



HEALTH  
FIRST

# RESET & RENEW

YOUR 7 DAY GUIDE  
TO WELLNESS



HEALTH  FIRST®

# WELCOME

## TO OUR RESET & RENEW GUIDE

*Your comprehensive resource for revitalizing your wellness journey. Organized into a 7-day plan, this guide is designed to support liver health and digestive wellness while providing holistic strategies for overall well-being.*

### INSIDE THIS GUIDE, YOU WILL FIND:

- ✔ Supplement suggestions
- ✔ Daily mindfulness tips
- ✔ Nutritional guidelines
- ✔ Sample meal plans
- ✔ Healthy recipes

Packed with essential resources, our guide empowers you to reset your wellness routine and embrace a rejuvenated lifestyle. Clean eating plays a crucial role in cleansing and detoxification, making it an integral part of our approach to revitalization. Whether you're seeking to improve digestion, boost energy levels, or enhance overall vitality, our guide provides the tools and insights you need for year-round rejuvenation. Read on to start your journey to wellness today!



# SUPPLEMENT GUIDE

Prioritizing a healthy and balanced diet is key to optimizing wellness, and so is supporting the body therapeutically with key nutrients found in supplements. Supplements can be used as a strategic partner to help enhance digestive health, support liver detoxification and provide vitamins, minerals, key antioxidants and phytonutrients. Read on for our curated selection of Health First supplements to help you get the most out of your **Reset & Renew** wellness plan!



## LIVER SUPREME

Support liver function with the patented milk thistle extract Siliphos® Silybin Phytosome® which has been shown in clinical studies to be 10 times more bioavailable than other milk thistle extracts. Synergistically blended with dandelion root to support the digestive system and alpha lipoic acid to provide antioxidant support against free radical damage.

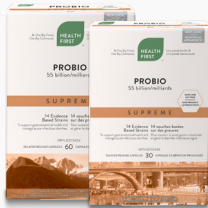
*Take two capsules daily, with or without food.*



## MAGNESIUM SUPREME EXTRA STRENGTH

Magnesium is a must-have mineral because not only is it depleted during times of stress but it also fuels over 300 bodily processes. Our magnesium glycinate complex is highly bioavailable for maximum absorption and can help to maintain proper muscle function, bones, tissues, and teeth in adolescents and adults alike.

*Take one tablet daily at bedtime.*



## PROBIO SUPREME

Probiotics have been studied for their ability to help promote balanced gut flora and support a healthy digestive system. Our dairy- and soy-free formula contains 55 billion probiotics per capsule, featuring 14 different evidence-based strains that are natural to the human microbiome and work synergistically to improve gastrointestinal health.

*Take one capsule daily, with breakfast or dinner.*



## CHLOROPHYLL

Chlorophyll is a potent antioxidant shown to have detoxifying properties that act as an internal deodorizer to help reduce body odour naturally. Our chlorophyll is preservative free and sourced from non-GMO alfalfa. Add it to your water for a nice, refreshing change and check out our Chlorophyll Lemonade recipe on page 12!

*Take one to two tablespoons daily.*



## ALOE VERA JUICE

Produced using certified organic, cold-processed inner fillet aloe vera, Health First Aloe Vera Juice is a great source of antioxidants and can be taken daily to help soothe irritation and inflammation of the digestive tract. A daily shot of aloe vera juice can be a better choice than harsh laxatives to help keep things moving! Don't miss our Aloe Vera Hydrator recipe on page 12!

*Take up to four tablespoons, one to two times daily.*



## NAC

Our vegan N-Acetyl-L-Cysteine, or NAC, is an amino acid the body needs to create glutathione, a potent antioxidant that helps to reinforce the immune system's defense against oxidative stress. NAC has been extensively studied for its ability to help relieve respiratory tract conditions and help protect cells from oxidative damage caused by free radicals.

