

Your Reset Cleanse Plan & Getting Started

Lesson THREE Workbook



ALKALINE RESET WORKSHOP

WOW we're onto Lesson Three and this lesson was all about getting your Cleanse planned and ready to roll PLUS of course, perhaps the most important step - what to do AFTER your Cleanse has finished so you can take the benefits from the past seven days or so and make these benefits not only last a lifetime - but also make them grow and grow for the weeks and months ahead.

My goal for you is to transform your health during the 'Before' phase, elevate it beyond your wildest dreams in the 'During' phase of the Cleanse and then make this grow exponentially and effortlessly in your 'After' phase. **But** it all starts with getting started...and that's where we begin Lesson Three...

Jennifer Gordon
Visual storyteller · 12 February at 23:09

This is not a diet but I life style wake up call.. 45 years old, 50 lbs overweight for the last 3 years, debilitating fatigue and depression (2016 trying to adjust to being divorced with two kids 9 and 12 after 23 year relationship, then whammo.. sole caretaker for my mom who became ill in Feb. 2017 and died in 8 months.. Grieving and healing all of 2018.) .. 2019 NEW BEGINNINGS... Pre-ordered this book in Oct 2018, received Dec 31st and the journey began January 1st, 2019!

Now after reading this book and slowly incorporating into my life 6 weeks in.. 19 lbs gone
.. Body aches gone.. Better sleep.. Brain fog lifting.. Working out and not crashing afterwards.. Feeling energized.. All this just on the pre cleanse.. About to take on this 7 day cleanse.



You and 132 others · 31 Comments

Marilyn McNeal Fergus ▸ Ross Bridgeford
24 February at 12:12 · 🌍

We finished the cleans yesterday. My daughter lost 10 pounds in the last two weeks, I lost 5 and my husband lost 10. I had quit sugar and gluten in January so my weight loss had already started prior to the 2 weeks of the cleans, but I did break through a plateau I have been on for 7 years. My greatest thrill is that my husband's blood sugar level dropped from 191 to 113. Thank you for creating this program!

Angelique Baars
1 hr

I did it!!! Day zero is here after a Cleanse week. And I feel so much better
❤️❤️ More energy, better skin (my co-workers noticed and some ask about how I did it so I told, ofcourse 😊) First day was not easy, I had

Scotty with Ross Engrise.
May 16 - United Kingdom

Morning guys.
Days 36 week 6 of an alkalisng cleanse.
Been 80-90% on average from start to finish.
Water daily average was 3-4 litres now 4-5.
Waist was 36 inches now 32.
Weight was 13 stone (182lbs)(83kg)
Now 11st 8 (164lbs)(70 Kg)
Normally work in stone and lbs let me know if calculations are wrong lol.
I may finish on Friday this week though 31 days ago I said I would commit to 5 days only lol.
Thank you for your support whether you knew it or not

Susan McShane
New member · 1 hr

Got to say your videos are so inspirational, Im spreading the word to my friends, I feel wonderful after only 5 days on the pre cleanse and I know I shouldnt weigh myself til next Monday but I sneaked a peek and have lost 3kg already! Amazing and its so good to find Joy in my life again, all I can say is thank you for this refreshing and vitality lifting natural way of eating 😊😊

Kate Bonsor
Conversation starter · 20 February at 18:56

Ok. Update. Completed 7 day ARC and lost nearly 10lbs. So well on my way to goal with 14lbs to go. Still feel headachy but it's getting better. Best bit is I don't crave any processed/gluten food at all. Actually just checked on conversion app and it's 10.2lbs. Hooray

You and 33 others · 13 Comments

Love Comment

Nancy Meikle-Mousseau
1 February

I am on the pre pre cleanse and just getting in the groove. Made the lentil and quinoa stew today. Looks great! Delicious ♡ Making Bliss Balls tonight. My family think I'm nuts. They'll see. This is the right time for me. Started my pre pre early January and lost inches and 4 pounds. Feel much better.
62 and have so much more to do in my Life so going Alkaline is the only way for me 😊

Eugenia
November 20 at 11:29pm

I've been running but still in the game! I'm down 23lbs!! Greens juice every other day...and focused on low meat, no refined sugars, very low gluten and dairy. Feeling great and sporting my small clothes! 30 more pounds to go!

