



THE 21 DAY RESET

M E A L P L A N

A 3 WEEK PROGRAM TO RESET THE BODY &
MIND BY REMOVING INFLAMMATORY FOODS
AND INCORPORATING SELFCARE RITUALS



table of contents

introduction	1
menu overview	2
broth elixir benefits	3
WEEK 1	4
days 1-3	4
kitchari	5
days 4-8: the owl reset guide	6
WEEK 2	7
WEEK 3	8
RECIPES	9
breakfast	10
lunch/dinner	14
gut health glossary	18
chronobiology	19
community support	20





welcome

TO THE OWL 21 DAY RESET

Over the next three weeks we'll be embarking on a healing journey and making major shifts towards healthier habits with the support of this community. As part of this program, we will be removing common allergens from our diet. Why? Because common allergens like gluten, sugar, dairy, soy, egg, shellfish and nuts can increase inflammation in the body and irritate the gut. Excess of these can actually be the culprit of food sensitivities and allergies. Instead, we'll be focusing on gut nourishing and anti-inflammatory ingredients that you'll find in the recipes provided in this meal plan.

At OWL, we believe a quarterly reset is highly beneficial. Whether you're in great health but looking to ditch unhelpful habits or suffering from digestive issues and struggling to find out why, our 21 Day Reset offers the flexibility to adjust the protocol to meet your specific needs. By making this commitment to your health, our hope is that you can improve your digestion, boost your immunity, and get to the bottom of mysterious symptoms like bloating, fatigue, headaches, and nausea. If you already know you have a gut-related diagnosis such as SIBO, candida or IBS, we recommend booking an individual health coaching session in addition to the group health coaching sessions provided.

remember:

QUALITY INGREDIENTS

Try to buy organic whenever possible and support your local farmer's market.

ENJOY YOURSELF

Make this a healing, enjoyable experience. If you love a recipe, make it again. Feel free to swap approved ingredients and make these recipes your own.

LISTEN TO YOUR BODY

This meal plan is not intended to deprive you. If you are hungry, eat!

YOU'RE NOT ALONE

Feeling overwhelmed? Check out the OWL's Nest digital community on Facebook, or book and 1-on-1 health coaching session. *See back page for more info.*

@SHARE YOUR JOURNEY

share your creations or cleanse journey with us- follow @OWLVENICE and tag #OWLVENICE





menu overview

DAYS	 BREAKFAST	 LUNCH	 DINNER
1-3	Choice of: <i>applesauce, poached pear, seasonal fruit with coconut yogurt, chia pudding, matcha latté or herbal chai</i>	kitchari with veggies	kitchari with veggies
4-7	OWL Reset Cleanse <i>16oz Magic Matcha Mylkshake 16oz Vegan Mineral Broth Elixir may add approved supplemental foods- see page 6</i>	OWL Reset Cleanse <i>16oz Golden Ginger Mylkshake 16oz Chicken Bone Broth Elixir</i>	OWL Reset Cleanse <i>16oz Bold Beet Mylkshake 16oz Beef Bone Broth Elixir</i>
8-14	Choice of: <i>chia pudding & berries anti-inflammatory chia pudding stewed apples & chia</i>	Choice of: <i>ground turkey & steamed veggies broiled salmon & steamed veggies kitchari</i>	Choice of: <i>carrot soup simple broth & veggie soup sweet potato soup</i>
15-21	Choice of: <i>coconut yogurt with fruit or shake chia pudding</i>	Choice of: <i>build your own bowl build your own wrap</i>	Choice of: <i>carrot soup simple broth & veggie soup sweet potato soup</i>

WHAT IS BONE BROTH?

Bone broth is made by boiling animal bones and connective tissue for hours and then simmering with herbs and veggies for added flavor and nutrition. We are often asked, 'Is bone broth the same as stock?', and the answer is NO. Stock isn't simmered as long as broth, so it doesn't contain the beneficial ingredients that aid in digestion and support the immune system.

Our Bone Broth Elixirs are made with turkey, beef, bison, and chicken, as well as a vegan broth that is made with minerals rather than bones. Unlike most broths on the market, OWL broths are free of common allergens. Rather than using onion, garlic, and other inflammatory ingredients, we infuse our broths with ginger, turmeric, and medicinal herbs known to calm the stomach and aid in digestion.

While bone broth is ideal for those with specific health concerns, it has plenty of benefits for those looking to improve their overall well being. Bone broth is known to promote good sleep, support memory, improve brain function, build immunity, and reduce or eliminate symptoms of many autoimmune disorders. In addition, the protein in bone broth reduces the body's need for meat, and its easily absorbed vitamins and minerals boost mood and overall energy.

