



Guidelines for your success
5-DAY RESET

Welcome to the 5-DAY RESET

This guide is full of tips we have learned that will make your experience the best.

We are thrilled that you have decided to join us. We are here to help you.

You've made a great choice to reset your palate, give your body a pause from refined foods, preservatives, empty calories, and in return we know you'll gain more energy.



Hundred of people have gone before you and found that losing some belly fat was an added benefit to boot!

the 5-day Reset is a simple plan to follow

You'll make up to 3 smoothies a day, have two snacks, and a big salad for dinner.

lets get started!

Take a moment and read through this guide. You'll learn how to prepare and what to expect while on the 5-day Reset. If you have any additional questions we are here to help so don't hesitate to contact us.

first some housekeeping

First, learn this mantra:

"i can do anything for five days!"

Honestly, we can't tell you how often we have said this to ourselves, especially around day 3 when the thought of reaching for that snack creeps into our thinking. When it does, repeat this phrase! You can do it!

Secondly

focus on the things you can eat not the things you can't

Don't focus on what you are giving up during these five days. Instead, you'll have success if you focus on learning new ways to enjoy fruits and vegetables. You'll find some great ideas and recipes in our Facebook group.

We've got your back!

Lastly

planning ahead is the key to success

There is absolutely no need to be hungry or deprived on this 5-Day Reset. It just takes some forethought. Review our list of allowable food and foods to avoid before making your shopping list.

Don't make the mistake of going to the grocery store, if you can avoid it, during the Reset. I promise you'll be tempted unnecessarily by all you can't eat. Planning is key!

Onward!

What to expect

TYPICAL DAY

Water!

When you wake up, drink water with lemon at room temperature for at least 30 minutes before your first meal. You'll be drinking lots of water throughout the day.

It's essential to flush out toxins and move things along. Drink at least 8 eight-ounce glasses of filtered water every day (including non-caffeinated herbal teas).

The best way to determine your ideal water intake is to take your weight in pounds and divide by 2 for the number of ounces you need daily.

Example: $150 \text{ lb} \div 2 = 75 \text{ oz}$ water daily.

Don't worry we'll remind you to develop this habit.

Smoothies!

The first meal of the day, as well as lunch, is a Shaklee LifeShake smoothie along with a serving of fruits or vegetables. Choose to blend them into your smoothie or eat them on the side.

Scroll through the **Shaklee Naturally Blog** and pick out a couple of shake recipes that appeal to you and add those ingredients to your shopping list as well.

Make a note of all the yummy Shaklee shake recipes that have other ingredients not recommended during the Reset. You can try these later! Stick to shake recipes for now.

<https://go.shaklee.com/naturally/recipes/life-shake-recipes/>

Veggies & fruits!

Snacking is not only allowed on this plan **but encouraged!**

In between your morning and lunch smoothies eat any non-starchy fruits and vegetables.

At dinnertime, you'll be enjoying a big salad so stock up on your favorite ingredients.

The goal is to not go hungry as you reset your body during the five days.

Am & Pm Sachet

Take your am sachet with the breakfast smoothie and pm sachet either before bed or with dinner.

BUILD YOUR BEST

Smoothie

1

Choose Your Base

8 oz.

- Unsweetened Nut or Oak Milk
- Coconut Milk
- Unsweetened Soy Milk
- Cow's Milk
- Water & Ice

2

Pick Your Veggies

One handful

- Spinach
- Kale
- Celery
- Cauliflower
- Zucchini
- Carrots
- Cucumber
- Watercress

3

Choose Your Fruit

½ Cup

- Strawberries
- Blueberries
- Mango
- Citrus Fruit
- Peach
- Cherries
- Banana
- Apple

4

Add Boosters

1-2 Tbsp or 1 serving

- Cinnamon
- Ginger
- Chia Seeds
- Collagen 9
- Maca
- Hemp Seeds

5

Add Your Protein

- Chocolate LifeShake
- French Vanilla LifeShake
- Strawberry Life Shake
- Seasonal Life Shake

Let's make your Shopping list!