Love Comment

You, Nancy, Cali and 13 others · Seen by 76

Tom
3 hrs

Great news this morning. My wife, who is a Type 2 Diabetic (adult onset many years ago) started the alkaline diet one month ago today. She has lost 18 lbs (I think that's about 1.3 stones for the UK and Australian members in the group), which was exciting for her.

She had her regular doctor checkup as well. He was shocked when he downloaded and reviewed her blood sugar levels from her monitor and the amount of insulin she is taking. She has dropped from 50 units a day (yeah, I know!) to just 10 units in 30 days!

The doctor couldn't believe that kind of change. He's never seen a patient do that--she's reversing her diabetes. He said to continue what she's doing and to carefully monitor blood sugar.

At this rate, it's entirely possible that she will eliminate her diabetes altogether. Yes, the alkaline lifestyle works! But we already know that, right? 😊

Like Comment
Call, h, Parml M and 19 others

View 7 more comments

Nicole Wow. That's fantastic!
Like · Reply · 34 mins
Christine Yeh that is fantastic and so inspiring. I don't have type 2 diabetes but it has inspired me to keep going for my health's sake.
Like · Reply · 1 · 7 mins

Maxine Jackson 7th March 2019 at 9:58 am Reply

I'm from London, UK and I discovered your book around 3 weeks ago and before even using it, I shared the link to my friends to buy it too.
After doing the Reset Cleanse, NOT perfectly, I notice a huge difference to My Scleroderma and Hypothyroidism. Reduce inflammation in my hands and feet, reduce hardness of my skin in areas such as my stomach and torso. And the horrible hot flushes has gone. As a person who struggled due to the portion sizes (too large) and missing some smoothie or soups, it still had a noticeable effect on me. So folks try it. It will help immensely. I'm amazed how quickly the body responds and how quickly you can see the results. I also noticed that I still had craving for other foods. But I know this is due to my medication but I pushed through and now I looking for recipes to look forward too and plan to always have a juice or smoothie in my daily diet, which is usually plant based. I was unable to do any exercises, due to my stiffness and pain plus I have Pulmonary Fibrosis, but I still managed to lose about 5lbs. So I'm over the moon about that.
So I wanted to say this will work for anyone, and thank you Ross Bridgeford for sharing and caring. One question do you have any tips, to move forward?

November Stoke Poges, United Kingdom

Hello Alkie friends! I have not been posting for a while, my new job just got pretty busy, but I did want to share something amazing with you today. Since July I've been eating 80-100% alkaline to heal my body and gut from all the adrenal fatigue and stress of my last job. I also had a bunch of food intolerances which is probably caused by leaky gut and inflation in my intestines. I had Candida too..

Now, I feel amazing, did a fabulous hike to Machu Picchu, have a lot more energy, don't need that much sleep AND I lost 4 kgs in the last 4 months. I didn't need to lose weight but my body always readjusts my weight when I do this properly. I am now 55 kgs, which is the weight I had when I was 20 years younger. My skin is glowing, hardly any breakouts and people always comment on how well I look! It's so easy to say no to food you know it's bad for you and I make all the restaurants and hotels work hard to give me food I want to eat. That's so satisfying and I'm not embarrassed by being "fussy" any more! 😊
Keep up the good work Everyone, it's definitely worth it! Happy Saturday!

Love Comment

You, Cali Marsh, Ali Shariff and 13 others

Rosslyn
Yesterday at 10:12am

Hi Gang! It's been a long time since I posted, but I want to share some excellent news with you all. My doctor has declared me diabetes-free! Alkaline works! Still losing weight and feeling amazing. Thanks Ross!

