



# 30 Day Reset

**ATHLETES Kitchen**  
EAT RIGHT AND LOVE IT™



**Our team has put together a program with lots of love. The focus is overall health, and love for our planet, community, social interactions, and most importantly to combat our modern world challenges.**

## **Letter from Our Founder:**

I want to help you live a better life because that's what Athlete's Kitchen is at its core. I can't help you if you don't take the first step. Do it for you, your family, do it to encourage others. We live in a great time. We have more information at our disposal than ever before. However, we also have an unfair disadvantage with unhealthy food at our reach, environmental toxins, and modern world stressors.

If we educate ourselves we will be healthier, feel and perform better. Most importantly, we can save our species from modern health issues. I want to thank you for for taking the first steps to living a healthier life with Athlete's Kitchen.



**Before we start, have a look at our Home + Kitchen Cleanup Guide, as well as the Grocery Shopping list. We made the information downloadable, so you can have it digitally or on paper.**

# Program Rules

- Eat sufficient amount of protein for your weight class. 4 to 6 ounces per servings depending on your size
- Eat lots and lots of vegetables, get a variety of veggies in your diet. This also includes tubular starchy veggies
- Experiment with cooked vs raw, people digest cooked food much better than in it's raw format
- Eat lots of quality fats. Quality fats help with digestion of other nutrients and healthy hormonal responses
- When cooking, use plenty of herbs and spices. Buy only natural spices without additives
- Get a small serving of fruits daily, on the 30 day rest program stick with berries only!
- It's important to eat food with fewer ingredients, if you can't pronounce it then it doesn't belong on your plate!
- Eat whole, natural, unprocessed foods
- Chew your food, it will highly effect how your food will be digested
- Drink plenty of water, but not when eating as it will expand your stomach and disturb the digestion process
- 1/4 lime in the travel water bottle a day is a good way to keep your ph levels balanced
- Sodium is not too bad, as long as you hydrate and consume enough potassium
- Drink tea, but not too much and avoid decaffeinated versions
- Drink a black coffee, but limit it to 1 a day
- MOVE more, whatever it is; walk to work, dance, take a fitness class. Body movement is critical
- Meditation in any form is good; maybe you like Yoga or maybe you just take a bath with lavender and epsom salt at night
- Take it easy, reduce stress, learn how to handle stress with meditation
- Sleep well, it's important to have a good night's rest. Preferably in a dark and cool room, 8hr minimum
- Be positive, our mind controls everything.

# Avoid

- Sugars; dextrose, white or brown, maple syrup, honey, stevia, agave nectar  
Fruit sugars; dates, bananas, watermelon, mangos, grapes
- Dry fruits
- Grains; wheat, bread, rye, millet, corn, sprouted grains, cereals, quinoa, amaranth, buck wheat, pasta
- Legumes; black, red pinto, kidney, white, lima, fava, tempeh, edamame, miso, tofu.  
**With the exception of: Green, string, and snow peas**
- Dairy: factory raised; milk, butter, yogurt, kafil, they are pasteurized and cause digestive issues due to the lack of enzymes
- Vegetable oil, seed oil, Hydrogenated oils like; Shortening, Margarine, canola, lard, etc... They are toxic to your health!
- Reduce Coffee intake to 1 cup a day, it can damage the lining of your gut and increase creosol responses
- Whey protein contains ingredients that will cause digestive issues
- Liquid calories; any smoothie based beverages. We like you to consume real food and get your organs to do more work
- Negative thoughts, steer away from them as they will effect your overall health
- Smoking as we all know has chemicals that cause many different health hazards

# Eliminate

- Processed packaged foods.
- Alcohol
- Soda
- Candy
- Dairy
- Gluten
- Soya
- Hydrogenated oils
- Sweeteners of all kind; Splenda, Equal, Nutra-sweet, xylitol, and any other lab sounding sweeteners
- MSG or any food enhancers like; sulphites, dyes and food colouring
- Baked goods, I mean even the ones with healthy ingredients
- Contact with chemicals, even ones you wash and clean. See our recommendations for alternatives in our Home + kitchen cleanup chart
- Hand sanitizers

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**Downloadable log sheet below, please print it or fill it in digitally. Our goal is not perfection, but to achieve improvements that will shape a healthier life.**

Log what you eat each day, the goal is to consume 3 complete meals. We don't count calories, but we portion according to our portion list.

**You're  
on day**

**1**

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*A good nights rest detoxifies your brain.  
Sleep in a pitch dark, and cool space.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

**You're  
on day**

**2**

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Will power is at its highest in the mornings.  
Set your goals, aim to achieve incremental results.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

**You're  
on day**

**3**

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Movement energizes your soul.  
Walking, swimming, dancing, or just move more.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

**You're  
on day**

**4**

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Not socializing can be as bad as smoking a pack of cigarettes a day. Socialize with family and friends, your soul will love you for it.*



Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

**You're  
on day**

**6**

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*A walk in nature will make you stronger. For hundreds of thousands of years our species lived in nature. We are distant to the most important element that makes us who we are.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

7

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Ground yourself with EARTH. Earth has negative charges that can reset your biological clock, walk bare foot once a week or more often on grass and dirt to get the benefits.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

8

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Eat dirt. This may sound odd to you, but we can help our gut bacteria and have better immune responses. All this by just walking on dirt or touching organic soil. We will absorb dirt particles through our skin when in contact.*

Log what you eat each day, goal is to consume 3 complete meals. We don't count calories, but we portion according to our portion list.

