



SPRING RESET

14-DAY MEAL PLAN + EXERCISE GUIDE



The Reset

"MOST HEALTH PROGRAMS ON THE MARKET TODAY FOCUS SOLELY ON DRINKING GREEN JUICES WITH LITTLE THOUGHT FOR ANYTHING ELSE. WHILE GREEN JUICES CAN BE BENEFICIAL, TRUE HEALTH IS MUCH BIGGER THAN THAT"...

True health is a holistic approach, where nutrition (including green juices) sit alongside movement, stress management and sleep as being vital pillars to our wellbeing. Our 14 Day Reset

will guide you onto a path of true wellness where you will finally understand and enjoy implementing simple strategies that provide 'real results' across all pillars. Don't worry, we won't ask

you to drink unappetising juices or bombard you with information overload. We'll keep it super-simple and I guarantee we'll have some fun along the way.

► THE IMPORTANCE & BENEFIT OF A RESET:

We are all exposed to environmental toxins from the food we eat to the air we breathe. In a world where this is hard to avoid, a timely reset is a good investment in your health. When we say reset, don't think squeezed lemon juice and water, think a healthy diet plan where you remove inflammatory foods and boost your diet with the nutrients you need help your body remove unwanted toxins.

For 14 days we will support your body and mind with a nourishing diet, breathing, movement, stress reduction and sleep strategies. You will see amazing improvements in your energy levels, weight, skin and an all round happy healthier you!

TRANSFORM YOUR HEALTH, ENERGY & WAISTLINE *Today*

What to Expect

WE'LL GUIDE YOU THROUGH THE 3 PILLARS TO TRUE HEALTH, WE CALL THEM EAT, MOVE AND LIVE. WHEN COMBINED OUR SIMPLE STRATEGIES WILL DELIVER:



- Increased Energy
- Restorative Sleep
- Weight Loss (if desired)
- Easier Movement
- Improved Skin
- Clearer Thinking
- Healthy Glow
- Happier Mood
- Reduced Cravings
- Improved Digestion
- Healthy Bowels



► THE 180 DIFFERENCE

Our knowledge is backed by the latest science and the very best studies, how so? Every week we connect with the world's best experts in health and wellness via our video podcast series

'The Health Sessions'. We meet the experts, dig deep for real advice based on the latest research and cutting edge information and share everything we discover with you.

TRANSFORM YOUR HEALTH, ENERGY & WAISTLINE *Today*

Reset FAQs

I'M SURE YOU'VE GOT QUESTIONS, CHECK OUT THE MOST COMMONLY ASKED BELOW...

► CAN I EXERCISE?

While doing the 14 day reset light exercise 3 times a week is recommended as movement is very beneficial to detoxification. It is advised that you do not do strenuous exercise as it may aggravate symptoms such as headaches and fatigue.

► CAN I DRINK ALCOHOL?

Over the next 14 days we'll ask you to hold off on the alcohol (stay with us). This allows the liver to concentrate on removing toxins.

► WHAT SHOULD I EAT?

Real whole foods. Don't worry we provide you with a complete 14 day meal plan for the reset.

► WILL I LOSE WEIGHT?

If you have unwanted kilos to lose and you are a culprit of eating processed foods and sugar. Yes you will see those unwanted kilos shed.

► **WILL I GAIN MORE ENERGY?** At first you might experience a slump in energy if you have changed your diet dramatically. Hold on tight by the end of the 14 days you will feel like a new you.

► WILL I BE HUNGRY?

NO! This is not a dubious highstreet juice cleanse, this is a healthy clean eating diet that aims to nourish your body. No excluding food groups or calorie restrictions in sight.

► ARE THERE SIDE EFFECTS?

It depends on where you have started, if you have changed your diet dramatically then you might experience a dull headache, change in bowel habits, fatigue, nausea or disruptions in your sleep patterns. Don't worry these symptoms will soon pass and you'll soon feel energised as your body is naturally eliminating toxins.



Meet the Team

YOU'RE IN GOOD HANDS, NOT ONLY DO YOU HAVE THE WISDOM OF A IN-HOUSE NUTRITIONIST, NATUROPATH AND FITNESS TRAINER WE ALSO BRING A WHOLE LOT MORE TO THE TABLE:



► **GUY:** Speaker, coach and co-founder of online health and wellness company 180 Nutrition. After working as a fitness trainer for many years at the University of Technology Sydney, Guy got involved with a charity that were helping people with chronic diseases. This experience quickly highlighted how poor the mainstream nutritional advice is and how powerful food and exercise can really be if prescribed correctly. Inspired by these events, Guy made it his mission to reach and inspire as many people as possible and 180 Nutrition now reaches over 60,000 Australians each week with their resources and natural superfood product range.



► **STU:** As co-founder and Managing Director of 180 Nutrition Stu found out first-hand the damage outdated nutritional advice could do. His father was experiencing poor health with Type 2 Diabetes and was prescribed a variety of drugs together with a diabetes meal plan. After examining his father's diet and providing a more individually tailored and nutritionally diverse meal plan, his father was gradually able to reduce and then eliminate his medication. This success has driven Stu to empower others to take control of their own health, to question mainstream advice and discover how to become the best versions of themselves.



► **ANGELA:** 180 Nutrition's in-house Nutritionist, team manager and mum of two young boys. Angela's journey in nutrition began while trying to find effective treatments for her own allergies and IBS symptoms. After falling in love with naturopathic nutrition and the philosophies of treating the whole person and using food as medicine she studied nutritional medicine at Nature Care College in Sydney. She is very passionate about educating people on the importance of eating well to prevent illness and get the most out of life. She loves applying her knowledge to her family and sharing her wisdom with the 180 Nutrition audience.

TRANSFORM YOUR HEALTH, ENERGY & WAISTLINE *Today*

Your Checklist

THESE ARE THE THINGS THAT YOU'LL NEED TO ACCESS DURING THE RESET:

- ✓ A good quality blender for the smoothies (see our blender guide below).
- ✓ A suitable drinking bottle as we want to ensure that you're getting enough H₂O throughout the day.
- ✓ This guide, save the pdf onto your computer or smart-phone.
- ✓ Some products to create superfood smoothies to kickstart your day. (see next page for details).

Blender Guide

► HANDHELD OR STICK BLENDER

These are really affordable, easy to clean and can be conveniently stored in a draw. On the flip side, they don't blend some of the frozen ingredients very well, can be a bit messy and struggle to blend ice.



► BULLET-STYLE BLENDERS

The convenience of a detachable cup, ease of cleaning and range of different blades can make these a great options. They vary in quality with a price point for most people but can still struggle with ice.