Like Comment
You, and 15 others

Rose Hi Gordona. I am a 55 year old yoga and Pilates teacher with strong arthritis genetics (or so I was told that's why). Following Ross over the past year has reversed all joint stiffness and digestive issues (all inflammation based health issues, including sleep and energy issues). An alkaline lifestyle is worth staying devoted to. I'm healthier and stronger than when I was in my 30's and 40's. Good luck.
Like · Reply · 1 · 1 hr

Hans Snook shared his first post.
New Member · 20 hrs

I've been on Ross's Alkaline program for three months now and it's done wonders for my osteoarthritis. Almost back to normal, but now need to exercise! Ross is brilliant!

Your Reset Cleanse Plan & Getting Started

Lesson THREE Workbook

ALKALINE RESET
WORKSHOP



Getting Your Alkaline Reset Cleanse Planned (to save you hours and make it so easy!)

Lesson Three kicked off with us learning about how to PLAN your Cleanse in, to save time, save energy and make it a certainty you will get started and an inevitability you'll stick with it and finish strong.

The core, most important planning phase is to develop your Cleanse Meal Plans, Recipes & Itemized Shopping Lists.

With these done, you will know exactly what you'll be eating for breakfast, lunch, dinner and snacks. You'll know exactly what you will be doing each day...you'll know the exact recipes (and have them organised and ready to go), and - perhaps most importantly - you'll have your itemized shopping list, so shopping will take just minutes and will be a breeze.

Going through these steps will take you an hour or two, but it will save you a LOT more time than that during your Cleanse!

In the full Alkaline Reset Cleanse Coaching Program, this is all done for you and laid out for you ready to go. I'll explain more on that in the final video...

Here are the steps I recommend:

1) Research Your Nutrients & Find the Foods to Match Your Goal

This is a simple tweak, but it can make your Cleanse so much more powerful. Yes, all of the foods I've recommended you use in Lessons 1 and 2 fit the Triple A Model so are absolutely fantastic. BUT, if you can go the extra step to research a handful of foods that are proven to be beneficial for your goal and include them as much as possible in your recipes, you'll see an even bigger result. For instance, if you have auto-immune or inflammation find recipes that use a lot of turmeric and ginger...if you have digestive issues, look for recipes with celery, cucumber and magnesium...if you have hormonal imbalance, look for recipes with omega 3 and potassium and so on...

Again, in the full Alkaline Reset Cleanse Coaching Program, this is all done for you with Meal Plans for Inflammation, Weight Loss, Reflux, Thyroid & Adrenal Balance, Fatigue & more - it's a huge benefit and it's all done for you.

2) Now You Know Where You Want to Focus, Brainstorm Your List of Recipes

This is where you need to compile all of the recipes you're going to use during the seven-days of your Cleanse. You need to find your recipes for:

- [+] Upon Waking
- [+] Pre-Breakfast
- [+] Breakfast
- [+] Morning Snack
- [+] Lunch
- [+] Afternoon Snack
- [+] Dinner
- [+] Evening Snack

You, of course, need to focus these on the alkaline juices, soups and smoothies - plus any funky water infusions you want to make, and of course your anti-inflammatory teas.

There are hundreds of recipes on my site and you can certainly add in your own faves you already know and love (just make sure they're Triple-A approved!).

3) Fill in Your ARC Meal Plan!

Now you can populate your meal plan template (on the next page) to fill in each meal! This is the fun part! Get creative, keep it varied and delicious!

4) Create Your Shopping List

This takes about an 45-mins to an hour, but again, this means you spend very little time at the shops so it's saving you a TON of time.

It also means you always have everything you need – so you don't run out of something important and have to do a 'quick shop' to stock up again (which will take more time in total just for that little trip than this entire planning process) and it also means you don't OVER spend by buying too much either.

To do this, all you need to do is go through each of your recipes and create the itemized shopping list.

"5 lemons, two bunches of celery, 6 tomatoes, 4 cucumbers" and so on. There is an example shopping list next to your meal plan template, so you can see approximately how I like to do it, and how it looks in the Alkaline Reset Cleanse Coaching Program for each of those tailored meal plans for the Before, During and After.

The beauty of this is once it's done – it's done and you free up so much time, thinking, planning and preparing during your Cleanse – it really does make the whole thing run on autopilot.

