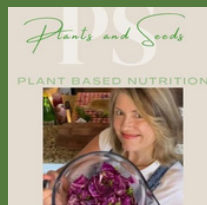


LIVE IN WELLNESS

# 30-day health reset



Susan Valsecchi  
Plants and Seeds

- PREP WEEK - RAINBOW CHALLENGE  
LIMIT COFFEE/SUGAR/ALCOHOL
- WEEK 1 - CLEANSE
- WEEK 2-4 MEAL PLANS,  
VITALIZER, PROTEIN

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# Hello, I'm your coach Susan Valsecchi

Hi, I'm Susan and I'm a passionate advocate for whole food plant-based eating. I've designed a 30-day health reset with YOU in mind. I'm so glad you're here and that we get to do this together!

My goal for you over the next 30 days is for you to be well on your way to a healthy, vibrant life. I want you to fall in love with healthy eating just like I did. This is a springboard for a whole new lifestyle! So get ready to jump!

We'll get after this goal in phases.

First, we will kick off our 30-day reset with a 7-day cleanse.

After our cleanse, we'll work toward building a sustainable lifestyle focused on (1) protein (2) fiber (3) probiotics (4) cortisol control (5) movement, with vitamins, minerals, herbs and other healthy habits.



Rest assured, I will be with you every step of the way with meal plans, grocery lists, helpful tips, suggestions and of course plenty of encouragement just when you need it.

*Susan Valsecchi*



## The key to a successful 7-day cleanse is preparation

### How to get started

1. The week before the cleanse, get plenty of rest and hydrate well. We want our bodies as strong as possible when we start the cleanse. Focus on pushing nutrition and eating the rainbow. I will invite you to an optional “Eat the Rainbow” Challenge that runs the week before the cleanse to prepare your body and mind and completely optional and mostly self-led.
2. Coffee is not encouraged on the cleanse. Start to gradually taper down your coffee consumption. This will help you avoid a caffeine headache next week.
3. Read through this pamphlet and familiarize yourself with the do’s and don’t’s of the cleanse, recipes, and grocery lists.
4. I will invite you to four private Facebook Groups: Live in Wellness with Plants and Seeds, Seeds of Health, Official Shaklee 7-day Health Cleanse and Eat the Rainbow. There’s a lot of helpful information on these pages, recipe ideas and answered questions. Use the search bar or scroll through for inspiration.
5. In addition to this pamphlet, I will send you three files. The Cleanse package insert, a grocery list, recipes (soup, smoothies and other recipes) and a tracker for you to print. Also the files are linked at the end of this document
6. By the Saturday before the cleanse, you should have grocery shopping done and a good plan in place for the week ahead. Choose two soups and a couple salads to prep Sunday, along with fruit and vegetables for the first several days of the cleanse



# CLEANSE DO'S AND DON'TS

## Do's

- Drink 8-10 glasses of still water a day.  
Herbal tea is encouraged.  
One soda water a day is permitted
- Eat two pounds of fruits and vegetables a day
- Get plenty of rest
- Light exercise (walking)
- Take morning/evening cleanse packets
- Have a smoothie every morning
- Have a large salad with 1 tbs olive oil every day
- Eat something every two hours
- Focus on high protein vegetables: green peas, spinach  
broccoli, asparagus, collard greens, brussel  
sprouts
- Eat 1/2 sweet potato and 1/2 avocado each day
- Get creative with the recipes so you don't get bored
- Use plenty of herbs, spices, peppers, lemon and  
other citrus for seasoning

## Do's Continued

- Use nutritional yeast for a cheese substitute
- Use kelp noodles, spaghetti squash, zucchini noodles or Palmini hearts of palm noodles as a pasta substitute
- Reach out to me if you are struggling.
- Cleansing is hard work for the body. It's normal to feel tired or sluggish.
- You may experience mild to moderate bloating or sleep disruption. I can help with these things. We can make adjustments. Let me know.
- Please print the Shaklee tracker and track your meals. This will be helpful information for me when considering making adjustments in your plan or offering tips and suggestions.
- Be encouraged. These cleanse symptoms will pass. By day 7 you will be feeling better, sleeping better, and thinking better. Your energy level will be high and you will lose weight.

