



2017 Spring Mind Body Reset

Get Ready, Get Reset, Go!

HEALTHY LIVING 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.





2017 Spring Mind Body Reset

Founder's Note

Wow! This is our 5th Reset. It's been amazing to see the results so many of you have had and I welcome you to another 20 days of delicious dedication.

It doesn't matter if you are trying to lose a few pounds or get back some lost energy, the next twenty days are yours. What does it look like to nurture yourself? To put your goals first? To stop making excuses?

When we reset our food intake and get rid of the ingredients that tend to weigh us down, we allow for our bodies to reset our system, clear out the junk and function better. But I also find my mood changes. My self confidence increases and by the end of the 20 days, I feel my happiness quotient tick up a little.

There is nothing more important than self care so I'm delighted we are taking this journey for the next three weeks. It may not be easy, but nothing worthwhile is ever easy.

Let's rock this!

To your wild happiness,

Melissa Lanz
www.thefresh20.com





2017 Spring Mind Body Reset

Moving To Unprocessed

Moving to clean, unprocessed eating is an important shift toward improved health. Though definitions abound, unprocessed simply is choosing the best, healthiest, least processed foods and decreasing the unhealthy foods. The commitment to unprocessed eating requires an understanding of ingredients and a well-stocked pantry.

Start with these 2 steps:

1. Clean and take inventory. Empty your refrigerator and pantry, purge items that have long ingredient lists or foods you don't understand. Look at labels, especially salad dressing, sauces, condiments, sweetened yogurts, dairy alternative beverages. Once you have purged, re-stock with whole foods, starting with vegetables. Keep in mind that if you are shopping for one person for one week and plan to eat 3 servings of vegetables a day, you will need to have 21 servings of vegetables available. These can include a variety of fresh and frozen.
2. Shop with intention. Create a shopping list of whole foods. When you shop, don't deviate from this list.

The Basics of Unprocessed Eating:

1. Load up on vegetables, leafy greens, fruit, seeds, nuts and beans.
 - Plan for a serving of leafy greens daily.
 - Purchase a variety of other in-season fresh or frozen vegetables
 - Purchase a variety of in-season fresh fruit and supplement with frozen fruit for smoothies
 - Make beans a dietary staple. Dry beans are best if you have the time, but canned unsalted (drained and rinsed are a good alternative). For a ratio, 1 can is about 1 ½ cups cooked.
 - Buy nuts and seeds in bulk, this is the most economical way to purchase them – unsalted and raw are best.
2. Eliminate your reliance on packaged and refined foods.
 - Build a shopping list without packaged foods.
 - If you do choose to include an occasional food such as crackers/chips try to limit the amount purchased and select a better-quality product
3. Limit/eliminate added sugar
 - Try using the natural sweetness of fresh or dried fruit instead
4. Reduce alcohol
 - A serving of alcohol is 12 ounces of beer, 5 ounces of wine and 1.5 ounces of hard alcohol.
 - Alcohol can add excess calories, decrease your judgment and is dehydrating
 - Avoid mixed drinks with added sugar

2017 Spring Mind Body Reset

Moving To Unprocessed

The Basics of Unprocessed Eating Cont.:

5. Shift to eating more meals at home and less out
 - Eating home more gives you greater control over how your food is prepared
 - According to numerous studies, the average restaurant meal is over 1000 calories and over 1100mg of sodium
6. Eat smaller quantities of animal proteins and select the highest quality your budget can afford
 - Eating less meat is better for your health and your budget.
 - Buy smaller portions and the best quality your budget can afford
7. Select whole, unprocessed organic grains
 - Buy grains in bulk for a cost-effective solution
 - Experiment with new grains: teff, amaranth, quinoa, freekeh –try something different
 - Experiment with a vegetable instead of a grain for a fun twist on some recipes: zucchini noodles, cauliflower mash, spaghetti squash as examples





2017 Spring Mind Body Reset

Foods To Avoid

We avoid foods for a variety of reasons.

- They displace more nutritious foods from our diet
- They promote illness/inflammation
- They deter from our health or weight loss goals

Here is a list of foods to remove from your diet completely. Along the way, you will find that there are additional items you prefer to avoid, which is fine. But, start with completely eliminating these foods and notice the immediate difference in your overall health and energy.

Soda, sports drinks, sweetened beverages

In general, eat your calories. Our bodies tend to feel more satisfied with the experience of chewing and eating versus just drinking. Further, drinks with added sugar, such as soda, are empty calories, which promote weight gain, contribute to cavities and can even leach healthy nutrients (such as calcium) from our body.

