

THE *owl* RESET GUIDE

DAILY SCHEDULE



MORNING

16oz. Vegan Broth Elixir
16oz. Magic Matcha Shake



NOON

16oz. Chicken Broth Elixir
16oz. Golden Ginger Shake



NIGHT

16oz. Beef Broth Elixir
16oz. Bold Beet Shake

SERVING PORTIONS

one jar = 32 oz. = two 16oz. reset servings
one mylkshake packet = 32 oz. = two 16oz. reset servings

MYLKSHAKE PREP



PRO TIP: Add more fruit or vegetables for a thicker consistency.

MAGIC MATCHA

1 whole plantain*
1 mylkshake packet
filtered water

*sub 1 banana, 1 avocado,
or ½ cup fresh or frozen
coconut meat

GOLDEN GINGER

1 cup peeled, steamed, &
cooled kabocha squash*
1 mylkshake packet
filtered water

*sub yam, canned pumpkin, or
acorn/butternut squash

BOLD BEET

¾ cup peeled, steamed, &
cooled beets(about 2 beets)*
1 mylkshake packet
filtered water

*sub sweet potato, yam,
or steamed carrot

INSTRUCTIONS Add dry ingredients (in above order) to blender, fill to 32 ounces with filtered water & blend on high for 2 minutes or until smooth. Prepped Mylkshakes must be refrigerated in an air-tight container & will stay fresh for 4-6 days.

BROTH REHEATING



OPEN



POUR



SIMMER



SERVE

Use a can opener or wine key to pop the seal. Our broths are pressure-canned and are shelf stable for 6 months. Once opened, our broths must be refrigerated & will stay fresh for 7-10 days in the refrigerator.

APPROVED FOODS

Listen to your body. Not everyone chooses to eat while doing the Reset, but if you feel hungry or low energy, you may introduce any of the following approved foods into your diet.

COOKING OILS coconut oil, olive oil, ghee

SPICES & HERBS cilantro, cumin, dill, dulse, ginger, mustard, parsley, rosemary, sage, thyme, turmeric

BEVERAGES herbal tea, lemon water, fresh nut/seed milks (not boxed)

PROTEIN ground turkey or chicken, sautéed wild low mercury fish, boiled chicken, spirulina, sprouted quinoa

FRUITS avocado, berries (<1/2 cup per day)

SEEDS chia seeds, hemp seeds

COOKED GREENS collard greens, kale, nettles, sorrel, spinach, swiss chard

COOKED VEGETABLES beets, carrots, celery, celery root, fennel, peeled squash (acorn, butternut, kabocha, or pumpkin), sweet potato, yams, zucchini **add in any cooked seasonal veggies you love, too!*

BOOK A 15-MINUTE HEALTH COACHING SESSION

(included with all OWL Resets)

BOOK A 50-MIN POST CLEANSE SESSION

extend the benefits of your reset



4 DAY RESET 6 broth elixirs + 6 mylkshake packets OR 6 mylkshakes

6 DAY RESET 9 broth elixirs + 9 mylkshake packets OR 9 mylkshakes

8 DAY RESET 12 broth elixirs + 12 mylkshake packets OR 12 mylkshakes



CAN I DRINK COFFEE?
You've got questions, we've got answers. Check out our [FAQ page](#).



SUSTAINABILITY
Please recycle or reuse your box & mason jars



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