lot, live in a warm climate or travel, you will likely need to start with a bit more than this.

The Mind, Body, Reset is a family-friendly plan. Healthy kids can definitely participate. Our meals are 100% whole foods based and use high quality ingredients that are great for children and adults. You will need to supplement with snacks and/or larger meal-time portions, especially for active kids. Use this as an opportunity to educate your children on healthy, whole, unprocessed foods. Have kids help with age-appropriate meal-prep. Teach your children the difference between a snack and a snack food by offering them options included in the recommended snacks instead of pre-packaged foods.

If you or your children have any existing health conditions, consult your doctor or dietitian. The meals will likely need to be modified to work with your personal health needs.

Wishing you success,

Allison Arnett, RD
The Fresh 20 Nutrition Team



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MIND BODY RESET

HYDRATION

64 ounces of water a day is the goal for most Reset participants.

INFUSED WATERS

These recipes are using a large water pitcher or carafe (32 oz) but you can make them in smaller mason jars with lids.

All you have to do is slice the fruit you want to use and drop them into your water. Let sit for 4 hours. You can start drinking it right away, but you might not notice the flavors until it infuses for a few hours.

As long as you keep your water refrigerated, the fruit should stay fresh. If you are filling your pitcher with water throughout the week, keep in mind that it will dilute the flavor each time you refill. I would recommend drinking your water within 2-3 days and making a new batch once you notice that fruit has started to soften or turn your water cloudy.

Start with 32 ounces of water

Some fun add ins:

- 1 lemon, sliced, 1/4 cup fresh berries and 6-8 basil leaves
- 1 lime sliced, 1 jalapeno pepper (seeds removed) sliced, 1 cup fresh pineapple
- 2 sliced oranges with 1/2 cup fresh parsley (crushed)
- 8 fresh basil leaves with 2-inch piece of ginger sliced
- 1 sliced lemon w/ 1/2 cup fresh mint leaves
- 1 sliced orange, 1/2 sliced cucumber & 1 sliced lime
- 1 cup fresh watermelon with 1 sliced lime



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MIND BODY RESET

HYDRATION

RESET TEAS

Green Tea
Herbal Mint
Rooibos
Chamomile

In a medium saucepan, bring 4 cups (32oz) of water to a simmer.
Take off heat, add three tea bags and let steep for 15 minutes.
Add ice to cool down immediately or naturally let cool to room temperature.
Take your large water pitcher or carafe and add orange or lemon slices;
pour in tea and refrigerate four hours for maximum flavor.

COMFORT BEVERAGES

Warm almond milk with pure vanilla extract and cinnamon
Coconut milk blended with fresh strawberries



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MIND BODY RESET

SNACKS

BECAUSE SOMETIMES YOU NEED A SNACK

If you have a general sense of your calorie needs, it will help you to decide if you should include a snack or two. Raw or cooked vegetables are often a good between meal snack for those who are calorie conscious but want to nibble between meals. If you still need more, just add these as needed to help you reach your calorie needs:

Light n'easy (around 50-100 calories):

- 1 serving of whole fruit
- 12 raw, unsalted almonds or cashews
- A cup of mixed berries
- 1 boiled egg
- 1 cup of frozen grapes
- Veggies and 2-3 Tablespoons hummus
- ½ small baked sweet potato
- 20 dry roasted unsalted pistachios
- 2 cups air popped popcorn with ground pepper

A bit more (100-200 calories):

- 1 fruit with 10 nuts or 1 Tablespoon nut butter
- 1/3 cup fresh guacamole with celery or bell peppers
- 1 boiled egg with 1 serving of fruit
- ¼ cup oatmeal (dry measure) cooked and topped with a ½ cup fresh berries
- Brown rice cake with 1 Tablespoon nut butter
- 3 dried apricot halves with 12 almonds
- 3 Tablespoons unsweetened dried tart cherries with 12 raw cashews



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PANTRY GUIDE

BASICS

- Olive oil
- Grapeseed oil
- Low Sodium / Gluten Free chicken or vegetable broth
- Kosher salt
- Black pepper
- Garlic cloves
- Cayenne pepper
- Paprika
- Cumin
- Herbes de Provence
- Dijon mustard
- White wine vinegar
- Onion
- Eggs, organic
- Gluten Free Oatmeal

ADDITIONS

(See weekly shopping lists for quantities)

- Beans
 - o Cannellini
 - o Pinto
 - o Garbanzo
- Tea
 - o Green
 - o Black
- Nuts
 - o Pine Nuts
 - o Cashews
 - o Almonds
- Citrus
 - o Lemon
 - o Lime
 - o Orange

Why Beans: As we use this time to take a close look at our eating habits, one thing I encourage is to take an inventory of your diet. Most of us rely too much on animal products for protein.

