



7-Day Reset

28

G'day!

Detoxing is something that happens naturally and all the time, it involves our liver metabolising and eliminating any toxins present in our body. The more toxins that we have (eg sugar, caffeine and alcohol as well as environmental toxins), the harder it is for our liver to do its job. It becomes sluggish and you can begin to experience symptoms such as fatigue, tiredness, mood swings, anxiety, skin issues and weight gain.

So for the next 7 days we are going to work together with my hugely popular 7-Day Reset that is going to have you feeling nothing short of fantastic. Your body will be undergoing lots of change during this time, so the most important message I have for you is....

BE STRONG ENOUGH FOR LONG ENOUGH.

Your willpower will be tested. If you have the discipline and strength to stay the course your body will thank you and you will finish feeling unstoppable.

Love

Sam xx



The graphic features a light orange background with various vegetable illustrations. At the top left is a green plate with cherry tomatoes. At the top right is a large orange carrot. On the left side, there is a bunch of green asparagus. At the bottom left is a green leaf and an orange bell pepper. At the bottom right are two yellow lemons. The title 'Meal Plan' is centered at the top in a large, bold, white font with a red outline.

Meal Plan

Monday

Breakfast: Snez Clean
Green Smoothie

Lunch: Snez's Easy
Green Salad

Dinner: Alex's Grilled
Chicken Zucchini Salad

Tuesday

Breakfast: Banana
Smoothie Almonds

Lunch: Easy Lettuce Cups

Dinner: Detox Cauli Salad

Wednesday

Breakfast: Breakfast
Stirfry Vegetarian

Lunch: Detox Cauli
Salad (Leftovers)

Dinner: Chopped Green
Salad

Thursday

Breakfast: Clean
Green Smoothie

Lunch: Detox
Tuna Salad

Dinner: Nutrition Bomb

Friday

Breakfast: Banana
Smoothie Almonds

Lunch: Nutrition Bomb
(Leftovers)

Dinner: StirFry
Chicken Mushroom

Saturday

Breakfast: Charred
Greens Poached Eggs

Lunch: Stirfry Chicken
Mushroom (leftovers)

Dinner: Sweet Potato
Quinoa Chilli

Sunday

Breakfast: Build Your
Own Hot Breakkie

Lunch: Sweet Potato
Quinoa Chilli (leftovers)

Dinner: Alex's Grilled
Chicken Zucchini Salad

Shopping List

Fresh Fruit

| | |
|---------------|---------|
| apple (green) | 1 whole |
| avocados | 3 whole |
| bananas | 4 whole |
| lemons | 3 whole |
| lime | 1 whole |
| pear | 1 whole |
| tomato | 1 whole |

Fresh Vegetables

| | |
|----------------------------|-----------|
| baby spinach | 230g |
| broccoli | 1.5 whole |
| broccolini (baby broccoli) | 2 bunches |
| brussel sprouts | 95g |
| buk (bok) choy | 1 bunch |
| capsicum (red) | 1 whole |
| carrot | 1 whole |
| cauliflower | 0.5 whole |
| cucumber (lebanese) | 1 whole |
| cucumber | 1 whole |
| garlic | 1 whole |
| ginger (fresh) | 10g |
| iceberg lettuce | 16g |
| kale | 2 whole |
| mushrooms (cup or button) | 4 whole |
| onion (brown) | 2 whole |
| rocket leaves | 90g |
| snowpeas | 110g |
| sweet potatoes | 2 whole |
| zucchini | 3 whole |

Fridge

| | |
|---------------------------|---------|
| almond milk (unsweetened) | 250ml |
| hummus | 20g |
| free range eggs | 8 whole |
| chicken breast | 700g |

Freezer

| | |
|---------------------|------|
| green peas (frozen) | 200g |
|---------------------|------|

Pantry - Canned Goods

| | |
|-----------------------|------|
| chickpeas (tinned) | 260g |
| kidney beans (canned) | 100g |
| tinned tuna (drained) | 95g |

Pantry - Condiments & Sauces

| | |
|-------------------------|------|
| mustard (wholegrain) | 30g |
| raw honey | 20g |
| tahini | 30g |
| tomato passata or puree | 130g |

Pantry - General

| | |
|-----------------------------------|---------|
| chicken stock (or bone broth) | 130ml |
| coconut water | 1130ml |
| medjool date | 1 whole |
| vanilla protein powder (optional) | 40g |
| vegetable stock | 260ml |

Pantry - Grains

| | |
|--------------|-----|
| quinoa (raw) | 60g |
|--------------|-----|

Pantry - Herbs & Spices

| | |
|-------------------|----|
| chilli powder | 2g |
| cinnamon (ground) | 1g |
| cumin (ground) | 4g |

