

# 4 DAY RESET PLAN

TO BOUNCE BACK  
AFTER A BINGE

GUIDE



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# WELCOME!



Hi, I'm Ana-Maria, and I'm a Registered Holistic Nutritionist through the Canadian School of Natural Nutrition.

I love to help busy moms balance out of wack hormones by teaching a habit-based approach to health to save time, loose weight, feel energized, and love your body again.

I've struggled for a long time with constant sugar cravings and learned a thing or two along the way.

I made this guide because I believe in taking a step by step approach to building healthier routines and from time to time, that means your meal prep won't always be your first priority when this little things called L-I-F-E happens. The best thing you can do is enjoy those moments and get back on your health journey.

I want you to have a blueprint of what to do after a binge so that one weekend of poor eating does not become one month, one month does not become a few months, and a few months don't become a few years.

Keep this guide handy and pull it out whenever you need a mini-reset after being a little more liberal with your food then you would like.

You are one awesome mama!

# BEFORE WE BEGIN

## JOIN THE PRIVATE FACEBOOK COMMUNITY

Adopting healthy habits and feeling great is a much easier task when you have the support of a community of like-minded people. These things are just more fun with friends!

So what are you waiting for? Hop in the [Facebook Community](#). I'm building a tribe of awesome moms who want to surround themselves with positivity and support.

Feel free to ask me any questions in the group. Just tag me by typing Ana-Maria Janes in your post.

## IN THE FACEBOOK GROUP WE:

- Share successes! This is the single most important thing you can do in this group. Did you successfully prepare for your holiday party? Did you complete the 4-day Reset? Share with others for motivation and inspiration. Did you drink your lemon water this morning?
- Share your "Aha! Moments." Has something dawned on you that you want to share? Did you learn something from this guide or a post in the group? Share it with others! They will benefit from hearing from you.
- Ask questions often. Use this group to engage with other participants. Visit the group at least once per day.
- Engage with each other and answer each other's questions – you'll all be going through the same thing, so share and collaborate! Find your accountability buddy!
- If you feel someone you know can benefit from the group, feel free to invite them.

# THE 4 DAY RESET PLAN TO BOUNCE BACK AFTER A BINGE

The weekend rolls around, and you have Friday night happy hour, a wedding, a birthday party, a night out with the girls, a full day of errands or a birthday party. Maybe you're getting ready to head on vacation or have your annual family gathering. Perhaps it's the holiday season or the month where every-one-of-your-family-member-decided-to-be-born.

Life happens and all those moments deserve to be celebrated. You are here to be happy and that means relaxing your eating habits to give your full attention to the special moments in your life. The only downfall is that going on an indulgence streak can make you bloated, tired, a few pounds heavier. It can also leave you with bags under your eyes, a headache to match, and completely dehydrated. Worst it can send you down a sugar or salt cravings roller coaster ride that might take you days or weeks to break.

A sweet event doesn't have to be a rollercoaster of bingeing on treats and regretting it the next day. I want you to have real strategies and solutions for life that still allow you to have fun and enjoy good company!

As a holistic nutritionist, I teach people how to slow down when they eat, be mindful of stress and understand what foods to put on their plate to nourish their body.

In this guide I am taking you through a simple, step-by-step plan that will take the worry out of the birthday parties, the girl's night out, family gatherings and stressful holidays so you can sit back and enjoy yourself.

This is NOT about depriving yourself of all the treats and special meals. It's a plan of action that will allow you to enjoy that small piece of pumpkin pie or chocolate cake without beating yourself up the following day.

# UNDERSTAND YOUR TRIGGERS

Before we jump into my tips and strategies for staying healthy during one of your important events, it's important to take a look at your triggers and understand when you feel tempted to overdo it with food.

For now, I want you to take note of the situations that you will be in and bring awareness to your temptations.