PLAN AHEAD



As you read through the list of allowable food below, make a list of your favorite veggies and fruit.

The best thing about the 5-day Reset is that you won't need to cook for 5 glorious days but you will need to chop some vegetables.

If your goal is to cut down on sugar and lose weight on the program then grazing on veggies is the way to go. Plan accordingly while shopping.

Your ambassador can help you make a plan.

Here are some suggestions

- Cucumbers
 - Carrots
 - Celery
 - Red & Yellow Bell Peppers
 - Grapes
 - Tomatoes
 - Jicama
 - Radish
 - Zucchini
 - Snap Peas
 - Avocados
 - Salad Greens
 - Kale
 - Spinach
 - Watercress
 - Mushrooms
 - Apples
 - Berries
 - Cherries
 - Oranges
 - Peaches
 - Apricots
 - Pineapple
 - Bananas
- Natural nut butter (in limited amounts are perfect with celery or fruit.)
 - Eggs. Hard-boiled eggs add great substance to a salad
 - Hummus (it's easy to make your own)
 - Homemade salad dressings: use extra virgin olive oil, balsamic vinegar, raw apple cider vinegar, lemons juice, whole grain mustard and add optional fresh herbs
 - Herbs such as cilantro, mint, basil or thyme for variety

Here is what to

AVOID



Coffee & Soft Drinks

If you are currently drinking more than one to two caffeinated beverages daily you may want to reduce your intake gradually prior to starting to minimize withdrawal symptoms. *You can do it!*

If you depend on caffeine to get going during the day consider adding Shaklee **Energizing Teas** or **Energy Chews** to your plan.

Alcohol

Now is a great time to memorize the mantra we introduced you to. Just sayin'!

Processed or Cooked foods

...other than hard boiled eggs

Artificial sweeteners

Instead, use monk fruit or stevia. Stevia is a natural alternative and is available in the natural foods section of your grocery store in a powdered or liquid form. Read the ingredients to make sure it only contains stevia. Some companies can be sneaky if you aren't paying attention.

Limit dairy intake

Many people aren't sure if they have a problem tolerating dairy so this might be a good time to go without to see how you feel. There are a lot of good options besides milk to make you smoothies to consider.

Fast food

Think of all the money you'll be saving!

Some tips & tricks

FINALLY

Inform your family & friends

To help ensure your success, tell your inner circle what you are doing. Get everyone on the same page so that they'll understand if you decide to avoid certain social settings, such as those involving excessively processed foods or where alcohol is being consumed. Our loved ones are often fantastic at helping hold us accountable to our commitments and providing extra moral support. Get them involved!

Tips for eating out

Drink a LifeShake before you arrive. Your best bet is to order a large dinner salad without meat, croutons, etc., and ask for dressing on the side. If there aren't healthy dressing options ask for oil and vinegar and squeeze some lemon on top.

Listen to your body and learn about yourself

If you feel like you may be close to breaking your cleanse before the desired amount of time, step back and look at the underlying behavior patterns that are influencing your food cravings. Did you have a stressful day at work? Are your relationships feeling particularly draining at that moment? If you evaluate your eating habits from a holistic standpoint, you'll see that there are emotional triggers that influence, when, why, and how much we eat. Cleansing can be a great way to uncover your emotional connection to food.

What to do if you have digestive issues.

It is normal to pass more gas than normal while your body is cleaning. If you find after eating raw vegetables you are uncomfortable or bloated, steam or lightly sauté your vegetables instead of eating them raw.

5-DAY RESET

You got this!

We are thrilled that you have decided to join us!

We have created a Facebook Page where you'll join others going through the 5-day Reset with you. We find it's more fun to do the program in community.

Plan on checking in daily. It's where you'll find additional information and recipes to make the most of these five days together.

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