



# 10 DAY RESET PROGRAM



## WELCOME TO THE LIFE BY SEACRET 10 DAY RESET PROGRAM

and congratulations for making your health and wellness a priority. The 10 Day Reset Program is a plant-based, organic, whole food nutrition program designed to alkalize, energize and detoxify while allowing your body to experience greater health and wellness.

### WHY ALKALIZE?

The answer is simple. There are many systems in the body that must function within a balanced state for optimum health. Your temperature (98.6F/37C), your heart rate, blood pressure (120/80), blood sugar, oxygen and even your pH all need to maintain their perfect balance. This 10-day lifestyle change will help support cardiovascular health, blood sugar levels, and blood pressure for those already in the normal range. In fact, your pH is one of the most critical levels that the body must keep stable in order for you to survive and thrive. When you keep your body in a slightly alkaline state, the way it is designed, you have the greatest chance of supporting a better state of health and thus increasing your vitality.

In order to get your body back in balance, Seacret has put together this 10 Day Reset to help promote a healthier **YOU**. The 10 Day Reset Program is simple to follow, cost-effective and great-tasting. Whether you are looking to get back on track with your health or you are looking to take your health from good to great, this program is for you.



**Plan to feed your body every three hours. We suggest:**

**7AM Breakfast**

**10AM Snack**

**1PM Lunch**

**4PM Snack**

**7PM Dinner**

**Take Curb before a snack or a meal to help avoid falling for unhealthy cravings.**

**Take Booster before bed to sleep well, wake and repeat.**

## LET'S GET STARTED.

At the foundation of the Life By Seacret 10 Day Reset Program are **4 products** from the Life By Seacret nutrition line. They are the plant-based, **Vanilla Protein Shake, The Greens powder, Booster and Curb**. Simply, the program involves having your Shake and Greens together for breakfast and lunch with a healthy meal for dinner and your Boosters before bed. Include some movement, like walking and you've got a program set to get you on track. This is done for 10 consecutive days and then say hello to a healthier new you. That's it! It's that simple. Most people love how good they feel after day 10 that they either continue the program or move into a health maintenance program by continuing their Shake & Greens at breakfast or lunch and having 2 healthy meals a day along with their Curb and Booster. Just remember, adding exercise to your daily routine is recommended as it helps provide health benefits and works in conjunction with the other efforts you're making.



20 Serving Size Packaging to support the 10-Day Reset Program

## WHAT DOES A TYPICAL DAY ON THE RESET PROGRAM LOOK LIKE:

### DAY 1

#### UPON ARISING:

Consume 20 fluid ounces (0.59 L) of clean filtered water with 1/2 lemon or lime.

#### SNACK:

1-2 pieces of fresh fruit from recommended list provided.

#### SNACK:

Sliced carrots and celery sticks (or other vegetables from recommended list).

#### AFTER DINNER SNACK (OPTIONAL):

1 cup frozen cherries (or other fruit from recommended list).

#### BREAKFAST:

Mix 2 scoops of Life By Seacret Vanilla Shake with 1 Scoop of Life By Seacret Greens powder with 12-16 fluid ounces (0.35-0.47 L) of cold, clean, filtered water. Blend or shake vigorously and consume.

#### LUNCH:

Take 2 capsules of Curb 20-30 minutes before lunch with at least 8 fl. oz. (0.23 L) of water

Second serving of Shake and Greens prepared as described at breakfast.

#### DINNER:

3-5 ounces (85-141g) of lean protein with 1-2 cups of steamed vegetables.

#### BEFORE BED:

Take 4 Booster capsules on an empty stomach before bed.

### DAYS 2-10

Repeat day 1, varying the foods from the recommended list.

# RECOMMENDED FOOD LIST

			
<b>GRAINS (1/2 CUP SERVING)</b>	<b>SWEETENERS (NO MORE THAN 1 PACKET OR TEASPOON)</b>	<b>OILS (2 TEASPOONS)</b>	<b>NUTS &amp; SEEDS (1/4 CUP SERVING/ ORGANIC SOURCES)</b>
Quinoa Millet Rice Buckwheat	Molasses Pure Maple syrup Stevia Lakanto Xylitol	Coconut Ghee (clarified butter) Avocado Hemp Olive	Almonds Sunflower Seeds Pumpkin Seeds Walnuts

			
<b>MILK PRODUCTS</b>	<b>MILK SUBSTITUTES ONLY: (1/2 CUP SERVING)</b>	<b>PROTEIN (3-5 OUNCE (85-141G) PORTIONS/ORGANIC SOURCES)</b>	<b>OTHER BEVERAGES</b>
(NON-DAIRY/ 1 CUP/ UNSWEETENED/ ORGANIC WHERE POSSIBLE)	Almond Hemp Cashew Coconut Macadamia Rice	Turkey Chicken Elk Venison Buffalo Wild Salmon Halibut Trout Beans (Lentil, black-eyed, pinto, kidney, navy, garbanzo) Duck Eggs Chicken Eggs (rarely)	Herbal Teas Alkaline Water (Lots of it!)

