



*5 DAY FULL  
BODY RESET  
CHALLENGE*

NUTRITION  
GUIDE

HIGH VIBE SISTER

# Rules of Engagement

1. Set your purpose and commitments below AND post them to our Facebook group!
2. You should eat 3 meals per day as outlined below with no snacks in between.
3. Aim for 30 minutes of movement per day.
4. Drink  $\frac{1}{2}$  your body weight in ounces of water per day.
5. Journal everything that goes into your mouth.
6. Follow the plan even when going out to eat (I promise it's possible!).
7. For best results, invite a buddy to join you for even more accountability!
8. Make enough for leftovers – life is busy and leftovers don't get much more simple! Dinner should last into lunch the next day (or make enough for a few days).
9. Pre-cook proteins and pre-wash veggies when possible.

## Goals & Commitments

1. My goal for participating in this program is:

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2. My long term goals in terms of nutrition and weight loss are:

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3. This week I am committed

i. \_\_\_\_\_

ii. \_\_\_\_\_

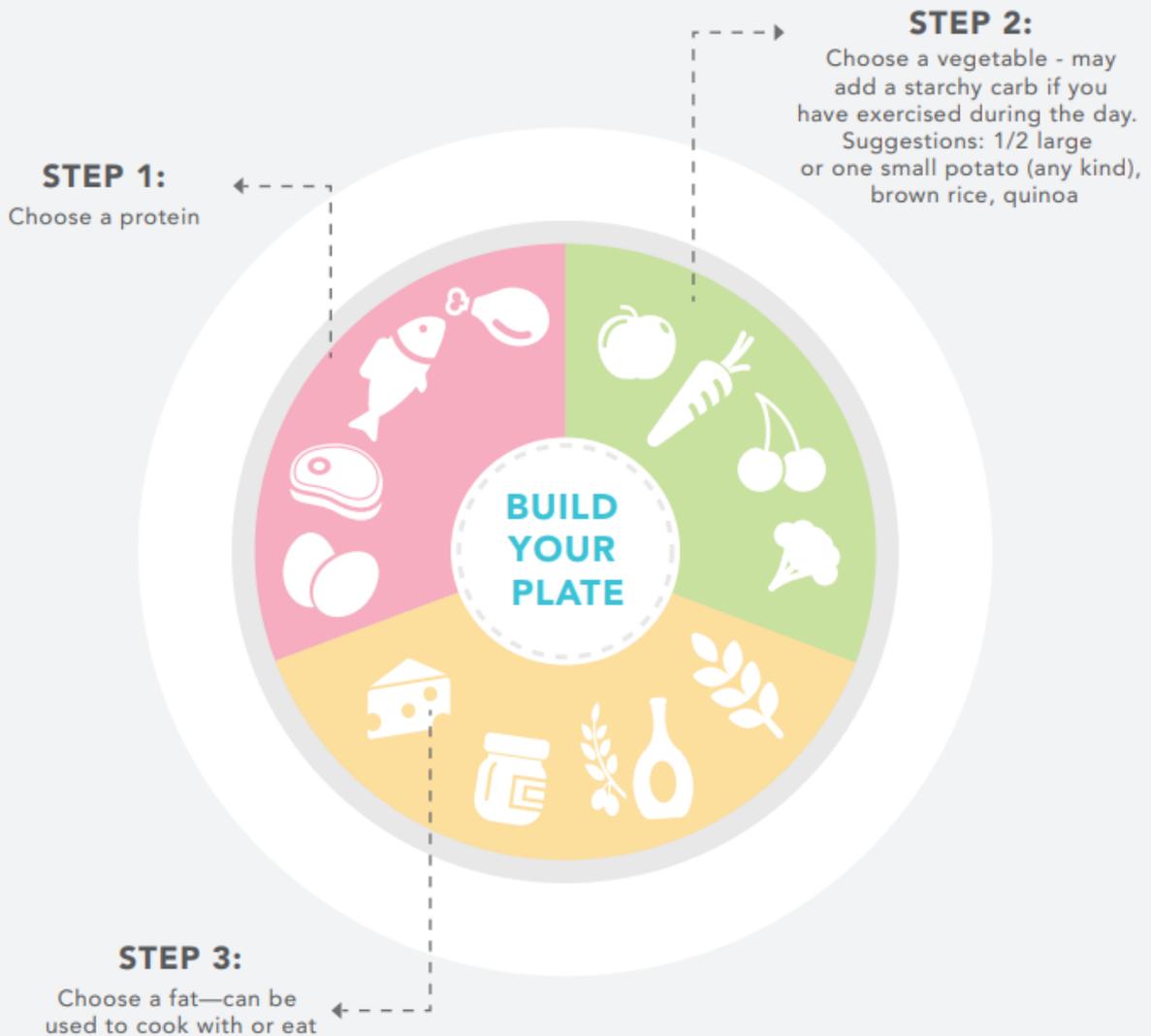
iii. \_\_\_\_\_

### MY CURRENT MEASUREMENTS

Weight:  Shoulders:  Thigh:  Waist:

