

# CONGRATULATIONS ON CHOOSING TO BEGIN YOUR 21-DAY WHOLE BODY RESET!

Making the choice to stay healthy is an ongoing journey, not a single act or short-term effort. It involves making daily decisions about embracing a balanced lifestyle, which includes choosing the healthiest foods you possibly can, daily exercise or stretching, and stress management.

Allow this manual to guide you through this exciting journey of abundant health, wellness, and improved energy levels!

## Table of Contents

Why do I need a Reset?.....	2
How will I feel during these three weeks?.....	2
What can I eat?.....	3
What foods/drinks should I avoid?.....	4
Sample meal plan.....	5
Making the most of my Reset.....	6
Frequently asked questions.....	7
Staple grocery shopping list .....	8
“Grab and go” meal & snack guide.....	9-10
21-Day Reset Medical Considerations.....	11-12
Transitioning off the 21-Day Reset.....	12

## Why do I need a 21-Day Reset?

In our world today, it's easy to fall into unhealthy habits. The busyness of life can cause us to forget the importance of daily movement, healthy eating, stress management and over all self-care. Over time, your body becomes less able to deal with the stress of these unhealthy habits and you may start to feel bad, or your health may start to suffer. These are some of the more common indicators that you may need to take some time out to do a Reset:

- Poor sleep/daytime fatigue
- Constipation, bloating, gas
- Constant unhealthy food cravings
- Weight gain
- Skin conditions
- Dark circles or puffiness under the eyes
- High cholesterol
- High blood pressure
- Recurring headaches
- Joint pain
- Poor digestion, acid reflux
- Frequent illnesses
- High/low blood sugars
- PMS, hormone imbalances
- Mental "fog"

Sometime shortly after you start the program, you will start to notice some **positive changes** in how you are feeling. The following are just some of the changes you can look forward to as your body get used to a healthier diet:

- Increased energy
- Decreased appetite
- Stronger immune function
- Weight reduction
- Elimination of food cravings
- Improved digestion
- Improved physical appearance
- Improved blood profile
- Clearer thinking
- Improved elimination
- Improved sleep
- Better mood
- More positive outlook

## How will I feel for the first few days of the Reset?

When you remove healthier foods from your diet, you may experience some of the following symptoms (**they should go away within 3-4 days of starting the program**):

- Headaches
- Sugar/salt cravings
- Caffeine withdrawal
- Fatigue
- Muscular aches
- Skin irritation
- Disrupted sleep
- Hunger
- Irritability
- Increase in urination and/or bowel movements

**What can I eat and drink?** *Please meet with dietitian for specific calorie goals, etc.*



- **Fruits and Non-Starchy Vegetables:** unlimited fresh or frozen
  - **Fruit:** berries, apples, bananas, pineapple, oranges, etc.
  - **Non-Starchy Vegetables:** mixed greens, spinach, carrots, celery, cucumbers, etc.



- **Proteins:** Aim to enjoy a plant based or lean animal protein at each meal:
  - Serving size is 4 oz., or size of a deck of cards (lean red meat (90-99% fat free), tofu, tempeh, beans, chicken, fish, eggs, whey/plant based protein powder/shakes, etc.)
  - Avoid frying or breading; grilling, baking, steaming or lightly sautéing is best
  - No processed meats (smoke/cured meats- deli/luncheon meats, sausage, bacon, hotdogs, etc.)



- **Healthy fats:** Enjoy small portions of healthy fats throughout your day
  - Nuts, seeds and their butters (peanut, almond, peanut butter powder, pumpkin, sunflower, etc.); limit these to one serving per day for weight loss
  - Avocados
  - Oils: olive/sesame/safflower/soybean/coconut/flaxseed oil, grapeseed oil, oil/vinegar based salad dressings, ghee (clarified butter)



- **Whole grains/starchy vegetables:**
  - Grains (1/2 cup cooked/serving): brown/wild rice, grits, quinoa, oats, etc.
  - Starchy veggies: potatoes, sweet potatoes, corn, winter squash, yams, etc.