And now you have your Meal Plan and your shopping list, and I recommend printing or taking a photo on your phone of all of the recipes you're going to use so you have them in one place and each day you are ready to roll.

so it's all easy and done for you and saves you a ton of time...and having these steps done , alone, save you SO much time.

Now You Have Your Plan Built, You're Ready!

This planning stage takes some time, yes, absolutely, but it is so worth it. As you get into your Cleanse you'll see just how important it is to do this right. This is why so much time and resources have gone into this part of the Alkaline Reset Cleanse Coaching Program, so that it guarantees this is all done for you...and when it's done, it is the absolute guarantee you will take action and get results.

Now, there are a few other tips I want to give you as you start to think about your Cleanse:

1) I also recommend reading through tomorrow's meal plan the night before, think it through – what will your morning be like, what will you need to do before you go out, take the kids to school, go to work – whatever your day has ahead for you. When you get clear on what you have on the next day you can pre-empt any challenges. Reading through and acknowledging your next day also commits your brain to it too in a strange but powerful way – when you know what is coming ahead you're just much less likely to fall off track.

2) Start on a Saturday: plan your ARC to start on a Saturday so you have the weekend to get into the swing of it, and you have all day Sunday if you want to bulk-prepare soups and Monday's juices and smoothies to make your day back in the 'work week' a lot easier.

3) Set Your Intent & Set Your Goals - Create a BIG Vision for Your Future: before you get started, set your goals and create a vision for your future self. I know this might sound a bit woo-woo for some people, but it is important, powerful and so uplifting. It will give you extra motivation, confidence and momentum. When you do this, it makes it a virtual certainty that you will give 100% in the Cleanse.

In the full Coaching Program I give you my super-powerful Goal Setting Workshop, which guides you through this process really easily, in around 45 minutes and wow, it always gets huge results.

Don't skip this step - set the goals for yourself for your Cleanse *and for your week, month and year (and five years) AFTER you've finished!*

And this now leads us into that phase nicely, what to do *after* your Alkaline Reset Cleanse has finished...

AFTER the Cleanse: the Simple Steps to Make Your New Health & Energy Transformation Last a LIFETIME!

Doing the ARC is amazing...obviously. But people are often scared of the 'after' phase as they think they now have to be "on a diet" for the rest of their life - or at least now chained to having to be super healthy all-day, every-day to keep the feeling the same...

The good news is - this is not true.

Welcome to Day Zero

After the Cleanse has finished, you start your new life. We call it Day Zero—in other words, the opportunity of a lifetime. This morning bliss marks the end of your seven and the beginning of the after phase and your new life.

Now, there are two principles that form the bedrock of my coaching and these are the core of how to transition from the ARC into an effortless energized life:

1. The 20/80 Alkaline Lifestyle
2. The Power of Simple Daily Habits

The 20/80 is a something we touched on in Lesson one and is based on the universal rule that 80 percent or more of your output will come from 20 percent or less of your efforts. Most importantly, 80 percent or more of the health you experience will come from 20 percent or less of the actions you take.

This is the premise of the 20/80. It's not the 80/20 that most people think of as 'be good 80% of the time and have treats 20% of the time'...it's way more simple, easy and powerful than that. It brings your new healthy lifestyle, now that you've cleansed and reset your system, down to a few simple actions which we can easily make into habits.

The 20/80 will get you to 80% of your post-cleanser health goals and now you've finished your Cleanse this concept is ten times more powerful than before the cleanse. In my experience and research I have tested this relentlessly and I've found that this is another concept that sets my coaching apart from other programs.

Listen - once you hit 80 percent of your goal, the final 20 percent happens effortlessly. Foods that were so hard to say no to before suddenly become easy to ignore when you're 80 percent of the way there. Once you're at 80 percent of your potential energy and vitality, you will have the momentum, the confidence, and an abundance of desire to keep on going. Good choices will become effortless.

If you finish the Cleanse and realize that you love turmeric tea instead of coffee, smoothies for breakfast, and 100 ounces of water per day, just continue those efforts and expect to get 80 percent of the benefits. Just do what you know you can do!

This dovetails right into the second core part of the After phase – the Power of Simple Daily Habits.

