

# THE 10-DAY KETO RESET DIET

A photograph of a woman's midsection, showing her bare torso from the chest down to the hips. She is wearing a black sports top and bright red athletic shorts with black trim. Her hands are resting on her hips. The background is a plain, light-colored wall.

FOR WOMEN OVER 30 WITH A SLOW METABOLISM

Colin F. Watson

# The 10-Day Keto Reset Diet

This is what my private clients have been begging me for, for years -- a simple program that can help release all of the body fat they ever want to lose, and, maintain those loses for a lifetime.

This is the last time you will ever have to try to lose weight. That's a pretty exciting feeling, right? No more starving yourself on diets that don't work or workout routines that have you exercising for hours at a time....

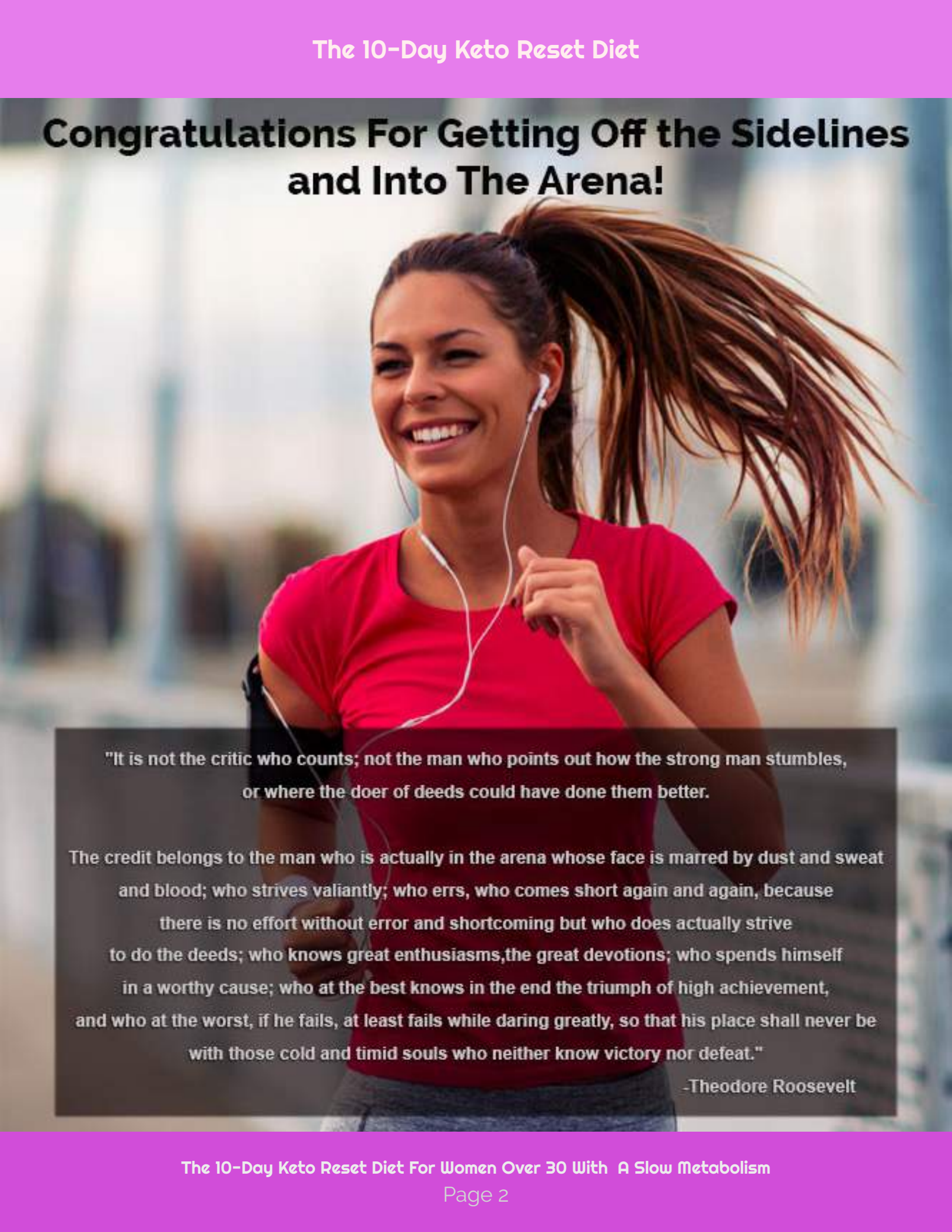
Never again.

You are FINALLY going to experience what it looks like, and most importantly, feels like, when you permanently banish all the fat that has slowly crept around your tummy, waist, hips, legs and thighs, over the years. The best part is, by the time you are done, you will have completely transformed your metabolism -- making rebound weight gain almost impossible.

Ask anybody with a 10-Day Reset Diet Success Story what the best part of building their dream body is and you will be shocked to hear that it's NOT all the weight they lost. Although rapid, safe and permanent weight loss is inevitable on the 10-Day Reset Diet plan, the biggest gift you will receive by the time you are done is control.

As a 10-Day Reset Diet Success Story, I promise you that words cannot describe what it really feels like to finally be in control of how you look and feel every single day!

# Congratulations For Getting Off the Sidelines and Into The Arena!



**"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better.**

**The credit belongs to the man who is actually in the arena whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."**

**-Theodore Roosevelt**

# The 10-Day Keto Reset Diet

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# The 10-Day Keto Reset Diet

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# The 10-Day Keto Reset Diet

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## About The 10-Day Reset Diet

Hi, I'm Colin F. Watson, fitness nutrition coach, author of HCG Body for Life, and Burn The Fat Reveal The Muscle. I am considered the NO.1 HCG diet coach in the country, and for the past ten years I have been helping woman like you achieve massive success when it comes to creating their ideal bodies. 85% of all of my private coaching clients and customers has been woman over 30, so I've dealt with hundreds, if not thousands, of scenarios whereby women have struggled to lose weight and keep it off.

Along with hot flashes, night sweats, and sleep problems, many women find their abdomens thicken and their weight increases before, during, and after menopause.

Over 40 million women in the US, 13 million in the UK, and many more millions around the world, are estimated to be going through menopause, which usually occurs between ages 49 and 52.



# The 10-Day Keto Reset Diet

I found that many of my clients over 30 had many of the same problems losing weight, and more importantly, keeping it off long-term.

These women would often be controlled by their reflection in the mirror and it would send their self-esteem into the gutter every single day. The weight controlled their social situations as they wondered who might see them at a particular meeting, party, or event, and how people would react to them after gaining so much weight. Would they even dare to be seen after gaining all that weight?

My clients would confide in me that they felt controlled by what they could or couldn't wear, how most of their clothes no longer fit, and how getting dressed every day was a living nightmare.

Thoroughly disgusted by even the thought of having to go in their closet to have nothing fit...

Some would not look at the tags on their clothes, not wanting to be reminded that they were in size "L" or "XL", because every reminder of what size they wore made them feel ashamed.

This may sound extreme or ridiculous to some of you, but if you are reading this, then it is my guess that you have a similar story, and a motivation deeper than simply "losing a couple pounds" and "keeping it off for good." This is where I want you to dig deep and figure out your real "why."

Whatever your motivation is to get in the very best shape of your life at whatever age you are, or whether it is getting back the energy you had when you were in your 20's, or spending more time on this planet with your kids...

# The 10-Day Keto Reset Diet

I'm here to tell you, you're in the right place and we are about to make that happen together. Without further ado, let's get started on your very last weight loss journey and get you empowered with all the information needed to regain control, while creating the life and body of your dreams.

## *WHAT WE DISCOVERED FROM SOME OF THE PLANET'S HEALTHIEST COUNTRIES*

It wasn't until I started examining the world's healthiest nations that I knew we were on the right track. "Healthy" can mean a lot of different things to different people, however for most of us that means a leaner, more slender body that operates at peak levels with the capacity to live a longer life to the fullest.

This prompted me to dig deep into the practices of the world's healthiest countries to uncover what it was they were doing to stay more slender, feel better and live longer than we do in the Westernized World.

It turns out the differences were shocking!

The majority of my research proved that it wasn't so much about what they ate... instead it was more about how they ate. It's not that they exercised "more" - in fact these countries placed way less emphasis on the amount of exercise they did. The fittest nations all took a widely different approach to how they exercised in order to maintain their titles as "worlds healthiest countries."

# The 10-Day Keto Reset Diet



*It became clear that it's not about WHAT you are eating – It's also about HOW you are eating!*

It all came down to combining the 10-Day Reset plan with these unique, usually unheard of “rituals” that the people in these countries used to live longer, stay thinner, and feel better every single day.

The good news was, as I dug even deeper, these countries didn't just become the world's healthiest nations... most of them had remained in the top-ten in multiple “worlds healthiest” rankings since researchers began rating them.

This gave us the peace-of-mind knowing that not only did these rituals work, but they had been working for decades... even centuries.

As you start your journey you will have peace of mind knowing that the easy-to-follow and simple-to-start rituals like our Unique “Keto Reset Plan” “Food-Pairing” “Nutrient Timing” with “Carb Cycling” are the same tactics Jayne, you, and countless other women will use to achieve massive success, and get your lives and bodies back.

**My Obsession Was Cracking The Code**

# The 10-Day Keto Reset Diet

I became obsessed with finding a solution for all of my clients who were frustrated, depressed, and simply ready to give up on ever looking and feeling fabulous again. I became hyper-focused and concerned and even obsessed with cracking the code when the woman I loved most, my wife Jayne, started gaining weight rapidly shortly after turning 50, and picking up several parasites while vacationing in Belize.

Within a few months of returning home from paradise, those parasites began to wreak havoc on Jayne's body causing bloating, diarrhea, lethargy, and fatigue, and she continued to gain weight.

For almost four years no matter what how she ate, or how much she exercised, she could not stop the slow steady weight gain from happening. She gained close to 40 POUNDS changing her previously lean toned body into someone she did not recognize.

Jayne had never been this heavy in her adult life.

She went to six or seven hormone doctors, naturopaths, and GI specialists, and none of them could provide a reason for the weight gain or a solution on how to reverse it. She had her hormones checked and balanced and even when she pulled her Ace card out and completed two rounds of our Advanced HCG diet protocol, they all **failed miserably** leaving her feeling hopeless, and right back where she started.