Pantry - Nuts & Seeds

| | |
|----------------------------|-----|
| almonds (raw and unsalted) | 40g |
| chia seeds | 30g |
| pepitas (pumpkin seeds) | 30g |
| pine nuts | 30g |
| sesame seeds | 10g |

Pantry - Oils & Vinegars

| | |
|----------------------------|-------|
| coconut oil (extra virgin) | 20ml |
| olive oil (extra virgin) | 100ml |

You may already have
some of these at home,
make sure you check
before you go shopping

Sam x

Reset Program

Day 1

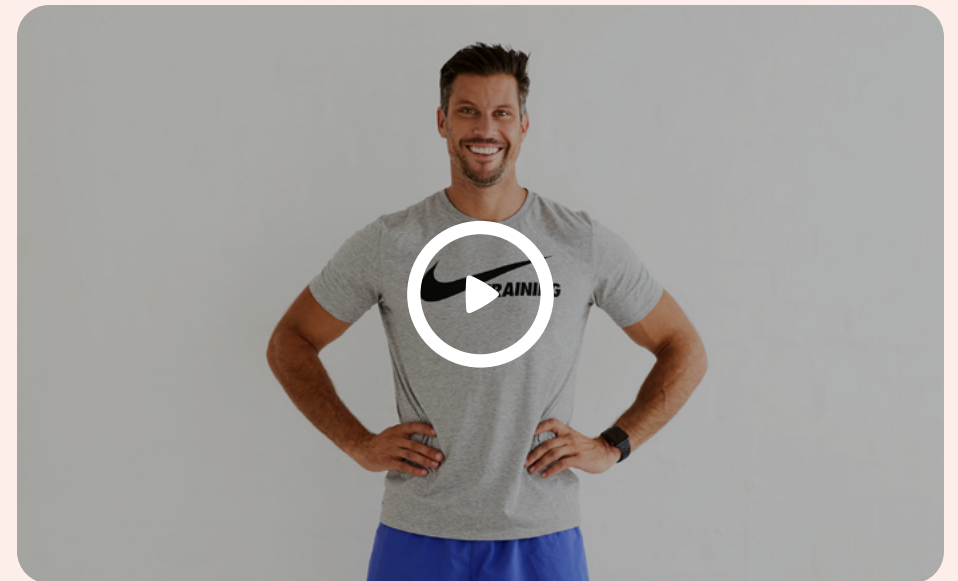


G'day!

Welcome to the first day of your reset!

During your reset it's important to keep your body moving, whether it's a walk or a workout try not to neglect the importance of exercise. To help I have provided you with a quick easy workout as part of your plan. Today's beginner workout is focusing on your abs as when it comes to good functional movement it all starts with our core. With your workouts, it's all about doing what you can and if you ever need help modifying an exercise or with fitness advice that's what I'm here for make sure to reach out.

Love, Sam x





Snez Clean Green Smoothie

Serves 1 | Preparation 5 mins

Ingredients

- 1.5 cups coconut water
- 1/2 tablespoon chia seeds
- 3 leaves kale stalk removed, leaves stripped
- 1/4 avocado
- 1 banana
- 1/2 teaspoon raw honey
- 1 tablespoon vanilla protein powder (optional)

Method

1. Pour coconut water into a blender and add chia seeds to soak for a couple of minutes.
2. Add kale and blitz. Add remaining ingredients and blend until smooth.



Snez's Easy Green Salad

Serves 1 Preparation 5 mins Cook 5 mins

Ingredients

- 1 teaspoon olive oil (extra virgin)
- 1 clove garlic minced
- 1 cup kale stem removed & finely sliced
- 5 brussel sprouts shredded
- 1 free range egg
- 1.5 tablespoons almonds (raw

and unsalted) roughly chopped
salt & pepper to taste

Ingredients for Tahini Dressing

- 1 tablespoon tahini
- 1/2 lemon juiced

Method

1. In a small frying pan over low-medium heat, add the olive oil and garlic clove. Sauté for 2 minutes until the garlic begins to golden.
2. Add the sliced kale leaves and shredded Brussel sprouts, and season with salt and pepper. Cook for 2-3 minutes until slightly warmed through.
3. In the meantime, place the egg in a small saucepan and cover with water. Place it over medium heat and bring it to a gentle simmer. Cook for 4-5 minutes until soft boiled*.
4. Remove from the heat, rinse with cold water and peel off the shell. *Hard boil for pregnancy.
4. Prepare the dressing by combining the tahini and lemon juice.
5. Assemble the salad by adding the greens to a bowl. Sprinkle over the almonds and the dressing. Season with more salt and pepper if needed.
6. Halve the egg and place on top to serve.



