If you are fed up with the way you look and feel, and you are ready to make a conscious decision to transform your body, then you are ready to start...

# THE 5 DAY BODY RESET CHALLENGE!



# CONGRATULATIONS FOR DOWNLOADING THE 5 DAY BODY RESET CHALLENGE!

The information in this booklet is presented for health educational purposes only. It is not intended for diagnosing or prescribing. If you have an existing health condition or are pregnant, please speak to your health professionals before starting any exercise or diet program. The publisher and author are not responsible for any suggestions, preparations or procedures discussed in this book. All matters regarding your physical health or fitness should be supervised by a health professional. ◎ Copyright. This booklet and a proportion of its content is the copyright of Caruso's Natural Health, 2021. All rights reserved. Any redistribution or reproduction of part or all of the contents in any form is prohibited. You may not, except with our express written permission, distribute or commercially exploit the content. Nor may you transmit it or store it in any form.

The **5 Day Body Reset Challenge** includes a Nutritional Eating Plan and Functional Bodyweight Workout guide. If you are wanting to achieve maximum results over the 5 days, we recommend that you follow the instructions in both the eating plan and workout guide as closely as possible.

The 5 Day Body Reset, includes a simple to follow **Nutritional Eating Plan** and a daily 20-mintue **Functional Bodyweight Workout** designed to revitalise your digestive system, increase fitness levels, improve muscle tone, help you shape up, boost your energy levels and keep you in a positive state of mind. We are confident that if you follow both our Body Reset Eating Plan and our Functional Bodyweight Workout over the 5 days, you will experience a positive change in your mental attitude, health and vitality, than you could ever imagine.

**Body Reset Eating Plan** is a nutritional diet that is high in fibre, rich in essential fatty acids, vitamins, minerals, proteins, amino acids and low in carbohydrates. It is designed to support and stimulate your body's natural detoxification processes by taking a load off your digestive system, allowing your body to digest foods more efficiently, thus enriching your bloodstream with essential nutrients and helping regulate healthy bowel moments.

**Body Reset Functional Bodyweight Workout** includes 8 easy exercises that you can do every morning as soon as you get out of bed, either before or after a light breakfast. Functional bodyweight exercises mean you will be using your own body weight to perform each exercise, so you won't need to use heavy weights or expensive exercise equipment. Click on the button below for a 9 minute, step-by-step demonstration of the 8 exercises plus other important tips about the **Functional Bodyweight** Workout.









We have excluded most foods in the 5 Day Body Reset Eating Plan that contain added sugars and natural sweeteners. As sweet as it tastes, as good as it makes you feel (due to the beta-endorphin rush in your brain), sugar is not your friend. It is bittersweet! Let the truth be known, sugar can be addictive. Most Australian's are addicted to it. Today, people are eating massive amounts of added sugars, usually without even realising it. You could be one of them! Added sugar is often disguised in food labelling under carbohydrates and countless different names. Fructose, contained in many different types of processed foods is a major problem. High-fructose corn syrup, used extensively by food manufacturers is the main source of sugar. All forms of fructose, including fruits and juices, are commonly added to foods and drinks for palatability and taste enhancement. High fructose corn syrup supplies a significant portion of the total calories in many western diets. On the next page we have included tips on how you can kick your sugar habit or at least reduce your consumption dramatically during the 5 Day Challenge.

## TIPS TO REDUCE YOUR SUGAR CONSUMPTION

Reducing your sugar consumption can be hard especially if you are someone who has sugar daily. Below are a few extra tips to help you along the way:

- Get family and friends on board: You
  do not have to reduce sugar in your diet
  alone. Doing this with family and friends
  will not only create a great support group
  but will also benefit you and them!
- Clean out your pantry: Try and remove temptation. Put aside or remove any products with added sugar in them.
- Cook your own meals: Not only will you learn to make new meals, by cooking your own meals you are in control of exactly what is in your food.
- Make your own dressings: Garlic, lemon and olive oil can be a simple, yet nutritious dressing for you to add to your salads.
- Don't let yourself go hungry: You will find throughout the program we have suggested that you eat every 2-3 hours. This is to ensure that you feel satisfied and will help reduce cravings.

