

# DIET RESET

## A DIETITIAN'S DETOX PROGRAM

Your roadmap to a cleaner diet, energized life, and active habits.  
Discover practical tools, time-saving hacks, pro tips, and tasty recipes  
that make healthy living a breeze. Transform how you look and feel in just  
2 weeks with the Diet Reset program!

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# Contents

## **Introduction**

## **Program Overview**

### **Why do a Diet Reset?**

- The Why behind the Diet Reset Program
- Why eliminate Processed Foods?
- Why eliminate sources of Added Sugar?
- Why eliminate Artificial & Zero Calorie Sweeteners?
- Why eliminate Alcoholic Beverages?
- Why limit Caffeine
- Why should you eat more Protein?
- Why should you eat more Fruits and Vegetables?
- Why should you drink more Water?

### **Exclusive for Anti-Inflammatory Option**

- Why eliminate Inflammatory Foods?

## **Phases**

- Phase One: Diet Detox
- Phase Two: Clean Eating
- Phase Three: Diet Boost
- Phase Four: Lifestyle

## **Recipes**

- Recipe Download
- [Detailed] Nutrition Facts of Recipes

## **Additional Resources & Downloads**

- Food & Symptom Tracker
- Meal Planning Tips and Tools
- Tips on Eating Out & Handling Social Situations
- Daily Diary Template



# HEY THERE!

Welcome to the Diet Reset crew—your new community in health, happiness, and feeling amazing! I'm Sandra, and I'm beyond excited to be your guide, cheerleader, and partner-in-crime for this life-changing adventure. We're about to reset your diet, your energy, and your whole vibe in the most fun, fabulous way possible—and I'll be right here, cheering you on every step of the way!

## **Why This Program is Going to Be Epic**

You're not just joining a program—you're joining a community of folks ready to glow up, feel their best, and have a blast doing it. Over the next two weeks, we're going to dive into yummy recipes, easy hacks, and pro tips that make healthy living feel like a breeze, not a chore. Think of it as your ultimate glow-up guide, created with care by yours truly (Sandra).

## **What's in Store for You**

Get ready to:

- Eat like a champ with recipes so delish, you'll forget they're healthy (wait till you try the chocolate avocado mousse!).
- Move your body in ways that feel good—no gym required but encouraged and just fun, feel-good activity.
- Glow from the inside out with tips to boost your energy, mood, and confidence.

This isn't about strict rules or boring routines—it's about you feeling vibrant, unstoppable, and totally in control. And the best part? We're doing it together!

## **You've Got This (And I've Got You!)**

I know change can feel a little tricky, but you are so ready for this. You're strong, you're capable, and you're about to surprise yourself with how incredible you can feel. If you ever need a pep talk, a recipe tweak, or just a virtual high-five, I'm just a message away. We're in this together, and I've got your back, always.

## **Let's Make Magic Happen**

So, lace up those sneakers, grab your water bottle, and let's kick off the best two weeks of your life. You're not just resetting your diet—you're resetting your life. And trust me, it's going to be a total game-changer.

Here's to you—let's make this journey unforgettable!

With all the love and support,



Your Nutrition BFF & Biggest Fan

# How to Use this Guide

Welcome to the Diet Reset program! You're embarking on a two-week journey to reset your eating habits, boost your energy, and feel your best. This guide is your go-to resource, packed with everything you need to thrive. Here's how to make the most of it:

## 1. Start with a Quick Overview

Before jumping in, take a moment to skim through the entire guide. Get familiar with its layout: daily tasks, weekly goals, and sections on nutrition, recipes, exercise, and mindset. Knowing the big picture will help you feel prepared and pumped for what's ahead.

## 2. Dive Into the "Why" Behind the Program

Kick things off by reading the "Why do a Diet Reset" section (for the anti-inflammatory option, also read the "Exclusive for Anti-Inflammatory Option")—it's your key to staying motivated! Here's what you'll discover:

- **Why We Eliminate Certain Foods:** Learn why we're ditching processed foods, added sugars, and artificial sweeteners. These can zap your energy and throw your body off balance—cutting them out helps you reset and reclaim your health.
- **Why Protein, Fruits, Veggies, and Water Matter:** Protein keeps you full and strong, fruits and veggies load you up with vitamins and antioxidants, and water keeps everything humming along (think clearer skin and better focus!). Together, they're your power team for feeling amazing.
- **Understanding the "why"** turns this into more than just a plan—it's a smart, science-backed choice for your body.

