

7-Day Post Reset Program and Life Beyond the Reset

Congratulations for taking the first step toward optimizing your health!

You've successfully made it through the 21-day Reset program and you probably feel better than you have for a while. You've worked hard to follow a healthy meal plan, exercise, and take extra time for self-care. You should be proud of your accomplishment!

The best way to begin to transition into your "new normal" is to schedule some time to discuss your individual reintroduction plan with one of your Wellness Dietitians. You can schedule this by calling 910-667-4013. They can help you design an individual food plan that will help you continue to feel great and meet your goals.

In this guidebook, you'll find some tips on how to transition off the Reset while still feeling great, and how to maintain your results and continue meeting your goals:

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Acknowledge Your Improvements

How you're feeling at the end of the 21-days is your "new normal." Consider this your baseline of how you deserve to feel every day. Write down all the ways that the 21-Day Reset has transformed your health and keep it somewhere you can easily reference, such as in your bathroom. Use this list to regularly reassess your progress, and focus on daily habits that check more of these boxes:

- Clearer skin
- Flatter stomach
- Less bloating
- Improved regularity
- Less stomach pains
- No more acid reflux
- No more heartburn
- Clothes fitting better
- More muscle definition
- Leaner appearance
- Fewer PMS symptoms
- Less constipation
- Less gas
- Improved blood pressure
- Improved blood sugar regulation
- Improved cholesterol numbers
- Reduced joint pain
- Increased libido
- Decreased chronic fatigue
- Better sleep habits
- You awaken feeling more refreshed
- Improved overall mood
- You're more optimistic
- You're generally happier
- You are more knowledgeable about how food affects your body
- You learned how to meal plan and prep
- You learned how to socialize and stay on track with your health goals
- Reduced mood swings
- No more sugar/carb cravings
- Improved body image/self-esteem
- Improved self-confidence
- No more salt cravings
- No more mid-day slump
- More consistent energy levels
- More energy to exercise
- No more need for sugar or caffeine for energy boost
- Clearer thinking
- You started exercising
- You hit new personal goals at the gym
- You have a healthier relationship with food
- You need less food to feel full
- You learned how to cook
- You look at food labels more carefully
- You don't eat to handle stress
- You eat with less guilt
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Should You Continue the Reset?

Maybe you checked less boxes than you hoped and need some more time on the Reset. Some people need more than 21 days to correct long-standing bad habits or years of slow weight gain. You've come so far, so what's another week or two? Listen to your body and follow this reintroduction when you see the results you want out of sticking to the plan 100%.

Food Reintroduction Plan

Systematically reintroducing foods from one food group at a time, while keeping the rest of your diet Reset friendly, is a great way to figure out which foods will be added back into your diet. This method allows you to gauge how these foods make you feel, and if they cause any problems. Just remember, your body hasn't dealt with some of the foods in these groups for a few weeks, so you'll want to introduce each new food in small portions at first.

One of the key aspects of reintroduction is to keep a journal of how each food makes you feel. We encourage you to pay attention to how certain foods make you feel even after the reintroduction phase is complete. Please use the Food Reintroduction Symptom Tracker to keep track of how the food you eat makes you feel. This means you'll have to plan your reintroduction phase carefully, and not combine major food groups at first. For example, you wouldn't want to add a piece of whole wheat toast (gluten) with a Greek yogurt for breakfast (dairy) because if you feel bad you won't know which one caused the symptom.

If you choose to reintroduce some foods/food groups you eliminated during the Reset, here are some guidelines to follow:

Day 1: Evaluate gluten, while keeping the rest of your diet Reset compliant

Just because a grain based food has gluten doesn't mean it's bad for you. The key with including gluten in your diet is choosing whole grains (the entire grain kernel), instead of refined grains (just the endosperm). Refined grains have most of their nutrients removed and are then enriched, so whole grains—which contain their original fiber, iron, and B vitamins—are a healthier choice. Today, include 2-3 servings of gluten containing foods today, such as a piece of whole wheat toast at breakfast, 5-6 Triscuit Crackers at lunch and ½ cup (cooked) whole wheat pasta at dinner.

