

ONE DAY RESET DIET

The One Day Reset Meal Plan

The *One Day Reset Diet* is meant to alleviate digestive issues, brain fog, or simply giving your body a day of rest after a weekend of over-eating, drinking, etc.

The other great thing about the *One Day Reset Diet* is that you don't have to go the full day without eating any whole food!

So, after the 3 shakes during the day, you will get to enjoy a tasty dinner consisting of 1-2 cups of vegetables, 1-2 TBSP of olive oil as a dressing (you may squeeze *lemon on top as well*), and a *handful of lean protein (vegan, vegetarian, or animal based)*

One Day Reset Meal Planning

Upon Waking

8oz of room temp or warm water (with a squeeze of lemon if desired)

Breakfast

1 scoop of Daily Support Shake + 20oz of water

Lunch

1 scoop of Daily Support Shake + 20oz of water

Mid-Afternoon

1 scoop of Daily Support Shake + 20oz of water

Light Dinner

1-2 cups of vegetables (*ideally cooked*)

1/2-1 cup of sweet potato or squash (*if not looking to lose weight*)

1-2 TBSP of olive as dressing (*do not cook in oil. You may also add herbs and a squeeze of fresh lemon in your dressing*)

4-6oz of lean protein (*grilled, baked, broiled, slow cooked. About 1/2-1c of beans, lentils, chickpeas, fish, poultry, meat, or 2 eggs*)

THE ONE DAY RESET BY STEPHEN CABRAL, ND CHEAT SHEET

Dr. Cabral's *One Day Reset* is simply the fastest way to decrease bloating, inflammation, weight gain from a cheat day, water retention, or any other issues where you need to get your body & mind back with just an easy 24-Hour turn around!

BREAKFAST



1 Hour After Waking

Simply Mix 1 scoop of Dr. Cabral's **Daily Nutritional Support** powder with 20oz of water, shake, and drink slowly over 30/60-minutes.

LUNCH



3.5 Hours After Breakfast

Repeat breakfast directions of **Daily Nutritional Support** powder with 20oz of water.

MID-AFTERNOON



3.5 Hours After Lunch

Repeat the same simple shake directions of **Daily Nutritional Support** powder with 20oz of water.

DINNER



3.5 Hours After Mid-Afternoon Shake

Enjoy a delicious dinner that includes 2c of veggies, 1-2 TBSP of a healthy fat & a lean protein of your choice.

FOR THE COMPLETE ONE DAY RESET PLAN VISIT:

OneDayReset.com