

# 7-DAY RESET

*Mia*

More **Energy.**  
More **Focus.**  
More **You!**



[www.miaharrisnutrition.com](http://www.miaharrisnutrition.com)



**“YOU DON’T HAVE TO BE**

**GREAT TO DO RESTART**

**BUT YOU DO HAVE TO START**

**TO BE GREAT”**

Look for seasonal fruits and veggies, gluten free grains and starches such as quinoa, buckwheat, brown rice and yams or sweet potatoes, nuts and seeds, high quality organic meats (chicken, turkey, fish), coconut or olive oil. Grocery list is included at end of guide!



# WELCOME

## Signs You Need to Detox:

- Bloating
- Skin problems
- Fatigue
- Weight gain
- Brain fog
- Cravings
- Headaches

It's easy to get carried away over the summer. Drinking, socializing, eating delicious food, it's all part of the fun! This simple reset is an easy way to rebalance after the summer and get back into a routine. We are going to alkalize the body, look after our gut, and reduce inflammation and bloat. We will be incorporating lots of anti-inflammatory agents, replenishing the gut with healthy bacteria for better digestion and will be avoiding common food allergens such as gluten, dairy, soy, corn and sugar. This is great to do 3-4 times a year to restart your system. This guide is simple, not too restrictive and creates habits that can be carried on into your daily lifestyle!

We will be doing this reset in two stages. The first stage is focusing on diet and eliminating certain foods to let the body rebalance. The second stage will be taking a look at lifestyle factors such as reducing stress and the environment.

# FOODS TO LIMIT & AVOID

## Caffeine

It affects our cortisol levels (stress hormone) that contributes to stubborn belly fat. Try to limit intake to 1-2 cups per day after the detox is done and substitute with matcha or green tea for the 7 days.

## Sugar and Refined Carbs

When we eat too much sugar or refined carbohydrates our pancreas reacts by excreting insulin. If you are not utilizing those carbs, insulin will shuffle that sugar right into the fat cells. If you do need something sweet try chai tea with cinnamon and stevia, a piece of dark chocolate, or one of my turmeric milk lattes or hot cocoa drinks. Sugar cravings can often be triggered by not eating enough protein or good fats during the day. Always eat carbs with fat or protein to slow down absorption and effects on blood sugar levels. Please stay away from sugar substitutes such as splenda. Stevia is the only exception.

## Alcohol

Number one thing to avoid when trying to get your health back. Alcohol has negative impacts on our blood sugar levels, has zero nutritional value and disrupts our microflora contributing to candida overgrowth, bloat and indigestion.

## Wheat and Gluten

Gluten can cause inflammation in the intestine and is a major contributor to leaky gut. Avoid it for 7 days and see how you feel. Once you reintroduce gluten (or dairy) take note on how you feel.

Red Meat: organic chicken and turkey is okay, but try to avoid red meat for the next couple of weeks. It can be hard on the digestive system and effect elimination. When you do have red meat, opt for organic and grass fed.

## Dairy

Lactose is a common allergen among many people. Organic yogurt and kefir are acceptable due to the probiotic content and low lactose levels but avoid completely if you have a dairy sensitivity.

Soy: Avoid processed soy ingredients. Organic tofu and tempeh is acceptable but please keep to a minimum how much you are consuming. Vegans please refer to the alternative protein options in the next section.



# FOODS TO INCLUDE

## Staples:

Herbal Teas: Dandelion root, chamomile, lemon and ginger, green tea, mint  
Apple Cider Vinegar  
Lemons/Limes  
Himalayan/ sea salt  
Fresh ginger, turmeric and garlic  
Fresh or dried herbs- parsley, mint, basil, rosemary  
Cinnamon  
Extra virgin coconut oil and olive oil

## Protein

Organic protein sources such as chicken, turkey, eggs, wild caught fish

## Grains and Seeds:

Quinoa, brown rice  
Gluten free oats  
Ground Flaxseed  
Chia seeds  
Almond meal/coconut flour for baking/cooking

## Veggies

Kale, cauliflower, broccoli, cabbage, brussel  
Sprouts  
Zucchini  
Carrots  
Beets  
Lettuce – of choice  
Lemons/limes  
Avocado  
Celery  
Asparagus  
Dark leafy greens – spinach, kale, rocket, arugula  
Sweet Potatoes/Yams  
Squash



