

THE *owl* RESET

SHOPPING LIST

MYLKSHAKE PREP

4 DAY RESET

2 ripe plantains

1 kabocha squash
(2 cups peeled & steamed)

4 medium beets
(about 1½ cup peeled & steamed)
pre-made shopping cart

6 DAY RESET

3 ripe plantains

1 kabocha squash
(3 cups peeled & steamed)

6 medium beets
(about 2¼ cup peeled & steamed)
pre-made shopping cart

8 DAY RESET

4 ripe plantains

1 large or 2 kabocha squash
(4 cups peeled & steamed)

8 medium beets
(about 3 cups peeled & steamed)
pre-made shopping cart

OPTIONAL APPROVED FOODS:

pre-made shopping cart

PRODUCE

blueberries, raspberries or blackberries

avocados

swiss chard, spinach, or kale

sweet potatoes

lemons

fresh herbs (cilantro, cumin, dill,
parsley, rosemary, sage)

PROTEINS

ground chicken or turkey

wild caught salmon

sprouted quinoa

DRY GOODS

coconut oil, avocado oil or olive oil

herbal tea