

The 7-Day Wellness Reset

An Inflammation-Conscious Whole-Food Guide

JUICES • TEAS • WHOLE-FOOD MEALS • DAILY WELLNESS TRACKING

Nourish • Hydrate • Move • Notice



SIMPLE STEPS
TO WELLNESS

A Healthier, Happier You

You don't need to change everything overnight to begin taking better care of yourself. The **7-Day Wellness Reset** is one simple week of nourishing whole foods, colorful vegetables, fresh juices, herbal teas, hydration, gentle movement, and daily check-ins.

This is not about perfection. It isn't about starving yourself. And it isn't a weight-loss challenge. It's an opportunity to slow down, simplify what you're eating, support your daily wellness, and pay attention to how your body feels.



NOURISH YOUR BODY

Simple whole-food meals made from recognizable ingredients.



STAY HYDRATED

Water, electrolytes, and mineral-rich foods all week long.



INCORPORATE SIMPLE MOVEMENT

Gentle movement that fits your real life — nothing intense.



PRIORITIZE REST

A wind-down routine and sleep your body can count on.



BUILD LASTING HABITS

Small steps you can keep long after the seven days end.



A HEALTHIER, HAPPIER YOU IS
POSSIBLE

NOURISH

RESET

FEEL BETTER

LIVE BRIGHTER



Your Daily Rhythm

There is no complicated schedule to memorize. Each day follows the same simple rhythm.

OVER THE NEXT SEVEN DAYS, YOU'LL

- Prepare one fresh juice each day
- Enjoy simple whole-food meals
- Include a daily herbal tea
- Stay intentional about hydration and electrolytes
- Incorporate attainable movement
- Track changes in the way you feel

1

Hydrate

Begin your day with water and include electrolytes according to the product directions you use.

2

Make Your Daily Juice

Each day features a different fresh juice made with fruits, vegetables, herbs, roots, and spices.

3

Eat Your Meals

Follow the breakfast, lunch, and dinner suggestions for the day. Eat until comfortably satisfied — portions can be adjusted for your appetite and individual needs.

4

Enjoy Your Tea

Each day includes an herbal or botanical tea.

5

Move Your Body

Walk, stretch, use a walking pad, practice mobility, or choose another form of gentle movement that feels appropriate for you. Movement counts — it does not have to be intense.

6

Check In With Yourself

At the end of the day, take a few minutes to notice how you feel: energy, digestion, bloating, body discomfort, stiffness, mood, cravings, and sleep.

This is not a juice fast.

Your daily juice is one component of the reset. It does not replace your nourishing meals.

What We're Eating This Week

The goal is simple: **real food, lots of vegetables, plenty of flavor, and minimal unnecessary processing.**

PROTEINS

Chicken • Turkey • Beef • Eggs

VEGETABLES

Leafy greens • Zucchini • Yellow squash • Eggplant • Bell peppers • Tomatoes • Cucumber • Celery • Broccoli • Cauliflower • Cabbage • Mushrooms • Fennel • Onions • Garlic • Artichokes

HEALTHY FATS & FLAVOR

Extra-virgin olive oil • Olives • Tahini • Fresh herbs • Garlic • Ginger • Turmeric • Oregano • Basil • Rosemary • Parsley • Mint • Cumin • Sumac • Black pepper • Cayenne or chili flakes (if tolerated)

FRUIT USED IN JUICES

Green apple • Orange • Lemon • Lime • Pineapple

Fresh or unsweetened frozen pineapple can be used — the plan is evergreen for every season.

Real ingredients. Simple meals.

For These 7 Days, We're Pressing Pause

This isn't about labeling foods as "good" or "bad." For one week, we are simply reducing variables and creating a simpler whole-food routine.

PAUSE

- Dairy
- Bread
- Pasta
- Rice
- Grains
- Added sugar
- Candy and desserts
- Sweetened drinks
- Highly processed packaged foods
- Legumes and beans
- Alcohol
- Pork
- Seafood

INSTEAD, FOCUS ON

- Fresh vegetables
- Simple proteins
- Herbs and spices
- Fresh juices
- Herbal teas
- Water
- Electrolytes
- Whole-food meals

At the end of the week, your job isn't to judge yourself. Your job is simply to:

Notice how you feel.

