



# THE FRESH 20

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# SPRING BODY RESET

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# WELCOME

## Note on Use of the Reset Menus

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 is 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.

# Getting Started

## What are the Rules?

This 20 day program is designed to help reset your body and mind by providing a nutritionist approved, safe, effective, and comprehensive guide to reset your body by improving your eating habits and lifestyle.

The basic rules are simple.

- No sugar
- No dairy
- No gluten
- No grains
- No soy

## 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!

## Water

We can't stress enough how important water is to your body. Strive to drink 64 ounces each day. Every week has infused water and tea recipes to help you get enough liquid. You will need to drink lots of water to experience the best results with the Reset.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 WEEK ONE MENU
7 PREP DAY	8 10AM PST WELCOME CALL & GET STARTED	9	10 FACEBOOK CHECK IN	11	12 WEEK TWO MENU	13 DAY 6 PAST THE HARDEST
14 PREP DAY	15 10AM PST NUTRITION Q&A CALL	16	17 FACEBOOK CHECK IN	18	19 WEEK THREE MENU	20 DAY 13 YOU GOT THIS!
21 PREP DAY	22 10AM PST Q&A CALL	23	24 FACEBOOK CHECK IN	25	26	27 DAY 20 YOU MADE IT!
28 CELEBRATION DAY	29 10AM PST WHAT NEXT? CALL	30				

**DIAL IN FOR RESET Q&A SESSIONS**

**Phone number:** (425) 440-5100

**PIN Code:** 834152#

To attend, visit:

<http://iTeleseminar.com/69562740>

# 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.

## **More questions?**

We're here to help. Contact [thefresh20.zendesk.com](http://thefresh20.zendesk.com)

# 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.