



## ***Nutritional Program Instructions***

You will the following:

- Reset Program Instructions which are found the bottle labels
- Digital Scale (to weigh yourself each morning)
- Digital Food Scale and measuring cups
- Non-Stick Grill (ex. George Foreman Grill; this would be helpful)
- Our Ultimate Reset Program Kit which includes:
  - Ultimate Reset-2 ounce bottle or 1oz bottles
  - Systemic Detox-2 ounce bottle
  - Super Boost-2 ounce bottle

### **Food List**

#### ***Protein***

***The breakdown of percentages in your diet should be the following: 35% protein, 65% vegetables, fruits or grains (these are approximates). Bring your total for the day as close to 1200 calories as you can. This can be broken up as you see fit. Some may choose to have 400 calories per meal. Choose from the following:***

- Beef
- Chicken Breast
- Lobster
- Catfish
- Clams
- Cod
- Crab
- Flounder
- Mussels
- Oysters
- Pork (lean)
- Salmon
- Sardines
- Shrimp
- Turkey

- Trout
- Tuna
- Eggs

It is best to consume hormone free meat to avoid additives, chemicals, hormones, and other hidden ingredients that can contribute to weight gain. Eating fresh and avoiding pre-made foods is the absolute best for weight loss and health.

***No Canned Meat!***

Any beef that you choose to consume should be of leanest cuts available. Our recommendations are:

- Eye Round Roast Steak
- Sirloin Tip Side Steak
- Top Round Roast Steak

*Caution: Farm raised fish has hormones and antibiotics added. All protein and eggs should be hormone and antibiotic free.*

## ***Vegetables***

You may consume any serving size of the vegetable of your choice

- Artichokes
- Asparagus
- Broccoli
- Brussels Sprouts
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green Beans
- Mushrooms
- Peas
- Rhubarb
- Squash
- Tomato

### ***Root Vegetables***

- Beets
- Carrots
- Parsnips
- Radishes
- Rutabagas
- Sweet Potato
- Turnips

### ***Greens***

- Beet Greens
- Belgian Endive

- Cabbage
- Chicory
- Kale
- Romaine Lettuce
- Spinach
- Watercress

### ***Legumes***

- Kidney Beans
- Lima Beans
- Navy Beans
- White Beans

### ***Onion Family***

- Chives
- Leeks
- Onions
- Scallions
- Shallots

### ***Peppers***

- Cayenne
- Habanero
- Jalapeno
- Green Peppers

*No Variations or Substitutions Are Allowed*

## ***Fruit***

**Please choose from the following list:**

- Apples
- Apricots
- Cherries
- Plums
- Grapefruit
- Lemons
- Limes
- Mangoes
- Nectarines
- Orange
- Papaya
- Pears
- Peaches
- Pineapple
- Pomegranate
- Prunes

### ***Berries***

- Blackberries
- Blueberries
- Cranberries
- Strawberries
- Raspberries
- Grapes

*No Variations or Substitutions are allowed.*

## ***Grains***

- Oatmeal( a  $\frac{3}{4}$  cup has 110 calories)
- Whole Grains (non-bleached) such as quinoa, kamut, spelt, rye, brown rice, amaranth, barley, buckwheat, bulgur, millet, teff. Follow the instructions on package for cooking as well as caloric value. Some websites with whole grain recipes are [wholegrainscouncil.org](http://wholegrainscouncil.org), [101cookbooks.com/whole grain recipes/](http://101cookbooks.com/whole-grain-recipes/), [edenfoods.com](http://edenfoods.com), [vegetariantimes.com](http://vegetariantimes.com). Adjust the ingredients according to the food list below.

## ***What to Drink***

**You may only consume the liquids on the following list:**

- Tea (Green or Black)\*
- Coffee (can be flavored, but not with creamer)\*
- Water (This is mandatory. You must drink 2 liters or more each day)
- Fruit Juices (only fruit Juice from the allowed fruit list; Fruit is high in sugar, so by halving the fruit juice with water, it will cut down on the amount of sugar that you are ingesting)

**You are not allowed to have:**

- Alcohol (not even a sip).
- Anything that is not mentioned on the list above.
- Half and Half
- Soy Milk
- Almond Milk
- Creamer: liquid or powder
- Milk

*\*You may use stevia (nothing else) as a sweetener for either the coffee or the tea. Only 1 or 2 packets per day.*

## ***How to Prepare Your Meals***

**How to prepare your protein:**

- Broiling or grilling is recommended
- All visible fat must be removed prior to cooking
- No more than 1 teaspoon of olive oil to be used in cooking. (1 Tsp. of Olive Oil has 14 calories)
- Herbs are fine to use
- Vinegar or lemon juice can be used

*You may cook your vegetables any way that you'd like, but you should prepare them using only the recommended herbs and moderate salt.*

### Seasonings and spices that cannot be used:

- Bottled salad Dressing
- Sugar
- Mayonnaise, butter or similar creams

*\* It is a good idea to cook your protein in a way that allows all fats, oils, and juice to drip out and away from the meat.*

## **Maintenance**

To maintain the weight that you have lost, you will want to stick to the foods you have already been eating on this program. You can increase your caloric intake gradually, and try a wider variety of foods. However, if you notice that you are gaining weight, re-evaluate what you have been eating. You may need to keep a food diary to discover if there are foods your body is sensitive to.

