



# MIND BODY RESET

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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.*





# MIND BODY RESET

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## Founder's Note

This is our 7<sup>th</sup> Reset and I welcome you to our community. The program has been a game changer for a lot of people and caused a shift in my own family food culture.

Previously, I spent three decades on and off various diets. They always failed and I always felt like I was never going to reach my goals. So I stopped dieting and started shifting my goals to making good everyday choices instead of binge dieting.

As we start this Reset, I'm reminded that there is no end game to health. Taking care of ourselves will always be part of how we live our lives. We are diving back into a new Reset because clearing out the mind and body every once in a while is the only way I know how to keep feeling good at the forefront of my decisions.

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 norm.

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.

It's time to go to work!  
To your wild happiness,  
Melissa Lanz

[www.thefresh20.com](http://www.thefresh20.com)





# 9 STEPS TO SUCCESS

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## MIND BODY RESET

### THE RULES

The basic rules are simple.

- NO sugar
- NO dairy
- NO gluten
- NO alcohol (optional, if trying to lose weight)

### 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 [support@thefresh20.zendesk.com](mailto:support@thefresh20.zendesk.com)



# 9 STEPS TO SUCCESS

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## MIND BODY RESET

### 9 STEPS TO GETTING STARTED CONT.

#### 4. MARK YOUR CALENDARS

Write down all of the events

#### 5. PRINT OUT THE FOCUS 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.



# HYDRATION

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## MIND BODY RESET

### COMMON MISTAKES

#### **Problem: Forget**

One of the most common hydration mistakes I see is “forgetting to drink”. We have so much to think about during the day, and water just does not take center-stage.

**Solution: Re-fillable bottle.** Not only is it good for the environment but it’s an instant cue to remember to drink. If its 16 ounces, fill it up 4 times, 32 ounces, fill it up twice. Create a habit – make filling your water bottle (and drinking some) the first thing you do each day. Once this becomes a habit, getting in your water will come naturally.

#### **Problem: Only after sweating or only in the summer**

**Solution: Pre-hydrate.** We need water year round and we need fluids before, during and after exercise. We are more inclined to drink up when we feel thirsty which is usually in the heat or after sweating, but that’s not enough. While sweating increases water needs, hydration is just as important as re-hydrating. So, drink up and if you crave something warm in the winter, try herbal tea or warm water with a squeeze of lemon

#### **Problem: We wait until we are thirsty to drink**

**Solution: Don’t let thirst be your cue to hydrate.** You have probably heard before that thirst is actually the first sign of de-hydration, yet so often our inclination to drink is once we feel thirsty. Remember this: among the benefits of water are increased energy and improved metabolism, so don’t rush for your coffee until you have started with water (don’t worry, we are not eliminating that morning java).



# HYDRATION TIPS

## MIND BODY RESET

Water makes up more than half of our body weight. Staying hydrated is important for so many reasons. Being hydrated helps our skin, digestion, metabolism and energy. While 8 glasses per day is not science (actual needs vary from person to person based on weight, age, activity level amongst other factors), 64 ounces is a good average. Another estimate is to divide your body weight in half (a 160-pound person would need 80 ounces). Clear, odorless urine is usually a good indicator of adequate hydration.

### Here are a few helpful tips

1. If plain water gets boring, try a water infusion using vegetables, herbs or fruits. Find some of our favorites on the next page.
2. Use unsweetened green or herbal tea as a base instead of plain water. Add infusions to your tea – mint, lemon green tea is so refreshing
3. Make fruit cubes. This is a great activity to help encourage children to drink more water (and steer them away from juice). Add berries, citrus fruit cut small or herbs to ice cube trays, fill with water and freeze. Instant flavor, color and fun.
4. Add bubbles. Fizzy mint tea is refreshing, light and so delicious. Follow this simple recipe: Brew a strong mint tea and refrigerate to chill. Add 20 ounces of chilled tea to a 32 ounce water bottle. Add 8 ounces fizzy water, a few ice cubes and citrus of choice.
5. Eat more fruits and vegetables. Yes, another reason to load up on an array of fresh fruits and vegetables. Here are some standouts: cucumber, celery, tomato, broccoli, cauliflower, strawberries and watermelon.
6. Good news for java fans – the myth of coffee dehydrating has been all but de-bunked. So, count your cup or two of java toward your fluid needs. Just don't overdo it and leave the cream, sugar and frothy milk out if you want fluid credit.
7. Alcohol is dehydrating so practice moderation. A good strategy is to start with water first. Then, after your drink have another plain or sparkling water. This small trick helps with balance and control.
8. Feeling hungry? Pause to drink before you eat. Sometimes, thirst can be confused for hunger. So drink up and wait 10 minutes. As an added benefit, chances are you will eat less!
9. Warm it up. On a chilly day, its common not to crave cold water so try hot water with a wedge of lemon or a warm herbal tea. Since herbal tea has gained popularity, chances are you can find one you love (just make sure its not sweetened).



# HYDRATION RECIPES

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## MIND BODY RESET

### INFUSED WATER

#### Cucumber + Lime

½ cucumber, washed and sliced

1 lime, washed and sliced

Add cucumber and lime to pitcher, add water to fill. Refrigerate four hours for maximum flavor.

#### Mango + Lime

1 mango, skin removed, cut into strips

1 lime, washed and sliced

Add mango and lime to pitcher, add water to fill. Refrigerate four hours for maximum flavor.

### RESET TEA

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



# PANTRY GUIDE

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## MIND BODY RESET

### 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
  - ✓ Cannellini
  - ✓ Pinto
  - ✓ Garbanzo
- Tea
  - ✓ Green
  - ✓ Black
- Nuts
  - ✓ Pine Nuts
  - ✓ Cashews
  - ✓ Almonds
- Citrus
  - ✓ Lemon
  - ✓ Lime
  - ✓ 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.





# SHOP AND PREP AHEAD

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## MIND BODY RESET

### 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!