## 3. Carve Out a Little Daily "Me Time"

Set aside 10-15 minutes each day to connect with the program. Use this time to:

- Check out the day's tips or tasks.
- Plan your meals or next steps.
- Reflect on how you're feeling (hint: the journaling tab can help!).
- This small habit keeps you on track without overwhelming your schedule.

## 4. Nail Your Meal Planning

Eating well is a breeze when you're prepared! Here's how:

- Browse the recipe section and choose meals that spark joy.
- Make a shopping list with all the ingredients you'll need.
- Prep ahead—chop veggies or cook a big batch of protein—to save time later.
- These recipes are simple and tasty, so you don't need to be a kitchen pro to rock them.



## 5. Live Your Best Life with a Balanced Lifestyle

This isn't just about food—it's about feeling great all around! The Diet Reset lifestyle covers four pillars to boost your well-being:

- Movement: No gym required! Go for a walk, stretch, or dance to your favorite song. Start small and pick what feels good.
- Sleep: Aim for 7-9 hours of quality rest. A cozy bedtime routine can work wonders.
- Meditation: Spend a few minutes breathing or reflecting—it's like a reset button for your mind.
- Socializing: Learn how to be with friends and family while on and after this program.

## 6. Keep Your Mindset Strong

Change can be tricky, but you've got this! The guide's mindset tips will help:

- Celebrate progress, not perfection—every healthy choice counts.
- Stumble? No worries—just get back on track with a smile.
- Use journaling or a quick meditation to stay pumped up.
- You're building resilience with every step—own it!

## 7. Track Your Journey

Watching your wins pile up is so satisfying! Here's how to stay organized:

- Check out the "Additional Resources & Downloads" section and download the diary and journaling tabs. Use them to log your meals, movement, and mood.
- Snap a "before" photo or jot down how you feel on Day 1—compare it later!
- Mark off daily goals with a checklist or tracker.
- Every milestone—big or small—is worth celebrating.

## 8. Tap Into Extra Tools

The guide's got bonus goodies to keep you rolling:

- Explore the "Resources" tab for meal prep hacks, stress-busting tricks, and more.
- Download the the daily planner, blank grocery lists and food & symptom tracker to stay organized and reflective.
- These extras are here to fit your life, so use what clicks for you!

## 9. Rally Your Crew

You're not flying solo! Get support by:

- Joining the program's online community to swap ideas.
- Sharing wins or asking for tips from friends or fellow participants.
- Reaching out to me—I'm here to cheer you on!
- A little teamwork makes this journey even more fun.

## 10. Enjoy the Ride

These two weeks are a launchpad, not the finish line. By the end, you'll have habits and confidence to keep shining. Be patient with yourself, trust the process, and know every step forward is a win.

# Goals + Purpose

The Diet Reset Program is designed to empower you to take control of your health and establish sustainable habits for a vibrant and energized lifestyle. Whether your goal is to improve digestion, boost energy, manage weight, or reduce inflammation, this program provides a comprehensive and adaptable framework to help you achieve lasting results.

## Goals of the Diet Reset Program

### 1. **Enhance Overall Health:**

- Transition to a nutrient-dense diet that supports your body's natural detoxification processes.
- Improve digestion, energy levels, and mental clarity.

### 2. **Reduce Inflammation:**

- Eliminate common inflammatory foods and replace them with wholesome alternatives to promote gut health and reduce chronic symptoms like bloating, fatigue, and skin issues.

### 3. **Create Sustainable Habits:**

- Build a foundation of healthy eating and lifestyle habits that can be maintained long after the program ends.

### 4. **Foster a Personalized Approach to Nutrition:**

- Empower you to listen to your body and identify the foods and habits that work best for your unique needs.