*Take one capsule daily away from food.*



## DAILY MINDFULNESS TIPS

Research shows that micro habits are more effective than lofty goals for a healthier lifestyle. Small daily routines can lead to long-term success and improve physical and mental well-being. By integrating these habits into your day, you can make a significant shift towards a healthier, more balanced life.

### 1 POSITIVE SELF-TALK

Harness positive self-talk for resilience and well-being. With 86,400 seconds daily, consider how many are spent on repetitive thoughts. Research shows that a positive internal dialogue can have a profound impact. Start or end your day by noting 3-5 things you're grateful for to cultivate joy and reflection.

### 2 UNPLUG TO RECHARGE

Taking tech breaks is crucial for mental rejuvenation in a world inundated with stimuli. Prioritizing moments of disconnection allows for essential mental recharge and revitalization. Consider adopting a "tech-free hour" to your day to enhance the benefits of unplugging for a healthier lifestyle.

### 3 STAY HYDRATED

Prioritize hydration over coffee and limit sugary drinks. Inadequate water leads to mental fog, dry skin, weakened immunity, and low energy. Calculate your daily intake by halving your weight in ounces. Keep a large water container handy for regular sipping. For inspiration, find hydration recipes on page 8!

### 4 CHEW THOROUGHLY

Chewing is fundamental to digestion. Amylase, from our salivary glands, starts breaking down starches and sugars in the mouth. To promote effective digestion, aim to mindfully chew each spoonful 30 to 40 times, reaching a point where food liquefies, triggering you to swallow automatically.

### 5 WALKING IN NATURE

A 30 minute nature walk has numerous benefits. Outdoor time induces calmness, while morning walks enhance mood, energy, and sleep quality. Sun exposure provides vitamin D, aiding your circadian rhythm. Prioritize morning light for energy and reduce artificial light in the evening for better sleep.

### 6 MINDFUL BREATHING

Many of us don't breathe properly, especially during stress, leading to faster, shallower breaths that keep the body in unrest. Dedicate 10 minutes a day to deep belly breaths. Inhale for 4 counts, hold for 4, and exhale for 4. Mindful breaths aid in lowering blood pressure, reducing stress, and boosting energy.

### 7 GET YOUR SLEEP

Optimize your sleep environment for deep rest and REM stages, vital for physical restoration and cognitive function. Prioritize these sleep phases for mood regulation and stress reduction. Establish a consistent bedtime routine, limit screen time before bed, and aim for 7-9 hours of rejuvenating sleep.

# NUTRITIONAL GUIDELINES

Here, you'll find expert recommendations on the best foods to fuel your body and what to avoid during your 7-day journey to revitalization. Let's optimize your nutrition for maximum wellness!

	UNLIMITED (80% OF MEAL PLAN)	LIMITED (20% OF MEAL PLAN)	NOT RECOMMENDED
PROTEIN	Poultry (turkey and chicken), cold water fish	Eggs, game meats and grass-fed beef, beans, legumes, unsweetened non-dairy yogurts, plant based protein powder, collagen powder	Pork, shellfish, dairy (yogurt, milk, cream, cheese) whey protein powders
STARCHES	Millet, buckwheat quinoa, chia, brown rice, coconut flour		Corn, sugar and added sweeteners
VEGETABLES	Leafy greens, cruciferous vegetables (kale, broccoli, Brussels sprouts, cabbage, cauliflower), all other vegetables, including squashes	Starchy root vegetables	
FRUITS	Apples, pears, peaches, plums, berries	All other fruits	Dried fruits
OILS	Flax, avocado, coconut, grass fed butter, ghee	Nuts and seeds (and their butter)	Vegetable oil, peanuts (and their butter)
SEASONINGS	All fresh and dried herbs, sea or Himalayan pink salt	Tamari sauce, Bragg® Liquid Aminos, A.Vogel Herbamare®	
PRE-MADE FOODS	Prepared hummus and pestos *GF, DF, VG, transfat free, yeast free	Gluten free chicken, curries with coconut milk, fresh spring rolls, thin rice cakes, plain roasted coconut chips, cashew cheese	Candy, cakes, cookies
BEVERAGES	Herbal tea, matcha, mushroom beverages	Two cups of coffee daily	Soda, fruit juices



## SNACK IDEAS

Choosing the right snacks is key when it comes to maintaining energy levels and staying on track during your 7-day plan. Discover delicious and nutritious options to satisfy and energize you throughout the week!

