



## The best you, starting right now.

The Reset 7 plan is an optional one-week meal plan that can help enhance your weight loss journey. It is designed to temporarily remove foods that may hinder weight loss.

## When should I do Reset 7?

Reset 7 is great for kick-starting your healthier new lifestyle, but you can do it any time! Do Reset 7:

- To overcome a weight loss plateau.
- If you feel you aren't losing weight.
- When you need a boost (after holidays, etc.).
- To determine optimal foods for reaching your goals faster.



## How it works

Reset 7 is similar to the GOLO for Life<sup>®</sup> Plan, but with slightly more limited food choices. You still follow the 2-1-2-1 meal plan and take the Release<sup>®</sup> supplement with each meal.

The difference is that you eliminate refined grains, dairy products, and red meat during the Reset week.

You may feel like you're giving up certain foods you like, but the goal is to prepare your body for a successful weight loss experience or improve your current journey. Also, *it's only one week*. You totally got this!

## How it helps

One of the best things about the Reset 7 is that it forces you to pay close attention to how your body adjusts to the foods you are eating. This is invaluable information and can help not only with weight loss but with your overall health as well.

Eliminating foods that can affect digestion and weight loss more than others for a short period of time can help detox your body and promote healing and balance.

Understanding how your body reacts to certain items and cutting out foods that negatively affect you can improve how you feel and make your weight loss journey easier.



These statements have not been evaluated by the FDA.  
These products are not intended to diagnose, treat, cure or prevent any disease.

Warning: Always consult your doctor or healthcare provider before beginning the GOLO for Life Plan, or any weight loss plan, exercise program or dietary supplement, particularly if you are taking any medication or have a medical condition. Do not reduce or stop taking any prescription medications without first consulting with your doctor or healthcare provider. The information provided herein is for informational and educational purposes only and is not intended to be used as, or substitute for, medical advice. Never disregard or delay seeking medical attention because of something you have read in this publication or on any GOLO, LLC website.

## Follow your GOLO Smart Card™ to put meals together

Include all four food groups	number of servings for		
	breakfast	lunch	dinner
Proteins	2	2	2
Carbohydrates	1	1	1
Vegetables*	2	2	2
Healthy Fats	1	1	1

Vegetables are optional at breakfast.



If you are a vegetarian, beans or lentils can also be used as a protein but reduce serving size from 1/2 cup to 1/4 cup.

\*You can have one or two servings of vegetables. Do what works best for you.

## Recommended foods



Protein	Portion
Eggs	1 egg
White meat — turkey or chicken	3 oz
Fish	3 oz
Raw nuts	2 oz

Carbohydrates	Portion
Berries and fruit	1/2 cup
Brown rice, cooked	1/2 cup
White or sweet potatoes	1/2 cup
Oatmeal	1/2 cup
Beans or lentils, cooked	1/2 cup

Vegetables	Portion
All vegetables	1 cup

Healthy fats	Portion
Olive or coconut oil	1 tsp-1 Tbsp
Homemade dressing	2 Tbsp
Coconut flakes	3 Tbsp
Avocado	1/4 cup

## Tips

Personalize meals with fresh herbs or your favorite spices.



Choose water, tea, or black coffee as your beverage.

Drink plenty of water throughout the day.



Find easy and tasty recipes for seasoning blends and dressings, like our popular GOLO Dressing shown below, learn to make infused waters, and much more at [golo.com](http://golo.com).

### GOLO Dressing

- 1 cup water
- 1/4 cup olive oil
- 1 Tbsp garlic salt
- 1/4 cup apple cider vinegar



Combine all ingredients and mix well.

## Eliminate these foods during Reset 7



### Refined grains

This includes processed flour products like **pasta, bread, tortillas, and anything made with flour**. Eliminating these foods can give your digestive system a rest and could help you become aware of wheat or gluten sensitivities.

#### Choose healthier options:

Healthy carbohydrates contain vitamins, fiber, and nutrients your body needs. Including a healthy carbohydrate serving, like **brown rice, quinoa, beans, lentils, oatmeal, potatoes, or fruit** is essential for creating balanced meals.

### Dairy

This includes processed **milk, cheese, butter, and yogurt**. Dairy products can be harder to digest than other proteins and may slow down your weight loss progress. You may feel better in general after eliminating it.

#### Choose healthier options:

You can eat **eggs** since they aren't dairy. **Coconut, almond, or oat milk** are good alternatives, but avoid soy — it can inhibit absorption of minerals, make digestion difficult, and send your brain mixed signals about how hungry you are.