### 5. **Boost Confidence and Self-Efficacy:**

- Equip you with practical tools, recipes, and strategies to simplify healthy living and make it a seamless part of your daily routine.

This program is not about perfection or quick fixes—it's about progress and long-term wellness. By focusing on small, intentional changes, you'll create a strong foundation for a healthier, more balanced lifestyle.

# Program Overview

The Diet Reset Program is a comprehensive approach to resetting your dietary habits, enhancing overall health, and establishing sustainable lifestyle changes. Structured meticulously into four distinct phases, the program progressively introduces healthier habits to help you achieve lasting results without feeling overwhelmed.

You have the flexibility to choose between two different program options to best suit your individual goals and health requirements:

1. [Traditional] **Diet Reset:** Ideal for those seeking a moderate reset by eliminating processed foods, added sugars, alcohol, artificial sweeteners, and limiting caffeine. This approach emphasizes balanced, nutrient-dense meals for increased energy, improved digestion, and overall vitality.
2. **Anti-Inflammatory Diet Reset:** Specifically crafted for individuals experiencing chronic inflammation-related symptoms such as joint pain, digestive discomfort, or skin issues. This option involves eliminating additional inflammatory foods including dairy, gluten, eggs, soy, and nuts, aiming to reduce inflammation and uncover food sensitivities.

The program is strategically divided into four phases, each with a specific focus and varying durations:

- **Phase One: Detox (initial days)**
  - Eliminating inflammatory and processed foods to reset and prepare the body.
- **Phase Two: Clean Eating (4 days)**
  - Introducing nutrient-dense, whole foods, establishing new dietary habits, and enhancing physical activity.
- **Phase Three: Diet Boost (7 days)**
  - Prioritizing nutrient-rich foods to boost nutrition and further solidify beneficial eating habits.
- **Phase Four: Lifestyle (final phase)**
  - Gradually transitioning the program's habits into your everyday life, ensuring sustainable, personalized health practices.

This phased approach supports a gentle transition towards sustainable, healthier lifestyle choices, reducing overwhelm and promoting lasting wellness.

# Program Options

The Diet Reset Program offers two customizable paths to suit your individual needs and goals: the [traditional] **Diet Reset** and the **Anti-Inflammatory Option**. Both options are designed to help you eliminate unhealthy habits and nourish your body with whole, nutrient-dense foods, but they cater to different levels of intensity and dietary sensitivities.

## Option 1: [traditional] Diet Reset

This option focuses on clean eating by eliminating processed foods and introducing nutrient-dense whole foods to improve overall health and vitality. It's perfect for individuals looking to detox their diet, establish better habits, and gain more energy.

### Key Features:

- Elimination of processed foods, added sugars, alcohol, and artificial sweeteners, plus limiting caffeine intake.
- Emphasis on balanced meals with vegetables, lean proteins, healthy fats, and clean carbohydrates.
- Suitable for those without major dietary restrictions or food sensitivities.
- A moderate approach to resetting your diet while still allowing flexibility.

### Who Is This For?

- Individuals looking to boost energy and improve digestion.
- Those seeking a simpler transition to clean eating without major eliminations.

## Option 2: Anti-Inflammatory Option

This option is ideal for individuals experiencing chronic symptoms such as joint pain, skin flare-ups, or digestive discomfort. It involves removing a broader range of inflammatory foods to help reduce systemic inflammation and uncover potential food sensitivities.

### Key Features:

- Includes all eliminations from the [traditional] Diet Reset plus additional exclusions, such as dairy, eggs, gluten, soy, and all nuts (including peanuts).
- Focus on foods that are non-inflammatory and gentle on the digestive system.
- Aimed at alleviating specific symptoms and improving overall wellness.

### Who Is This For?

- Individuals with known or suspected food sensitivities.
- Those struggling with chronic symptoms linked to inflammation.
- Anyone ready to commit to a stricter program for targeted health benefits.



