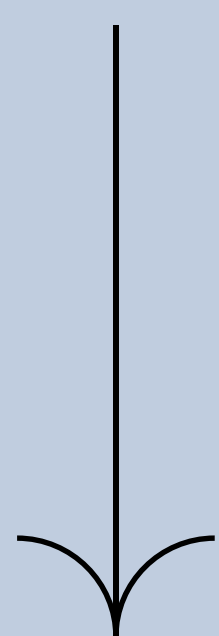




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7-Day Palate Reset

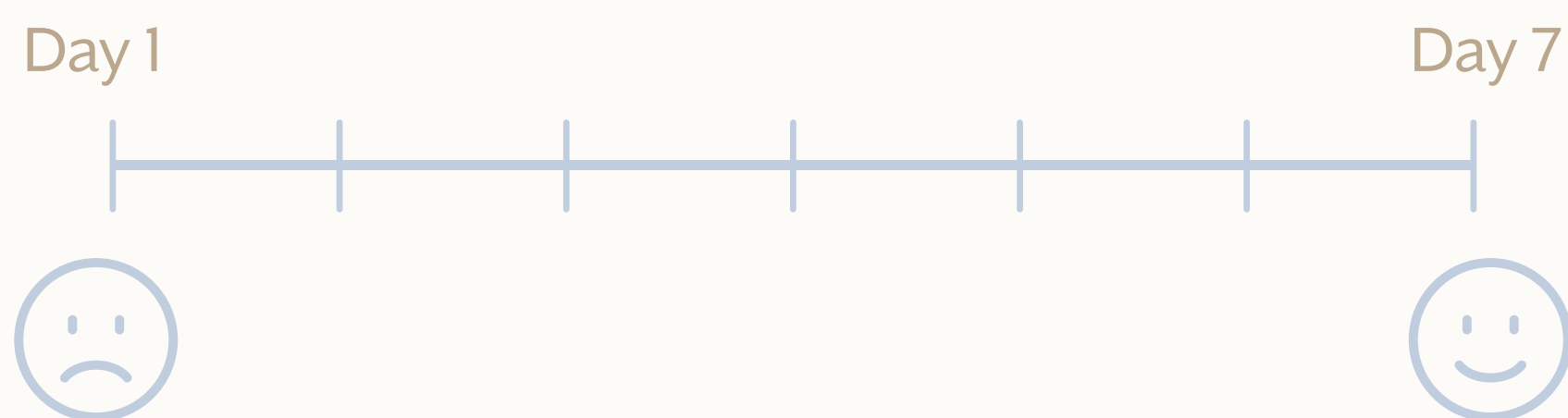


What is the Palate Reset?

[What is the Palate Reset?](#)[Palate Reset Guide](#)

In 7-Days you will “reset” your tastebuds. Resetting your tastebuds allows your body to stop being driven by addictive cravings (like sweets), and instead your body will re-learn what foods you need to feel your best (think fruits or proteins). After 7-Days you will have more energy, think more clearly, and have fewer cravings.

“Old cheat foods you’re used to will taste too sweet.” Your body will start to directly connect how eating certain foods makes you feel, good or bad. You’ll naturally eat healthier foods because you will feel better. It is a self-reinforcing positive loop that will lead to long-term health.



Who Should Do This?

Anyone who doesn't have control over cravings, or is prone to overeating, or anyone who doesn't enjoy the taste of healthier foods.

Palate Reset Guide

What is the Palate Reset?

Palate Reset Guide

Water

- Most people are chronically dehydrated
- Many people mistake the feeling of needing water with needing food
- 1 gallon a day minimum
- Add in cucumber, lemon, & to help with craving some flavor

In Moderation

(or eliminate completely)

- Caffeine- 1 cup of coffee per day
- Alcohol 1-2 drinks/week

Eliminate

- Foods with more than 5g of added sugar

Generously consume

- Fruits
- Vegetables
- Protein- meat (not deli meat), eggs, fish
- Whole food based fats (butter, avocado, olive oil...)

Palate Reset Guide

What is the Palate Reset?

Palate Reset Guide

Stress Management

- Avoid eating while stressed and manage your stress in other ways

TIPS

- Workout
- Walk
- Meditate
- Stick to a routine
- Call a friend

What to expect after palate reset

- Old “cheat” foods taste too sweet
- More energy
- Less brain fog
- Healthier foods will taste better!

Note: This is not a weight loss program, if you have any medical issues going on please consult your doctor before starting

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