Hydration Is Part of the Reset

When carbohydrate intake drops significantly, some people notice increased water and sodium loss during the first several days.

That can contribute to symptoms such as:

Headaches • Fatigue • Lightheadedness • Weakness • Muscle cramps • Feeling unusually drained

That's one reason hydration and electrolyte support are part of this reset.

YOUR DAILY FOUNDATION

- ☐ Drink water throughout the day
- ☐ Include electrolytes
- ☐ Eat mineral-rich whole foods
- ☐ Pay attention to thirst, energy, headaches, and dizziness

YOUR ELECTROLYTE SHOULD IDEALLY INCLUDE

Sodium • Potassium • Magnesium

Choose an electrolyte product without unnecessary added sugar and follow the manufacturer's directions.

Safety note

Do not assume more electrolytes are always better. People with kidney disease, heart conditions, high blood pressure, diabetes, pregnancy, or medications that affect sodium or potassium should speak with a healthcare professional before substantially changing electrolyte or supplement intake.

Optional Wellness Support

Your meals, hydration, juices, teas, and daily habits form the foundation of this reset. Supplements are optional. You do not need to take every supplement listed here.

DAILY FOUNDATION

Electrolytes — the one daily foundation item of this reset.

OPTIONAL CHOICE

Black Seed Oil / Nigella Sativa

A botanical oil commonly used in traditional wellness practices.

OPTIONAL CHOICE

Turmeric / Curcumin

Can be used as a culinary ingredient or supplemental product.

OPTIONAL CHOICE

Magnesium

May be useful when dietary intake is inadequate or your electrolyte product contains little magnesium.

OPTIONAL CHOICE

Oregano Oil

An optional botanical supplement. Use products intended for oral supplementation according to their directions.

OPTIONAL CHOICE

Ginger

Already included frequently through juices and teas.

OPTIONAL CHOICE

Cayenne / Capsicum

Use primarily as a culinary spice. Supplemental forms may irritate the stomach for some people.

OPTIONAL CHOICE

Dandelion Root

Optional traditional herbal tea or supplement.

OPTIONAL CHOICE

Burdock Root

Used as one of the herbal teas in the reset.

Optional means optional.

More supplements do not automatically create better results.

Check for medication interactions and health-condition precautions before adding unfamiliar supplements.

How Do You Feel Today?

Before Day 1 begins, take a few minutes to establish your starting point. There are no right or wrong answers. This is simply about noticing.

RATE 0-10

Overall pain / discomfort _____

Morning stiffness _____

Perceived swelling / puffiness _____

Bloating _____

Energy _____

Cravings _____

Stress _____

DIGESTION

How would you describe your digestion?

SLEEP

Average hours: _____ Sleep quality 1-10: _____

HEARTBURN / REFLUX

None / Occasional / Frequent

HEADACHES

None / Occasional / Frequent

MOBILITY

Getting out of bed:

Walking:

Using stairs:

Hands / joints:

Other:

OVERALL — HOW DO YOU FEEL IN YOUR BODY TODAY?

SOMETHING I HOPE TO NOTICE OVER THE NEXT SEVEN DAYS

Proteins + Produce

Quantities below cover the full seven days for one, two, or three people.

INGREDIENT	1 PERSON	2 PEOPLE	3 PEOPLE
Eggs	18	36	54
Chicken	3 lb	6 lb	9 lb
Lean ground turkey	2 lb	4 lb	6 lb
Beef / steak	2 lb	4 lb	6 lb
Tomatoes	10–12	20–24	30–36
Cherry tomatoes	2 pints	4 pints	6 pints
Bell peppers	8–10	16–20	24–30
Zucchini	7	14	21
Yellow squash	2	4	6
Eggplant	4	8	12
Onions	4	8	12
Red onions	2	4	6
Garlic	2 heads	4 heads	6 heads
Cauliflower	2 heads	4 heads	6 heads
Broccoli	2 heads	4 heads	6 heads
Mushrooms	16 oz	32 oz	48 oz
Swiss chard	1 bunch	2 bunches	3 bunches
Kale	1 bunch	2 bunches	3 bunches
Romaine	2 hearts	4 hearts	6 hearts
Arugula	1 bag	2 bags	3 bags
Fennel	1	2	3
Cabbage	1 small	2 small	3 small
Artichoke hearts	1 jar	2 jars	3 jars
Kalamata olives	1 jar	2 jars	3 jars
Capers	1 small jar	1–2 jars	2 jars

