

WELCOME TO OUR BODY RESET MEAL PLAN

We are excited you have started your weight loss and vitality journey with us! Expect great results.

OUR VISION

As one of South Africa's leading online health and wellness companies, we constantly strive to supply all our clients with the highest quality, best tasting, and most nutritious meals.

We know how difficult it is to maintain and sustain a healthy lifestyle in this current rat race we live in! There are so many easy ways out and not enough healthy, affordable options.

Transform your lifestyle and improve your overall health and well-being with easy access to healthy, well-portioned, nutritious, and convenient meals giving you the BEST results. We ensure that every mouthful not only tastes great but shows you healthy eating does not have to be bland.



BEFORE WE GET STARTED

Disclaimer: a quick reminder before you start please note that this guide should not be treated as medical advice or a suggestion that this guide should replace qualified specialist advice based on your unique story.

You should keep your healthcare specialist with up to date information about your health conditions and on changes you make to your diet. In case any dietary changes might affect any medical conditions, you have and or any medicines you take, please consult with your health care specialist first.

What does a body reset package help with?

A variety of “detoxification” diets, regimens, and therapies—sometimes called “detoxes” or “cleanses”—have been suggested as ways to remove toxins from your body, lose weight, or promote health.

WHAT TO EXPECT

It is time for you to TAKE ACTION and start making yourself a priority! Get yourself on the right path that will help you achieve your lifestyle goals – leaving you feeling confident and radiant in your own skin! Let us get you on the way to a whole new and improved you! Creating a lifestyle that suits you and your body type/goal!

Our Body Reset packages are fully loaded with fresh-pressed fruit and vegetable juices and smoothies which our bodies need to activate natural cleansing powers, enhance skin radiance, and boost your metabolism to its full speed. You can expect a new sense of energy, a fresh glowing look, and boosted immune system & metabolism! A great way to kick start your journey to a healthier lifestyle.

During the detoxification process, your body will be releasing more liquids than usual, therefore, you can expect more frequent trips to the restroom, as well as potentially a minor headache from time to time if you are not replenishing liquids/hydrating.

We believe strongly in developing and maintaining healthy lifestyles, which is why we have developed this package with you, our customers in mind, to make clean eating and clean living easier and more achievable!

This Is Your Moment to Shine – It is time for you to TAKE ACTION and start making yourself a priority!

Start feeling positive about your health and well-being! Get yourself on the path that helps you achieve your lifestyle goals – leaving you feeling confident and radiant in your own skin!

- * Be excited, motivated, and eager to achieve your goals!
- * Let us get you on the way to a whole new and improved you!
- * Create a lifestyle that suits you and your body type/goal!
- * Everything you need to achieve and succeed starts with you and your mindset!

Benefits of detoxing:

Reduces inflammation
Purifies your blood
Aids in weight loss
Improves sleep
Boosts your circulation.

What are vegetable juices?

As the name suggests, vegetable juices consist of a lot of different vegetables, which are cold pressed, separating the liquid from the fiber of the vegetables.

Benefits of our vegetable juice:

Vegetable juice is packed with nutrients. This is not surprising as there are a lot of servings of vegetables in a bottle. As a result, vegetable juice is not only tasty but also very healthy.

BENEFITS OF RESETTING YOUR BODY

Why is it beneficial to detox?

As soon as toxins enter your body, these potentially harmful substances are flushed from the body when the detoxification process (which consists of a series of metabolic reactions) starts to do its job. This is a continuous process that our bodies perform naturally, however, when our bodies need an extra boost, these detox packages aid the body in doing this natural process, increasing beneficial bacteria in your gut, promoting weight loss, and improving your general well-being.

Our detox's are fully loaded with fresh-pressed fruit and vegetable juices and smoothies which our bodies need to activate natural cleansing powers, enhance skin radiance, and boost your metabolism to its full speed.

If you're in need of more energy, a fresh glowing look, and a boost to your immune system and metabolism, we have packages to suit all lifestyles.

HOW LONG BEFORE RESULTS START TO SHOW?

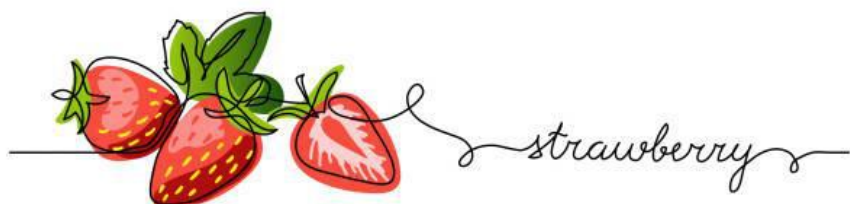
Reducing the number of calories, you eat per day can be an effective weight loss method.

In terms of how your body looks, it usually takes 4 weeks for your friends to notice weight loss, and 6–8 weeks for you to notice.

*Are you ready to become a healthier you
and increase your vitality?*

Detoxing brings new growth and regeneration, which makes it a great way to refresh our systems by doing a cleanse. Eliminate toxins from your body, improve your health, and promote weight loss with a Body Reset.

