

The Energy Reset Diet Quick Start Guide

- 🍷 **Soup-** Throw everything in a pot with some homemade bone broth and simmer for 20 minutes. Drizzle with a healthy fat and serve.
- 🍷 **Salad-** Serve up your healthy protein on a big bed of leafy greens + whatever veggies grab you! Drizzle with oil and vinegar or grab one of the other suggestions.
- 🍷 **Stir fry-** Add some fat to a pan and throw in your protein + veggies. Stirfry until everything is done!

Pick Your Protein

- o Cooked, chopped chicken
- o ground turkey
- o ground beef
- o roast beef
- o
- o bison stew meat
- o canned salmon
- o sardines
- o fish, fresh or frozen

Pick Your Veggies

- o onions
- o garlic
- o carrots
- o asparagus
- o cabbage
- o cauliflower
- o broccoli
- o zucchini
- o yellow squash
- o spaghetti squash
- o butternut squash
- o spinach
- o kale
- o chard

Pick A Healthy Fat

- o beef tallow
- o ghee
- o coconut oil
- o olive oil
- o red palm oil
- o avocado oil
- o mashed, fresh avocado
- o Primal Kitchen Ranch Dressing

Spice Things Up!

The key to taking your soup, salad or stirfry from blah to bland is to add seasonings!

Try these combos:

Italian: Thyme, oregano and parsley plus salt + pepper

Tex Mex: Garlic, cumin and parsley, plus salt + pepper

Asian: Ginger, garlic and 1 T coconut aminos, plus salt + pepper