- **Seasonings, condiments, sweeteners, extras:**
  - Pepper, any herbs/spices you enjoy, any salt-free spice blends for cooking your meals, honey/maple syrup/stevia/coconut sugar (limit sweeteners to 1 tablespoon per day)



- **Healthy packaged/canned foods that meet these guidelines:**
  - Some packaged foods can make healthy eating easy. Reach for the ones with short ingredient lists that you can read/pronounce, and that meet the Reset guidelines:
    - <140 mg sodium per serving
    - 0 grams ADDED sugar (look at ingredient list and make sure no form of added sugar is in it, such as cane juice or brown sugar; natural sugar such as that from fruit or whole dates is okay)
    - Examples of permitted packaged foods: no salt added canned vegetables/tomatoes/beans, Skinny Pop popcorn, 100% oats (no sugar added), roasted chickpeas, canned tomato sauce, frozen fruit/veggies, etc.



**Beverages:**

- Coffee/black tea (limit to one cup per day in the morning)
- Unsweetened dairy free milks (almond, coconut, etc.)
- Green, white and herbal tea (unlimited)
- Tons of water (seltzer is okay)
- Reset Shakes (recipes included)

## What foods should I avoid?

- **Dairy proteins\*** (*milk, cheese, butter, cottage cheese, sour cream, ice cream, yogurt, etc.*)
  - Dairy proteins have some benefits, such as protein and calcium, but you can get these nutrients from non-dairy sources (beans, greens, etc.). Avoiding dairy for the 3 weeks helps eliminate excess calories, salt and sugar, and may help you identify intolerances that cause digestive upset.
- \* *why protein is an option for your “Reset Shakes” during the program because of its low lactose content and its healthfulness for the Reset process. You can also choose a plant based protein for your shake, such as hemp or pea protein.*
- **Gluten** (*anything made from wheat/white flour, rye and barley*)
  - Removing gluten-containing grains during this program helps to easily eliminate many unhealthy foods, as well as identify possible intolerances to the protein. Only your doctor can tell you if you have an allergy, but some symptoms of a gluten intolerance that may resolve during the Reset include upset stomach, lethargy and joint pain.
- **Alcohol**
  - Eliminating all alcohol during the 21 days will help you experience the full benefits of the Reset. Alcohol is taxing on our bodies main detox organ, the liver, and is a source of added calories, sugar and food cravings. Alcohol can also disrupt our sleep patterns. Healthy sleep is vital during the Reset and beyond.
- **Artificial Sweeteners and Refined Sugar\***
  - Avoiding artificial (Splenda, aspartame, etc.) and refined sugars (brown, white, powdered, corn/rice syrup, cane sugar/syrup, evaporated cane juice, etc.) can help improve your overall health. Refined sugar is a source of empty calories and is linked to weight gain and increased risk of diabetes.
- \* *Up to 12 grams of added sugar per day from your pre-made meal replacement shake (such as Orgain) is okay*
- \* *Honey/maple syrup/coconut sugar/stevia is permitted (limit these natural sweeteners to 1 tablespoon per day)*
- **Processed “Junk” Foods**
  - Most processed, packaged and frozen foods are generally high in salt, sugar, unhealthy fats and artificial ingredients. Avoid cake/baked good mixes, pre-packaged baked goods, breakfast cereals, prepared deli meats/food, frozen pizza/pot pies, etc.
  - Avoid packaged foods labeled: light, fat free, sugar free, low carb, etc.
  - Avoid Fully/Partially Hydrogenated oils (trans fats)
- **And anything else not included on the yes list!**

**The goal after the Reset Program is to really downplay these foods/drinks in your everyday diet, leading to a healthy lifestyle change.**

### **Why the diet restrictions?**

To ensure an efficient and thorough “Whole Body Reset”, you will need to remove any kind of “dietary stress” from your body by eating an abundance of fresh, wholesome foods as compared to processed, packaged “dirty” foods. By removing the foods that may be contributing to symptoms such as weight gain, high blood pressure, or elevated blood sugars, your body is better able rest and absorb nutrients from nutritious foods during the 21 days. By removing these foods for 3 weeks, your body starts to break the physical and emotional craving associated with these foods. During this time, you will also begin creating new dietary habits, which will help you maintain your results.