Here are some examples to get you started thinking about your reaction:

- Attending a cocktail party or a wedding with an open buffet, makes you go for thirds
- The cake at the office party makes your mouth water and you can't just have one slice
- When you're watching TV, you feel like doing something with your hands and so you eat
- Cookies and chocolate being delivered to the house for the holidays make you go wild with cravings
- Preparing food for a party you're throwing and munching on the raw cookie dough batter
- Family holiday parties always have you nibbling on the carb filled hors d'oeuvres
- Cocktail parties with fruity drinks always make you want more than one sugar filled drink
- You finish the bread at restaurant even before they bring your main course meal

Simply bringing awareness to your triggers will automatically help in coming up with a plan to minimize your temptations.

# WHAT TO DO BEFORE EVENTS

## PLAN AHEAD

Many times, we know when we have an event coming up that might be tricky to navigate. So here are my best tips to plan ahead.

### FIND OUT WHAT WILL BE SERVED

If possible, ask the host what kinds of foods and drinks will be served so you'll know ahead of time how to prepare. There's no need to make a fuss that you are being choosy about what you eat. Ask out of genuine curiosity and refrain from approving or disapproving.

### BRING A DISH TO YOUR HOLIDAY DINNER

This brings me to our next strategy, based on the menu, offer to bring a plate of a healthy meal to share with the other guests. Maybe they'll say yes or maybe they'll say no, but this helps to take care of yourself so you can spend your energy on having a good time and not worrying about how you'll feel after you eat.

### PACK A HEALTHY SNACK

Throw a healthy protein bar (Vega makes really good ones) in your bag so you'll have something to snack on besides the chips and dip. Nuts, seeds, trail mix, roasted chickpeas, zucchini chips, kale chips, and fruits are all easy snacks to pack.

### DON'T SHOW UP HUNGRY

Always eat at least a small meal before you go to a dinner or party. If you show up starving you'll be likely to wolf down everything in sight and overeat on the hors d'oeuvres alone. Try one of the following protein-rich mini meals to tide you over and keep you from pigging out on sugar.

## MY FAVOURITE MINI MEALS ARE

1. A healthy protein like turkey slices with avocado
2. Greek or coconut yogurt with nuts and a fruit
3. A smoothie filled with fiber rich veggies, healthy fat and protein
4. A cup of homemade soup
5. A healthy protein bar
6. Veggies like broccoli, carrots or celery with hummus
7. Any protein and vegetables combination

# WHAT TO DO WHILE AT YOUR EVENT

## HYDRATE

If you're feeling super hungry at an event, focus on drinking water before you go for that plate of food. Sometimes that hunger is actually a sign of thirst. So scratch that off the list first before going to get another another piece of cheese and crackers.

If you're finding yourself craving sugar and salt, your body is likely depleted in minerals. If you're at a restaurant, order a tall glass of water with lemon while you're out to replenish.

Are you toasting the holiday with a glass of bubbly or red wine? Make sure to drink a glass of water before and after your cocktail.

Another awesome option is to make a healthy vitamin water, and drink it both before you head out AND the morning after.

## VITAMIN WATER RECIPE

8 ounces coconut water  
1 teaspoon raw apple cider vinegar  
2 inch piece of ginger  
juice from one lemon

Stir or shake the ingredients to combine, and sip. The raw apple cider vinegar will enhance your digestive enzymes and balance PH, while the coconut water will mineralize your body.

As you are drinking your vitamin water, take 5 deep breaths. Deep breathing calms your nervous system and reduces stress levels naturally.

At family gatherings, birthdays or summer BBQs, you can easily carry your drink in your very own glass or stainless steel water bottle and sip throughout the event.

## SAY NO (MOST OF THE TIME)

Wouldn't it be nice if we could pace ourselves while on vacation or avoid the office treat table?

It's easier said than done especially because we don't want to get so frustrated with deprivation that we show up to a party and say *screw it, I'm eating everything!*

Come up with one rule for yourself and stick to it. You have rules in your life that you won't break no matter what like "I shall not take a life", "I won't walk around naked in public" or "I won't drink alcohol while pregnant". A little extreme but you get my point. You just won't do those things.

Using the same concept, create a rule for yourself around these celebrations. This year, mine is that I won't have birthday cake at birthday parties. Here are some ideas to get you inspired. Pick something that is doable and will give you that fine balance between enjoying yourself and making good choices.