YOU + DETOX + BODY RESET = HAPPY & HEALTHY GUT



Our Body Reset plan comes with fresh-pressed juices, smoothies, health shots, delicious soups, and nutritious meals to ensure you are filling your body with only the best and healthiest ingredients! We only use the healthiest and freshest fruits and vegetables, without adding any preservatives, additives, colorants, or sugars.

What Does “Cleansing” Really Mean?

The body cleanses itself every day through its eliminative systems, which expel wastes (stool, urine, sweat, exhaled breath). The liver, which does a lot of detoxification, releases its end products through these same channels of elimination. The body is always trying to get rid of what it does not need, or what is burdensome to it. These substances can be simply the indigestible fiber from eating vegetables, or chemicals that we take in via food additives, pesticides, or other pollutants. When we intentionally do a cleanse, we are purposefully supporting and strengthening our body’s intrinsic cleansing systems. This intentional cleansing is what we will explore here, with a focus on fasting.

Tips to Keep in Mind When Resetting Your Body:

1. Keep Yourself Hydrated

One of the most important steps in any detox or cleanse is to stay hydrated. This is especially important when the weather is warm, and the sun is shining.

2. Boost Your Immunity with Your Diet

It is important to eat foods that can naturally build our immunity and keep us away from seasonal illness. Try your best to include all the green leafy vegetables and smoothies and juices are packed with vitamins and minerals.

3. Detox Yourself

Cleanse and detox your body of all the heavy, fatty foods that we have been storing until now. Increase your intake of foods and drinks that have detoxification properties.

4. Eat Light

After following a hefty diet going light now may be a little difficult. But, doing this can work wonders for your body. Do away with greasy meals and start eating light to keep your digestive system running smoothly.

5. Move Your Body

Get outside and move your body. Any form of exercise can improve your health and give you an instant glow from within.

The best part about this is that our Body Reset packages come with a meal plan for you to follow, ensuring you have a nutrient-dense breakfast, lunch, and dinner, with smoothies, juices, and shots that are packed with brilliant health benefits for you to benefit from this spring. Not only that, but our meal plans also come with an exercise plan for you to follow to put a spring in your step!

It is not selfish to love yourself, take care of yourself, and to make your happiness a priority. It is necessary. Talk to yourself like you would to someone you love.

It is so important to take time for yourself and find clarity.

Advantages of our body reset package:

- * Removal of harmful toxins from the body
- * Rejuvenates the body
- * Boosts energy levels
- * Improves digestion
- * Makes the skin glow
- * Helps develop healthy eating habits
- * Makes a person feel healthier
- * Aids in weight loss

Limitations of the Body Reset

- * Resets can be short on many nutrients, leading to certain deficiencies and lowered immunity if you are not following the meal plan correctly.
- * The weight loss achieved is usually temporary. It is due to loss of water and fat due to severe calorie restriction. You will need to follow this plan with a maintenance package to maintain weight loss.
- * Side effects can include tiredness, joint ache, and body pain.

MAINTENANCE




































This is a package that can be adapted to suit your lifestyle. This is a plan which you can follow every quarter of the year to detox and purify your whole body. If you managed to push through a minor headache and stay hydrated, this could definitely be adapted to suit your lifestyle.

This package can lead to weight loss, which may not be permanent if not followed up with a maintenance plan. Although this is a package that you can commit to every 3 months, we recommend continuing with a low carb and low sugar diet which allows you to eat at each mealtime, while still ensuring the meals you consume are nutrient-dense, low in calories, and healthy.

Our Calorie-Controlled packages are perfect for this, to ensure you never exceed a certain number of calories per day (while still eating at each mealtime with protein snacks in between meals)! Alternatively, our lifestyle packages are brilliant for a low carb lunch and dinner.