► PROFESSIONAL BLENDER

Upright blenders are the Rolls Royce of the kitchen with settings to blends smoothies, juices, soups and more. They'll generally blend anything you throw into the jug but take a little more effort to clean.



DURING THE RESET WE'LL START THE DAY USING THESE 3 AMAZING PRODUCTS:



► 180 SUPERFOOD PROTEIN BLEND

Enjoy the benefits of 10 nutritious wholefood ingredients. Our superfood blends have multiple positive effects on the body. It aids digestion which helps eliminate toxins, helps stabilise blood sugar and offers a quick and tasty alternative to poor food choices.



► 180 ORGANIC GREENS PLUS

So what do our greens have to do with health? Great question! Think; alkalise - detoxify - cleanse. These three processes help to reduce inflammation caused by a modern day lifestyle and bad diet. Together they assist in regulating digestion and preventing a harmful backlog of toxic substances.



► PURE L-GLUTAMINE

This unsung hero has a host of benefits with two in particular that we love when it comes to health. It helps eliminate sugar cravings (1/2 a teaspoon with water on an empty stomach or when those cravings kick in). It also helps to maintain the integrity of the the gut lining which promotes a healthy digestive system.

DON'T HAVE THESE AT HOME? No problem, visit shop.180nutrition.com.au to order.

Daily Schedule

USE THE GUIDE BELOW TO PLAN YOUR DAY. IT'S DESIGNED FOR COMPLETE CUSTOMISATION WHERE YOU CAN CHOOSE THE OPTIONS THAT WORK FOR YOU.

Now is the time to get organised – make a list of the groceries required, buy supplies and plan for the week ahead. It might take a bit more time to prepare meals than you're used to but preparation is the key to success and your body really will thank you.

YOUR DAY	ACTION	RESOURCES
Morning	Start the day with a breakfast smoothie.	See 'smoothie options' in EAT section.
Mid-Morning	Include 'incidental movement' through your working day. Drink water over the course of the day instead of soft / caffeinated options.	See '6 steps to a healthier you' in MOVE section. See 'hydration tips' in EAT section.
Lunch	Enjoy a nutritious lunch and avoid the usual processed lunchtime options.	See 'your 14 day meal plan' in the EAT section.
Mid-Afternoon	Include 'incidental movement' through your working day. Drink water over the course of the day instead of soft / caffeinated options.	See '6 steps to a healthier you' in MOVE section. See 'guide to hydration' in EAT section.
Afternoon	Enjoy healthy snacks if hungry.	See 'snack guide' in EAT.
Dinner	Prepare a nutritious dinner and focus on simple nourishing ingredients.	See 'your 14 day meal plan' in the EAT section.
Evening	Perform stretches to assist digestion. Practices breathing routine to reduce stress. Start your sleep routine.	See 'stretching' in MOVE. See 'breathing' in LIVE. See 'sleep' in LIVE.

EAT



WHAT TO EAT DURING THE RESET

We want to support your reset by reducing inflammatory foods from your diet. These are foods that have been highly processed, lack any real nutritious value and may trigger an inflammatory response in your body. Inflammation can cause a whole host of health issues from allergies and digestive issues to problematic skin, weight gain and more serious issues. Your body should be in a state of calm most of the time so that it's working to achieve optimal health. There are certain foods that irritate the body and cause an ongoing low-grade inflammation and they are:

- **Gluten** - especially white bread and pasta
- **Sugar** - found in most processed snacks
- **Vegetable oils** - found in man made fats like margarine
- **Processed dairy** - especially cows milk
- **Alcohol** - including all wines and spirits
- **Processed and packaged foods** - lacks essential nutrients



To make choosing your meals easy we've provided 4 breakfast smoothie options together with a simple meal planner for lunch, and dinner over the following pages. Feel free to mix these up to suit your personal taste.



Your Smoothies

GREEN SUPERFOOD SMOOTHIES ARE SIMPLE FOR YOUR BODY TO DIGEST AND PACKED FULL OF NUTRIENTS TO HELP THE CLEANSING PROCESS. WHILE YOU ARE CLEANSING WE WANT YOUR CELLS IN YOUR BODY FOCUSED ON THE JOB AT HAND:

- **Alkalising** - Helps reduce harmful acidity that can be caused by modern day lifestyle choices.
- **Detoxifying** - Remove unwanted toxins with subtle daily detoxification.
- **Cleansing** - Regulate digestion and prevent a backlog of toxic substances.

Choose from the following smoothies each morning to kick-start your day and replace refined and processed breakfast options.

Each smoothie has been designed to assist your reset while also providing added benefits from exercise recovery to immunity.

TRANSFORM YOUR HEALTH, ENERGY & WAISTLINE *Today*



Repair Smoothie

This smoothie is for those of you that work hard at the gym and have inflammation from intense workouts. It's packed full of antioxidants found in the Greens Plus, turmeric, ginger, cayenne, cacao and raspberries and healthy fats from macadamia nuts, coconut cream and 180 Superfood that helps relieve inflammation and improve muscle repair.



Ingredients

- 1 scoop Greens powder
- 1/4 cup baby spinach
- 1/4 cucumber
- 2 tbsp raspberries
- 1 tbsp macadamia nuts
- 1 tbsp coconut cream
- 1/2 tsp turmeric powder
- 1/4 tsp cayenne
- 1 scoop 180 Superfoods (coconut)
- 1 tsp fresh ginger
- 1 tsp cacao
- Add a pinch of stevia to sweeten



Instructions

Add ingredients to blender and blend until desired consistency.



Immunity Smoothie

If you have spent this winter with lots of unwanted colds then try our creamy immunity smoothie. When the gut flora is happy so is your immune system, brain and ability to shed those unwanted kilos. Think less hunger, colds and flus and a healthy, sustainable weight.



Ingredients

- 1 tsp desiccated coconut
- 1 tsp fresh ginger
- 1 tsp cacao powder
- 1 scoop 180 Superfood
- 1/2 banana
- 1 scoop Greens powder
- 1/4 cup baby spinach
- 1 tsp ground cinnamon
- Handful of ice cubes
- 1/2 cup purified water



Instructions

Add ingredients to blender and blend until desired consistency.



Gut-Loving Smoothie

This smoothie is full of goodness to help support a healthy gut. All the ingredients are gluten free and gentle on your digestive system. If digestion is an issue for you I would go the extra mile and add in Pure L-Glutamine powder as it's good for maintaining and healing the gut lining.