- I will have a glass of water before every alcoholic drink I have.
- I will only drink water at family gatherings.
- I will always have a nourishing mini means before going to an event.
- I will finish my bag of nuts before digging into the hors d'oeuvres.
- I will have a salad every day while on vacation.
- I will chew each bite 40 times before swallowing.

See how those rules can help set you up for a healthier celebration without feeling deprived?

## HAVE A BITE!

When you do decide to have the slice of pie or helping of mom's stuffing, focus on savouring the food instead of inhaling it.

Paying attention to portion sizes go a long way to keeping us healthy and feeling good.

If this relationship with food is something that you struggle with (I know I have), I recommend you chew your food between 30 to 40 times before swallowing. This will allow you to notice that you are fuller faster and pace yourself so that you don't over eat.

## CHECK IN WITH YOURSELF BEFORE YOU EAT

Take a few moments to turn inward before you start eating. Ask yourself: Have I filled myself up with self-care today? Have I slowed down and addressed my emotions?

If you're feeling stressed, anxious or overwhelmed, take a few moments to do some deep breathing. Excuse yourself to the restroom if you need to step away.

Taking the time to touch base with your body and slow down will help prevent overeating.

## ASK ABOUT HEALTHY OPTIONS

Don't be afraid to talk with the party host, the waiter or your co-workers about healthy foods for your holiday events.

We might feel nervous about speaking up - what will people think? But we're not being a pain. We're being mindful of taking care of ourselves and setting the stage for success.

## SLOW DOWN & ENJOY YOUR FOOD

If you actually want to have a taste of something, then do it! Slow down and enjoy the decadent flavour of that chocolate cake or the creamy deliciousness of those mashed potatoes. Taste the food you're eating, and don't feel guilty.

Sometimes this might mean taking a break for the chit chat and focus on eating for a few minutes. Other times if we are binge eating while watching netflix at home, just chew your food until it's liquid about 30 to 40 times.

### SAVOR THE MOMENT

Remember that a truly healthy, happy holiday is about being present in the moment.

As you're celebrating, practice mindfulness:

I deserve to really enjoy my life.

I deserve to step away from a stressful situation to focus on myself for 5 minutes.

I deserve to enjoy celebrating in the company of my friends and family.

It's not only about the plate of food. Take a taste of life, too. The food is a reflection of your life and what is happening inside and around you. Savor your life.

## WHAT TO DO AFTER THE FACT

### DE-BLOAT & RESET

Sometimes, regardless of our best intentions, we let ourselves loose on the buffet table. Or we simply really needed that weekend binge. Maybe life just got busy and you need to put an end to the week of take-out food.

Regardless of the reason, our binge can leave us feeling bloated, tired, and less-than-amazing once the party's over.

It's important to have some healthy tricks in the toolbox to nip those pesky symptoms in the bud and get us back on track to feeling great. We want to focus on flushing toxins out of our bodies to reduce the waste that leads to bloating and fatigue.

Here are my 3 favourite ways to de-bloat and reset the day after.

### 1. MY MORNING LEMON ELIXIR

Take 2 cups of room temperature water, and add the juice from 1/2 a lemon, a pinch of cayenne (optional), and 1 teaspoon of raw honey or a couple drops of stevia (use stevia if you are on a yeast cleansing diet).  
Mix well, and sip to cleanse the body.

### 2. MY EVENING ALKALIZING CHLOROPHYLL DRINK

Add 1 tablespoon of chlorophyll to 12 ounces of water with the juice of one lemon and drink. Mix well, and sip to cleanse the body.

**Note:** you can buy chlorophyll at any natural food store, Whole Foods, or on Amazon.

### 3. MOVE YOUR BODY

Exercise is one of the best ways to cleanse your body and remove toxins. Try taking a brisk walk, hitting the gym, or going to your favorite zumba class. Sweating helps the body to eliminate toxins through the skin. Be sure to shower and scrub when you're done.