# The 10-Day Keto Reset Diet

I was personally stunned because it was the only time EVER where my exclusive Advanced HCG Diet plan didn't work for someone who I knew followed it to the letter. Not one cheat, or deviation from the plan.

Out of pure desperation to help her get her health back, I started reading and researching every diet I could find to figure out what made it work and why others didn't. I researched how people eat in other countries and what kept them thin, fit and healthy, Which program helped woman reset their metabolism and free them from menopausal weight gain.

The system I'm about to reveal to you is everything I discovered and everything Jayne and I did to get her back to feeling like herself again -- allowing her to finally release all of the excess weight, and get her back to feeling vibrant, attractive, fit and healthy.

It's been bout 16 months now and Jayne eats pretty much whatever she wants. She enjoys desserts when she wants them, eats when she's hungry and exercises regularly, but not rigorously, using what I'm going to teach you in the 10-Day Keto Reset Diet.

## The 10-Day Keto Reset Diet



Jayne back to her old self with her renewed 10-Day Reset Body.



# So let's get started.

Congratulations!

You are on your way to discovering how to stay slim and fit for the rest of your life!

Before we get started I'd like to take a few moments to outline what you'll experience over the next few weeks following the 10-Day Keto Reset plan. To achieve the very best results with this program,



# The 10-Day Keto Reset Diet

I highly recommend the following:

1. Follow the plan we've laid out for you to the letter.
2. Stay hydrated. Drink plenty of water every day.
3. Implement some type of strength training on a regular basis at least (3) times per week.
4. Strength train the day of "Treat Night" to ensure your glycogen store is empty and ready to take in new carbs.
5. Get proper amounts of sleep.
6. Take body measurements before you start, and each week to determine your body fat losses. Inches lost equal body fat loss.

Follow these five core principles and you will set yourself up for success. If you feel you cannot adhere to the aforementioned recommendations, this program may not be for you, or may produce diminished results.

# The 10-Day Keto Reset Diet

About the 10-Day Keto Reset Process.

Although the reset process begins in the first ten days, for those of you using this program to reduce body fat, reset your metabolism, and balance your hormones,

it will be necessary to repeat the 10-Day Keto Reset principles for several weeks. After the first 10 days you will begin to train your body to use fat for fuel, and when sugar is introduced to your body, that sugar will be used to build lean muscle and restore your glycogen stores to get you ready for the following week's activities -- all the while never storing sugar or carbs as body fat.

Imagine a future where you'll be able to celebrate birthdays, anniversaries, special occasions, or simply dine out with your family, never having to worry about towing the line and eating something that's going to stick to your thighs like glue.

The 10-Day Keto Reset Diet will give you that freedom if you simply follow the plan. Many of my clients use this program year-round and enjoy a lifestyle of freedom and decadence whenever they want as long as they play by the rules. You will discover this same freedom once you implement the 10-Day Keto Reset Diet process.

## Plan Essentials

1. **My Fitness Pal App (MFP):** Tracking your protein, carbs, and essential fats is imperative during the first 30 days of the process. In My Fitness Pal App or website application, tracking these will be your best friend during this process. Make sure to download and use My Fitness Pal by entering all of your food combinations daily.

You must know precisely how many grams of carbs, fiber, proteins, fats you are consuming daily. You will not be focusing on calories as much during this process, just the amount of carbs you are taking in every day. We highly recommend choosing all your meals and snacks in advance and putting them into your MFP app before you start your day. This will ensure that you are not short on one of your essential macros at the end of the day.

# The 10-Day Keto Reset Diet

1. **External Fiber Source:** Psyllium fiber is the main ingredient in products like Metamucil: Colon Cleanses and Fiber Smart... It is a natural occurring fiber that increases regularity by both helping things pass through your system as well as keeping things from making to quickly of an exit before your body has the ability to absorb the necessary nutrients from these foods. Add 2 teaspoons to your daily meals or with a glass of water, tea or other zero carb beverages.

**What we recommend:** [Renew Life –Smart Fiber](#)

2. **Woman's Multivitamin and Mineral Supplement:** A multivitamin is necessary on this protocol to provide you with the required amounts of essential vitamins and minerals. You are better off taking the supplement twice a day with meals; one in the morning and one in the evening. Don't skip your multivitamin.

**What we recommend:** [Opti-Women](#)

3. **Omega-3 Capsules:** Fish oil is highly recommended on this plan and should be taken daily. Your daily recommended dose is 1 to 3 servings per day, as this contains the essential fats your body needs for proper health. So give the body the opportunity to correct the Omega-3 fat imbalance.

**What we recommend:** [Omega-3](#) Wild Alaskan Fish Oil

4. **Caffeine:** Caffeine will come in handy during the first 10 days of the resetting process which will help you with the potential sluggishness that may occur due to your body adjusting its energy source from carbohydrates to ketones. Drinking low to zero carb caffeinated beverages will help make these days feel more in balance.

## The 10-Day Keto Reset Diet

5. **Exogenous Ketones:** Ketosis occurs when you reduce sugar and carbs in your diet, thereby forcing your body to seek out another fuel source – your body fat.

Achieving and maintaining ketosis is not easy. It requires intense discipline, a strict diet, and several days. The liver produces endogenous ketones naturally.

Exogenous ketones are introduced into the body in the form of a ketone supplement to help you get into ketosis faster and stay there longer.

What we recommend [KG4](#)



## The 10-Day Keto Reset Diet

6. **Whey Protein Isolate:** Our best choice of protein comes from a milk source. The only problem is that you can't get whey protein from drinking milk. Therefore, choosing to ingest whey protein isolate in the form of protein powder is your best available dietary source. Make sure to search for isolate not concentrate. Isolates are normally free of carbohydrates. **What we recommend:** [Isopure Zero Carb](#), 100% Whey Protein Isolate, Flavor: Creamy Vanilla.
7. **Flaxseed Oil:** Just like Omega-3 capsules, Flaxseed oil contains the essential oils that our diet normally lacks. It's easily added to any diet consisting of mostly fat and proteins. This is what Jayne and I use: [Barlean's Fresh organic Flax oil](#)
8. **Stevia:** White Stevia powder is the only naturally occurring sweetener that should be used while on the 10-Day Reset Diet Plan. We love [Sweet leaf drops](#).
9. **Meal Timing:** How often you eat and how much you eat is less important in the 10-Day Reset Diet Plan than what you eat and what time you eat it. For best results, try to eat your meals roughly at the same time every day. This way, you're less likely to develop insulin resistance.
10. **Tape Measure:** Take body measurements before you start, and each week to determine your body fat losses. Inches lost equal body fat loss.

For example, if you eat breakfast at 7 AM, lunch at noon, and dinner at 6 PM, and snacks in between, try to follow this routine daily, if possible.

# The 10-Day Keto Reset Diet

## Things to Avoid:

During The First 30 Days while following the 10-Day Keto Reset Diet

1. **Alcohol:** Avoid alcohol at all costs during your extremely low carb days, no matter what you may have read. No-carb and even low-carb alcoholic beverages prevent your body from burning fat. Alcohol is the preferred fuel for the body, so when there is alcohol in your system everything else gets stored as fat -- until all the alcohol burns off and is flushed out.



That extra glass of wine or vodka with your steak and potatoes guarantees a net increase in body fat: probably not the goal you're trying to achieve.

# The 10-Day Keto Reset Diet

## The Occasional Exception:

When it comes to your "Treat Night" this is NOT a safe haven for heavy alcohol consumption. Too much alcohol can basically blow the entire week's fat loss process so tread very carefully when choosing to consume alcohol on "Treat Night." Alcohol sugars are the preferred source of energy for the body therefore when alcohol is present, your body will burn alcohol over body fat until all the alcohol has left the your body.

One glass of wine may be okay, two glasses of wine is pushing it, and three glasses of wine you've most likely blown it for the week. **Note:** if you want that one glass of wine or clear cocktail you must drink it one and a half (1½) hours before or after your last meal to prevent you storing the whole meal as fat.

**Artificial Sweeteners, Bulk carb sweeteners:** Avoid soft drinks, fruit juices and ALL artificial sweeteners of ANY kind (Sucralose, Splenda, anything in pink, blue, and yellow packets). High concentrations of fructose in these drinks make you fat, produce food cravings, and fail to create any of the beneficial hormonal effects needed to produce successful results during the 10-Day Reset Plan.

## The 10-Day Reset - Why It Works:

I believe one of the main reasons why so many of you ladies are having so much trouble losing weight, stabilizing you weight, or maintaining your weight, may be a result of consuming too many **"carbs" at the wrong times.**

## The 10-Day Keto Reset Diet



Consuming too many carbs, even healthy ones, can trigger the release of the hormone insulin in an effort to bring your blood sugar levels back down. Be careful not to consume too many fruits, fruit juices, and vegetables during The 10-Day Reset Diet Process.

If you've been exercising regularly, and consuming these higher levels of carbs at the precise time (i.e. post workout) then that's a good thing because those carb calories go straight to your muscles for building lean mass.

However, carbs consumed at any other time of day will most likely be stored as fat.

*What you'll accomplish in* **the 10-Day Reset Diet** *is* manipulating the effect these carbs have on your body, basically shutting down your body's ability to store carbs as fat.

Once you've successfully learned how to do this consistently and intermittently, you will be able to master getting leaner, stronger, sexier, and lose more body fat while on the 10-Day Reset Diet Plan.

# The 10-Day Keto Reset Diet



What I'm going to outline for you must be followed precisely as laid out for you very similarly to phase 2 of HCG body for life. Failure to do so WILL lead to weight gain and frustration.

Ready to get started?

## The 4 Step Process

### Step 1.

Start With Your 10-Day Keto Reset Process.

This will prime your body to use fat for energy instead of carbs and stop all the processes that make it easy for you to store carbs as fat.

You will accomplish this by following an extremely – low – carb diet for the first 10 days.

# The 10-Day Keto Reset Diet

*Eat 30 net grams of carbs or fewer per day* (approximately equal to one piece of fruit or small serving of a starchy carb). Any starches or sugars in your meals must be extremely limited.

## Step 2.

Enjoy a "Treat Night".

For best results, doing HIIT workouts or weight training on this day is crucial for best results (see workout plan).

