

Casee Jo's KISS "Keep It Super Simple" 7 Day Reset!

7 Day Reset with Casee Jo

- 7 Day Reset Meal Plan
- Step by Step Guide of what to eat & when
- Grocery List
- Shake Recipes
- 7 Days of Body Weight Resistance Training Exercises
- Casee's Top Tips for Success



**CHANGE YOUR
THOUGHTS CHANGE
YOUR LIFE**

CASEE JO FITNESS & NUTRITION

Casee Jo's KISS "Keep It Super Simple" 7 Day Reset

Take Pictures, Weigh & Measure

	1	DATE		Differences		8	DATE
	Day		#	#	#	Day	
		Weight					Weight
		Neck					Neck
		Right Bicep					Right Bicep
		Left Bicep					Left Bicep
		Bust/Chest					Bust/Chest
		Smallest- Waist @ belly button (BB)					Smalles-Waist @ belly button (BB)
		Largest Part of Abdomen-Below BB					Largest Part of Abdomen-Below BB
		Hips-around butt					Hips-around butt
		Right Mid Thigh					Right Mid Thigh
		Left Mid Thigh					Left Mid Thigh
		Right Calf					Right Calf
		Left Calf					Left Calf
		Right Ankle					Right Ankle
		Left Ankle					Left Ankle
		Total inches=					Total inches=

Lost

Total up all measurement #'s & Subtract them from each other to get your # of inches lost

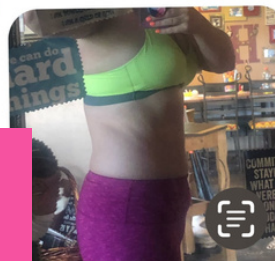
Always weight measure unflexing in the am, after you pee, bf you eat

DON'T FORGET TO TAKE YOUR PROGRESS PICTURES!

Day 1



DOWN 6 LBS
14.5 ALL OVER INCHES
2 % BODY FAT
IN 8 DAYS!



Day 8

Email your results to me so I may celebrate you : casee@caseecharwell.com

Exercise Video Index

- **FORM IS WHERE IT'S AT**
VIDEO:
- **UPPER BODY WARM UP:**
- **LOWER BODY WARM UP:**
- **COOL DOWN/STRETCH:**
- **ROLL IT OUT RECOVERY:**
- **BOOTY BURNER WARMER:**

CLICK EACH EXERCISE TO
GO TO DEMO VIDEO

Watch
Now



Burn Book Equipment

SUGGESTED

ALL OF THE MOVEMENTS CAN BE DONE WITHOUT EQUIPMENT,
BUT I SUGGEST A FEW ITEMS TO GET MAX RESULTS!

SET OF DUMBBELLS 5-7 LB WEIGHTS FOR UPPER BODY +A HEAVIER SET (15-20 LB) FOR LOWER BODY EXERCISES	RESISTANCE BAND WITH OR WITHOUT HANDLES MEDIUM-HEAVY RESISTANCE	GLUTE BANDS MEDIUM TO HEAVY RESISTANCE (THICKER, CLOTH-LIKE MATERIAL SO THEY DON'T ROLL UP)
FOOD SCALE YOU NEED TO KNOW HOW MUCH OF WHAT FOODS YOU ARE CONSUMING! THIS IS A MUST! MEASURING TAPE TO MEASURE YOUR BODY SO YOU CAN TRACK YOUR PROGRESS	PRE-WORKOUT (FOR ENERGY) (OPTIONAL) <u>I LIKE ACTIVE FROM PLEXUS</u> <u>BUY HERE:</u>	PROTEIN POWDER FIND ONE WITH AT LEAST 20+ GRAMS OF PROTEIN <u>I LIKE THIS ONE!</u> <u>CLICK HERE TO BUY</u>
KETTLEBELL (OPTIONAL) 20LB OR HEAVIER//OR USE 1 HEAVY DUMBBELL	PROBIOTIC (FOR GUT HEALTH) (OPTIONAL) <u>TRI PLEX GUT PACK</u> <u>HERE</u> <u>CAN BE</u> <u>PURCHASED SEPARATELY</u>	PLEASE START WITH WEIGHT AMOUNTS YOU ARE COMFORTABLE WITH!

