



REST 10 DAY MEAL PLAN



Tania Schruppe

RESET PHASE 10 DAY WHOLE FOOD PLANT BASED MEAL PLAN

Wow congrats you have made it to the RESET phase or you have bypassed the REBOOT, all of which is super. You must be feeling really good by now. 10 days of no sugar and toxic foods & drinks will have you feeling great.

Now that you are feeling full of energy and thinking about eating or maybe even worrying about eating, I want to help you to guide you through this phase.

If you can stick to the rule of no animal products super. As the body can not digest meat or fish and even dairy that well, due to the micotoxins that are still toxins from animal product staying plant based is the ultimate for longevity but make sure that you are eating a balanced diet with lentils in. If you are looking to loose weight then cut down on the lentils to 100g portions per meal. If weight is not an issue then you can take up to 130g of lentils per meal.

To transition into food here are my tips:-

1. Have a juice to start
2. Keep your meals small and very light and very simple
3. Do not add heavy proteins like meat or eggs or fish until your tummy is used to food again
4. Please, Please do make entries in your journal as you introduce food, make note of any gas, constipation, pains, sluggishness and sleepiness and so on
5. Do not stray off this plan unless you want to go back to feeling tired and lethargic again. Keep the high by staying away from wheat and sugar and processed foods
6. Up your servings of of vegetables like cruciferous veggies, onions and garlic and a good grain like rice, or potato etc. These are excellent sources of fuel for the body, and very easy to digest.
7. For those that are hard core detoxers have the pre-meal detox drink
8. Add supplementation to like edible minerals - see detoxification and supplementation section under this meal plan.
9. All recipes can be found in the RESET recipe book.

DAY 1

MEAL	PLAN TO EAT	WHAT I ACTUALLY ATE	ENERGY 1= None 10=Lots
BREAKFAST	<p>DAY 11 SELF CARE</p> <p>WATER & LEMON</p> <p>Don't laugh, start your day with a juice or smoothie to ease your way in.</p> <p>Only make it 300ml for smoothie as it will be filling but a perfect start to the day. Use up what you have left over from the juicing phase</p>		
SNACK	<p>Veggies and a dip or just cut veggies. Dip could be hummus, baba ganoush, or even a pate. Think lite food - not heavy as your stomach is the size of your fist and not used to heavy food</p>		
LUNCH	<p>Tomato, Avocado & Basil</p>		
SNACK	<p>Cranberry Blend or a juice of your choice</p>		
DINNER	<p>Cauliflower & Moringa Chowder or soup of your choice from the all recipes / soups section</p>		
END OF THE DAY	<p>Add a nice herbal tea</p>		
<p>NOTES FROM TODAY</p> <p>How Did I Feel Today:</p>			

DAY 2

MEAL	PLAN TO EAT	WHAT I ACTUALLY ATE	Energy 1 No energy 10 Lots
BREAKFAST	<p>DAY 12 SELF CARE</p> <p>WATER & LEMON / DETOX DRINK</p> <p>Sautéed greens & Lentils</p>		
SNACK	<p>Quinoa, Berry Almond Smoothie or a juice</p> <p>NOTE: you may feel full from breakfast, if so skip your snack and wait for lunch</p>		
LUNCH	<p>Sprout & Pepper Salad with Blueberries or salad of your choice</p>		
SNACK	<p>Celery, Carrot and Almond Butter</p>		
DINNER	<p>Smoothie of your Choice or you may have made some protein balls or finish off the dip from yesterday with veggies or flax crackers and avocado</p> <p>ALL SIMPLE AND EASY IF YOU HAVE PREPARED SOME OF THESE "BULK" MAKE FOODS</p>		
END OF THE DAY	<p>If still hungry at around 9 or 10pm then snack on stick of celery. Great potassium and calming. Good for BP too</p> <p>END THE DAY WITH A HOT HERBAL TEA</p>		
<p>NOTES FROM TODAY</p> <p>How Did I Feel Today:</p> <p>My GOAL</p>			

DAY 3

MEAL	PLAN TO EAT	WHAT I ACTUALLY ATE	Energy 1 No energy 10 Lots
BREAKFAST	<p>DAY 13 SELF CARE WATER & LEMON</p> <p>JUICE &</p> <p>Sautéed Mushrooms with pre-cooked lentils - cook as much or as little as you need for your appetite, what you can;t eat leave until lunch</p>		
SNACK	Handful of Pumpkin Seeds		
LUNCH	Veggies and String Mushrooms Warm pan fry		
SNACK	Papaya Passion smoothie or juice of your choice or choose something from the snacks book		
DINNER	Broccoli Soup With Walnuts		
END OF THE DAY	END THE DAY WITH A HOT HERBAL TEA or Warm Lemon Water		
<p>NOTES FROM TODAY How Did I Feel Today:</p> <p>My GOAL</p>			

