

Preparing for your Re-set or Fresh start 7 Day Cleanse (Waiting week)

Congratulations! You have taken the second step (first step was to make the commitment, and follow through by contacting me!) towards building your healthier life style! You have ordered your products (see specific order sheet for you program) and now, you are in the preparation stage!

We want to help you, set yourself up for success! This program includes both the Reset, 7 Day Fresh Start Cleanse and the 180. This way, when you switch around (Cleanse in the Winter, Re-set after a super great week-end or to drop those last 10 pounds) you will have the info you need at your fingertips!

Intake: You have completed the Healthprint, and scheduled a time to debrief on the healthprint (approximately 20 minutes). You have had your 25 minute intake consult, program overview and goal discussion.

Logistics:

This is a supported program. What that means to you, is that during the Re-set, the Fresh Start and/or the 180 program, for the first week, you will have quick daily check-ins with me. These are about 3-5 minute long phone calls. Yes, phone calls. Texting/emailing doesn't work. We are here to support you, and to make creating your new habits and routines fun! You will have questions.

After the first week, we normally move to a once a week check in. This may be a group, or individual. It's usually via zoom.

Facebook groups: The FeelSoAlive Team has a closed support page called the "180UnChallenge.com" group. This is a continuous page (doesn't start and stop with each new group) with lots of information! Feel free to ask questions and share what is working for you.

The other Facebook group I recommend is "180 Journey for Life", hosted by Suni Ferrer. She has done amazing work with dialing in the Reset, and she freely shares with all of us in Shaklee!

Mental Preparation:

Please know that you will succeed! Create your intention that you can do this! Post your affirmations everywhere, including the screen saver for your phone! Know that you are in good hands! Shaklee has the science to back up this program, and you have all of Shaklee plus the FeelSoAlive team for support! You are not alone!

What foods you will cut out:

Coffee/tea/caffeine containing soda etc., according to Nedra Sahr who trained us in her Fresh Start 7 Day Cleanse. She goes on to say that "you may have withdrawal symptoms including: Headache, Irritability, Inability to concentrate, Drowsiness, Pain in the stomach, joints or upper body."

You will also be cutting back on wheat, dairy and meat products for both the 7 Day Fresh Start and also the 5-Day Re-set. Why? We want to ease the digestion process that our bodies do daily, and because many people have issues with wheat or dairy, and aren't aware of it. We will add these foods back in, slowly.

Getting Ready:

1. **Kitchen:** Time for a “spring” cleaning! Go through and pull out any/all foods that are not life supporting, and are triggers for you. While you are there, why not clean out any/all the out of date food stuffs in your cupboards, shelves, pantry, etc. if you have any. This is a good time to eliminate artificial sweeteners, foods with lots of sugar, preservatives, and foods high in sodium, fat or processed! If there is a food that your family really likes for a treat – buy the kind that you don’t like!
2. **Put your food scale** out on the counter, some place convenient, where you will actually use it. During this “pre” week, and during your first week, you will be getting a better idea of what a portion size is. To realign your eyes with correct portions – weigh EVERYTHING! You will only need to do this for a few days, and when you feel like you may be sliding a bit.
3. **Drinking Clean Water** – During this “pre” week, practice drinking water! For the first day, track how much water you drink. There is much controversy about how much water we need, and it depends on your activity level and the season. During the hot summer, your body will need more water. We will aim for 8 cups of water a day. That’s 64 oz. If it’s hard to keep track, try putting 7 rubber bands on your water bottle. As you drink each 8 oz, move the rubber band to the bottom of your water bottle. You have now created a visual cue to simplify tracking! We use a Shaklee Get Clean Water pitcher to remove 99% of lead and over 50 other contaminants. If you are curious, ask me more about these great pictures!
4. **Exercise** – do you have a step tracker of some kind? If not, this is the time to invest in one. It can be a simple pedometer that you put on the waist of your pants, or you can purchase a high tech band for your wrist. Totally up to you. This is another tool to help you simplify your tracking. You will work up to 10,000 + steps a day. Remember “The journey of a thousand miles begins with one step” Lao Tzu. And, we have a virtual 5k as part of this program!
5. **Sleep** – Your body is cleaning during sleep; your body is healing during sleep! Sleep is really important! During this “pre” week – start working on a new routine to get to bed early so you can get plenty of sleep! Most people actually need about 8 hours or more. How much do you need to awake refreshed and ready for the day and not hitting the snooze button a zillion times?
6. **Journaling** – You will be tracking your food intake and journaling during the program. This “pre” week is an excellent time to track your existing eating habits for 3 days or so before you begin. This will give us an idea of your “old” normal, and gives you a chance to “practice.”