ITEMS CAN BE PURCHASED AT
WALMART, FIVE BELOW,
AMAZON, OR ANY SPORTING
GOODS STOR
OR FROM THIS LINK.

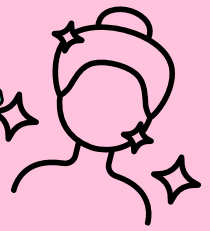
CLICK HERE TO SHOP

ALL OF
CASEE'S GYM
FAVORITES IN 1
PLACE!



Glow Up Girl GUIDE

Casee's Ultimate Glow up Challenge!



Prioritize Sleep

Set a consistent bedtime schedule, even on weekends, and aim for 7-9 hours per night.

Stretch Before or After Bed

Incorporate a 5-10 minute stretch for an energized day or relaxed sleep.

Don't Snooze

When your alarm goes off, GET up right then. There is science behind how snoozing will make you more tired during the day.

Don't Skip Breakfast

A light breakfast is better than none and Don't drink coffee on an empty stomach

Drink Water

Aim to hydrate with 2L of water per day.

Avoid Sugary-Carbonated Drinks

Swap out soda for water, flavored sparkling water, no-sugar iced tea, or kombucha.

Develop a Skincare Routine

Anything on your skin is better than nothing on your skin. Invest in quality skincare products depending on your skin type and use it, morning and night!

Lip Care

Have a solid lip care routine, get that dry skin off your lips girl and invest in a bomb lip gloss that makes you feel great.

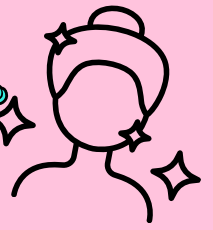
Eat Healthy

Aim for at least 1 fruit per day and include veggies in your diet.



Casee's Fav Skincare and Makeup Here:

Glow Up Girl GUIDE CONT...



Casee's Ultimate Glow up Challenge!

Move your Body Every Day

Move your body daily! Any activity is better than no activity., On rest days, try yoga or stretching.

10,000 Steps

Aim to walk 10,000 steps per day—track it on a smartwatch or phone.

Do it for you

Sleep in your workout clothes, lay them on your night stand, in front of your door.

Keep on Learning

Read a book, study, or listen to a podcast each day.

Tidy Up Your Space

Make your bed every morning and declutter before bed.

Stay Positive

Enjoy each day and make time for things you love. you're on a journey, love yourself, speak kindly to yourself in the mirror.

Get alone with yourself

Get your bible out girl, pray meditate, get grateful. Make a grateful list daily!



Casee's Fav
Skincare and
Makeup Here:



"DO THE DEAL DAILY"



Checklist

☐

Moved my booty today
of steps _____

☐

Drank 1/2 my body weight
in ounces of water

☐

Wrote 3 things I am
grateful for +

Read 10 pages/
listen to 10 mins of
something positive
& uplifting!

☐

Removed that "one thing" that has a hold
on me & I kept the promise to myself!

☐

Tracked food for the day

☐

Didn't Eat after 8pm

Make as many copies of this page as you need or save a
copy on your phone to check each day.



Stop Talking about it & Be about it



Stop Explaining, and Just Do the Deal!

“Raise your hand if you’ve ever felt personally victimized by a diet”.

If you feel like you’re always on a diet and constantly explaining your choices to others... STOP!! You don’t owe anyone an explanation for choosing to fuel your body in a way that serves you and makes you feel good!

- You don’t have to justify why you’re skipping the donuts at work.
- You don’t have to defend your meal prep.
- You don’t have to explain why you’re prioritizing your goals.

The more you constantly say, "I can't have this" or "I can't eat that," the more people get sick of hearing about it—and worse, you start creating a negative mindset around your own journey.

Instead of focusing on restrictions, shift your mindset to choosing foods that make you feel strong, energized, and in control.