### NOURISH YOUR BODY WITH SATISFYING SNACKS!

- ✔ Almond butter with brown rice cakes.
- ✔ 2 or 3 slices of turkey or chicken breast plus a medium sized apple or pear.
- ✔ Celery sticks with unsweetened almond or cashew butter.
- ✔ Unsweetened applesauce with cinnamon and chopped almonds.
- ✔ Lettuce leaf with turkey rolled up together.
- ✔ Homemade avocado dip with veggies.
- ✔ Cold pressed juices.
- ✔ Zucchini slices spread with tahini.
- ✔ Sliced vegetables with hummus dip.
- ✔ Roasted chickpeas.

## SAMPLE MEAL PLANS

These sample meal plans serve as reference to inspire your culinary journey. Feel free to tailor them to your preferences while using them as a helpful guide. Don't forget to explore our recipes in the following pages for delicious inspiration!

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
BREAKFAST	Green smoothie or oatmeal with blueberries and nuts	Sweet Potato or Almond Pancakes	2 eggs with broccoli and/or zucchini, spinach and peppers	1 cup of coconut yogurt with mixed nuts and berries
LUNCH	Mexican Quinoa Salad	Tuna Chickpea Salad	Leftover Sausage Bake and mixed green salad with Asian Dressing	Chicken with mixed green salad and Vegan Caesar Dressing
DINNER	Sausage Bake	Italian Salmon Bake	Red Lentil Dahl with Cauliflower Rice	Avocado Pesto with zucchini noodles or gluten free pasta
SNACKS	Hummus with vegetables	Rice cakes with almond butter and Aloe Vera Hydrator	Sliced apples with walnuts	Celery sticks with almond butter and Chlorophyll Lemonade



## EMBRACE THE JOURNEY

*Every meal is an opportunity to nourish your body, fuel your spirit, and embrace the transformative power of clean eating.*



## SAMPLE MEAL PLANS

	DAY FIVE	DAY SIX	DAY SEVEN
BREAKFAST	Blueberry smoothie with protein powder	Green smoothie with protein powder	Green smoothie with protein powder
LUNCH	Leftover Red Lentil Dahl with Cauliflower Rice	Kale salad with grilled chicken or kale sautéed with ground turkey	Collard wrap with tuna, shredded cabbage
DINNER	Baked Salmon with steamed mixed vegetables	Grilled tilapia with roasted Brussels sprouts	Poached halibut with cauliflower mash & leafy green salad
SNACKS	Cut vegetables with hummus	Apples or pears	Apples or pears
SPECIAL INSTRUCTIONS*	Eliminate ALL nuts and seeds Eliminate ALL grains	Eliminate ALL nuts and seeds Eliminate ALL grains Eliminate ALL legumes and beans Eat ONLY the following fruits and vegetables: Leafy greens, cruciferous vegetables (kale, broccoli, Brussels sprouts, cabbage, cauliflower) Fresh apples and pears	Eliminate ALL nuts and seeds Eliminate ALL grains Eliminate ALL legumes and beans Eat ONLY the following fruits and vegetables: Leafy greens, cruciferous vegetables (kale, broccoli, Brussels sprouts, cabbage, cauliflower) Fresh apples and pears

\*Optional, but not required to best support digestion during your reset.