Days 2-3: Go back on the Reset

Observe if how you feel back on the Reset is different than on how you felt when you added gluten back in. Decide how much gluten you will add back into your diet, if at all.

Day 4: Evaluate dairy, while keeping the rest of your diet Reset compliant

This group includes products like cheese, milk, yogurt, and butter. When chosen in their whole, no sugar added forms, the dairy group can offer a host of nutrient components like calcium and protein. Today, include 2-3 sources of dairy such as a low sugar Greek yogurt for breakfast, cheese on a salad at lunch and a glass of 1% milk with dinner or before bed.

Days 5-6: Go back on the Reset

Observe if how you feel back on the Reset is different than on how you felt when you added dairy back in. Decide how much dairy you will add back into your diet, if at all.

Let your body be your guide: if you eat toast and feel bloated or gassy, have a headache, or have any other symptom, note it in your food experience journal and talk to your health care professional.

Remember, each person is different, so write down what you feel—different people will have different responses to the same food. If you suspect a food allergy please schedule an appointment with your doctor so they can arrange the testing and care you need to be evaluated.

Day 7 and beyond: Evaluate the role of added sugar, alcohol and caffeine will have in your diet

The reintroduction phase focuses mainly on the addition of gluten and dairy back into the diet. The other dietary restrictions you experienced on the Reset, such as refined sugar, caffeine, and alcohol should continue to be avoided as much as possible during the 7-day reintroduction phase and be consumed in moderation afterwards. Minimize the role of packaged foods, deli meat, fried food, fast food and take out in your overall diet.

Reminder: If you don't miss a food or drink that you know makes you less healthy, it may not be worth it to reintroduce it. Not missing baked goods, sugary afternoon treats, wine or pasta? With facts pointing towards these foods not promoting optimal health, consider not adding them back into your diet. Only reintroduce those foods that you think you'll really want to include back into your diet occasionally, and leave ones that you won't miss behind.

7-day Meal Plan and Recipes

Your meal patterns should continue to follow the Reset pattern of 3 meals and 2-3 healthy snacks per day. Continue to search for Reset friendly, “clean” eating recipes, but you may be able to be a bit more lenient with the ingredients in the recipes. We have provided you a 10-day post-reset meal plan, and a 1 week post reintroduction plan online at www.nhrmc.org/21dayreset. Here is a sampling of some of the recipes you'll see in the 7-Day Reintroduction meal plan:

- [Tofu Scramble with Kale and Sweet Potatoes](#)
- [Turkey, Avocado and Hummus Roll Ups](#)
- [Zucchini Pesto Roll Ups](#)
- [Baked Chicken Parmesan](#)
- [Broccolini Pasta with Creamy White Wine Sauce](#)
- [Berry Protein Power Smoothie](#)
- [Spicy Tilapia Baja Tacos with Lime Slaw and Avocado Cilantro Sauce](#)
- [Mexican Stuffed Bell Peppers](#)
- [Grilled Flank Steak with Tomatoes, Red Onion and Balsamic](#)
- [Crunchy Chicken and Avocado Salad](#)
- [Sonoma Chickpea Salad](#)
- [Chicken Burrito Brown Rice Bowl](#)
- [Jerk Cauliflower Tacos](#)

Reintroduction Mistakes to Avoid

- ✓ Don't reintroduce all the foods back on day 22. This will make it hard to identify which foods cause the undesirable symptoms that caused you to do the Reset in the first place
- ✓ Only splurge on non-Reset foods that are worth it to you. If you're at a family gathering and you LOVE grandma's pie, have a small slice! But skip the chips and dip appetizers.
- ✓ Be especially watchful of added sugar. It's easy to get thrown back into the "sugar cycle" where you end up craving carbs and sugar all the time.
- ✓ Remember that every meal and snack is an opportunity to eat something that will nourish you and make you feel great
- ✓ Continue to PLAN, PLAN, PLAN! Especially during the 7-day reintroduction phase. Meal planning and prep are always going to be part of maintaining good health, so put the skills you used into practice week by week.

