

Reset Program Nutritional Instructions

You will need the following:

- The Ultimate Reset Kit

Our Reset Kit consists of three bottles: Ultimate Reset, Systemic Detox, and Super Boost. If taken as directed, the Reset Kit will last for one month. The dosage is as follows:

For each formula, do *5 sprays 3 times a day*. Take a bottle, spray the recommended dosage under your tongue, and hold it for 30 seconds. Then swallow. Wait for two minutes and then take the next bottle. Repeat the process again with the third bottle. You should not eat or drink anything 10 minutes before or after taking the formulas.

- The food list below

Food List

The percentage breakdown in following the Reset Program should be approximately: 35% protein and 65% vegetables, fruits, and grains. You'll want to stick to roughly 1,200 to 1,500 calories per day. This can be divided up however you prefer; for example, when sticking to 1,200 calories a day some people like to have 400 calories at each meal.

The following food list and restrictions are recommended to assist with weight loss based on their caloric and glycemic value. You can eat additional foods if you like but many have found that they don't lose weight as efficiently when they do so. You can experiment and see how your body responds to different options.

Reminder: Listen to your body. If you attempt a lower-calorie intake such as 1,200 and you begin to feel lightheaded or experience other symptoms, raise your food intake to the higher end of the range.

Protein

Choose from the following:

- Beef (lean)
- Chicken breast
- Lobster
- Catfish
- Clams
- Cod
- Crab
- Flounder
- Mussels
- Oysters
- Pork (lean)
- Salmon
- Sardines
- Shrimp
- Turkey
- Trout
- Tuna
- Eggs

Additives, chemicals, hormones, antibiotics, and other hidden ingredients put in meat, fish, or eggs can contribute to weight gain. Eating fresh food and avoiding anything canned or premade is ideal for weight loss.

Vegetables

You can eat any serving size of the vegetable of your choice. No substitutions or variations should be made as any vegetables beyond this list may hamper weight loss. Vegetables can be either fresh or frozen.

- Artichoke
- Asparagus
- Broccoli
- Brussels Sprouts
- Cauliflower
- Celery
- Cucumber

- Eggplant
- Green beans
- Mushrooms
- Peas
- Rhubarb
- Squash
- Tomato

Root Vegetables

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

Greens

- Beet Greens
- Belgian Endive
- Cabbage
- Chicory
- Kale
- Romaine Lettuce
- Spinach
- Watercress

Beans

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

Onion Family

- Chives

- Leeks
- Red Onion
- Yellow Onion
- Scallions
- Shallots

Pepper Family

- Cayenne Peppers
- Habanero Peppers
- Jalapeño Peppers
- Green Peppers

Fruit

No substitutions or variations should be made as any fruit beyond this list may hamper weight loss. Fruit can be either fresh or frozen. Please choose from the following list:

- Apples
- Apricots
- Cherries
- Plums
- Grapefruit
- Lemon
- Lime
- Mangoes
- Nectarines
- Orange
- Papaya
- Pears
- Peaches
- Pineapple
- Pomegranate
- Prunes

Berries

- Blackberries

- Blueberries
- Cranberries
- Strawberries
- Raspberries
- Grapes

Grains

All grains used should ideally be unbleached. You can refer to a grain's packaging for cooking instructions and caloric value.

- Oatmeal
- Quinoa
- Barley
- Spelt
- Millet
- Buckwheat
- Kamut
- Rye
- Brown Rice
- Amaranth
- Bulgur
- Teff

Beverages

- Water — A person should drink 2.5–3 liters a day; if unable to do so, do your best. This is important for overall health and weight loss. You can adjust your intake based on how you feel and how active you are. A small amount of electrolytes can help support hydration, especially with higher intake or activity.
- Green Tea
- Black Tea
- Juice — Any juice you drink should only be made from the list of allowed fruits. You can also cut down on how much sugar you ingest by only filling half of your glass with juice and filling the remainder with water.
- Coffee
- Unsweetened Almond Milk
- Unsweetened Cashew Milk

Note: Don't use any creamer other than the milk options allowed. You can flavor your coffee or tea with 1 or 2 packets of Stevia. No other sweeteners are allowed.

What beverages are ***not allowed*** while on the Reset Program:

- Alcohol
- Dairy Milk
- Half-and-half
- Soy Milk
- Almond Milk (sweetened)
- Rice Milk
- Oat Milk
- Creamer (liquid or powdered)
- Soda
- All other beverages that are not included in the list of allowed drinks.

How to Prepare Meals

When cooking your protein or vegetables, you can use:

- Vinegar or Lemon Juice
- Herbs
- 1 teaspoon of Olive Oil (1 tsp. has 14 calories)

You can cook your vegetables any way that you prefer, but you should prepare them only using allowed herbs and a moderate amount of salt.

A few tips about cooking protein:

- Broiling or grilling is recommended.
- All visible fat should be removed before cooking.
- It is a good idea to cook your protein in a way that allows any fats, oils, or juices to come out of and away from the meat.

Seasonings and condiments that ***should not be used*** are:

- Bottled Salad Dressing
- Sugar
- Mayonnaise
- Butter
- Similar creams

Condiments that are allowed (in moderate amounts):

- Mustard (yellow, Dijon, brown – not varieties with added sugar)
- Ketchup (1 tbsp only)

Helpful Tips While Using the Food List

- Weigh yourself every morning. This will help you to track your progress and – if you gain weight – to be aware of what foods might have hampered your weight loss.
- Insufficient bowel movements can slow weight loss. You should have at least one bowel movement per day. If you struggle with constipation, you can contact us for suggestions on how to address this.
- Only use a moderate amount of salt with your food; some people find that they retain fluid when eating too much of it.
- You can eat your fruit along with your meal, but some people have found it helpful to eat it between meals.
- Stevia tastes very sweet! Use it sparingly.

Maintenance For After the Reset Program

Once you've finished the Ultimate Reset Kit, completed the Reset Program, and have lost weight, you may want to stick to the foods that you were already eating while you were on the program.

As you do, you can gradually start increasing your caloric intake and introducing a wider variety of foods.

If you notice that you begin gaining weight, re-evaluate what you've been eating. You might find it helpful to keep a food diary so you can monitor which kinds of food cause you to gain weight and/or which ones your body is sensitive to.