Juices + Teas + Pantry

JUICE PRODUCE

INGREDIENT	1 PERSON	2 PEOPLE	3 PEOPLE
Pineapple (fresh or unsweetened frozen)	1 small / 24 oz frozen	double	triple
Green apples	4	8	12
Oranges	2	4	6
Carrots	6	12	18
Cucumbers	7	14	21
Celery	2 bunches	4 bunches	6 bunches
Spinach	2 large bags	4 bags	6 bags
Lemons	10	20	30
Limes	3	6	9
Fresh ginger	8–10 oz	16–20 oz	24–30 oz
Fresh turmeric	3–4 oz	6–8 oz	9–12 oz
Beet	1	2	3
Red cabbage	1 small	2 small	3 small
Parsley	2 bunches	4 bunches	6 bunches
Mint	2 bunches	4 bunches	6 bunches

TEAS

- Dried hibiscus / Flor de Jamaica
- Ceylon cinnamon sticks
- Whole cloves
- Green tea
- Chamomile
- Dried burdock root
- Dried rosehip

PANTRY

- Extra-virgin olive oil
- Tahini
- Preferred salt
- Black pepper
- Oregano • Basil • Rosemary
- Cumin • Sumac
- Chili flakes / cayenne
- Electrolytes

SMALL STEPS · BIG CHANGES

DAY 1

A FRESH START TO A NEW DAY

A Fresh Beginning

CLEANER CHOICES. BRIGHTER DAYS.

TODAY'S JUICE — PINEAPPLE GINGER GREEN

THE DAILY JUICE

Pineapple Ginger Green

● NO COOK ● 10 MIN ● SERVES 1

- ¾ cup fresh or unsweetened frozen pineapple
- ½ green apple
- 1 large cucumber
- 3 celery stalks
- 1 generous handful spinach
- ½ lemon, peeled
- 1-inch fresh ginger

- 1 Chop the pineapple, apple, cucumber, and celery to fit your juicer.
- 2 Juice everything together and stir well.
- 3 Pour over ice if you like. Blender option: blend with a small amount of cold water and strain.



BREAKFAST

Dairy-Free Menemen

● 20 MIN ● SERVES 1

- 2 eggs • ½ tomato • ¼ red pepper • ¼ green pepper
- 2 tbsp onion • handful spinach • ½ tsp oregano
- 1 tsp extra-virgin olive oil • black pepper

- 1 Warm the olive oil in a nonstick skillet over medium heat.
- 2 Sauté the onion and peppers until soft, about 4 minutes.
- 3 Add the tomato and spinach; cook until juicy, about 3 minutes.
- 4 Beat in the eggs gently and scramble until just set.
- 5 Season with oregano and black pepper. Serve warm.

LUNCH

Lemon-Oregano Chicken Plate

● 30 MIN ● SERVES 1

- 1 Rub the chicken with lemon, garlic, oregano, salt, and pepper.
- 2 Grill or pan-sear 5–6 minutes per side, until cooked through. Rest 5 minutes.
- 3 Grill the zucchini, eggplant, and bell pepper until charred and tender.
- 4 Toss cucumber, tomato, and parsley with lemon and olive oil; plate everything together.





DINNER

Italian Beef Tagliata

● 30 MIN ● SERVES 1

- 5–6 oz steak • 2 cups arugula • ½ cup cherry tomatoes
- 1 cup mushrooms • 1 garlic clove • 1 tbsp EVOO • fresh herbs • black pepper

- 1 Pat the steak dry and season generously on both sides.
- 2 Sear in a hot pan 3–4 minutes per side (or to your liking). Rest 5–10 minutes.
- 3 Sauté the mushrooms with garlic in olive oil.
- 4 Slice the steak against the grain over arugula and tomatoes; top with mushrooms, herbs, pepper, and a drizzle of olive oil.