- 6. Sugar alternatives Stevia and Xylitol: Stevia is a natural sweetener, contains no calories and is 100% sugar free and has a GI of 0. Its available in powdered and liquid forms. Xylitol is a sugar alcohol, which has 40% less calories than sugar with a GI of 12 and is available in crystal form.
- Treat yourself with fruit in moderation:
   Fruits are not only naturally sweet they are also nutritious, so when you crave something sweet have fruit as a snack.
- Enjoy herbal teas both hot and cold for variety: Herbal teas offer many benefits as they are a low calorie, low cost beverage. Pick herbal teas that you enjoy and that you do not have to add sugar to.
- Exercise: For some of us, sugar is often the food that "makes us feel good". Exercise can naturally increase your endorphins which will give you a natural high.
- 10. Get plenty of sleep: The body needs time to rest, recharge and cleanse. By having adequate, deep sleep you are helping your body's ability to cleanse and recharge.







In the following pages we have included the 5 day Body Reset nutritional eating plan, delicious recipes included within the eating plan, tips on how to reduce your sugar consumption, ideas on making up your own meal plan, and a comprehensive list of foods to avoid, and allowable foods. We recommend that you follow the Body Reset Eating Plan for 5 days straight, give it a rest for 2 days and repeat for a further 5 days. You can continue the Body Reset Eating Plan for as long as you desire or until you achieve your goals.



	Breakfast	Mushroom and capsicum omelette (see recipe page 17)
V-1	Snack	Handful of raw almonds and piece of fruit
101	Lunch	Chicken with brown rice or rye bread (1 slice) and salad
OPTION-1	Snack	Berry sorbet or ricotta cheese with wholegrain rice cakes
	Dinner	Salmon and zucchini noodles (see recipe page 21)
	Breakfast	Almond milk smoothie with fruit and/or raw nuts
N-2	Breakfast Snack	Almond milk smoothie with fruit and/or raw nuts  Kale chips or piece of fruit and raw nuts
TION-2		
OPTION-2	Snack	Kale chips or piece of fruit and raw nuts







	Breakfast	Ricotta with your choice of fruit and/or raw nuts
V-1	Snack	10 almonds
01	Lunch	Brown rice, chicken and avocado sushi
OPTION-1	Snack	Kale chips or piece of fruit and raw nuts
	Dinner	Beef with char-grilled vegetable stack and salad
	Breakfast	Eggs on rye bread toast
V-2	Breakfast Snack	Eggs on rye bread toast Fresh strawberries
7ON-2		33 ,
OPTION-2	Snack	Fresh strawberries

	Breakfast	Plain yoghurt with raw nuts and mixed berries
V-1	Snack	Chia pudding
0	Lunch	Vegetable hummus sandwich (rye bread)
OPTION-1	Snack	Handful of raw almonds and piece of fruit
	Dinner	Thai chicken vegetable stir-fry
	5 16 .	
	Breakfast	Smoked salmon on rye bread
N-2	Snack	Smoked salmon on rye bread  Strawberry bars or carrots and celery sticks with hummus
TION-2		,
OPTION-2	Snack	Strawberry bars or carrots and celery sticks with hummus







	Breakfast	Homemade blueberry muffin or eggs on rye bread toast
V-1	Snack	50g fresh blueberries
0	Lunch	Moroccan spiced mushrooms with rye bread
OPTION-1	Snack	Kale chips or piece of fruit and raw nuts
	Dinner	Salmon with cauliflower mash
	Breakfast	Half cup of natural raw muesli (or rolled raw oats), add fresh fruit, or sun dried fruit.
N-2	Snack	One piece of fresh fruit, raw almonds or pumpkin seeds.
01	Lunch	Avocado cups with Mexican salad (see recipe page 25)
OPTION-2	Snack	Kale chips or piece of fruit and raw nuts
	Dinner	Grilled fish with streamed green vegetables or fresh green salad.