WHAT ARE THE BENEFITS?

- It is packed with some serious nutrition and ample amounts of protein and collagen.
- The collagen helps reduce joint pain and strengthens your bones.
- The nutrients found in the broth are incredibly healing for the body.
- It is one of the simplest and least expensive ways to improve your health. You can pay now, or pay later.
- Bone broth provides the building blocks for glowing, youthful skin.
- It improves muscle strength and tissue repair.
- It contains natural source of nutrients like collagen, gelatin, trace minerals and anti-inflammatory amino acids.

the bountiful benefits of our BROTH ELIXIRS

Our Broth Elixirs are mineralized with apple cider vinegar and simmered for over 24 hours with a wide range of roots & vegetables sourced from local farms. In addition to the wide array of benefits bone broth has to offer, we infuse our broths with healing medicinal herbs, transforming them from a traditional stock into a sippable Elixir.



ORGANIC
INGREDIENTS



MEDICINAL
HERBS



NO COMMON
ALLERGENS





days 1-3

We'll jumpstart the gut healing this week with the OWL Reset. We'll ease in and out of the OWL Reset with simple, easy to digest meals.

86 COFFEE

You'll notice coffee isn't included on the menu, but don't fret- you'll still get a light caffeine dose from our Magic Matcha Mylkshake or green tea. This clean source of caffeine will support you throughout the day while remaining gentle enough to allow your adrenals to rest. A cup of coffee, while delicious, is acidic and may irritate the gut.

DRINK MORE WATER

Let's be real- is there ever a time when drinking water isn't a good idea? During the OWL Reset your body will begin to release stored up toxins you've accumulated from your diet, environment, skincare products, etc. Drinking plenty of water you will help flush all that icky stuff out.

FOOD FOR THOUGHT

We are a society focused on easy, quick fixes, but have you ever realized how limiting this mentality is to achieving long term changes? We have allowed the words "weight loss" to trigger our subconscious that we need to "lose" something in order to feel better about ourselves. What if we simply set out to take care of ourselves and live from a place of healthy choices & abundance?

Our intentions for this Reset are different. Here at OWL we focus on truly nourishing ourselves from the inside out. Our struggles can feel lonely, but you are far from that. Have patience with the process. The more you can go inwards, the more you can live outwards.

APPROVED BEVERAGES

water *room temp, not sparkling*

bone broth

matcha latte *see page 12*

herbal chai *see page 12*

ginger tea *unsweetened*

green tea *unsweetened*

warm water *pinch of himalayan salt & fresh lemon*

kitchari

Kitchari (a hindi word that means “mixture”) is lovingly referred to as the Ayurvedic Chicken Soup. This one-pot dish is loved for its ability to detoxify and nourish the body while remaining delicious and easy to digest! The unique blend of spices satisfies all six tastes in Ayurveda, leaving us deeply nourished and perfectly full. This week we are primarily going to eat kitchari because of its detoxifying and healing abilities.

Eating the same gut nourishing meal for a few days at a time is a simple way to give the digestive system a much needed rest, allowing it to reduce

inflammation, detoxify and heal. We'll provide you with a few different kitchari recipes- *classic, instapot, and grain-free*- and recommend you get creative and find a kitchari concoction that works for you!

Traditional kitchari is a blend of mung beans and rice. Some people digest white rice well and others don't (plus rice is contraindicated for certain gut conditions), which is why we've provided several accessible recipes for you.

RECIPES ON PAGES 15-16

Days 1-3

WHAT TO EAT

favor simple foods like soups, fruits, kitchari, broths, steamed vegetables, organic & non-processed meats, & healthy oils (coconut oil, ghee, olive oil)

WHAT TO AVOID

processed & packaged foods, dairy, gluten, soy, eggs, coffee, alcohol, shellfish tree nuts, & cane sugar

STILL HUNGRY?

CHECK OUT THE **OWL LIFESTYLE GUIDE & RECIPE EBOOK** FOR MORE APPROVED MEAL & SNACK RECIPES AND SUBSTITUTIONS.



- applesauce with a matcha latte or chai
- poached pear with a matcha latte or chai
- seasonal fruit *winter staples like citrus, pomegranate, or whatever you find at your local farmer's market with optional chia pudding or coconut yogurt*



kitchari

- *classic kitchari*
- *instapot kitchari*
- *grain-free kitchari*



days 4-8: the OWL Reset



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

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 consider introducing any of the following approved foods into your diet.