**\*\*\*DON'TS\*\*\*    \*\*\*This is just the first 7-days. \*\*\***

**We will reintroduce some of these things days 8-30**

- Caffeine
- Alcohol
- Sugar (any sweetener, including honey, maple syrup, artificial sweetener, any sugar substitute)
- Grains
- Nuts
- Dairy or Meat (We will reintroduce week 2)
- Bread
- White Potatoes, Corn (a "little" corn is okay, avoid if possible)
- Beans
- Soda or Juices (Diet or otherwise)
- Soy
- Minimal Salt use
- No milk substitutes (oat, almond, coconut)
- No Life Shakes until day 8. If you're new to Vitalizer, please wait until day 8 to begin taking your Vitalizer.

# Sample Cleanse Menus



Tips:  
 Keep it Simple  
 Use frozen vegetables  
 Make two soups for the week  
 Make two big salads for the week  
 Add nutritional yeast as a cheese substitute  
 Add a big salad to each meal  
 Drink 6-8 glasses of water in between meals  
 Don't drink with meals  
 Use garlic, herbs and lemon for flavor  
 Costco no salt seasoning

Good basic salad dressing for the cleanse

1/3 cup olive oil  
 1/2 cup lemon juice  
 1/4 cup nutritional yeast  
 2 garlic cloves  
 1/2 tsp salt and pepper  
 1 tsp oregano

Make a large batch to keep on hand.

## Monday

Breakfast  
 Smoothie (add avocado)

Snack  
 Carrots/Celery/Cucumber/orange

Lunch  
 Soup  
 Large salad with lemon dressing  
 fresh berries

Dinner  
 Stuffed Portobella  
 Sliced tomatoes with basil  
 and olive oil  
 half sweet potato

Baked Apples and cinnamon

## Tuesday

Breakfast  
 Smoothie (add avocado)

Snack  
 Carrots/Celery/Cucumber

Lunch  
 Soup  
 "Taco" salad lettuce wrap

Dinner  
 Tomato Sauce  
 with "noodles" of choice  
 (Palmini, Zoodles,  
 spaghetti squash)  
 large salad

Sauteed peaches

## Wednesday

Breakfast  
 Smoothie (add avocado)

Snack  
 banana

Lunch  
 Soup  
 Honeycrisp Kale Apple Salad

Dinner  
 Roasted Carrots, Brussel Sprouts,  
 Butternut Squash  
 Sauteed Asparagus and mushrooms  
 Mixed green salad

Baked Cinnamon Apples

## Thursday

Breakfast  
 Smoothie (add avocado)  
 Sweet Potato Hash  
 or cauliflower oatmeal

Snack  
 Carrots/Celery/Cucumber

Lunch  
 Soup  
 Large Salad with dressing  
 Roasted vegetables  
 green beans

Dinner  
 Sauteed peas and carrots in garlic and  
 olive oil, add noodles of choice  
 (Palmini, Zoodles,  
 spaghetti squash)  
 large salad

berries and sliced banana

## Friday

Breakfast  
 Smoothie (add avocado)

Snack  
 Carrots/Celery/Cucumber

Lunch  
 Green beans  
 half sweet potato  
 Tomato and Avocado Salad

Dinner  
 sauted vegetables with  
 cauliflower rice  
 large salad

Sauteed peaches

## Favorite Cleanse Recipes

(Click here for Shaklee recipes)



Sweet Potato Hash



Tomato Basil Soup



Grilled Mushroom Burgers



Lemon Garlic Sauteed  
Bok Choy

# Favorite Cleanse Smoothies

[click here for recipes](#)



## Mixed Berry Smoothie

8–10 oz. water

1/3 cup frozen blueberries

5 frozen strawberries

1 handful greens

Combine in blender  
with ice (as desired)



## Raspberry Peach Smoothie

8–10 oz. water

3/4 cup peaches

3/4 cup frozen raspberries

1 handful greens

Fresh grated ginger

Combine in blender  
with ice (as desired).



## LiKiBa Smoothie

8 oz. water

1 kiwifruit, skin on

1/2 banana

1/2 lime, most skin removed

1 handful greens

Combine in blender  
with ice (as desired)



## Raspberry Lime Cooler Smoothie

8 oz. water

1 cup frozen raspberries

2 Tbsp. lime juice

1 handful fresh greens

Combine n blender  
with ice (as desired)



Favorite Soups - all located in Shaklee Soup link  
([click here for recipes](#))



Vegetable Soup



Fat Burning Cabbage  
Soup



Healthy Butternut Squash Soup



Creamy Roasted Cauliflower Soup

# Cabbage Soup



1. Sauté Aromatics: In large pot, heat olive oil over medium heat. Add garlic, onions, green pepper, celery, and carrots. Sauté until vegetables are softened and fragrant.