## 4 DAY POST-BINGE RESET PLAN

Maybe you feel congested, a bit bloated, maybe even a little extra tired. Perhaps the family got you stressed, you had 3 pieces of birthday cake, Mary brought cupcakes to the office again, or you devoured a whole box of fererro rocher. No worries my lovely mama! I got you!

I am sharing with you what to do to recharge, regenerate, and kick the bloat so that you get yourself feeling energized again.

### ARE YOU READY?

Use this 4-day reset to cleanse and revitalize after a wedding, birthday party, dinner gathering, a binge weekend, or even the entire holiday season.

**Be sure to hop into the free [Facebook Community](#) to share your experience..  
What worked best for you? What didn't?**

## YOUR DAILY PLAN FOR 4-DAYS:

1. UPON WAKING: Drink Lemon Elixir to cleanse, alkalize your body, and reduce sugar cravings.
2. BREAKFAST: SEE SUGGESTED MEALS BELOW
3. SNACK: Enjoy a cup of peppermint or ginger tea and raw veggies with hummus.
4. LUNCH: SEE SUGGESTED MEALS BELOW
5. LATE AFTERNOON SNACK (around 4 pm): Enjoy a cup of ginger, peppermint, or dandelion tea and have an apple sliced and dip in 1 tablespoon almond butter.
6. DINNER: SEE SUGGESTED MEALS BELOW
7. EVENING: If you are craving something sweet, have a cup of chamomile tea or 1 teaspoon of raw honey. Or enjoy a baked apple with cinnamon, walnuts, and raw honey or stevia (bake at 350 degrees for 20 minutes). Another option is half a banana with 1 tablespoon of almond butter and 1 tablespoon of honey with slivered almonds.
8. GET SUPPORT: Be sure to join the free [Facebook Community](#) and share your experience! I'm there to answer questions and share additional tips, recipes, and suggestions. Plus you can connect with others doing the reset, too.

# SHOPPING LIST

## FRUITS:

Avocado - 2  
Bananas - 2  
Blueberries - 1 ½ cup  
Raspberries - ½ cup  
Lemons - 6  
Apples - 3  
Raisins - ¼ cup  
Pineapple - ½ cup fresh or frozen

## VEGETABLES:

Spinach - 4 cups  
Dandelion leaves - 1 cup  
Red cabbage - 1 ¾ cup shredded  
Carrots - 6 large  
Cauliflower - 1 head  
Sweet potatoes - 3 medium  
Sweet onion - 3  
Lettuce of your choice - 4 cups  
Beets with greens - 1 bunch  
Bell pepper - 1 small  
Kale - 2 cups  
Butternut squash - 1 medium

## NUTS & SEEDS:

Flax meal (ground flax seeds) - 4 tablespoons  
Raw pumpkin seeds - ¼ cup  
Chia seeds - 2 tablespoon  
Unsweetened shredded coconut - 2 tablespoons

## GRAINS & BEANS:

Lentils - 2 cups  
Quinoa - 3 cups

## HERBS & SPICES:

Parsley - 2 bunches  
Garlic - 5 cloves  
Sea salt  
Black pepper  
Garam Masala - 1 dash (optional)  
Ground cinnamon - 4 teaspoons  
Ground ginger - ½ teaspoon  
Ground nutmeg - 1 teaspoon  
Basil leaves - 1 large bunch  
Fresh ginger - 2 ¼ -inch piece  
Mint leaves - 10  
Dried oregano - 1 teaspoon  
Curry powder - 2 teaspoons

## CONDIMENTS & PANTRY ITEMS:

Non-dairy milk (coconut, hemp or almond) - 5 cups  
Raw apple cider vinegar - ½ cup + 1 tablespoon  
Dijon mustard - 1 tablespoon + ½ teaspoon  
Extra-virgin olive oil - 1 ¼ cups + 2 tablespoons  
Liquid sweetener (maple syrup, honey, or stevia) - to taste  
Vegetable or chicken broth - 9 cups  
Vanilla extract - 1 teaspoon  
Kalamata olives - optional  
Red wine vinegar - ¼ cup

# RECIPES

## DAY 1

### BREAKFAST

#### SMOOTHIE

(Makes 1 Serving)

2 cups spinach  
1 handful of parsley  
1 1/2 cups water or non-dairy milk (coconut, hemp, or almond milk)  
1 banana  
1/2 cup berries  
1 tablespoon flax meal

Add all the ingredients to a high-speed blender and blend until smooth.