On the evening of your 10th day, starting at approximately 5PM begins "Treat Night", eating carbs. **Note:** You will most likely feel apprehensive to do treat night or fearful. TRUST THE PROCESS!

"Treat Night" for some of you may resemble a very mild version of phase 1 loading of my [advanced HCG protocol](#), for others it just will be an opportunity for you to enjoy a decadent dessert, some fruits or other starchy carbs you've been missing out on. **DON'T OVERDO IT! You'll most likely feel bloated and miserable.**

There is no limitation on what type of carbs you can consume on the load. However, you will quickly discover after your first "Treat Night" that overindulging in sugary and starchy carbs will leave you feeling bloated, uncomfortable, and overall unpleasant.

But you must consume a combination of sugary and starchy carbs in order to refill your carb glycogen stores to backup your metabolism and also give your mind a break. This will be a welcome release from guilt-ridden eating.

You'll get the best results if your "Treat Night" falls on a day of **strength training and lifting weights**. So try and time your "Treat Night" and workout days accordingly.



# The 10-Day Keto Reset Diet

Remember, our goal is always to focus on burning body fat and building lean muscle at any age.

Don't worry about getting fat. Several studies show because of the change in the enzyme production that occurs in your body throughout your 10-day reset process, gaining fat on a "Treat Night" is nearly impossible.

However you can see a significant jump in scale weight, which is mostly temporary water weight gain due to in sudden influx of ingesting carbs.

## Step 3.

### Watch Yourself Getting Leaner.

At this point you've gotten your body to switch over from using carbs to using fat as fuel.

**Now you're going to return** to the menu you used during the reset process reducing your carb intake again to 30g or less of carbs for only 5 days this time...

So in other words, once per week you'll enjoy a "Treat Night"; Now note that this is a 6 to 8 hour period of time to ingest carbs this is not an "EAT DAY. And your "Treat Night" must start after 5 PM on any given planed "Treat Night".

Never repeat "Treat Night" in less than four (4) days from the prior "Treat Night" or until you have returned to your previous weight prior to "Treat Night"

Each week you'll begin to notice a leaner toned body especially after all of the temporary water weight gain has left your body. You'll begin to get more excited each week as you notice new lean muscle tone coming through.

# The 10-Day Keto Reset Diet

## Step 4.

### Transitioning/Maintenance Phase.

This is where you get to maintain the weight between your rounds or use this system as your long-term lifestyle plan.

Many of you have experienced difficulty in keeping your weight stable before you can return to our advanced HCG diet phase 2 plan and reach your final goal weight. The 10-Day Reset Diet is the perfect plan for in between rounds or creating your own lifestyle plan.

Maintaining doing a "Treat Night" once per week for most of you will be easy to follow while keeping you moving toward your fat loss goals.

For those of you who are near to, or at your final fat loss goal this plan provides you with the tools to transition seamlessly into using the 10-Day reset as your lifestyle plan.

If done correctly, this is where you get to look lean, fit, and sexy all year round. When your body drops below 20% body fat you may need to do two (2) "Treat Night's per week to keep your metabolism functioning on Turbo Drive and preserving lean muscle.

So for example you have your first "Treat Night" on Wednesday and your second "Treat Night" on Saturday. This is only once you have reached this low body fat percentage.

# The 10-Day Keto Reset Diet

## Benefits and Drawbacks of implementing this the 10-Day Reset Diet Plan

### Benefits:

- No need to self sabotage
- Increased serotonin levels on "Treat Night"
- Reduced severity of PMS
- Stabilized testosterone and estrogen levels
- Mental and mood stabilization
- Reduced gas
- Increased metabolism

### Drawbacks:

- Constipation
- Bad breath
- Keto flu
- Lethargy in the early days
- Frequent urination

### Thing To Note:

### Days 1 through 5:

# The 10-Day Keto Reset Diet

Carbohydrate stores are wiped out. The body still burns carbs but depleting dietary levels prevents stores from being replenished. Our stores are depleted to nearly zero (0) in about three days.

Storing carbs requires almost 3 times as much water therefore as the carbs go so will the excess water.

Just know with this extremely low carb approach in the first week most of the initial weight loss will be water weight.

However, as carb stores deplete the body, the body stops making the enzyme that converts carbs to fat. This makes it nearly impossible to store excess dietary carbohydrates as body fat.

Your body then begins to transform fat into a special source of fuel called ketones, which are needed by the brain for energy when carbs are no longer available. Thus begins the rapid fat loss process.

## Days 6 through 10

The 10-Day Reset Diet will create physiological changes in your body.

As your body's carbohydrate reserves reached near ground zero, and your brain begins to tap into the ketones, you will experience a mental dullness, and energy levels will plummet. This is where the caffeine may come in handy doing these days. **NOTE:** This process could begin as soon as day 3 and 4 for some people.

At this point you may feel like you've hit the wall and may be tempted to quit the process. **DON'T!!!** Just know this is a sign that you're doing everything perfectly.

# The 10-Day Keto Reset Diet

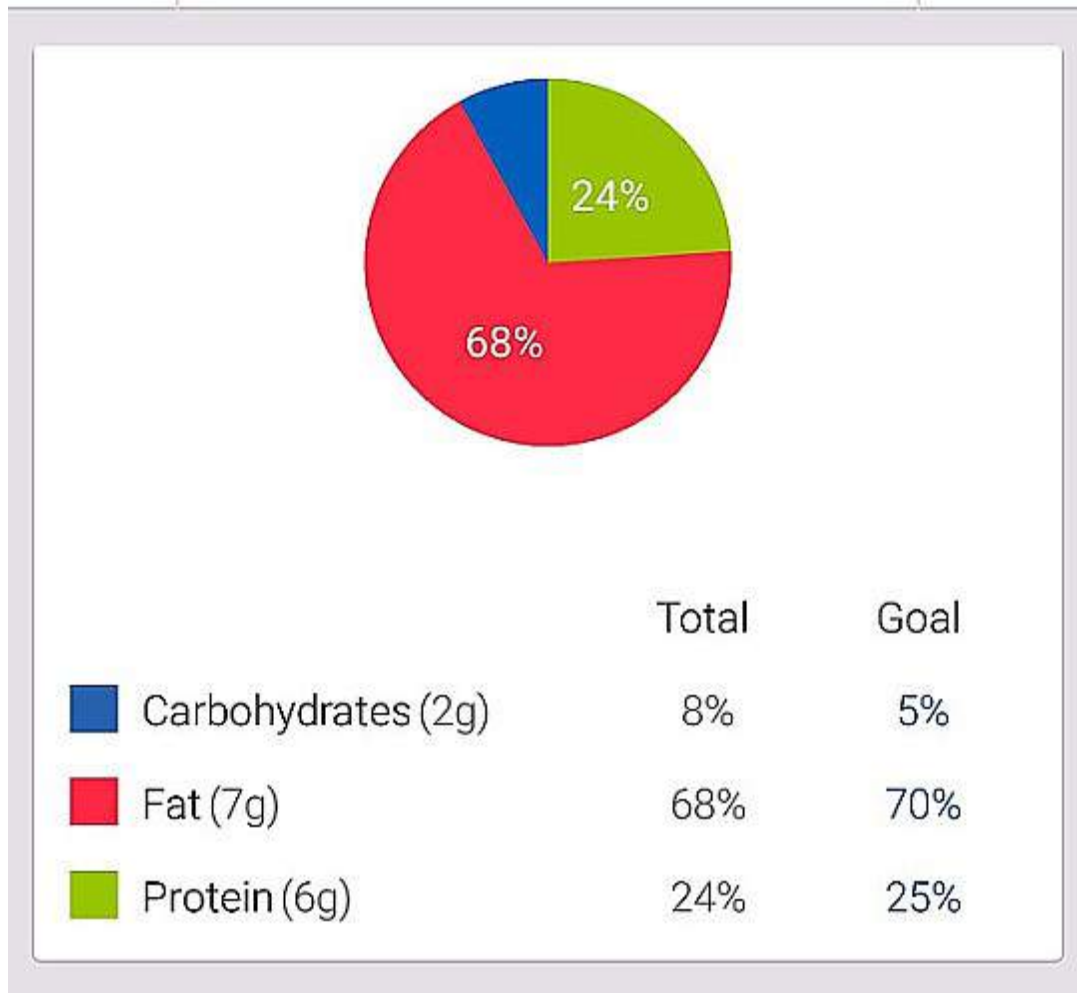
Your body will soon give your brain the necessary ketones and enzymes it needs to function normally and keep you clear of thought.

Once this process is complete your energy levels will restore back to normal -- Just in time for you to replenish your carbohydrate reserve during "Treat Night".

During the first three days while your glycogen stores are wearing thin, it is still possible to store some fat so do not overeat but make sure you control your hunger by eating when you're hungry.

**Note:** *During this first few days and weeks, expect to experience some sluggishness, mentally and physically and some dehydration. Make sure to stay properly hydrated drinking a gallon of water each and every day. During this time, you can expect a loss of anywhere from 2 to 15 pounds depending on your previous body fat percentages.*

## The 10-Day Keto Reset Diet



### The MACROS

It's important to track your macros during the 10-Day Reset diet process. Especially when it comes to your grams of healthy fats, simple and complex carbs, protein and grams of fiber.

You'll want to keep your grams of fats high in the 65% to 70% range, your proteins in the moderate range at 20% to 25%, and your carbs extremely low at 5% to 7% range or 30 grams or less. NOTE: To get to 30 net carbs, subtract all natural fibers grams consumed on one day from all carbs consumed in one day to arrive at "Net Carb" numbers for the day.



# The 10-Day Keto Reset Diet

If you adhere strictly to these macro percentages during the 10-Day Reset process and between every "Treat Night" you'll experience extreme fat loss until you reach your desired weight. Once you have reached that point this same simple plan will keep you at your desired weight for as long as you desire.

## LET ME REPEAT THE CARDINAL RULE

Never repeat "Treat Night" if you have not returned to your previous week's lowest weight, or lower. Failure to follow this rule could cause you to break the reset process. If this happens you'll need to return to the 10-day reset process maintaining an extremely low carb eating plan until you return to your initial lowest weight.

"LET'S KICK START" THE FIRST FOUR WEEK!

## PORTIONS AND SERVINGS

### 10-DAY RESET PROTEINS

FOOD CHOICE / FAST MEASURE /EXACT MEASURE

SARDINES 1 PALM 3-4 OZ.