Fresh Zucchini Salad

Serves 1 Preparation 10 mins Cook 10 mins

Ingredients

- 110 g chicken breast sliced lengthways
- 1 teaspoon olive oil (extra virgin)
- 1/4 lemon zest and juice
- salt & pepper to taste
- 1 teaspoon olive oil (extra virgin)
- 1/4 lemon juiced
- salt & pepper to taste

Ingredients for Salad

- 1 tablespoon pine nuts
- 1/2 zucchini
- 1/3 cup green peas (frozen)

Method

1. In a shallow bowl, whisk together olive oil and lemon juice. Toss chicken through and season well.
2. Place peas in a bowl and cover with boiling water for 3 minutes. Drain and refresh in cold water.
3. Heat a frypan over a medium-high heat and toast the pine nuts for 2 minutes, tossing to ensure they do not burn. Remove.
4. Add chicken breasts and grill for 3-4 minutes on each side (or until cooked through and golden). Set aside to rest.
5. Shave the zucchini into ribbons using a vegetable peeler. Toss in a bowl with peas, basil, olive oil, lemon juice, and pine nuts. Serve chicken on top.

Reset Program

Day 2

I hope Day 1 was a success for you! If not, remember today is a new day!

Don't dwell on the past, just make today a success.

You genuinely will feel the benefits of your reset, after one successful day.

We've spoken about what happens when you reset the body and it's important to understand that toxins can be found everywhere. Use the next 6 days to become more aware of your lifestyle and if there are toxins that could potentially be avoided.

5 Major Sources of Toxins



1 Food



2 Water



3 Environment



4 Beauty and personal care products



5 Stress and negative thinking

The aim of this reset is to re-boot your liver and get it functioning tip top so we reduce any symptoms mentioned above. What is important for a reset however is not so much the things you will be cutting out (sugar, caffeine, alcohol, gluten, dairy) but more so the nutrients you will be getting in.

Today's menu is full of delicious recipes packed full of goodness to fuel your body the right way.

Love, Sam x

Breakfast



Banana Smoothie & Almonds

Serves 1 Preparation 5 mins

Ingredients

1/2 banana
1 medjool date pitted
1 cup almond milk (unsweetened)
1/2 tablespoon tahini
1.5 tablespoons almonds (raw and unsalted)
1 tablespoon vanilla protein powder (optional)
4 ice cubes

Method

1. Add all ingredients into a blender and blend until smooth.

Feel free to add some herbs to your dishes. I love coriander with the Lettuce Cups. Parsley and mint are great with the Cauli salad

Lunch



Easy Lettuce Cups

Serves 1 Preparation 5 mins Cook 15 mins

Ingredients

125 grams chicken breast
salt & pepper to taste
2 leaves iceberg lettuce leaves kept intact
1/2 cucumber (lebanese) peeled into ribbons using a vegetable peeler
1 carrot peeled into ribbons using a vegetable peeler
1/3 avocado sliced
1/2 lime juiced

Method

1. Place the chicken in a saucepan and pour over enough water to just cover. Season with sea salt and freshly ground black pepper, then cover with a lid. Bring to the boil over high heat, then reduce the heat to medium and simmer for 10 minutes. Remove the lid and stand the chicken in the liquid for 5 minutes. Drain and shred.

2. While the chicken is cooking, prepare the remaining ingredients.

3. To assemble, fill the lettuce leaves with the chicken, cucumber, carrot, and avocado. Drizzle with the lime juice and season with salt and pepper.

Dinner



Detox Cauli Salad

Serves 2 Preparation 10 mins Cook 25 mins

Ingredients

2 cups cauliflower finely chopped
2 teaspoons olive oil (extra virgin)
1 teaspoons cumin (ground)
salt & pepper to taste
1 1/2 cups chickpeas (tinned) drained and rinsed
1/2 apple (green) thick slices
1/2 avocados sliced

Ingredients for Dressing

2 teaspoons mustard (wholegrain)
1/2 lemons juiced
2 teaspoons olive oil (extra virgin)
salt & pepper to taste

Method

1. Preheat oven to 200°C

2. In a large bowl combine cauliflower, olive oil, cumin, salt and pepper. Spread them out on an oven tray in an even layer.