As Tony Robbins taught me - the quality of your health is a reflection of your habits. The little things you do consistently, whether they're good or bad are the biggest influence on your

long-term health.

You can change the course of your health forever by simply adding a few simple, yet powerful daily habits. It doesn't take a huge shift. Making a small commitment can put the ball in motion.

Combining 80/20 with Simple Daily Habits is exponentially powerful!

"We are what we repeatedly do. Excellence then is not an act, but a habit". Aristotle

You've just given yourself and your body a fresh start by doing the Cleanse, so by maintaining a vital few of its simple daily habits, you can make your new health a reality for the rest of your life. Just a few core daily habits will amplify your Cleanse benefits like the energy, mental clarity, positivity, strength - tenfold.

Four Core Actions: The Most Effective Simple Daily Habits

To keep this super easy for you to make a reality – these are my Four Core Actions for you to take with you as you go forth from Day Zero into your new future...this is the first module I teach in the "After" phase of the Alakline Reset Cleanse Coaching program and it gets results. In the full program of course we take this further and really maximise this period after the Cleanse because it is SUCH a huge opportunity – but these Four Core Actions will really get you started!

And These actions are the epitome of putting in minimum effort to get the maximum benefit. Each action literally requires 0.4 percent of your time each week but will give you a whole new level of health without needing to make a major lifestyle change.

Core Action #1: Daily Juice or Smoothie

Over the past week you've juiced and made smoothies and soups every day.

By now, you're amazing at it, and have the process down. And that's one of the biggest gifts of the ARC! You've learned all the shortcuts, your taste preferences, and just how easy it is. So keep it going. Make an alkaline juice or smoothie every day!

You don't need to make it fresh every day. You can stick with your routine of making twice the volume you need, and storing the second serving for next time. At this rate, you'll make juices or smoothies only three or four times a week max. You have 10,080 minutes in a week, so this is only 0.4 percent of your time. You can certainly manage that!

And you can bulk make smoothies and freeze them to then simply grab a smoothie from the freezer on the way to work, and by mid-morning it's defrosted and ready to go! You don't get much easier than that!

The dense nutrient hit of these juices and smoothies – now your system is cleansed and primed to use the nutrients – WOW is all I can say. You are going to feel the nourishment and love the energy that comes from it.

Core Action #2: Proper Hydration

Hydration has featured in all three of our lessons here for a reason – I need you to take it seriously and get this message! So many people still hear hydration and think “I know I know” but then remain chronically dehydrated. You’ve worked hard to get your hydration up to 100 ounces (or more) per day via herbal teas, turmeric teas, and filtered water. By now, it’s already part of your routine. Keep it up! Continue having three to four liters – which is 100-120 fl oz of water every day to stay super-hydrated. This alone can be life- and health-changing for most people.

It takes about five minutes per day to physically drink that water, another 40 minutes per week, or another 0.4 percent of your time.

If you have mental fog, fatigue, excess weight or digestive pain – the hydration will make a big shift – so please give it proper attention!

Core Action #3: Daily Healthy Fats

It takes a little focus, and a small amount of effort, to get enough healthy fats each day. As a reminder, the amount to shoot for is three tablespoons of omega 3 and one tablespoon of coconut oil each day.

Please don’t fear these fats! They will not make you gain weight. They will increase your metabolism and lower bad cholesterol, lube up your digestion, and improve brain and skin health. They give your body excellent fuel.

Stock up on healthy oils; look for ways to incorporate flax oil, coconut oil, nuts, and seeds into your meals every day; and keep taking the supplements. Always be thinking, with every meal – can I drizzle some flax and olive oil on here, in every sauce, soup, curry...if you do the ‘side salad with every meal’ tip from Lesson One – dress it in healthy oils.

You can easily get there when you get creative and wow the impact these fats will make. I cannot wait for you to put this one into action!

Core Action #4: Movement

I say “movement” rather than “exercise” because everyone has such personal preferences about fitness. Some might love it and exercise daily with a variety of sports and regimens. Others can’t stand it, haven’t had a regimen for years, if ever, and would rather poke out their eyes than hit the gym. I am not going to tell you the type of exercise you have to do, but I heartily recommend that you simply move every day.