BONELESS SKINLESS CHICKEN BREAST 1 PALM+ 4-5 OZ. COOKED / 5-6 OZ RAW

# The 10-Day Keto Reset Diet

EGG WHITES\* N/A 5-6 LARGE OR 2/3 CUP

ANCHOVIES /1 PALM /3-4 OZ.

PROTEIN POWDER\*\* N/A /2 TBSP (ROUNDED)/ ONE 30G SCOOP

WHITE FISH (TILAPIA, COD, HADDOCK)/1 FIST 5-6 OZ. COOKED / 7-8 OZ. RAW

SALMON - TUNA -SNAPPER /1 PALM 3-4 OZ. COOKED / 5 OZ. RAW

GAME MEAT (BISON, VENISON ETC)/ 1 PALM 3-4 OZ. COOKED / 5 OZ. RAW

ORGAN MEAT (LIVER, HEART ETC) /1 FIST 5-6 OZ. COOKED / 7-8 OZ. RAW

GROUND TURKEY OR CHICKEN /1 PALM 3-4 OZ. COOKED / 4-5 OZ. RAW

RED MEAT (EXTRA LEAN) /1 PALM 3-4 OZ. COOKED / 4-5 OZ RAW

GREEK YOGURT\*\*\* (LOW OR NON-FAT) N/A /3-4 OZ./ 2/3-1 CUP

LOX, SALMON N/A 3-4 OZ. RAW/SMOKED

LAMB / MUTTON / GOAT/ 1 PALM 3-4 OZ. COOKED/5 OZ. RAW

TURKEY BACON/ N/A /3-4 SLICES

PORK TENDERLOIN/ 1 PALM 3-4 OZ. COOKED / 5 OZ RAW

NITRATE-FREE BACON /N/A 3-4 SLICES

RAW SKINLESS CHICKEN THIGH/DRUMSTICK/ 1 PALM/ 2-4 OZ.

# The 10-Day Keto Reset Diet

COOKED/4-5 OZ. RAW

TURKEY / HAM SLICES, DELI (NITRATE FREE) /1 PALM 3-4 OZ./4-5 SLICES

TURKEY BREAKFAST SAUSAGE /N/A 2-3 SAUSAGES

GROUND BEEF, EXTRA LEAN /1 PALM 3-4 OZ. COOKED/ 5 OZ. RAW

SALMON, CANNED (PACKED IN WATER) /1 PALM FULL CAN / 3-4 OZ.

CLAMS, MUSSELS, SHRIMP/ 1 FIST 4-6 OZ. COOKED/ 7 OZ RAW

LOBSTER /1 PALM 3-4 OZ. COOKED/ 5 OZ. RAW

VEGAN & VEGETARIAN (and super-picky eaters)

## 10 RESET OPTIONS

While the animal-friendly options below are healthy, foods that contain dairy and soy in larger amounts can impede hormonal function and thus, weight loss. Feel free to use these options, but be sure to use them sparingly.

COTTAGE CHEESE/ 1 PALM /1/2 CUP

VEGGIE BURGER/ N/A - 1 SMALL PATTY (3 OZ.)

TEMPEH /1 PALM /3-4 OZ.

TOFU, EXTRA FIRM /1 PALM /3-4 OZ.

VEGGIE-BACON N/A -3-4 SLICES (1 OZ.)

# The 10-Day Keto Reset Diet

**\*\*\*Avoid These Protein Sources At All Cost\*\*\***

Hot dogs, regular sausage, corned beef, most dairy.

## 10-DAY RESET FATS

FOOD CHOICE – FAST MEASURE –EXACT MEASURE

AVOCADO 1/2	PALM	1/2 MEDIUM AVOCADO
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ALMONDS	2 THUMBS	2 TBSP. CHOPPED/6-9 WHOLE
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CASHEWS	2 THUMBS	2 TBSP.CHOPPED/6-9 WHOLE
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PUMPKIN SEEDS	3 THUMBS	4 TBSP/10-16
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PECANS	2 THUMBS	2 TBSP.CHOPPED/8 HALVES
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# The 10-Day Keto Reset Diet

CHIA SEEDS                      2 THUMBS                      2- 2½ TBSP.

PISTACHIOS                      2 THUMBS                      2 TBSP.CHOPPED/12-16 WHOLE

FLAX SEEDS,GROUND 2 THUMBS                      2- 2½ TBSP.

SUNFLOWER SEEDS                      2 THUMBS                      2 TBSP.

SESAME SEEDS                      2 THUMBS                      2 TBSP.

EXTRA-VIRGIN OLIVE OIL N/A 2 TSP -                      1 TBSP

CHIA OIL N/A                      2 TSP -                      1 TBSP

1 WHOLE EGG                      2 SMALL                      1 LARGE

ALMOND BUTTER                      2 FOREFINGER TIPS 2 TSP.

CASHEW BUTTER                      2 FOREFINGER TIPS 2 TSP.

PUMPKIN SEED OIL                      2 FOREFINGER TIPS 2 TSP

COCONUT OIL/BUTTER                      2 FOREFINGER TIPS                      2 TSP

SHREDDED COCONUT, UNSWEETENED 2 THUMBS                      3 TBSP

COCONUT MILK, CANNED 2 THUMBS                      2 ROUNDED TBSP

**VEGAN & VEGETARIAN (and super-picky eaters) OPTIONS**

# The 10-Day Keto Reset Diet

While the animal-friendly options below are healthy, foods that contain dairy and soy in larger amounts can impede hormonal functions and thus, weight loss. Feel free to use these options, but be sure to use them sparingly.

FETA CHEESE 2 THUMBS 1-1 1/2 ROUNDED TBSP.

GOAT CHEESE 2+ THUMBS 2-ROUNDED TBSP.

WHOLE MILK MOZZARELLA 2 THUMBS 2 LEVEL TBSP

SOUR CREAM, light 2 THUMBS 2 LEVEL TBSP

PARMESAN CHEESE (low sodium) 3 FOREFINGER TIPS 3 LEVEL TBSP. GRATED

DAIRY-FREE BUTTER 2 THUMBS 2 LEVEL TBSP

SOY CHEESE (organic/non-GMO) 2 THUMBS 2 LEVEL TBSP

MOZZARELLA 2 THUMBS 2 LEVEL TBSP

CHEDDAR 2 THUMBS 2 LEVEL TBSP

SWISS CHEESE 2 THUMBS 2 LEVEL TBSP

## Avoid These Fat Sources:

Palm oil, soybean oil, corn oil, peanut oil, lard, peanuts

Avoid Starchy carbs until your scheduled "Treat Night".

MOST LEGUMES & BEANS – AVOID DURING THE LOW CARB RESET PROCESS.

# The 10-Day Keto Reset Diet

Most legumes with the exception of a few (chickpeas, black beans etc.) are not allowed during the 10-Day Reset diet low carb days due to their higher levels of estrogen. You may consume them on "Treat Night".

## SOME HIGH-SUGAR FRUITS

There may be some fruits that you may chose to have as long as you have available carbs left in your 30-net carb limits.

Fruits that register the highest on the glycemic index like cherries, mango, papaya, canned fruits and many more did not make the 10-Day Reset Diet Carb list.

If you don't see a fruit on the list there may be another reason for that; Possibly a known pesticide absorber or it could be void of fiber...

Regardless, if it's not on the list try to stay away from it until "Treat Night", or you hit your goal.

## 10-DAY RESET CARBS

### UNLIMITED AMOUNTS

KALE

SPINACH

BRUSSELS SPROUTS

BROCCOLI

COLLARD GREENS

# The 10-Day Keto Reset Diet

DANDELION GREENS

CABBAGE

LEAFY GREENS

ASPARAGUS

SWISS CHARD

STRING BEANS

OLIVES

BOK CHOY

RADICCHIO

ZUCCHINI

GREEN BEANS

TOMATOES

FIDDLEHEADS

SNOW PEAS

SHALLOTS

CAULIFLOWER



# The 10-Day Keto Reset Diet

ARTICHOKES

BELL PEPPERS

RADISH

EGG PLANT

ARUGULA

PICKLES

CUCUMBERS

CELERY

ROMAINE LETTUCE

ONIONS

MUSHROOMS

DAIKON

LEEEKS

OKRA

LOW SUGAR TOMATO SAUCE

SPROUTS

## FREE FOODS

MUSTARDS – Dijon, regular yellow

HERBS & SPICES – any

EXTRACTS – vanilla, almond, peppermint

VINEGARS – regular white and apple cider vinegar

FISH SAUCE – any

CITRUS – lemon, lime juice

SAUCES – Green chili sauce, salsa, low-sodium soy sauce, reduced sugar ketchup, sriracha, hot sauce, tabasco, fish sauce, oyster sauce, Worcestershire sauce, low-carb steak sauce

LOW CAL SALAD DRESSING – not “low-fat” as they are loaded with sugar.

HERBAL & BLACK TEA – any, don't add sugar

NATURAL SWEETENERS – stevia, xylitol

BLACK COFFEE

## MEAL COMBINATIONS

**Meal #1** BREAKFAST

# The 10-Day Keto Reset Diet

10-DAY RESET FATS

10-DAY RESET PROTEINS

10-DAY RESET CARBS Unlimited

STARCHY CARBS Limited or None

Primary Food-Grouping

ROUGHLY 1 FULL SERVING OF EACH

## **Meal #2** LUNCH

10-DAY RESET PROTEINS

10-DAY RESET CARBS Unlimited

10-DAY RESET FATS

STARCHY CARBS Limited or None

Primary Food-Grouping

ROUGHLY 1 FULL SERVING OF EACH

## **Meal #3** DINNER

10-DAY RESET PROTEINS

10-DAY RESET FATS

# The 10-Day Keto Reset Diet

10-DAY RESET CARBS Unlimited

STARCHY CARBS Limited or None

NOTE: You may find it necessary to have add addition healthy fats to your daily meal plan in order to hit your fat, to carbs, to protein ratios. Concentrate more on hitting your daily fat macros and controlling carbs, your protein levels should be low to moderate but are not your primary concern.