Ingredients

- 1/2 kiwi fruit
- 2 tbsp coconut cream (or 1/4 avocado)
- 2 tsp tahini paste
- 1/2 tsp L-Glutamine powder (optional)
- 1 scoop 180 Superfood (coconut)
- 1 tsp cacao powder
- 1 scoop Greens powder
- 1/4 cup of ice cubes
- Add water for desired consistency



Instructions

Add ingredients to blender and blend until desired consistency.



Detox Smoothie

Lemons and oranges are great source of Vitamin C. This smoothie is rich in antioxidants and fibre and is a great addition to a wellness, fat loss, detox and gut repair diet. The coconut cream softens the tartness of the lemon making a truly delicious blend.



Ingredients

- 1/2 Orange
- 1/2 Lemon
- 1 scoop 180 Superfood (coconut)
- 1/4 cup coconut cream
- 1 tbsp Pistachios
- 1 tsp Cacao powder
- 1 Scoop Greens powder

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Instructions

Add ingredients to blender and blend until desired consistency.

Your Meal Plan

WEEK 1: THE RECIPES FOR ALL MEALS ARE LISTED AT THE BACK OF THIS GUIDE.

We've outlined a full 14 days of meals over the next 2 pages. Use these as a guide, customise them, mix them up, pick the ones you like and enjoy the nourishing and cleansing benefits.

Note: If you want to create your own meals during the reset we've provided a shopping list guide on page 39 to help you select the best ingredients and keep you on track.

WEEK 1	BREAKFAST	LUNCH	DINNER
Day 1	Smoothie	Quinoa and vegetable salad (make double, one for tomorrow's lunch with a difference protein) with 125g tin of tuna	Mediterranean fish with steamed veggies - grill two pieces of fish, keep one for lunch tomorrow
Day 2	Smoothie	Quinoa and vegetable salad + grilled fish	Stir fry free-range chicken with cashew nuts
Day 3	Smoothie	2-Minute veggie scramble	Fish lasagne
Day 4	Smoothie	Leftovers fish lasagne	Chicken capsicum boats with roasted garlic & onion tahini dressing and a rainbow salad
Day 5	Smoothie	Leftover chicken capsicum boats with roasted garlic & onion tahini dressing and a rainbow salad	Eggplant curry
Day 6	Smoothie	Leftover eggplant curry	Mediterranean fish with steamed veggies - grill two pieces of fish, keep one for lunch tomorrow.
Day 7	Smoothie	Quinoa and vegetable salad with grilled fish	Crispy skin roast chicken and roasted veggies

Week 2 Meals

WEEK 2: THE RECIPES FOR ALL MEALS ARE LISTED AT THE BACK OF THIS GUIDE.

WEEK 2	BREAKFAST	LUNCH	DINNER
Day 8	Smoothie	Leftover roast chicken and roasted veggies	Fish lasagne
Day 9	Smoothie	Leftover roast chicken and roasted veggies or rainbow salad	Leftover fish lasagne
Day 10	Smoothie	2-Minute veggie scramble	Spicy salmon with cauliflower rice
Day 11	Smoothie	Leftover spicy salmon with cauliflower rice	Baked macadamia pork schnitzel with pumpkin and carrot puree and rainbow salad
Day 12	Smoothie	Baked macadamia pork schnitzel with pumpkin and carrot puree and rainbow salad	Roast lamb with rosemary roasted veggies
Day 13	Smoothie	Leftover roast lamb with rosemary roasted veggies	Stir fry free-range chicken with cashew nuts
Day 14	Smoothie	2-Minute veggie scramble	Sweet potato wedges, grass-fed steak size of palm and rainbow salad

► COOK ONCE, EAT TWICE

This basic meal planning strategy really helps you save time and work more efficiently in the kitchen, which is why we always incorporate it into each of our weekly meal plans.

Guide to Snacks

FORGET THE SUGARY AND PROCESSED OPTIONS... THESE SNACKS ARE EASY TO PREPARE, TASTE GREAT AND NOURISH YOUR BODY AT THE SAME TIME.

Preparation is the key here as you don't want to be caught out at work or when out and about as you'll be at the mercy of the usual assortment of so-called 'healthy' snacks.

ENJOY

- Sliced apple and nut butter (very filling)
- Boiled egg
- Veggie sticks: carrot, cucumber, capsicum, celery with humus or tahini (recipes at the back of the guide)
- Handfull of nuts and seeds
- Greek natural yoghurt and berries
- ½ avocado
- Healthy Smoothie

AVOID

- Muffins
- Chocolate bars
- Pastries
- Chemical based energy bars
- Crisps and chips
- Flavoured milks
- Energy drinks



Hydration Tips

DRINKING PLENTY OF WATER IS VERY IMPORTANT ON THE RESET (FILTERED PREFERABLY) AND AT LEAST 2 LITRES PER DAY WHICH IS AROUND 8 GLASSES.

This will help the body eliminate toxins that aren't beneficial to your health. You can add some fresh lemon or lime slices to the water to spice it up. The human body is made up of around 60% water, making it a critical nutrient to sustain human life. Every cell in the body needs water to perform vital chemical reactions for sustaining a healthy life.

► **TIP:** Don't use meal times as a time to hydrate yourself, as this can reduce enzyme activity in the stomach that helps break down your food.

► DRINKS GUIDE WHILE ON THE RESET

Staying properly hydrated is essential for a healthy mind and body. This can be a little tricky today as we are exposed to a wide variety of 'health drinks' that can actually be anything but healthy! Ideally the bulk of our fluids should be

from water (preferably filtered). Refer to the guide outlined on the following page while on the reset.



REMEMBER TO DRINK AT LEAST 2 LITRES OF WATER A DAY (APPROX 8 GLASSES)



► **SOFT DRINKS**

Avoid all soft drinks during the reset, even diet versions as they contain large amounts of sugar or artificial sweeteners and other nasties that contribute to bad health. If you are a soft drink junky a good replacement is sparkling water and fresh lime or lemon.



► **CAFFEINE AND ALCOHOL**

While on a reset we advise avoiding all stimulants including coffee, black tea and alcohol to support restoring optimal tone to your autonomic nervous system which looks after digestion. This includes all forms of caffeinated beverages.



► **HERBAL TEAS**

Herbal teas make a great addition to your daily hydration, just ensure that they are free of caffeine. We recommend not adding sweeteners and avoiding cleansing teas that contain laxative ingredients as they put you at risk for dehydration.

