



THE WELL

4-WEEK NOURISHING CHALLENGE FOR THE COLD & DRY TYPES

Warm Broths
Cooked Roots
Good Fats
Warming Spices

Reishi
Ashwagandha
Tremella
Milky Oats

Slow Mornings
Gentle Movement
Warm Baths
Early Nights

Steady Rhythm
Nervous System
Rest Without Guilt
Groundedness



Eat for your body. 4-Week challenge to warm your system, feed your reserves, and feel like yourself again.

4-WEEK *Getting started* RESET CHALLENGE

Welcome to your 4-Week Reset, built for your **Cold + Dry type**. For the next 4 weeks, you'll make small daily shifts that warm you through and put something back in the tank. Nothing extreme, nothing that leaves you more depleted than when you started.

Each day builds on the last, so by the end of week four you'll have a few habits that actually stick and a body that feels less like it's running on empty. That's the whole game.

WHAT DOES BEING COLD + DRY EVEN MEAN?

In Western energetics, we read the body by its patterns, not a lab printout. Cold + Dry means your system tips toward cold and depletion. In real life, that looks like: cold hands and feet, dry cracking skin, stiff joints, a worried mind that won't settle, and running on reserves you don't really have.

The reframe: the cold and the dryness aren't the enemy, they're information. We don't push through them. We bring in the opposite, warm and nourishing, so you swing back to center and feel like yourself again.

WHAT'S DRAINING YOUR TANK?

- Skipping meals
- Too much coffee
- Cold, raw foods
- Pushing through on willpower
- Fasting and restriction
- Stress, the biggest one



YOUR COLD + DRY GAME PLAN

- **Eat warm, not raw.** Soups, stews, porridges, roasted roots, slow-cooked everything. Warm and cooked where the Hot type reaches for cold and watery. Steady, regular meals so you're never running on empty.
- **Good fats rebuild.** Ghee, butter, olive oil, tahini, avocado, soaked nuts and seeds. Dry skin, stiff joints, and a depleted body all benefit.
- **Warm it, don't drain it.** Ease off the iced coffee, raw salads, and skipped meals. Bring in ginger, cinnamon, reishi, and ashwagandha. More warmth in, more warmth to draw on.

Name what you want this week: real sleep, less anxiety, feeling like you again. Write it down; named goals are the ones you hit.

GOALS:

GOAL #1

GOAL #2

GOAL #3

4-WEEK RESET CHALLENGE

Week One

Challenge #1: Eat three meals at regular times each day

This means regular, warm meals through the day, and never going long stretches on empty. Why? Your body does its repair work when it feels safe and fed, not when it's running low. For a cold, dry system, long gaps between meals spike the worry and drain what little reserve you've got.

So for the entire challenge, aim for three warm meals a day with a grounding snack if you need one between. Think soaked nuts, a date with nut butter, or stewed fruit. Don't let yourself get to that shaky, anxious, running-on-empty place.

No fasting, no skipped meals. This is the one type where going without does more harm than good. Longer gaps are drying and they can set your nerves on edge, and that's exactly what we're working to settle. **If you feel more anxious or more wired, eat sooner, don't push through.**

Challenge #2: Build each plate up with nutrient-dense food

Your second challenge this week is to build each plate up, not pare it down. A depleted body rebuilds on nutrient-dense food, good fats, quality protein, minerals, so the goal is to make every meal count, keeping it simple rather than fussy.

That looks like a drizzle of good fat, a handful of soaked nuts, a spoon of ghee, quality protein, or rich, mineral-dense vegetables. Simple and nourishing beats complicated every time; you're feeding yourself, not performing. And salads are welcome, a good salad is genuinely healthy. Just pair it with something warm alongside, like a bowl of soup or a side of roasted veg, so a cold, dry body isn't left with only raw and cold on the plate.

BREAKFAST

- Green Apple & Sweet Potato Hash
- Mushroom & Spinach Egg Muffins
- Banana Bread Mug Cake
- Sweet Potato & Greens Hash with Ground Turkey and Tahini Drizzle

LUNCH

- Lemon Ricotta & Broccoli Soup
- Meatballs with Roasted Vegetables
- Turmeric Chicken Soup

DINNER

- Flavour Packed Chicken & Rice
- Italian Tempeh & Asparagus
- Roasted Salmon & Green Beans

WEEK ONE REFLECTIONS

1. What did you enjoy most about this week?

2. What were your favourite meals from this week that you want to keep in the rotation?

4-WEEK RESET CHALLENGE

Week Two

This week, you'll stick with your three regular warm meals and building each plate up. But you'll also add two more challenges into the mix.

Challenge #1: Warm Hydration

Your first challenge this week is to stay hydrated, but the way your body actually wants it. Sip warm or room-temperature water and herbal teas through the day rather than chugging cold glasses. A cold, dry system takes in warm fluids far better than icy ones; ice-cold water can leave you more depleted and your digestion sluggish.

This week you'll also ease off alcohol and sugary drinks, no sodas, sports drinks, or sweetened coffees. Not as a punishment, but because they're drying and draining, and they spike the very jitters we're trying to settle. Warm water, ginger tea, and broth are your friends this week.

Challenge #2: Balance Your Plate

It's important to get a good mixture of quality protein, nourishing carbs, and healthy fats at every meal. This helps steady your energy through the day, keeps your blood sugar even, and keeps you satiated so you're not running on empty by mid-afternoon.

Circle three to five foods from each column below. When planning a meal, make sure you include at least one food from each column so every plate is warming, grounding, and well-balanced.