Daily journaling will help you to learn a lot about why you eat, how you feel about what you eat, and when you eat. Part of your journaling includes how you physically feel and how you mentally or spiritually feel. This may be an eye opening experience! Find your method of journaling. Do you like to use moleskin with a favorite pen? Do you want to use your phone or

tablet? Do you want a form to fill out daily (see me for a form). You need to spend this week, finding what feels best for you. You may want to try out 2 or 3 different techniques.

7. **Tracking** – Accountability! You need to track what you are eating so we can fine tune your program, as you go. This is a daily task. Just as with journaling, everyone has a technique that they prefer for tracking what they eat. There are lots of great tracking apps. MyFitnessPal is very popular. Or you can use a spread sheet, or paper, or ?

8. **Before & After:**
 - a. Complete your “How Do I Feel Today” sheet, keep a copy for yourself and give one to me (using your cell phone, take a pic and email it to me).
 - b. Fill out the Measurement Chart.
 - c. Take your before picture! Take one picture in a sports bra and tight workout pants (remember, you want this picture to be “the worst” so your after pictures would be “the best”!) from the front, side, and then the fun one, take a picture of yourself (pic of your back), flexing your bicep! You will take pictures at the beginning, at the end of the 21 days, and at goal weight (we may add a pic ½ through).

9. **Shopping!** We recommend the 2 day process. For example prepare your shopping list (see list of suggested foods), shop on Saturday and prepare your food on Sunday, for most of the week.
 - a. **Cleaning** your produce. We recommend that you wash your produce in the Shaklee Basic H2. It’s organic, non-toxic and biodegradable. In other words, you will not be ADDING toxins to your food! Also, Nedra recommends that you soak your vegetables for 6-8 minutes. She says that if you soak any longer than ten minutes you start to lose nutrients. This process will help to remove pesticides, etc. from the outside of your produce.
 - b. **Storage:** In our home, we use Tupperware – because they have a great selection of refrigeration containers and last time I checked with the company, they use a safe plastic. We have also purchased re-useable labels from Amazon – so we can mark what is in the containers, and not have to open every one looking for the grapes! Many people use glass containers. I would stay away from inexpensive plastic and plastic bags.
 - c. **Feed Bag** – planning! Planning your meals and snacks, preparing your vegetables & fruits, BEFORE you are hungry and already for a snack or meal, is the most important action you can take to increase your rate of success! Find/use the cutest lunch/cooler/tote that you can find. You will be BFF’s so use something that you love to see daily, and fits with your lifestyle. You will be packing this daily, so you will have the foods with you always= no need to buy junk food!

Tools (you may have all of these, or none of these – this is a suggested list to help simplify and support your new healthy eating routine and habits):

Knives: butcher, paring and slicing, etc.	Grater	Mini-Cuisinart (optional for small jobs and easy cleanup)	Citrus squeezer (hand held)
Slotted spoon	Measuring cups	Cuisinart-type food processor	Baking Sheet
Spatulas	Measuring Spoons	Casserole dish	Muffin tin
Wooden stirring spoons	Food Scale	Storage containers (Tupperware like) For vegetables and left overs	Long-handled tongs
Soup ladle	Mixing bowls	Salad tongs	Nutri-Bullet or similar

What will you eat?

The good news is that you will be preparing and eating LOTS of fresh vegetables and fruit. In fact, your goal is 3 cups of Greens, 3 cups of Colored and 3 Cups of Sulfur! This will help your body’s elimination system.