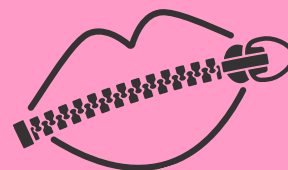
And let’s be real—we don’t want our kids growing up with the same struggles we’ve had around food and dieting.

This is exactly why, when you work with me, we don’t use the word ‘diet’—we focus on eating mindfully, fueling our bodies, and creating a lifestyle that lasts.

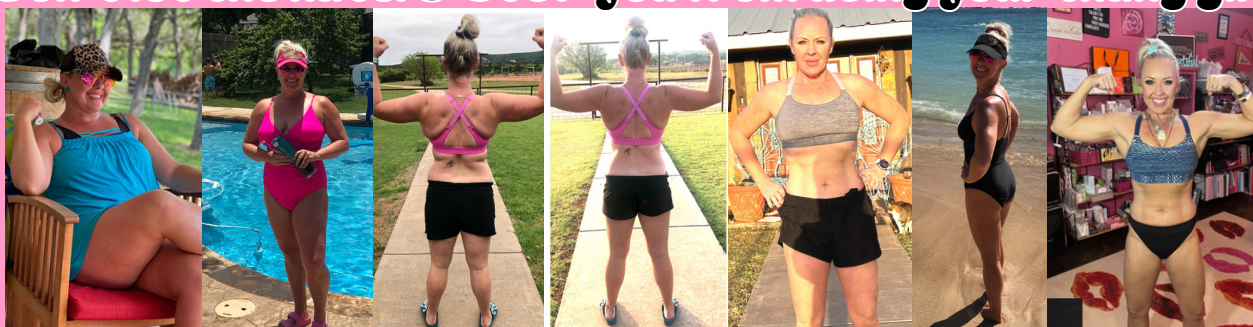
After losing 55 lbs, I learned this the hard way—your journey is yours. Own it, stay consistent, and let your actions do the talking.



“
Work in silence and
let success be your
noise!
– Frank Ocean
”



“Don’t let the haters StOP you from doing your thang girl”



Im proof you can do anything you set your mind too and I’m here to cheer for you every step of the way!



Protein Shake Guide

💋 8 oz of water or unsweetened non-dairy milk

(almond or coconut milk)

2 scoops chocolate protein powder

2 tbs pb fit powder

Blend or shake well & enjoy



💋 8 oz of water or unsweetened non-dairy milk

(almond or coconut milk)

2 scoops vanilla protein powder

1 tbs unsweetened cocoa powder

Blend or shake well & enjoy



💋 8 oz of water or unsweetened non-dairy milk

(almond or coconut milk)

2 scoops chocolate protein powder

2 tbs pb fit powder

Blend or shake well & enjoy



💋 8 oz of water or unsweetened non-dairy milk

(almond or coconut milk)

2 scoops of your vanilla protein powder

1 tsp cinnamon

Blend or shake well & enjoy



[Click here](#) to buy Casee's fav protein powder

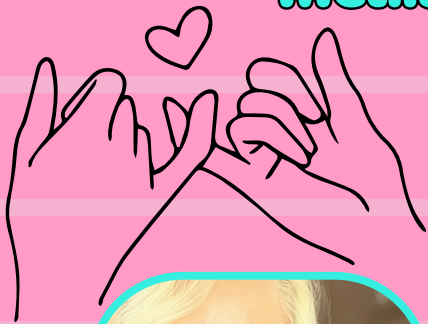
Rotate them out so you don't get bored!

Play Bestie Play

What to expect from the meal plans!

Simplistic + Realistic + Enjoyable

Meals from your bestie!



The meal plans provided are simply examples of how you can lay out your daily and weekly meals, please adjust amounts + modify to fit your family's needs. I've also included meal planner pages to help you plan each week!



**WAKE
UP &
SLAY**

The following meal plan are meals I have personally eaten while on my own personal weight loss journey losing 55lbs. This will provide you with ideas of how to eat balanced, nutrient-dense foods, allowing for consistent fat loss while keeping meals interesting and satisfying. Hope you Enjoy!