21Day Body Reset Meal Plan | Week One



| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-------|--|---|--|---|---|--|---|
| 7 am | LG Health Shot  Kcal 10 | Morning Health Shot  Kcal 12 | Energizer Health Shot  Kcal 10.8 | Flu Kicker Health Shot  Kcal 12 | LG Health Shot  Kcal 10 | Morning Health Shot  Kcal 12 | Energizer Health Shot  Kcal 10.8 |
| 8 am | Berry Bliss Smoothie  Kcal 148 | Cocoa Nutter Twister Smoothie  Kcal 339 | Strawberry Go Jo Smoothie  Kcal 135 | Lemon Punch Smoothie  Kcal 135 | Sunshine Smoothie  Kcal 132 | Berry Bliss Smoothie  Kcal 148 | Cocoa Nutter Twister Smoothie  Kcal 339 |
| 11 am |  <div>Kcal 262</div> Chicken Stirfry |  <div>Kcal 432</div> Boerewors with Bacon and a Cauliflower, Broccoli Mix |  <div>Kcal 149</div> Vegetable Stirfry |  <div>Kcal 205</div> Beef Goulash with Pumpkin & Spinach |  <div>Kcal 200</div> Chicken Pan Fried Baby Marrows & Butternut on Cauli Rice |  <div>Kcal 224</div> Beef Stirfry |  <div>Kcal 200</div> Chicken Pan Fried Baby Marrows & Butternut on Cauli Rice |
| 1 pm | ABC Juice  Kcal 129 | Sweet Apple Beetz Juice  Kcal 279 | Popeye's Favorite Juice  Kcal 120 | Carrot Commando Juice  Kcal 129 | Green Machine Juice  Kcal 106 | ABC Juice  Kcal 129 | Sweet Apple Beetz Juice  Kcal 279 |
| 6 pm |  <div>Kcal 150</div> Butternut Soup |  <div>Kcal 114</div> Cabbage Soup |  <div>Kcal 132</div> Vegetable Soup |  <div>Kcal 309</div> Ham & Pea Soup |  <div>Kcal 615</div> Chicken & Broccoli Soup |  <div>Kcal 105</div> Tomato Soup |  <div>Kcal 153</div> Broccoli, Kale & Spinach Soup |
| | Total Kcal 699 | Total Kcal 1176 | Total Kcal 546.8 | Total Kcal 790 | Total Kcal 1063 | Total Kcal 618 | Total Kcal 981.8 |

21Day Body Reset Meal Plan | Week Two



| | Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
|-------|--|---|--|---|---|--|---|
| 7 am | Flu Kicker Health Shot  Kcal 12 | LG Health Shot  Kcal 10 | Morning Health Shot  Kcal 12 | Energizer Health Shot  Kcal 10.8 | Flu Kicker Health Shot  Kcal 12 | LG Health Shot  Kcal 10 | Morning Health Shot  Kcal 12 |
| 8 am | Strawberry Go Jo Smoothie  Kcal 135 | Lemon Punch Smoothie  Kcal 135 | Sunshine Smoothie  Kcal 132 | Berry Bliss Smoothie  Kcal 148 | Cocoa Nutter Twister Smoothie  Kcal 339 | Strawberry Go Jo Smoothie  Kcal 135 | Lemon Punch Smoothie  Kcal 135 |
| 11 am |  Beef with Broccoli & Cauliflower Kcal 200 |  Garlic & Herb Chicken with Spinach Kcal 214 |  Chicken Stirfry Kcal 262 |  Vegetable Stirfry Kcal 149 |  Chicken Mozzarella, Cherry Tomatoes and Cauliflower & Broccoli Kcal 310 |  Beef Stirfry Kcal 224 |  Beef with Broccoli & Cauliflower Kcal 200 |
| 1 pm | Popeye's Favorite Juice  Kcal 120 | Carrot Commando Juice  Kcal 129 | Green Machine Juice  Kcal 106 | ABC Juice  Kcal 129 | Sweet Apple Beetz Juice  Kcal 279 | Popeye's Favorite Juice  Kcal 120 | Carrot Commando Juice  Kcal 129 |
| 6 pm |  Butternut Soup Kcal 150 |  Tomato Soup Kcal 105 |  Vegetable Soup Kcal 132 |  Ham & Pea Soup Kcal 309 |  Cabbage Soup Kcal 114 |  Chicken & Broccoli Soup Kcal 615 |  Broccoli, Kale & Spinach Soup Kcal 153 |

Total Kcal 617

Total Kcal 593

Total Kcal 644

Total Kcal 745.8

Total Kcal 1054

Total Kcal 1104

Total Kcal 629

21Day Body Reset Meal Plan

Week Three



Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Energizer Health Shot



Flu Kicker Health Shot



LG Health Shot



Morning Health Shot



Flu Kicker Health Shot



LG Health Shot



Morning Health Shot



Sunshine Smoothie



Berry Bliss Smoothie



Cocoa Nutter Twister Smoothie



Strawberry Go Jo Smoothie



Lemon Punch Smoothie



Sunshine Smoothie



Berry Bliss Smoothie



Boerewors with Bacon and a Cauliflower, Broccoli Mix



Vegetable Stirfry



Garlic & Herb Chicken with Spinach



Beef Stirfry



Chicken Stirfry



Beef Goulash with Pumpkin & Spinach



Chicken Mozzarella, Cherry Tomatoes and Cauliflower & Broccoli

Green Machine Juice



ABC Juice



Sweet Apple Beetz Juice



Popeye's Favorite Juice



Carrot Commando Juice



Green Machine Juice



ABC Juice



Butternut Soup



Tomato Soup



Vegetable Soup



Ham & Pea Soup



Cabbage Soup



Chicken & Broccoli Soup



Broccoli, Kale & Spinach Soup

Total Kcal 830.8

Total Kcal 543

Total Kcal 974

Total Kcal 800

Total Kcal 652

Total Kcal 1068

Total Kcal 752



Chicken Meal



Beef Meal



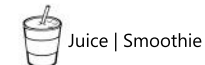
Vegetarian Meal



Vegan Meal



Snack



Juice | Smoothie



Shot