Living a Healthier Lifestyle

** The guidelines and recommendations below are generalized to meet the average needs of men and women. Please schedule an appointment with the wellness dietitians to get your individualized calorie and nutrient needs*

Now you're ready for the next step—maintaining your health and supporting your weight management goals. The healthy lifestyle you've begun is taking you in the right direction. You have a new attitude about food and health in general, and now you can continue the road to maintaining a healthy body, mind, and spirit. After the reintroduction phase, you will begin to define your "New Normal", the healthy diet that will meet your nutritional and lifestyle needs.

Just like how you ate on the 21-Day Reset, your everyday diet should emphasize whole foods, particularly fruits and vegetables, while limiting high-calorie/salt/sugar foods, processed junk foods and hydrogenated oils/trans-fats. Nourishing yourself with nutrient-rich, high fiber, whole, unprocessed foods will provide the complex combination of vitamins, minerals, and antioxidants that are needed to protect the body and promote optimal health.

Vegetables: 3-5 cups per day

You can eat an unlimited amount of non-starchy vegetables, such as spinach, mixed greens, cucumbers, celery, carrots and zucchini. Fresh veggies are always best, but no salt added frozen and canned vegetables can also count towards your daily intake.

Fruit: 2-4 cups per day

Aim for fresh, frozen or no syrup/sugar added canned fruits. Eat fruit throughout your day will help with sugar cravings. Consider throwing them in smoothies, with a snack, on salads or as a dessert. Aim for a variety of colors and textures to satisfy all your taste buds!

Complex Carbohydrates (whole grains and starchy vegetables): 3-6 servings per day

- ½ cup cooked of starchy vegetables and whole grains=1 serving (~20-30 grams of carbs)
- When choosing whole grains look for word “whole” in first few words of ingredient list
- Whole grains: Whole wheat bread, high fiber cereals, whole wheat pasta, quinoa, brown rice, oats, etc.
- Starchy vegetables: Sweet potatoes, potatoes, yams, squash, etc.

Protein (lean animal protein or plant based): 5-6 servings per day

- 1 serving of protein =
 - 4 oz. cooked animal protein (roughly the size and thickness of your palm)
 - 1 scoop plant or animal based protein powder (avoid added sugars)
 - 12 almonds, 24 pistachios, 7 walnuts
 - 2 tablespoons hummus
 - ¼ cup of tofu
 - 1 oz. tempeh
 - ½ cup beans or bean soup
- Prepare by broiling, baking, roasting, or poaching
- Limit cured, smoked, or luncheon meats

Oils: 5-6 teaspoons per day

Most of us get enough healthy fat through nuts, fish, cooking oils and salad dressings. Consume high quality fats, such as vegetable oils (olive, safflower, soybean, etc.), avocado, oil based salad dressings, nuts, seeds, etc.

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Key Nutrients for Optimal Health and Other Dietary Guidelines

Food Group, Mineral or Item	Daily Guidelines for Most Women	Daily Guidelines for Most Men	Other Information and Best Source
Fiber	25 grams	35 grams	Fruit, veggies, whole grains
Water	64 ounces+ Good goal to aim for ½ your body weight in ounces	64 ounces+ Good goal to aim for ½ your body weight in ounces	Plain Water, Fruit infused water, herbal tea
Vitamin D	600 IU (15 micrograms)	600 IU (15 micrograms)	The sun ☺, Dairy products, dairy alternatives are fortified with vitamin D (like almond milk), canned fish, cod liver oil, beef liver, Egg (the yolk)
Calcium	1000-1200mg	1000mg	Dairy products, dairy alternatives are fortified with calcium (like almond milk), tofu, leafy greens, canned fish
Alcohol	1 drink per day or less	2 drinks per day or less	Limiting alcohol as much as possible can help maintain a healthy weight. Choose light beer and low sugar mixers when having alcohol
Artificial Sweeteners	N/A	N/A	Artificial sweeteners are chemically derived and research is currently inconclusive regarding their impact on our bodies. Avoiding them as much as possible is ideal
Sugar (added)	≤24 grams (6 teaspoon)	≤36 grams (9 teaspoons)	These guidelines would be for any source of added sugar: white or brown sugar, syrups, honey*, and maple syrup* *These are less refined sources of added sugar and would be recommended options in moderation
Caffeine	<400 mg/day* (equivalent of 3-4 cups coffee) *everyone is impacted different by caffeine, and some more sensitive than others.	<400 mg/day* (equivalent of 3-4 cups coffee) *everyone is impacted different by caffeine, and some more sensitive than others.	Caffeine in moderation is okay, but it is important to pay attention to where you are getting your caffeine from. Are your caffeinated beverages generally laden with added sugars and other undesirable ingredients?
“Junk Food”	N/A	N/A	Packaged foods with many ingredients, often high in added sugar, salt and unhealthy fats, and little nutrition benefits, ie: chips, cookies, pastries, ice cream, etc.