“YOU CAN SIT WITH US”





Reset Grocery List

- Get a food scale, weight scale & a body tape measure
- Be Prepared to take pictures before we begin the week :)
- This grocery list is for 1-2 people to eat the meal plan for the week. If you are feeding your family the same meals (modify amounts to accommodate your family's needs)
- Snack protein portions are 2-4oz
- Lunch & Dinner protein portions are 4oz-6oz of cooked protein for women & 6-8oz for men
- If you're wanting to lose 40lbs or more start with 6oz of protein portions instead of 4oz

Protein

- 2lbs of Chicken breast OR 1-2 Rotisserie chickens (I like the larger ones from Sams)
- You choose which chicken you want, get a combo of each for variety
- 1 can of canned chicken in water (for chicken muffins)
- 1lb-Sliced Turkey breast (deli)
- 1 lbs-Lean Ground Beef OR Ground Turkey
- 1 lbs roll of Turkey breakfast sausage

Veggies - Fresh/Green

You will need:

- 2 dinners of fajita veggies & 2 dinners with other veggies — you choose which green veggies you like best from these options directly below
- (Broccoli & cauliflower, 1 bunch of Asparagus, 1 bag of brussels sprouts, 1-2 bell peppers, 1 white/yellow onion)
- Leafy lettuce/romaine (for wraps)
- 1 Package of Celery (for dipping)
- 1 Red onion (for chicken muffins)
- 1 cucumber (for dipping)
- 1 package of sugar snap peas (for dipping)
- 2- Lemons (for water)

Fats & others

- Dozen Eggs
- 1 small container or 2% cottage cheese OR 1 small container of whipped cream cheese
- 1 package of mozzarella string cheese sticks
- Jar of Real mayo
- 1 8oz packaged of Shredded Medium cheddar
- Container unsalted almonds or unsalted mixed nuts
- Package of low carb tortillas
- Extra virgin olive oil (to cook chicken in)
- Pink Himalayan salt (to salt protein)
- Cinnamon (for shakes)
- 1 container of PB 2 or PB fit powder (for shakes)
- Unsweetened Coco powder (for shakes)
- 2-Ranch packet seasonings (for dips)
- Canister vanilla or chocolate protein powder (or any of your choice)
- Use a non dairy milk to mix your shakes up like Unsweetened Almond or Unsweetened coconut milk (make sure you get UNSWEET)

Reset Meal Plan

Day 1

Breakfast- Shake with Unsweetened Almond/Coconut milk or water

Snack- 2 Eggs, 2 oz turkey sausage & 1 serving shredded cheese (may make turkey meat balls)

Lunch- Shake with Unsweetened Almond/Coconut milk or water

Snack- 2 to 4 oz Protein of your choice from the list with 2 Lettuce leaves & wrap- 1 tablespoons real Mayo

Dinner- Shake with Unsweetened Almond/Coconut milk or water

Bf Bed- Night cap of hot tea



Lets go!

Day 2

Breakfast- Shake with Unsweetened Almond/Coconut milk or water

Snack- 1 cup green veggies of your choice from list with 2 tablespoon Lazy Girl Ranch dip & 1 serving unsalted nuts

Lunch- Shake with Unsweetened Almond/Coconut milk or water

Snack- Burger in a Bowl 2 to 4oz - Hamburger patty with 1 serving of sliced cheese may add 1 cup of lettuce, dill pickles, mustard

Dinner- Shake with Unsweetened Almond/Coconut milk or water

Bf Bed-Night cap of hot tea

Reset Meal Plan

Day 3

Breakfast- Shake with Unsweetened Almond/Coconut milk or water

Snack- 2 Eggs, 2 oz turkey sausage & 1 serving cheese

Lunch- Taco Wraps- 2 to 4 oz ground meat, 1 serving cheese, 2 Low carb tortillas

Snack- 1 string cheese & 1 serving unsalted nuts

Dinner- Chicken & Veggies- 2 to 4 oz grilled chicken, 1 cup veggies sauté in olive oil