MOVE

HOW TO MOVE DURING THE RESET

While on the 14 day reset we recommend light exercise 3 times a week. Exercise is incredibly beneficial it stimulates the lymphatic movement of toxins, encourages bowel movement and increases our lung capacity. It is advised that you do not engage in strenuous exercise it may aggravate symptoms such as headaches and fatigue, instead try:

- **Walking** - a brisk walking pace is ideal
- **Stretching** - fantastic to 'loosen-up' the body
- **Yoga** - gentle forms include hatha or restorative yoga
- **Cycling** - pick an easy pace and enjoy the outdoors
- **Swimming** - great for lung detoxification

The following pages outline ways to move that will assist your reset.



Movement

6 STEPS TO A HEALTHIER YOU

Did you know on average a person only moves 4% of their day? The rest of the time is spent in a sedentary position. One of the greatest gifts you can give yourself is to figure out a way to bring more movement into your day, this is called 'incidental fitness'. If you already have an exercise routine don't make the mistake of thinking you've got it covered, move as often as possible for better health.

► Try the tips below to get more movement into your day:

- 1. Stand up** - If you have a desk job, set an alarm every 45 minutes to remind you to stand up and move around.
- 2. Ditch the lift** - Take the stairs instead, stairs are everywhere and offer instant exercise where you can pick the pace.
- 3. Get off the bus early** - Walk the remainder of the way. It's a great way to increase your fitness.
- 4. Move while watching TV** - Ditch the couch, stand up, start stretching, do the ironing, it all counts.
- 5. Socialise on-the-go** - Instead of meeting at a cafe, grab a takeaway coffee instead and walk and talk.
- 6. Get a pedometer** - You'll be surprised how much more you'll move once you're held accountable by numbers.

Stretching

THINK ABOUT THIS; DEPENDING ON THE TYPE OF FOOD WE EAT, THE NUTRIENTS WILL COMMUNICATE TO OUR CELLS AND THEY WILL RESPOND IN A CERTAIN WAY. MOVEMENT IS SIMILAR...

The bending and squishing of your cells that happens when you're moving is an input — just like the nutrients we get from food. Your cells are just as affected by the movements you do as they are by the foods you feed them. So, along with incidental fitness (see previous page), we like to bring in short conscious movement patterns into our day. These are a great way to start your day or break up the day if you've been sitting for too long.

Even if you only spend two minutes doing these, it will make a huge difference during your reset as your body is removing toxins. It's also a great mental 'pick me up' :)



► **TRY THE STRETCHES ON THE FOLLOWING PAGES:**

These are my favourite movement patterns I use to break up my day.

The key is to breathe deeply whilst doing them and don't 'over force them'.

You don't want to be feeling any pain, only move the body to what feels comfortable.

REMEMBER THAT YOU DON'T HAVE TO BE IN THE GYM TO STRETCH. YOU CAN DO THESE AT WORK OR AT HOME IN FRONT OF THE TV.



► DEEP SQUAT

With heels to the ground and feet wider than shoulder width apart, aim to sit in a full hip-opening squat for 1-2 minutes. If this is too difficult, hold onto an object in front of you to help balance and only go as deep as comfortably possible. Don't force it.

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► DEEP SQUAT WITH SPINAL ROTATION

Same as above, but we are now bringing a twist through the midline. This is a fantastic squat for opening up the mid to upper back. Alternate on both sides slowly for 5-10 times. Again, take it slowly and don't force it.

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► LUNGE

Lunges can help you increase your core strength and improve the flexibility of your hip flexors. Lean into the lunge so you feel a stretch on the top of the rear leg (hip flexor). Hold for 10-30 seconds and then repeat with the other leg.

TRY AND FIT IN A STRETCH SESSION EVERY DAY, AFTER A FEW DAYS YOU WILL REALLY START TO FEEL A DIFFERENCE IN YOUR BODY.



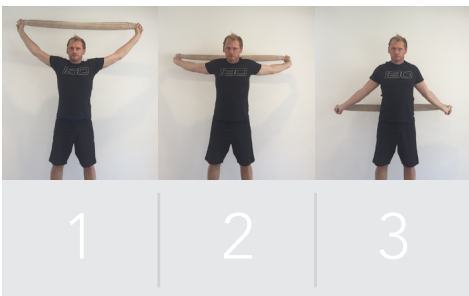
► DRAGONS LUNGE

This is a fantastic deep hip and groin opener that gets right into the joint. When you are on the ground hold the pose for 5-10 seconds. Aim to get elbow to the ground without compromising form. Now repeat on the other side.



► DRAGONS LUNGE WITH TWIST

Once you've held dragons lunge with your elbow to the floor (or near to it), bring in a full twist and hold for 5-10 seconds. Repeat elbow to floor then back to twist 3-5 times with 5-10 second holds between. How good does that feel :)



► SHOULDER ROTATION

Roll up a towel (or use broom stick) and hold it with a wide grip above the head (the wider the grip, the easier it becomes). Then rotate the shoulders through step 2 & 3, then back to step 1. Repeat 5-10 times.

Yoga

THINK ABOUT THIS: ALONG WITH THE LYMPHATIC SYSTEM, YOUR DIGESTIVE SYSTEM AND INTESTINES ARE GOING TO BE DOING A GREAT DEAL OF TOXIN ELIMINATION DURING THE RESET. SO THE ONE THING YOU WANT TO ENSURE IS THAT YOUR OWN PLUMBING IS WORKING ON A REGULAR BASIS TO ELIMINATE THOSE TOXINS.

These yin yoga poses help reduce digestive sluggishness, stimulate bowel movement and nourish our digestive organs. They work on nourishing the stomach, spleen and intestines. Our major organs of digestion. Some also support kidney, liver and gallbladder health which encourage proper detoxification and breakdown of foods.

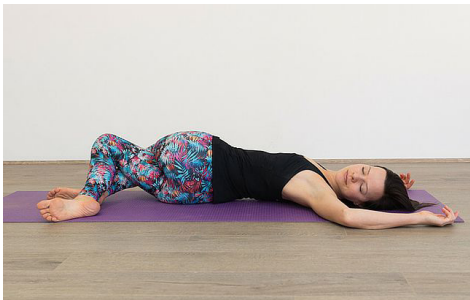
If pain is present, avoid doing the pose and take yourself off to a class where a teacher can help you with modifications and proper alignment.

► **TRY THE YOGA POSES ON
THE FOLLOWING PAGES:**

They are my favourite poses when thinking about eliminating toxins and providing digestive support.



TRY THESE POSES IN THE COMFORT OF YOUR OWN HOME. IF YOU WANT TO PROGRESS WHY NOT TRY A LOCAL YOGA CLASS.