THE DAILY TEA

Ginger-Turmeric Lemon Tea

Simmer 1-inch ginger and ½–1 inch turmeric (or ½ tsp ground) in 2 cups water for 10 minutes. Strain and add fresh lemon.

TODAY'S FOUNDATION

- | | | |
|---------------------------------------|------------------------------------|--|
| ☐ Water | ☐ Breakfast | ☐ Tea |
| ☐ Electrolytes | ☐ Lunch | ☐ Gentle movement |
| ☐ Juice | ☐ Dinner | ☐ Wind-down |

HOW DO YOU FEEL? 1 = LOW • 5 = HIGH

- | | | | | | |
|-----------|---|---|---|---|---|
| Energy | 1 | 2 | 3 | 4 | 5 |
| Digestion | 1 | 2 | 3 | 4 | 5 |
| Cravings | 1 | 2 | 3 | 4 | 5 |

- | | | | | | |
|------------------------|---|---|---|---|---|
| Bloating | 1 | 2 | 3 | 4 | 5 |
| Discomfort / stiffness | 1 | 2 | 3 | 4 | 5 |
| Mood | 1 | 2 | 3 | 4 | 5 |

SMALL STEPS · BIG CHANGES

DAY 2

SMALL STEPS, COMPOUNDING

Golden Momentum

WARM SPICE. STEADY ENERGY.

TODAY'S JUICE — GOLDEN ORANGE TURMERIC

THE DAILY JUICE

Golden Orange Turmeric

● NO COOK ● 10 MIN ● SERVES 1

- 1 orange
- 2 carrots
- ½ cucumber
- 1 handful spinach
- 1-inch ginger
- ½–1 inch fresh turmeric
- ½ lemon

- 1 Peel the orange and chop everything to fit your juicer.
- 2 Juice the orange, carrots, cucumber, spinach, ginger, turmeric, and lemon.
- 3 Stir well and drink fresh.



BREAKFAST

Zucchini-Onion-Basil Frittata

● 25 MIN ● SERVES 1

- 1 Whisk the eggs with black pepper.
- 2 Sauté sliced zucchini and onion in olive oil until soft.
- 3 Pour in the eggs; cook on low until the edges set.
- 4 Cover or finish under a broiler until the center is just set. Finish with fresh basil.

LUNCH

Turkey Köfte Bowl

● 30 MIN ● SERVES 1

- 1 Mix ground turkey with parsley, cumin, garlic, oregano, and pepper.
- 2 Shape into small oblong patties; pan-sear, turning, until golden and cooked through.
- 3 Toss cauliflower with olive oil, lemon, and salt; roast at 425°F about 20 minutes.
- 4 Build the bowl: köfte, shepherd salad of diced cucumber, tomato, and parsley, and roasted cauliflower.





DINNER

Chicken Cacciatore

45 MIN • SERVES 1-2

- Chicken • tomatoes • celery • onion • garlic • bell pepper
- Mushrooms • rosemary • parsley • olive oil

- 1 Season the chicken; brown in olive oil on both sides and set aside.
- 2 Sauté onion, celery, bell pepper, and mushrooms until soft; add garlic for the last minute.
- 3 Return the chicken, add tomatoes, and simmer gently 20-25 minutes.
- 4 Serve with garlic Swiss chard; finish with rosemary and parsley.

THE DAILY TEA

Jamaica Cinnamon-Clove Tea

Steep 1 tbsp dried hibiscus (Jamaica), ½ Ceylon cinnamon stick, and 2-3 whole cloves in 2 cups hot water for 10-15 minutes.

TODAY'S FOUNDATION

- | | | |
|---------------------------------------|------------------------------------|--|
| ☐ Water | ☐ Breakfast | ☐ Tea |
| ☐ Electrolytes | ☐ Lunch | ☐ Gentle movement |
| ☐ Juice | ☐ Dinner | ☐ Wind-down |

HOW DO YOU FEEL? 1 = LOW · 5 = HIGH

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|-----------|---------------------|------------------------|---------------------|
| Energy | (1) (2) (3) (4) (5) | Bloating | (1) (2) (3) (4) (5) |
| Digestion | (1) (2) (3) (4) (5) | Discomfort / stiffness | (1) (2) (3) (4) (5) |
| Cravings | (1) (2) (3) (4) (5) | Mood | (1) (2) (3) (4) (5) |

SMALL STEPS · BIG CHANGES

DAY 3

ROOTS BEFORE WINGS

Deep Nourishment

ROOTED. GROUNDED. NOURISHED.