THE BALANCED PLATE

Clean Protein



Bone Broth
Grass fed beef
Grass fed chicken
Grass fed turkey
Wild caught salmon
Organic hummus
Eggs
Shellfish
Beans
Peas
Nut butter
Greek yogurt
Nuts and seeds
Quinoa

Healthy Starch



Sweet Potato
Yellow Potato
Beans
Chickpeas
Peas
Beets
Parsnips
Pumpkin
Taro
Squash
Yams
Most fruit
Brown Rice

Non-starchy Vegetables/fruit

*Enjoy these cooked or warm



Leafy greens
Broccoli
Cauliflower
Brussel Sprouts
Cucumbers
Asparagus
Cabbage
Celery
Mushroom
String Beans
Zucchini
Tomato
Melon
Berries
Citrus Fruit

Healthy Fat



Avocado
Avocado Oil
Nuts
Seeds
Egg Yolk
Dark Chocolate
Fatty Fish
Coconut Oil
Nut Butter
Ghee
MCT Oil
Full Fat Yogurt

4-WEEK RESET CHALLENGE

Week Three

This week you'll continue on with the previous challenges and add in two more:

Challenge #1: Mindful Eating

What you eat is important. But *how* you eat is important too. So this week, you'll practice mindful eating.

This means ditching distractions and on-the-go eating and bringing your full attention to your food. For a cold, dry, anxious system this one matters more than most; eating mindfully drops you into a calm, rest-and-digest state, which is where your body actually absorbs and rebuilds. Rushed, stressed eating keeps you wired and leaves you running on empty no matter how good the food is.

So this week, for every meal, sit down at the table. Eliminate distractions (phone, TV, computer, work, etc). Chew your food well. Appreciate it. And savour each bite. For your type, slowing down is the medicine, not an extra.

Challenge #2: Add in Probiotic Foods

The state of your gut has a profound effect on the state of your health. So this week, we're going to give your gut some love by incorporating fermented foods.

Fermented foods, also known as probiotic foods, contain beneficial bacteria. These friendly bacteria do a lot for your body! They help create vitamins and "feel-good" neurotransmitters like serotonin, support your digestion, and keep your gut diverse and happy.

For a cold, dry gut, lean toward the warming ones, a little sauerkraut or kimchi alongside a warm meal, or miso in broth, or warm stewed fruit on yogurt rather than cold kefir or kombucha on an empty stomach.

So this week, you'll eat 1-2 servings of fermented foods every day.

FERMENTED FOODS



YOGURT



SAUERKRAUT



KEFIR



KIM CHI



MISO



KOMBUCHA



TEMPEH

4-WEEK RESET CHALLENGE

Week Four

Congrats, you're in the home stretch now! For this last week, you'll keep up with all previous challenges and add in two more.

Challenge #1: Eat the rainbow

And no, we are not talking about Skittles. Eating the rainbow simply means eating a variety of colourful fruits and vegetables.

Plant foods contain phytonutrients that give them their unique colors. Each color offers different phytonutrients and health benefits. So the more colors you eat, the better your overall health!

Studies show eating a diet rich in phytonutrients reduces the risk of chronic illnesses, including cancer and heart disease. Here's a rundown of what each color offers:



RED

- Provides lycopene
- **Benefits:** heart health and anti-cancer
- **Foods:** strawberries, red pepper, tomatoes, radishes, cherries, apples, watermelon, beets, raspberries, red onions



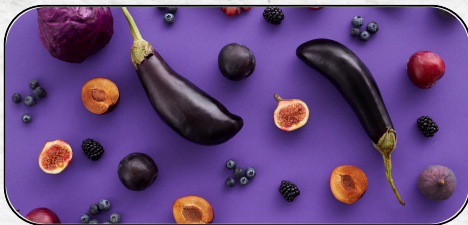
YELLOW & ORANGE

- Provides carotenoids
- **Benefits:** eye health, heart health, & anti-inflammatory
- **Foods:** carrots, lemons, sweet potatoes, pumpkin, bananas, tangerines, oranges, pineapple, corn, winter squash



GREEN

- Provides indoles, isothiocyanates, glucosinolates, & lutein
- **Benefits:** Anti-cancer
- **Foods:** spinach, kale, broccoli, asparagus, avocado, cucumber, celery, zucchini, green bell pepper, limes, green apples, green grapes, Brussels sprouts



BLUE & PURPLE

- Provides anthocyanins
- **Benefits:** anti-aging & brain health
- **Foods:** blueberries, blackberries, eggplant, plums, Concord grapes, purple cabbage, elderberries



WHITE & BROWN

- Provides allicin & anthoxanthins
- **Benefits:** anti-cancer & immune boosting
- **Foods:** garlic, white onions, mushrooms, cauliflower, parsnips, white potatoes, leeks, daikon radish, jicama

4-WEEK RESET CHALLENGE

Week Four Cont.

Challenge #2: Set goals

The aim of this challenge is to create eating habits that'll benefit your health and well-being *far* beyond these four weeks.

And the first step to making that happen? Make a plan! After all, "If you fail to plan, you plan to fail."

So your second challenge this week is to set goals for how you will continue clean eating in the months (and hopefully years) ahead. Use the space below to get clear on your goals going forward.

Use the SMART framework to create your **action goals** (aka what you plan to do):

S: Specific, be precise.

M: Measurable, can you actually quantify your goal?

A: Attainable, be realistic.

R: Relevant, does your goal match this setting and your long-term vision of success?

T: Timely, set a time stamp.

Also, think about the *why* behind each goal. Why is it important to you? How will achieving this goal make you feel or benefit your health? Your why = your **outcome goals**

Action goal example: I will eat 5 or more veggies every day this month.

Outcome goal example: I will improve my energy levels and digestion.

GOAL SETTING

GOALS:

ACTION GOAL

OUTCOME GOAL

ACTION GOAL

OUTCOME GOAL

ACTION GOAL

OUTCOME GOAL