

### Hey there!

If you've been working out super hard and are getting frustrated because you don't see a change in your body, then it's time to pinpoint the culprit. Usually, it's the one thing you don't want it to be – and that's the food.

Trust me, I've been there. And I was in denial about my eating habits for a long time.

Workouts are only part of the formula for a strong and lean body. The other part – a huge part – is what you're feeding yourself. You may think you're "eating healthy", but if you don't know EXACTLY what's going into your body, then you cannot self-diagnose WHY your body isn't changing.

The only way to truly know is to strip down your diet to whole, natural, and unprocessed foods and let your body clean itself out.

Once I tested the <u>The 28 Day Reset</u> for myself, my muscle tone was more defined, my body was slimmer, I felt more energetic, less bloated, and I was ALWAYS full. Never hungry. Many people have lost up to 15 lbs in 1 month from simply applying the rules of the Reset!

So, I challenge you to take the next 28 days to commit to <u>The 28 Day</u>

Reset alongside me and thousands of other POPsters around the world. Let's finally shred the fat that's been preventing you from achieving the body that you've worked so hard for!

Are you ready to commit?

Let's do this!

CAUTION: Before embarking on any diet or weight loss program you should consult your physician or health care professional, especially if you have recently been ill or have special dietary or medical requirements, or if you are pregnant or breast feeding, are a child, or are elderly. You should not rely on the information in this nutrition guide as an alternative to professional medical advice from your doctor or healthcare provider.

# 28DAYKESE

### WHAT IS IT?

The 28 Day Reset is not a diet. Think of it as a training program to get you eating REAL food to clean out your body! I designed the Reset along with our nutrition coach Erin Woodbury to help jump-start your metabolism while helping you discover which foods are causing bloating, inflammation, intolerances, and stubborn fat loss.

### WHAT DO YOU DO?

Commit to The 28 Day Reset rules daily. Work out 6 days/week with 1 rest day. You may follow the PIIT28 workout program or the Blogilates January Workout Calendar. Take a before picture on Day 1 and an after picture on Day 28.

### STEP #1: THE OMISSION (DAY 1-28)











### STEP #2: SELF EVALUATION (DAY 28)

### STEP #3: ADDING IT BACK IN (DAY 29+)

an intolerance to certain foods.

### STEP #1: THE OMISSION (DAY 1-28)

First, take your before picture! Wear a sports bra and shorts and take a front and side shot. Keep it in your phone for later.

Now let's talk food. The goal is to restore your system by nourishing it with the highest quality foods possible. You'll be eating whole, nutritious foods throughout your program, so you shouldn't be hungry at all. In fact, you'll most likely find yourself more energetic. During these 28 days, we are going to OMIT the following 5 things from your diet:



- 1. Dairy
- 2. Gluten
- 3. Added Sugar
- 4. Processed Food
- 5. Alcohol

**No Dairy:** Don't eat or drink foods and beverages containing the milk of mammals such as cattle, sheep and goats. Many people are deficient in lactase (the enzyme to break down dairy), which can cause terrible stomach discomfort. Examples: milk, yogurt, cheese, ice cream, cottage cheese, butter, whey protein and casein protein powders etc.





**No Gluten:** Get away from gluten - the general name for proteins found in wheat. Gluten acts as a glue, giving bread its elasticity. It's a difficult protein to digest, which is why people often retain water and feel bloated after consuming gluten - their digestive systems just cannot break it down! Examples: All white or wheat breads, crackers, cereals, and desserts etc.

**No Added Sugar:** Free yourself from added sugars and/or syrups that are added to foods or beverages during processing. Major sources of added sugars include: soda, energy drinks, baked goods, cereals, salad dressings, condiments, and granola bars. Packaging will list sugar as up to 60 other names, including: raw sugar, corn syrup, honey, molasses, corn syrup, agave, cane sugar and more. So when in doubt, check the grams of sugar on the nutrition panels! Acceptable sugars: fresh fruit and small amounts of stevia. Stevia, while technically processed from a plant, you can find it organic and it has zero calories so it doesn't affect blood sugar.





**No Processed Foods:** Stay away from store-bought foods that are processed or boxed. If a packaged product contains added sugar or more than 3 ingredients, it's probably not allowed. Examples include: breakfast cereals, bread, chips & crackers, soups, condiments, microwave meals and most things from a package.

**No Alcohol:** Don't drink beverages containing alcohol such as vodka, rum, tequila, beer and wine. Basically drinks that will get you intoxicated.

#### **CALORIES**

Ideally you'll be eating 5 times per day, about every 3-4 hours to keep your blood sugar stable. Your meals should be smaller (about 250-400 calories per meal/snack depending on your needs). But if 5 is not possible, then your usual 3 meals a day is fine as long as your real portions sizes are not HUGE Cheesecake Factory-sized meals.