2. Add Fresh Ingredients: Chop the fresh tomatoes and add to pot with sliced Napa cabbage, green beans, zucchini, and spinach leaves.

3. Add oregano, basil and bay leaves. Stir well to combine.

4. Add Broth to desired thickness

5. Salt and pepper to taste

6. Simmer: Bring soup to gentle boil, then reduce the heat to low. Cover the pot and let the soup simmer for about 20 minutes, or until all the vegetables are tender and flavors have melded together.

- 2 tablespoons olive oil
- 1/2 head Napa cabbage
- 2 heads of garlic (or more for me!)
- 2 medium onions
- 1 green pepper
- 3 stalks of celery, diced
- 3 carrots, sliced
- 6 fresh tomatoes
- Fresh green beans
- 1/2 a zucchini
- baby spinach leaves
- Oregano and basil (to taste)
- 5 bay leaves
- 8 cups vegetable broth
- Salt and Black Pepper

# MY FAVORITE CLEANSE PRODUCTS

[Amazon linked to Instagram bio – click here](#)

- Palmini Hearts of Palm Lasagna Noodles



- Terrasoul Nutritional yeast



- Loose Herbal teas especially dandelion, chamomile peppermint, lavender



# More Cleanse Links - just click

## Four Recipes to Try for Your Cleanse

- [Broccoli and Mushroom Stirfry](#)
- [Plant-Based Borscht](#)
- [Vegan Lettuce Wraps](#)
- [Breakfast Scramble](#)

## Eight Healthy Recipes for Cleanse

- [Baked Portobella](#)
- [Roasted Veggies and spinach Salad](#)
- [Non-Dairy Cauliflower Soup](#)
- [Healthy Zoodles](#)
- [Cucumber Peach Salad](#)
- [Pesto Roasted Vegetables](#)
- [Grandma's Veggie Soup](#)
- [Citrus Veggie Salad](#)

[what happens to your  
body when  
you do a cleanse](#)

[Sweet potato rounds with  
avocado, microgreens and  
Costco no salt  
seasoning- Insta reel](#)

[7-day Healthy Cleanse info](#)

[Hearts of Palm Pasta with  
green peas and herbs - Insta Reel  
substitute nutritional yeast  
for parmesan](#)

[Link to Plants and Seeds  
Shaklee website](#)

[Asian Slaw reel w/recipe](#)



MORE LINKS - just click

Hearts of Palm lasagna - click for Insta reel  
"Meat" sauce is Sautued diced mushrooms  
carrots, onions. Then add garlic,  
marinara (no added sugar)  
and herbs.

Layer meat sauce with lasagna noodles,  
sprinkling nutritional yeast on each layer.  
Bake at 350 for about 25 minutes,  
checking frequently.

Insta Reel - my fav cleanse meal

Insta reel - tomato, cucumber,  
red onion fennel salad

*Please join these Facebook Pages*

Seeds of Health

Official Shaklee 7-day Cleanse

Eat the Rainbow

Live in Wellness with Plants and Seeds



*plants and seeds*

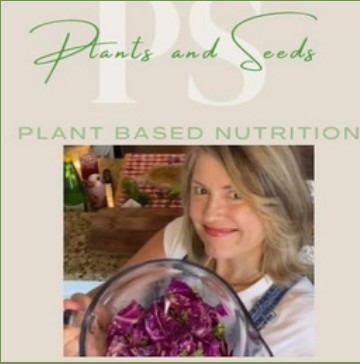


# CHAPTER 2

## *AFTER THE CLEANSE*



*plants and seeds*



CONGRATULATIONS  
ON COMPLETING  
THE CLEANSE

YOU DID IT!



Plants and Seeds



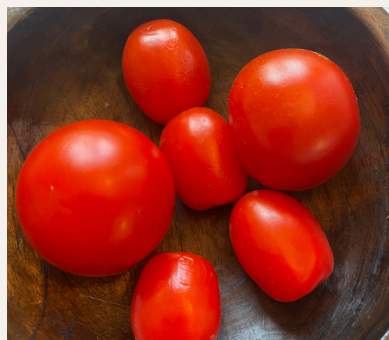
# Let's transition from the cleanse to healthy eating

You did it! You completed the cleanse. I am so proud of you.

You worked hard. You learned to rely on fruits and vegetables. You hydrated. You discovered new recipes. Maybe you fell in love with a new ingredient or two?

You practiced willpower and discipline. You lost some weight.

