

THE *owl* RESET GUIDE

DAILY SCHEDULE

32oz. = ½ JAR



32oz. VEGAN BROTH
32oz. MAGIC MATCHA



32oz. CHICKEN BROTH
32oz. GOLDEN GINGER



32oz. BEEF BROTH
32oz. BOLD BEET

THE **OWL RESET** IS AN ORGANIC CLEANSE PROGRAM BASED ON THE PRINCIPLES OF AYURVEDA AND CHRONOBIOLOGY, 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 GASTRO-INTESTINAL SYSTEM AND FOSTERING OPTIMAL CONDITIONS FOR AN ELIMINATION DIET.

APPROVED FOODS

WE ENCOURAGE YOU TO LISTEN TO YOUR BODY AND ADD IN CERTAIN FOODS AS NECESSARY. NOT EVERYONE CHOOSES TO EAT WHILE DOING THE RESET, BUT IF YOU FEEL HUNGRY OR LOW ENERGY, WE RECOMMEND INTRODUCING ANY OF THE FOLLOWING INTO YOUR DIET:

COOKING ADDITIVES

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)

FRUITS

AVOCADO, BERRIES (<1/2 CUP PER DAY)

BITTER GREENS

COLLARD GREENS, KALE, NETTLES, SORREL, SPINACH, SWISS CHARD

VEGETABLES *MUST BE COOKED*

BEETS, CARROTS, CELERY, CELERY ROOT, FENNEL, SQUASH*, SWEET POTATO, YAMS, ZUCCHINI

*SUMMER, ACORN, BUTTERNUT, KABOCHA OR PUMPKIN, WITH SKIN REMOVED

PROTEIN

GROUND TURKEY OR CHICKEN, GRILLED FISH, BOILED CHICKEN

BROTH REHEATING



OPEN



POUR



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. ONCE OPENED, OUR BROTHS MUST BE REFRIGERATED AND WILL STAY FRESH FOR 7-10 DAYS.



MAY ADD LEMON AND SEA SALT TO TASTE, OR MIX IN ORGANIC GHEE FOR AN EXTRA BOOST OF NUTRIENTS

HOW TO MAKE YOUR MYLKSHAKES



MAGIC MATCHA

ADD 1 WHOLE PLANTAIN,* 1 PACKET OF MYLKSHAKE POWDER, AND 32oz. OF WATER INTO BLENDER & MIX ON HIGH FOR 2 MINUTES OR UNTIL SMOOTH

*OR SUBSTITUTE BANANA, AVOCADO OR COCONUT MEAT



GOLDEN GINGER

ADD 1 CUP STEAMED KABOCHA SQUASH,* 1 PACKET OF MYLKSHAKE POWDER, AND 32oz. OF WATER INTO BLENDER & MIX ON HIGH FOR 2 MINUTES OR UNTIL SMOOTH

*OR SUBSTITUTE SWEET POTATO, CANNED PUMPKIN, OR ACORN/BUTTERNUT SQUASH



BOLD BEET

ADD ¾ CUP STEAMED BEET* (1 SMALL BEET), 1 PACKET OF MYLKSHAKE POWDER, AND 32oz. OF WATER INTO BLENDER & MIX ON HIGH FOR 2 MINUTES OR UNTIL SMOOTH

*OR SUBSTITUTE SWEET POTATO, YAM OR STEAMED CARROT

PLEASE NOTE: 1 PACKET OF POWDER MAKES A 32oz. MYLKSHAKE (2 DAYS WORTH). STORE YOUR PREPPED MYLKSHAKES IN AN AIR-TIGHT CONTAINER IN THE REFRIGERATOR.



SUSTAINABILITY
PLEASE RECYCLE OR REUSE YOUR
CARDBOARD BOX & MASON JARS



SHARE YOUR EXPERIENCE
SHARE YOUR CREATIONS OR CLEANSE JOURNEY WITH
US- FOLLOW @OWLVENICE AND TAG #OWLVENICE!



FAQ'S & NUTRITION INFO
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QUESTIONS/FEEDBACK?
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