### Red meat

This includes **beef, pork, lamb, goat, and venison**. Red meats contain saturated fats that may cause inflammation. Avoiding them for a week could make a difference in how you feel and how quickly you lose weight.

#### Choose healthier options:

Stick with healthier meats like **chicken or fish**. Or try vegetarian options like **beans, nuts, or tempeh**. Plant-based foods contain much more fiber and minerals and are lower in saturated fat. They are also cost-effective and easy to prepare.

## What happens after Reset 7?

After one week you can start to incorporate dairy, red meat, and processed grains back into your diet, but do so one at a time. This will allow you to monitor how each one affects you. You might find that you're feeling better when you eat some of these foods sparingly, if at all.

You can continue Reset 7 for longer than a week if you prefer, or try it again any time you need a boost.



## Reset 7-friendly sample meals

Creating Reset 7-friendly meals is simple! Make quick meals or get creative, the choice is yours. Following Reset 7 when you're dining out is easy, too. Check out this sample menu for meal planning ideas, or log in to [golo.com](http://golo.com) for more suggestions, recipes, and tips!



### Make it yours

Choose a variety of foods, OR keep it simple and have the same meals all week.

	breakfast	lunch	dinner
sample 1	Two-egg omelet with vegetables cooked in olive oil  1/2 cup fruit	6 oz grilled chicken and asparagus topped with <a href="#">GOLO Dressing</a> <i>(recipe available on page 2)</i>  1/2 cup brown rice	6 oz broiled fish  Broccoli sautéed with onions and olive oil  Small baked potato (1/2 cup)
sample 2	1/2 cup oatmeal (measured AFTER cooking) topped with 2 oz raw nuts  1 boiled egg	6 oz grilled fish  Cauliflower and broccoli sautéed in olive oil with onions  1/2 cup fruit/berries	 1/2 cup beans, 1/2 cup sweet potato, carrots, and celery sautéed in olive oil  OR - try <a href="#">SuperFuel!</a> <i>(recipes available at <a href="http://golo.com">golo.com</a>)</i>
sample 3	2 scrambled eggs with vegetables  1/4 cup avocado  1/2 cup fruit	6 oz tuna, tomato, cucumber, and spinach salad with <a href="#">GOLO Dressing</a> <i>(recipe available on page 2)</i>  1/2 cup fruit/berries	6 oz grilled chicken breast  Green beans cooked in olive oil  1/2 cup brown rice
sample 4	 1/2 cup beans, 1/4 cup quinoa, and spinach sautéed in olive oil	6 oz diced chicken and 1/2 cup beans topped with tomatoes and onions sautéed in olive oil	6 oz steamed shrimp  Steamed broccoli and cauliflower  1/2 cup fruit topped with 3 Tbsp coconut flakes

## Shopping list suggestions

This sample shopping list can serve as a guide to plan your food purchases for the week. Buy our suggested foods or pick your favorites from the four food groups.

- Buy quality proteins first.
- Add healthy and inexpensive vegetables, then carbohydrates like beans, lentils, potatoes, or fresh fruits that are in season. You can also use frozen fruits and vegetables!
- Plan your week according to your budget and what is available to you. You will likely save money since you are eliminating expensive processed foods.

Don't give up

You don't have to be perfect to make progress! Don't give up if you have a bad day. Get right back on track with the next meal.

Reach out

Customer Support is available Monday-Friday 9am to 8:30pm EST by calling 800-730-GOLO.

## Sample shopping list

### Proteins

- Eggs
- Chicken or turkey
- Fish
- Raw nuts

### Carbohydrates

- Berries or other fruit
- Brown rice
- Oatmeal
- Beans
- Potatoes / sweet potatoes

### Vegetables

- Broccoli
- Carrots
- Cucumber
- Spinach
- Onion
- Tomato
- Lettuce

### Healthy fats

- Olive oil
- Avocado
- Coconut flakes

**We wish you endless success on your weight loss journey. You got this!**



GOLO.com | 1-800-730-GOLO (4656) | support@golo.com

(03/23) ©2023 GOLO, LLC. All rights reserved.

This book and its contents are the property of GOLO, LLC. This book is intended for the exclusive use of GOLO members only. No part of this book may be excised, adapted, reproduced, or transmitted in any manner or by any means whatsoever nor may any portion or the whole of this book be given or lent to any individual, association, organization, business entity, or corporation without the express written permission of the copyright holder.

GOLO, GOLO for Life, Reset 7, and Release are trademarks of GOLO, LLC in the U.S. and in other countries.