### LUNCH

#### SALAD WITH MUSTARD VINAIGRETTE

(Makes 2 Servings)

1 cup dandelion leaves, chopped  
1 cup red cabbage, chopped  
1 large carrot, shredded  
1/2 cup parsley, chopped

#### MUSTARD VINAIGRETTE

1/4 cup raw apple cider vinegar  
1 tablespoon Dijon mustard  
1/3 cup extra virgin olive oil  
1 small garlic clove, minced  
1 lemon, juiced  
liquid sweetener to taste  
sea salt to taste  
black pepper to taste

Prepare the dressing. In a small bowl, add raw apple cider vinegar, Dijon mustard, extra virgin olive oil, garlic, lemon juice, liquid sweetener, sea salt, and black pepper. Whisk until well incorporated. Set to the side.

Assemble the salad. In a large salad bowl, add dandelion leaves, red cabbage, shredded carrot, and chopped parsley. Top with mustard vinaigrette and mix until well coated. Serve immediately.

## DINNER

### SWEET POTATO CAULIFLOWER SOUP

1 large head cauliflower  
Few dashes Garam masala (optional)  
3 medium to large sized peeled sweet potatoes, cut into 1" pieces  
1 sweet onion, diced  
6 cups vegetable broth  
1 teaspoon salt

Preheat oven to 400 °F. Wash and cut cauliflower, then sprinkle lightly with Garam masala. Place cauliflower onto parchment covered baking sheet and lightly drizzle with olive oil. Roast about 20-30 minutes. In large stockpot, bring sweet potato, onion, garlic, salt and broth to a boil.

Reduce heat and simmer until sweet potatoes are tender. Add in cooked cauliflower and blend half then combine.

# DAY 2

## BREAKFAST

### GRAIN-FREE PORRIDGE

- ¼ cup raw pumpkin seeds
- 2 tablespoons flax seeds
- 1 tablespoon chia seeds
- 2 tablespoons unsweetened shredded coconut
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ½ teaspoon vanilla extract
- ½ cup warm dairy-free milk of your choice

Grind the cereal. In a coffee grinder or blender, add the pumpkin seeds, flax seeds, chia seeds, and shredded coconut. Grind or blend until fine. Place in a serving bowl. Add the warm dairy-free milk of your choice, as well as the cinnamon, ginger and vanilla extract into the cereal and stir.

Serving Suggestions: Add allspice or garam masala to your cereal. You may also add a teaspoon of the sweetener of your choice. Top your cereal with sliced bananas, apples, shredded coconut, etc.

## LUNCH

### HEALTHY SALAD

- 2 cups chicory lettuce (or your choice)
- 1 bunch beet greens, thinly sliced
- ½ cup shredded beets
- ½ cup shredded carrots
- ¼ small red cabbage, thinly sliced

## DRESSING

2 lemons, juiced  
10 basil leaves  
1 small bell pepper  
¼ cup extra virgin olive oil  
1 small apple, chopped  
1-inch piece of fresh ginger  
1 small garlic clove  
¼ teaspoon salt  
¼ teaspoon pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the lemon juice, basil, bell pepper, olive oil, apple, ginger, garlic, salt, and pepper to a blender. Blend until smooth. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing.

Toss the salad. Add your chicory lettuce, beet greens, shredded beets, carrots, and red cabbage to a large salad bowl. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Enjoy!

## DINNER

### BASIL LEMON QUINOA WITH LENTILS

2 cups lentils, soaked overnight  
2 tablespoons extra virgin olive oil  
1 cup cooked quinoa  
¼ cup raisins  
1 cup basil leaves, chopped  
½ large lemon, juiced  
Sea salt to taste

Cook your lentils. Drain your lentils and add them to a pot. Cover the lentils with water and cook over medium heat for 20 to 30 minutes.