COOKING OILS coconut oil, olive oil, ghee

HERBS cilantro, dill, parsley, rosemary, sage, thyme

SPICES cumin, dulse, ginger, mustard, turmeric

BEVERAGES herbal tea, lemon water, fresh nut/seed milks

FRUITS avocado, berries (less than ½ cup per day)

PROTEIN ground turkey/chicken, grilled fish, boiled chicken

GREENS* collards, kale, nettles, sorrel, spinach, swiss chard

VEGETABLES* beets, carrots, celery, celery root, fennel, squash* (*acorn, butternut, kabocha or pumpkin, with skins removed*), sweet potato, yams, zucchini

***MUST BE COOKED, PREFERABLY STEAMED**

SERVING PORTIONS

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



OPEN



BOIL



SERVE

Use a can opener, wine key, or butter knife to pop the seal. Clumps floating at the top are totally normal- they're all the good fats. Any discoloration comes from all the yummy herbs and veggies we add to our creations. Our broths are pressure-canned and last up to 6 months unrefrigerated. Once opened, our broths must be refrigerated and will stay fresh for 7-10 days.



MAY ADD FRESH LEMON & HIMALAYAN SALT TO TASTE



week 2

You've made it to week 2, congrats! The 4 day OWL Reset is specifically designed to heal your gut. The past 4 days on the Reset jump started your healing. This week we recommend that you continue to eat simple and clean meals. Your body will continue to cleanse and heal with the more simple we keep our foods.

It's important to stimulate our digestive fire after a liquid based diet. For the next week we recommend drinking a cup of unsweetened ginger tea, or taking a spritz of our Digestive Bitters 30 minutes before each meal.

WHAT TO EAT

favor simple foods like soups, fruits, kitchari, broths, steamed veggies, organic & non-processed meats, legumes, & healthy oils (coconut oil, ghee, olive oil)

WHAT TO AVOID

processed & packaged foods, dairy, gluten, soy, eggs, coffee, alcohol, shellfish tree nuts, & cane sugar

TIP: CONSUME CONSCIOUSLY

Set aside any distractions (this includes computer screens) and be fully present in the moment. Give gratitude for the nutrients you are about to take in. This allows us to consume without stress, which allows the digestive system to function at its optimal level.



coconut chia pudding topped with berries
chia pudding
stewed apples and chia



animal protein source & steamed mixed vegetables
kitchari



carrot soup
simple broth & veggie soup
sweet potato soup



week 3

This is the last week of your OWL Reset program. Huge congrats for making it this far! Even though it may be tempting this week to start adding more foods into your diet we urge you to keep it simple. Your body is deep in healing mode now! You may find that your energy is improving, skin may be glowing & digestion is on point! Hooray,

these are all indications that your gut is healing! If you have any cleansing symptoms occurring still this week - no big deal - everyone's body is different and moves at different paces.

And don't forget- you can always book a health coaching session with us for more individualized support. Visit www.owlvenice.com to book.

WHAT TO EAT

favor simple foods like soups, fruits, kitchari, broths, steamed vegetables, organic & non-processed meats, legumes, & healthy oils (coconut oil, ghee, olive oil)

WHAT TO AVOID

processed & packaged foods, dairy, gluten, soy, eggs, coffee, alcohol, shellfish tree nuts, & cane sugar

TIP: TAKE A NIGHT OF SILENCE

Pick one night while on the reset to stop talking. As we cleanse we purge not only toxins in the body but also emotions. Grab a journal, light a candle, take time for yourself and see what comes up. *If possible, use this time to unplug from electronics.* Let the everyone in your household know- you don't necessarily have to be alone; you just can't speak. So pick a realistic time to start, maybe 7PM, and just be quiet for the rest of the night.



coconut yogurt with fruit or shake
coconut chia pudding topped with berries
anti-inflammatory chia pudding



build your own bowl
build your own wrap



carrot soup
simple broth & veggie soup
sweet potato soup



RECIPES



BREAKFAST RECIPES

applesauce

- 4 pink lady apples *washed & peeled*
- ½ tsp **BREAKFAST SPICE MIX**
- 1 tbsp lemon juice
- ⅓ cup water
- pinch himalayan salt

INSTRUCTIONS Cut apples into small cubes. Bring water to a boil. Add in apples, spice mix and salt. Stir well until all of the apple pieces are covered with spices. Reduce heat to medium low, cover and simmer for 20 minutes. Remove from heat, add the lemon juice. Using an immersion blender, blend the apples until desired consistency, stirring occasionally. Serve! **MAKES 2 SERVINGS.**

BREAKFAST SPICE MIX

- 2 tbsp cinnamon powder
- 2 tbsp ginger powder
- 1 tbsp cardamom powder
- ¼ tsp ground cloves
- ¼ tsp ground nutmeg

Combine all spices in a glass jar (we love reuse clean spice jars) & shake. Perfect to sprinkle on everything!