**Digestion kick starter -** Squeeze half of a fresh lemon into a full glass of warm water and sip slowly until finish.

N-1	Breakfast	Plain yoghurt with raw nuts and mixed berries		
	Snack	One piece of fresh fruit, raw almonds mixed with dried fruit		
OPTION-1	Lunch	Grapefruit and Berry Salad (see recipe page 26)		
OP	Snack	Kale chips or piece of fruit and raw nuts		
	Dinner	Spiced Tofu (see recipe page 20)		
	Breakfast	Half cup of natural raw muesli and mixed berries		
TION-2	Snack	One piece of fresh fruit, raw almonds mixed with dried fruit		
	Lunch	Green Nut salad (see recipe page 22)		

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Snack

Dinner





Kale chips or piece of fruit and raw nuts

Ginger Fish (see recipe page 24)



## MAKE YOUR OWN MEAL PLAN

Below is an example of the serving sizes and times of the day we would recommend you consume your meals.





**Breakfast:** 1 serve of protein with 1 serve of fruit or vegetables



**Snack:** 1 serve of fruit with 1 serve of nuts or seeds **When:** 2-3 hours after breakfast

when: 2-3 hours after breakfast



**Lunch:** 1 serve of protein with 1 serve of vegetable or grains **When:** 2-3 hours after spack



**Snack:** 1 serve of vegetables with 1 serve of seeds or nuts

When: 2-3 hours after lunch



**Dinner:** 1 serve of protein with 2 serves of vegetables

When: 2-3 hours after snack

# FOODS TO INCLUDE & AVOID WHILST ON THE 5 DAY BODY RESET CHALLENGE

To help you on your **5 Day Body Reset Challenge**, we have included a list of foods to **INCLUDE** and those to try and **AVIOD**.

#### **Grains:** 2 servings per day (1 serve = $\frac{1}{2}$ cup cooked)

Include	Limit	Avoid
• Barley	• Rye bread (max 2 slices per day)	• Flat bread
• Brown Rice	• Wholegrain bread (max 2 slices per day)	• Pitas
<ul> <li>Buckwheat</li> </ul>	• Wholegrain rice cakes (max 2 a day)	• White bread
• Bulgur	• Wholemeal pasta	• White pasta
<ul> <li>Millet</li> </ul>	• Spelt pasta	• White rice
• Quinoa		

#### *Fruit: Minimum 2 serves per day*

Incl	ude	I	Limit	Avoid
<ul> <li>Apricots</li> </ul>	• Lime	• Bananas	• Mango	<ul> <li>Canned fruits</li> </ul>
<ul> <li>Blackberries</li> </ul>	• Pears	• Cherries	<ul> <li>Pineapple</li> </ul>	Dried fruits
<ul> <li>Green apples</li> </ul>	<ul> <li>Raspberries</li> </ul>	• Grapes	<ul> <li>Watermelon</li> </ul>	
<ul> <li>Honeydew</li> </ul>	<ul> <li>Rockmelon</li> </ul>	• Lychees		
• Lemon	<ul> <li>Strawberries</li> </ul>			







### **Vegetables:** Minimum 5 serves per day (1 serve = 100 grams)

li	nclude	Limit	Avoid
Alfalfa sprouts     Asparagus     Bamboo sprouts     Bean sprouts     Broccoli     Brussel sprouts	Lettuce (all kinds)  Mushroom  Okra  Onion (20g)  Radish  Rhubarb	Beetroot     Carrots     Parsnips     Peas	• Corn • Potatoes • Pumpkin
<ul> <li>Cabbage (all kinds)</li> <li>Capsicum</li> <li>Cauliflower</li> <li>Celery</li> <li>Cucumber</li> <li>Eggplant</li> <li>Garlic (1 clove)</li> <li>Kale</li> <li>Leek</li> </ul>	<ul> <li>Rocket</li> <li>Shallot</li> <li>Silver beet</li> <li>Spinach</li> <li>Squash</li> <li>Tomato</li> <li>Watercress</li> <li>Zucchini</li> </ul>		