3. Bake for 15 minutes, then add the chickpeas and cook for a further 10-15 minutes.

4. Transfer to a bowl and allow to cool slightly before tossing through the apple, avocado and fresh herbs if you want.

5. Combine the dressing ingredients and pour over cauliflower salad to serve.

Note: This recipe has been doubled for leftovers for tomorrow's lunch

Reset Program

Day 3

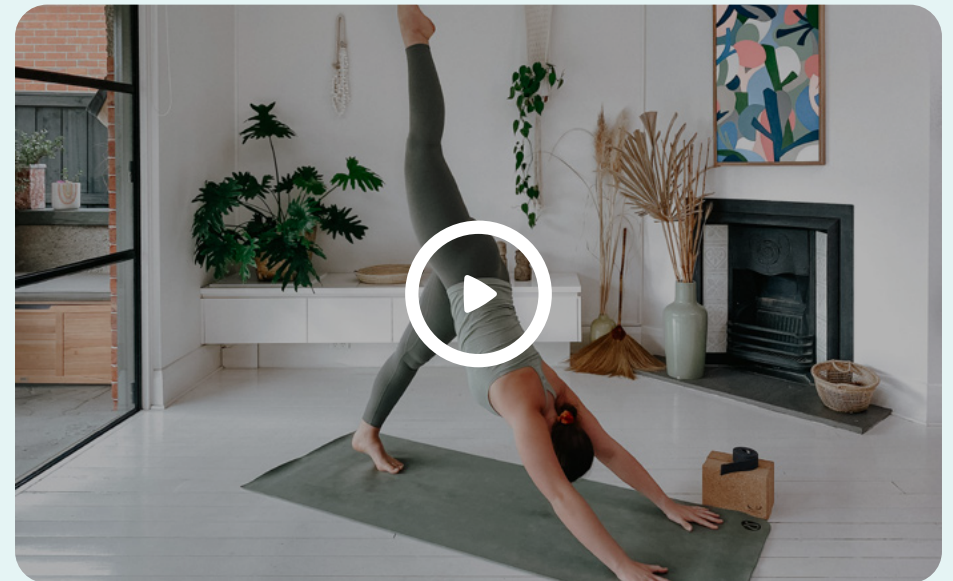


Day 3, hump day, can often be the hardest when it comes to detoxing. Remember you've got to stay strong enough for long enough! If you have been experiencing any side effects such as headaches, fatigue, foggy mind, lack of concentration and tiredness, I first want to say this is completely normal and I promise you will start to feel better very soon.

Fatigue and tiredness often has us thinking that a workout is the last thing we should be doing. When in fact getting our body moving will get the blood pumping, endorphins circulating and instead of making us feel more tired can be a great energy booster.

Yoga is a great, low impact way to get those endorphins up. I would love for you to try a yoga workout with our Yoga master Zoe to help get you moving through humpday.

Love, Sam x





Breakfast Stirfry Vegetarian

Serves 1 Preparation 5 mins Cook 20 mins

Ingredients

| | |
|------------------------------------------|------------------------------------------------------------|
| 1/2 sweet potato roasted | 1/3 broccolini (baby broccoli) sliced |
| 1.5 teaspoons coconut oil (extra virgin) | 1/3 buk (bok) choy stems sliced and leaves roughly chopped |
| 1/4 teaspoon cinnamon (ground) | 2 free range eggs fried salt & pepper to taste |
| 1/2 capsicum (red) diced | |
| 1/3 zucchini diced | |

Method

1. Preheat oven to 180°C.
2. Line a baking tray with baking paper and place the diced sweet potato on the tray. Drizzle with coconut oil, cinnamon and sea salt. Roast for 15 minutes.
3. Heat fry pan and add in red capsicum, squash, broccolini and bok choy stems and stir-fry quickly until softened.
4. Toss through roasted sweet potato and bok choy leaves, season well and set aside.
5. In the same frypan fry the eggs to your liking (very well if pregnant).
6. On a plate serve up the stir-fry vegetables and top with fried eggs. Season further if required.



Detox Cauli Salad

Serves 1 Preparation 10 mins Cook 25 mins

Lunch today is leftovers from last night's dinner!

Ingredients

2 cups cauliflower finely chopped
 2 teaspoons olive oil (extra virgin)
 1 teaspoon cumin (ground)
 salt & pepper to taste
 1 1/2 cups chickpeas (tinned) drained and rinsed
 1/2 apple (green) thick slices
 1/2 avocado sliced

Ingredients for Dressing

2 teaspoons mustard (wholegrain)
 1/2 lemon juiced
 2 teaspoons olive oil (extra virgin)
 salt & pepper to taste

Method

1. Preheat oven to 200°C
2. In a large bowl combine cauliflower, olive oil, cumin, salt and pepper. Spread them out on an oven tray in an even layer.
3. Bake for 15 minutes, then add the chickpeas and cook for a further 10-15 minutes.
4. Transfer to a bowl and allow to cool slightly before tossing through the apple, avocado and fresh herbs if you want.
5. Combine the dressing ingredients and pour over cauliflower salad to serve.