chia pudding

- ¾ cup coconut milk
- ¼ cup coconut cream
- 4 tbsp chia seeds
- ½ tsp turmeric powder
- pinch black pepper
- ¼ tsp cinnamon
- ⅛ tsp powdered ginger

INSTRUCTIONS Combine coconut milk, coconut cream, and all of the spices in a jar and shake vigorously. Add the chia seeds, cover and shake again. Refrigerate and let sit for at least 30 minutes (preferably overnight). **MAKES 3-4 SERVINGS.**



coconut chia pudding

¾ cup coconut milk
¼ cup coconut cream
4 tbsp chia seeds
½ cup berries

INSTRUCTIONS Combine coconut milk, coconut cream and chia seeds into a large jar (an old OWL Bone Broth Jar works great for this!), cover and shake vigorously for about 15 seconds. Put the jar in the refrigerator and let sit for at least 30 minutes, preferably overnight. Serve topped with fresh mixed berries. **MAKES 2-3 SERVINGS.**

coconut yogurt

1 lb coconut meat *fresh, or frozen & thawed*
1 cup coconut kefir
1 tbsp coconut oil
¼ cup maple syrup
¼ cup fresh squeezed lemon juice
water as needed *up to 1 cup*

INSTRUCTIONS Add all ingredients except water into a blender and blend until smooth, about 1 minute. Add in water a little bit at a time and blend until a creamy consistency is reached (amount of water needed will depend on the consistency of the coconut meat). Refrigerate in an airtight container- lasts up to a week. **MAKES 2-3 SERVINGS.**

STORE-BOUGHT COCONUT YOGURT IS FINE, BUT STEER CLEAR OF GUMS AND SWEETENERS. WE RECOMMEND:

- GT'S COCOYO PURE COCONUT
- COCONUT CULT'S ORIGINAL YOGURT
- CULINA'S PLAIN COCONUT YOGURT



herbal chai

- 4 cups water
- 1 cup nut milk of choice
- 3 tbsp loose leaf rooibos tea*
- 2 tbsp coconut palm sugar
- 1 tbsp fresh ginger, chopped
- 1 cinnamon stick
- 5 crushed green cardamom pods
- 2 whole cloves
- 1 tsp coriander powder
- ½ tsp fennel seeds
- 1 whole star anise
- dash nutmeg

**This can be hard to find, we like to order from The Spice Station*

INSTRUCTIONS In a small saucepan bring the water to a boil. Add all of the spices, cover and simmer for 15-20 minutes. Add the loose leaf tea, nut milk and coconut sugar and bring back to a boil. Reduce heat to low and simmer uncovered for 5-7 more minutes. Remove from heat, strain herbs & serve. **MAKES 2-3 SERVINGS.**

go green smoothie

- 1 apple *cored & chopped*
- 1 cup water
- juice of 1 lemon
- 1" piece fresh ginger, peeled & sliced
- 2 handfuls kale
- ½ tsp spirulina
- dash dulse flakes *optional*

INSTRUCTIONS Combine all ingredients in a blender and blend until smooth. **MAKES 1 SERVING.**

matcha latte

- 1 tsp matcha powder
- ¼ cup hot water
- ¾ cup nut milk of choice *heated on stove top*
- 1 tsp alternative sweetener* *optional*

**coconut sugar, maple syrup or honey*

INSTRUCTIONS Boil the water then let it cool slightly (boiling water will burn green tea leaves). Combine matcha and water in a mug and whisk until the matcha is dissolved. Add the warm nut milk, sweetener, and enjoy!

OPTIONAL: Pour into a blender and blend on low for 2-3 seconds to make your matcha nice & frothy! **MAKES 1 SERVING.**

THE MAGIC OF MATCHA

Matcha offers clean energy without anxiety or jitters, improves brain function, boosts focus, and encourages relaxation. It is also a great source of vitamins and antioxidants that reduce inflammation, improve the skin and curb appetite. Not only that, matcha leaves have detoxifying properties and can naturally eliminate chemicals and heavy metals from the body.

