



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, 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 and 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 and feel and perform better. Most importantly, we can save our species from modern health issues. I want to thank you 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 a sufficient amount of protein for your weight class. 4 to 6 ounces per serving 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 its 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 reset 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 affect 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 of a lime in the travel water bottle a day is a good way to keep your ph levels balanced
- Consuming sodium is not a bad thing, as long as you hydrate and consume enough potassium
- Drink tea, but not too much, and avoid decaffeinated versions
- Drink black coffee, but limit it to 1 cup a day
- MOVE more, whatever it is; walk to work, dance or take a fitness class. Body movement is critical
- Meditation in any form is good; maybe you like yoga, or try taking a bath with lavender and epsom salt at night
- Take it easy, reduce stress, and learn how to handle stress with meditation
- Sleep well. It's important to have a good night's rest, preferably 8hr minimum in a dark and cool room
- 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
 - Dried fruits
 - Grains: wheat, rye, millet, corn, sprouted grains, cereals, quinoa, amaranth, pasta, buckwheat
 - 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, kefir (they are pasteurized and cause digestive issues due to the lack of enzymes)
 - Vegetable oil, seed oil, hydrogenated oils: 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 affect 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 made sweeteners
- MSG or any food enhancers like sulphites 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

**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.

**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 night's rest detoxifies your brain.
Sleep in a pitch dark and cool space.*

Log what you eat each day. The goal is to consume 3 complete meals.

**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



*Willpower is at its highest in the mornings.
Set your goals and aim to achieve incremental results.*

Log what you eat each day. The goal is to consume 3 complete meals.

**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 moving more.*

Log what you eat each day. The goal is to consume 3 complete meals.

**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



Lack of socialization can be as bad as smoking a pack of cigarettes a day. Socialize with family and friends and your soul will love you for it.

Log what you eat each day. The goal is to consume 3 complete meals.

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. The goal is to consume 3 complete meals.

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 field charges that can reset your biological clock. Walk barefoot once a week or more, and on grass and dirt to get the benefits.

Log what you eat each day. The goal is to consume 3 complete meals.

You're
on day

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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 give us better immune responses. Achieve 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. The goal is to consume 3 complete meals.

You're
on day

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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 wake up or feel restless.

Log what you eat each day. The goal is to consume 3 complete meals.

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. The goal is to consume 3 complete meals.

**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 stats will improve.

Log what you eat each day. The goal is to consume 3 complete meals.

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 a cup or two of herbal tea.

Log what you eat each day. The goal is to consume 3 complete meals.

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 in better digestion. Kombucha is a favourite. Sauerkraut and kimchi are other good examples. It's important to only buy organic and those that only use water and salt for the means of fermentation.

Log what you eat each day. The goal is to consume 3 complete meals.

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 and so will your overall health!

Log what you eat each day. The goal is to consume 3 complete meals.

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 contemplate 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. The goal is to consume 3 complete meals.

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. The goal is to consume 3 complete meals.

**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: cycling, baseball, football, batting cage, rock climbing, hockey, cross fit. Change it up.

Log what you eat each day. The goal is to consume 3 complete meals.

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; it's very important to pick a day and do nothing but relax and keep the activity at it's minimum level. Go to the cottage and lay under the sun and watch the stars at night. Building nature into your day is even better.

Log what you eat each day. The goal is to consume 3 complete meals.

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, go under the shower and turn the shower to hot then cold (not too cold or it will shock you). Keep doing this cycle 15 times then dry and go to bed.

Log what you eat each day. The goal is to consume 3 complete meals.

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. A good way to start anything is to jump right into it, but be careful. 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. The goal is to consume 3 complete meals.

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. The goal is to consume 3 complete meals.

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 eat whole foods grown with integrity.*

Log what you eat each day. The goal is to consume 3 complete meals.

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 5 minutes when you do this to start the meditation process.

Log what you eat each day. The goal is to consume 3 complete meals.

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. The goal is to consume 3 complete meals.

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, and martial arts are all examples of sports that help you statically and socially.

Log what you eat each day. The goal is to consume 3 complete meals.

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. The goal is to consume 3 complete meals.

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 do we see stress and better manage it? Most often we over-exaggerate situations. Ignore it, or 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. The goal is to consume 3 complete meals.

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, and cooked green vegetables for 1 day.

Log what you eat each day. The goal is to consume 3 complete meals.

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 and 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. The goal is to consume 3 complete meals.

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
- Fewer Mood Swings
- Less Stressed
- Improved Self-Esteem

Physical Appearance

- Glowing Skin
- More Energy
- Brighter Eyes
- Flatter Tummy
- Less Blemishes
- Less Bloating
- Improved Nail & Hair Strength

Relationship with Food

- Fewer carb Cravings
- No Longer Using Food as a Reward
- Less Binging
- No Longer Using Food as a Punishment
- Listening to Your Body more
- 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.



CONGRATULATIONS AND
WELCOME TO
YOUR NEW
LIFESTYLE.

ATHLETES KITCHEN
eat right and love it.