## **Protein:** 3 servings per day (125g per serve)

	Include	Avoid
• Beef (low fat)	• Lamb (low fat)	<ul> <li>Processed meats</li> </ul>
• Eggs	<ul> <li>Pork (low fat)</li> </ul>	
<ul> <li>Fish &amp; seafood</li> </ul>	<ul> <li>Skinless chicken breast</li> </ul>	



### **Beverages:** Ensure you have 8-12 glasses of water per day

Include		Avoid
Black coffee	Alcohol	<ul> <li>Pre-packaged ice teas</li> </ul>
(stevia sweetened)	<ul> <li>Energy drinks</li> </ul>	<ul> <li>Pre-packaged vegetable juices</li> </ul>
<ul> <li>Dandelion coffee</li> </ul>	• Juices	Soft drinks
<ul> <li>Ginger tea</li> </ul>	Milk beverages	Sport drinks
<ul> <li>Herbal teas</li> </ul>		Sweetened water
<ul> <li>Sparkling mineral water</li> </ul>		
<ul> <li>Spring water</li> </ul>		
<ul> <li>Coconut water (plain)</li> </ul>		

#### **Good Fats:** 2-4 serves a day

#### Nuts: 1-2 (30g per serve)

	Include	Avoid
<ul> <li>Raw almonds</li> </ul>	<ul> <li>Raw macadamia nuts</li> </ul>	Cashews
<ul> <li>Raw Brazil nuts</li> </ul>	<ul> <li>Raw pecans</li> </ul>	Pistachios
<ul> <li>Raw hazelnuts</li> </ul>	• Raw walnuts	• Peanuts

#### Seeds: 1 teaspoon daily

	•	
	Include	Avoid
<ul> <li>Chia seeds</li> </ul>	<ul> <li>Pumpkin seeds</li> </ul>	Nil
<ul> <li>Flaxseed</li> </ul>	<ul> <li>Sesame seeds</li> </ul>	
<ul> <li>Poppy seeds</li> </ul>	<ul> <li>Sunflower seeds</li> </ul>	







#### **Condiments & Herbs**

Include		Avoid
Condiments	Herbs	Mayonnaise
<ul> <li>Apple cider vinegar</li> </ul>	• Basil	Store bought salad dressings
<ul> <li>Coconut oil</li> </ul>	<ul> <li>Coriander</li> </ul>	
• Extra virgin/virgin olive oil	• Dill	
<ul> <li>Lemon juice</li> </ul>	<ul> <li>Ginger</li> </ul>	
• Tahini	• Mint	
	<ul> <li>Parsley</li> </ul>	
	• Thyme	

#### **Sweeteners**

Include	Avoid	
• Stevia	• Agave	Raw sugar
<ul> <li>Xylitol</li> </ul>	Artificial sweetners	Rice malt
<ul> <li>Erythritol</li> </ul>	• Honey	• Sugar
	Maple syrup	

### RECIPES

#### **MUSHROOM & CAPSICUM OMELETTE**

#### Serves: 1

#### Ingredients

- · 2 eggs
- · 65g mushroom (sliced)
- · 1 spring onion (sliced)
- · 25g green capsicum (sliced)
- · Olive oil spray
- · Fresh basil or parsley (handful)

- Lightly spray pan with olive oil spray
- Cook the mushrooms and capsicum over low heat until softened
- Lightly beat the eggs in a separate bowl
- Pour the eggs over the mushrooms and capsicum
- · Add the spring onions
- · Flip when cooked half way through
- · Once cooked add pepper to taste
- · Garnish with fresh basil or parsley









#### Ingredients

- · 500g of frozen berries of your choice
- 1 cup of water
- 1½ sachets of stevia or to taste

#### **Directions**

- Place all the frozen berries and water in a blender or food processor
- Blend until smooth and creamy, add stevia and blend
- Pour into muffin tray lined with baking paper and evenly distribute
- Place in the freezer for 8-12 hours