Bf Bed- Night cap of hot tea



Day 4

Breakfast- Shake with Unsweetened Almond/Coconut milk or water

Snack- Lettuce Wraps- 2 to 4oz Protein of your choice from the list with 2 Lettuce leaves & wrap- 1 tablespoon real Mayo

Lunch- Shake with Unsweetened Almond/Coconut milk or water

Snack- Chicken fajitas w/ veggies- 2 to 4 oz grilled chicken, 1 cup veggies, ¼ avocado

Dinner- Shake with Unsweetened Almond/Coconut milk or water

Bf Bed- Night cap of hot tea

Reset Meal Plan

Day 5

Breakfast- Shake with Unsweetened Almond/Coconut milk or water

Snack- 1 cup Veggies with 2 tablespoons Ranch dip

Lunch- 2 to 4 oz Taco Meat- 1 cup veggies of choice & ¼ avocado

Snack- 1 string cheese & 1 serving of unsalted nuts

Dinner- Burger in a Bowl- 2 to 4 oz hamburger patty, 1 cup lettuce, 1 serving shredded cheese

Bf Bed- Night cap of hot tea



Day 6

Breakfast- Shake with Unsweetened Almond/Coconut milk or water

Snack- 2 to 3 Chicken Muffins (see recipe page)

Lunch- 2 to 4 oz taco meat, 1 serving cheese (divided by 2) 2 Low carb tortillas

Snack- Chicken fajitas- 2-4oz grilled chicken & 1 cups veggies, 1 serving healthy fat

Dinner- Shake with Unsweetened Almond/Coconut milk or water

Bf Bed- Night cap of hot tea

**DONT
GIVE UP** !!



Reset Meal Plan

Day 7

Breakfast- Shake with Unsweetened Almond/Coconut milk or water

Snack- 2 to 4 Chicken Muffins

Lunch- Taco Wraps- 2 to 4oz taco meat, 1 serving cheese, with 2 Low carb tortillas

Snack- 1 cup veggies & 2 tablespoons of dip

Dinner- Chicken & Veggies- 2 to 4 oz grilled chicken, 1 cup veggies & sautéed in olive oil

Bf Bed- Night cap of hot tea



💋 Chicken Muffins 💋

- * 12.5 Ounces canned Chicken - or Any Cooked Protein
- * 2 Large Whole Eggs
- * ½ Cup Celery - Chopped
- * ¼ Cup Red Onion - Chopped
- * ¼ Cup Cheddar Cheese
- * ½ Teaspoon Lemon pepper or Pepper
- * ¼ Teaspoon Salt
- * ½ Teaspoon Garlic Powder

Add these 2 only if you have them in your cabinet

- * 2 Tablespoons Bacon Bits
- * 1 Teaspoon Crushed Red Pepper

Instructions

- * Drain your Canned Chicken
- * Chop up your Celery and Red Onion
- * Add all of your ingredients into a bowl
- * Mix everything together
- * Take out a muffin pan and coat it with non-stick cooking spray
- * Evenly distribute your mix into the muffin spots
- * Bake on 350F/176C for 30-35 minutes or until they start to brown

Calories per muffin (if you make 6 muffins):

- * Calories: 86
- * Fat: 3g
- * Saturated Fat: .8g
- * Sodium: 423.5mg
- * Carbs: 1g
- * Fiber: .1g
- * Sugar: .3g
- * Protein: 13.8g



Nutrition

Calories: 86kcal | Carbohydrates: 1g | Protein: 13.8g | Fat: 3g | Saturated Fat: 0.8g | Sodium: 423.5mg | Fiber: 0.1g | Sugar: 0.3g

Casee's Fitness Tips:

WARMUP before and stretch after:

- Always warm up before each workout, not stretch!
- This is key for getting the blood flowing and avoiding injury. Just 5-10 minutes walking on the is perfect! This is amazing for decreasing muscle density and recovery.
- Standard warm up for upper & lower could include things like:
- Arm circles, Band pull apart in front, Bent over banded rows, Hand release or knee pushups, Glute bridges, Bodyweight squats.
- Engage your core during all movements
- If no equipment, used canned goods or household items, you may also do bodyweight- squeezing as if you were holding weight.