Incorporating beans is a great way to add a fiber, vitamins and minerals - all great hallmarks of a healthier diet. Beans are a great way to create plates that are half plant based.

Why Oatmeal: Oatmeal is filling, high in fiber, specifically soluble fiber, and is antioxidant rich and easy to prepare. While oats are naturally gluten free, many are sorted on equipment that also uses wheat. To ensure there isn't any cross contamination, we suggest buying oats that are labeled gluten free.

Why Nuts: In general, nuts pack a good protein, fiber and healthy fat punch. They are included in the reset as a heart healthy benefit and to increase the feeling of satisfaction when staying away from bread and sweets. Be careful not to eat too many of them as too much of a good thing can add unnecessary calories and fat to your daily intake.

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SHOP & PREP

PREP AHEAD

This program will be much easier if you prep ahead before the week begins. Fresh food requires a lot of chopping and getting some of the labor-intensive tasks out of the way will support you in your Reset goals.

If you have a food processor, now is the time to make use of it. Chop onions in bulk, grate carrots, and make pesto! And don't be afraid to ask for help. Have a Sunday afternoon prep party in your kitchen. You might be surprised how much fun it is to do something good for yourself!

Learning to eat well is a skill that never goes away. If you ever feel overwhelmed with meal shopping or prep, keep in mind that this is all a process toward a lifestyle change that will continue to impact you and your family in positive ways. Find ways to make prep more enjoyable by doing it with friends or family or turning on some music.

In the future you may find that you have moments in life when eating well unfortunately gets overlooked due to life circumstances or events. Keep in mind that you now have a plethora of wonderful recipes and skills that you learned and practiced to get you back on track.

SHOPPING

Make use of farmer's markets. The week is designed to make the most of fresh produce but if your storage space is small, be careful not to buy too much and one time. Fresh herbs can be kept in water for a few days or prepped right away and stored. If you have good storage tips, share with the community in the Facebook Group!

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FAQ

FAQ

How will I feel on the Reset?

Results vary but the benefits can range from increased energy, weight loss, better complexion and less bloating. Some people report a headache in the first few days but this is normal when eliminating sugar or caffeine from one's diet. After the first week, your body will adjust and you will experience more energy. Remember, common sense is key so it is important to scale your calories up using our snack guide.

Will I lose weight?

Removing processed food and lower calories means you may lose weight. For those wanting more than 1200 calories, we have added options to increase as needed with healthy snacks.

Bonus: Cutting out processed food means more energy, radiant, clear skin, and a bigger smile. Well we're not sure about the last one, but feeling great and looking great will have you smiling big in no time.

Is it safe for kids?

Yes! Our plan is nutritionist approved and safe for your kids. The best part is they get to eat what you're eating! You can reset your body without having to make separate meals. Just be sure they receive the recommended calories for their age and activity level and be sure to have Reset approved snacks available.



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MIND BODY RESET

FAQ

What about headaches?

If you're eliminating or reducing caffeine, you might experience a headache. It will take a couple of days for your system to adjust. Be incremental. Wean yourself off coffee a little at a time. Some participants still enjoy a cup of black coffee per day and still have great results. Non-coffee drinkers might have a reaction to the lack of sugar that could cause a headache. This too shall pass. If necessary, fuel up on an extra snack from our list to alleviate symptoms.

I'm hungry. What should I eat between meals?

Don't starve yourself. There are many approved snacks that will keep you on track. An apple with nut butter is a popular choice. Fresh guacamole with cut vegetables is a great snack too! And use our snack list to help you fight cravings instead of giving in to sugar.

What about restaurants?

It's likely that you will find yourself at a social event or a restaurant over the Reset time. The purpose of the Reset is to build healthy habits and make better choices about food. There's always a good choice available even at the greasiest of diners. Help can be found in the Facebook group.

Let us know where you are going and we'll suggest some good choices. And ask your server questions. They know the menu secrets and if you share with them your goals, they will assist you in menu selection. And look for our pocket restaurant guide later in the Reset.

More questions?

We're here to help. Contact thefresh20.zendesk.com