If possible, buy ceremonial grade matcha. Ceremonial grade matcha is of the highest quality, made with the youngest leaves to offer a smooth flavor and texture.



poached pear

- 2 ripe pears *peeled & cut into square pieces*
- 1 tsp fresh ginger root *finely chopped*
- 1 cinnamon stick
- 1 pinch cardamom powder
- 2 tbsp raisins *optional*

INSTRUCTIONS Add cut pears and all the spices to a medium sized saucepan and fill with water until the pears are just barely covered. Bring to a boil and then reduce to a simmer. Cover and let simmer for 30 minutes. Remove the pears from the water and enjoy! **MAKES 2 SERVINGS.**



OPTIONAL: ADD HALF AN AVOCADO WITH ANY OF THE ABOVE TO KEEP YOU FULL LONGER

stewed apple & chia

- 1 cup water
- 1 apple, cubed
- 1 tsp **BREAKFAST SPICE MIX (PAGE 10)**
- 2 tbsp chia seeds

INSTRUCTIONS Bring water to a boil, add cubed apples and spices to the water and bring to a simmer. Simmer for 5 minutes. Remove from heat and add chia seeds. Stir well, then let sit for 5 minutes. Can top with a dollop of sesame seed butter & shredded coconut. **MAKES 1 SERVING.**

CH CH CH CHIA

Chia seeds are rich in fiber, protein, and omega-3 fatty acids, and also contain key minerals like calcium and magnesium. They also contain all nine essential amino acids, which are the muscle-building protein building blocks our bodies need but don't produce naturally—we have to get them through our food.



broiled salmon

3 oz. filet wild caught salmon
 1 tbsp ghee or avocado oil
 ½ lemon
 to taste himalayan salt & pepper

INSTRUCTIONS Heat the broiler in your oven and line a baking sheet with aluminum foil. Rub ghee or avocado oil on the fish and top with salt & pepper. Broil for 7-8 minutes.
MAKES 1 SERVING.

build your own bowl/wrap

BASE (CHOOSE 1)

basmati rice	quinoa
brown rice	spaghetti squash
cauliflower rice	cassava flour tortillas

PROTEIN (CHOOSE 1)

broiled salmon	lamb
ground turkey	red lentils
split mung dahl	

TOPPINGS (AS MANY AS YOU'D LIKE)

avocado (½)	beets, steamed
broccoli sprouts	broccoli, steamed
kale, steamed	romaine lettuce
spinach, steamed	squash*, roasted

*butternut, delicata or kabocha

TO SEASON

drizzle with olive oil, salt and pepper, lemon juice, chopped cilantro, parsley or dill

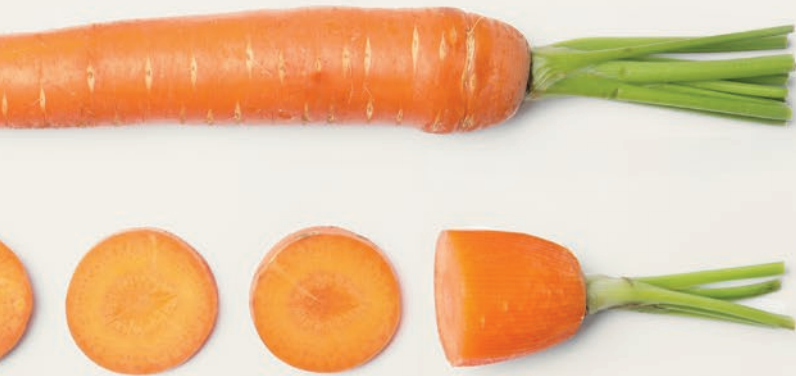
SERVING SIZE VARIES.



carrot soup

- 1 tbsp coconut oil
- 8 carrots, chopped
- 1" piece fresh ginger *peeled & grated*
- 1 cup OWL Broth Elixir *(we used Bison!)*
- ½ can full fat coconut milk
- to taste himalayan salt & pepper

INSTRUCTIONS Heat oil in a large soup pot over medium heat. Add carrots, and saute for about 3 minutes. Add ginger and broth, bring to a boil. Reduce heat to low, cover and simmer for 25 minutes or until the carrots are softened. Remove from heat and add coconut milk. Transfer to blender and puree until smooth. Salt and pepper to taste. Top with fresh herbs. **MAKES 2 SERVINGS.**



ground turkey

- 1 lb. ground turkey
- 1 tbsp ghee or avocado oil
- ½ tsp cumin powder
- to taste himalayan salt & pepper

INSTRUCTIONS Heat the ghee/oil in a skillet over medium heat. Add the ground turkey in, season with cumin, salt and pepper. Using a spatula break up the ground meat. Allow the meat to cook completely, stirrin every few minutes. **MAKES 3-4 SERVINGS.**

TO SOAK OR NOT TO SOAK?