\*\*Add a cup of green tea with vanilla to your daily meal plan as one of your mid-day fat burning pick-me-up beverage.\*\*

## DONE FOR YOU MEAL PLAN

### Day 1

#### BREAKFAST **10AM**

Whey protein powder 1 scoop

Pure vanilla almond milk unsweetened by Silk 1 Cup

Almond/peanut butter, 1 ½ tbsp.

MCT Oil 1 tbsp

Simple greens - What we recommend [Super Greens](#)

#### MID MORNING SNACK **11:00AM-12:00 PM**

# The 10-Day Keto Reset Diet

14 Almonds

## LUNCH 1:00-3:00 PM

Drinking water 2 cups

Baby bokchoy 1 cup raw

Chicken breast, cooked 4 oz

Extra virgin olive oil 2 tsp

Asparagus, cooked 1 cup

## SNACK 4:00-5:00 PM

14 Almonds

## DINNER 6:00-8:00 PM

Drinking water 2 cups

Grilled salmon 6 oz. in 1 tbsp Kerrygold grass fed butter w/2 cups mixed green

½ avocado

1 cup broccoli

Trader Joes Cilantro salad dressing

## DAY 2

# The 10-Day Keto Reset Diet

## BREAKFAST **10AM**

Drinking water 2 cups

Whole eggs, scrambled 2 large

Asparagus, boiled 5 spears

Mozzarella cheese, ½ oz.

Extra virgin olive oil 2 tbsp.

## MID MORNING SNACK **11:00AM-12:00 PM**

14 Almonds

## LUNCH **1:00-3:00 PM**

Drinking water 2 cups

Iced tea, green with vanilla 2 cups

Romaine lettuce 2 cup

Ground turkey, cooked 4 oz.

Green chili peppers, canned 1/2 tbsp

Salsa, ready to serve 1 tbsp

Extra virgin olive oil 1 tsp

# The 10-Day Keto Reset Diet

Cauliflower rice, cooked 1 cup

## SNACK 4:00-5:00 PM

Drinking water 2 cups

14 Almonds

## DINNER 6:00-8:00 PM

Drinking water 2 cups

Baked chicken thighs 2 servings 4 oz

Baby bokchoy 1/2 cup raw

coconut oil 1 tbsp

2 cups mixed greens

½ avocado

## DAY 3

### BREAKFAST 10AM

Drinking water 2 cups

Salmon 2 oz & avocado

1 whole egg

# The 10-Day Keto Reset Diet

1 Low carb tortilla or romaine lettuce

1 slice bacon, uncured, cooked.

**MID MORNING SNACK 11:00AM-12:00 PM**

14 Almonds

**LUNCH 1:00-3:00 PM**

Drinking water 2 cups

Iced tea, green with vanilla 2 cups

Tuna fish, very low-sodium, in water 5oz

Asparagus, boiled 6 spears

Extra virgin olive oil 1 tsp

Lemon juice

**SNACK 4:00-5:00 PM**

Drinking water 2 cups

14 Almonds

**DINNER 6:00-8:00 PM**

Drinking water 2 cups



# The 10-Day Keto Reset Diet

Baked pork chops 1 serving

Broccoli, steamed 2 cups

Kerrygold butter 1 tbsp serving

cauliflower, boiled, steamed, baked

## DAY 4

### BREAKFAST 10AM

Drinking water 2 cups

Whey protein powder 1 scoop

Almond/peanut butter, no salt 1 ½ tbsp

Pure vanilla almond milk unsweetened by Silk 1 1/2 cups

MCT oil 1 tbsp

Simple greens 1 serving

BCAA 1 scoop

### MID MORNING SNACK 11:00AM-12:00 PM

14 Almonds

### LUNCH 1:00-3:00 PM

# The 10-Day Keto Reset Diet

Drinking water 2 cups

Green Iced tea, 2 cups

Bamboo shoots raw ¼ cup (1/2"pieces)

Macadamia nut oil, mixed greens 1 tbsp

Shrimp, cooked 4 oz

Green beans, cooked

Kerrygold butter 1 tbsp

SNACK 4:00-5:00 PM

Drinking water 2 cups

10 Macadamia nuts raw or salted

**DINNER 6:00-8:00 PM**

Drinking water 2 cups

Swiss chard, boiled 1/2cup, chopped

Turkey breast, roasted

Cauliflower, boiled, steamed, baked

Kerrygold butter 1 tbsp serving

# The 10-Day Keto Reset Diet

## DAY 5

### BREAKFAST **10AM**

Drinking water 2 cups

Egg, hard boiled 2 large

Cheddar cheese 1/4 oz

Turkey or uncured bacon, 2 slices

Red peppers 1 cup, chopped Avocado

### MID MORNING SNACK **11:00AM-12:00 PM**

14 Almonds

### LUNCH **1:00-3:00 PM**

Drinking water 2 cups

Green Iced tea, 2 cups

Bamboo shoots raw ¼ cup (1/2"pieces)

Macadamia nut oil, mixed greens 1 tbsp

Shrimp, cooked 4 oz

String beans, cooked

# The 10-Day Keto Reset Diet

## SNACK 4:00-5:00 PM

Drinking water 2 cups

14 Almonds

## DINNER 6:00-8:00 PM

Drinking water 2 cups

Zucchini noodles shrimp scampi 1 serving 5 oz

Parmesan cheese, grated 2 tbsp

Kerrygold butter 1 tbsp serving

## DAY 6

### BREAKFAST 10AM

Whey protein powder 1 scoop

1 Cup vanilla almond milk unsweetened

Almond/peanut butter, 1 ½ tbsp

MCT Oil 1 tbsp

Simple greens

BCAA 1 scoop

# The 10-Day Keto Reset Diet

## MID MORNING SNACK **11:00AM-12:00 PM**

14 Almonds

Extra virgin olive oil 1 tbsp

Salsa, ready to serve 1/2 tbs

Avocado ½ avocado

## LUNCH **1:00-3:00 PM**

Drinking water 2 cups

Green Iced tea, with vanilla 2 cups

Halibut fish, cooked 4 oz

Cauliflower rice, cooked 1 cup

Spinach steamed 2 cups

Kerrygold butter 1 tbsp serving

## SNACK **4:00-5:00 PM**

Drinking water 2 cups

14 Almonds

## DINNER **6:00-8:00 PM**

# The 10-Day Keto Reset Diet

Drinking water 2 cups

Zucchini noodle 1 cup

Scallops 1 serving 5 oz

Parmesan cheese, grated 2 tbsp

Kerrygold butter 1 tbsp serving

## DAY 7

### BREAKFAST 10AM

Drinking water 2 cups

Whey protein powder 1 scoop

Pure vanilla almond milk unsweetened by Silk 1 Cup

Almond/peanut butter, no salt 1 ½ tbsp

Simple greens

BCAA 1 scoop

### MID MORNING SNACK 11:00AM-12:00 PM

14 Almonds

### LUNCH 1:00-3:00 PM

# The 10-Day Keto Reset Diet

Drinking water 2 cups

Green Iced tea, with vanilla 2 cups

Halibut fish, cooked 4 oz

Cauliflower rice, cooked 1 cup

Spinach steamed 2 cups

Kerrygold butter 1 tbsp serving

**SNACK 4:00-5:00 PM**

Drinking water 2 cups

14 Almonds

**DINNER 6:00-8:00 PM**

Drinking water 2 cups

Baked chicken thighs 2 thighs 6 oz

Parmesan cheese, grated 2 tbsp

babybokchoy 1/4cup, steamed

Kerrygold butter 1 tbsp serving

# The 10-Day Keto Reset Diet

## DAY 8

### BREAKFAST **10AM**

Drinking water 2 cups

Salmon & avocado, egg wraps ½ serving

Low carb tortilla or romaine lettuce

Bacon, uncured low-sodium, cooked 1/2 medium

BCAA 1 scoop

### MID MORNING SNACK **11:00AM-12:00 PM**

14 Almonds

### LUNCH **1:00-3:00 PM**

Drinking water 2 cups

Green Iced tea, with vanilla 2 cups



## The 10-Day Keto Reset Diet

Turkey breast ground, roasted 4 oz

Cauliflower rice, cooked 1 cup

Spinach steamed 2 cups

**SNACK 4:00-5:00 PM**

Drinking water 2 cups

10 Macadamia nuts raw or salted

**DINNER 6:00-8:00 PM**

Drinking water 2 cups

Grilled chicken breast 1 serving 4 oz

Baby bokchoy 1/2cup raw

coconut oil 1 tbsp

Avocado ½ serving

# The 10-Day Keto Reset Diet

## DAY 9

### BREAKFAST **10AM**

Drinking water 2 cups

Salmon & avocado, egg wraps ½ serving

Low carb tortilla or romaine lettuce

Bacon, uncured low-sodium, cooked 1/2 medium

BCAA 1 scoop

### MID MORNING SNACK **11:00AM-12:00 PM**

14 Almonds

### LUNCH **1:00-3:00 PM**

Drinking water 2 cups

Green Iced tea, with vanilla 2 cups

# The 10-Day Keto Reset Diet

Turkey breast ground, roasted 4 oz

Cauliflower rice, cooked 1 cup

Spinach steamed 2 cups

**SNACK 4:00-5:00 PM**

Drinking water 2 cups

14 Almonds

**DINNER 6:00-8:00 PM**

Drinking water 2 cups

Grilled salmon 4 oz.

Mixed greens salad w/ ½ avocado

1 cup Brussels sprouts

Kerrygold butter 1 tbsp serving

# The 10-Day Keto Reset Diet

## DAY 10

### BREAKFAST 10AM

Whey protein powder 1 scoop

Pure vanilla almond milk unsweetened by Silk 1 Cup

Almond/peanut butter, no salt 1 ½ tbsp

Flax seeds dried 1 oz

### MID MORNING SNACK 11:00AM-12:00 PM

14 Almonds

### LUNCH 12:00-1:00 PM

Drinking water 2 cups

Green Iced tea, with vanilla 2 cups

Ground beef burger, grilled 4oz

# The 10-Day Keto Reset Diet

Romaine lettuce, 4 leaves

2 slices tomato

1 slice cheddar cheese

1 slice onion

Asparagus 5 spears

**SNACK 3:00-4:00 PM**

Drinking water 2 cups

14 walnut halves

**DINNER 5:00-12:00 AM**

**"Treat Night"**

Enjoy, sugars, starches, and carbs

## YOUR SHOPPING LIST

### Creating Your Own List

Obviously, you aren't going to shop for every single meal above – the list would be huge and you don't have time to cook a completely new meal every day at every mealtime!

