

5 Day Reset Menu

Breakfast:

Lemon Water or Wake-Up Detox Lemon Tea*

Shaklee Life Energizing Shake

Supplements: 5-10 Alfalfa, 1 Liver DTX, 1 B-Complex or Stress Relief Complex, any other Shaklee supplements you take

Lunch:

Shaklee Life Energizing Shake

Unlimited Veggies



Dinner:

Shaklee Life Energizing Shake

Unlimited Veggies

Supplements: 5-10 Alfalfa, 2 Liver DTX, 1-4 Herb-Lax (start with 1-2 at dinner or bedtime)

Snacks:

Lots of veggies (unlimited), fruit (2-3 servings) and protein (nuts, hummus, string cheese, etc.)

Shaklee 180 Snack Bars

Shaklee Energizing Tea, black coffee, unsweetened tea and water

No: Meat, carbs and sugars not in the above items, alcohol, oils, salt (limit dairy)

Tips:

- Substitute a Shaklee 180 Meal Bar for a Life Shake meal once a day if you wish
- Drink half your weight in ounces of WATER each day!!!
- Steam your veggies if it's hard for you to digest raw, also add EZ-Gest
- Lemon juice, lime juice or pureed avocado is great substitute for salad dressing
- Use whatever type of "milk" base you prefer for shakes (cow's, soy, almond, coconut)
- If have cravings, add another B-complex to your regime
- Want more energy? Have another Shaklee Energizing Tea!

* Morning Hydration:

- Lemon Water = squeeze 1/2 lemon into water (drink warm or cold) - OR -
- Wake-Up Detox Lemon Tea = Lemon Water + 1 Shaklee Energizing Tea stick



5 Day Reset/Detox Checklist					
DAY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
SLEEP: Did you sleep at least 7 hours last night?					
NUTRITION: Did you have 3 Life Shake meals (or equivalent Meal Bars) and 2-3 snacks that are high in protein and fiber?					
WATER: Did you drink half your weight in ounces of water? *TIP: Hydrate first thing in the morning with lemon water or Wake Up Reset Lemon Tea					
A.M.: Did you have lemon water (or Wake Up Reset Lemon Tea), take 5-10 Alfalfa, 1 Liver DTX and 1 B-Complex (or 1 Stress Relief Complex)?					
P.M.: Did you take 5-10 Alfalfa, 2 Liver DTX and 1-4 Herb-Lax (start with only 1-2)?					
BONUS					
STEPS: Did you walk 10,000 steps (or 5 miles)?					
STRENGTH: Did you do at least 5 minutes of resistance exercises? (i.e. planks, wall-sits)					
MOVEMENT: Did you sit for less than 5 hours?					
NUTRITION: Did you eat at least 3 servings of dark green veggies and 3 servings of other rainbow-colored produce?					

Each day before bed try to answer YES to as many questions as possible!!
Your Shaklee coach and FaceBook support group is here to cheer you on!



Shopping List:

Lots of veggies, fruit (remember lemons!), milk for shakes (whatever type of milk you like) & Shaklee products (next page)

5 Day Reset Shaklee Products

ESSENTIALS

1. Shaklee Life Energizing Shake: Each shake has 16 g plant based, non-GMO protein, added leucine to help preserve lean muscle, pre and probiotics and Omega-3s from flax seed. It is gluten free, dairy free, low glycemic and free of all artificial ingredients. During the reset, this protein will provide you with energy and a quality source of nutrients and probiotics. These shakes have been clinically proven to help regulate blood sugars and cravings which will be especially helpful to you during your reset.

Soy: Vanilla, Chocolate, Strawberry, Cafe Latte

\$40.80 MP* / \$48.00 SRP* (15 servings)

Non-Soy: Vanilla, Chocolate

\$52.65 MP / \$61.95 SRP (15 servings)

2. Alfalfa: A natural super-food, diuretic, activates the spleen, bowels and stomach functions, helps flush the body of toxins. Alfalfa also supplies so many wonderful nutrients. So it helps bad stuff get out while putting good stuff in!

\$16.45 MP / \$19.35 SRP (330 tablets)

3. Liver DTX: The longer toxic substances and their oxidative by-products are present in the liver and the GI tract, the more damage they can do. By providing the body with compounds that help maintain normal bile flow, the body's natural ability to eliminate toxins from the body can be supported. Omit if nursing.

\$37.25 MP / \$43.80 SRP (90 tablets)

4. Herb-Lax: Encourages a mild cleansing action to aid the body's natural elimination processes. It is best to take this with dinner or before bed starting with 1-2 the first time and working up if needed.

\$6.90 MP / \$8.10 SRP (60 tablets)

5. B-Complex or Stress Relief Complex: The list of benefits that B-Complex delivers goes on and on, but during this reset, we recommend it for its help with cravings, mood and energy. Stress can elevate your body's levels of cortisol, and continuously high levels have been linked to longterm health impacts. Stress Relief Complex was designed to help support your body's response to stress and is especially beneficial during this cleansing time. Please talk with your distributor to identify which is the optimal choice for you.

B-Complex

\$21.70 MP / \$25.50 SRP (120 tablets)

Stress Relief Complex

\$27.50 MP / \$32.35 SRP (30 caplets)

RECOMMENDED OPTIONAL ADDITIONS

180 Snack Bars: Containing 9-10 grams of protein in 150 calories or less this is an awesome high protein snack option. They also contain extra leucine to help maintain lean muscle.

Crunchy Peanut Butter, Toffee & Chocolate, Cherry & Almond, Chocolate & Coconut, Assorted

\$20.35 MP / \$23.95 SRP (10 bars)

180 Meal Bars: Excellent substitute for a Life Shake if you want the convenience of a bar! Each hunger satisfying bar has 18-20 grams of hunger-fighting protein, 6-7 grams of fiber, Powered by Leucine®, non-GMO soy protein, gluten free, and no artificial flavors, colors, sweeteners or preservatives are added.

Peanut Butter Chocolate Chip, Blueberry & Almond Crisp, White Chocolate Cinnamon

\$26.50 MP / \$31.15 SRP (7 bars = 7 complete meals)

Energizing Tea: Forget “fru-fru” coffees and energy drinks or sodas. This is a safe, natural way to head off the slumps when you need a quick pick-me-up. Enjoy hot or cold.

Green Matcha, Pomegranate
\$25.45 MP / \$29.95 SRP (28 sticks)

Vitalizer™: All in one powerful little vitamin strip, the most advanced multinutrient supplement in the world with bio-optimized nutrients clinically proven to create a foundation for a longer, healthier life.
Women, Men, Gold (price varies)

EZ Gest: Digestive enzymes that help support the digestion of fat, protein, carbs and lactose.
\$19.10 MP / \$22.45 SRP (30 capsules)

What to Expect

- Reset from the comfort of your own home, with five days of online community, accountability and support in a closed FB support group
- Reduce & eliminate toxins in your body, which come from food, skin care products, prescriptions and environmental pollutants
- Drop a pound or an inch or a few, while keeping lean muscle mass to help burn calories
- Strengthen your immune system by using recommended supplements to clean out the build up in your liver and gut
- Increase energy, feel great and improve your mental clarity
- Reset cravings and get on track with proper nutrition and avoiding key inflammatory foods



This reset has been designed by Shaklee Independent Distributors and has not been reviewed by the Food and Drug Administration. If you have any concerns during or about starting this reset, please consult your doctor and/or wait until there is a more comfortable time. If you are nursing, let your Shaklee Distributor know so she can help alter this reset to your needs. This reset is not designed for children or pregnant or nursing women.