

12 STEP GUIDE TO
REBOOT
YOUR BODY



LISA CONSIGLIO RYAN

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Hi lovely,

The “reboot your body after having too much to eat and drink” recovery plan is here!

This is exactly what I do to get back to normal after indulging over the weekend.

The plan is also great if you have a wedding to go to or a big event and need to feel and look amazing quick.

I listed the habits in steps but feel free to mix up, add, omit, things to work for your life.

STEP 1: Wake up with a glass of room temperature water. Add a lemon for extra alkalizing goodness (our bodies do a lot of work while we sleep to rid toxins). Drink up before you go to the bathroom.

STEP 2: Sit quietly and breathe for 10 minutes. (You can adjust the amount of time if you wish.)

STEP 3: Eat ½ a grapefruit or juice 1 grapefruit and a handful of mint and drink up. You will need to add ½ cup filtered water if too powerful for you to drink.

STEP 4: Work out for an hour (Make sure to move body; if you can't work out before work or getting kids ready for school, etc..., fit it in during your day).





STEP 5:

Breakfast~

Mixed Berry Smoothie

Ingredients:

- 2 cups almond milk (unsweetened, original)
- 1 cup mixed berries (try blueberries, raspberries, and strawberries)
- 1 bunch spinach (1 cup)
- 1 banana

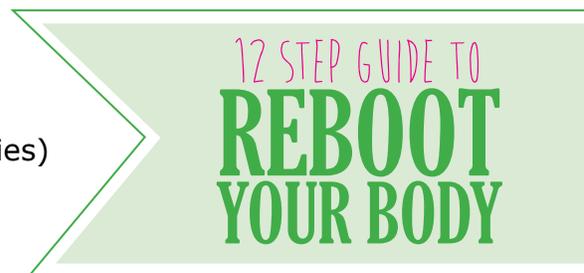
Blend all ingredients and serve.

Makes 16 oz. (appr.)

*For a frostier smoothie, use frozen bananas (peeled) and berries.

STEP 6:

Midmorning Snack~ 1 apple, sliced with 1-2 Tbsp. raw almond butter





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STEP 7:

Lunch~ (something light and filling) Example:

Sweet Spinach Salad

Ingredients:

1 butternut squash, peeled, halved, seeded, and cubed
2 Tbsp. extra virgin olive oil
¼ cup pecans
1 Tbsp. lemon juice

1 bunch spinach (1 cup leaves)
¼ cup raisins (unsweetened)
Sea salt and freshly ground pepper to taste

Directions:

Preheat oven to 350° F. Line a baking sheet with foil. Toss squash and 1 Tbsp. oil on baking sheet and spread in a single layer. Bake for 20 minutes or until squash is tender. Place a large pan over medium heat and toast pecans in a single layer for 5 minutes, stirring frequently.

In a large bowl, mix lemon juice and remaining 1 Tbsp. oil. Add squash, pecans, spinach, and raisins. Season with salt and pepper. Toss and serve.

Serves 1-2

*You can save time by purchasing pre-cubed squash at the grocery store.



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STEP 8:

Take a walk and get some sunshine (vitamin D is powerful!) for 20 minutes.

STEP 9:

Mid afternoon snack~ Drink Beauty Remedy: juice 1 bunch kale, 1-2 cucumbers, ½ apple, ¼ lime, and ½ inch ginger root. Makes appr. 16 oz. OR 1 apple, sliced with 1 Tbsp. of raw almond butter.



STEP 10:

Dinner~ (something light but with lots of protein) Example:

Bean, Pea, and Leek Soup

Ingredients:

1 Tbsp. extra virgin olive oil
1 large leek (white and light green parts only), thinly sliced
1 tsp. chopped mint

1 cup frozen peas
1 15 oz. can navy beans, rinsed and drained
2 cups vegetable broth

Directions:

In a large pot over medium heat, sauté leek and mint in oil for 5 minutes. Add peas, beans, and broth and bring to a boil. Reduce heat and simmer uncovered for 10 minutes or until vegetables are tender. Serve.

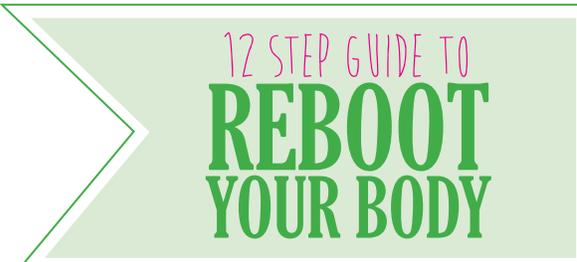
Serves 2

STEP 11:

Dry brushing and shower (cleanse off any energy of the day)

Dry Body Brushing

- Make sure the brush (or washcloth) is completely clean before you begin. Starting with your right leg, place the body brush on the top of your right foot. Make small, very gentle, counterclockwise circular motions all over the foot before gradually moving up your right leg. Then repeat on left leg and foot.
- Next start at your right hand, make small, counterclockwise circular motions all over your hand and fingers and all the way up (both on top and beneath) your right arm. Stop when you reach your right shoulder, then repeat on your left hand and arm as far as your shoulder.
- Beginning on the lower left of your abdomen, make small, counterclockwise movements with the skin brush in a big counterclockwise circle around your belly button. When you reach the start again, move up your abdomen to your chest, always making circular movements, and brush the whole of your chest, moving across and upward until you reach your neck.
- When you have finished, rinse off the oil and dead skin cells with a warm shower.



