



# 5-DAY RESET MEAL PLAN

Meal	AM	M1	M2	M3	M4	M5	PM
MONDAY	Warm Lemon Water + Magnesium	Morning Elixir + Reboot Smoothie Or Smoothie Bowl	Cinnamon Date Muffins	Spiced Sweet Potato Stew	½ 5 oz. can tuna, chopped celery + favorite herbs	Simple Sauté - 6 oz lean protein + 2 cups of your favorite veggies, sauteed w/ spices + 2 tsp. oil	Optional 4 rice crackers w/1 tbsp. almond butter + Optional Dandelion or Milk Thistle Tea
TUESDAY	Warm Lemon Water + Magnesium	Morning Elixir + Protein Pancakes + 1 cup berries	1 apple, sliced 1 tbsp. Almond Butter	LYL Burrito Bowl	Slimming Soup	Reboot Wrap OR Trim It Up Tray Bake	Optional Reset Dessert + Optional Dandelion or Milk Thistle Tea
WEDNESDAY	Warm Lemon Water + Magnesium	Morning Elixir + Reboot Smoothie Or Smoothie Bowl	Cinnamon Date Muffins	Spiced Sweet Potato Stew	½ 5 oz. can tuna, chopped celery + favorite herbs	Simple Sauté - 6 oz lean protein + 2 cups of your favorite veggies, sauteed w/ spices + 2 tsp. oil	Optional 4 rice crackers w/1 tbsp. almond butter + Optional Dandelion or Milk Thistle Tea
THURSDAY	Warm Lemon Water + Magnesium	Morning Elixir + Reboot Smoothie Or Smoothie Bowl	Cinnamon Date Muffins	LYL Burrito Bowl	Slimming Soup	Reboot Wrap OR Trim It Up Tray Bake	Optional Reset Dessert + Optional Dandelion or Milk Thistle Tea
FRIDAY	Warm Lemon Water + Magnesium	Morning Elixir + Scramble (2 eggs + 1 cup favorite veggies, chopped) + ¼ avocado	1 apple, sliced 1 tbsp. Almond Butter	Slimming Soup + 2 cups mixed green salad w/ 2 tsp. Balsamic Dressing	Reboot Smoothie	Simple Sauté - 6 oz lean protein + 2 cups of your favorite veggies, sauteed w/ spices + 2 tsp. oil	Optional Reset Dessert + Optional Dandelion or Milk Thistle Tea