Soaking your rice and beans speeds up cooking by kick-starting the absorption of water before the rice even enters the pot. Soaking beans overnight can increase their digestibility by removing the saponins from the skin (the chemical compound on beans that makes them hard to digest for many). We strongly recommend always soaking rice and beans overnight unless you are using an Instapot to cook the kitchari.

kitchari CLASSIC

- ½ cup basmati rice *preferably soaked & rinsed*
- ½ cup split mung beans *preferably soaked*
- 5-6 cups OWL Broth Elixir* *(we used Beef!)*
- 2 cups chopped vegetables*
- 2 tbsp ghee or coconut oil
- 1 tsp cumin seeds
- 1 tsp ginger, freshly grated
- 1 tsp fennel seeds
- ½ tsp himalayan salt
- ½ tsp turmeric powder
- 1 tsp coriander seeds
- 1 tsp whole mustard seeds
- ⅛ tsp hing/asafetida *optional*

*see suggested vegetables & toppings on page 15

INSTRUCTIONS Add ghee, cumin seeds, ginger, fennel seeds, coriander seeds and mustard seeds to a large pot on medium-high heat. Allow the herbs to temper in the ghee (about 3-4 minutes), stirring occasionally. Once the spices are fragrant, add the rice and mung beans and stir until coated with ghee/herbs. Add in the broth (6 cups will create a soupier consistency), carrots, butternut squash, turmeric powder and hing. Bring to a boil, reduce to a simmer, cover & cook until cooked thoroughly, about 30-40 minutes. Serve with suggested toppings on page 15. **MAKES 3-4 SERVINGS.**

kitchari INSTAPOT

- 1 cup basmati rice *preferably soaked & rinsed*
- ½ cup split mung beans *preferably soaked*
- 5-6 cups OWL Broth Elixir* (*we used Beef!*)
- 1 cup chopped vegetables *see list below*
- 2 tbsp ghee or coconut oil
- 1 tsp cumin seeds
- 1 tsp ginger, freshly grated
- 1 tsp fennel seeds
- ½ tsp himalayan salt
- ½ tsp turmeric powder
- 1 tsp coriander seeds
- pinch black pepper

INSTRUCTIONS Set the instant pot to saute, add ghee and allow it to melt. Once melted add the fresh ginger, cumin seeds, coriander seeds and fennel seeds. Stir constantly until you can smell the spices (about 1-2 minutes). Add the bone broth (6 cups will create a soupier consistency), mung beans, rice, turmeric powder & chopped vegetables. Stir well then set the instant pot on manual high pressure for 15 minutes. Allow pressure to release naturally. Let cool, serve, and save the rest! **MAKES 3-4 SERVINGS.**



make it your own

VEGETABLE ADD-INS

broccoli, butternut squash, carrots, celery, collards, fennel, green beans, spinach, sweet potatoes, zucchini

TOPPINGS

lime, cilantro, avocado, microgreens, steamed leafy greens (*kale, chard, dandelion, spinach, etc.*)

kitchari GRAIN-FREE

- 1 knob fresh turmeric root, minced
- 1 knob fresh ginger, minced
- 2 tbsp ghee or coconut oil
- ½ tsp mustard seed
- 1 tsp turmeric powder
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp fennel seeds
- ½ cup lentils *soaked 2-3 hours*
- ¼ cup split mung beans
- ¼-½ cup quinoa *optional*
- 2 cups chopped vegetables*
- 2 tbsp wakame
- 1 jar OWL Broth Elixir *or 4 cups water*

INSTRUCTIONS Melt ghee or coconut oil in a large saucepan. Add ginger, turmeric, cumin, coriander, and fennel seeds to the melted oil & saute until fragrant (about 3 minutes). Stir occasionally and be mindful not to burn the seeds. Add turmeric, lentils, mung beans and quinoa and stir until coated with oil and spices. Add broth and bring to a simmer. Add vegetables and allow to simmer for 20-30 minutes. During the last 5-10 minutes of simmering, add wakame. Remove wakame after cooking. Add salt to taste and serve! **MAKES 3-4 SERVINGS.**

simple broth & veggie soup

½ cup OWL Broth Elixir (*we used Beef!*)
2 carrots *peeled & chopped*
1 handful baby spinach
1 stalk celery, *chopped*
2-3 collard leaves, *chopped*
to taste himalayan salt & pepper

FRESH HERBS parsley, cilantro, dill, rosemary

INSTRUCTIONS Combine all ingredients, except the fresh herbs, into a medium saucepan and bring to a boil. Reduce heat to low, cover and simmer until the vegetables are soft. Top with fresh herbs, salt and pepper. **MAKES 1 SERVING.**

sweet potato soup

2 cups OWL Broth Elixir (*we used Vegan!*)
1 large sweet potato *steamed or roasted*
1 tsp cumin
1 tbsp ghee or coconut oil
to taste himalayan salt & pepper

INSTRUCTIONS Warm broth in a medium saucepan. Chop the cooked sweet potato and add it to the warm broth. Remove from heat and add spices. Use an immersion blender or high speed blender & blend until smooth (about 30 seconds). **MAKES 1 SERVING.**

steamed veggies

broccoli	spinach
brussels sprouts	green beans
butternut squash	kabocha squash
collard greens	kale
dandelion greens	spinach
delicata squash	swiss chard



GUT HEALTH GLOSSARY

If you've read our blog or follow us on Instagram, there's a good chance you've seen us throw around some jargon you might not be familiar with. Not to worry! Terms like 'leaky gut' and 'SIBO' aren't a part of everyone's vocabulary. If you're looking to understand more about gut health or ways to improve your digestion, you've come to the right place!

