

*Mia Harris Nutrition's*

# 7 STEP MIND-BODY-FOOD RESET

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The ultimate guide to helping you find balance  
with food and your body



# Who is this reset for?



**This reset is for you if....**

You've tried all the diets and weight loss programs there are. Paleo, keto, whole 30, low carb... you name it!

You're tired of the diet roller coaster. You're good all week until the weekend comes around.

You are forever starting over on Monday.

You feel confused about all the information there is on diets and nutrition. You're not even sure where to start.

You feel tired, unmotivated to workout and just in a funk.

**Food should not be so complicated and I am here to show you a few simple changes that can reset your relationship with food and your body.**

**Let's get started!**



Welcome to the 7 day reset guide. My intention of this guide is to help you find balance with food and your body.

Not too long ago I was right where you were. I had tried all the diets, I restricted myself from my favourite foods and my self worth was determined by the number on the scale. I was obsessed with finding this idea of health. Being thin became my goal in life. I didn't realize that my pursuit of being healthy, wasn't actually healthy at all.

I truly believe that we deserve to live a happy and healthy life with balance. I believe we all deserve to have big goals and dreams and living a healthy lifestyle can help us achieve them. I believe we can love our bodies and have the ability to give them exactly what they need.

Imagine what it would feel like to wake up every day, with energy to crush our goals. I want you to imagine what it feels like to feel confident and sexy in your clothes. Imagine living a healthy lifestyle with ease, one that is effortless and easy to maintain. Imagine never having to restrict or go on a diet again.

That is my goal for every woman. This reset is your first step in getting there. So let's get started!



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

# A note before you start...

Before your start this reset, let go of your previous expectations around health, nutrition, your body and your well being. This is a refresh.

Begin with a clear head and clear heart.

Please don't focus on being perfect! Creating new habits takes time so be patient with yourself.

Start with choosing one or two of the tips that resonate with you the most. Try to do them daily. Have those mastered? Add something else!

Print this guide off so you can refer back to it when you need to.

Last but not least... have fun with it!

*Mia*





## **STEP 1: Let's set some intentions for your wellness journey.**

Do you have a vision of what you want to look or feel like in the next 6 months?

Let's get clear on your goals and intentions.

Try to get as specific as you can. Write out every detail.

Where are you? What is the feeling? Who or what is around you? Can you close your eyes and envision it?

Write your vision below:

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## Step 2: Journal

For the next 3 days (more if you are feeling up for it!)

I want you to record everything you do in a journal. Record what you are eating, how much, what you were thinking and feeling at the time, your sleep, digestion and energy.

Print off the following sheet and keep it handy. You can also create your own document if it is easier.

The purpose of this step is to bring awareness to your body and emotions. It helps to determine habits, thought processes and any commonalities. This is an especially useful tool for me as a nutritionist and it's something I get all of my clients in my 12 week program to start with this exercise.

Once you have completed the exercise, take some time to look back and process everything. Did you notice any patterns? Is there anything you would change?



# 3 Day Food Journal



	Day 1	Day 2	Day 3
Breakfast			
Lunch			
Dinner			
Snacks			
Drinks			
Comments			



## Step 3 Practicing Mindfulness

Practicing mindfulness not only in our eating habits but in other areas of our life helps to bring us in present time, to be able to give our body truly what it needs. Mindful eating can be defined as a non judgemental awareness of the physical and emotional sensations associated with eating. It teaches you to eat when you are hungry, stop when you are satiated and ultimately develop trust with your body. When you sit down to your next meal. go through this check list:

	YES	NO
Are you are sitting down to eat?	<input type="checkbox"/>	<input type="checkbox"/>
Are there any distractions? (TV or phone)	<input type="checkbox"/>	<input type="checkbox"/>
Did you take 2-3 big deep breaths before eating to help calm the nervous system and aid with digestion?	<input type="checkbox"/>	<input type="checkbox"/>
Is everything you want to eat on your plate?	<input type="checkbox"/>	<input type="checkbox"/>
Does it look balanced with protein, carbohydrates and fats?	<input type="checkbox"/>	<input type="checkbox"/>
Are you rushing through your meal?	<input type="checkbox"/>	<input type="checkbox"/>

How do you feel after your meal? Are you full, satisfied or do you feel like you need something else?



## STEP 4: Create a Healthy Morning Routine

Creating a healthy morning routine is essential to starting your day off on a positive note. It can be really easy to hit the snooze button and rush through the morning. Taking a few extra minutes, even if it is only 10, will make a world of a difference to how the rest of your day unfolds.

### Here are a few ideas:

Sit down to drink your coffee, even if it's only for 5 minutes.

Try 5-10 minutes of meditation. Download the Calm app or try 2-3 big, deep breaths.

Practice gratitude. Print off a few sheets of the next page to have by your bedside. Write out 3 things you are grateful for.

Drink 500 mls of water first thing when you wake up. Add some lemon or a pinch of sea salt for extra hydration.

Move your body in a way that feels good. Maybe that's a 20 minute walk or some stretching. Maybe it's your favourite workout class.

Try to avoid switching onto social media first thing. I like to delete the apps right off of my phone the night before and have a strict rule of no cell phone for at least half an hour of waking.

Change your alarm tone to something that is soothing like waves on a beach or birds chirping.

What are two things you can do tomorrow morning to create a healthy and positive start to the day?

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# *Your Daily Checklist*

**CREATE AN INTENTION FOR THE DAY:**

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**WHAT WOULD MAKE TODAY GREAT?**

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**LIST 3 THINGS YOU ARE GRATEFUL FOR:**

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## STEP 5: Create a Healthy Nighttime Routine

Sleep is a highly underrated component of our health. Lack of sleep effects our mood and energy levels. It can also lead to cravings and blood sugar imbalances. Designing a night time routine that works for you will help ensure you have the energy you need to accomplish your goals and feel your best.

