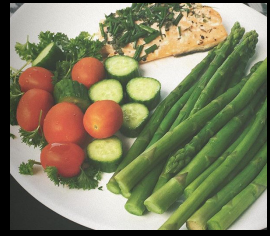




Welcome to  
*the 3-day reset*

Boost your health in just 72 hours!

*Experience a Taste of Health!*



Choose to follow the exact meal plans or build your own with the provided shopping list.

The option is yours!  
Implementation is simple.



*Stephanie Jackson*  
THEFREEDOMTOLIVE.CA  
INTEGRATIVE  
HEALTH  
PRACTITIONER



# Know the WHY

Processed food, chemical additives, added sugars, and conventional food ingredients put **STRESS** on the body.

## The 3-Day Reset is designed to De-Stress & Support your Body Systems.

- Give your digestive and immune system a rest from processed foods and common allergens by eliminating: gluten, eggs, dairy, nuts, and grains for 3 days.
- Support and relieve your overworked liver by taking a break from stimulants such as caffeine, refined sugars, inflammatory oils, and alcohol.
- Break from toxins: food dyes, food chemicals, and preservatives.



Welcome to a 3-day immersion of a high fiber, anti-inflammatory, antioxidant-rich menu of fruits, vegetables, and lean protein to give your entire body a break from the stress of certain foods and drink this holiday season.

The 3-day reset is an opportunity to take a mental and emotional break. Take some time off from your workout routine, social media, and other commitments to tune inward to how you feel. Prioritize active recovery “work-ins”, like walking, stretching, yoga, meditation, reading, journaling, self-care, and sleep during these 72 hours.

Use this 72-hour template as a tool and guide to give both your mind and body a much-needed rest anytime during the year!





**Breakfast (1 hour after waking)**  
**1 cup vegetables; 1/2 - 1 cup fruit; 1-2 tbsp. fat; 1 serving of plant based protein powder (13 - 20g)**

## *Smoothie:*

Spinach/Mixed Greens,  
Cucumber, Kiwi,  
Avocado, Unsweetened  
Plant Protein  
Powder/Hemp Hearts.

Grapefruit, Granny  
Smith Apple, Fennel,  
Ground Flax Seed,  
Unsweetened Plant  
Protein Powder/Hemp  
Hearts.

Berry Blend/  
Blueberries, Micro  
greens, Ground  
Flax Seeds,  
Unsweetened  
Plant Protein



**Lunch (3.5 - 4 hours later)**  
**2-3 cups of vegetables; 1-2 tbsp. fat; 1/2 - 1 cup plant based protein**

## *Plant-Based:*

Beet, Avocado, and  
Dandelion greens/Mixed  
Greens with Chickpeas.

Fresh herbs, Fennel, Granny  
Smith Apple, Celery, Hemp  
Hearts.

Cilantro, Steamed  
Broccoli, Brussels  
Sprouts, Lentil Salad.

Dressing: Olive oil, lemon  
juice, sea salt and pepper.

Dressing: olive oil, Dijon,  
lemon juice, sea salt and  
pepper.

Garnished with  
avocado.



**Dinner (3.5 - 4 hours later)**  
**2-3 cups of vegetables; 1-2 tbsp. fat; 1/2 - 1 cup plant based protein**

## *Pagan:*

Soup: Brussels sprouts,  
Cabbage, Carrots, Celery,  
Fennel, Onion, Garlic, Split  
mung beans. Vegetable  
broth

Roast chicken and  
Vegetables (carrots,  
cauliflower, Brussels  
sprouts)

Baked Salmon and  
Vegetables (asparagus,  
green beans,  
mushrooms)



# 3-Day RESET Shopping List

## Protein

(1/2-1 cups)

Choose 1

### Breakfast

Hemp Hearts  
Unsweetened Hemp Protein Powder (Nutiva or Manitoba Harvest)  
Unsweetened Fermented Plant Proteins (Genuine Health or equivalent)

\*avoid whey, soy, dairy, and protein powders with multiple ingredients and additives during the 3 day reset. (less is more)

### Lunch & Dinner

Bean Sprouts	Split Mung Bean
Beans (not baked beans)	Tofu (sprouted organic)
Legumes	Hummus
Lentils	Chickpeas
	Hemp Hearts

### Animal Proteins \*Dinner Only

Anchoives	Salmon
Chicken	Sardines
Cod	Sole
Cornish hen	Turkey
Duck	Trout
Haddock	

## Fat

(1-2 tbsp.)

Choose 1

### Breakfast, Lunch & Dinner

Avocado  
Chia Seeds  
Coconut Oil  
Ground Flax Seeds  
\*Olive Oil

\*Choose cold first-pressed organic virgin



### Between Meals

Filtered/Bottled water  
Lemon water  
Herbal teas

## Fruit & Veg

(1-2+ cups)

Choose 3 or 4

### Breakfast, Lunch & Dinner

Artichokes	Blackberry*
Arugula	Blueberry*
Asparagus	Cherry*
Broccoli	Kiwi*
Brussels sprouts	Grapefruit*
Squash**	Granny Smith Apple*
Cabbage	Raspberry*
Carrots	Sea Vegetables
Cauliflower	Scallions
Celery	Snap peas
Chard/Swiss chard	Snow peas
Chives	Spinach
Cilantro	Sprouts
Cucumber	Sweet Potatoes**
Dandelion Greens	Tomatoes
Kale	Water Chestnuts
Escarole	Watercress
Fennel	Yam**
Garlic and Shallots	
Green Beans	
Greens (beets, collards, broccoli)	
Jicama	
Leeks	
Lettuce	
Micro greens	
Mushrooms	
Onions	
Parsley	
Peppers	
Pumpkin**	
Radishes	
Red Beets	

Choose Wild or Pastured Animal Proteins

Opt for Organic, Pesticide-free, Non GMO, Local Produce

Avoid tap water and environmental chemicals

\*If you are trying to lose weight aim for no more than 1/2-1 cup of these options during the 3-day reset.

\*\* If you are trying to lose weight avoid these options during the 3-day reset.





*Boost your health in just 72 hours!*

*Experience Health!*

Use this 72-hour template as a tool and guide to give both your mind and body a much-needed break during the holiday season or anytime during the year!

Remember! you can take some of the stress out by streamlining the prep work and by doing 3 days of meal prep upfront (eat the same 3 meals, pick and choose) or take day by day.

The option is yours! Implementation is simple.

# *Stephanie Jackson*

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Visit <https://www.thefreedomtolive.ca> to book your complimentary session today!



INTEGRATIVE  
HEALTH  
PRACTITIONER

Change the World. Heal Yourself. Heal Others.



*Change your story,  
Change your body,  
Change your life.*