Chopped Green Chicken Salad

Serves 1 Preparation 5 mins Cook 15 mins

Ingredients

100 g chicken breast
 1/4 avocado(s) cubed
 1/2 bunch broccolini (baby broccoli) diced into 1cm pieces
 1 cup baby spinach
 1/2 cucumber diced
 1/4 lime juiced
 1 teaspoon olive oil (extra virgin)
 1/2 tablespoon pepitas (pumpkin seeds)

Method

1. Place the chicken in a saucepan and pour over enough water to just cover. Season with sea salt and freshly ground black pepper, then cover with a lid. Bring to the boil over high heat, then reduce the heat to medium and simmer for 5 minutes. Add the broccolini to the pan and continue to simmer for 5 minutes. Remove the lid and the broccolini and stand the chicken in the liquid for a further 5 minutes. Drain and shred the chicken.
2. Arrange the chicken, avocado, broccolini, spinach, and cucumber around a wide bowl.
3. Add lime juice and olive oil to a small jar and shake to combine.
4. Drizzle the dressing over the salad bowl and sprinkled with pepitas and season with salt and pepper.

Reset Program

Day 4

When it comes to our health and our body functioning at its absolute best – we need to make sure we are getting an abundance of nutrients.

The best way to get these nutrients? Vegetables! They are a fantastic source of micro nutrients and in particular antioxidants and polyphenols which research is showing have extremely positive effects on our health.

So it's time to be good and eat your bloody vegetables!

Love, Sam x

Sam's top veggie picks



Broccoli



Sweet potato



Cauliflower



Spinach



Chilli Peppers



Lemon



Garlic



Snez Clean Green Smoothie

Serves 1 | Preparation 5 mins

Ingredients

- 1.5 cups coconut water
- 1/2 tablespoon chia seeds
- 3 leaves kale stalk removed, leaves stripped
- 1/4 avocado
- 1 tablespoon mint (fresh)
- 1 banana
- 1/2 teaspoon raw honey
- 1 tablespoon vanilla protein powder (optional)

Method

1. Pour coconut water into a blender and add chia seeds to soak for a couple of minutes.
2. Add kale and blitz. Add remaining ingredients and blend until smooth.



Detox Tuna Salad

Serves 1 | Preparation 5 mins

Ingredients

- 1 cup rocket leaves
- 1/2 cucumber (lebanese) sliced
- 1/4 avocado sliced
- 1/2 pear sliced
- 1/2 lemon juice
- 95 g tinned tuna (drained)
- 1.5 tablespoons almonds (roasted) roughly chopped
- 1 teaspoon olive oil (extra virgin)

Method

Add all ingredients to a bowl and toss to combine.



Snez's Nutrition Bomb

Serves 2 | Preparation 5 mins | Cook 25 mins

Ingredients

- | | |
|---------------------------------------------|----------------------------|
| 1 bunch broccolini (baby broccoli) | unsalted) roughly chopped |
| 1/2 sweet potato(diced | 2 teaspoons pepitas (pump- |
| 1 zucchini sliced | kin seeds) |
| 1/2 capsicum (red) sliced | 1 teaspoon sesame seeds |
| 2 teaspoons olive oil (extra virgin) | 1 tablespoon hummus |
| 2 free range eggs hard boiled for pregnancy | 4 tablespoons avocados |
| 1 tablespoon almonds (raw and | |

Method

1. Preheat oven to 200°C.
2. Place vegetables on a baking tray and toss with oil. Roast in the oven for around 15-20 minutes or until cooked.
3. While vegetables are roasting, place egg in a saucepan of cold water and bring to the boil, then reduce to a simmer for 5-7 minutes or until cooked to your liking.
4. Place roasted vegetables in a bowl, sprinkle with almonds, pepitas and sesame seeds. Serve with boiled egg, avocado and hummus.

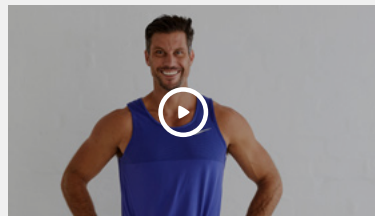
Note: This recipe has been doubled for leftovers for tomorrow's lunch

Reset Program Day 5

While we've been focusing on the foods to put into your body during this reset, there's one simple thing that you can do that will help support the success for your reset and that's water! Sounds simple but water is the essence of every reaction in the body and is particularly important for your energy levels and skin health. If you are not sure whether you are drinking enough water or not, use the formula.



