



# 2-DAY RESET PROGRAM

---

TARGETING YOUR:  
LIVER, GUT & IMMUNE SYSTEM  
(THE MAIN CONTROL PANEL OF YOUR BODY)

ambu

MODERN HOLISTIC WELLNESS

**This reset program was developed to assist your system in cleansing your organs, moving toxins, clearing low level inflammation, releasing emotions, and creating more clarity in your mind and body.**

### **PRO TIPS**

- *Water Consumption:* Drink at least half your body weight in ounces of water on a daily basis.
- *Prep:* Take time before starting the program to prep by slicing your fruits and vegetables so they are readily available for when you need them. Be sure to make your broth the day before as well.
  - Use this time as a self-care activity and listen to a podcast, play some music, or do a few extra leg lifts while slicing your veggies.
- *Daily Meditation:* Start your day with a 5 or 10 minute meditation
- *Evening Gratitude:* Close out your day by taking a few minutes to thank your mind and body for your healing and sit with how grateful you are for your mind + body + soul connection.
- *Keep a journal or diary* of your experience. How do you feel around certain foods or food combinations? What are your emotions during this program? Do you think you could sustain certain lifestyle changes long-term?
- *Detox symptoms are common!* This program will reset your system, start moving toxins, and assist your body in areas it's previously been hindered. Gas, headaches, differing bowel movements, etc. may occur.

It is important to support your body so that you can live a long and healthy life. I encourage you to try to follow this program and the recipes as I've laid them out. After all it's only two days ... I have faith that you can do it!

## DAY 1

### Wake Up

Lemon Water

Celery Juice (if that's your thing) or an Herbal Tea

Suggested Teas: Chamomile, Rose + Mint, Lemon Balm, Dandelion Root,  
Turmeric Ginger

### Breakfast

Detox Smoothie

### Snack #1

1 cup fresh pineapple

1 cup fresh papaya

### Lunch

1 tablespoon of Apple Cider Vinegar to get your digestives juice flowing

¼ cup of kimchi or a sauerkraut

1 cup of Liver Rescue Broth

\*Must finish these three before you have your 'meal'

Vegetable Salad with Mint Tahini

Hot Ginger or Dandelion Root Tea

### Snack #2

1 Gala Apple

Selection of Peppers and Cucumbers

Afternoon Cup of Tea

Suggestion: Lemon, Turmeric Ginger, Mint, Rose + Mint

### Dinner

1 tablespoon of Apple Cider Vinegar to get your digestive juices flowing

¼ cup of kimchi or a sauerkraut

1 cup of Liver Rescue Broth

\*Must finish these three before you have your 'meal'

Roasted Broccoli & Asparagus Kale Quinoa Bowl

Hot Ginger or Dandelion Root Tea

### Before Bed

Calming Herbal Tea or Sleepy Time Tea

## DAY 2

### Wake Up

Lemon Water

Celery Juice (if that's your thing) or an Herbal Tea

Suggested Teas: Chamomile, Rose + Mint, Lemon Balm, Dandelion Root,  
Turmeric Ginger

### Breakfast

Detox Smoothie

### Snack #1

1 cup fresh pineapple

1 cup fresh papaya

### Lunch

1 tablespoon of Apple Cider Vinegar to get your digestives juice flowing

¼ cup of kimchi or a sauerkraut

1 cup of Liver Rescue Broth

\*Must finish these three before you have your 'meal'

Broccoli & Asparagus Kale Quinoa Bowl (leftover)

\*add a handful of leafy greens with half an avocado

Hot Ginger or Dandelion Root Tea

### Snack #2

1 Gala Apple

Selection of Peppers and Cucumbers

Afternoon Cup of Tea

Suggestion: Lemon, Turmeric Ginger, Mint, Rose + Mint

### Dinner

1 tablespoon of Apple Cider Vinegar to get your digestive juices flowing

¼ cup of kimchi or a sauerkraut

1 cup of Liver Rescue Broth

\*Must finish these three before you have your 'meal'

Clean Pasta with Roasted Veggies

Hot Ginger or Dandelion Root Tea

### Before Bed

Calming Herbal Tea or Sleepy Time Tea

# Breakfast

## DETOX SMOOTHIE

1 banana  
1 cup frozen pitaya or ½ cup fresh  
1 cup frozen wild blueberries  
6oz filtered water  
6 oz coconut water  
2 tsp spirulina  
1 tsp barley grass powder  
Handful of cilantro  
Optional Additions: 1 orange 1 scoop collagen powder

