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30-DAY

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# Plant-Based

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ORGANIC RESET

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▪ SUCCESS GUIDE ▪

[aimeericca.com](http://aimeericca.com)

## DISCLAIMER

Here's all of the fun legal stuff my lawyer says I have to include. This program is for informational purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. This information is intended only to supplement, not replace, medical care or advice as part of a healthy lifestyle.

As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program, as you would with any exercise or nutritional program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this program from Aimée Ricca, you are agreeing to accept full responsibility for your actions.

By utilizing the nutritional guidance and exercise strategies contained herein, you recognize that despite all precautions on the part of Aimée Ricca, there are risks of injury or illness which can occur with any program and you assume such risks and waive, relinquish, and release any claim which you may have against Aimée Ricca and affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of this nutritional guide and exercise program for personal use.

**\*IMPORTANT: Again, more fun things from my lawyer: This program is copyrighted and to copy, share, or reproduce is in violation of the law and prosecution will be enforced.**



**COACH  
AIMÉE**





# WELCOME TO YOUR —30-Day Plant-Based— ORGANIC RESET!

Congratulations! Just by signing up for this program, you've taken an important step toward feeling more vibrant, healthy, and energized!

Adopting a plant-based diet (even if it's just for a few weeks) can be a life-changing experience, as well as an amazing move for your health.

This program has been carefully crafted and is **LOADED** with antioxidants and nutrients that will help your body **THRIVE**.

After just a few days, you'll notice your energy levels improve, your brain fog will begin to disappear, and your skin and hair will begin to have a radiant glow!

You will also start to eliminate excess wastes and toxins, helping to restore balance throughout your body.

Many celebrities, bodybuilders, athletes, and people just like you have embraced this way of eating ... not only for its health-boosting benefits, but because it's also great for our planet.

It doesn't matter if you're just testing out the waters of a plant-based diet, or if you've been eating this way for years, you are in for an amazing 30 days!

## WELCOME TO YOUR 30-DAY PLANT-BASED ORGANIC RESET

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To get a little more specific, [studies](#) show that eating a plant-based diet can have incredible effects, including helping to:

- Reduce your risk of developing heart disease and type 2 diabetes – and possibly even reverse them!
- Lower high blood pressure
- Improve your cholesterol levels
- Make it easier to maintain or lose weight
- Reduce your need for some medications
- Prevent some chronic illnesses and diseases.

Pretty amazing, right?

But knowing exactly how to eat a plant-based diet and still cover all your nutritional bases can seem overwhelming!

It's not as simple as just "cutting out" meat and other animal products. You also have to pay attention to your body and what it needs.

Let's face it! Potato chips and corn chips are considered plant-based foods ... and so is pasta ... but those are not always your healthiest choices.

This is where your 30-Day Plant-Based Organic Reset comes in!





## WELCOME TO YOUR 30-DAY PLANT-BASED ORGANIC RESET

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I have carefully designed this program to deliver the maximum amount of benefits for your body, while keeping in line with a “simple and easy” recipe philosophy.

This program is loaded with delicious, nutritious, and gluten-free recipes that I can’t wait for you to try!

I eliminate all the guesswork ... so that you’ll learn what to eat (and what to avoid) to have a successful and transformational experience.

Throughout this program, I’ll also focus on being intentional with our thoughts and actions, and also on being mindful and present.

This is much more than just a 30-day plant-based challenge, this program is designed to help you become the best version of yourself ... inside and out!