What we suggest is that you choose the best sounding meals from the example days given above. If you have the same meal for lunch three or even five days in a row, for example, that's perfectly fine.

All 10-Day Reset Diet meals like breakfasts are interchangeable with other Ignite breakfasts, lunches with lunches, and so on.

Whatever is convenient, satisfying, and works for you. Make a list of the ingredients for your chosen meals, and then that becomes your personalized shopping list.

## MY 11 FAT SEARING FLAVOR PAIRINGS

### FAT BURNING FLAVOR PAIRING

#### COMBINATIONS

Welcome to the most important FAT BURNING SECRETS you will find while on your 10-Day Reset weight loss journey.

You won't find these secrets in any of the other material and I intentionally hid this document near the end of this booklet as a huge bonus.

The reason for placing this ultra-valuable list in "not-so-plain-sight" is because I want to reward those who have taken the time to read all of the material.

Having a complete and clear understanding of ALL the material will not only fast-track you to your goal, but allow you to surpass that goal and hit other milestones for years to come.

These are the very same list of principles that my 10-Day Reset Diet private clients have been using to create massive success in their fat loss journeys.

These hidden secrets have been extracted from the World's top bio-nutrition experts and expert-level scientists in my quest to help you lose the weight and keep it off forever in the healthiest and most efficient ways possible.

## The 10-Day Keto Reset Diet

Even though some of these techniques are already built into the program, having them at your fingertips will give you the power to be even more flexible when it comes to food choices during the 10-day reset process, and arm you with the knowledge needed to maintain the body that we build together over the next few weeks.



# The 10-Day Keto Reset Diet

## 1. GREEN TEA & VANILLA

By far the most potent food pairing on the list, green tea and vanilla together not only provide the most long-term benefits in terms of continued fat-loss, immunity, youth renewal and longevity, but also manage to give you the most short-term, immediate bang-for-your-buck as well. After your very first cup you'll be greeted with what I



# The 10-Day Keto Reset Diet

call a “pleasant energy” that sails you through your day without any of the jitters or crashes you experience with coffee.

## Instructions for Traditional Green Tea (bagged) & Vanilla

I always suggest making enough for a hot morning cup along with a cold one for later. Simply bring 2-3 cups of water to a boil and then let 2 bags of tea steep for 2-4 minutes. Due to its potency and high polyphenol content (that's a good thing), it can taste bitter if steeped any longer.

From there, pour a cup for yourself, add 2-4 drops of pure vanilla extract and even a natural sweetener if you like (stevia, xylitol, monk's fruit extract etc.). After cooling, add the remainder to the fridge and serve later on ice with lemon and sweetener of choice.



## Instructions for Matcha Green Tea Powder & Vanilla

As mentioned above, Matcha's weight loss, prevention, immunity, energy and longevity properties are more potent than regular bagged green tea, but it's also about 5 times as expensive. So while it's not imperative that you use Matcha as your source of green tea, if you can - Do it!

# The 10-Day Keto Reset Diet

Brewing instructions are somewhat simpler as well. Although

it is stated that one glass of Matcha tea is the equivalent of 10

glasses of green tea in terms of nutritional value and antioxidant content, you only about need 1½ teaspoon per cup! From there add

your desired amount of vanilla (anywhere from 3-4 drops) along with a natural sweetener if you desire.

**What we recommend** – VAHDAM, Vanilla + [Matcha Green Tea](#)

## 2. COFFEE AND COCOA

**This is by far one of the most powerful food-pairing weapons you can use!**

The regular consumption of cocoa controls fat-cell metabolism to

reduce the absorption of fatty acids in your body. Besides aiding in

reducing obesity, appropriate consumption of cocoa improves

internal heat production (thermogenesis) in the liver and white

adipose tissues.

Coffee, on the other hand, actually has the power to activate fat cells

and mobilize them into your bloodstream to be used as energy.

This is why sprinkling a little cocoa powder in your coffee creates a

# The 10-Day Keto Reset Diet

supercharged fat-burning effect. While the cocoa has the ability to prevent the body from storing fat, the coffee helps free your fat cells to be burned faster.

## Put it in ACTION

In your morning coffee sprinkle in a pinch of pure cocoa powder to ramp up fat burning while preventing any fat accumulation.

Remember, cocoa has a little caffeine in it as well, so try not to consume this beverage after 1pm so you can get your restorative beauty sleep.



## 3. CINNAMON & STARCHES/SUGARS

The evidence supporting Cinnamon's blood sugar regulating capabilities actually rival the power of prescription diabetes medication likes Antagon and Metformin

Apart from the beneficial effects on insulin resistance, cinnamon can

# The 10-Day Keto Reset Diet

lower blood sugar by decreasing the amount of glucose that enters your bloodstream after a high-carb or sugar-rich meal by interfering with numerous digestive enzymes (this is a good thing), slowing down the breakdown of carbohydrates in your digestive tract.

Also, a compound in cinnamon can act on cells by mimicking insulin itself, therefore improving glucose uptake by your cells. Numerous human studies have confirmed the anti-diabetic effects of cinnamon, showing that it can lower fasting blood sugar levels by 10–29%.

## Put it in ACTION

In order to get the benefits of the carbs you've been missing out on for so long while eliminating any option to store them as fat, try to add a pinch of cinnamon to all the meals that feature "Power Carbs" like fruit, potatoes rice etc.

Also do this prior to your cheat meals and if you have an episode where you fall off track with candy, cake, or any other sugary indulgence try to get a glass of hot water with cinnamon in you as soon as possible to regulate blood sugar and prevent all the sugar from ending up being stored as body fat in the places we desperately don't want it.



## 4. CARBS AND PROTEIN

This is one of mine and Jayne's favorites that she used every day on her own journey.

If you've been trying to lose weight, there is a good chance you have

been shying away from carbs for the last couple years, which is why

you may have been pleasantly surprised to understand why carbs are necessary on "Treat Night".

Although the meal planning has taken care of this for you, it's important to know how to eat carbs to get all of their benefits while eliminating any of the unwanted negative effects, so I've gone into a little more detail on this one.

# The 10-Day Keto Reset Diet

First, let's figure out why you should be eating carbs on "Treat Night"...

If you've been shying away from carbs, just remember, Carbohydrates are your body's main source of energy to build lean muscle.

They help fuel your brain, kidneys, heart, muscles and central nervous system. For instance, fiber is a carbohydrate that aids in digestion, helps you feel full and keeps blood cholesterol levels in check.

Even though during the week we are using Ketones as your main source of fuel, carbohydrates refill your glycogen stores and muscles. This is where most of the sugars are stored post "Treat Night" and where they will be primarily used to create long lean muscle that will sculpt your body and speed up your metabolism.

The way your meal plans are designed is to actually shuttle extra carbohydrates into your muscles and liver for energy rather than storing them as fat.

The truth is, that most carbohydrate-deficient diet may cause headaches, fatigue, weakness, difficulty concentrating, nausea, constipation, bad breath and vitamin and mineral deficiencies.

But, by adding in your "Treat Night" you get to experience both the power of ketosis and carbohydrates as well.

The big problem is that most of us pair our carbs with the

wrong types of foods or with nothing at all. When we are not following a tricked keto type diet, this is usually where the havoc on the body lies.



## The 10-Day Keto Reset Diet



### PAIRING CARBS AND PROTEIN

Whether you eat a bowl of healthy rice or smashed sweet potato that has zero added sugar, or you reach for a chocolate bar or candy that's loaded with extra sugar, your body goes through similar processes.

Within minutes your body spikes insulin to convert carbs into a form of sugar called glycogen that is used for energy. The problem is, with this faster conversion rate, the more likely those carbs are going to end up as fat rather than being used as energy.

The key here is to slow down your body's insulin response. This is



# The 10-Day Keto Reset Diet

already taken care of for you in the program by selecting the most

fibrous carbs on the planet which cause an immediate slowdown.

However, you can enhance this effect by including something that

has the ability to manage blood sugar levels even more efficiently.

By adding healthy protein choices along with your starchy carbs, you

increase your ability to prevent those carbs from getting stored as

fat while increasing fat burning capabilities with the thermogenic effect of lean protein sources.

## **Put it in ACTION**

Remember, this is one of the key reasons why the Japanese are

able to eat twice as many carbs as any other country, yet stay so

lean and healthy. Again, this is taken care of for you throughout the

program, but I want this drilled into you for when you're all done:

Never eat even healthy carbs by themselves.

Think toast and jam, fruit by itself, grilled cheese sandwiches. For

example, if you're going to have a bowl of pasta, make sure there is

a lean "Prime-Protein" in there like chicken or even meatballs.

If mashed potatoes are on the menu be sure there is a side of salmon,

for example. Don't worry about the increased calories from the protein – think about those extra calories as insulin-spike-reducing, fat-accumulation-preventing nutrients that help you get leaner by actually eating more food.

## 5. TURMERIC AND HONEY

While many of our flavor pairing rituals have been borrowed from

the Japanese, this particular little gem is one that the Japanese borrowed from India.

At first this may seem like an unusual pairing, and you're right, it is - but once you find out the benefits of this powerful combination, you'll see why it made the list.

First turmeric on its own has been touted recently as one of the new

miracle foods that the health and wellness community has latched onto over the last few years as a key anti-inflammatory miracle food.

Since inflammation is not only related to increased rates of cancer, obesity, heart attack and especially brain related disease like dementia and Alzheimer's, it's no wonder everyone is telling you to take it.

However, there is something that they're forgetting to tell you. While

turmeric in its root and powder form on its own is very effective for

# The 10-Day Keto Reset Diet

digestive purposes, most promote turmeric itself as a key anti-inflammatory aid. The problem is and what they don't tell you is that the active ingredient needed to reduce inflammation, curcumin gets lost along the way.

The most powerful part of this whole equation, the curcumin, cannot cross the barrier needed to be absorbed by your blood, and thus most of us never get the cure-all effects!

What you need in order to get all the weight loss, anti-inflammatory and

life-lengthening effects

is a little piperine and a controlled insulin bump - not a spike - just a little bump.



## 5. TURMERIC AND HONEY

### Put it in ACTION

In order to get all the benefits of curcumin via the aforementioned

delivery system (piperine and increased insulin release) the answer is simple and delicious.