### **What will my diet look like every day?**

In your One Week Meal Plan and online at [www.nhrmc.org/21dayreset](http://www.nhrmc.org/21dayreset), you will find recipes that will help you move through the 21-Day Whole Body Reset. This is just an example of what an average day might look like:

- 8:00am      Reset Shake and/or breakfast food such as a fruit bowl and eggs (any style)
- 10:00am     Medium apple and ¼ cup almonds
- 12:00pm     Large green salad topped with roasted veggies, seeds, grilled chicken or tofu and olive oil/balsamic vinegar dressing
- 3:00pm      Healthy snack such as fresh vegetables, a piece of fruit or another Reset Shake
- 6:00pm      Baked salmon or Three Bean Chili, steamed broccoli, salad and ½ cup brown rice
- 9:00pm      Optional: Light snack containing protein before bed (such as ½ apple and 1 tablespoon almond butter)

### **Other Considerations:**

- Let family and friends know you’re doing the Reset Program
- Have a plan for when the 21 days is over- i.e. meeting with wellness dietitian, etc.
- If dining out, look at menu ahead of time and decide what you will eat in advance
- Establish accountability with family, friends, coworkers, etc.
- When traveling, pack a cooler of healthy foods, including protein, fresh fruit and sliced raw vegetables- and don’t forget the water bottles
- When attending a social gathering, bring a dish to share that you know would be acceptable for the Reset, like a fruit/veggie tray or chicken kabobs

## **Making the Most of Your Reset: Other Aspects of Your Overall Well-Being**



### **The importance of water**

Aim to drink half your body weight in ounces per day of water. So, if you weigh 160 pounds, drink 80 ounces of water, or 10 cups per day. Caffeine free tea and seltzer can count towards your water goals.



### **Daily exercise**

Daily exercise is also important for a successful Reset experience unless you have been instructed otherwise. This will also assist with weight loss. If you are able, start by exercising 4 times each week for 30 minutes, and build from there.



### **Sleep**

Sleep is very important for your health. Try to get at least 8 hours of sleep each night.



### **Quiet meditation and rest**

Taking time each day for quiet meditation or rest is also beneficial. The stressors imposed on us every day can take a toll on our ability to slow down and relax. Watch the sunset, go for a nice walk, listen to classical music or try meditating using the free app. "Simple Habit." Do whatever it is that causes you to take a deep breath and slow down.



### **Emotional ups and downs**

Experiencing increased emotional highs and lows is not uncommon during the Reset. Sometimes we use the food and drinks on the "no" list to help us cope with emotions, and not having those foods/drinks may cause them to come to the surface. If this happens to you, treat yourself to the rest your body needs, and deal with these emotions in a healthy way such as talking to someone you trust or journaling.

## Frequently asked questions

**Q:** What are the benefits of this Reset?

**A:** Results are different for everyone, but you may notice the following:

- Improved weight management
- Increased energy/vitality
- Better digestion
- Less bloating
- Clearer thinking
- Clearer skin
- Shinier hair
- Better sleep

**Q:** How is this Reset different than other “cleanses”, “detoxes”, or “programs”?

**A:** The human body comes with all the detox functionality it needs already built in (liver, kidneys, digestive system, etc.) The 21-day Reset approach supports these natural detox pathways by encouraging you to eat a well-balanced and sustainable diet. This program is set apart from the others in that it will not only transform your life and the way you feel from the inside out in 3 weeks, but open your eyes to healthier habits and a new way of thinking that will last a life time.