SWAPS: infused water, herbal tea, unsweetened, naturally flavored sparkling water

Candy

Hopefully this is obvious, but candy is so ubiquitous that sometimes I feel it sneaks in easily. And now, there are many products that appear healthier because they incorporate “super fruit” or dark chocolate, but alas, they are still candy. Make your splurges valuable by avoiding packaged candy products, even the healthier version.

SWAPS: cacao powder combined with naturally occurring sugar in fruit creates a delicious dessert with no added sugar.

STRATEGY: think of your valuable splurges (homemade summer peach tart with pure vanilla ice cream, anyone)? Allow yourself a treat on occasion and really enjoy the indulgence

Products with Added Sugar

There is sugar in everything. From granola bars to yogurt to cereal to salad dressing, sugar is ubiquitous in our grocery stores. Try to become accustomed to adding natural sweeteners at home. Instead of sweetened yogurt, add fresh fruit to plain yogurt.

Take it a step further and try to sweeten naturally. Instead of honey in your smoothie, add a date for sweetness or use a small amount of 100% vanilla extract. As you remove sugar, your palate will become more accustomed to the natural taste of foods.

SWAPS: fresh or dried fruit, cinnamon, 100% natural extracts.



2017 Spring Mind Body Reset

Portion Control

Intuitive eating, contrary to its name, is actually a learned skill. It takes time and practice to learn to use your bodies natural satiety to guide your eating. Deprivation and inflexible rules do the opposite, creating guilt and frustration.

Follow these steps to get back on track and stay on track. Portion control does not need to be about constantly measuring or counting.

Follow these simple steps to portion success.

1. Eat slowly and intentionally. Set down your fork between bites.
2. Remove serving bowls from table – serve directly from kitchen to table.
 - We are less likely to go back for more or pick mindlessly if its not in front of us.
3. What are you eating on – what are you serving from?
 - Use smaller plates, bowls and serving spoons
 - If needed, eat off of a smaller spoon to help slow down
4. Bulk up on vegetables – variety and color
 - This is a great trick for filling up and feeling great without extra calories. You add nutrients without adding calories and, if you appreciate a full plate, it's a great way to eat.
5. Open it up/Wrap it up
 - Serve sandwich fillings on lettuce instead of bread or open faced using just one slice of bread
 - Or use a romaine or collard leaf to wrap up your sandwich
6. Re-portion bulk items.



2017 Spring Mind Body Reset

Meal Prep Basics

Streamline your meal plan with these meal prep tips:

Schedule Shopping And Prep

- MAKE AN APPOINTMENT FOR YOUR HEALTH: Make a calendar date with yourself for food shopping and prep.
- PLAN AHEAD: Map out your plan. Include all meals and snacks.
- KEEP IT SIMPLE: Plan to use ingredients you will need to purchase
- WASTE NOT: Use extra vegetables from the week before to boil a quick soup.

Wash And Chop

- TIMING IS EVERYTHING: Set aside time to wash and chop all vegetables for use during the week. Keep containers for different types of vegetables and different styles of chopping.
- ROOM SAVING STRATEGY: Store individual cut vegetables in a single container and measure out your portion daily.
- VEGGIE SNACK PACKS: Pre-portion veggies in individual containers for easy weekday snacks.

Marinades And Dressings

- ADD FLAVOR: Make marinades, dressings, sauces or spice blends in advance. Store and use when needed.
- MAKE EXTRA: Double the recipe for any sauce or dressing if it will work for another meal during the week.

Full Meals In Advance

- GET IT DONE: Look at your proteins for the week. Are there any days you anticipate a challenge?
- STORE SAFELY: Most cooked meatless meals store well refrigerated for 4-5 days and frozen for up to 6 months. Meat-based cooked dishes store for about 3 days refrigerated and 3 months frozen.
http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/refrigeration-and-food-safety/ct_index

Cook In Bulk

- ROAST: Roast all vegetables that use the same temperature at one time.
- BREAKFAST TO GO: Make breakfast frittatas in muffin tins and store for use during the week.
- GRAINS & BEANS: Pre cook grains and beans and store for the week.
- EASY PROTEIN: Boil eggs in advance and store refrigerated in the shell for the week.

Label And Date

- LABEL: Label with item and date.
- SEE IT CLEARLY: Use clear containers for storage so you can see exactly what you have
- KEEP PROTEIN ON HAND: Cool and store precooked meats in individual containers
- SIMPLE SMOOTHIES: Prepare smoothie bags with all non liquid ingredients included. Store in freezer and just add liquid and blend on meal day

Get more by watching the [Meal Prep Breakdown Video](#).



2017 Spring Mind Body Reset

Supermarket Tactics

GROCERY SHOPPING

Grocery shopping is a necessity but with so many other obligations, it can often feel like a burden. Supermarkets can at times feel overwhelming, like a maze of products.