Meet the 80/20 rule

The general gist of the 80/20 rule is to eat whole, Reset-friendly foods for about 80 percent of your calories of the day, and you treat yourself for about 20 percent of the calories for the day. The 80/20 rule can be a fantastic way to enjoy the foods you love and keep your weight in check. It's still important to practice moderation and portion control with the 80/20 rule. Following the 80/20 rule can do wonders for your relationship with food and results.

To break it down, let's use a simple example of calories. If your caloric goal is 1600 calories per day, 20% of that is 320 calories. Consider these 320 calories "wiggle room" for the glass of wine you may have with dinner or a slice of cake at a birthday party. The 20% doesn't have to be used every day, but know that it's an option that may make eating Reset friendly more of a lifestyle than a restrictive plan.

Every meal is an opportunity to nourish your body. As you continue to crave healthier foods, the 20% wiggle room will become a space for you to live and enjoy your life while still reaching goals.

Setting New Goals and Intentions

Continuing to set goals that point you towards reaching and maintaining optional health is crucial. Consider setting new goals every 21 days. Choose goals from these key categories of wellness every 21 days to help create a balanced and healthy lifestyle:

Nutrition

Example: I will stop eating 2 hours before bed to ensure a good night's sleep and avoid excess calories from night time snacking

Exercise

Example: I will go to gym 2 times per week and walk with 2 times per week. Each of these sessions will be 30 minutes long.

Stress Management

Example: I will set an alarm every hour at work to take a 3-5 minute walk. I will take deep breaths while walking, and make mental lists of things I'm grateful for.

Fun and Recreation

Example: I will plan 3 fun family activities per week, such as a picnic, movie night or cook a meal together where everyone is involved. We will turn off our phones and electronics during our time together

Other goals can be set, such as personal or spiritual growth and sleep. Recruit some accountability to help you stay on track, such as through a friend, coworker, family member, dietitian, personal trainer or other people you trust.

When to Reset Again

If you've strayed away from the recommendations we made for a Reset lifestyle, it may be time to take on another 21 Day Whole Body Reset. Review the "Acknowledge Your Improvements" results sheet from the first time you did the Reset, and see if there are areas you want to improve upon. Maybe there are certain areas you need to Reset in (sugar, alcohol, junk processed junk food, etc.) or maybe you're ready to do a full Reset. Consider the following before you start your next Reset or modified Reset:

- ✓ Review the Reset guidebook again (available at www.nhrmc.org/21dayreset)
- ✓ Establish accountability
- ✓ Prepare your environment: clean out the pantry, fridge, freezer and stock with Reset friendly foods
- ✓ Meal plan and food preparation
- ✓ Jump into the Reset!

Healthy Weight Management Tips

For more in depth explanation and practical application of the concepts below, please schedule an appointment with a wellness dietitian by calling 910-667-4013.