## Which Diet Reset Program Is Right for You?

Not sure which option is right for you? Answer these questions to help guide your decision:

1. What is your primary goal for starting this program?
  - A) Improve overall health and well-being.
  - B) Address inflammation or symptoms like joint pain, bloating, or skin issues.
2. How often do you consume processed foods, sugary snacks, or beverages?
  - A) Rarely or occasionally.
  - B) Regularly or as a significant part of my diet.
3. Do you currently have known food sensitivities or allergies (e.g., dairy, gluten, nuts, soy)?
  - A) No, I can eat most foods without discomfort.
  - B) Yes, I suspect or know I have sensitivities.
4. Are you looking for a program that eliminates a broader range of potential inflammatory foods (e.g., dairy, eggs, nuts)?
  - A) Not necessarily; I'm okay with basic clean eating.
  - B) Yes, I want to test my body's response to a highly anti-inflammatory diet.
5. Do you experience chronic issues like fatigue, skin conditions, or digestive discomfort?
  - A) No or rarely.
  - B) Yes, and I suspect diet might be a contributing factor.
6. Have you done a diet reset or elimination diet before?
  - A) No, this is my first time.
  - B) Yes, and I'm familiar with stricter elimination programs.
- \*7. How much time and effort are you willing to invest in the program?
  - A) I prefer a more moderate approach with fewer eliminations.
  - B) I'm ready to commit to stricter guidelines for optimal results.

\*If you answered A for question 7, we highly encourage you to stick with the Traditional Diet Reset Program, regardless of your previous answers. You can pursue the Anti-Inflammatory Option later when you are ready to commit the time and effort. However, if you answered B, tally up your responses to determine which program is the best fit for you.

**Mostly A's:** The Traditional Diet Reset Program is a great fit for you! This option focuses on clean eating, eliminating processed foods, and introducing nutrient-dense whole foods to improve overall health.

**Mostly B's:** The Anti-Inflammatory Option is ideal for you. By removing a wider range of inflammatory foods, this program can help address specific health concerns and uncover potential food sensitivities.

Regardless of the path you choose, the Diet Reset Program is designed to guide you toward improved health, greater energy, and a more vibrant life. Let's get started!

# DIET RESET PHASES

Regardless of the program option that you choose, each will go through the same phases. Each phase simply signifies a focus for time period. There are 4 phases of this diet reset. Check out what the focus of each are:

## *Phase One* DETOX

3 days

During the first few days of the program, it's crucial to eliminate processed foods and any inflammatory foods that can have adverse effects on your body. Gradually phasing them out prior to the begin of the program can be an effective way to detox from these foods and help reduce any side effects that may arise when making drastic dietary changes. This approach allows you to maintain your regular routine without being hindered by your diet. Additionally, we will focus on increasing water intake and prioritizing sleep to aid the detoxification process.

Here are the goals for this phase:

- Elimination of certain foods: Processed foods, refined sugars, alcohol
  - If you are pursuing the anti-inflammatory option: dairy, eggs, gluten, soy, all nuts (including peanuts)
- Focus on hydration: Drinking more water and herbal tea helps detoxification.
- Get at least 7 hours of sleep per night.

## *Phase Two* CLEAN EATING

4 days

The next step of the program is the clean living phase, which involves eating healthy, clean and non-inflammatory foods. This phase will show you how it feels to be healthy and how it can impact your energy levels, sleep quality, alertness, focus, and overall physical well-being. It is considered the most impactful phase and can be life-changing. The focus during these four days will be on adjusting to the new diet, eating according to the guidelines, and increasing physical activity by aiming for 10,000 daily steps.

In the subsequent phase, the diet will be further improved. The goals for this phase are simple:

- Adhere to program guidelines
- Incorporate daily physical activity and aim for 10,000 steps daily

## Phase Three DIET BOOST

7 days

During the diet boost phase, our main concern is to improve your nutrition by incorporating foods that are rich in nutrients into your diet. Achieving this goal involves prioritizing the intake of adequate protein, fiber, vegetables, fruit, and healthy fats.

Here are the goals we aim to achieve during this phase:

- Ensure that you consume sufficient amounts of protein, fiber, vegetables, fruit, and healthy fats.
- Supplement your diet with the appropriate nutrients to promote a healthy lifestyle.

