

# Healthy Home Reset

## Overview

### **DAY 1 - A STOCKED PANTRY**

Our recommended foods for creating a balanced and healthy plate.

### **DAY 2 - ADD THESE FOOD FOR IMMUNITY**

Incorporate these foods for optimizing your health and immune system.

### **DAY 3 - EASY HEALTH BIOHACKS**

Simple techniques to add to your routine that will enhance health.

### **DAY 4 - CRUCIAL HABITS FOR BALANCE**

Learn habits, like eating frequency, stress management and sleep patterns that can change the balance of your body.

### **DAY 5 - OPTIMIZE YOUR MORNING**

Start your day well and productive with these five things.



## A Stocked Pantry

### Day 1 - Food list

#### **PANTRY PROTEINS, GRAINS & FATS**

Dry or canned legumes (lentils, beans)  
Canned fish  
Nuts, seeds and butters  
Oats, steel cut  
Olives  
Coconut oil, avocado oil and/or olive oil  
Canned tomatoes  
Apple Cider Vinegar  
Pasta (preferably gluten free)  
Soups  
Rice, Quinoa, Millet

#### **FRESH FRUITS & VEGGIES THAT LAST**

Hard squashes (spag squash, butternut, etc.)  
Cabbage  
Beets  
Carrots  
Brussel Sprouts  
Apples  
Citrus fruits  
Sweet potatoes  
Avocado

#### **FOR FLAVOR**

Onions  
Garlic  
Spices (turmeric, rosemary, chili,  
Vinegars  
Salsa

#### **FRIDGE & FREEZER ITEMS**

Eggs  
Dairy or dairy alternative  
Yogurt or cottage cheese  
Hummus  
Leafy Greens  
Frozen veggies and fruit



## Foods to Add

### Day 2 - Immune Boosting Foods

#### **FOODS HIGH IN VITAMIN C**

Citrus, berries (the more colorful the better), broccoli, peppers, cantaloupe, kiwi, sweet potato

#### **FOODS HIGH IN ZINC**

Cashews, eggs, dark chocolate, dairy, meat, shellfish, legumes

#### **FOODS HIGH IN VITAMIN E**

Almonds and other nuts, seeds, leafy greens, avocado, butternut squash

#### **FOODS HIGH IN OMEGA 3**

Fish (like salmon, sardines, herring), flaxseed, walnuts. cod liver oil, oysters, chia seeds

#### **FOODS HIGH IN VITAMIN D**

Fatty fish, beef liver, egg yolks, mushrooms, cheese, foods fortified with vit d



## Simple Biohacks

Day 3 - Quick daily tweaks that make a big difference

### **BREATHING**

Pranayama breathing is a technique that can quickly reduce stress

### **CASTOR OIL PACKS**

improve detoxification, improve bowel movements, reduce inflammation

### **YOGA NIDRA**

relaxation practice that mimics the restoration of sleep

### **COLD THERAPY**

can be done in the shower, pool or during winter to reduce inflammation, increase energy, enhance immune function

### **MOVEMENT**

Intentional movements throughout your day to mimic the benefits of 30 minutes of exercise



## Crucial for Balance

### Day 4 - Habits that matter

#### **INTERMITTENT FASTING**

Reducing the window of eating within a day impacts hormones that effect hunger, metabolism, and blood sugar balance.

#### **STRETCHING/YOGA/MEDITATION**

Resetting and restoring the body is a necessary part to reducing cortisol (the stress hormone).

#### **DRINKING ENOUGH FLUIDS**

The body is 75% water, without proper hydration, you may feel hunger, have low energy or headaches and lose the ability to detox properly.

#### **CUTTING SUGAR, ADDING MORE PLANTS**

Reducing inflammation in the body should be a constant goal. Sugar causes inflammation which leads to imbalance and disease. Plants protect the body and nourish.

#### **UNPLUG**

Take time away from devices and connect with family, friends and yourself for more deep fulfillment.



## Your Morning Routine

### Day 5 - Starting your day out right

#### **GRATITUDE**

Research shows that being grateful improves emotional wellbeing and health. It can be as simple as stating three things you are grateful for today.

#### **LEMON WATER**

We wake up dehydrated. Start the day with a full glass of water or try a warm cup of water with lemon squeezed in it.

#### **PRIORITIZING YOUR DAY**

The evening before can be just as important. Create your to-do list or plan of attack the night before so you can just get started. Start with the hardest thing to just get it over with.

#### **AVOID DISTRACTIONS**

Sometimes a "not to do" list is more important than the "to do" list. Look for daily activities that drain you, are unnecessary or are not helping you towards your health and goals.

#### **MOVEMENT**

Dedicate at least 5 minutes in the morning to move your body- a quick walk, a deep stretch or a HIIT exercise.