Add remaining ingredients. When lentils are cooked, drain and let them cool and pour olive oil on top. Add cooked quinoa, raisins, chopped basil leaves, and sea salt to taste. Stir all the ingredients in a large bowl and add olive oil.

# DAY 3

## BREAKFAST

### ENERGY SMOOTHIE

(Makes 1 Serving)

1 ½ cups dairy free milk (almond, coconut or hemp)  
½ cup frozen or fresh pineapple  
1 cup kale  
1 handful of parsley  
¼-inch fresh ginger root  
Juice of 1 lemon

Add all the ingredients to a high-speed blender and blend until smooth.

## LUNCH

### BERRY SALAD

2 cups baby spinach  
½ cup purple cabbage, chopped  
½ cup fresh blueberries  
½ cup fresh raspberries

### BLUEBERRY VINAIGRETTE

½ cup blueberries  
1 tablespoon raw apple cider vinegar  
2 tablespoons extra virgin olive oil  
1 small garlic clove  
Sea salt to taste  
Black pepper to taste

Prepare your vinaigrette. Add blueberries, raw apple cider vinegar, extra virgin olive oil, garlic, sea salt, and black pepper to a blender. Blend until smooth. Set to the side.

Assemble the salad. Add the baby spinach, purple cabbage, fresh blueberries and raspberries to a large salad bowl. Top with blueberry vinaigrette and mix until well coated.

## DINNER

### LEMON GINGER QUINOA

- 1 tablespoon extra virgin olive oil
- 1 small carrot, grated
- 1-inch piece of ginger, grated
- 1 small onion, minced
- 2 large garlic cloves, minced
- 2 cups quinoa
- 3 ⅓ cups water
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ½ lemon, juiced

Sauté the vegetables. Add extra virgin olive oil to a large sauce pan over medium heat. When the pan is hot, add carrot, ginger, onion and garlic. Sauté for about 2 to 3 minutes.

Add the quinoa. After sautéing the vegetables, add quinoa, water, sea salt, and black pepper. Stir and allow the quinoa to steam -- with the cover on -- for about 20 minutes on low heat. The quinoa is done when the water is absorbed. Turn off the flame and fluff the quinoa with a fork. Add lemon juice. Cover and allow the quinoa to absorb the lemon juice.

Serving suggestions. This quinoa can be served with a variety of stir-fried vegetables including cabbage, kale, broccoli, etc.

# DAY 4

## BREAKFAST

### GREEN SMOOTHIE

(Makes 1 Serving)

1 cup water or almond, hemp, or coconut milk  
1 banana, frozen  
½ avocado  
Handful of parsley  
1 cup kale or baby spinach  
1 tablespoon ground flax seeds  
1 tablespoon chia seeds  
1 teaspoon cinnamon  
½ teaspoon vanilla (optional)  
Stevia to taste  
3 to 4 ice cubes

Add all the ingredients to a high-speed blender and blend until smooth.

## LUNCH

### YUMMY SALAD

2 cups mesclun lettuce  
1 cup flat leaf parsley, chopped  
1 carrot, shredded  
1 large apple, chopped  
¼ cup shredded beets  
10 fresh mint leaves, roughly torn to small pieces  
1 avocado, chopped  
Kalamata olives, chopped (optional)

### DRESSING

2 large garlic cloves, minced  
1 large lemon, juiced  
¼ cup red wine vinegar

¼ cup extra virgin olive oil  
½ teaspoon Dijon mustard  
1 teaspoon dried oregano  
¼ teaspoon sea salt  
¼ teaspoon black pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add all the ingredients to a jar with a lid. Shake vigorously. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

## DINNER

### APPLE SQUASH CARROT SOUP

1 tablespoon extra virgin olive oil  
1 small onion, chopped  
1 medium butternut squash, peeled and chopped  
1 large apple, cored and chopped  
2 carrots, chopped  
2 teaspoons cinnamon  
1 teaspoon nutmeg  
2 teaspoons curry powder  
½ teaspoon sea salt  
½ teaspoon black pepper  
3 cups broth (chicken or vegetable) or water  
½ cup dairy-free milk of your choice

Create the soup base. In a large pot, add the extra virgin olive oil. When the oil is hot, add onion and sauté for 2 to 3 minutes. Add chopped butternut squash, apple, and carrots, cinnamon, nutmeg, curry powder, sea salt, and black pepper to the pot. Sauté for 3 to 5 minutes. Add broth (or water) to the pot and stir. Let it come to a boil. Then reduce the heat and simmer for 15 minutes.

