

# 7-DAY RESET PLAN

	DAY 1 & 2	DAY 3 & 4	DAY 5, 6 & 7
<b>EARLY MORNING</b>	Green juice within 30 mins of waking.	Special reset + protein herbal combo	Special reset + protein herbal combo
<b>MID MORNING</b>	<ul style="list-style-type: none"> <li>Continue the green juice every 2 hours till 4pm</li> <li>Drink warm water in between</li> </ul>	<ul style="list-style-type: none"> <li>Take green juice every 2 hours till 4pm</li> <li>Drink warm water in between</li> </ul>	<ul style="list-style-type: none"> <li>Take green juice every 2 hours till 12 noon</li> <li>Drink warm water in between</li> </ul>
<b>NOON</b>	<ul style="list-style-type: none"> <li>Continue the green juice every 2 hours till 4pm</li> <li>Drink warm water in between the day</li> </ul>	<ul style="list-style-type: none"> <li>Take green juice every 2 hours till 4pm</li> <li>Drink warm water in between</li> </ul>	<ul style="list-style-type: none"> <li>Eat Fruit + Nut combination</li> <li>Drink warm water</li> </ul>
<b>EVENING</b>	Vegetable salad by 6:30pm	Vegetable salad by 6:30pm	Eat vegetable + protein

## GREEN JUICE **OPTION 1** (Cucumber–Scent Leaf Detox Juice)

### Ingredients:

- 1 large **cucumber**
- 1 handful of **scent leaf** (Nchuanwu / Efirin)
- ½ thumb-sized **ginger** (skip for ulcer patients)
- Juice of ½ **lemon** (optional for non-ulcer)
- 1 cup **water** or **coconut water**

### How to Prepare:

1. Wash and chop the cucumber (no need to peel).
  2. Blend with scent leaf, ginger, and water.
  3. Strain or drink as is.
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## GREEN JUICE **OPTION 2** (Green Liver Flush Juice)

### Ingredients:

- 1 handful **ugwu (pumpkin leaves)** or **spinach**
- 1 green apple (or ½ pawpaw)
- 1 small **carrot**
- 1 tbsp **chia seeds** (soaked for 30 mins)
- 1 cup water

### How to Prepare:

1. Blend all ingredients together until smooth.
  2. Add soaked chia after blending
  3. Stir and sip slowly.
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## SPECIAL RESET + PROTEIN HERBAL COMBO **OPTION 1** (Chia Protein Solution)

### Ingredients:

- 1 teaspoon of chia seeds
- ½ teaspoon of grated fresh ginger
- Juice of ½ lemon
- Sea salt
- 2-3 tablespoon of coconut milk/ almond milk or 1 boiled egg

### How to Prepare:

#### 1. **Night Before:**

Soak **1 teaspoon chia seeds** in **1 glass hot water**, cover, and leave overnight.

#### 2. **Morning Add-ins:**

- ½ tsp **grated ginger** (*optional if ulcer*)
- Juice of ½ **lemon** (*optional if ulcer*)
- A pinch of **sea salt**
- **2–3 tbsp coconut or almond milk**
- **PS:** In the absence of almond/ coconut milk, just mix up the combo drink it and eat a boiled egg on it

3. Stir or blend briefly and drink on an empty stomach.

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## SPECIAL RESET + PROTEIN HERBAL COMBO **OPTION 2** (Moringa protein solution)

### Ingredients:

- 1 handful **fresh moringa leaves** (or 1 tsp powder)
- ½ cup **fresh tiger nut milk**
- ½ **banana** or 1 **date**

- ½ cup **water**

### **How to Prepare:**

1. Blend moringa with banana/date and water.
  2. Add tiger nut milk and stir (or blend lightly).
  3. Drink
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## **FRUITS + NUT COMBINATION**

- Dice 2–3 fruits (e.g., apple + banana + pawpaw) or just eat them without dicing
  - Add 1 handful of mixed nuts/seeds (e.g., soaked almonds + pumpkin seeds)
  - Sprinkle with soaked chia or flax seeds
  - **OPTIONS ARE NOT RESTRICTED TO THESE**
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## **VEGETABLE + PROTEIN**

- Cooked beans + cucumber
- Vegetable soup + fish
- Vegetable soup + plant milk
- Vegetable soup + beans
- Pepper soup + fish
- E.T.C

### **INSTRUCTIONS ON FOOD PREPARATION**

- No use of maggi
- Ensure there are multiple leaves in the vegetable soup
- Don't overcooked
- Use sea salt instead of regular salt
- Use only olive oil, coconut oil, avocado oil or palm oil

**NOTE:** Even if you're underweight, you minimize weight loss by adding **blended protein drinks** (e.g. coconut milk + egg + banana or dates) to your juices.