This recipe is equivalent to 8 serves of fruit



### Ingredients

- · 125g chicken breast
- 100g combined zucchini, eggplant and tomato
- 1/2 cup of brown rice (cooked)
- · Olive oil spray
- · 1 teaspoon tahini
- · ¼ lemon
- · 1 handful of rocket

- Lightly spray pan with olive oil and cook chicken breast on medium heat, turn halfway through until cooked through and remove from pan and set aside
- In the same pan sauté vegetables until softened and cooked through
- Mix tahini, chicken and vegetables through the cooked rice
- · Add rocket to garnish
- · Squeeze lemon over chicken and rice









#### Ingredients

- · 1 packet of firm tofu
- · 1 teaspoon of Chilli flakes
- 1 teaspoon of fresh Ginger grated or ginger powder
- · Juice of 1 lemon
- 2-3 tablespoon of Olive oil
- ¼ cup of fresh chopped Coriander
- · Water if needed

- Cut tofu the into 2cm cubes and set aside
- In a shallow baking tray place all the other ingredients and mix well. Add some extra water if the mix it too dry
- Place the chopped tofu and gently toss through the mix and marinated for 30mins-1hour. Vegetables of choice can be added and placed into a moderate over for 1hour or until vegetables are cooked



#### Ingredients

- · 125g Salmon
- 100g zucchini (grated or peeled into thin strips)
- · ½ lemon, juiced
- · Dill (handful)
- 1 teaspoon sesame seeds
- · Olive oil spray
- · 1 tablespoon olive oil

- Lightly spray pan with olive oil spray
- Cook salmon until half cooked and flip and cook through
- In a separate pan heat olive oil and add zucchini strips, cook for 3 minutes over high heat or until cooked through
- Serve the salmon on top of the zucchini noodles, sprinkle with sesame seeds, dill and lemon juice









#### Ingredients

- · ½ head of small Cos lettuce chopped
- 2-3 sprigs of fresh Parsley chopped
- · 1 Zucchini finely chopped
- · 1 Cucumber finely diced
- 6-8 Snow peas stringed and cut in half
- 2-3 sticks of Asparagus- chopped
- ½ teaspoon Chia seeds
- ½ teaspoon Linseeds
- 2 tablespoons of Pumpkin seeds
- 2 tablespoons of Almonds chopped
- · Drizzle of Olive oil
- 1-2 teaspoon of Apple cider vinegar

- Mix vegetables in a salad bowl
- Drizzle with the olive oil and apple cider vinegar and toss altogether
- Then sprinkle with seeds and chopped almonds



#### SPICY BLACK BEAN & CHICKEN SOUP

#### Ingredients

- · 2 tbsp olive oil
- · 2 garlic cloves
- Small bunch of coriander leaves
- Zest 1 lime, cut lime in quarters
- 2 tsp ground cumin
- 1 tsp chilli flakes
- · 400g chopped tomatoes
- · 400g can black beans
- · 600mL chicken stock
- · 175g kale leaves shredded
- · 250g cooked chicken shredded

#### Directions

- Heat oil in large saucepan, add garlic and lime zest. Fry for 2 minutes until fragrant
- Stir in cumin and chilli flakes
   Fry for 1 minute
- Add tomatoes, beans and stock. Bring to boil
- With a potato masher crush the beans on the bottom of the pan

#### Serves: 2

- Stir kale into soup and simmer for 5 minutes
- Add chicken until heated through
- Season with pepper and lime juice, to taste
- Place in bowls and add the coriander leaves





### Ingredients

- 1-2 pieces of fillet of fresh Fish white or salmon
- 1-2 tablespoon fresh grated Ginger
- · Pepper and salt
- · ¼ teaspoon of Cumin
- 1 tablespoon of Olive oil
- 2 tablespoons fresh Lemon juice

- In small bowl mix together the ginger, herbs, olive oil and lemon juice
- Place the fish into the ginger mix and rub the mix over the fish, set aside to marinate for 15 minutes
- Place fish into a steamer and cook for about 20minutes or until fish is tender. Serve with salad and/or vegetables