ALLIUMS

Allium vegetables- which include garlic, onion, shallots, leeks, scallions, and chives- are known to trigger digestive problems in some people. For those who don't have sensitivities to alliums, these foods can be very beneficial! In fact, alliums have been known to protect against cardiovascular disease and cancer.

IRRITABLE BOWEL SYNDROME

Commonly referred to as IBS – is a common condition that affects the large intestine. The symptoms of IBS include cramping, bloating, abdominal pain, gas, and irregular bowel movements. The severity of these symptoms can range, but most people are able to control their symptoms by making changes in their diet and lifestyle. Those diagnosed with IBS are encouraged to reduce their stress-levels through relaxation exercises and mindfulness training. Many doctors also encourage those with IBS to eat fermented foods, which are high in probiotics and boost the gut's good bacteria.

Another great food for those with IBS? Bone broth! It's easy to digest and contains collagen, which helps heal the gut lining.

GAPS DIET

The GAPS diet was developed as a way to treat psychological and behavioral issues caused by leaky gut such as ADHD, dyslexia, epilepsy, depression, bipolar disorder, OCD, and more. While more research is needed to determine if the GAPS diet can help these conditions, there is no doubt that a GAPS diet can improve gut health.

The GAPS diet eliminates hard-to-digest foods that damage the gut lining and replaces them with nutrient-rich foods that support digestion. The GAPS diet has six stages in which foods are eliminated and then slowly reintroduced. Grains, sugar, soy, pasteurized dairy, starchy vegetables, and processed foods are eliminated in all 6 stages.

GASTROINTESTINAL MICROBIOTA

Also known as gut flora – are microorganisms that live in your digestive tract. Our stomachs, intestines, and colons all contain different kinds of bacteria that work together to improve bodily functions, aid in metabolization, boost the immune system, and resist harmful bacteria.

Oftentimes, digestion issues are related to an imbalance of gastrointestinal microbiota. Too little or too much gut flora can cause a wide range of issues like autoimmune disease & neuropsychiatric issues.

FODMAPS

When people come to us complaining about bloating and abdominal pain, FODMAPs are one of the first things we tell them about. FODMAPs are a kind of carbohydrate found in many foods including certain fruits and vegetables, dairy products, sweeteners, legumes, wheat, and grains. As you might imagine, many of the foods most people regularly eat are high in FODMAPs and can cause issues like gas, stomach cramps, diarrhea, and constipation.

LEAKY GUT SYNDROME

Leaky gut may also be referred to as intestinal permeability... and it's exactly what it sounds like. Leaky gut is a digestive condition in which bacteria and toxins pass through gaps in the intestinal wall and into the bloodstream. This can cause symptoms like bloating, fatigue, food sensitivities, skin conditions, and digestive issues. Leaky gut commonly co-occurs with other gut health problems like Crohn's Disease, IBS, and Celiac Disease, but it's unknown whether leaky gut is the cause of these issues or a result of them.

While leaky gut has yet to be categorized as a medical diagnosis, it's undeniable that there are things you can do to support your gut health like taking probiotic supplements, eating high-fiber foods, and cutting back on sugar. Bone broth is very effective in treating leaky gut because the gelatin in bone marrow can help seal holes in the intestines.

SMALL INTESTINAL BACTERIAL OVERGROWTH (SIBO)

As we mentioned before, an imbalance in gut flora can wreak havoc on the digestive system. One common result of too much gastrointestinal microbiota is SIBO a.k.a. small intestinal bacterial overgrowth. As its name indicates, SIBO occurs when bacteria that is supposed to grow in other areas of the gut moves into the small intestine. SIBO is a condition that shouldn't be left untreated as it can lead to malnutrition. Not only that, SIBO is also associated with conditions like Crohn's Disease, Celiac Disease, IBS, cirrhosis, and low levels of stomach acid.

Symptoms of SIBO include pain after eating, bloating, cramps, weight loss, irregular bowel movements, indigestion, gas, and regularly feeling full. This condition can be diagnosed through a breath test and treated with antibiotics. Those recovering from SIBO are encouraged to eat a nutritious diet of foods that are easy to digest. Bone broth is ideal for those recovering from SIBO as it soothes the gut and increases digestive fire.