# 7 DAY MEAL PLAN

	Day 1	Day 2	Day3
<b>Breakfast</b>	Gluten free oatmeal, berries or ½ banana, almond milk, almond butter and flax oil and hemp hearts, 2 tbs plant based protein	Smoothie with mixed berries, coconut or almond yogurt, 2 tbs plant based protein powder flax oil, cinnamon, and spirulina	Omelette: two scrambled eggs with spinach, tomatoes and onions. Served with gluten free bread.
<b>Snack</b>	Gluten free crackers with 2 tbs hummus	Hardboiled egg	Homemade energy balls- recipe on website
<b>Lunch</b>	Massaged kale and quinoa salad with avocado, mixed nuts, garbanzo beans drizzled with tahini and lemon. Pair with lean protein such as hard boiled egg or chicken.	Buddah bowl: quinoa, kale or spinach, sliced avocado, chickpeas. Drizzle with apple cider vinegar and tahini.	Lentil Curry: curried lentils and chickpeas mixed with sweet potato and quinoa.
<b>Snack</b>	Pear with handful of almonds	Hummus with wholegrain crackers and sliced veggies.	1 tbs almond butter and sliced apple or pear sprinkled with cinnamon.
<b>Dinner</b>	Baked salmon with lemon and olive oil, baked mixed root veggies such as beets and yams.	Baked halibut with asparagus or broccoli and brown basmati rice. Topped with coconut aminos or tamari for seasoning	Organic chicken thighs seasoned with coconut aminos and served with baked Brussel sprouts, cauliflower and broccoli

	Day 4	Day 5	Day 6	Day 7
<b>Upon rising</b>	Water with juice of ½ lemon Herbal tea	Water with juice of ½ lemon Herbal tea	Water with juice of ½ lemon Herbal tea	Water with juice of ½ lemon Herbal tea
<b>Breakfast</b>	Power smoothie: 1 scoop plant based protein, ½ frozen banana, almond or coconut milk (unsweetened) ¼ avocado, handful of spinach, cinnamon	Chia pudding: 2 tablespoons chia seeds mixed in half cup coconut yogurt, 1 tbs protein powder. Refrigerate overnight. Top with berries and almond butter in the am.	2 eggs paired with avocado and gluten free toast	Gluten free oatmeal with 2 tsp flaxseeds, 2 tablespoons plant based protein, ½ banana, drizzle of almond butter
<b>Snack</b>	Rice crackers crackers and bean dip	Hardboiled egg	Homemade energy balls (recipes on website)	Carrot and celery sticks with tahini or hummus
<b>Lunch</b>	Kale massaged with olive oil and lemon topped with avocado, mixed nuts or seeds of choice, garbanzo beans drizzled with tahini, apple cider vinegar and nutritional yeast.	Quinoa salad with red pepper, cucumber, tomatoes, pumpkin and sunflower seeds. Drizzled with apple cider vinegar and tahini and add a scoop of hummus.	Brown rice, organic chicken or turkey, broccoli drizzled with tahini and lemon	Easy cobb salad: mixed organic lettuce, 1 hard boiled egg, diced tomato and cucumber, sprinkle with nuts and seeds and serve with tahini and apple cider vinegar for dressing.
<b>Snack</b>	Pear with 2 brazil nuts (good source of selenium to support a healthy thyroid)	Hummus with wholegrain crackers and sliced veggies	Sliced apple and almond butter. Sprinkle with cinnamon.	Organic sliced apple with 1 tbs almond butter and cinnamon
<b>Dinner</b>	Detox cauliflower rice bowl: Turmeric riced cauliflower, roasted butternut squash and asparagus. Pair with salmon or organic chicken or if vegan choose from one of the vegan protein sources, .Top with avocado slices.	Detox salad: mixed organic greens, shredded beets and carrots, diced cucumber and celery, pumpkin and hemp hearts. Dress with olive oil and apple cider vinegar. Pair with protein of choice.	Stuffed sweet potato: bake sweet potatoes until soft. Saute lentils, tomatoes and zucchini in a pan. Stuff in sweet potatoes and top with nutritional yeast and hemp hearts.	Grilled chicken or fish with cauliflower mash (steam cauliflower and mash with garlic, sea salt and pepper)

### **Fruit (low glycemic)**

Berries

Grapefruit

Apples

Pears

\*If having a banana, opt for ½ and pair with a fat

Look for seasonal fruits and veggies, gluten free grains and starches such as quinoa, buckwheat, brown rice and yams or sweet potatoes, nuts and seeds, high quality organic meats (chicken, turkey, fish), coconut or olive oil. Grocery list is included at end of guide!

## **VEGAN OPTIONS**



**Lentils**

**Chickpeas**

**Organic tempeh or tofu (in moderation and no processed soy products)**

**Hemp hearts**

**Nuts, nut butter and seeds**

**Extra tip: make sure to food combine to get a complete balance of amino acids (such as legumes and grains)**

# SUPPLEMENTS

**Plant Based Protein Powder** sweetened with stevia

**Greens Powder or Spirulina**- add half scoop in your smoothie or drink with water. This is excellent for cleansing the blood and full of probiotics and enzymes for better digestion. \*Can opt for a combination of protein and greens powder such as Vega One

**Probiotics**: excellent for keeping a healthy digestive system and replenishing the good bacteria in your gut. Pick one that has multiple strains in it. Other sources are organic, unsweetened kefir or yogurt, kimchi, sauerkraut and kombucha.

**Apple Cider Vinegar**- mix 1-2 tbs in water half hour before meals or first thing in the morning to help to increase stomach acid and aid in digestion.

**Coconut Oil**- excellent for cooking or adding to smoothies. It is antimicrobial and help kill off candida. Can use as a natural body lotion as well.