#### AVOCADO CUPS WITH MEXICAN SALAD

#### Serves: 1

#### Ingredients

- 1 Avocado
- · 4-5 Olives finely diced
- 1 Cucumber peeled and finely chopped
- · ½ teaspoon of Chilli flakes or chili powder
- · ½ red Capsicum finely diced
- · ½ cup Parsley finely chopped
- 1/4 Pumpkin seeds
- ½ Lemon juiced

- Slice the avocado through the middle to create 2 halves. Remove the seed and remove just a little bit more of the centre flesh and place into a bowl
- In the same bowl place all the additional ingredients, vegetables and lemon juice
- Toss gently and then scoop the salad mix back into the centre of each avocado.









#### Ingredients

- 1 Grapefruit peeled and chopped
- ½ cup fresh Blueberries
- ¼ cup Raspberries
- 3-4 large Strawberries chopped
- 1 x 200g tubs of Coconut yoghurt
- 1 tablespoon LSA
- · Dash of Cinnamon

#### Directions

Mix all fruits into a bowl and topped with yoghurt, LSA and cinnamon



# 20-MINUTE

FUNCTIONAL BODYWEIGHT WORKOUT



If you have an existing health condition or are pregnant, please speak to your health professionals before starting any exercise program.

#### 20-MINTUE FUNCTIONAL BODYWEIGHT WORKOUT

On the following pages we have included an easy to follow 20-Minute Functional Bodyweight Workout for all ages that you can do in the comfort of your own home. Bodyweight workout includes 8 easy exercises that you can do every morning as soon as you get out of bed, either before or after a light breakfast.

#### WHAT ARE FUNCTIONAL BODYWEIGHT EXERCISES?

Functional bodyweight simply means you will be using your own body weight to perform each exercise. So, you won't need to use heavy weights or expensive exercise equipment. All you need is an exercise mat or a clean floor. We have produced a video that demonstrates the 8 exercises included in the 20-Minute Workout which you can access here

Please try and follow my 20-minute Functional Bodyweight Workout every day in conjunction with the 5 Day Body Reset Eating Plan and we promise you will feel fantastic, probably the best you have felt in years. Within days you'll have more energy, be less stressed, sleep better, and be ready to start your day in a positive frame of mind. Remember, if you make time for good health, you will always have enough health for a good time!

#### IMPORTANT INFORMATION FOR YOUR SAFETY:

Please view the YouTube video for full instructions for workout including precautions before embarking on the exercise program, warmup exercises, demonstration on how to perform the exercises correctly and safety so you get maximum benefit, repetitions per exercise and cooling down exercises and instructions.

If you have an existing health condition or are pregnant, please speak to your health care professionals before starting any exercise program.

Please do 20 repetitions for each of the exercises (one set) until you complete the 8 exercises and repeat for a non stop period of 20 minutes.

**IMPORTANT:** To prevent injury and for best results please click on the link here to view video for a demonstration on how to perform these exercises correctly and for warm up and cool down tips.

#### 1. SQUATS

Squats work multiple muscle groups. They engage your hips, glutes, quads, hamstrings, and your core muscles just to name a few.

#### 2. LUNGES

Lunges work your quads, glutes, hamstrings, calves and core muscles. As you get stronger you can hold light dumbbells in each hand if you prefer.

#### 🗾 3. DIPS

Dips work your triceps, shoulders and upper back. Use a strong and stable chair.

#### 4. CRUNCHES

Crunches are great for strengthening your core muscles. For maximum results always keep your core muscles engaged.















#### 5. GLUTE BRIDGE

Glute bridge strengthens and tightens your backside so it's a great exercise for your backside.



#### 6. PLANK PULSE

Plank pulse is a great exercise for strengthening and defining your core muscles.



#### 7. MOUNTAIN CLIMBER

Mountain climbers are a great total body exercise. They work multiple muscles, your legs, arms, core, shoulders, glutes as well as giving you a great cardio workout.



## \_ 8. PUSH-UPS\_

Push-ups also work multiple muscles; pectoral muscles, core, shoulders, triceps and deltoids.



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