TODAY'S JUICE — RUBY BEET GINGER

THE DAILY JUICE

Ruby Beet Ginger

● NO COOK ● 10 MIN ● SERVES 1

- 1 small beet
- ½ green apple
- 1 cucumber
- 2 celery stalks
- ½ lemon
- 1-inch ginger
- Small bunch parsley

- 1 Scrub the beet well and chop everything to fit your juicer.
- 2 Juice the beet, apple, cucumber, celery, lemon, ginger, and parsley.
- 3 Stir well and pour over ice if you like.



BREAKFAST

Boiled Eggs & Garlic Spinach

● 15 MIN ● SERVES 1

- 1 Boil the eggs 9–10 minutes; cool in cold water and peel.
- 2 Wilt the spinach with garlic and olive oil in a skillet.
- 3 Plate with sliced tomato, cucumber, and olives. Finish with olive oil and black pepper.

LUNCH

Lemon-Garlic Chicken Skewers

● 30 MIN ● SERVES 1

- 1 Marinate chicken pieces in lemon, garlic, oregano, and olive oil (15 minutes or more).
- 2 Thread onto skewers with peppers, zucchini, and onion.
- 3 Grill or roast about 10–12 minutes, turning, until cooked through.
- 4 Whisk tahini with lemon and a little water until pourable; drizzle over the skewers.





DINNER

Beef Herb Meatballs + Imam Bayildi-Style Eggplant

50 MIN • SERVES 1-2

- Ground beef • fresh herbs • onion • tomato • garlic
- Roasted eggplant • parsley • olive oil

- 1 Mix ground beef with herbs, garlic, and pepper; roll into meatballs and roast or pan-sear until browned and cooked through.
- 2 Halve the eggplant, score the flesh, and roast until tender.
- 3 Sauté onion and garlic until golden; add chopped tomato and cook into a soft sauce; spoon over the eggplant and return to the oven 10 minutes.
- 4 Plate together and finish with parsley and olive oil.

THE DAILY TEA

Green Tea Ginger-Lemon

Steep green tea with 3–4 ginger slices for 2–3 minutes. Add fresh lemon.

TODAY'S FOUNDATION

- | | | |
|---------------------------------------|------------------------------------|--|
| ☐ Water | ☐ Breakfast | ☐ Tea |
| ☐ Electrolytes | ☐ Lunch | ☐ Gentle movement |
| ☐ Juice | ☐ Dinner | ☐ Wind-down |

HOW DO YOU FEEL? 1 = LOW • 5 = HIGH

- | | | | |
|-----------|---------------------|------------------------|---------------------|
| Energy | (1) (2) (3) (4) (5) | Bloating | (1) (2) (3) (4) (5) |
| Digestion | (1) (2) (3) (4) (5) | Discomfort / stiffness | (1) (2) (3) (4) (5) |
| Cravings | (1) (2) (3) (4) (5) | Mood | (1) (2) (3) (4) (5) |

SMALL STEPS · BIG CHANGES

DAY 4

EASE INTO THE MIDDLE

Tropical Calm

REFRESH. RESET. RENEW.

TODAY'S JUICE — TROPICAL CUCUMBER MINT

THE DAILY JUICE

Tropical Cucumber Mint

● NO COOK ● 10 MIN ● SERVES 1

- $\frac{3}{4}$ –1 cup pineapple (fresh or unsweetened frozen)
- 1 cucumber
- 2–3 celery stalks
- 1 handful spinach
- Fresh mint
- $\frac{1}{2}$ lime
- Fresh ginger

- 1 Chop the pineapple, cucumber, and celery to fit your juicer.
- 2 Juice with the spinach, mint, lime, and ginger.
- 3 Stir well and pour over ice. Pineapple can be fresh or unsweetened frozen.



