

ONE DAY RESET EATING PLAN

Use this one day reset after consuming an inflammatory meal, a weekly “cheat meal or flex meal” when you are experiencing digestive distress, or after several days of eating abnormally.

The *One Day Reset* is meant to alleviate digestive issues, brain fog, or simply giving your body a day of rest after a weekend of over-eating, drinking, etc.

The other great thing about the *One Day Reset* is that you don't have to go the full day without eating any whole food.

After the 3 shakes during the day, you will get to enjoy a tasty dinner consisting of 1-2 cups of vegetables, 1-2 TBSP of olive oil as a dressing (you may squeeze *lemon on top as well*), and a *handful of lean protein (vegan, vegetarian, or animal based)*.

Directions:

Upon Waking:

- 8oz of room temp or warm water (with a squeeze of lemon if desired)

Breakfast:

- 1 scoop of Daily Support Shake + 20oz of water

Lunch:

- 1 scoop of Daily Support Shake + 20oz of water

Mid-Afternoon:

- 1 scoop of Daily Support Shake + 20oz of water

Light Dinner

- 1-2 cups of vegetables (*ideally cooked*)
- 1/2-1 cup of sweet potato or squash (*if not looking to lose weight*)
- 1-2 TBSP of olive as dressing (*do not cook in oil. You may also add herbs and a squeeze of fresh lemon in your dressing*)
- 4-6oz of lean protein (*grilled, baked, broiled, slow cooked. About 1/2-1c of beans, lentils, chickpeas, fish, poultry, meat, or 2 eggs*)

* Adapted from IHP