DAY 4

MEAL	PLAN TO EAT	WHAT I ACTUALLY ATE	Energy 1 No energy 10 Lots
BREAKFAST	<p>DAY 14 SELF CARE WATER & LEMON</p> <p>JUICE - from the Juice Me Up book</p> <p>Creamy Coconut Custard Smoothie or 1/2 cup of oats cooked in water with some fruit</p>		
SNACK	<p>Pineapple Delight or Smoothie from the Yummy Yummy smoothie book or a juice of your choice</p>		
LUNCH	<p>Lima bean and pomegranate hash</p>		
SNACK	<p>Carrot and Humus</p>		
DINNER	<p>Cauliflower & Mushroom Salad With Quinoa Sprinkles</p>		
END OF THE DAY	<p>END THE DAY WITH A HOT HERBAL TEA or Warm Lemon Water</p>		
<p>NOTES FROM TODAY How Did I Feel Today: My GOAL</p>			

DAY 5

MEAL	PLAN TO EAT	WHAT I ACTUALLY ATE	Energy 1 No energy 10 Lots
BREAKFAST	DAY 15 SELF CARE WATER & LEMON Celery juice Sautéed Veggies & Lentils or oats with fruit		
SNACK	Cucumber Slices with Dill Dip		
LUNCH	Red Rice, with Spring Onion & Veggies Pre make this the night before and have the leftovers for breakfast.		
SNACK	Green Apple		
DINNER	Lentils & String Mushroom Warm Salad		
END OF THE DAY	END THE DAY WITH A HOT HERBAL TEA		
<p>NOTES FROM TODAY</p> <p>How Did I Feel Today:</p> <p>My GOAL</p>			

DAY 6

MEAL	PLAN TO EAT	WHAT I ACTUALLY ATE	Energy 1 No energy 10 Lots
WAKE UP TIME:	DAY 16 SELF CARE WATER & LEMON		
JUICE			
BREAKFAST TIME:	JUICE - of your Choice Red Rice, with Spring Onion & Veggies (leftovers from yesterday lunch)		
SNACK	Juice of your choice		
LUNCH	Broccoli and Pomegranate Salad		
SNACK	Handful of Pickles and Olives		
DINNER	Yellow Lentils & Veggie Stew		
END OF THE DAY	END THE DAY WITH A HOT HERBAL TEA		
NOTES FROM TODAY How Did I Feel Today: My GOAL			

DAY 7

MEAL	PLAN TO EAT	WHAT I ACTUALLY ATE	Energy 1 No energy 10 Lots
BREAKFAST	<p>DAY 17 SELF CARE WATER & LEMON</p> <p>Celery Juice</p> <p>Apple Spice Porridge</p>		
SNACK	Juice or fruit of your choice		
LUNCH	<p>Creamy Tomato & Avocado Salad or a warm soup</p> <p>or if you have left overs finish the yellow lentil and veggie stew.</p>		
SNACK TIME:	Mushroom Pate and flax crackers		
DINNER	Leftover Broccoli and Pomegranate Salad with added quinoa		
END OF THE DAY	END THE DAY WITH A HOT HERBAL TEA		
<p>NOTES FROM TODAY How Did I Feel Today: My GOAL</p>			

DAY 8

MEAL	PLAN TO EAT	WHAT I ACTUALLY ATE	Energy 1 No energy 10 Lots
BREAKFAST	DAY 18 SELF CARE WATER & LEMON Celery Juice Quinoa Almond Mylk & Berries or breakfast of choice from the breakfast recipes		
SNACK	Apple		
LUNCH	Kale Wraps with Salsa		
SNACK	Mixed Veg and Hummus Dip or dip of your choice		
DINNER	Broccoli and Walnut Soup (add lentils if you need more sustenance)		
END OF THE DAY	END THE DAY WITH A HOT HERBAL TEA		
<p>NOTES FROM TODAY How Did I Feel Today: My GOAL</p>			

DAY 9

MEAL	PLAN TO EAT	WHAT I ACTUALLY ATE	Energy 1 No energy 10 Lots
BREAKFAST	DAY 19 SELF CARE WATER & LEMON Celery Juice Kefir or almond mylk & Black glutinous rice with Avocado & Mixed fruits		
SNACK	Pumpkin seeds and or juice of your choice		
LUNCH	Finish off the left over broccoli soup from the night before		
SNACK	Apple (with almond butter if need more protein)		
DINNER	Detox Meatless Lasagne		
END OF THE DAY	END THE DAY WITH A HOT HERBAL TEA		
NOTES FROM TODAY How Did I Feel Today: My GOAL			

DAY 10

MEAL	PLAN TO EAT	WHAT I ACTUALLY ATE	Energy 1 No energy 10 Lots
BREAKFAST	DAY 20 SELF CARE WATER & LEMON / Celery Juice Lentils with Sautéed spinach and garlic		
SNACK	Have a juice for snack		
LUNCH	Chickpea & Seed Mixed Salad		
SNACK	Mixed nuts and Seeds		
DINNER	Your choice from the menu - meatless lasagna from the night before or try a quinoa based pizza or the mulligatawny soup - divine		
END OF THE	Herbal tea of your choice and a nice hot Epsom salt / lavender bath		

NOTES FROM TODAY
 How Did I Feel Today:
 My GOAL