And so much more.



**IT'S NOW TIME TO  
TRANSITION INTO  
HEALTH EATING**

**LET'S DO IT TOGETHER**

# Next phase bullet points

## 1. Meal plans, recipes, grocery list

## 2. Exercise

- walk OUTDOORS 3–4 miles daily
- Yoga 20 minutes/day
- Evening exercise at sink

## 3. Read labels

- Organic meat and veggies
- Wild caught/mercury tested fish
- Minimal ingredients, eat as close to the earth as possible
- Eliminate/minimize added oils, sugar, sugar substitutes, emulsifiers, gums, etc....
- Be careful with dairy and meat substitutes. These often have inflammatory ingredients.
- Almond milk should have three ingredients: Almonds, Water, Salt

## FIRST THINGS FIRST

Starting on day 8, the first day after the cleanse, you will take your Vitalizer strip with your Life Shake. You can use any Shaklee Cleanse Smoothie recipe or a recipe in the meal plan.

You'll be provided a meal plan, slowly reintroducing all food groups, protein and probiotics.

## Meet your energizers

The Vitalizer strip provides minerals, antioxidants, omega-3s, B+C Complex and Optiflora probiotics, all in one strip. This strip is convenient and contains several products all rolled into one. You will take this every day.



The Life Shake contains 20 grams ultra-pure protein, 24 essential vitamins and minerals, 6 grams of fiber, and of course Leucine to preserve and build muscle. The Life Shake is vegan and gluten free. We will build on the Life Shake with berries, hemp, chia, flax and other superfoods.



Both products are screened for contaminants like heavy metals, pesticides and many more.

# Helpful Costco Finds

These are good pantry builders.  
We won't use them all in the 30-days

Mayorga whole bean organic coffee  
Mayorga chia seeds, 3lb  
Kirkland organic hemp hearts, 2lb  
Kirkland pecans, 2lb  
Kirkland walnuts  
Kirkland organic raw cashews  
Kirkland organic Brazil nuts, 1.5lb  
Organic sprouted pumpkin seeds  
Pistachios  
One Degree organic sprouted rolled oats  
Kirkland organic quinoa  
Kirkland raw organic honey (pack of 3)  
Kirkland organic almond butter  
Carpelli organic unfiltered olive oil  
Kirkland organic Balsamic vinegar  
Paesana organic capers  
Paesana organic green olives



Natural Vitality Calm raspberry  
magnesium powder

Polenghi organic lemon juice (2 pack)

Safe Catch Wild tuna (mercury tested)

Siete tortilla chips

Siete almond flour tortillas (grain free)

POM juice

Kirkland organic maple syrup

Kirkland organic apple cider vinegar



# Costco Finds

(slowly build your pantry)

Frozen/Refrig Foods

Wildbrine organic sauerkraut

Organic strawberries

Organic blueberries

Organic Wild blueberries

Kirkland grass fed butter

Orca Bay Foods wild keta salmon  
(3lb, Individually wrapped)

Kirkland wild caught mahi  
(3lb, individually wrapped)



These chicken sausages are organic, low calorie, always good to have on hand and kids love them!



Soy gets a bad rap sometimes. After researching the new science on the soy/breast cancer connection, I have decided that I'm good with organic Edamame, Miso and Tofu - always consult a physician

# Costco Finds



Quinoa will be a staple on our plan. Costco has a good large organic bag



Oats need to be organic. This is important because conventional oats are sprayed with glyphosate. Also, look for sprouted. They are easier on the gut. One Degree is a great brand. They also make a good chocolate quinoa granola, but that's for later.

Always, Always Source  
Wild Caught fish.  
Avoid farmed fish. These  
are individually packaged and easy



The bigger fish really need to be mercury tested. Mercury is prevalent in our environment and can accumulate in our body and cause adverse health effects, The Safe Catch brand is at Costco (and I believe at Publix) Every can is mercury tested.