**You're  
on day**

**9**

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Avoid artificial light at night (phone, TV). Most digital devices have a blue light filter. Use it if you must work late. The blue light increases cortisol (stress hormone) forcing our body to get up or feel restless.*

Log what you eat each day, goal is to consume 3 complete meals. We don't count calories, but we portion according to our portion list.

You're  
on day

10

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Try a fruit or a vegetable you've never tried.  
This is a great way to build a healthy relationship with your gut.*



Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

11

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Don't snack for a week.*

*It's all about getting stronger, setting new challenges and your statics will love you for it.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

12

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Fast for 12 hours*

*For a full day don't eat anything and only drink water and cup or two of herbal tea.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

13

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Drink / eat probiotic rich foods to aid better digestion. Kombucha a favourite. Sauerkraut, Kimchi are other good examples. It's important to only buy organic and those that only uses water and salt for the means of fermentation.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

14

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Stretch for 15 minutes every day until the end of the program. When stretching, go slow and take your time, your body will love you for it so will your overall health!*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

15

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



Turn the page for a more in depth assessment on your overall mood and energy levels and to comtemplate all you've achieved in your first two weeks.



It's amazing what you've accomplished in just two short weeks. Rate your progress below to see how much you've improved.

**You're  
on day**

**15**

**Energy Score**

1 2 3 4 5 6 7 8 9 10  
LOW HIGH

**Sleep Performance**

1 2 3 4 5 6 7 8 9 10  
LOW HIGH

**Food Cravings**

1 2 3 4 5 6 7 8 9 10  
LOW HIGH

Give yourself credit! Write down something you're proud of from the past two weeks. Meditate and think about all you've accomplished.

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Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

16

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Release lactic acid from your muscles and relax the soul. Fill the bath tub with hot water, add 2 cups of epsom salt and 10-15 drops of organic lavender oil. Soak for 20min after you have showered then go to bed.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

17

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Try a new sport today. Cycle, baseball, football, batting cage, rock climbing, hockey, cross fit, point is to change it up.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

18

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Slow it down, very important. Pick a day and do nothing but relax, keep the activity at it's minimum level. Going to the cottage and laying around under the sun and watch the stars at night, building nature into your day is even better.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

19

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Reset the sarcadium rhythms, if you had a tough day and your mind is racing. Before sleep; go under the shower and turn the shower into hot then cold (not too cold or it will shock you), keep doing each cycle 15 times then dry and go to bed.*



Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

20

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*We are creatures of habit, but be careful... A good way to start anything is to jump right into it, but take it easy and go step by step. Overwhelming yourself might discourage you and set you back on your achievements.*

Log what you eat each day, goal is to consume 3 complete meals. We don't count calories, but we portion according to our portion list.

You're  
on day

21

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Exercising the mind will empower your soul.  
Reading something you love and doing it without distractions keeps  
our brains healthy and strong.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

22

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*"let food be thy medicine and medicine be thy food" Hippocrates  
We can be strong and healthy if we just ate whole foods grown with integrity.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

23

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*It takes 21 days to change a habit! You are now on day 23, take this moment and be thankful for something you love about yourself. Close your eyes for 5min when you do this to start the meditation process.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

24

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*We are emotional creatures.*

*So go out and feed what is within us. Interact, love, share thoughts and ideas. Play! Your soul will love you for it.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

25

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Combine Sports (any type of movement) with social connection. Touch sports, group fitness classes, martial arts, are all examples of sports that help you statically and at the social level.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

26

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Try something you have never done before, let your mind escape the norm. Our minds need challenges; create a group challenge that is healthy and positive. Be sure to share it with us as well.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

27

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*How we see stress and better management. Most often we over exaggerate situations. Ignore it, better yet think of it as unimportant. It's how we perceive things most times that make us stressed.*



Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

28

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Don't consume any carbs for a day.*

*Practice carb cycling, you will consume meat, fish, eggs, quality fats, greens for vegetables and preferably cooked for 1 day.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

29

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*Go through our Grocery List, Home + Kitchen clean up chart.  
Read it once more to see what you have stocked at home and if you  
need to make improvements.*

Log what you eat each day, goal is to consume 3 complete meals. We dont count calories, but we portion according to our portion list.

You're  
on day

30

Breakfast

Lunch

Dinner

Snacks

How was your day?

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What could you have done better?

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What's your goal for tomorrow?

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8 cups of water a day


15-20 mins of sun exposure



45 minutes of activity



*The 30 Day Reset Program is just the start. We will continue writing more health tips and stories on our blog, so stay tuned for more. Turn the page to finalize your health assessment.*

You did it! Check off all the items on the lists that you resonate with to see how far you've come and all you've accomplished.

**You're  
on day**

**30**

### Overall Mood

- Happier
- Less Stressed
- Fewer Mood Swings
- Improved Self-Esteem
- Fewer Carb Cravings
- Less Sugar Cravings
- In Control of Food

### Physical Appearance

- Glowing Skin
- Less Eye-Circles
- Less Blemishes
- Improved Nail & Hair Strength
- More Energy
- Flatter Tummy
- Less Bloating

### Relationship with Food

- More Positive
- No More Binging
- Listening to Your Body
- Fewer Cravings
- No Longer Using Food as a Reward
- No Longer Using Food as a Punishment
- Differentiating Hunger vs. Craving

Write down what you feel you've accomplished in your 30 Day Reset Program. Think about the positive emotions you feel.

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CONGRATULATION AND  
**WELCOME TO**  
**YOUR NEW**  
**LIFESTYLE.**

**ATHLETES** **Kitchen**  
EAT RIGHT AND LOVE IT™