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STEP 12:

Give thanks by writing at least 3 good things that happened to you during the day. Keep a journal, say a prayer, anything to feel grateful. Bed by 10 p.m.

Keep in mind:

- Drink lots of water. Drink ½ your weight in ounces during the day. It's hot out so make sure you are hydrated and keeping your metabolism boosted.
- Try fueling your body with nourishing food every 3 hours.
- Make sure to get 7-8 hours of uninterrupted sleep.
- You can be flexible with the sequence, mix and match the meals or add in your own clean recipes. Just make sure to keep things doable for at least 3-5 days so you can reap the rewards of getting back on track.

Enjoy and big love!



Lisa

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SHOPPING LIST

Tips:

- Look over the menu plan thoroughly before you make final plans to shop. Will you use leftovers? Double the recipes? Only plan for a few meals this week? If so, make sure to adjust your shopping list.
- Make sure to get organic produce and products as much as possible.
- You may buy pre-cut, packaged organic veggies to save time.
- Best to buy greens no more than 3 days before you plan to eat them.
- Use sea salt. Do not use table salt. Brand to get: Celtic Sea Salt
- Measured quantities of items vary; use your judgment.

Greens:

- 2 bunches spinach
- 1 bunch kale

Vegetables:

- 1 butternut squash
- 1-2 cucumbers
- 1 leek
- 1 pkg. frozen peas

Herbs:

- Fresh mint

Fruit:

- 1 grapefruit
- 1 banana
- Frozen or fresh berries (strawberries, raspberries, and blueberries)
- 2 apples
- 1 lime
- 1 bag of lemons (for morning water)

Spices:

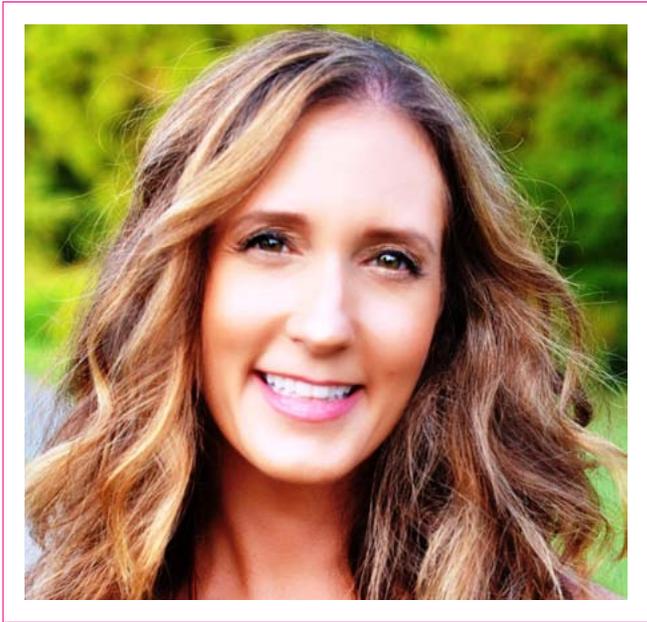
- Fresh ginger root

Additional Items:

- 1 bag of raw pecans
- 1 bottle of lemon juice
- 1 15 oz. can of navy beans
- 1 32 oz. carton of vegetable broth, low sodium
- 1 32 oz. carton of almond milk, unsweetened, original
- 1 8 oz. jar of raw almond butter

Staples:

- Celtic Sea Salt
- Freshly ground pepper
- Garlic bulb
- Extra virgin olive oil



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ABOUT LISA

Lisa Consiglio Ryan is the founder of [Whole Health Designs](#), juicy clean living advocate and mama of two. She loves her Birkram yoga practice, running, and is on a mission to spread the word, "Food is love." She provides [detox programs](#) and [private coaching](#) for women who desire to embrace clean living.

As a Certified Health and Nutrition Coach, Lisa has worked with over 1,000 people in her [Renewal 10 Day Detox](#) programs. Her work has been featured in Fitness Magazine, TinyBuddha, Kris Carr's Crazy Sexy Life, and Mind Body Green. You can also check out Lisa's [Kickin' It Clean](#) meal plans for plant lovers and new [juice shop](#).

Connect with Lisa on [Facebook](#) and [Twitter](#). Visit her at www.wholehealthdesigns.com.

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