► TWISTED ROOTS

Draw the right knee to the chest and wrap over the left leg. Twist the legs (your roots) to the left side. Look over your right shoulder with arms outstretched. Stay in this pose for 5 minutes or more then swap legs and repeat on the other side.

Most poses that involve a twist help to rinse out and rejuvenate the digestive organs.



► CATERPILLAR

Simply sit with both legs straight out in front of you. You can sit on a cushion or blanket and bend your knees if you have tight lower back muscles or hamstrings. Fold forward with a rounded back over the legs. You can rest your elbows on your thighs or the floor. Or hold the toes loosely. If the body permits you may even want to slightly part the legs and rest your chest in between. Stay in this pose for 5 minutes.

A pose that compresses the stomach, stimulates the kidneys and helps to strengthen the digestive organs.

FOCUS ON SLOW, MINDFUL BREATHING WHEN HOLDING THESE YOGA POSES.
THIS WILL HELP TO REDUCE OUR STRESS HORMONES.



► **SEAL OR SPHINX**

Lie on the belly and place your arms on the floor just ahead of your shoulders, like a sphinx. Or press up onto your hands for the full version of this pose, seal. Spread your legs apart or keep them close together, depending on the health of your lower back. You can prop yourself up with a bolster under the pelvis or armpits as an alternative. Hold for around 5 minutes.

This pose stretches and stimulates the stomach nicely, especially when in full seal.



► **EXTENDED SIDE ANGLE**

Step the right foot into a lunge, with back foot at a 45° angle and arms out stretched forward and behind you. Then place right palm on floor or block, by the side of right foot. Stretch the left arm over the left ear. Lengthen from the outer edge of the back foot to tip of front fingers. Open up through the chest and heart.

A dynamic pose that increases peristaltic activity in your digestive tract. This helps move food and waste through your digestive and elimination system.

LIVE

REDUCE STRESS, INCREASE BREATHING AND BOOST SLEEP

These factors are critical for your success during the reset and we can't stress this enough (excuse the pun!) We believe that stress (physical, emotional and chemical) is one of the biggest contributors to negatively effecting our long-term health. The 14 Day Reset is the perfect opportunity for you to slow down a little and help reset your body.

If you are eliminating sugar, processed foods, nasty fats and alcohol over the next 14 days, then your body is going to release more toxins than usual. This will cause a temporary increase in inflammation (stress to the body) as your body eliminates the extra toxins.

Incorporating the eating guide, movement, yoga and stress strategies, increased breathing exercises and getting quality sleep, are essential to get the best results during the reset.

► **Fantastic Stress Busters:**

- When stressed, move the body any way you can. Even if it's only 2 minutes.
- Deep breathing exercises (see next page).
- A Good nights sleep. This rules them all! (see sleep strategies).

Breathing

CHANGE THE WAY YOU BREATHE

Whilst on a reset, the body will start to eliminate more toxins than usual, and a great deal of toxins are removed via your lymphatic system. Think of this like the bodies sewage system. But unlike our veins, it doesn't have a pump (the heart). So the most effective ways to move the toxins through the body via the lymphatic system is movement and deep breathing. That is why we really encourage these during the reset while your body is eliminating more toxins than usual.

HOW TO INCORPORATE CONSCIOUS BREATHING EXERCISES INTO YOUR DAY

Breathing exercises are not only great for the reset, but they are also great to practice each day and can improve overall health. Many of us spend our days sitting and hunched over a desk which encourages shallow breathing. This affects the systems of the body creating underutilisation (think low energy, mood, self esteem etc). A few minutes of conscious breathing daily has shown to reduce stress, improve energy, digestion, well being and of course, eliminate toxins!

► **Try this the next time you are in the shower or feeling stressed.**

1. Breath in for 2-3 seconds, then pause.
2. Exhale for 4-5 seconds. Relax.
3. Repeat for 1-5 minutes.



Sleep 101

QUALITY SLEEP ENGAGES OUR BODIES HEALING SYSTEMS. THIS INCLUDES CREATING NEW CELLS, REPAIRING OUR MUSCLES AND ELIMINATING TOXINS.

Sleep really is a critical pillar of our health and yet so many of us struggle to achieve good quality sleep. The following guide will outline the basic fundamentals required for good sleep and then we'll address issues around getting to sleep and then staying asleep:

► THE FUNDAMENTALS OF GOOD SLEEP?

Ensure that you've covered the basics below before we move into more specific sleep strategies:

- **Light** - Keep your bedroom as dark as possible
- **Noise** - Wear earplugs if you are a light sleeper
- **Heat** - Keep your room cool for optimal sleep
- **Comfort** - Replace an old tired worn mattress
- **Stimulants** - Ditch the coffee and booze after midday



Got these dialled in? Great, now let's move over to the next steps...

Sleep 101

TRY THE STRATEGIES BELOW TO ACHIEVE DEEP RESTORATIVE SLEEP

► STRATEGIES FOR **GETTING TO SLEEP**

Work on creating a sleep routine so that you are calm, rested and ready to sleep.

- **ZONE OUT** Unplug from work and social media to allow yourself to truly unwind. Listening to music, a podcast or reading a book works well.
- **BLUE LIGHT** The light from our digital devices inhibit our sleep hormones. Wear blue blocking glasses (see below) or turn devices off 2 hours before sleep.
- **SUPPLEMENTS** Magnesium is one of the most powerful relaxation minerals around and can really help with sleep. Try epsom salt baths or capsules.
- **EXERCISE** Avoid vigorous exercise 2-3 hours before sleep. This can elevate our stress hormones making us feel tired but wired at bedtime.



► STRATEGIES FOR **STAYING ASLEEP**

Try the strategies below if you have are waking up frequently throughout the night.

- **HORMONES** Elevated levels of cortisol (our stress hormone) may be behind sleeping issues. Work on reducing stress through practices like meditation and yoga and move exercise to the A.M.
- **MOVEMENT** Make a conscious effort to move each day as it can be extremely beneficial in providing quality sleep. You don't have to hit the gym each time but simply keep moving!
- **EMF** Electromagnetic fields can interfere with our sleep. Unplug electrical devices in the bedroom where possible. If you sleep near your phone ensure it is not charging and set it to flight mode.
- **FUEL** Ensure that you have eaten adequately to fuel you through the night. A balanced fat and protein dominated meal will do the trick nicely. Also lay off the alcohol as it inhibits deep sleep.

Let's Get Started

NOW YOU HAVE EVERYTHING YOU NEED TO BEGIN YOUR RESET, LET'S TICK OFF THE ITEMS BELOW AND GET STARTED.