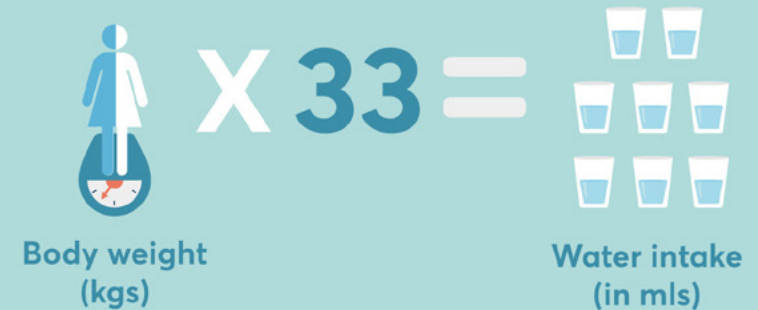
PS this one of my 28er's favourite workouts and I wanted to share it with you too. Give my 100 Rep challenge a try!



The 100 Rep Challenge

Love, Sam x

Daily Water Calculator


$$\text{Body weight (kgs)} \times 33 = \text{Water intake (in mls)}$$

When to drink more water



During your
reset



Exercise



Pregnancy



Illness



Climate

Signs of dehydration



Thirst



Dry
Mouth



Dark
Urine



Headache



Fatigue



Dizziness



Banana Smoothie & Almonds

Serves 1 Preparation 5 mins

Ingredients

1/2 banana
1 medjool dates pitted
1 cup almond milk (unsweetened)
1/2 tablespoon tahini
1.5 tablespoons almonds (raw and unsalted)
1 tablespoon vanilla protein powder (optional)
4 ice cubes

Method

1. Add all ingredients into a blender and blend until smooth.



Snez's Nutrition Bomb

Serves 1 Preparation 5 mins Cook 25 mins

Lunch today is leftovers from last night's dinner!

Ingredients

| | |
|---------------------------------------------|-------------------------------------|
| 1 bunch broccolini (baby broccoli) | unsalted) roughly chopped |
| 1/2 sweet potato diced | 2 teaspoons pepitas (pumpkin seeds) |
| 1 zucchini sliced | 1 teaspoon sesame seeds |
| 1/2 capsicum (red) sliced | 1 tablespoon hummus |
| 2 teaspoon olive oil (extra virgin) | 4 tablespoons avocados |
| 2 free range eggs hard boiled for pregnancy | |
| 1 tablespoon almonds (raw and | |

Method

1. Preheat oven to 200°C.
2. Place vegetables on a baking tray and toss with oil. Roast in the oven for around 15-20 minutes or until cooked.
3. While vegetables are roasting, place egg in a saucepan of cold water and bring to the boil, then reduce to a simmer for 5-7 minutes or until cooked to your liking.
4. Place roasted vegetables in a bowl, sprinkle with almonds, pepitas and sesame seeds. Serve with boiled egg, avocado and hummus.



Stir Fry Chicken & Mushroom

Serves 2 Preparation 10 mins Cook 15 mins

Ingredients

1 tablespoon olive oil (extra virgin)
1 onion (brown) peeled and finely sliced
2 cloves garlic minced
1 teaspoon ginger (fresh) minced
2 cups broccoli stems and florets roughly chopped
240 g chicken thigh fillets
1/2 cup chicken stock (or bone broth)
4 mushrooms (cup or button) roughly sliced
2/3 cup green peas (frozen)
2 cups baby spinach

Method

1. Heat a large frypan on medium heat. Add in olive oil, onion, garlic, ginger and broccoli stems. Cook, stirring for 5 minutes until softened.
2. Add in chicken pieces and cook until browned all over and cooked through.
3. Add in stock, broccoli florets and mushrooms and cook for 5 minutes until broccoli is tender and mushrooms have wilted.
4. Stir through peas and spinach. Cook for another few minutes until the liquid has reduced.
5. Add to a plate or bowl and enjoy.

Note: This recipe has been doubled for leftovers for tomorrow's lunch

Reset Program

Day 6

Can you believe we're already at day 6 of your reset – you are well and truly on the home stretch, time to spice things up. Not only do spices give us that extra hit of flavour, but spices such as chilli, cumin or cinnamon are shown to not only help detoxify the body and help boost your metabolism!



Today's menu is packed full of flavour to keep your reset tasty and to get your metabolic engine revving!

