



RESET YOURSELF: Your Reset Eating Plan - Ideas & Examples

Your food & drink intake depends on where you are and what you like eating – these are some ideas for you to try.

Please share your meal ideas in the Comments in the course

On waking: drink glass of warm water
20mins before meals: 20ml Apple cider vinegar (ACV) in 40ml water

Breakfast:

Pan fried vegetables with spices and scrambled egg OR
Slow cooked buckwheat, rice and oat porridge with cinnamon, seeds & grated apple/pear OR
Miso broth with tofu, leafy greens and seaweed OR
Chia pudding with chopped almonds & berries OR
Vegetable based smoothie with grated ginger

Lunch/Dinner:

Roasted vegetable salad with sprouts, avocado, toasted seeds OR
Diverse Buddha bowl with steamed quinoa, pickled vegetables and toasted seeds OR
Mexican beans, rice & corn OR
Hearty soup with seeded bread OR
Falafel with quinoa, tabouli, pickled vegetables, hummus in a wrap

Snacks:

Carrot, celery, capsicum with hummus dip OR
A boiled egg OR
Handful of pumpkin seeds OR
Piece of Fruit OR
Rice crackers with nut butter, avocado and mung sprouts

Drinks:

Herbal teas - e.g. ginger, mint, lemon juice, chamomile, tulsi, green
Hot water - half boiling & half cold
Iced decaf coffee: with nut milk
Juice with soda water
Bitters lime juice + mineral water
Green smoothie

EATING & DRINKING UPTICKS:

Drink Apple Cider Vinegar in water 20 mins before meal/s

Squeeze lemon juice over your food

Create ways to introduce spices & herbs into meals. Such as ginger, garlic, parsley, basil, cinnamon, cummin ...

Aim for having plant foods 80% of your daily intake

Drink water one hour either side of meals. Only drink small amount with meals

Sit down to eat, in a relaxing space.

Enjoy food

Consider how your meal got to your table. consider the network of actions

Where possible share meals with others