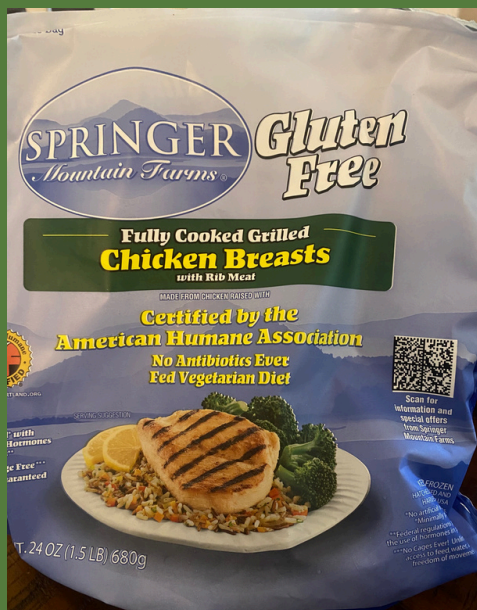


# Costco Finds

- Frozen organic mixed vegetables
- Frozen organic strawberries/blueberries
- Costco no salt seasoning
- Big bags each of organic broccoli, green beans, asparagus, mushrooms
- Organic lemon juice for when fresh is not available







This Springer Chicken is in the frozen section at Publix. It's not organic but Springer does not use antibiotics. Fresh organic is best, but use this when you need convenience.

Their chicken is cage free, humanely raised and fed a vegetarian diet. It's very easy to pull out of the freezer for a quick lunch

## Frequent Reset Ingredients (you don't need this all at once)

[Link to Instagram here -](#)  
[Amazon Link in bio](#)

- [Flax meal](#)
- [Chia Seeds](#)
- [Hemp Seeds](#)
- [Matcha, organic ceremonial grade](#)
- [Cacao, not Cocoa](#)
- [Herbal Tea](#)

- Ezekiel Bread, Food for Life, Keep Refrigerated
- Fresh Herbs
- Lemon Juice
- Organic canned beans (rinse well)
- Dried beans & lentils
- Microgreens and greens
- Almond milk - Califia organic (almonds, water, salt only)

## Shaklee Products

- [Shaklee Life Shake - click here for my Shaklee website](#)
- [Vitalizer Vitamins - click here for my Shaklee website](#)
- [Triple Defense Boost - Immunity drink](#)
- [Stress Relief Complex](#)
- [Up & Glowing](#)

## HELPFUL KITCHEN TOOLS

[Amazon storefront in meal prep folder](#)  
[click here for link via Instagram](#)

- Juicer
- Large mouth mason jars, 16 oz
- small overnight oat jars
- frother
- 8 oz beverage jars with lid

## HELPFUL TIPS/SUBSTITUTIONS

### (days 8-30)

You can substitute any smoothie for

- 1 cup strawberries
- 2 scoops life shake
- 8 oz almond milk (almonds, water, salt)
- 2 tbs chia or hemp seeds and ice.
- Smoothie should be under 400 calories

For any meal, you can substitute:

- Life Shake with berries
- spinach
- 8 oz almond milk
- Salad, 1 tbs olive oil and lemon/vinegar
- Cup of green peas or 1/2 cup edamame

For any lunch/dinner you can substitute:

- 4oz lean protein
- Large salad, 1 tbs olive oil and lemon/vinegar
- 1/2 cup cooked quinoa/farro/rice/buckwheat
- 1/2 cup of berries

For any lunch/dinner, you can substitute

- 4 oz lean protein
- lettuce wrap with free veggies, 1 tbs olive oil
- cup of cleanse approved soup.

For any meal, you can substitute:

- one cup Greek yogurt (plant or dairy)
- 2tbs hemp seeds
- 1 cup berries, peaches, pineapple
- 1 tbs walnut

- Remember to include "free foods" with every meal: spinach, celery, peppers, onions, herbs citrus, broccoli, greens, cabbage, cucumber, zucchini, vegetable broth, sauerkraut, celery, cauliflower, asparagus, mushrooms. Volume eat your veggies!
- You can substitute an apple, orange, peach or cup of berries for any fruit snack
- Aim to close the kitchen down by 7 or 7:30 at the latest. 12-14 hrs fast
- EVERY DAY: warm water with lemon, green tea, 8-10 glasses of water, matcha

For any protein you can substitute:

- 4 oz of wild caught fish
- 4 oz lean chicken/turkey
- 2 eggs
- 1 cup edamame
- 1 cup Live Abbot's plant based meat
- 5 oz tofu
- homemade mushroom "meat" - add 2 scoops Life Shake to your day

- Remember to be flexible and take it slow.
- Building your pantry takes time. Don't feel like you have to buy every single ingredient. Use the above substitutions to simplify and make this a sustainable plan for you
- Remember, drink water 1/2 hour before meal and 1/2 hour after meal but never with meal. Liquid interferes with digestion.
- When logging food, don't log green vegetables. Just log grains, proteins, nuts, beans, bread, oils, plant milks