# STEP #2: SELF EVALUATION (DAY 28)

Congrats! Today, I want you to take your after picture! Front and side shot in a sports bra and shorts. Try to do the same angle as the before picture. Place the before and after side by side and share to Instagram using the hashtag **#28dayreset**. I'd love for the whole community to see all your hard work!

Tell us about your energy levels, the smoothness of your skin, and the extra weight you may have lost. Write down how you feel emotionally and physically. Your body is now clean!

## STEP #3: ADDING IT BACK IN (DAY 29+)

After the full omission is over, you will slowly introduce things back into your diet one at a time in order to determine whether or not you have an intolerance to certain foods. Symptoms of intolerances include: bloating, stomach cramps, gas, digestive discomfort, fatigue, pimples and diarrhea. Some people get so used to living with these symptoms that they think it's normal. It's not!

In order to identify your food intolerances, it's important to add things back in one at a time!

Day 29-31: If you went the entire 28 days on the FULL omission challenge, you'll add in dairy first (only if you used to consume it, of course) for a few days. Assess how you feel. Write down the food type, time and date you consume it, along with any discomfort in the attached food diary. Gas, bloating, cramping, sleep issues and skin problems could mean you're sensitive to dairy, or have a potential allergy. In that case, you will want to considering further testing, or omitting dairy from your overall diet going forward.

**Day 32-37:** After 4-5 days, you can add in foods with gluten, if desired. Pay attention to the same issues. If you feel fine, continue on now that you know a bit more about portion sizes and how great you felt without bread and pasta. If, however, you suffer from any side effects, you might consider eliminating the culprits for good.

**Day 37+:** I don't recommend adding in added sugar, alcohol or other processed foods except for on special occasions. But these can be added 3-4 days after the gluten, if you choose.

# THE OK LIST

### **OK PROTEINS**

Chicken Breast Lean Ground Turkey Halibut

Pork Tenderloin

Salmon

Sliced Ham

Sliced Turkey (nitrate-free)

Tilapia

Tuna in Water

Beans

Quinoa

Lentils

Split Peas

Nutritional Yeast

Black Bean Pasta...etc

### **OK VEGGIES**

**Asparagus** 

Brussel Sprouts

Cauliflower

Carrots

Celery

Cucumber

Garlic

Green Beans

Green Onion

Lettuce

Mushrooms

Onion

Red Bell Pepper

Spinach

Sweet Potatoes...etc

### **OK FRUITS**

Apples

Avocado

Bananas

Blueberries

Cantalauna

Cherries

Dragonfruit

Figs

Grane

Grapefruit

Mangoes

Mastarinas

**Oranges** 

Deaches

Plum

Raspberries

Strawberries

Tomatoes...et



### **OK PROCESSED GOODS**

Almond Flour

Baking Powder

Black Beans

Brown Rice

Coconut Flour

Coconut Milk

Chia Seeds

Chickpeas Hummus

Oats (gluten free & steel cut)

Olives

Quinoa

Nut Butter (peanut, almond, cashew)

### **OK CONDIMENTS**

Cayenne Pepper

Cinnamon

Cocoa Powder

Curry Powder

Flax Seeds (Ground)

Garlic Powder

Mustard

Olive Oil

Salad Dressing (check label)

Salsa

Salt & Pepper

Stevia

Tabasco

Coconut Aminos (soy sauce

alternatative)

Vanilla Extract

Vinega

### OK "DAIRY" & EGGS

Egg

Egg whites

Unsweetened coconut,







Obviously, you won't want to eat anything previously listed under the Omission section. But for clarification, here are other things that are not allowed from days 1-28 in order to really allow the full effect of the Omission to work:

- Canola and vegetable oils are inflammatory! (Coconut, olive, avocado, sesame and walnut oil are ok)
- Chips of any kind, even veggie chips
- Cereal
- Sweetened oats
- Too much nut butter or too many nuts. (Stick to less than 150-200 calories per serving)
- Diet soda and caloric drinks (tea and coffee are ok)



Here's a quick and easy way to figure out what to eat. Just pick one item from each category to build a complete Reset friendly meal!

### **PROTEIN** FAT **CARBS** 1 sauteed bell pepper 1/4 C guacamole 3-4 oz chicken breast 1 banana 15-20 almonds 3 egg whites 1/2 C cooked quinoa 1 TBSP olive oil 3-4 oz white fish + + 1/2 C cooked brown rice 1/3 avocado sliced 3-4 oz lean ground turkey 1 apple 12-15 walnuts 3-4 oz sliced turkey 2 C broccoli 1-2 TBSP nut butter 1 serv. black bean noodles

If you would like to join the <u>PIIT28</u> workout portal and get access to workout videos and hundreds of official recipes from <u>The 28 Day Reset</u>, then head to <u>PIIT28.com!</u>

# THE MEAL PLANS





# THE WORKOUT



More than just an e-book, PIIT28 is an online portal with follow-along videos and strong community support.







As a member of PIIT28, you have the chance to earn a free completion tank once you successfully finish the program!