Do you ever feel like you don't know what to think about first: will my family eat what I cook? Is it organic? Is it GMO free? Take some of the stress out of shopping.

The best strategy for smart shopping is to develop knowledge, awareness, and routine. Work from lists, shop with purpose and the experience will become more enjoyable. Also, if you can, choose a time to shop when stores are less crowded. Some areas of the country now offer online shopping and delivery services. These are great options if you have a busy schedule or feel more in control shopping virtually.

Choose	Avoid
1 Ingredient	More than 5 ingredients
1-5 pronounceable ingredients	Anything you cannot pronounce
No marketing or health claims needed	Health claims, front of box marketing
Grown locally, regionally or at least nationally	Shipped across oceans
Raised Humanely	Routinely given antibiotics or growth hormones
Found in nature	Created in a lab

TIPS for more effective shopping:

1. Start with a comprehensive weekly list. Keep your basic building blocks list up to date so you know what staples need to be replenished. Have a budget and a plan.
2. Mostly, you will do better around the perimeter. But still be alert: some stores now flood the perimeter with processed foods as well.
3. Be aware of health claims. Foods that need health claims are usually not healthy.
4. Choose some convenience foods that don't detract from health such as frozen vegetables or canned beans.



2017 Spring Mind Body Reset

Supermarket Tactics

TIPS for more effective shopping Cont.:

5. If your local store employs a dietitian, book time to learn about the products carried in the store.
6. Learn to read labels and ignore claims.
7. Know how your splurges fit into your budget. Not all healthy food is expensive, but some is, so plan ahead if you are restocking a more expensive item.
8. Get out of the supermarket. Sometimes, especially in the warmer months, its less expensive and definitely more enjoyable to find produce at a local farmers market, or by joining a CSA.
9. Find a store with good bulk bins. You can save money and waste by buying bulk. Grains, nuts and seeds are usually the most common items to buy in bulk.
10. Buy and freeze. For example, purchase the best quality fish when its available on sale and freeze portions for later use.





2017 Spring Mind Body Reset

Frozen Foods

- ✓ Refrigerator stocked with fresh produce – check
- ✓ Pantry full of healthy choices – check

But, what about your freezer? A freezer full of frozen meals, ice cream, pizza and an unknown array of expired foods can sabotage even the healthiest plans. Take a few minutes this week to check in with your freezer.

1. Throw away any expired foods, foods with freezer burn and undated/unlabeled/unknown foods and foods (when in doubt, throw it out!)
2. Also, toss any foods that don't fit in with your overall plan. Talk to your family about your health goals and ask them to avoid purchasing any foods that don't fit into your overall plan. If they do buy something, ask them to stick with individual serving sizes.
3. Once your slate is clean, start with the basics: frozen fruit and vegetables.
4. Label and date homemade freezer foods and store oldest foods at the top for first use to keep an efficient plan.
5. Make double batches of your favorite freezer friendly foods and label and date for future use.
6. Follow these guidelines for storage tips and times:

<http://www.fda.gov/downloads/Food/FoodborneIllnessContaminants/UCM109315.pdf>



2017 Spring Mind Body Reset

Shop Smart

Spending an hour at the store wandering aimlessly in the aisles is the fastest path to poor eating and bad results. And the store isn't set up to give you a fighting chance at ultimate wellness. It's designed to make you impulse buy processed, sugar laden foods. Most of the time we are hungry and/or tired when we grocery shop and showing up without a smart plan leads to poor choices in the cart. Ever see those people pushing around a cart full of fresh this and fresh that? I bet they have a shopping list. You can too. Shopping smart is the first step towards successful meal prep.

TIPS FOR PLANNING AHEAD:

MAP OUT YOUR WEEK. Include all meals and snacks. If preparing 5 days of weekday meals feels like too much to start, keep it simple. Instead of using a different lunch daily, just prepare extra protein (chicken or hard boiled eggs for example) and prepare extra vegetables (either raw or cooked) for a quick and easy daily lunch option.

ORDER GROCERIES ONLINE. There are several services that can drop your groceries at your doorstep. I heavily rely on [INSTACART](#) and [THRIVE MARKET](#) to help me shop smart.

Also consider...

MAKE A DATE WITH YOUR GROCERIES: Make a calendar date with yourself for food shopping and prep. Commit to the time and create a positive meal prep environment.



2017 Spring 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.

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.



2017 Spring Mind Body Reset

Nutrition

A NOTE ON NUTRITION CONT.

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. You can definitely serve the Reset meals to your entire family. 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, MS, RD, CD-N