Moving gets your heart rate going to make you aerobically strong. Resistance exercise strengthens bones, too. It uses your muscles, pumps your lymph and blood, revs your metabolism, and helps clear toxins.

It’s important you do something every day, even if it’s just for a minimum amount of eight minutes. It clears your mind and helps you sleep better, wake earlier, and feel more energized throughout the day. In effect, exercise gives you back time you would have spent tired or zoned out, so I don’t calculate it as time spent since it actually adds hours to your week.

Keep the Benefits Growing and Going for Months & Years...

These four actions, practiced daily AFTER you've done your Cleanse will keep the benefits from the Cleanse growing and getting bigger and better for MONTHS after you've finished. It is so powerful and you will love how you feel with such little time required! Who said it had to be hard? This is you now for the rest of your life. Picture it – you're strong, confident, free from pain and frustration, feeling positive, energized, healthy and vital. Wow.

And you know what – you deserve it.

One Golden Rule for Day Zero – Your First Day AFTER the Cleanse

My one golden rule for Day Zero: Don't have a blowout celebration meal!

On Day Zero, you are facing a huge opportunity. It would be a massive shame to celebrate that opportunity by going out and having pizza, ice cream, beer, or all the things your brain has been telling you are “missing.” It's not to say you need to totally restrict yourself on Day Zero.

You just need to keep it simple, and do what you will intuitively know is the right thing. And it will be pretty easy to do. Having been through seven days of self-care and goodness, you'll feel so in tune with your body that you won't even crave those blowout foods and beverages anymore. The less sugar, wheat, processed foods, and meat you eat, the less you will want. The more good stuff you take in, the more you'll have a taste for it.

You will never feel like you need to be 'on a diet' ever again.

The future is now a beautiful, calm, clear, exciting path ahead. A life of incredible, abundant energy, happiness, confidence and vitality awaits. Now is the time for you, now is your time to step into this new level of health. No matter what the past has brought you, no matter what challenges, frustrations, pains you have had, this will all end now as you step forwards into YOUR cleanse. I cannot wait to see the impact it makes on your life – in all areas of your life.

And you can do this!

What I've given you here is the framework of the core of my Alkaline Reset Cleanse.

Of course, there is no way I could have covered everything here over these three lessons, but it's all about taking action and getting started. Start putting your Before phase into action now, it doesn't matter if you can't do the Cleanse right now – you can, like Jennifer in Lesson 1, do the before phase for a few weeks. She did this and lost 20lbs, fixed her IBS and turned chronic fatigue into boundless energy BEFORE she even started her Cleanse!

Like Juanita and Eugenia, Denise and everyone else you've seen already – who put pain and despair behind them and stepped into a new life of joy and energy.

NOW is the time...NOW is YOUR time!

The Alkaline Reset Cleanse works, it just works, you just have to follow it.

It's worked for thousands of my students before you and in just a few weeks from now you could be in a whole new place with your health with a very different future ahead of you. You can do this, and now is the time.

So if you're ready to start – if now is YOUR time – and you want to go further and do your Alkaline Reset Cleanse with me, with me as your Cleanse coach, to guarantee you WILL take action and get the results you deserve...read on...

I'm going to be opening up my next class of the Alkaline Reset Cleanse Coaching Program in just a few days and I would absolutely love for you to join me. This will be your ONLY chance to work with me on your Alkaline Reset Cleanse this year and take everything to a whole new level. This is my Cleanse Coaching group where all of the students you've heard from during these lessons worked with me.

The results are phenomenal and if you've enjoyed this series so far you are going to LOVE the Alkaline Reset Cleanse Coaching Program – it's just so awesome – and this is how it works:

I open up registration for my new Group – my new intake - in a couple of days, we enrol a new class - and then we have to close registration, so that I can start teaching and get working with you on YOUR cleanse – we get moving right away, at the pace that is right for you and build your plan.

Now – this is important - once I close the registration a few days later, that's it - it's closed until 2020.

In the next video – the finale - we will be talking all about your next steps and you moving forward and I'll have lots of details about the Coaching Program, what it includes and how you can get started and join me in our 2019 class.