Neck:  Chest:  Calf:  Hips:

## CHOOSE ITEMS OFF OF THE NEXT PAGE.



You may eat 1-2 pieces of fruit per day with a meal.

Rethink breakfast—you do not have to eat traditional breakfast foods!

Do not eat between meals.

## PROTEINS

Chicken breast  
Turkey breast  
Lean ground turkey  
Fish  
Crab  
Lobster  
Shrimp  
Top round steak  
Top sirloin steak  
Lean ground beef  
Buffalo  
Lean ham  
Eggs  
Trout  
Wild-game meat

## VEGETABLES

### ANY-INCLUDING

Broccoli  
Asparagus  
Romaine Lettuce  
Carrots  
Cauliflower  
Green beans  
Green peppers  
Mushrooms  
Spinach  
Tomato Peas  
Brussel sprouts  
Artichoke  
Cabbage  
Celery Kale  
All leafy greens

### FRUITS - ALL

## FATS

Avocado  
Raw Nuts  
Sunflower seeds  
Pumpkin seeds  
Cold-water fish  
Natural nut butter  
Olives and olive oil  
Coconuts & coconut  
oil/milk  
Kerrygold butter  
Sunflower oil  
Flax seed oil

## STARCHY CARBS

Potatoes (any kind)  
Quinoa  
Barley

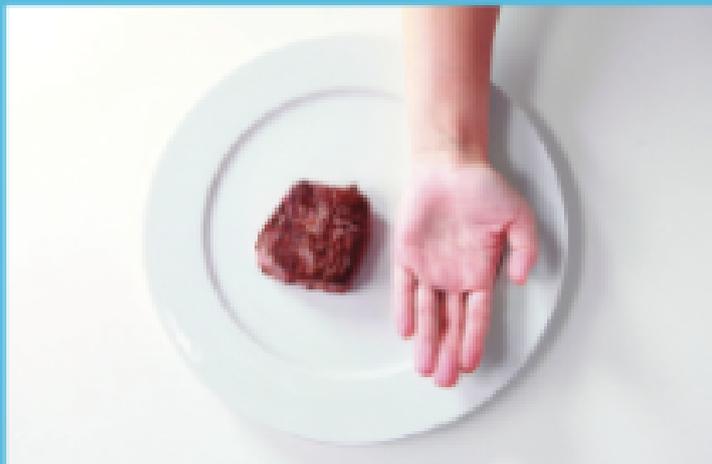
Brown Rice  
Spelt  
Whole rolled oats

# Calorie Control: A Simple Guide

## FOR WOMEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two.

And your hand. To build your meals:



**1 palm of protein dense foods with each meal**



**1 fist of vegetables with each meal**



**1 cupped handful of carb dense foods with most meals**



**1 entire thumb of fat dense foods with most meals**

**Note:** Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

**Also note:** Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

# SOME RESET-FRIENDLY RECIPES:



## Superfood Frittata



2 cups clean and de-stemmed chopped kale  
½ onion, chopped  
1 red pepper, chopped  
3 slices cooked bacon, chopped  
8 eggs  
¼ cup coconut milk  
S&P  
1 tbsp coconut oil

Preheat oven to 350. Heat cast-iron (or some skillet you can stick in the oven) to medium and melt coconut oil. Whisk eggs, milk, S&P together. Sautee onion and pepper until onion becomes translucent. Add kale and sauté until it wilts. Add eggs and bacon – let the eggs begin to set – about 4 min. Place dish in oven and cook another 10-15 minutes until desired doneness.

## Start Your Day Right Smoothie



½ frozen banana  
½ avocado  
1 cup de-stemmed kale  
1 peach  
½-1 cup water  
½ cup ice  
1 scoop protein powder

## Tuna Avocado Lettuce Wrap



1 can tuna  
¼ red onion, sliced  
½ tomato sliced  
½ avocado sliced  
2-4 large lettuce leaves

Place everything in lettuce leaves & enjoy!

