

Ultimate Reset WEEK 1

Robyn Whitworth, Star Diamond Coach with Beachbody

DAY ONE Wednesday Dec 2

TIME

7:00 AM **MINERALIZE** **Optimize- 2 caps**
16 oz distilled water

7:30 AM Breakfast
1 toast, with 2 eggs and coconut oil
1 cup berries

10:30 AM **Mineralize** **Optimize- 2 caps**
16 oz distilled water

11:00 AM Greens with Quinoa and Walnuts
creamy Garlic dressing



DAY TWO Thursday Dec 3

TIME

7:00 AM **MINERALIZE** **Optimize- 2 caps**
16 oz distilled water

7:30 AM Breakfast
Shakeology with Water

10:30 AM **Mineralize** **Optimize- 2 caps**
16 oz distilled water

11:00 AM Greens with Baked Sweet potato

2:00 PM **Mineralize** **ALKALINIZE 1 pkt**
16 oz distilled water

2:30 PM 3 celery stalks and 2 tbsp pb

5:30 PM **Mineralize** **Optimize- 2 caps** **Soothe- 2 caps**
16 oz distilled water

6:00 PM 6 oz Baked Salmon
1.5 cups asparagus in oil
1 cup boiled baby taters

2:00 PM **Mineralize** **ALKALINIZE 1 pkt**
16 oz distilled water

2:30 PM Apple slices and 2 tbsp pb

5:30 PM **Mineralize** **Optimize- 2 caps** **Soothe- 2 caps**
16 oz distilled water

6:00 PM 1 Black Beans and Rice taco
1/2 cup Guac

creamy Garlic dressing



DAY Three Friday Dec 4

TIME

7:00 AM MINERALIZE Optimize- 2 caps
16 oz distilled water

7:30 AM Breakfast
1 toast, with 2 eggs and coconut oil
1 cup berries

10:30 AM Mineralize Optimize- 2 caps
16 oz distilled water

11:00 AM Greens with Chicken
creamy Garlic dressing

2:00 PM Mineralize
16 oz distilled water

2:30 PM Celery and pb

5:30 PM Mineralize Optimize- 2 caps
16 oz distilled water

6:00 PM 6 oz Baked Salmon
1.5 cups green beans
1 cup boiled baby taters

ALKALINIZE 1 pkt

Soothe- 2 caps



DAY Four Saturday Dec 5

TIME

7:00 AM MINERALIZE Optimize- 2 caps
16 oz distilled water

7:30 AM Breakfast
Shakeology with water

10:30 AM Mineralize Optimize- 2 caps
16 oz distilled water

11:00 AM Greens with Quinoa and Walnuts

2:00 PM Mineralize
16 oz distilled water

2:30 PM Veggies and Hummus

4:30 PM Mineralize Optimize- 2 caps
16 oz distilled water

5:00 PM Greens and Chicken
*Celery and pb later if needed

ALKALINIZE 1 pkt

Soothe- 2 caps

creamy Garlic dressing



DAY Five Sunday Dec 6

TIME

7:00 AM MINERALIZE Optimize- 2 caps
16 oz distilled water

7:30 AM Breakfast
2 eggs in coconut oil
toast and salsa

10:30 AM Mineralize Optimize- 2 caps
16 oz distilled water

11:00 AM Greens with Sweet potato and Walnuts
creamy Garlic dressing

2:00 PM Mineralize ALKALINIZE 1 pkt
16 oz distilled water

2:30 PM Shakeology and water

5:30 PM Mineralize Optimize- 2 caps Soothe- 2 caps
16 oz distilled water

6:00 PM 1 Black Beans and Rice taco
1/2 cup Guac



DAY Six Monday Dec 7

TIME

7:00 AM MINERALIZE Optimize- 2 caps
16 oz distilled water

7:30 AM Breakfast
2 eggs in coconut oil
toast and salsa

10:30 AM Mineralize Optimize- 2 caps
16 oz distilled water

2:00 PM Mineralize ALKALINIZE 1 pkt
16 oz distilled water

2:30 PM Shakeology and water

5:30 PM Mineralize Optimize- 2 caps Soothe- 2 caps
16 oz distilled water

6:00 PM 6 oz Baked Salmon
1.5 cups green beans

11:00 AM Greens with Sweet potato and Walnuts
creamy Garlic dressing

1 cup boiled baby taters



DAY Seven Tuesday Dec 8

TIME

7:00 AM MINERALIZE Optimize- 2 caps
16 oz distilled water

7:30 AM Breakfast
2 eggs in coconut oil
toast and salsa

10:30 AM Mineralize Optimize- 2 caps
16 oz distilled water

11:00 AM Greens with Chicken
creamy Garlic dressing

2:00 PM Mineralize ALKALINIZE 1 pkt
16 oz distilled water

2:30 PM Shakeology and water

5:30 PM Mineralize Optimize- 2 caps Soothe- 2 caps
16 oz distilled water

6:00 PM 1 Black Beans and Rice taco
1/2 cup Guac