## ALOE VERA HYDRATOR

SERVES 1 **GF** **DF** **NF**

### INGREDIENTS

1/4 cup **Health First Aloe Vera Juice (Unflavoured or Pomegranate)**  
1 cup unsweetened coconut water  
1/2 lemon juiced  
Handful of fresh mint and/or basil  
Ice

### METHOD

1. Combine aloe vera juice, coconut water, lemon juice and herbs over ice and enjoy your glass of goodness!

## CHLOROPHYLL LEMONADE

SERVES 4-5 **GF** **DF** **NF**

### INGREDIENTS

4-6 fresh lemons  
1/4 cup maple syrup or other natural sweetener  
4 cups water  
2 Tbsp **Health First Chlorophyll (Unflavoured or Mint)**  
Pinch of salt\* (optional)  
Handful of ice  
Lemon wedges for garnish

### METHOD

1. Cut lemons in half and squeeze 1 cup of fresh lemon juice.  
2. Combine lemon juice, water, chlorophyll and salt in a pitcher and stir well.  
3. Add maple syrup and stir again.  
4. Top with ice and lemon wedges, and serve.

*\*Salt helps reduce the "earthy" flavour of chlorophyll.*



# SWEET POTATO PANCAKES

SERVES 1 **GF** **DF** **NF**

## INGREDIENTS

1/2 cup cooked mashed sweet potato (measure after mashing)  
1 egg + 3/4 cup of egg whites  
1 Tbsp coconut flour  
1 tsp cinnamon  
1/4 tsp baking soda  
1/4 tsp vanilla  
1 tbsp coconut oil

## TOPPINGS

Cinnamon  
1/4 cup berries

## METHOD

1. Mash the sweet potato, and then whisk thoroughly with eggs. If too thick to pour in pan, add splash of non-dairy milk, if not, continue. Stir in the remaining ingredients, except the coconut oil and toppings.
2. Heat a frying pan over medium heat, melt the coconut oil, and spoon roughly 1/4 cup batter onto the pan. Let cook until you see bubbles forming on top and the pancake is firm enough to flip. Flip. Cook for another minute or so, watching carefully.
3. Serve with a sprinkle of cinnamon and maple syrup or 1/4 cup of berries.

# ALMOND PANCAKES

SERVES 1 **GF** **DF**

## INGREDIENTS

1/2 cup cooked mashed sweet potato or squash  
1 egg + 3/4 cup of egg whites  
1 Tbsp coconut flour  
1 Tbsp almond butter  
1 tsp cinnamon  
1/4 tsp baking soda  
1/4 tsp vanilla  
2 tsp coconut oil

## TOPPINGS:

Cinnamon  
1/4 cup berries

## METHOD

1. Mash the sweet potato or squash, and then whisk thoroughly with eggs. Stir in the remaining ingredients, except the coconut oil and toppings
2. Heat a frying pan over medium heat, melt the coconut oil, and spoon roughly 1/4 cup batter onto the pan. Let cook until you see bubbles forming on top and the pancake is firm enough to flip. Flip. Cook for another minute or so, watching carefully.
3. Serve with a sprinkle of cinnamon and maple syrup or 1/4 cup of berries.





## ASIAN DRESSING

SERVES 1 **GF** **NF** **VG**

### INGREDIENTS

2 Tbsp hummus or tahini  
1/4 cup toasted sesame oil  
1/4 cup liquid aminos or tamari  
1/4 cup rice vinegar  
1 tsp sesame seeds (optional)

### METHOD

1. Whisk all ingredients in a small bowl.

\*Pour dressing in a glass jar, cover and store in the fridge for up to two weeks

If you want to add a hint of sweetness, you can add 1 tsp of mirin or raw honey

## VEGAN CAESAR DRESSING

SERVES 1 **GF** **NF** **VG**

### INGREDIENTS

4 Tbsp hummus  
1/2 cup olive oil OR  
1/4 cup olive oil + 3 Tbsp water  
2 Tbsp lemon juice  
1 tsp Worcestershire sauce (optional)  
2 Tbsp tahini or mashed avocado  
1 Tbsp Dijon mustard  
1-2 cloves garlic, minced  
Salt and pepper to taste

### METHOD

1. In a medium bowl whisk all the ingredients together until well combined OR place all ingredients in blender or food processor and blend until smooth.