BREAKFAST

Mushroom-Pepper-Spinach Scramble

● 15 MIN ● SERVES 1

- 1 Sauté mushrooms, bell pepper, and onion in olive oil until soft.
- 2 Add spinach and cook until wilted.
- 3 Beat in the eggs over low heat, folding gently until just set.
- 4 Finish with fresh herbs and black pepper.

LUNCH

Turkey-and-Herb Stuffed Peppers

● 45 MIN ● SERVES 1-2

- 1 Heat the oven to 400°F. Halve the bell peppers and remove the seeds.
- 2 Brown the ground turkey with garlic; stir in cauliflower rice, chopped tomato, parsley, and mint; cook 5 minutes.
- 3 Fill the peppers with the mixture and roast 20–25 minutes, until the peppers are tender.
- 4 Finish with fresh mint and parsley.





DINNER

Greek Herb Chicken + Reset Briam

55 MIN • SERVES 1-2

- Chicken • lemon • rosemary • oregano • garlic
- Eggplant • zucchini • peppers • onion • tomato • EVOO

- 1 Heat the oven to 400°F. Toss the eggplant, zucchini, peppers, onion, and tomato with olive oil, garlic, and salt.
- 2 Spread the vegetables on a large pan and roast 35–40 minutes, turning once.
- 3 Season the chicken with lemon, rosemary, oregano, and garlic; roast alongside until cooked through.
- 4 Rest the chicken 5 minutes and serve over the vegetables.

THE DAILY TEA

Burdock-Ginger Root Tea

Simmer about 2 g dried burdock root and 3–4 ginger slices in 10–12 oz water for 10–15 minutes.

TODAY'S FOUNDATION

- | | | |
|---------------------------------------|------------------------------------|--|
| ☐ Water | ☐ Breakfast | ☐ Tea |
| ☐ Electrolytes | ☐ Lunch | ☐ Gentle movement |
| ☐ Juice | ☐ Dinner | ☐ Wind-down |

HOW DO YOU FEEL? 1 = LOW · 5 = HIGH

- | | | | |
|-----------|---------------------|------------------------|---------------------|
| Energy | (1) (2) (3) (4) (5) | Bloating | (1) (2) (3) (4) (5) |
| Digestion | (1) (2) (3) (4) (5) | Discomfort / stiffness | (1) (2) (3) (4) (5) |
| Cravings | (1) (2) (3) (4) (5) | Mood | (1) (2) (3) (4) (5) |

SMALL STEPS · BIG CHANGES

DAY 5

HALFWAY, FULLY COMMITTED

Bright & Grounded

SIMPLE FOOD. REAL FUEL.

TODAY'S JUICE — APPLE CELERY CITRUS GREEN

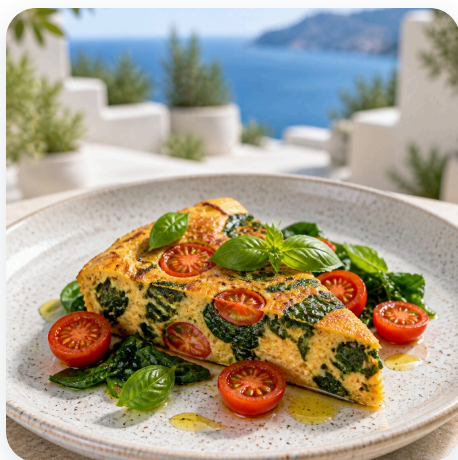
THE DAILY JUICE

Apple Celery Citrus Green

● NO COOK ● 10 MIN ● SERVES 1

- ½–1 green apple
- 1 cucumber
- 3 celery stalks
- 1 handful spinach
- ½ lemon
- Small bunch parsley
- 1-inch ginger

- 1 Chop the apple, cucumber, and celery to fit your juicer.
- 2 Juice everything together and stir well.
- 3 Pour over ice and drink fresh.



BREAKFAST

Tomato-Basil-Spinach Frittata

● 25 MIN ● SERVES 1

- 1 Whisk the eggs with black pepper.
- 2 Sauté onion in olive oil; add cherry tomatoes and spinach until softened.
- 3 Pour in the eggs and cook on low until the edges set; finish under a broiler or covered until just set.
- 4 Top with fresh basil and serve.