The way most 10-Day Reset Diet Success Stories make this happen is by

having a mid-day soothing Turmeric-Pepper-Honey Tea. Although it

## The 10-Day Keto Reset Diet

may not sound super tasty, I'm sure you'll have no problem adding it to your daily routine after just one cup. The honey will add the tiny insulin release needed to absorb the curcumin and the piperine will act almost like a key unlocking the piperine from the turmeric.

Instructions:

Steep or boil 1 cup of water

Add 1/2 teaspoon of turmeric powder

1 pinch of black pepper (preferably fresh ground)

1/2 tsp. honey

### 6. LEMONS AND APPLE CIDER VINEGAR

It seems like apple cider vinegar (ACV) and lemon detoxes have been the "darling" of internet cleanses over the last few years and there's good reason for it. When you list the proven detoxification benefits of both, you end up with a duo that will have your insides looking and feeling on point.

The problem with those 1, 3- and 5-day cleanses are not only that

# The 10-Day Keto Reset Diet

they have you guzzling gallons of lemon juice and ACV, but they inevitably come to an end. There are no directions for including

them into your daily routine and almost more importantly, they

never list all their other benefits including their ability to increase

insulin sensitivity, mobilize fatty tissue for energy and enhanced

mood and cognitive function.

## **Here's how it works:**

ACV and lemons are high in potassium and acetic acid, which stimulate brain and nerve function. When these two functions are not at their peak, you are more likely to cave into cravings.

The brain's key decision maker, the Pre-Frontal Cortex thrives when flooded with potassium, which allows you to keep willpower functioning at optimal levels. Also, multiple studies have shown your intestinal lining is left spotless from the ACV's acetic acid, and as a result, people show better mood and decision making because of an improved "brain-gut" connection.

Combine all this with a boost in energy, craving suppression, and

heart health and from the pectin found in the lemons and the chlorogenic acid in the vinegar and you can never go wrong with this dynamic duo.

Although the two do produce an amplified synergistic effect when taken together,

## The 10-Day Keto Reset Diet

there is no reason you can't find a few ways to squeeze them in on their own separately, which we'll look at now.



### Put it in ACTION

Try to include lemon into any meal you see fit. That means on fish, fruits, veggies and as a salad dressing base. Squeeze some into your water whenever you can to ramp-up taste and keep a steady stream of brain-enhancing, craving-reducing nutrients flowing all day long.

Lemon juice and ACV help to suppress your appetite and aids in digestion and alkalinity as well. By helping you feel fuller longer, you end up overeating less.

Studies have shown that if you maintain a more alkaline diet you will lose weight faster, so do your best to use ACV as a base for the salad dressings that list vinegar as its base or even as a marinade base for some of your meats.

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Finally, you can get this duo in you the most efficient way by adding

a tiny dose to your water throughout the day.

A few years ago, I wanted to see if I could stop drinking (and spending a ton of money on) coffee. When I dropped the coffee, I added ACV and lemon to the giant bottle of water that I promised myself I'd drink each day on my coffee detox.

After a few days I not only noticed improvement in mood and sleep,

but I maintained consistent energy levels throughout the day without the coffee-crash!

## 7. ZINC AND WAKING UP

**That's right! One part of this equation is extremely easy – all you have to do is open those eyes and get your behind out of bed...** the other part, the zinc part, isn't so simple... it's not hard, but it's not simple either.

Zinc is a trace element that is absolutely essential for a healthy immune system. A lack of zinc can make a person more susceptible to disease and illness. This powerful little mineral is responsible for a number of functions in the human body, and it helps stimulate the activity of at least 100 different enzymes. The good news is

that only a small intake of zinc is necessary to reap the benefits.

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The bad news is that even getting a small amount of zinc in our body is a tough task. Most foods are low in zinc and most high-level zinc foods are also high carb foods as well - not that that's a bad thing - but in order to get the necessary amount of zinc needed to facilitate weight loss, immune function and better sleep, you'd have to be eating a lot of carbs very often.

However, eggs have absolutely zero carbs and a large amount of zinc, so they are an excellent choice.





### Put it in ACTION

As you'll see, we've already taken care of this for you in your meal plans by adding many meals that include eggs in one way or another.

Whether it be as a baking ingredient in your lunches, dinners, and snacks, or in the more traditional forms of just having eggs for breakfast.

Not a fan of eggs? I'm with you! I never really was either and sometimes-busy ladies like us don't have time to whip up eggs every morning.

If you're in that category, I've included the most naturally zinc-rich foods in all of your morning meals and if you're in a hurry, they're in those shakes too.

# The 10-Day Keto Reset Diet

Plus, most fitness gurus recommend taking the best part out of the egg, the yolk, which happens to be the part of the egg that contains all the zinc. Once you have a look at some of the recipes provided, I think you'll agree that eggs are a pleasant tasting and nutritious way to start the day.

And if you're worried about cholesterol, the team has portioned out servings so that you are only getting the newly proven, doctor recommended, heart-healthy serving of healthy cholesterol.

## 8. FIBER AND CARBOHYDRATES

**Are you filling up on fiber? If you are looking to lose body fat while still Enjoying the carbs you love, you should be!**

Including high-fiber foods in your diet is a healthy and natural way to both lose weight while helping to reduce high blood sugar. As an added incentive, you'll be able to stay full longer, which is also going to help you knock off a couple of bonus pounds as well.

Eating lots of fiber like the kinds found in your "10-Day Keto Reset carbs", as well as the starchy carbs like rice and potatoes etc. found at the top of the "10-Day Keto Reset carbs" list, helps eliminate fat all over the body and specifically the deadly "visceral fat" that surrounds most of our organs!

## The 10-Day Keto Reset Diet

Finally, if that wasn't enough, fiber promotes excellent bowel health, lowers the risk of cancer and heart disease, while also controlling your blood sugar.

When fiber is digested, your body handles it differently than the way

in which refined carbohydrates, such as white flour, are digested.

A portion of the fiber simply passes through your digestive system intact. This difference means that eating foods rich in fiber eliminates any dramatic spikes in high blood sugar because fiber doesn't require insulin to digest, which also means that it can be counted against the total carbohydrates of that particular meal.

When you look at a nutrition facts table, you will typically

find the suggested serving size at the top of the table and the grams of total carbohydrates per serving lower in the table.

# The 10-Day Keto Reset Diet

## 7. FIBER AND CARBOHYDRATES

Below the total carbs, you will see the fiber content listed in grams.

Fiber is accounted for as part of the total carbohydrates found in a

food. In other words, it's listed twice - once in the listing under "fiber" and once as part of the total carbohydrate count, which also includes starches and sugars.

For example, if a bowl of oatmeal has 30 grams of carbs but has 15

grams of fiber, you are only left with 15 total carbs that impact the

body!

### **Put it in ACTION**

Now, I've already given you recommendations on portion sizes and

as I always say, I never want you to be a slave to calorie counting, so

I've taken care of a lot of this for you. All of your 10-Day Reset carbs, specifically the top 10 on the list, are chock-full of fiber.

And in those higher carbohydrate meals I always recommended that

you load up on complex carbs because they are also fiber-rich, which

will help with our goal of reducing total impact carbs.

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However, this is real life and I know that sometimes you're not going

to be able to eat exactly what's on the 10-Day Reset Diet Menu...

So, if you're out and about – or even when you're getting groceries, have a look at your labels.

If you are absolutely DYING for carbs, have a look at the label of the

food you choose and look at the carb vs fiber amounts.

If it's a higher carb option like a granola bar you won't feel guilty

when you see that the fiber content is almost equal to the carbohydrates!

That means you can sometimes have your cake and eat it too (as long as that cake has some fiber in it.

## 9. OLIVE OIL AND SALT

While both salt and olive oil make a welcome addition to almost any

meal, I'm not talking about a food-pairing you put in your mouth here. Of all places, I actually want these 2 health and wellness powerhouses in your tub! Out of all the pairings and combinations listed, this one definitely ranks in my top 3 - not only for the proven scientific and biological benefits, but also for the way it makes me feel...

Almost immediately!

Let's get the "science-stuff" out of the way first.

Extra Virgin Olive Oil itself contains vitamin E, anti-oxidants, and

compounds such as squalene and oleocanthal, which prevent aging

and repair skin damage. Olive oil is non-toxic, anti-microbial, and

hypoallergenic.

Plus, on top of that this is what the beautiful Sophia Lauren attributes to be the sole reason for her almost ageless existence. When asked how she stays looking so young well into her 80's she said: "my mother and sisters all looked old before their time, the only thing I did differently was something a friend's grandmother showed me in my teenage years.

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"Whenever I draw a bath, I release one cap of olive oil into the water."

As for the second half of the equation, salt. When adding it to your bath, most women prefer the Epsom Salt variety for its increased mineral properties, of which there are 21 to be exact. These include magnesium, potassium, sodium, sulfur, zinc, calcium, chloride, iodide, and bromide, all of which work synergistically to nourish our bodies. When it comes to weight loss specifically, this combination has a pulling effect drawing the toxins from the body that induce inflammation and prevent fat mobilization for energy.



# The 10-Day Keto Reset Diet

This itself leads to 3 other key benefits:

## OLIVE OIL AND SALT - BENEFITS

- 1) Reduce insomnia by increasing circulation and adding magnesium, a common ingredient in most sleep-aids.
- 2) Relief of arthritis pain including osteoarthritis, rheumatoid arthritis, and psoriatic arthritis.
- 3) Improving skin quality and relief from eczema.

In one German study, patients with active eczema soaked one arm

in a dead sea salt solution and their other arm in tap water for 15

minutes a day for 6 weeks. Soaking in the Dead Sea salt solution significantly improved skin barrier function, hydration, and inflammation compared with the tap water-treated side.

## Put it in ACTION

Simply add 1 capful of olive oil and as much as one cup of Epsom

salts to your warm bath. The more is better approach is NOT



## The 10-Day Keto Reset Diet

recommended here unless you want to step out of that bath feeling

like a pork-chop ready for the grill!

And even with this minimal dose of each, be sure to towel off thoroughly. For the sake of anybody else who lives with you, maybe

devote a special towel to your salty-oil bath as well.

Don't have time for a bath? Yes, you do.

I hate to be one of those people who say "make time" but... MAKE TIME.