Make it creamy. You can use an immersion blender to make the soup smooth or blend the soup in batches using a standup blender. When the soup is blended, then add it back to the pot and add the dairy-free milk. Reheat the soup. Taste and adjust seasonings. Enjoy!

# 4 DAY RESET PLAN CHECKLIST

Print the Family Gathering Survival Tips and the Healthy Habits for the Holidays checklists and post on your fridge or somewhere you can visibly see them.

Use them as a guide to bounce back after your events.

The Family Gathering Survival Tips will walk you through what to do for shorter binge events, like a family BBQ, a birthday party, valentine's day, a night out with the girls or a wedding.

The Healthy Habits for the Holidays will give you a cheatsheet of how to reset after longer events such as long weekends, busy periods in your life where take-out was the norm, thanksgiving or the Christmas and New Year holidays

# FAMILY GATHERING SURVIVAL TIPS

## 1. PLAN AHEAD

- Know what is being served
- Offer to bring a healthy option
- Pack a healthy snack
- Don't show up hungry

## 2. HYDRATE

- Drink your daily water

## 3. SAY NO

- Practice the 80/20 Rule

## 4. TASTE

- Check in with yourself. Would self-care be more appropriate than food?
- Ask for Healthy Options
- Slow down & enjoy each bite
- Savor the moment – It's really about being with family and not so much about food

## 5. DE-BLOAT & RE-SET

- Drink your morning elixir
- Drink your evening chlorophyll drink
- Move your body daily

*I enjoy celebrating in the company of my friends and family*

# HEALTHY HABITS FOR THE HOLIDAYS

## DAILY

- Morning Lemon Elixir
- Dry Brush Before Your Shower
- Eat a Healthy Breakfast
- Morning Snack
- Healthy Lunch
- Afternoon Snack
- Healthy Dinner
- Evening chlorophyll drink

## WEEKLY

- Take Epsom Salt Bath – 2 times a week
- Journal – 3 times a week

## RECIPES

### LEMON ELIXIR

1 cup water  
½ Lemon, juiced  
Dash of cayenne

### CHOLORPHYLL DRINK

1 tbs Chlorophyll  
12oz Water  
1 lemon, juiced

### EPSOM SALT BATH

1 cup Epsom salt  
1 cup baking soda  
10 drops Lavender oil

*I deserve to step away from a stressful situation to focus on myself for 5 minutes*

# WORK WITH ME

I know you are a busy bee and as moms, wife, daughter and caretaker, you don't put yourself first nearly as much as you should. But you still need to find ways to nourish your body, mind and spirit.

What's really stopping you from having the best relationship with food possible. Overwhelm, Confusion, Lack of time, Lack of confidence. Stress. Worry. Afraid. Maybe a mix of all of the above?

This is where I can help. My approach is simple. Just start. Take imperfect action.

I love sharing simple concepts, recipes, and teach you about how your body works so that you feel empowered and knowledgeable to transition to a healthy lifestyle. And no, I don't believe that a healthy lifestyle is a life of deprivation. It's quite the opposite. It means feeling great in your body, having an abundance of energy, and having the freedom to move through your life with a happy heart and a fulfilled soul.

I love helping moms get rid of sugar cravings, create balanced meals for the whole family, help you with the picky eaters in your life, build your family's immune system, balance your hormones, loose those unwanted pounds, and get your energy back.

If it's something that resonates with you I invite you to [book a strategy session](#) with me so that we can discover how I can best help you reach your health goals!

I would love to work with you!

# CONNECT WITH ME

[www.facebook.com/anamariarhn](http://www.facebook.com/anamariarhn)

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## THE LEGAL STUFF

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