[Watch Upper Body Warm Up Video here:](#)

[Watch Cool Down/Stretch Video here:](#)

[Watch Lower Body Warm Up Video here:](#)



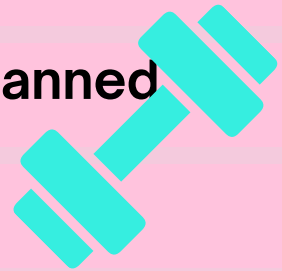
[Watch 7 Day Demo Video of each movement here:](#)



Let's Move that body bestie!

Day 1

1. Pushups 8-12 reps- Modified= on knees
2. Seated Shoulder Press- used light weights or canned goods 8-12 reps
3. Plank Shoulder Taps- 8-12 reps
4. Lat Front Raises- used light weights (3-5lbs) or canned goods 8-12 reps
5. Curl to Press- used light weights or canned goods 8-12 reps
6. Plank- 20 secs



3-4 rounds

Day 2

1. Goblet or bodyweight Squats-8-12 reps
2. Split Squats- 10-15 sec each leg
3. Glute Bridges- 8-12 reps
4. Plie Squats
5. Walking lunges (each side)- 8-12 reps
6. Single Leg Glute Bridge-8-12 each leg

3-4 rounds



Let's Move that body bestie!

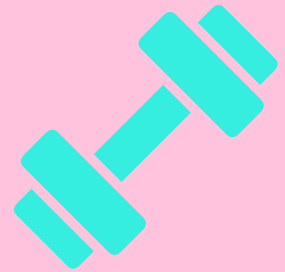
Day 3

1. Pushups- 8-12 reps
 2. Slow single arm row- 8-12 reps each arm
 3. Mountain Climbers-20 each leg, 40 total
 4. Bent over rows- used light weights or canned goods 8-12 reps
 5. Bicep Curls- used light weights or canned goods 8-12 reps
 6. Plank- 20-30 sec
- 3-4 rounds



Day 4

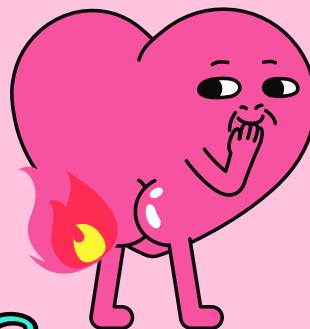
1. Wide Sumo Squats- 8-12 reps
 2. Curtsy lunges-8-12 reps
 3. Glute Bridges-8-12 reps
 4. Wall Sit 20-30 sec
 5. Single Leg Glute Bridge- 8-12 each leg
 6. Donkey Kicks-12 each leg
 7. Fire Hydrants-12 each leg
- 3-4 Rounds



Let's Move that body bestie!

Day 5

1. High Knees in place-20 secs- Modified- knee taps
 2. Jump Squats- 20 secs
 3. Jumping Jacks- 20 secs
 4. Mountain climbers- 20 secs
 5. Bicycle crunches- 20 secs
 6. Plank Hip Taps- 20 secs
- 3-4 rounds



Big Bootay Energy

Sit your BIG Bootay With Us

Every "Booty's" Dream AKA Booty Burner
Do before leg days for max Bootay activation!

- Banded Squat Pulses – 12 reps
 - Banded Clamshell Pulses – 12 reps per leg
 - Seated Banded Hip Adduction Pulses – 12 reps per leg
 - Standing Banded Straight leg Kickbacks – 12 reps per leg
 - Kneeling Donkey Kicks– 12 reps per leg
 - Kneeling Straight Leg Glute Pulses- 12 per leg
 - Fire Hydrants- 12 reps per side
- 2-3 Rounds

Watch Booty

Demos Here:

Day 6 & 7

Rest day & Booty Burner



PLAY NOW



What they are saying...

testimonial

Don't worry, when you work with Casee, you will think about Casee lol

I think about her everyday. Not because I'm going to workout with her, but because I did workout with her & feel the difference bc of the work we've put in!