**Turmeric**: anti inflammatory agent excellent for digestion and reducing bloat and inflammation in the joints. Sprinkle over oatmeal, have in curries, smoothies, teas, coffee and lattes.

**Teas**: fennel, milk thistle, and dandelion. These teas help with detoxing the liver, shedding water weight and aiding in digestion. \*Can opt for a tea with a combination of herbs. Drink herbal teas in between meals and at night.



# EVERYDAY TIPS

1. **Start your morning with warm lemon water.** Squeeze half a lemon into warm water (500 mls) and drink first thing in the am. This helps get your digestion going and is super alkalizing for the body.
2. **Include herbal teas** such as ginger or fennel, especially after meals to help with digestion.
3. **Include natural detoxifying foods** such as leafy green veggies.
4. **Eat dark and colourful veggies** such as beets, broccoli and spinach.
5. **Drink lots of water-** aim to drink 3L per day if you can. Spice it up with ginger, cucumber or mint leaves. Avoid drinking water right around meals as this can dilute stomach acid and inhibit proper digestion.
6. **Eat your fibre** and include probiotic rich foods. Buy organic whenever possible.
7. **Balance your meals.** Make sure meals contain a protein, carb and fat to help keep blood sugar levels stable and to help avoid cravings.
8. **Lymph massage/ dry brushing:** start with a clean dry bristle brush and lightly massage skin in circular motions towards the heart. This sloughs off dead skin cells and allows toxins to be released through the skin. It also stimulates our lymphatic system which also aids our body in removing toxins.
9. **Foam rolling and stretching:** helps release any built up toxins in our muscles. Also feels amazing!
10. **Get your sweat on!** Get your lymphatic system going and try yoga, a light jog or brisk walk. Hot yoga or a good sauna sesh is the perfect way to sweat out any toxins released during this reset.



# STAGE 2

## LIFESTYLE

### Managing Stress

Stress is the number one contributor to sickness and illness. It's not a coincidence everyone is sick around the holidays! Finances, family matters, jobs, and personal relationships can all impact us in different ways. Maybe there is something in your life that needs reorganizing or maybe there is something you have been avoiding doing or confronting. Whatever it is, make a plan and tackle it! Start off with things that are the easiest and work your way up. And if all else fails, try yoga and some deep breathing!



### Sleep

Sleep is so important for balancing our hormones and making sure we are recuperating and recovery from our daily activity. Make sure you are getting at least 7-8 hours per night. Go to bed at the same time each night, and try not to sleep in too much on the weekend. A calcium/magnesium supplement before bed is great for calming the systems down and encouraging a good night sleep.

Focus on one thing at a time, in your diet and in life. Don't overwhelm yourself by changing too many things or taking on too much at once. It's about building habits to make this into a lifestyle.

# STAGE 3

## ENVIRONMENT



### Detoxing Your Home and Environment

What we put in our body is just as important as what we put on our bodies! Use natural based cleansers around the home and take extra care to look at the products you are using on your hair and body. Try replacing your moisturizer with coconut oil or look for a product with all natural ingredients. Check things like deodorants and detergents as well and always opt for natural alternatives.

### Detox the Mind

Take time for yourself and unplug from the noise of the world. Get outside and get into nature. Leave your phone at home and breath in the fresh air! Do things that are good for not only the body, but the mind and soul as well. Read personal development books, surround yourself with beautiful people and get out and do things you love!



Take extra care to avoid plastic contains for both your water and food containers. Plastics can leach into our foods and have a negative effect on our hormones. Try stainless steel or glass containers.



## Things to Remember While Detoxing

It can be normal to feel a little bit sluggish for the first couple of days. This is your body reacting to toxins being released and rebalancing itself. Stick with it and symptoms should cease and cravings reside. Remember to listen to your body. Resting and restoring is key so try to avoid any high intensity exercises. Light cardio, yoga or pilates are perfect activities to do while detoxing.

If you have a specific concern or allergy, please message me for modifications.

Don't forget to tag me on instagram (@miaharrisnutrition) or facebook during your detox! I would love to see how you are doing and the things you are trying! I am also here for your support and guidance so please feel free to email me anytime if you have any questions.

Let's talk soon about how we can work together to create a custom nutrition guide that is specific to your needs! Custom Nutrition Guides are 25% off with purchase of this detox guide!

Visit [www.miaharrisnutrition.com](http://www.miaharrisnutrition.com)  
or email [miaharrisnutrition@gmail.com](mailto:miaharrisnutrition@gmail.com) for more details.

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# Work with Mia one-on-one!

## BALANCE

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Lose weight, get energized  
& live healthy!

8 week custom tailored program to help you reach your goals!

[www.miaharrisnutrition.com/the-program](http://www.miaharrisnutrition.com/the-program)

### THIS CUSTOM PROGRAM HELPS:

- Lose Weight
- Anxiety
- Depression
- Lack of Energy
- Digestive Issues
- Allergies
- Poor eating habits
- Hypo/hyperthyroidism
- Headaches
- Acne
- Irritable
- Joint Pain
- Adrenal Fatigue

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