**Q:** Will this Reset help me lose weight?

**A:** You can achieve weight loss by eliminating high-calorie, refined, nutrient-poor foods. The ideal weight management system is not a quick fix- instead, it is a long-term commitment. You will need to make lifestyle changes that will continue long after the Reset process has been completed. By following the 21-Day Whole Body Reset program, you will be working towards sustained, long-term weight management. If more aggressive weight loss is desired, ask your Wellness Dietitians for a more individualized plan to help you meet these goals.

**Q:** Do I have to exercise while on the Reset? How much is enough?

**A:** Exercise promotes heart health, boosts your mood and helps you manage a healthy weight. It is recommended that you stick with the current exercise routine you’re on. If you’re new to exercise, consult with your doctor before starting a new routine. A good place to start is to try to walk at least 30-45 minutes at least 4 days per week.

**Q:** Should I take my regular medication during the 21-Day Reset?

**A:** Continue to take all your medications during the 21-Day Reset. Any changes in medications should be evaluated by your doctor. Please review the “Medical Considerations” supplemental handout to ensure your safety during this program.

**Q:** What can I do if I’m tired or lack energy while on the program?

**A:** Fatigue is normal the first few days of the program. Eating frequently, drinking enough water, short walks, and adequate protein can help battle fatigue.

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## Basic Pantry Shopping List

*This list contains many "Reset friendly" foods you will need for many recipes.*

**Non-Starchy Vegetables:** choose enough to have 6 cups per day; fresh, frozen, or no salt added canned (spinach, carrots, cucumbers, celery, mixed greens, lettuce, etc.)

**Fruit:** choose enough to have 3 cups per day; fresh or frozen (apples, bananas, berries, etc.)

### **Protein Sources**

- Chicken or turkey breast (avoid deli meat)
- Red meat (90% lean +)
- Eggs
- Fish (wild caught)
- Canned Tuna/Salmon (in H<sub>2</sub>O)
- Hummus
- Tempeh or Tofu
- Beans or Lentils (if canned- no salt added)
- Whey or Plant based protein powders/meal replacements

### **Healthy Fats/Oils**

- Coconut oil
- Extra virgin olive oil
- Avocado oil
- Soybean oil
- Grape seed oil
- Avocado or guacamole
- Nuts
- Nut butter or powdered nut butter
- Seeds (sunflower, pumpkin, flax, chia, hemp.)
- Olives

### **Grains/Starches** (follow Reset guidelines for ingredient lists and sodium)

- Potatoes-white, red, sweet, etc.
- Corn, peas, beans, winter squash
- Brown or wild rice (unseasoned)
- Oats (plain)
- Rice, flax, black bean or other gluten-free pasta
- Quinoa
- Brown Rice Crackers such as "Mary's Gone Crackers" or "Crunchmaster"
- Popcorn (like "Skinny Pop" or plain "pop yourself" kernels)
- Corn Thins
- Roasted Chickpeas ("The Good Bean" brand is yummy)
- Plain brown or white rice cakes

### **Condiments/Seasonings/etc.**

- Fresh herbs, dried herbs, salt-free spices
- Vinegars (balsamic, apple cider, champagne, raspberry, etc.)
- Nutritional Yeast (great on salads, adds an almost "cheesy" flavor")
- Low sodium/unsalted broths
- Tamari (gluten free soy sauce)
- Unsweetened coconut flakes
- Coconut or almond flour
- Pure maple syrup, honey, coconut sugar
- Stevia (found on baking aisle)

**Snack/Meal Bars** (Bars listed are sweetened naturally with fruit, such as

dates): RX Bars, Larabars, or other bars that meet Reset guidelines

## Grab-and-Go Reset Meals

Below are some quick meal ideas that will make it easy to stick to your plan, even when you're short on time:

### **Grab-and-Go Breakfast Options:**

- ✓ Hardboiled eggs and fresh fruit
- ✓ Fresh fruit and nuts
- ✓ Larabar and hardboiled egg or handful of roasted chickpeas
- ✓ RX Bar
- ✓ Orgain meal replacement shake
- ✓ Pre-made egg muffin
- ✓ Pre-made chickpea muffin
- ✓ Peanut butter and banana
- ✓ Pre-made Reset Shake

### **Grab-and-Go Lunch Options:**

- ✓ Leftovers from dinner
- ✓ Salad bar- add chickpeas or grilled chicken for protein
- ✓ Meal replacement homemade or premade shake
- ✓ RX Bar with piece of fresh fruit and a salad
- ✓ Larabar and a side salad
- ✓ Raw veggies and brown rice cakes with leftover chicken and hummus
- ✓ Guacamole and salsa on brown rice cakes topped with black beans
- ✓ Peanut butter and sliced bananas on rice wrap or rice bread

### **Grab-and-Go Dinner Options:**

- ✓ Clean EatZ frozen meal
- ✓ "Grainful" frozen meal (look for gluten/dairy free varieties)
- ✓ Frozen veggies and a sautéed piece of frozen/thawed fish
- ✓ Salad with canned beans on top
- ✓ Omelet with veggies and piece of gluten free toast
- ✓ Sushi with fish and veggies (avoid crunchy toppings and sauces)
- ✓ Frontier Soup mix (found at Whole Foods or Great Harvest Bread CO.)
- ✓ Simple stir fry with cauliflower rice, frozen veggies and chicken or tofu
- ✓ Sandwich or wraps (on gluten free bread/wrap): go with a nut butter and fruit or leftover protein such as chicken, tofu or shrimp and veggies
- ✓ Whole grain bowl: any leftover grains (rice, quinoa) mixed with any leftover veggies you have. Add toppings such as guacamole, salsa or hummus and drizzle with favorite "reset friendly" dressing

# New Hanover Regional Medical Center

## Reset Friendly Snack Ideas:

- ½ cucumber with 2 tablespoons hummus
- 100% apple chips and walnuts
- 5-Minutes Flourless Chocolate Banana Zucchini Muffins
- Apple chips dipped in peanut butter
- Apple with sunflower seed/pumpkin seed trail mix
- Apples slices sprinkled with cinnamon and almonds
- Baby carrots and guacamole
- Baby carrots and hummus
- Baby tomatoes and cucumber slices tossed in olive oil, balsamic vinegar and pinch of pepper
- Baby tomatoes tossed with black beans and avocado
- Baked sweet potato with peanut butter, banana and cinnamon
- Banana and pistachios
- Banana slices with almond butter and dusted with cocoa powder
- Banana slices with peanut butter
- Brown rice cake with peanut butter and banana slices
- Brown rice cake, peanut butter and drizzle of honey or maple syrup
- Celery sticks with guacamole
- Celery sticks with peanut butter and raisins
- Chewy Lemon Oatmeal Bites
- Chocolate Cherry Energy Bites
- Corn Thin Cakes with Guacamole and Fresh Salsa
- Cucumber slices with hummus
- Dried dates and almonds
- Dried, pitted dates and peanut butter
- Hardboiled eggs or handful roasted chickpeas and carrots with hummus
- Larabar
- Leftover breakfast egg muffins or vegan egg muffins
- Orange and a hardboiled egg or handful of roasted chickpeas
- Pear and almonds
- Pear and pistachios
- Raspberries and pistachios
- Raw pepper strips with hummus and salsa
- Roasted Chick Peas and grapes
- Skinny Pop popcorn and hardboiled egg or handful of roasted chick peas



## 21-Day Reset Medical Considerations

### Food and Drug Interactions to Consider

- **Grapefruit Juice** interacts with medications in multiple ways should be avoided by anyone taking a “statin” drug, or certain blood pressure lowering medications (calcium channel blockers)
- **Green Leafy Vegetables** can interfere with the blood thinning agent Coumadin (Warfarin), as it can alter the effectiveness of the medicine. Take home message: eat your greens in consistent amounts.
- **Salt Substitutes** contain high amounts of potassium and should be used sparingly by anyone taking a medication for heart failure or an ACE Inhibitor/ARB for blood pressure (example: lisinopril or losartan)