She given me the confidence to branch out on my own, workout with my son & teach him what I've learned.

Plus, she's funny, we have a great time & great conversation!

Kallie

testimonial

Casee always pushed me in the gym!!

In only 4 Weeks working with her

I shed 5+ pounds!

Casee always hands me a heavier weight than I would have chose for myself & made me do pull ups - even if they were assisted!

Meagan

testimonial

I have loved working with Casee!

She is always there to help with any questions or concerns I have!

Since working with her I have shed 25+ pounds & so many inches

I've learned to stop focusing on the scale so much & the right things to eat to change my body!

She doesn't make me feel insecure when I do something the wrong way we just laugh and try again.

I highly recommend her if you are ready to start your journey to get healthy!

Marsha



testimonial

I absolutely LOVE working with Casee!

In 6 weeks I've shed 10lbs!!!

She is very helpful and understanding, I have learned a lot from her.

Casee is very informative, she has helped me realize I have been using machines wrong for a while.

I feel way more confident & stronger than I ever have.

She's very nice but also straight to it & will just tell you,

"You're doing this!" & "You Can Do This"

That's helped me to push myself harder!

Heather

TESTIMONIALS

testimonial

Since I began working with Casee I am more confident when I walk in the gym & onto the street! She has helped me with so many things. I am more flexible, I have better joint mobility & I'm thousand times stronger with more endurance.

In 8 Weeks I shed 30+ pounds!

Her programs are so much more than weight-loss! My energy & outlook have improved so much. I never thought I'd look forward to going to the gym!

Rachel

testimonial

It's been 6 weeks & I've never stuck with a fitness program this long. I love it & look forward to working out every time, even though it scares me to death! It's always fun and exciting to see her smiling face greet me at the door.

I'm comfortable with her because she has lived the struggles of not having the body she wanted!

I am stronger & not as shaking from muscle fatigue. I have become more confident in myself & even getting braver to wear shorts in public.

I love that she has shown me how to workout & have proper form without making me super sore every time!

Tricia

testimonial

Casee is very knowledgeable and encouraging! Every time I work out with her it adds a little pep in my step. Not only do we get a good physical work out but she's also good for the soul! I feel like I have my own personal cheerleader!

Dee

**See for
yourself!
Click here:**

You Ready to Burn Bestie?

Did you love this firestarter?

Your next 12 weeks is waiting and mapped out for you in the FULL "Fit Bestie Burn Book!"

"Ready to go bestie?"

Get your Burn Book Glo Up guide NOW."



Get it Here!

Love,
Casee Go



Casee's 1:1 Coaching programs offer you a personalized approach that is simple, sustainable, realistic and maintainable!

Click here to work with me again.

Casee's Fitness Programs Here:

Connect with Casee Today!

- Text FIT to (325) 305-0296
- Message Casee here:
- Website: www.caseecharwell.com/fitness
- Email: casee@caseecharwell.com
- Join my Bestie FB community here:



Thank you

Casee Jo's Favorite Things



10% off Clean Organic Minerals for your body! Essentially Salv-ee



Shop Halara Now to Get Free Gifts!

\$30 FREE with Greenlight money card app for kids and teens where we can send our kids money instantly, assign chores & more!



Casee Jo's Fav Skin & Beauty Products!

15% OFF the Ultimate Rolling Tote the Hulken Bag- Save with this link:



20% Off all fun Consuela colorful bags/totes

\$10 off your order of my fav protein coffee and Protein Tea- ILIKECHIKI



TikTok Shop

Check out Casee Jo's TikTok showcase

25% OFF Simple Snap Serums for all life's occasions



Plexus: Shop all clean gut sups here

\$150 OFF Premade meals + free boxes.



Learn to Make Money Online with Digital Marketing!