\*Store leftover dressing in a mason jar in the fridge for up to 1 week. When ready to use, remove from the fridge and let sit on the counter for 5-10 minutes, then serve over greens or as a dip.

## TUNA CHICKPEA SALAD

SERVES 1 **GF** **NF**

### INGREDIENTS

2 Tbsp hummus  
1 Tbsp olive oil  
1 Tbsp Dijon mustard  
2 Tbsp fresh lemon juice  
1 can skipjack tuna, drained  
1/2 cup cooked chickpeas  
1 cup chopped celery  
1 cup cherry tomatoes, halved  
1/2 cup chopped fresh parsley

### METHOD

1. Whisk the dressing ingredients in the bottom of a medium-sized bowl.

2. Once combined, mix with the tuna, fold in the rest of the ingredients, and season with salt and pepper.



# ITALIAN SALMON BAKE

SERVES 1 **GF** **NF** **DF**

## INGREDIENTS

4 oz salmon (Norwegian Alaskan Salmon or Wild Sockeye)  
2 cups mixed vegetables (asparagus, broccoli, kale etc.)  
1/2 cup grape tomatoes, halved  
Half a bulb of fennel, thinly sliced (optional)  
1 small bunch of basil, chopped (to taste)  
Salt, pepper, lemon to taste

## DRESSING

2 Tbsp Dijon mustard  
1 tsp olive oil  
2 tsp lemon juice  
Chopped herbs to taste (parsley and or dill)  
1 clove of garlic minced

# SAUSAGE BAKE

SERVES 1 **GF** **NF** **DF**

## INGREDIENTS

4 oz hormone free sausage, sliced in half inch pieces  
1 cup cauliflower chopped into small pieces  
1/2 fennel bulb finely chopped  
1 tsp salt  
1 tsp paprika  
1-2 Tbsp ghee or olive oil

## METHOD

1. Preheat oven to 500° F and mix dressing ingredients together.
2. Cover a cookie sheet or baking tray with parchment paper, lay salmon skin side down, season with salt and pepper and cover with dressing. Place in the oven for 5 minutes then add all of the chopped vegetables and basil, drizzle with olive oil and salt and pepper.
3. Reduce heat to 400° F and let bake for 10-15 min longer, until salmon is cooked and vegetables are tender.
4. Serve immediately with lemon slices.

## METHOD

1. Preheat oven to 375° F. Line a baking sheet with parchment paper.
2. Once chopped, place all ingredients in a medium sized mixing bowl and toss to coat with seasonings and oil.
3. Cook for 30-45 min or until sausage is cooked through and vegetables are golden.
4. Serve with a mixed green salad.

### Meal Planning Tip:

Triple the above recipes and store extras in the fridge for a quick meal later!



# MEXICAN QUINOA

SERVES 4 **GF** **NF** **VG**

## INGREDIENTS

1 Tbsp olive oil  
2 cloves garlic, minced  
1 jalapeno, minced  
1 cup quinoa  
1 cup vegetable broth  
1 (15 oz) can black beans, drained and rinsed  
1 (14.5 oz) can diced tomatoes  
1 tsp chili powder  
1/2 tsp cumin  
Salt and pepper, to taste  
1 avocado, halved, seeded, peeled and diced  
Juice of 1 lime  
2 Tbsp chopped fresh cilantro leaves

## METHOD

1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.  
2. Stir in quinoa, vegetable broth, beans, tomatoes, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro

# AVOCADO PESTO

SERVES 4 **GF** **NF** **VG**

## INGREDIENTS

2 avocados, pitted and peeled  
3-4 oz of fresh basil leaves  
1/2 cup of pumpkin seeds  
2-3 Tbsp of fresh lemon juice (about half a lemon)  
2 cloves of garlic, peeled  
1/4 cup of extra virgin olive oil  
Salt and pepper to taste  
2 cups of spiralized zucchini noodles

### Meal Planning Tip:

*Make a triple recipe for lots of leftovers to store in your freezer. Leave a bag in your fridge overnight to defrost when ready to use.*

## METHOD

1. In a food processor pulse pumpkin seeds until a fine crumb forms. Add the avocados, garlic, lemon juice, salt and pepper and blend until well combined. Next, add the basil leaves and oil and blend until smooth.  
2. Use immediately or store in an air tight container for up to two days with a squeeze of lemon juice on top to prevent browning. This also freezes very well in small Ziploc bags (make sure all air is out of the bags before popping in the freezer)  
3. Serve over zucchini noodles, as a spread on rice cakes, a dip with cut vegetables or in a collard wrap with sliced chicken.



# RED LENTIL DAHL WITH CAULIFLOWER RICE

SERVES 1 **GF** **NF** **VG**

## INGREDIENTS

2 Tbsp coconut oil or grapeseed oil  
1 1/2 cups diced onion  
(about 1 medium onion)  
3 large or 4 medium garlic cloves,  
minced  
2 Tbsp freshly grated ginger  
1 1/2 cups peeled and finely  
diced carrots (about 2-3 large)  
2 tsp curry powder, or to taste  
1 tsp ground cumin  
1/2 tsp ground turmeric  
1 1/2 cups dried red lentils  
3 cups low-sodium vegetable  
broth, plus more if desired to thin  
the broth  
1/2-3/4 tsp fine sea salt, to taste  
1 5 oz package baby spinach

## CAULIFLOWER RICE

1 head of cauliflower  
1 Tbsp virgin coconut oil or vegan  
butter  
1 3/4 cups low-sodium vegetable  
broth, or as needed  
1 cup unpacked fresh cilantro, large  
stems removed and finely chopped  
Fine sea salt and black pepper, to taste  
Squeeze of fresh lime juice, to taste

## SUGGESTED TOPPINGS

Green onions, thinly sliced  
Fresh cilantro leaves, chopped  
Toasted pepita seeds (pumpkin seeds)  
Squeeze of lime juice, optional

## METHOD

1. For the curry: Add the oil in a large pot and increase heat to medium. Add the onion, garlic, and a pinch of salt. Stir to combine. Saute over medium heat for 4-5 minutes, stirring occasionally, until softened.
2. Stir in the ginger and carrots, and continue sauteing for another few minutes over medium heat.
3. Add the curry powder, cumin, and turmeric. Stir well. Cook for a minute, until fragrant.
4. Pick over and rinse the lentils in a fine mesh sieve. Stir red lentils, broth, and salt. Bring to a simmer and reduce heat to medium-low. Cook, covered with the lid ajar, for about 15-20 minutes, or until the lentils and carrots are tender. Stir occasionally to prevent the lentils from sticking to the bottom. Stir in a touch more broth if you'd like a slightly thinner consistency. After cooking, stir in all of the spinach until wilted.
5. Meanwhile, prepare the rice. Chop the cauliflower finely, then spread over a lined baking sheet, season with salt, pepper and oil. Cook until slightly browned, soft and tender about 15 minutes. Remove from the oven, fluff with a fork and stir in the cilantro. Season to taste with salt and lime juice.
6. Add a generous scoop of rice on a plate or bowl and top with a few ladles of curry. Add your desired toppings and serve immediately. Leftovers will keep in an air-tight container in the fridge for up to 4-6 days. The curry can also be frozen for up to 4 weeks. Possibly longer. For easy freezer-storage, add the cooled curry into a freezer-safe bag, press out the air, and freeze flat. Thaw overnight in the fridge.





HEALTHFIRST.CA