The 21-Day Reset is not a "fad diet" or "quick fix." It's a lifelong journey, so watch out for road blocks. Maintaining your weight and staying healthy are lifelong commitments. Along the way you may run into roadblocks that make your commitment difficult. Below are some ways to keep your challenges to a minimum. In this section, you'll find:

- General tips on losing weight
- How to prepare for social gatherings
- Reading nutrition labels and navigating the grocery store
- Considerations on processed food, artificial sweeteners, sugar, alcohol and caffeine
- Portion control and mindfulness

General Tips on Losing Weight

- Don't try to lose too much, too fast. the safest way to lose weight is setting a goal of 1 to 2 pounds per week. That way you take it off and keep it off without "yo-yo" dieting.
- Don't underestimate the number of calories in food
- Often, we really don't know how many calories or nutrients are in foods. When in doubt, you can visit the USDA National Nutrient Database at www.nal.usda.gov to look up any foods you're unsure about.

Preparing for social gatherings

- When deciding to eat out, plan what you'll eat ahead of time so there's no guesswork when you arrive.
- Don't forget to drink water before you leave and while you're there so you don't mistake hunger for dehydration.
- If you're going to a place with appetizers to munch on, eat a healthy snack beforehand. Healthy snacks could include:
 - 1 cup of carrots with ¼ cup hummus
 - Celery sticks with 1 Tbs. peanut butter
 - Hard boiled eggs
 - 1 medium apple with 10-12 almonds
 - A "clean" protein bar

Reading labels

As you begin adding new foods to your diet, make sure you read the labels carefully. Use these label reading tips to help you navigate the grocery store:

Ingredient List and Nutrition Facts "Check List":

1. Look at the ingredient list:

- a. How long is it?
- b. Can you pronounce all the words you see in the ingredient list?
- c. Is the word "whole" on your grain products and in the top 3 ingredients?
- d. Avoid hydrogenated oils, trans fats and most forms of added sugar

2. Look at the nutrition facts:

- a. Is there less than 140-200 mg of sodium per serving?
- b. Is there less than 8 grams of added sugar per serving?
- c. Is there more than 3 grams of fiber in your grains, cereals breads and crackers?
- d. Higher protein (>10 grams) foods will keep you full for longer)

Dealing with feeling deprived/bored with the diet

Depriving yourself all the time of your favorite, albeit unhealthy, food may lead you back into unhealthy eating habits. It's OK to give in once and awhile and eat your favorite foods. But if you're just bored with your diet, try vegetables and fruit you've never had before. Remember to eat a wide variety of foods; choose a rainbow of colors.

Reaching for processed or refined foods

These can be high in sugar, fat, and additives. Most of us use these foods for their convenience. Try to keep these foods out of the house so you won't be tempted. Review the menu when you go out to eat with friends so you can avoid these foods.

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Drinking alcohol or caffeine

These kinds of drinks can be consumed in moderation, but many people find that drinking them can easily become habit-forming.

Portion control and mindfulness

Portion control is all about understanding how much a serving size is and how many calories a serving contains. Nutrient-dense food gives the most nutrition per serving. Being able to visualize correct portions is hard when you first start. Here are some pointers when planning what to eat.

- Portion of carbohydrates/grains should be ½ fistful (1/4 cup)
- A potato serving is equal to the size of a standard computer mouse
- 1 cup of strawberries, 1 cup of breakfast cereal flakes, and 1 cup of broccoli, raw greens, or carrots are equal to the size of a baseball
- 1 oz. of hard cheese is equal to 1 domino
- 1/4 cup almonds or pistachios is equal to a golf ball
- 3 oz. of meat/poultry is equal to the size of a deck of cards
- 3 oz. of cooked fish is equal to the size of a checkbook
- 1 tablespoon of butter or salad dressing is equal to a poker chip

Let your body tell you when it's full—never feel like you must eat everything on your plate. Eat slowly and enjoy the eating experience. If you are still hungry, pay attention to portion sizes so you'll know what foods to go back for.

Additional Healthy Eating Resources Offered by NHRMC to Consider:

- 8-Week Healthy Cooking Series
- 4-Week Healthy Food Preparation Series
- Individual appointment with Wellness Dietitian
- Attend a grocery store tour for tips on healthy grocery shopping
- Join a Weight Loss Challenge or 12tolife fitness group

Find more information and sign up for any of these low cost or free services at www.nhrmc.org/cooking. We hope to see you soon and have been privileged to help guide you through this 21-day journey.

Yours in health,

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