

THE *owl* RESET GUIDE

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 gastrointestinal system and fostering optimal conditions for an elimination diet.



- 4 DAY RESET** 6 broth elixirs + 6 mylkshake packets
- 6 DAY RESET** 9 broth elixirs + 9 mylkshake packets
- 8 DAY RESET** 12 broth elixirs + 12 mylkshake packets

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

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

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)

PROTEIN ground turkey or chicken, grilled fish, boiled chicken

GREENS *MUST BE COOKED* collard greens, kale, nettles, sorrel, spinach, swiss chard

VEGETABLES *MUST BE COOKED* beets, carrots, celery, celery root, fennel, squash* (acorn, butternut, kabocha or pumpkin), sweet potato, yams, zucchini *skin removed

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. Our broths are pressure-canned and last up to 6 months unrefrigerated. Once opened, our broths must be refrigerated & 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

MYLKSHAKE PREP

MAGIC MATCHA

- 1 WHOLE PLANTAIN*
- 1 MYLKSHAKE PACKET
- 32oz. FILTERED WATER

*OR SUB BANANA, AVOCADO OR COCONUT MEAT

GOLDEN GINGER

- 1 CUP STEAMED KABOCHA
- 1 MYLKSHAKE PACKET
- 32oz. FILTERED WATER

*OR SUB YAM, CANNED PUMPKIN, OR ACORN/BUTTERNUT SQUASH

BOLD BEET

- 3/4 CUP STEAMED BEET
- 1 MYLKSHAKE PACKET
- 32oz. FILTERED WATER

*OR SUB SWEET POTATO, YAM OR STEAMED CARROT



INSTRUCTIONS Add ingredients to blender and blend on high for 2 minutes or until smooth. One packet of Mylkshake powder makes a 32oz. mylkshake (2 days worth). Store your prepped Mylkshakes in an air-tight container in the refrigerator. Lasts 4-6 days refrigerated.



CAN I DRINK COFFEE DURING THE RESET?

You have questions, we have answers. Check out our FAQ page- use phone camera to scan QR code or visit www.owlvenice.com/pages/owl-reset-faq



SUSTAINABILITY
please recycle or reuse your cardboard box & mason jars



SHARE YOUR EXPERIENCE
we'd love to share your experience- follow @owlvenice & tag #owlvenice