### Try one or two of these ideas before bed tonight:

Shut off social media 1-2 hours before bedtime. Again, try deleting the apps!

Read. Try a book that is not about personal development or spirituality to avoid overthinking and analyzing right before bed.

Try an epsom salt bath.

Sip a hot tea like chamomile or try my turmeric milk latte to wind down and support your digestion.

Journal. Write out 3 amazing things that happened today. They could be big or small. Write out how you can make tomorrow even better. Keep a note book by your bed.

Try a protein rich snack before bed. Try greek yogurt with berries, a handful of nuts or an apple and a few slices of cheese.

**What are two things you can do tonight to create a better night time routine?**



## STEP 6: Create a Healthy Day on Your Plate

There is no one diet that is the best for all of us. I really want you to take this time to figure out what best works for you and your body. Get creative, get curious and play! This whole workbook is to help you find out what works for you and your body and to create your own definition of health.

	YES	NO
Is your plate half full of veggies and leafy greens?	<input type="checkbox"/>	<input type="checkbox"/>
Does it have a quality source of protein?	<input type="checkbox"/>	<input type="checkbox"/>
Does it have a complex carbohydrate?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have some healthy fats?	<input type="checkbox"/>	<input type="checkbox"/>
Are you aware of how this food is going to make you feel?	<input type="checkbox"/>	<input type="checkbox"/>

Remember healthy eating isn't perfect eating. Instead of thinking about what you should take away from your meal, what could you have added to make it more nutritious or satisfying?

In a non judgement way, reflect on your last meal. How did it make you feel? Could you have done anything differently?





## STEP 7: CULTIVATING SELF LOVE

Whether or not you want to change the way your body feels or looks, you can always start from a place of self compassion and love. Our bodies are listening to everything we say. Today I want you to focus on changing that inner dialogue.

### Self Love Exercises:

#### Practice Positive Self Talk

I want you to write out two things you love about yourself and write it on a sticky note. It could be something small, like "I love the colour of my eyes", or it could be something like "I love how passionate I am about helping people". It's important to get really specific. Now post it somewhere you will be able to see it in the morning. I have a big white board I write things on in my room so I see it right when I get up.

### Affirmations:

I also want you to write out 2-3 affirmations. Try a few of these or come up with one of your own.

I love my body for all that it does for me.

I trust that my body will use this food as nourishment.

I honour and respect my body and choose to fuel with things that make me feel good.

I love my body as it is today.

I am aloud to take up space and hold my head high.

I am safe in my skin. I feel at home.

Write your affirmations below. Chose from something above or create your own.

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# A Day in the Life



IMAGINE YOUR DAY LOOKS LIKE THIS...

## MORNING ROUTINE

(500 mls of water  
Write out 3 things you are grateful for and what would make today great.

## BREAKFAST

Loaded chia seed pudding\*  
toped with raspberries,  
banana and almond butter.

## LUNCH

Chicken salad with shredded  
carrot, cucumber, chickpeas,  
dried cranberries, avocado  
and dressing of choice

## SNACKS

Homemade protein bars or  
balls\*  
Sliced apple with almond or  
peanut butter

## DINNER

One pan baked salmon with  
sweet potatoes and  
broccoli.

## NIGHT TIME ROUTINE

Turn off social media 1 hour  
before bed.  
Have a cup of camomile tea.  
Deep belly breathing.

\*\* All recipes can be found on my website! \*\*

# Reflection



Congratulations! You did it.

I hope over these last past 7 days your relationship with food and your body has started to shift.

Remember that nothing worth having comes easy. If you lose your balance or go back to your old ways, you always have this workbook to refer back to.

As always be kind and gently with yourself. I hope this workbook has given you some tools to create a definition of health that is unique to you.

So much love

xx

Mia



*Ready to take things a step further  
and finally reach your health goals?*



**Through my signature 12 week program I have helped hundreds of women feel sexy and confident in their skin. I help them learn how to fuel their bodies with ease so they can get back to what is truly important to them.**

**In my 12 week program you will get:**

**Guided goal setting worksheets. We will work on these at the beginning of the plan to determine your goals and main health concerns to create a clear plan of action**

**Bi- weekly 30 minute check in's done via phone or Skype to ensure success and to make any changes if needed**

**Email and text messaging to support you in between sessions**

**Personalized meal plans with plenty of variety so you never get bored**

**PDF with food guidelines including portion sizes and a macro nutrient breakdown  
Lifestyle recommendations including sleep hygiene, workouts and stress management techniques**

**Mindset tips to keep you motivated**

**Bonuses**

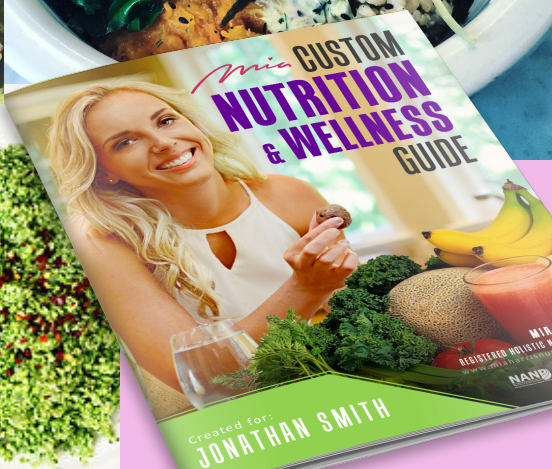
**Printable PDF's with recipes, grocery lists, and food guidelines**

**Mindful Eating Guide**

**Gut Healing Guide**







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