You will be steaming, stir-frying, sautéing, grilling and roasting many of your dinners.

Here is a suggested list of produce (buy organic as possible):

(click on this link <http://www.fullyraw.com/dirty-dozen-clean-15/> for the list of the clean 15 and dirty dozen)

- 3 cups of **Leafy Greens** – this includes: Spinach, all lettuce, kale, collard greens, sprouts of any kind, dandelion greens, Swiss chard, etc.
- 3 Cups of **Sulphur-Containing Vegetables**: Broccoli, kale, spinach, arugula, watercress, scallions/green onions, Leeks, Asparagus, Cabbage, Mushrooms, Brussel sprouts, Bok choy, Radishes & Turnips
- 3 cups of **Colored Fruits**: Any berries, Green or red grapes, Cherries, Plums, Oranges, tangerines, clementine’s, Grapefruit, Lemon, lime, Cantaloupe and Peaches Papayas, bananas and avocados – limit to 1 a day.
- **Also**: Bell peppers, Cherry tomatoes, carrots, beets, sweet potato’s’ eggplant, green beans ,cucumber, celery, peas (snap/snow) and Jicama.
- **Extras**: ¼ cup raw nuts, except peanuts. Non-caffeinated herbal tea. Shaklee Supplements you are currently taking, Prescription medications you are currently using.

Nedra Sahr’s 7 Day Fresh Start Cleansing Program – please see specific directions for this program. You will Cleanse the first 7 days (no protein), then build, re-introduce and restore the following weeks.

180 Program –

Shaklee has done a very nice job of putting on the information together in the member's center. To access Recipes, Health Tips, Meal Plans, Fitness, Testimonials and Videos go to <http://member.myshaklee.com/us/en/>. You will need your Shaklee ID number (if you have misplaced it, contact me)!

[180 Home](#) | [Recipes](#) | [Health Tips](#) | [Meal Plans](#) | [Fitness](#) | [Testimonials](#) | [Multimedia](#)

180 Meal Plans

Pick the plan that is right for you. It's important to us that you lose weight the healthy way. Take a look at these meal plans to get a calorie level to meet your goals.

Use the grid below to get the mealplan that is right for you.

- First, what is your objective: Lose Weight or Get Lean?
- Then, which kit are you using?
- Finally, what is your weight or your age?

Have the Turnaround Kit?



Current Weight:

Up to 150 lbs

151-200 lbs

201-250 lbs

251 lbs or more

Shaklee Turnaround™

1,200 calories



Breakfast	Lunch	Afternoon snack	Dinner
<ul style="list-style-type: none">• Energizing Smoothie• Metabolic Boost*• Fruit <p>Try adding your morning fruit into your Smoothie with one of our tasty Smoothie recipes.</p> <p>Fruit - choose one</p> <ul style="list-style-type: none">• 1 small banana• ½ pink grapefruit• 1 medium apple• 1 cup melon• 1 cup strawberries• ½ cup blueberries	<ul style="list-style-type: none">• Energizing Smoothie or• Meal-in-a-Bar• Metabolic Boost*	<ul style="list-style-type: none">• Snack Bar or Snack Crisps• Energizing tea• Veggies <p>Guilt-free snack idea</p> <ul style="list-style-type: none">• 1 cup of raw veggies	<ul style="list-style-type: none">• Shaklee 180 healthy meal• Metabolic Boost* <p>Try one of our tasty 180 meals designed specifically for the Shaklee 180 weight-loss program to help you keep muscle as you lose weight. Find recipes here:</p> <p>member.myshaklee.com/180recipes</p>

5-Day Re-set Plan

Feel Better, Increase Energy, Lose Weight (You will be eating 5 times a day and walking 10,000 steps)

Morning Drink: (30 minutes before eating breakfast if you can)

- 16 oz water (hot, cold or room temperature)
- 1 tablespoon lemon juice (from concentrate – no sugar!) or juice from a fresh lemon
- And/or Shaklee 180 Energy tea stick, any flavor

Breakfast:

- 180 Life Smoothie (include 1 fruit (berries) and work up to 2 Cups of Veggies)
- 5 Alfalfa Tablets
- 1 Liver DTX
- Vitalizer Strip (optional)

Snack: (example about 150 calories)

- 180 Snack Bar or Snack Crisps
- Unlimited Organic raw Veggies and
- ¼ Cup Hummus

Lunch:

- 180 Life Smoothie (include 1 fruit (berries) and work up to 2 Cups of Veggies)
- (feel free to add & eat vegies: celery, carrots, broccoli and zucchini, for example)

Snack: (example about 150 calories)

- 180 Snack Bar or Snack Crisps (if you had a Snack bar or Crisps for your first snack, make sure this snack is whole foods: Unlimited Organic raw Veggies (high fiber and low Glycemic Index). Celery with almond butter, Freeze-dried green peas, apple with fat free chees, pear and sliced lean turkey.

Dinner:

- 180 Smoothie (include 1 fruit (berries) and work up to 2 Cups of Veggies)
- Organic Salad
- 5 Alfalfa Tablets
- 2 Liver DTX
- 2 - 4 Herb-Lax

Liquids (3 liters for woman – about 12 cups and 4 liters for men – about 16 cups): Lemon Water All Day, pure water, coffee and/or tea (black, green or white), in moderation with no additives (goal is zero calories).

Sleep – make a point get your needed 8 hours of sleep every night. Your body heals and cleanses a lot at night!

Tips: Substitute a Shaklee 180 Meal Bar, instead of a Smoothie once a day if needed.



Chocolate & Peanut Butter Shake



Snacks:

Harley Pasternak, in his book “The Body Reset Diet” says “All snacks should be crunchy and contain protein. They should all be about 150 calories and contain at least 5 grams of fiber, 5 grams of protein and less than 10 grams of sugar.”

Complete Snacks: Air-popped popcorn, freeze dried peas, Shaklee snack bars, Shaklee Snack Crisps (1 bag).

Suni Ferrer compiled a list: high protein/fiber snack ideas about 125-200 cal)

1 apple + 12 raw unsalted almonds	½ smoothie (6 oz almond milk or water, ½ c. fruit, 1.5 scoops Shaklee 180 Smoothee Mix, 3-4 ice cubes)	Celery sticks + 2 Tbsp natural nut/seed butter (peanut, almond, sunflower seed, nut-free WOW! Butter, etc.)
Leafy greens (not iceberg) + sliced cucumbers or tomatoes + 1 tbsp. dressing (or 1/8 avocado+ splash of lime +pinch of sea salt)	1 Clementine orange + Shaklee Snack bar (or half of a Shaklee Meal bar)	Mix; mash together and separate into cookies, then bake at 350 F for 15 minutes. Makes 2 snack servings)
Protein Oatmeal Cookies (1 banana + ½ c. quick oats GF + 1.5 scoops Shaklee 180 Smoothie	2 Tbsp hummus dip or homemade guacamole + bag of BBQ or Sea Salt Shaklee Snack Crisps.	Homemade energy bar. http://tmbir.co/ZNr_StyB9iQQ
1 pear + 1 oz organic string cheese	1 cup berries + 6 oz organic Greek yogurt	Shaklee snack bars: Cherry & Almond; Chocolate & Coconut; Crunchy Peanut Butter; Toffee & Chocolate Crunch
¾ cup Edamame	2 whole grain Ryvita crackers + 3 tbsp hummus	

Legalize: By participating in this program, you acknowledge that you are freely choosing this program, and that you know results vary by person and implementation of said program. You further agree that, if appropriate you have consulted with your Physician, or medical health provider. You agree to hold the FeelSoAlive Team and the Shaklee Corporation harmless. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

This material has been adapted, with much appreciate for all the work they have done, from the following sources: Nedra Sahr’s 7 Day Fresh Start Cleansing Program, Suni Ferrer’s Reset Program, The Body Reset Diet by Harley Pasternak; The Engine 2 Diet by Rip Esselstyn and Quantum Wellness by Kathy Freston.