## Phase Four LIFESTYLE

The last part of our program is critical as it marks the transition back to "reality". This is the phase where we make healthy eating and lifestyle choices a personalized habit. There is no universal approach to a healthy lifestyle as everyone is unique and requires different solutions. During this phase, it is important to gradually reintroduce the eliminated foods and reflect on which aspects of the program work best for you. By critically examining what works and what doesn't, you can customize a healthy lifestyle that suits your individual needs.

During the final phase, we will focus on incorporating the good habits you have established and keep them going. The goals are to:

- Take note of how you feel after the two weeks
- Write down the habits that have made the biggest impact and the habits you wish to continue
- Get used to plan your weeks ahead by creating a menu and grocery list
- Continue to find healthy recipes that inspire and excite you

### Lasting Lifestyle Upgrades

The ultimate goal is to permanently upgrade your relationship with food by improving how you nourish, energize and care for yourself. You will walk away with enhanced intuitive grasp of assembling meals that make you look and feel your best every day!



# DIET RESET CALENDAR

## Before Day One:

Preparation is key to a successful start. Stock up on approved foods, organize your kitchen, and remove tempting items that don't align with the program. Plan your meals and social calendar, ensuring you're ready for dining out or gatherings. Batch cook staples like proteins and veggies to make clean eating easier. Reflect on your goals—whether it's to improve energy, reduce inflammation, or support long-term health—and keep them front of mind as motivation.

1	2	3	4	5	6	7
<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• &gt;7hrs sleep</li> <li>• Remove tempting foods from home</li> </ul>	<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• &gt;7hrs sleep</li> <li>• Focus on eating foods from the approved list</li> </ul>	<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• &gt;7hrs sleep</li> <li>• Focus on eating foods from the approved list</li> </ul>	<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• &gt;7hrs sleep</li> <li>• Focus on eating foods from the approved list</li> <li>• 10,000 steps</li> </ul>	<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• &gt;7hrs sleep</li> <li>• Focus on eating foods from the approved list</li> <li>• 10,000 steps</li> </ul>	<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• &gt;7hrs sleep</li> <li>• Focus on eating foods from the approved list</li> <li>• 10,000 steps</li> </ul>	<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• &gt;7hrs sleep</li> <li>• Focus on eating foods from the approved list</li> <li>• 10,000 steps</li> </ul>
Phase One			Phase Two			
8	9	10	11	12	13	14
<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• Focus on eating foods from the approved list</li> <li>• &gt;7hrs sleep</li> <li>• 10,000 steps</li> <li>• Diet Boost #1</li> </ul>	<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• Focus on eating foods from the approved list</li> <li>• &gt;7hrs sleep</li> <li>• 10,000 steps</li> <li>• Diet Boost #1</li> </ul>	<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• Focus on eating foods from the approved list</li> <li>• &gt;7hrs sleep</li> <li>• 10,000 steps</li> <li>• Diet Boost #2</li> </ul>	<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• Focus on eating foods from the approved list</li> <li>• &gt;7hrs sleep</li> <li>• 10,000 steps</li> <li>• Diet Boost #2</li> </ul>	<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• Focus on eating foods from the approved list</li> <li>• &gt;7hrs sleep</li> <li>• 10,000 steps</li> <li>• Diet Boost #3</li> </ul>	<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• Focus on eating foods from the approved list</li> <li>• &gt;7hrs sleep</li> <li>• 10,000 steps</li> <li>• Diet Boost #3</li> </ul>	<ul style="list-style-type: none"> <li>• 90 oz of Water</li> <li>• Focus on eating foods from the approved list</li> <li>• &gt;7hrs sleep</li> <li>• 10,000 steps</li> <li>• Diet Boost #4</li> </ul>
Phase Three						

## After Day 14

As the program ends, focus on maintaining your progress by sticking to the guidelines as long as it feels right for you. If reintroducing foods, do so gradually to monitor your body's reactions and identify any triggers. Continue prioritizing hydration, sleep, and movement to sustain your results. Reflect on your experience, celebrate your progress, and use your new habits as a foundation for long-term health and vitality.