LUNCH

Steak Salad

● 30 MIN ● SERVES 1

- 1 Season the steak and sear in a hot pan 3–4 minutes per side. Rest 5–10 minutes, then slice thin.
- 2 Chop romaine and arrange with cucumber, roasted peppers, tomato, red onion, and olives.
- 3 Whisk lemon, olive oil, and oregano for the dressing.
- 4 Top with the sliced steak and dress just before serving.





DINNER

Turkey Meatballs + Zucchini Noodles

● 40 MIN ● SERVES 1-2

- Ground turkey • herbs • spiralized zucchini
- Tomato-garlic-basil sauce • roasted broccoli

- 1 Mix ground turkey with herbs, garlic, and pepper; roll into meatballs and bake at 400°F about 15 minutes.
- 2 Simmer crushed tomatoes with garlic and basil into a quick sauce.
- 3 Sauté the zucchini noodles just 1-2 minutes — they should stay tender-crisp.
- 4 Combine and serve with roasted broccoli alongside.

THE DAILY TEA

Rosehip-Jamaica Tea

Steep 1 tbsp dried rosehip and 1 tsp hibiscus (plus optional Ceylon cinnamon) in 2 cups hot water for 10-15 minutes.

TODAY'S FOUNDATION

- | | | |
|---------------------------------------|------------------------------------|--|
| ☐ Water | ☐ Breakfast | ☐ Tea |
| ☐ Electrolytes | ☐ Lunch | ☐ Gentle movement |
| ☐ Juice | ☐ Dinner | ☐ Wind-down |

HOW DO YOU FEEL? 1 = LOW • 5 = HIGH

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|-----------|---------------------|------------------------|---------------------|
| Energy | (1) (2) (3) (4) (5) | Bloating | (1) (2) (3) (4) (5) |
| Digestion | (1) (2) (3) (4) (5) | Discomfort / stiffness | (1) (2) (3) (4) (5) |
| Cravings | (1) (2) (3) (4) (5) | Mood | (1) (2) (3) (4) (5) |

SMALL STEPS · BIG CHANGES

DAY 6

ENERGY KEEPS BUILDING

The Glow Builds

MOMENTUM IN EVERY MEAL.

TODAY'S JUICE — CARROT APPLE GINGER GLOW

THE DAILY JUICE

Carrot Apple Ginger Glow

● NO COOK ● 10 MIN ● SERVES 1

- 3 carrots
- ½–1 green apple
- ½ cucumber
- ½ lemon
- 1-inch ginger
- ½–1 inch fresh turmeric

- 1 Chop the carrots, apple, and cucumber to fit your juicer.
- 2 Juice everything together and stir well.
- 3 Pour over ice and drink fresh.



BREAKFAST

Eggs with Kale & Mushrooms

● 15 MIN ● SERVES 1

- 1 Sauté onion and mushrooms in olive oil until golden.
- 2 Add chopped kale and garlic; cook until wilted.
- 3 Beat in the eggs over low heat, folding until just set.
- 4 Season with black pepper and serve.

LUNCH

Chicken–Artichoke Salad

● 20 MIN ● SERVES 1

- 1 Chop cooked chicken and artichoke hearts into bite-size pieces.
- 2 Toss with chopped romaine, cucumber, and celery.
- 3 Dress with lemon juice, olive oil, capers, and parsley; toss well.





DINNER

Beef Köfte Plate

45 MIN • SERVES 1-2

- Ground beef • parsley • cumin • garlic • pepper
 - Roasted eggplant • roasted cauliflower • cucumber-tomato-parsley salad
- 1 Mix ground beef with parsley, cumin, garlic, and pepper; shape into köfte.
 - 2 Grill or pan-sear, turning, until browned and cooked through.
 - 3 Roast eggplant and cauliflower wedges with olive oil and salt at 425°F until golden.
 - 4 Plate with the cucumber-tomato-parsley salad and a lemon wedge.

THE DAILY TEA

Chamomile-Cinnamon-Ginger Tea

Steep chamomile with 2-3 ginger slices and a piece of Ceylon cinnamon in hot water for 7-10 minutes.