We're looking forward to helping you on your reset and make some changes which will see you living a happier, healthier life.

► YOUR RESET CHECKLIST

- ☐ Read the 14 Day Reset guide
- ☐ Plan your week ahead
- ☐ Ensure you have a blender + drinks bottle
- ☐ Make preparations for your meals
- ☐ Choose your movement plan
- ☐ Get started!



TRANSFORM YOUR HEALTH, ENERGY & WAISTLINE *Today*

Reset Recipes

REST AND RECHARGE FROM THE INSIDE—OUT

MEDITERRANEAN FISH

- Fish of your choice, grilled in olive oil.

For Sauce:

- 3 Fresh tomatoes, chopped finely.
- 1 small onion
- Fresh dill, chopped
- 1 shallot, chopped finely
- 1 - 2 cloves of garlic, chopped
- Fresh parsley, chopped
- Sea salt and pepper to taste

Method: Fry onions in olive oil in a wok or pan. Add the rest of the ingredients & stir until cooked. Serve over the fish with some steamed vegetables.

STIR FRIED FREE-RANGE CHICKEN WITH CASHEW NUTS

- 1/2 head of broccoli, chopped small
- Palm sized free-range chicken thigh
- 1 cup of snow peas
- 1 bunch of bok choy
- 1/4 cup of cashew nuts
- Coconut Oil
- 1 tsp garlic – crushed
- 1 tsp ginger – crushed
- Coriander to garnish
- 2 tbsp tamari sauce
- Cooked brown rice
- Sesame Oil to garnish

Method: Heat wok and add coconut oil. Cook chicken till nearly cooked and add vegetables for five minutes. Add coriander and cashews just before serving and drizzle over sesame oil. Serve with brown rice approx 1/4 of a cup or 1/4 of your plate. Add extra veggies to the plate if still hungry not rice.

EGGPLANT CURRY

- 1 Eggplant
- 4 shallots, thinly sliced
- 3 cloves of garlic
- 1 piece of fresh ginger – minced
- 1 small red chilli to taste
- 1/2 cup of pecan nuts, chopped
- Lemon grass, finely chopped
- 1/4 tsp fenugreek seeds, lightly crushed
- Coconut milk (check the label and make sure it only contains coconut milk)
- celtic salt
- 1 tsp turmeric

Method: Slice eggplant thinly and cut into strips. Heat saucepan and cook eggplant and shallots in olive oil until they turn transparent. Add remaining ingredients – cook on a medium heat for 10 minutes. Add pecan nuts just before serving. Serve with brown rice approx 1/4 of a cup or 1/4 of your plate. Add extra veggies to the plate if still hungry not rice.

QUINOA AND VEGETABLE SALAD

- 1 cup Quinoa
- 2 cups Water
- Pinch of Salt
- 1 Carrot (Peeled And Grated)
- 1 Red Pepper (Seeded And Diced)
- 1 Cucumber (Washed And Sliced)
- 3 Green Onion (Sliced Thinly)
- 1 bunch Parsley (Chopped)
- The Zest And Juice Of 1 Lemon
- 1/4 cup Olive Oil
- Salt & Pepper

Method: Rinse the quinoa well in cold running water. This will easily rinse away the natural bitter coating on the seeds. Drain and toss into a small pot. Add the water and season with salt. Bring to a simmer over medium-high heat. Cover with a tight fitting lid, turn the heat to low and simmer until the water is absorbed and the quinoa is tender, about 15 to 20 minutes. Meanwhile get all the colorful veggies ready. Toss them into a bowl and when the quinoa is done, add it as well. Add the lemon and olive oil, toss well, season with salt and pepper and serve.

HOMEMADE MAYONNAISE

Serves 2 cups

- 2 eggs (organic & free-range is best)
- ¾ teaspoon salt
- 2 teaspoons mustard (Dijon works well)
- 1 tablespoon apple cider vinegar
- 1 ¾ cups olive oil
(light works better than extra virgin)
- The juice of ¼ lemon

Method: We recommend a food processor for this one, you can use a hand whisk but it'll feel like an upper body workout :) Combine all ingredients (except the olive oil) together in a food processor and blend slowly. Keep mixing and add the oil little-by-little until you get your desired mayonnaise consistency. That's it, done. You can store this in the fridge for up to 2 weeks.

ROAST LAMB WITH ROSEMARY ROASTED VEGGIES

- Roast leg of lamb or lamb cutlets
- 4 cloves of garlic, crushed
- 2 tbsp fresh rosemary, chopped
- Olive oil
- 3 Tomatoes, quartered
- 1 medium eggplant, sliced
- Zucchini, chopped into big chunks
- 2 onions, cut into quarters

Method: Preheat oven to 180.

Mix half of the garlic and half of the rosemary with 2 tablespoons of olive oil. Make slits in the lamb and stuff with garlic rosemary mix. Also smear on the outside. Place lamb in baking tray with a drip tray. Bake for 1.5 to 2 hours depending on the size of your lamb.

In a separate baking dish place vegetables and top with other half of rosemary and garlic. Add salt and pepper and drizzle with olive oil. Cook for 30 minutes (add to lamb when it has 30 minutes to go).

FISH LASAGNE

- Ingredients
- 2 tbsp coconut oil, melted
- 4 tsp pepper
- 2 tsp himalayan salt
- 1 cauliflower head, chopped roughly
- 1/2 parsnip (optional), chopped roughly
- ½ eggplant, thinly sliced
- 1 onion, thinly sliced
- 2 clove garlic, minced
- 2 small zucchini, thinly sliced
- 1 red capsicum
- 8 sun-dried tomatoes, chopped into small bits.
(I use the brand Absolute Organic which contains sundried tomatoes and salt only. Not vegetable oil)
- 2 snapper fillet (wild caught)
- 4 tsp oregano, dried
- 2 tsp ghee

Method: Preheat oven to 200 degrees.

Place sliced eggplant (approximately 4 slices) onto base of medium baking dish. Sprinkle melted coconut oil, 1tsp pepper and 1/2 tsp himalayan salt over the eggplant. Place in oven and roast for 10 minutes. Steam cauliflower and parsnip in a large saucepan until very soft. Discard water from saucepan. Blend or mash cauliflower and parsnip with garlic, 1 tsp ghee and 1tsp pepper until smooth and creamy.

Take baking dish out of oven after 10 minutes is done. Place snapper fillet on top of eggplant and place remainder of chopped vegetables, salt, pepper and oregano over the top. Pour cauliflower and parsnip puree over the top of vegetables and bake in oven for 30 minutes.