1. Blend all ingredients in high-speed blender until smooth.

ambu  
MODERN HOLISTIC WELLNESS

# Snacks

Sliced Green Peppers, Red Peppers, Cucumbers  
Sliced or Whole Gala Apple  
Sliced Pineapple  
Sliced Papaya (or Mango if can't find papaya)

# Broth

## IMMUNE SUPPORT BROTH

1 bunch celery, cubed  
6 carrots, cubed  
16oz butternut squash, cubed  
2 yellow onions, diced  
2 inches ginger root  
4 1-inch pieces of turmeric root  
1 bunch cilantro  
½ bunch parsley  
9 garlic cloves  
12 cups of water

1. Fill pot with 12 cups of water  
\* Use a crab pot or filter basket to place in the pot for vegetables.
2. Place all ingredients in the stock pot.
3. Cover the pot and bring water to a boil over high heat, and then after 20 mins reduce heat and simmer for 2-3 hours.
4. Strain and enjoy!

# Lunch

## VEGETABLE SALAD

- ½ cucumber sliced
- ½ cup wild cherry or grape tomatoes
- ½ cup shredded cabbage (red or white)
- ½ cup shredded carrot
- ½ cup diced yellow pepper
- ½ avocado
- 2 big handfuls of chopped lettuce  
(choice of butter, romaine or leaf lettuce)

1. Add lettuce to serving bowl and top with chopped vegetables. Add dressing & enjoy!

## MINT TAHINI DRESSING

- 3 diced zucchinis
- 1 medjool date (pitted)
- 2 garlic cloves
- 4 tablespoons tahini
- 4 tablespoons lemon juice
- 6-8 sprigs of fresh parsley
- Small handful of dill
- 3 tablespoons fresh mint
- Pinch of sea salt
- ½ cup water

1. Blend all of the ingredients together and store unused dressing in fridge for up to 6 days.

# Dinner

## ROASTED BROCCOLI + ASPARAGUS KALE QUINOA BOWL

- 1 lemon (use ½ for 1 meal & ½ for meal 2)
- 1 head of broccoli chopped
- 1 bunch of asparagus chopped
- 4 big handfuls of kale
- 1 cup of uncooked quinoa
- 3 tbsp melted coconut oil
- 2 cloves of garlic peeled, minced

ambu  
MODERN HOLISTIC WELLNESS

1. Preheat oven to 400F.
2. Toss broccoli and asparagus in 2 tbsp coconut oil and chopped garlic in mixing bowl. Place on baking sheet and put in oven for 8-10 mins (leave room to add kale).
3. Toss chopped kale in 1 tbsp coconut oil in mixing bowl.
4. Prepare quinoa on stove top as directed by packaging
5. Remove veggie tray from oven and add kale to empty space. Place in oven to cook for another 4-5 mins.
6. Slice lemon in half (save half for leftover meal).
7. Remove veggies from oven and combine half the amount of everything into one bowl or plate. Squeeze half of lemon on top of food to enjoy!

# Dinner

## PASTA WITH ROASTED VEGGIES

- 1 cup cherry tomatoes or wild tomatoes
- 1 cup sliced red onion
- 1 cup diced zucchini
- 1 cup diced carrot
- 1 cup diced asparagus
- 4 garlic cloves
- 4 cups of arugula
- 12 ounces gluten-free pasta  
(rice or chickpea blend)

## SUGAR-FREE PASTA SAUCE

- 3 chopped roma tomatoes
- 1 chopped beefsteak tomato
- 1 lemon
- ¼ teaspoon sea salt
- 4-6 sprigs of basil
- 6 roasted garlic cloves

ambu  
MODERN HOLISTIC WELLNESS

1. Preheat oven to 400F.
2. Spread out onions, tomatoes, red onion, zucchini, carrot, asparagus, and garlic on 2 baking sheets lined with parchment paper.  
Cook for 15 – 20 minutes until tender.
3. Peel garlic cloves (will be hot, be careful) and put 6 of them in blender along with roma tomatoes, beefsteak tomatoes, lemon juice, sea salt and basil to blend until a light smooth tomato sauce forms.
4. Prepare gluten-free pasta according to packaging.
5. Toss pasta with sauce in mixing bowl to lightly coat noodles. Add in roasted vegetables and toss to combine.
7. Serve pasta over a bed of arugula and enjoy!

Freedom to add black pepper to taste – no salt!