For more information on food and drug interactions please visit:

<http://www.eatright.org/resource/health/wellness/preventing-illness/common-food-drug-interactions>

### Considerations for Diabetes or Hypoglycemia

1. Regular monitoring of blood glucose levels is always wise, but especially when making drastic dietary changes\*
2. The 21-Day Reset requires removal of many of the typical packaged starchy foods eaten in an American diet (bread, cereals, etc). There are many healthy carbohydrate choices you can make during the 21-Day Reset that will fuel your body in a healthy way (such as: starchy veggies, fruits, brown rice...see grocery list for more). These foods will fuel your body appropriately and promote more stable blood glucose levels than many of the highly processed "white" starches
3. Aim to include a healthy protein source at each meal or snack and to eat every 2-3 hours throughout the day for a more stable blood glucose response

\* If you are taking an oral blood sugar lowering medication or are on insulin, it is extremely important that you are monitoring your blood glucose levels regularly and eating regularly throughout the day. Please reach out to one of the Wellness Dietitians or Pharmacists if you have questions or concerns.

### Considerations for Irritable Bowel Conditions:

1. Key foods you are eliminating include gluten, dairy, soy, refined sugar (maple syrup and honey okay in small amounts), alcohol, and minimal caffeine.
2. If you have Crohn's, Ulcerative Colitis, or any other Irritable Bowel Condition we suggest you avoiding foods you normally can't tolerate, continuing to take your prescribed medication, and introducing new foods slowly as tolerated, noting

# New Hanover Regional Medical Center

symptoms of intolerance such as diarrhea, gas, bloating, or cramping. You may find the following tips helpful:

- Avoid Gas Producing Foods: Lentils, beans, cabbage, broccoli, onions
- Avoid spicy foods and recipes (or modify recipes to be less spicy)
- Include tropical fruits in your smoothies- papaya, bananas, pineapples, mangos, etc. These tend to be easier to digest
- Focus more on the soups and stews recipes to avoid flare-ups from raw veggies- batch cook them and have as meals and snacks. Add extra protein such as chicken chunks if you need to leave out certain vegetables or beans you can't tolerate. Also add extra fat such as olive oil or coconut oil, which are healing to the digestive tract and will keep you full for longer
- Pureeing your beans may make them more easily digested- try homemade hummus or a lentil dip; blend well and try small bites and increase your portions as tolerated
- Vegetables that tend to be easier to digest raw or lightly steamed include butter lettuce, avocados, roasted red/yellow/orange peppers (avoid green as they are immature and more difficult to digest) with the skins removed, spaghetti squash and summer squash, zucchini, turnips
- The key components to dealing with digestive flare ups include resting your digestive system by waiting at least 2 hours in between meals and snacks, small frequent meals which include some protein, carb, and fat every 2-3 hours, and maintaining hydration.
- Avoid carbonated beverages
- **It is extremely important to avoid sugar, refined carbohydrates, and processed food during times of discomfort as these promote more inflammation in your body**

## Considerations for Food Allergies

1. Having a food allergy may add a small challenge to the 21-Day Reset, but is not an indication that you should not participate
2. You can still use our meal plan and snack list, by modifying/swapping out snacks or recipes that don't work for your allergy. If you need help coming up with an alternative meal or snack idea, please reach out to one of the Wellness Dietitians

## Transitioning off the 21-Day Reset

These 21 days will go by faster than you think! We will email you instructions on "reintroducing" the foods you've been avoiding. We encourage you to look at the changes you've made as a healthy new way of life, but restricting these foods 100% of the time is not necessary if you don't have an allergy. Stay tuned for instructions on transitioning off the 21-Day Reset!