Love Sam x

Sam's top spice picks

Turmeric



Chilli



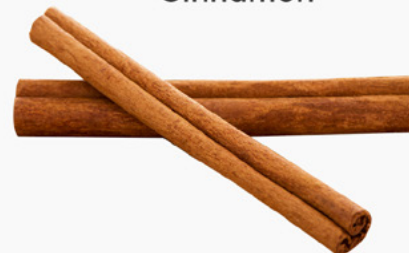
Paprika



Ginger



Cinnamon



Garlic





Charred Greens with Poached Eggs

Serves 1 **Preparation 5 mins** **Cook 5 mins**

Ingredients

1/2 tablespoon coconut oil (extra virgin)
 1 cup snowpeas
 1/2 broccoli finely chopped
 1 cup kale roughly chopped
 1 free range egg (hard boil if you are pregnant)
 1.5 tablespoons almonds (roasted) chopped
 1/4 lemon to serve
 salt & pepper to taste

Method

1. In a frying pan, add coconut oil over medium heat, then add snow peas and broccoli and sauté for 5 minutes. Finally, add the kale and cook stirring for another 2 minutes until the kale begins to wilt. Remove greens from the pan and place onto serving plate.
2. To poach egg: bring a small saucepan of water to the boil. Add vinegar. Crack the egg into a cup and create a gentle whirlpool in the water. Slowly tip the egg into the water, white first and cook for 3 minutes, or until well cooked if you are pregnant. Remove with a slotted spoon and drain on kitchen paper.
3. Place the poached egg on top of the greens and sprinkle over roasted almonds. Serve with a wedge of lemon and season with salt and pepper.



Stir Fry Chicken & Mushroom

Serves 2 **Preparation 10 mins** **Cook 15 mins**

Lunch today is leftovers from last night's dinner!

Ingredients

1 tablespoon olive oil (extra virgin)
 1 onion (brown) peeled and finely sliced
 2 cloves garlic minced
 1 teaspoon ginger (fresh) minced
 2 cups broccoli stems and florets roughly chopped
 240 g chicken thigh fillets
 1/2 cup chicken stock (or bone broth)
 4 mushrooms (cup or button) roughly sliced
 2/3 cup green peas (frozen)
 2 cups baby spinach

Method

1. Heat a large frypan on medium heat. Add in olive oil, onion, garlic, ginger and broccoli stems. Cook, stirring for 5 minutes until softened.
2. Add in chicken pieces and cook until browned all over and cooked through.
3. Add in stock, broccoli florets and mushrooms and cook for 5 minutes until broccoli is tender and mushrooms have wilted.
4. Stir through peas and spinach. Cook for another few minutes until the liquid has reduced.
5. Add to a plate or bowl and enjoy.



Sweet Potato Quinoa Chili

Serves 2 **Preparation 10 mins** **Cook 25 mins**

Ingredients

| | |
|--------------------------------------|--------------------------------------------------|
| 2 teaspoons olive oil (extra virgin) | 1/2 cup tomato passata or puree |
| 1 tablespoon pepitas (pumpkin seeds) | 1 cup vegetable stock |
| 1/2 teaspoon chilli powder | 1 1/2 cups sweet potato(es) cut into 3cm cubes |
| 1/2 onion (brown) finely chopped | 4 tablespoons quinoa (raw) rinsed |
| 2 cloves garlic crushed | 1/2 cup kidney beans (canned) drained and rinsed |
| 1 teaspoon cumin (ground) | 2 cups rocket leaves |
| | salt & pepper to taste |

Method

1. Toast the pumpkin seeds over low heat in a saucepan, toss with a pinch of chilli powder and some salt. Set aside.
2. Add the oil to the saucepan and cook onions over medium heat, until softened and going golden.
3. Add the garlic, cumin, oregano and chilli powder, and continue to cook, stirring for 2 minutes.
4. Once fragrant, add the tomato passata, vegetable stock and sweet potato and bring to the boil. Simmer for 5 minutes.
5. Then, add the quinoa and continue to cook for 10-15 minutes, or until quinoa and sweet potato are cooked.
6. Stir through the beans to heat them, seasoning with salt and pepper.
7. Serve over rocket, topped with pumpkin seeds.

Note: This recipe has been doubled for leftovers for tomorrow's lunch

Reset Program

Day 7





Build Your Own Hot Breakkie

Serves 1 **Preparation 5 mins** **Cook 7 mins**

Ingredients

1 teaspoon olive oil (extra virgin)
2 free range eggs
1/2 tomato cut into wedges
1/2 avocado sliced
2 cups baby spinach
salt & pepper to taste

Method

1. Heat the oil in a frying pan over medium heat.
2. Crack eggs straight into the pan and add tomato wedges to the side as well. Cook for 2-3 minutes, turning tomatoes half way. You can flip your eggs if you like.
3. Place eggs and tomato on a serving plate with the avocado.
4. Place the spinach in the same frying pan and sauté for 30 seconds until wilted.
5. Place on the plate to serve. Season generously with salt and pepper to serve.