Chronobiology examines periodic (cyclic) phenomena in living organisms and their adaptation to solar and lunar related rhythms. These cycles are known as biological rhythms. All of our products, both our broth elixirs and mylkshakes, have been intentionally curated with Chronobiology in mind, so you are consuming specific foods at ideal times of day to ensure optimal digestion. The term Chronobiology often gets thrown around without total knowledge of what it means, so let's take a look at with more detail.

Our body thrives when it takes in valuable substances at very specific times of the day. We are often exposed to everyday stress, environmental toxins and metabolic disorders that even people with a healthy diet may experience nutritional deficiencies. There is no perfect science on how to fuel your body in order for it to perform at its optimal level because we believe that it is an intuitive process; however, we do strongly believe in the research behind Chronobiology and how it can aid you in having prime digestion and absorption of nutrients.

IN AN INTRODUCTION TO BEHAVIORAL ENDOCRINOLOGY, RJ NELSON EXPLAINS:

The variations of the timing and duration of biological activity in living organisms occur for many essential biological processes. These occur in animals (eating, sleeping, mating, hibernating, migration, cellular regeneration, etc.) as well as in plants (leaf movements, photosynthetic reasons, etc.) and in microbial organisms such as fungi and protozoa. [...] The most important rhythm in chronobiology is the circadian rhythm, a roughly 24 hour cycle shown by physiological processes in all these organisms.

At OWL, we are huge advocates for working with your body to optimize your nutrition, health, and digestion. That's why we curated our cleanse with ingredients inspired by chronobiological principles. Our goal is to ensure you are consuming specifically nutritious foods at the optimal time of day for spot on digestion. Just the way Mother Nature intended.

In the morning, our cleanse fuels your body with fruits, nuts, seeds and small amounts of caffeine in our **MATCHA MAGIC MYLKSHAKE**.

Plants that grow above ground and land grazing animals is just what your body needs to calm your digestive system in the middle of the day. Our **GOLDEN GINGER MYLKSHAKE** has veggies like kabocha squash and slippery elm to help soothe your gut during your busy hours.

At the end of the day, your body is seeking protein sources like seafood and eggs to help repair tissues. You'll also want root vegetables to ground you, calm you, and prepare your body for rest. That is exactly what you'll find in our **BOLD BEET MYLKSHAKE**, meant to nourish your body after a long day.

With our Broth Elixirs being liquid, it is incredibly easy for your body to absorb their nutrients. This makes them ideal to consume at any time of the day.

The **OWL RESET** is an organic cleanse program based on the principles of chronobiology & ayurveda, packed with ingredients that restore and repair the gut wall, increase digestive fire, reduce inflammation, and draw toxins and heavy metals from the body. While other programs deplete the body of essential nutrients, the OWL Reset *nourishes* it, resetting the gastrointestinal system & fostering optimal conditions for an elimination diet.



LOOKING FOR SUPPORT DURING YOUR RESET?

Your mental health is just as important as your physical health. Embarking on a multi-day cleanse can seem daunting, but we're here to offer support during your healing journey.

HEALTH COACHING WITH OWL VENICE Build a personalized diet program, establish an exercise routine, and identify emotional, mental and spiritual blockages- all through digital one-on-one coaching with our certified coaches. Schedule a free consult today.

VISIT www.owlvenice.com/pages/health-coaching

THE OWL'S NEST Join the OWL'S NEST, a private Facebook group of like-minded individuals who have finished, are currently doing, or are about to start the OWL Reset. We'll answer any questions, offer support, and share tips and recipes to help optimize your health all year.

VISIT www.facebook.com/owlvenice

YOGA WITH OWL Private Yoga sessions with OWL are tailored to fit your needs, whether it be establishing a yoga practice from the ground up, or taking an experienced practice to the next level. If you have injuries or health concerns this is the perfect way to practice safely.

VISIT www.owlvenice.com/pages/wellness-services



THE OWL NEWSLETTER

Landing in your inbox with recipes, news, wellness inspiration & more. Scan the QR code with camera or visit owlvenice.com/pages/newsletter



FAQ'S & NUTRITION INFO

Looking for nutrition facts or a video demo of Mylkshake prep? Scan the QR code with camera or visit www.owlvenice.com/pages/owl-reset-faq

HAVE A QUESTION?

GET IN TOUCH WITH US ONLINE AT WWW.OWLVENICE.COM FOR HELP



SHARE YOUR EXPERIENCE

WE'D LOVE TO SEE & SHARE YOUR EXPERIENCE- FOLLOW @OWLVENICE AND TAG #OWLVENICE