TODAY'S FOUNDATION

- | | | |
|---------------------------------------|------------------------------------|--|
| ☐ Water | ☐ Breakfast | ☐ Tea |
| ☐ Electrolytes | ☐ Lunch | ☐ Gentle movement |
| ☐ Juice | ☐ Dinner | ☐ Wind-down |

HOW DO YOU FEEL? 1 = LOW • 5 = HIGH

- | | | | |
|-----------|---------------------|------------------------|---------------------|
| Energy | (1) (2) (3) (4) (5) | Bloating | (1) (2) (3) (4) (5) |
| Digestion | (1) (2) (3) (4) (5) | Discomfort / stiffness | (1) (2) (3) (4) (5) |
| Cravings | (1) (2) (3) (4) (5) | Mood | (1) (2) (3) (4) (5) |

SMALL STEPS · BIG CHANGES

DAY 7

THE FINAL STRETCH

One Week Stronger

NOTICE HOW FAR YOU'VE COME.

TODAY'S JUICE — PURPLE PINEAPPLE GINGER

THE DAILY JUICE

Purple Pineapple Ginger

● NO COOK ● 10 MIN ● SERVES 1

- 1 cup red cabbage
- ½–¾ cup pineapple (fresh or unsweetened frozen)
- ½ green apple
- 1 cucumber
- 2 celery stalks
- ½ lemon
- 1-inch ginger

- 1 Chop the cabbage, pineapple, apple, and cucumber to fit your juicer.
- 2 Juice everything together and watch the color turn purple.
- 3 Stir well and pour over ice.



BREAKFAST

Soft Eggs Over Garlic Spinach

● 20 MIN ● SERVES 1

- 1 Wilt the spinach with garlic and olive oil in a skillet; keep warm.
- 2 Roast the cherry tomatoes in the oven or a hot pan until blistered.
- 3 Soft-cook the eggs — poach about 3 minutes, or boil 6–7 for jammy yolks.
- 4 Plate the eggs over the spinach with the tomatoes; finish with pepper.

LUNCH

Turkey Burger Bowl

● 30 MIN ● SERVES 1

- 1 Season the ground turkey and shape into a patty.
- 2 Grill or pan-sear 5–6 minutes per side, until cooked through.
- 3 Build the bowl on shredded cabbage with cucumber, tomato, roasted peppers, and fresh herbs.
- 4 Dress with lemon and olive oil.





DINNER

Chicken with No-Sugar Peperonata

● 45 MIN ● SERVES 1-2

- Chicken • red & yellow peppers • onion • tomatoes
- Garlic • basil • EVOO • roasted fennel & broccoli

- 1 Sauté the peppers and onion in olive oil over medium-low heat, about 10 minutes.
- 2 Add tomatoes and garlic; simmer 15 minutes, until silky.
- 3 Sear the chicken until golden and cooked through; spoon the peperonata over the top.
- 4 Finish with fresh basil; serve with roasted fennel and broccoli.

THE DAILY TEA

Ginger-Clove-Ceylon Cinnamon Tea

Simmer 3–4 ginger slices, 2–3 whole cloves, and ½ Ceylon cinnamon stick in 2 cups water for 8–10 minutes.

YOUR 7-DAY REFLECTION — COMPARE WITH DAY 0 (RATE 0–10)

Pain / discomfort _____

Morning stiffness _____

Perceived swelling / puffiness _____

Bloating _____

Energy _____

Cravings _____

Mood _____

Sleep quality _____

Mobility _____

WHAT FELT DIFFERENT?

WHAT DID YOU ENJOY MOST?

WHAT FELT EASIEST?

WHAT WAS MOST CHALLENGING?

WHAT WOULD YOU LIKE TO CONTINUE?

One Week Down.

You don't have to change everything at once. Keep the habits that made you feel good.

Keep noticing. Keep moving. Keep nourishing yourself. **One simple step at a time.**

CONTINUE YOUR JOURNEY

The 30-Day Wellness Reset

More meals, juices & teas • Weekly grocery plans • Expanded wellness tracking • Optional wellness-support resources • Structured food reintroduction