## Lemon Dill Salmon



1 lb salmon filets  
¼ cup fresh squeezed lemon juice  
¼ tsp garlic powder  
2 tbsp coconut oil, melted  
1 tbsp dried dill  
S & P to taste

Preheat oven to 350. Place fish in a pan. Mix coconut oil and lemon juice, pour over fish. Season fish. Bake approx. 15-20 min or until salmon easily flakes with a fork.

## Chicken & Kale Soup



1 Tbsp. Olive Oil  
5 Cloves Garlic, Minced  
1 Whole Medium Onion, Diced  
6 Boneless Chicken Breasts; Diced  
4-5 Medium Tomatoes, blended but still chunky  
1 tsp. Red Pepper Flakes  
4 Cups Low Sodium Chicken Broth  
1-2 Bunches Kale  
2 tsp. Dried Oregano

Heat olive oil over med-high heat. Sautee garlic and onions for a few minutes - until onions become translucent. Cut chicken up into small pieces then add to the pan, browning for about 6 minutes. Transfer into your crock pot. Top with blended tomatoes and chicken broth. Add kale (it will wilt a lot). Top with pepper flakes and oregano. Cook on low 4-5 hours. Mix well before serving

## Homemade Italian Dressing



5 tbsp red wine vinegar  
1/4 cup water  
1/2 cup olive oil  
1/2 tsp salt  
1/8 tsp black pepper  
1 tsp dijon mustard  
1 glove of garlic  
1/8 tsp dried basil  
1/8 tsp dried thyme  
1/8 tsp dried oregano

Blend thoroughly and store in airtight container.

## Spicy Sauteed Chicken



1.5-2lbs Chicken Breasts  
1 tsp coconut oil  
1/2 tsp salt  
1/4 tsp black pepper  
1/2 tsp garlic powder  
1/8 tsp cayenne pepper

Preheat oven to 375. Heat pan to med-high. Melt coconut oil. Coat chicken in spices. Cook 3-4 min on each side (until browned). Transfer chicken to baking sheet. Bake in oven for another 20 min or until cooked through

## Sausage & Sweet Potato Hash



6oz turkey or chicken sausage (organic)  
1-2 sweet potatoes, diced  
1 small onion  
1 cup water  
1 TBSP coconut oil  
2 cloves garlic, minced  
1/8 tsp cinnamon  
1/8 tsp paprika  
S&P to taste

Cook sausage according to directions on package. Put water, sweet potatoes, and onion in pan on medium heat, covered. Simmer approx. 10 min, drain water, and return to heat. Add coconut oil and cook until browned. Add all spices and cook another minute or so. Put it all on a plate and eat!

## CHICKEN WITH MUSHROOM VINAIGRETTE



5 large shiitake mushrooms, stems removed  
Sea salt and fresh ground black pepper  
1 tsp. Dijon mustard  
3 tbsp. balsamic vinegar  
3 tbsp. extra virgin olive oil  
4 tbsp. finely chopped flat leaf parsley  
4 chicken breasts  
Mrs. Dash chicken seasoning—  
or other seasoning of choice

Grill mushrooms in a skillet with a little bit of chicken stock; season with salt and pepper for about 4-5 minutes. Remove from grill and coarsely chop.

Whisk together shallots, vinegar, extra virgin olive oil and parsley in medium bowl until combined and season with salt and pepper. Add mushrooms and stir to coat. Let sit at room temperature for at least 15 minutes before serving. Season chicken with seasoning and place on grill for about 4-5 minutes on each side or until done. Remove chicken and serve 1 breast topped with shiitake vinaigrette. Garnish with parsley leaves

## HOMEMADE SALSA (GREAT ON EGGS!)



1-2 fresh jalapeños  
1/8 cup cilantro  
¼ cup green pepper  
2 garlic cloves finely minced  
4 organic tomatoes  
Juice of half a lime  
6 green onions, white parts only finely diced  
2 Tbsp. apple cider vinegar

Blend all ingredients together and refrigerate overnight.

## LEMON PEPPER TILAPIA

1 lb Tilapia  
1 Fresh lemon juiced  
Fresh black pepper to taste

Pour over fillets of fish. Refrigerate 10-15 minutes. Remove from lemon juice and place in baking dish. Sprinkle pepper to taste. Bake or grill until done. 4-6 minute

## SAUTÉED KALE

1 head organic kale, washed well  
2-3 cloves minced garlic  
1-2 TBSP olive oil  
Sea Salt

Heat olive oil in the pan on medium heat. Throw in garlic & let it begin to brown. Add kale, stirring