

THE RESET

	Daily menu	Fructose friendly substitutions
Good morning [upon rising]	Gotham City filtered water, medicinal grade activated charcoal, lemon, peppermint essential oil	
When next hungry 9am – 10am	Central Park cold pressed juice base: celery, cucumber, spinach, lemon, parsley + banana, avocado, chia, kale leaf powder, collard greens powder, sprouted bio-fermented pea fibre, broccoli sprout powder, natural sea mineral complex [from wild harvested seaweed]	
11am – 12pm	The Bronx carrot; beetroot; lemon; ginger; flaxseed oil; burdock root herbal extract; rosemary herbal extract	
1pm – 2pm	The New Yorker filtered water, activated cashews, banana, cashew butter, vanilla infusion, raw fermented vegan protein powder, pine pollen, cordyceps	
3pm – 4pm	Park Ave celery, cucumber, spinach, lemon, parsley	
5pm – 6pm	The High Line orange, carrot, ginger, turmeric, matcha green tea	Greene Spice celery, cucumber, lemon, aloe vera, mint, ginger, turmeric, matcha green tea
6pm – 7pm	Greene Street Classic cos lettuce, celery, cucumber, kale, green apple, lemon, ginger, mint, parsley, dandelion	Greene Street Classic *Apple Free cos lettuce, celery, cucumber, kale, lemon, ginger, mint, parsley, dandelion
7pm – 9pm	West Village filtered water, activated almonds, coconut flesh, chia seeds, medjool dates, raw cacao, mint, milk thistle	Choc Maca Protein filtered water, activated almonds, vegan protein powder, cacao, maca, mesquite, maple syrup

Other fluids

Drink as much [filtered] water and [organic] herbal tea as you like.

Tip: Aim to drink 1L of water per 22kg of body weight each day.

Can I incorporate other food [solids] into my program?

We encourage you to let shit go. Let go of the view that a cleanse should be approached as a temporary period of starvation. The real magic happens when you start listening intuitively to what your body needs, stop punishing yourself and release the view that success can only be achieved through suffering. [This is the perfect time to start practising!]

If you feel like you need solids – first ask, “will this serve me by enhancing my experience?” If yes, enjoy!

Some guidance with food options if you need [always choose organic if possible]:

- / a fresh salad of raw vegetables drizzled with flaxseed oil and lemon juice as a dressing
- / roast potato topped with a salad of raw vegetables [great as lunch or dinner options if you need]
- / vegetable soup or broth (see our range of organic soups and broths for clean fuel that works perfectly with your cleanse)
- / all raw and steamed vegetables and fresh fruits [pear is a good low GI option and pineapple and papaya are great for digestion]
- / a small handful of activated nuts or seeds
- / avocado – add lemon and sea salt for extra minerals
- / young coconut [you can eat the flesh too]
- / medium banana [...mash it and add cinnamon which will help balance blood sugars]

Stay away from:

- X refined white sugar and processed salt
- X meat
- X eggs
- X dairy
- X animal fats
- X refined white flour products [bread, pasta]
- X grains
- X all refined foods [ie, if it comes in a packet]
- X caffeinated drinks
- X alcohol
- X soft drinks