		
<b>FRUITS (1/2 CUP SERVING)</b>	<b>VEGETABLES (1 CUP SERVING)</b>	<b>FOODS TO AVOID</b>
Lemon Lime Tangerine Strawberries Grapefruit Apple Apricot Blueberries Blackberries Raspberries Orange Peach Grapes Pear Watermelon Nectarine Plum Prunes Kiwi Papaya Pomegranate Cherries Avocado Other Fruits (No more than 2 times per week) Raisins (1/4 cup) Banana (1 small) Figs (5) Dates (5) Cantaloupe Pineapple Mango	Spinach Leafy greens Celery Carrots Asparagus Cabbage Broccoli Zucchini Pumpkin Lettuce Kale Brussels Sprouts Bok Choy Cauliflower Beets Radishes Green and Snow Peas Sauerkraut Parsnips Mushrooms Green Beans Onion Garlic Artichoke Turnips Cucumber Squash	All Refined Sugars All Artificial Sweeteners Corn Syrup Dairy Products (Milk, Cheese, Yogurt, Ice Cream, etc) Gluten (Bread, Pasta, and Other Foods Made With Wheat, Rye and Barley) Corn and Corn Products Soy and All Products Made With Soy Alcohol Carbonated Beverages Peanuts and Peanut Butter Pork, Cold Cuts, Bacon & Sausage Hot Dog and Canned Meat Shellfish Meat Substitutes Meats That Contain Nitrates Or Nitrites Nightshades (Tomatoes, Potatoes, Eggplant, Bell Pepper, etc.) Any Food That You Are, Or Suspect You Are Allergic to

# 5 DAYS OF DINNERS



DAY 1

Salmon with Cauliflower Rice and Snap Peas



DAY 2

Chicken breast with Sautéed Asparagus and Quinoa



DAY 3

Turkey with Sautéed mushrooms and Squash



DAY 4

White Fish with Spaghetti Squash drizzled with Olive Oil



DAY 5

Leafy Greens with Radishes, Cucumber and Beets tossed with Olive Oil and topped with chopped chicken. Sprinkle with sliced Almonds.

## VEGAN ALTERNATIVES



DAY 1

Spaghetti Squash tossed with sautéed vegetables and sprinkled with olive oil



DAY 2

Sweet Potato, tomato, wild rice, beans, and avocado harvest bowl



DAY 3

Lentils with Carrots and Spinach



DAY 4

Cauliflower rice with spinach, drizzle with olive oil pesto, add cashews and fresh basil



DAY 5

Butternut Squash with Green Lentil, Tahini, Brussels Sprouts tossed with Olive oil and turmeric, add pumpkin seeds

## TIP

Dining out, Jesse Macpherson recommends a Poke Bowl. Simply substitute Salad for Rice.



## 12 KEY POINTS FOR SUCCESS WITH THIS PROGRAM AND IN LIFE

1. Eat fresh organic foods DAILY!
2. Eat nutrient-rich foods.
3. Eat live, raw foods as much as possible (uncooked fruits and vegetables).
4. Keep animal proteins (Beef, chicken, eggs etc.) to a minimum. The ideal portion size would be 3-5 ounces (85-141g) per meal.
5. Keep stimulants and stimulant drinks to a minimum (coffee, colas, black tea, etc).
6. Drink at least half your body weight in fluid ounces (3.2% of kg of body weight in liters) of water daily (Alkaline water is ideal). For instance, if one weighs 180 lbs. (81.6 kg), drink 90 fl. oz. (2.6 L) of water each day.
7. Eat only healthy fats like almonds, walnuts, avocado, coconut, or hemp.
8. Get a good night's sleep! Your body does its best healing while it sleeps.
9. Learn techniques to reduce stress in your life.
10. Exercise a few times per week (both cardio and strength).
11. Do something that brings you joy each day.
12. Make a difference in someone's life. Share this program with them.

## PERSONAL SUCCESS AGREEMENT

One of the most important parts of any successful program is the commitment to doing your absolute best throughout the process. Starting a new health program can be exciting, but what people sometimes forget is that getting healthy is a process and takes time. The results can take time and are not always immediate. Commitment to follow through with the entire program takes a real dedication to yourself, remembering why you started the program in the first place. Take this moment to make a commitment to yourself.



## MY LIFE BY SEACRET PROMISE

*My reason for starting my health program is \_\_\_\_\_ (eg. Health concerns, weight management, self-image, etc.) I, \_\_\_\_\_ commit to myself, and those I love, to become a healthier and more vibrant person by supporting my body in making healthier choices. I know that at times I may feel restricted, but I also know that the process of learning and enjoying new and healthy food habits takes time as my body rejuvenates and eventually I will crave the new, healthier foods over the unhealthy ones. At times, I may want to give in to unhealthy food choices, but I will ask for help when I need support.*

*I am committing to the Life By Seacret 10 Day Reset Program for better health and therefore, a better life. I DESERVE IT!*