But in the meantime – as with each of these lessons, I will be running a Facebook LIVE Q&A at 4pm the day after this lesson is released and the link is right below.

If you miss this or have missed any of our Facebook Lives during this workshop you can watch them again 'on-demand' in the group and the link is right below this video to join if you haven't already.

And when you get to the Facebook community, leave me a note and let me know:

“What has been the biggest thing holding you back from taking action and why is it going to be different now?”

What are you going to do to guarantee that now is your time?

I can't wait to hear from you, and I'll see you in the next video when we'll get moving on your next steps...!

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& Join the Discussion**

Alkaline Keto Meal Plan

Alkaline Reset Cleanse

EXAMPLE

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Breakfast	Bulletproof Turmeric	Creamy Coconut Turmeric & Ginger Tea	Lemon, Ginger & Turmeric Detox Tea	Bulletproof Turmeric	Creamy Coconut Turmeric & Ginger Tea	Lemon, Ginger & Turmeric Detox Tea	Bulletproof Turmeric
Breakfast	Coconut Chia Cream Pots	Super-Nutrient Breakfast Bowl	Keto-Alkaline Berry Parfait	Keto-Alkaline Power Smoothie	Coconut Chia Cream Pots	Anti-Inflammatory Smoothie	Scrambled Keto Tofu
Snack	Keto-Alkaline Power Smoothie	Keto Choc Orange Bliss Balls	Keto Choc Orange Bliss Balls	Keto-Alkaline Nut Mix	Celery Boats w Almond Butter	Keto-Alkaline Nut Mix	Celery Boats w Almond Butter
Lunch	Fatty Leafy Green Salad	Leftover Thai Curry	Zucchini Linguini w Basil Pesto	Leftover Soup	Kale Slaw w Creamy Dressing	Super Alkaline Raw Soup	Immune Boosting Broth
Dinner	Thai Cashew Curry	Zucchini Linguini w Basil Pesto	Cleansing Broccoli & Ginger Soup	Raw Pad Thai	Thai Cashew Curry	Roast Veggies w Pesto	Alkaline Keto Alfredo

Daily Drinks: 2-4 litres of filtered water daily - this can include vegetable juices, herbal teas, tonics etc (or bone broth)

Note: this meal plan has been devised to on average provide the majority of calories from fat and under 40g net carbs per day on average. You can adjust to your goals, incorporate IF, add meat and dairy if you choose and so on.

Alkaline Meal Plan

Alkaline Reset Cleanse

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Breakfast							
Breakfast							
Snack							
Lunch							
Dinner							

Daily Drinks: 2-4 litres of filtered water daily - this can include vegetable juices, herbal teas, tonics etc (or bone broth)

Note: this meal plan has been devised to on average provide the majority of calories from fat and under 40g net carbs per day on average. You can adjust to your goals, incorporate IF, add meat and dairy if you choose and so on.

The Foundation of Your Cleanse

Lesson One Workbook

ALKALINE RESET
WORKSHOP



LOOKING AHEAD IN THE CLEANSE KICKSTART WORKSHOP

Lesson Three - Your Cleanse Plan & Making It Last a Lifetime

After the first two lessons you've got the groundwork to do your cleanse. And in this lesson we put it all together for you - the nuts and bolts, the step-by-step. This is where we plan YOUR Cleanse in and get you taking action! I also show you what to do AFTER your Cleanse to make these benefits last a lifetime without feeling like you're on a diet for the rest of your life! By the end of this video you will have everything mapped out and ready to go.

The Finale! – Moving Forward and Next Steps

This lesson is all about you moving forward. I'm a big fan of learning, and I am SO excited to have this opportunity to teach you on this series so you can learn not only about doing the cleanse, but about the foundations to your health too.

That being said - all of the learning in the world won't move you forwards and do the cleanse for you! So this fourth lesson is all about you moving into action and putting this into practice with me. I have had thousands of students go through the Alkaline Reset Cleanse with HUGE success and I want you to take your place in that army too - and that's what this lesson is all about.

**CLICK HERE to Go to the Alkaline Reset Community
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