CHICKEN CAPSICUM BOATS

Serves 2-3

- 400g organic chicken mince (I use Macro which can be purchased from most supermarkets. You can also use free range pork mince)
- 2 large red capsicums, cut in half and de-seeded
- 2 florets of broccoli, finely chopped
- 1/2 medium zucchini, finely chopped
- 1/4 cup baby spinach (or kale), chopped
- 1/2 brown onion, chopped into small chunks
- 1/4 cup pumpkin, chopped into small chunks
- 1/2 tsp ground fennel powder
- 1/2 tsp ground coriander
- 1 tsp turmeric
- 1 tsp dried (or fresh) rosemary
- 1/4 tsp cayenne
- 4 tbsp organic coconut oil
- 2 tsp cracked black pepper
- 1 tsp himalayan salt

Method: Pre-heat oven to 200 degrees

Place halved capsicum on a baking tray or dish. With inside facing up. Place chicken and remainder of vegetables into a large bowl. Add herbs, spices, salt, pepper and 2 tbsp coconut oil. Mix ingredients well. Mixture will be quite sticky. Use the remaining 2 tbsp of coconut oil to drizzle over capsicum tops and sides.

Turn temperature down to 180 degrees and bake for 30 minutes uncovered. Place baking paper or lid on top of capsicum and bake a further 20 minutes. Serve drizzled with Roasted Garlic – Onion Tahini sauce.

RAINBOW SALAD

Base - your leaves of choice, the darker the leaves the more antioxidants they provide I like to use rocket or spinach.

Veggies - use as many different coloured veggies as possible, some ideas below:

- Grated carrot
- Tomatoes
- Cucumber
- Capsicum
- Cooked beetroot
- Baked sweet potato
- Sweet corn (boil them and cut off the corn, don't buy canned)
- Steamed Broccoli
- Ribbons of Zucchini - use a veggie peeler
- Add nuts and seeds
- Cashews
- Walnuts
- Pine nuts
- Pepitas
- Dressing
- Extra Virgin Oil
- Salt and pepper
- Apple Cider Vinegar
- Squeezed Lemon

SWEET POTATO WEDGES

- Sweet potatoes
- Extra virgin olive oil
- sea salt

Method: Cut sweet potato into wedges (keep skin on) Drizzle over Extra Virgin Olive Oil and sea salt and pepper. Bake for 40 mins at 170C.

CRISPY SKIN ROAST CHICKEN

Serves 4

- 1 whole organic chicken
- 1 tbsp ghee or grass fed butter
- 1 medium brown onion (roughly chopped)
- 2 tsp onion powder
- 2 tsp ground cumin or curry powder
- 1-2 tsp Himalayan salt
- 2 tsp cracked black pepper
- 1/2 lemon

Method: Preheat oven to 200 degrees.

Place chicken onto baking tray lined with baking paper. Massage herbs, spices, salt and pepper all over chicken. Melt butter or ghee and pour over chicken. Squeeze lemon juice over chicken and place chopped onion in the base of the tray. Roast for 90 minutes to 2 hours depending on size of chicken. Enjoy with roasted veggies or cauliflower mash.

ROAST VEGGIES

- Eggplant
- Capsicum
- Sweet Potato
- Zucchini
- Pumpkin
- Red Onion
- Carrots
- Whole cloves Garlic
- Extra Virgin Olive Oil

Method: Roast in oven at 170C for approx 40 mins.

2-MINUTE VEGGIE SCRAMBLE

- 2/3 eggs
- 3 medium mushrooms
- 1/2 red onion
- 1/2 red/green pepper
- 1 large tomato
- 1 cup of spinach
- 1 tab coconut oil
- 1 tsp tumeric
- cracked pepper

Method: Place 1 tablespoon of coconut oil into a frying pan and melt. Then chop up the mushrooms, pepper, onion and tomato and saute for a minute. Now add the eggs, tumeric and cracked pepper while stirring to prevent overcooking.

Once the eggs are cooked, remove the veggie scramble from the pan and serve immediately with a pinch of himalayan rock salt. To upscale this breakfast why not boil up a sweet potato and mash with avocado, it's truly delicious.

ROASTED GARLIC AND ONION TAHINI

- 1 garlic clove
- 1/2 small onion
- 1/2 cup hulled tahini
- 1/2 tsp ground fennel
- 1/2 tsp ground coriander
- 1/2 tsp himalayan salt
- 1 tsp cracked black pepper
- 1/2 cup olive oil (or macadamia oil)

Method: Remove garlic skin. Wrap garlic and onion in baking paper. Bake for 50 minutes. Place roasted garlic, onion and remaining ingredients in a blender and blend until smooth and creamy. Pour onto whatever you desire.

SPICY SALMON WITH CAULIFLOWER RICE

Serves 2

- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup jalapeños (optional)
- 1/4 cup green or black olives, pitted and chopped
- 2 wild caught salmon or trout fillets
- 1/2 large cauliflower head, chopped into chunks
- 1/4 cup shredded eggplant
- 1/2 brown onion, chopped roughly
- 1/2 green zucchini, grated
- 1-2 tbsp coconut oil
- 2 tsp himalayan salt
- 1 tsp ground black pepper
- 1 tsp turmeric powder
- 1 tsp dried thyme
- 1 tsp olive oil

Method: Preheat oven to 200 degrees.

In a food processor or small blender, process sun-dried tomatoes, olives, jalapeños and 1 tsp salt until smooth and creamy. Scoop mixture on top of salmon fillet and place fillets on baking tray lined with baking paper. Bake for 20 minutes. Depending on fillet thickness and taste. In food processor, process cauliflower, onion and zucchini until the mixture resembles rice. I use the powerful Nutriboost Bullet blender.

Heat coconut oil in a medium frying pan, add the cauliflower rice, shredded eggplant, 1 tsp salt, turmeric and thyme. Cook for 5-10 minutes stirring occasionally. You may need to add more coconut oil if the rice sticks to the pan. Serve cauliflower and eggplant rice with salmon fillets and enjoy.

BAKED MACADAMIA PORK SCHNITZEL

Serves 2-4

- 4 medium pieces of free range pork steak
- 1/2 cup macadamia nuts
- 1/2 cup almonds (or an extra 1/2 cup of macadamia nuts)
- 2 organic eggs (for an eggless version try using 2 tbsp coconut oil instead)
- 1 garlic clove, crushed
- 1 small knob of fresh ginger (or 1 tsp ground ginger)
- 1 tsp himalayan salt
- 1 tbsp cracked black pepper
- 1/2 tsp cayenne

Method: Pre-heat oven to 200 degrees.