## **Tips/Helpful Hints**

- You may only use a *moderate amount of salt* to season your meal, along with the recommended herbs. Too much salt causes water retention in some people.
- No oil (other than the allotted amount of olive oil), butter or dressings.
- You can have your fruit along with your meal if you would like, but some have found it more helpful to eat their fruit between meals.
- You must weigh yourself every morning! If you find you have gained or not lost, examine what you have eaten the day before. You might need to make some adjustments.
- Use a scale to weigh your protein, ensuring that you are getting an adequate caloric intake based on your chosen serving size.
- Make sure that you are having at least one bowel movement per day. If you are not, you can purchase an herbal colon cleanse from our store or use one of your own.
- It is important to drink at least two liters of water per day. Do your best.
- You may use 1 or 2 packets of stevia each day. It is very sweet, so use it sparingly.
- Although we only mention oatmeal below as a possible grain, you can use other *whole* grains. Please purchase these from a health food store or the natural foods aisle in our local food store.

## ***The Formulas***

**Ultimate Reset-This formula lasts 1 month. We carry 2 ounce bottles or 1 ounce bottles.**

- The dosage is 5 sprays, 3x a day.
- Spray under the tongue, hold for 30 seconds, than swallow. Do not put anything in your mouth 10 minutes before or 10 minutes after taking the formula.
- Wait 2 minutes. Take the next formula.

**Systemic Detox-This formula lasts 1 month. We carry 1 ounce bottles.**

- The dosage is 5 sprays, 3x a day.
- Spray under the tongue, hold for 30 seconds, than swallow. Do not put anything in your mouth 10 minutes before or 10 minutes after taking the formula.
- Wait 2 minutes. Take the next formula.

**Super Boost-This formula lasts 1 month. We carry 1 ounce bottles.**

- The dosage is 5 sprays, 3x a day.
- Spray under the tongue, hold for 30 seconds, than swallow. Do not put anything in your mouth 10 minutes before or 10 minutes after taking the formula.
- Wait 2 minutes. Take the next formula.

## *Calorie Tables*

Protein

<b>Protein</b>	<b>Serving Size</b>	<b>Calories</b>
Beef (Lean)	3 oz.	169
Catfish	3 oz.	89
Chicken	3 oz.	110
Clams (raw)	1 cup	168
Cod	3 oz.	89
Crab	3 oz.	82
Egg (raw)	1 large	72
Egg (hard-boiled)	1 large	78
Egg (scrambled)	1 large	102
Egg (poached)	1 large	71
Egg (fried)	1 large	90
Flounder Fillet	3 oz.	99
Lobster	3 oz.	76
Mussels	3 oz.	146
Oyster	1	10
Pork (Lean)	3 oz.	164
Salmon	3 oz.	127
Sardines	1 oz.	48
Shrimp	1 oz.	33
Turkey	4 oz.	153
Trout	3 oz.	128
Tuna (in water)	3 oz.	99
Tuna (in oil)	3 oz.	158
Tuna Fresh	3 oz	92



## Vegetables

<b>Vegetables</b>	<b>Serving Size</b>	<b>Calories</b>
Artichokes	1	55
Asparagus	1 cup	50
Broccoli	1 cup	45
Brussels Sprouts	1 cup	65
Cauliflower	1 cup	35
Celery	1	5
Cucumber (slices)	6	5
Eggplant	1 cup	5
Green Beans	1 cup	44
Mushroom	1 cup	20
Peas	1 cup	115
Rhubarb	1 cup	26
Squash	1 cuo	28
Tomato (Raw)	1	15
Tomato (cooked)	1 cup	45

<b>Greens</b>	<b>Serving Size</b>	<b>Calories</b>
Beet Greens	1 cup	39
Belgian Endive	1 cup	15
Cabbage Shreds	1 cup	34
Chicory Greens	1 cup	41
Kale (chopped)	1 cup	36
Romaine Lettuce	1 cup	36
Spinach (raw)	1 cup	7
Spinach (cooked)	1 cup	41
Watercress	1 cup	4

## Root Veggies

Root Vegetables	Serving Size	Calories
Beets (diced)	1 cup	55
Carrots (cooked)	1 cup	70
Carrots (raw)	1	30
Parsnips	1 cup	125
Radishes	4	5
Rutabagas	1 cup	66
Sweet Potato	1	130
Turnips (diced)	1 cup	30

## Legumes

Legumes	Serving Size	Calories
Kidney Beans	1 cup	218
Lima Beans	1 cup	216
Navy Beans	1 cup	296
White Beans	1 cup	356

## Onion Family

Onion Family	Serving Size	Calories
Onion (raw)	1 small	28
Onion (Vidalia)	1 small	30
Onion (Yellow)	1 medium	40
Onion (Red)	1 small	35

## Fruit

<b>Fruit</b>	<b>Serving Size</b>	<b>Calories</b>
Apples (sliced)	1 cup	65
Apricots	1	16
Cherries	1 cup	74
Plums	1	30
Grapefruit	½	52
Lemons	1	17
Limes	1	20
Mangos	1 cup	107
Nectarines	1	62
Oranges	1	62
Papaya	1 cup	55
Pears	1	96
Peaches	1	38
Pineapple (diced)	1 cup	78
Pomegranate	1	105
Prunes (dried)	1	20
Blackberries	1 cup	75
Blueberries	1 cup	80
Cranberries	1 cup	51
Strawberries	1 cup	45
Raspberries	1 cup	60
Grapes	1 cup	62

## Grains

Oatmeal	¾ cup	110 calories
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