Sweet Potato Quinoa Chilli

Serves 2 **Preparation 10 mins** **Cook 25 mins**

Lunch today is leftovers from last night's dinner!

Ingredients

| | |
|--------------------------------------|--------------------------------------------------|
| 2 teaspoons olive oil (extra virgin) | 1/2 cup tomato passata or puree |
| 1 tablespoon pepitas (pumpkin seeds) | 1 cup vegetable stock |
| 1/2 teaspoon chilli powder | 1 1/2 cups sweet potato(es) cut into 3cm cubes |
| 1/2 onion (brown) finely chopped | 4 tablespoons quinoa (raw) rinsed |
| 2 cloves garlic crushed | 1/2 cup kidney beans (canned) drained and rinsed |
| 1 teaspoon cumin (ground) | 2 cups rocket leaves |
| | salt & pepper to taste |

Method

1. Toast the pumpkin seeds over low heat in a saucepan, toss with a pinch of chilli powder and some salt. Set aside.
2. Add the oil to the saucepan and cook onions over medium heat, until softened and going golden.
3. Add the garlic, cumin, oregano and chilli powder, and continue to cook, stirring for 2 minutes.
4. Once fragrant, add the tomato passata, vegetable stock and sweet potato and bring to the boil. Simmer for 5 minutes.
5. Then, add the quinoa and continue to cook for 10-15 minutes, or until quinoa and sweet potato are cooked.
6. Stir through the beans to heat them, seasoning with salt and pepper.
7. Serve over rocket, topped with pumpkin seeds.



Fresh Zucchini Salad

Serves 1 **Preparation 10 mins** **Cook 10 mins**

Ingredients

| | |
|----------------------------------------|-------------------------------------|
| 110 g chicken breast sliced lengthways | 1 teaspoon olive oil (extra virgin) |
| 1 teaspoon olive oil (extra virgin) | 1/4 lemon juiced |
| 1/4 lemon zest and juice | salt & pepper to taste |
| salt & pepper to taste | |

Ingredients for Salad

1 tablespoon pine nuts
1/2 zucchini
1/3 cup green peas (frozen)

Method

1. In a shallow bowl, whisk together olive oil and lemon juice. Toss chicken through and season well.
2. Place peas in a bowl and cover with boiling water for 3 minutes. Drain and refresh in cold water.
3. Heat a frypan over a medium-high heat and toast the pine nuts for 2 minutes, tossing to ensure they do not burn. Remove.
4. Add chicken breasts and grill for 3-4 minutes on each side (or until cooked through and golden). Set aside to rest.
5. Shave the zucchini into ribbons using a vegetable peeler. Toss in a bowl with peas, basil, olive oil, lemon juice, and pine nuts. Serve chicken on top.

Not only does a reset do wonders to our body, but it also is a brilliant momentum builder. So I ask you the question, what are you going to do with this momentum?

Are you going to springboard off this reset using it as the launchpad to longer term better health or was it just a one week wonder to see how it made you feel? Only you can answer that question. But

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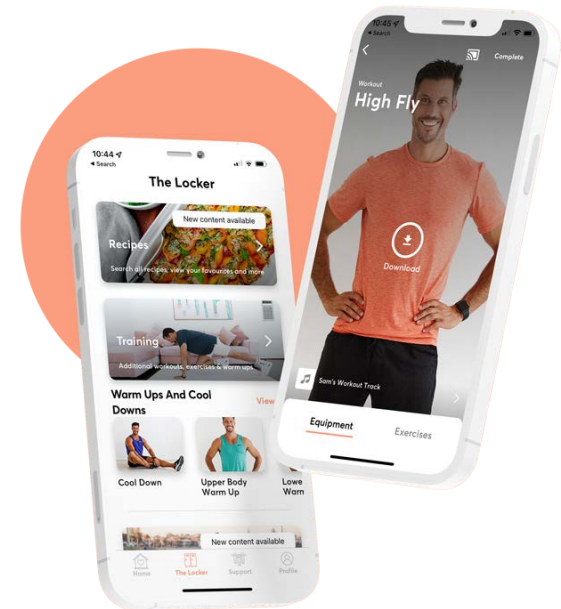
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Thank you for being a part of my 7-Day Reset.

**I would love to keep working with you,
Sam and the team at 28 By Sam Wood x**