Whisk eggs, ginger, garlic, salt and pepper in a medium bowl. Grind the macadamia nuts and almonds in a food processor until it becomes a fine powder. Place "nut meal" into a medium bowl. Cover entire pork steak in egg mixture, then cover with nut meal. Place pork steak on a baking tray, lined with baking paper. Bake in oven for 10 minutes one side. Then turn over and bake the other side for a further 10 minutes.

PUMPKIN AND CARROT PUREE

- 2 medium carrots, chopped roughly
- 1/4 pumpkin, chopped roughly. Skin removed
- 1/2 tsp himalayan salt
- 2 tsp cracked black pepper
- 1/2 tsp ground cardamom
- 1/4 cup bone broth (or 2 tbsp coconut oil or ghee)

Method: Steam carrots and pumpkin until soft. Discard water and add remaining ingredients. Using a hand held blender or masher, blend until smooth and creamy.

Enjoy this brightly coloured goodness as a side dish.

HEALTHY HUMUS

Makes enough for 4 to 5 snacks

- 1 tin Chickpeas
- 2 cloves garlic crushed
- 2 tsp ground cumin
- 2 tbs tahini
- Pinch Sea Salt
- Juice of 2 lemons
- 170 ml Extra Virgin Olive Oil

Method: Blend all of the ingredients together until you get a smooth consistency.

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TASTY TAHINI

Makes enough for 4 to 5 snacks

- 1 cup greek natural yoghurt
- 2 TB tahini
- Juice of 1 - 2 lemons
- 1 TB olive oil
- ½ tsp dry roasted cumin seeds crushed

Method: Mix or blend yoghurt, tahini, lemon juice and olive oil together (let it sit for an hour for best results). Drizzle olive oil on top and crushed cumin seeds.

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Thanks to our in-house Nutritionist Angela greely and Naturopath Lynda Griparic (www.lyndagriparic.com) for the nourishing recipes.

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Shopping List

USE THE LIST BELOW AS A GUIDE TO CHOOSING THE BEST INGREDIENTS IF YOU WANT TO CREATE YOUR OWN MEAL PLANS DURING THE RESET.

CATEGORY	GREEN	AMBER	RED
VEGGIES	Avocado, Asian greens, Asparagus, Bean sprouts, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Capsicum, Carrots, Cauliflower, Celery, Cucumbers, Eggplant, Fennel, Garlic, Ginger, Green beans, Lettuce, Leeks, Mushrooms, Onions, Parsley, Peas, Pumpkin, Radishes, Rocket, Salad greens, Silver beets, Shallots, Snow peas, Spinach, Squash, Sweet corn, Tomatoes, Sweet potato, Watercress, Zucchini's		White Potatoes
FRUIT	Apples, Apricots, Cherries, Grapefruit, Kiwi Fruit, Lemons, Limes, Oranges, Passion fruit, Peaches, Plums. All berries – Blackberries, Blueberries, Mulberries, Raspberries, Strawberries	Grapes, bananas	Dried fruit and canned fruit
NUTS AND SEEDS	Raw ONLY: LSA (Linseed, Sesame seed and Almond meal), Almonds, Brazil nuts, Coconuts, Coconut milk, Flaxseed (Also called Linseed), Hazelnuts, Macadamias, Pepitas, Peanuts, Pine nuts, Sesame seeds, Sunflower, Walnuts		Salted and roasted nuts
MEATS	Organic and grass-fed where possible All meat including Beef, Kangaroo, Lamb, Veal and Pork		Processed meats such as Salami, Spam and Sandwich meats
FISH AND SEAFOOD	Wild caught where possible All fish including Barramundi, Dory, Perch, Sardines, Salmon, Snapper, Tuna, Trout and Whiting. All seafood including Squid, Prawns, Oysters, Mussels		Processed or crumbed seafood and fish

REMEMBER, FRESH IS BEST WHEN SHOPPING...

CATEGORY	GREEN	AMBER	RED
EGGS AND POULTRY	Organic or Free Range where possible. All poultry including Chicken, Quail, Turkey / Duck. Eggs including Chicken, Duck and Quail.		Processed or crumbed eggs and poultry
OILS	Coconut oil, Olive Oil		Refined vegetable oils
CONDIMENTS AND SAUCES	All herbs and spices. Sea salt, Tamari, Tahini, olive oil, lemon juice, homemade hummus and guacamole. Mustard – only if there are no additives or preservatives and NO ADDED SUGAR!	Honey - raw organic or manuka only – in small amounts i.e. teaspoon to add sweetness.	Table salt. Any commercial condiments with added sugar
BEVERAGES	All herbal teas (not including green tea) and lots of water. You can add fresh lime or lemon if required. REMEMBER: NO ADDED SUGAR!		Alcohol, drinking chocolate, chai syrups, caffeinated blends, soft drinks, cordials, fruit juices and flavoured milk
DAIRY	Dairy derived from sheep/goats milk excluding sweetened products like ice cream or flavoured yoghurts.		All dairy derived from cows milk
GRAINS	Quinoa and buckwheat	Rice, kamut and spelt	Wheat and gluten
LEGUMES*		Split peas, Kidney beans, Navy beans, Chickpeas, four bean mix, Green or Brown lentils.	Soybeans

*If you haven't had a lot of legumes before, try them in small amounts as most people find them hard to digest. Always make sure they are well soaked and rinsed before cooking.

TRANSFORM YOUR HEALTH, ENERGY & WAISTLINE *Today*

MY GREENS POWDER ARRIVED YESTERDAY
I JUST WHIPPED UP A BANANA AND
COCONUT ISO SMOOTHIE WITH A SCOOP OF
GREENS. YUM! JUST WHAT I NEED AFTER
BEING SICK ALL WEEK.

— JASE

OHHHHH MYYYYYYYY!
WHAT A FANTASTIC SMOOTHIE
(MADE IN MY THERMOMIX). I WANTED MORE BUT
IT WAS MORE THAN SATISFYING. MY FIRST TRY OF
YOUR FANTASTIC COCONUT SUPERFOOD MIXED
WITH NATURAL GREEK YOGHURT AND
FROZEN BERRIES AND ICE WAS PERFECT!

— BROOKE

WOW... I'M LOSING WEIGHT,
FEELING GREAT AND SLEEPING
BETTER THAN EVER. ALL FROM
DRINKING GREEN SMOOTHIES AND
FOLLOWING YOUR ADVICE :)

— SIMONE