

redeemed
Health Solutions

The RESET Pantry

Clean Eating Made Simple



**“So whether you eat or drink,
or whatever you do, do all to
the glory of God.”**

-1 Corinthians 10:31 ESV

As we've discussed in the Reset Success Checklist, preparation is key to receiving all the benefits of this cleanse. This guide will give you a simple step by step approach to shopping clean, choosing the right foods and staying in budget. View this process as a step of faith toward better health.



The Reset Grocery List: **CLEAN EATING ESSENTIALS**

Use this checklist to stock your kitchen with nutrient dense, Reset-approved foods!

FRESH PRODUCE

- Leafy Greens
- Root Veggies
- Other Veggies
- Fruits

HERBS, SPICES & THINGS

- Sea Salt, black pepper
- Garlic, ginger, turmeric
- Draw honey or dates
- Apple Cider Vinegar, lemon or lime juice

HEALTHY FATS

- Avocados & Olives
- Coconut Oil, Extra Virgin Olive Oil
- Nuts & Seeds

WHOLE GRAINS & LEGUMES

- Quinoa, wild rice, sprouted grains
- Organic Oats, buckwheat

CLEAN PROTEINS

- Wild Caught Fish
- Pasture Raised Poultry & Eggs
- Grass-fed beef, bison, & lamb
- Plant-based: lentils, chickpeas, black beans

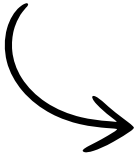


The Reset Pantry: **BUDGET-FRIENDLY CLEAN EATING TIPS**

1

Buy in Bulk

Nuts, Seeds, Grains, and Spices are all cheaper when bought in bulk. Be sure to store them in air tight, preferably glass containers.



2

Choose Frozen & Seasonal Produce

Frozen produce is still nutrient dense and is minimally processed. There usually isn't any added preservatives either and can be more affordable than buying fresh, especially in bulk. Buying produce that is in season is always cheaper because its more readily available. You should always eat produce in season.

3

Prioritize

For the Reset Cleanse, you want to make buying organic a top priority to minimize the amount of toxins you're putting into your body as we are trying to flush them out. In the interest of being budget-friendly, if all organic isn't feasible, use the Dirty Dozen list to know which foods **MUST** be bought organic due to high amounts of pesticides and genetic modification.



The Reset Pantry: **BUDGET-FRIENDLY CLEAN EATING TIPS**

4

Shop Local

Buying local produce is always the best choice over factory farmed produce. Shopping at local farmers markets often have better prices, offering you more for your money, higher quality. Local produce will also be much fresher and more nutrient dense because you are getting it much closer to the day it was harvested. The produce in grocery stores has been sitting for weeks to months after has been harvested by the time it gets to your plate.



Shop the **54321 Method**

The 5,4,3,2,1 Method consists of buying a certain number of items from each food category to give you balanced budget-friendly meals. For the Reset, we are adjusting the last 2 categories to follow the Reset guidelines.

5 vegetables

4 fruits

3 proteins

2 (usually sauces) nuts or seeds

and 1 (usually sweet treat) herb, spice or extra thing from the other groups

This method is helpful to keep you within budget. You will have enough variety to make different meals using some of the same ingredients.

The Reset Pantry:
BUDGET-FRIENDLY CLEAN EATING TIPS

TIPS ON BUILDING A BALANCED PLATE



½ plate: non-starchy vegetables

¼ plate: clean protein

¼ plate: combination of healthy fats & whole grains

BONUS TIPS

- ✓ Plan 3 or 4 meals and 2 snacks each week and rotate them.
- ✓ Batch cook your grains and proteins ahead of time
- ✓ Clean, chop and store your fruits & veggies in advance.

Remember, God cares about what you eat and how you nourish your body. Using these guides and tools for greater success in this Reset will serve you well and honor the body God gave you to steward over.

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”
-Proverbs 3:5-6 ESV