Light a candle, draw the bath, put in your "potion" and turn everything (and everyone) else off. This is your time, do something for you and relax. Speaking of relaxing, I almost forgot to mention...

Remember the whole increased cortisol/stress thing keeping you

ladies chubby? A 10-minute warm bath (with or without salt and oil)

has been proven to reduce blood pressure by 10% and cortisol levels

by 20%.

Bottom Line... make time for yourself, and your bath!

# The 10-Day Keto Reset Diet

## 10. OXYGEN AND H<sub>2</sub>O

This combination is designed to flood the body, blood and brain with the primary elements that keep you alive... makes sense that this would be beneficial, right?

We do this by ingesting massive doses of oxygen while reinvigorating its only means of transportation, your blood.

Again, cortisol and dehydration levels are naturally at their highest upon rising and in the mid-afternoon.

Although you may not feel stressed or dehydrated when you wake up, your stress hormone is pumping in excess in order to get the rest of the body ready for action. And while you were snoozing, every cell went through a massive regeneration and renewal process, using a large amount of your body's water supply.



At around 1-3 in the afternoon, cortisol and dehydration reach their second peak. For most of us we've already dealt with a bunch of micro-stressors that could stem from a number of bothersome or annoying situations and in the midst of all this it's only natural that you haven't consumed the right amount of water to stay hydrated.

The bottom line is, if your stress hormone is pumping and you're

# The 10-Day Keto Reset Diet

dehydrated the last thing your body is focused on is losing weight.

In fact, the opposite is true; you're more likely to add pounds here

as the body looks to save up fuel (fat and water) in case of emergency.

With all this in mind, it's time to use an easy, yet proven technique

that immediately suppresses cortisol and stress levels along with a

cocktail that provides natural energy, rehydration, an detoxification while alkalizing the body.

## **Put it in ACTION**

Ideally, every morning and every afternoon when you can,

you will practice 10-20 reps of breath work for immediate

cortisol reduction plus all day cortisol regulation and to improve Tissue Function & Prevention.

All of our organs perform better when fully oxygenated,

plus most diseases cannot thrive in an optimally oxygenized environment. As an added bonus, this will provide an immediate and prolonged stimulation of the lymphatic system too.

# The 10-Day Keto Reset Diet

This routine should be followed by drinking 1-16oz (250ml-500ml) of “alkalized water”, resulting in a 20-24% boost in metabolic function, and eliminating dehydration after 7-8 hours of sleep.

You'll also increase nutrient absorption and create an

“Alkaline” environment in your body that provides clean energy, fat oxidization and mental focus using some of the principles borrowed from flavor-pairing #4 (lemon and ACV).

Breath work Technique

1 REP EQUALS:

- Take a deep breath in through the nose that lasts 4 seconds.
- Hold your breath for two seconds.
- Exhale from the nose and mouth “through the diaphragm” for 5-6 seconds releasing every last bit of air.
- During these repetitions focus on nothing but your breathing.

This may be tough to do at first.

Thoughts will enter your mind but simply recognize that thought, dismiss it, and refocus again on your breathing. X15-20 repetitions.

Alkalized Water

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## INGREDIENTS:

WATER: 500ml/16.9 fl oz (minimum)

LEMON JUICE: ½ squeezed lemon

1 pinch of baking soda and/or sea salt

### 1. GINGER AND ORANGE

As complex and as efficient as the human body is, performing

literally a million tasks at once, it still hasn't figured out how to do everything really well all at once.

What I mean is, your body kind of has a "one track mind" and if it is caught up doing one large task, some of the others will suffer - especially when it comes to digestion.

Think of digestion as a workout for the entire inside of your body...

... Stomach acids are mobilized to break down food, the liver and kidneys jump in to eliminate toxins, all while a few liters of blood are devoted to fueling the whole process.

For many of us, our digestive system has been experiencing an all-day traffic jam, even after the smallest meals, which is one of the

primary reasons most women have trouble losing weight or keeping it off. If the body is caught up with digesting and breaking down food, it cannot focus on our primary goal over the next few weeks of fat elimination and creating hormonal balance.

## The 10-Day Keto Reset Diet

The ginger portion of this equation was lifted from our go-to healthy country, Japan, who eats ginger with almost every meal in its pickled form, while the citrus half was taken from the Germans who typically try to add oranges to almost each and every heavy meal.

This little ginger root contains nine different substances that have been found to stimulate serotonin receptors in the gut, which provide benefits to the gastrointestinal system, reducing gut-related inflammation and enhancing nutrient absorption.



Ginger is classified as a carminative (reducing intestinal gas) and an intestinal spasmolytic (soothes the intestinal tract), while inducing gut motility. Additionally, it helps aid in the production of bile, making it particularly helpful in digesting fats.

The other half of this equation, the citrus (specifically oranges), takes care of the rest.

# The 10-Day Keto Reset Diet

For many of us even if our digestion is on track we fail when it comes to the most important part, nutrient and mineral absorption. Getting your hormones to work together to mobilize fat as fuel takes a lot of help, or "ingredients", and oranges have everything we need.

While the heavy dose of vitamin C in any citrus fruit plays a key role in helping the gut and intestinal track absorb those precious nutrients, oranges perform best when it comes to assimilation of iron – a key fat mobilization and energy enhancing aid. Oranges take multitasking to the next level by promoting a "blunted" insulin spike that not only helps digest the food itself, but soothes insulin sensitivity as well.

## Put it in ACTION

### Option 1 (Our go-to)

Almost every night before bed treat yourself to an "Orange Ginger Digestive" tea so your body can focus on burning fat while sleeping instead of devoting all its energy to digesting your last meal.

While you may be able to find an orange ginger tea at the grocery store, I prefer you make your own just because I know you're getting about 5-10 times the nutrients needed with the DIY version.

To make enough for a few cups later in the week, or even better, a cold glass in the afternoon tomorrow, boil 4 cups of water with 1 inch of ginger sliced into tiny pieces along with one full orange sliced into circular slices. Add a natural sweetener if you like and let this powerful concoction go to work.

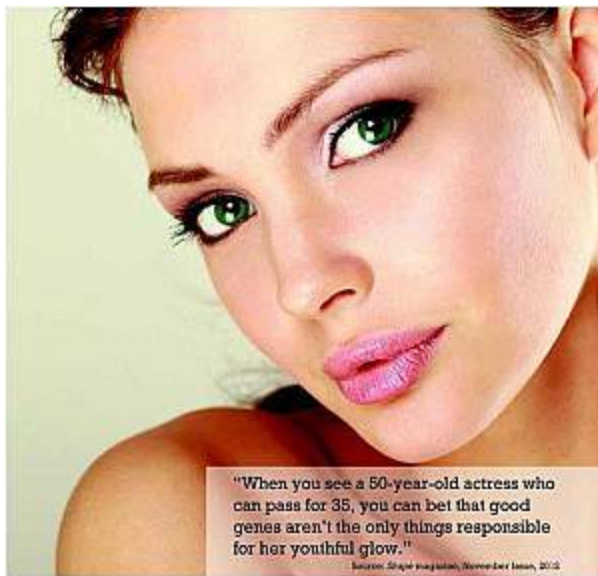
By the way, this is one of our favorite nighttime "craving-killers" as well!

# The 10-Day Keto Reset Diet

## 1. The Power Of Human Growth Hormone - aka HGH

### HOW TO REVERSE THE SIGNS OF AGING QUICKLY AND NATURALLY

A recent Shape magazine article starts out with a very provocative statement: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." A number of Hollywood A-Listers have been visiting some of the most expensive clinics in the U.S. for controversial human growth hormone (HGH) therapy due to its touted ability to reduce wrinkles, decrease body fat, increase lean muscle mass, boost energy, rev up sex drive, and make users look and feel decades — not years, but DECADES — younger.



But 30-somethings are rapidly overtaking 50 year olds as the largest group of HGH users. So what's the draw for this younger crowd?

"Certainly, no one considers 35 'old', Yet America's 'anti-aging' obsession has more and more women in their mid to late 30s worrying not just about looking and feeling old, but about **not** looking and feeling their

age.

Now that 50 is the new 30, it seems 30 year olds are feeling the pressure to look 20, and to take preventative measures so they stay ahead of the anti-aging game." And now a new homeopathic transdermal gel is making it easier woman like you to jump on the HGH bandwagon in an attempt to do just that.

Maintain your youth with the only HGH transdermal gel available today.



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As we age, energy plummets, skin starts to wrinkle, muscles get weaker, and our bones become brittle. These are typical signs of decreased human growth hormone (HGH) in the body. HGH reaches its peak around the age of 20, and then begins to plummet at about 25. This is when the dreaded aging process begins.

**SOMADERM®** provides a unique and affordable alternative designed to support your pituitary gland to bring your HGH closer to youthful levels.

## WHAT IS HGH?

HGH is a naturally occurring hormone produced by the pituitary gland. While many associate HGH with its role in childhood growth, this hormone also helps regulate vital bodily functions including metabolism, muscle structure, body composition, and so much more.



## WHY WE RECOMMEND SOMADERM?

SOMADERM Gel is a proprietary formula that leverages the best of nature and science. We use the best natural ingredients combined with Somatropin, a synthetic human growth hormone. This gel harnesses the power of human growth hormone to help you achieve a healthier, more vibrant life.

An increase in HGH is associated with:

|May improve bone health\*

|May improve joint health\*

May increase muscle\*

## The 10-Day Keto Reset Diet

|May improve sleep\*

|May support better mood\*

|May increase joint mobility\*

|May improve memory\*

|May help with weight management\*

|May support healthier looking skin\*

I believe using Somaderm HGH gel in conjunction with the 10-Day Reset Diet helped to heal Jayne's body and lock in the reset process.

**TO TRY SOMADERM RISK FREE CLICK THE IMAGE ABOVE**

# CONGRATS!

## YOU HAVE REACHED THE END THE 10-DAY KETO RESET DIET

We are so excited to hear about your new 10-Day Keto Reset diet results. Please make sure to email me us your before and after photos, comments, and feedback, and you'll be eligible to win a \$100 Amazon Gift card just for sending us your 30, 60, or 90-day results.

Send us a video testimonial and you'll get a double entry. Please send you email address [10dayreset@colinfwatson.com](mailto:10dayreset@colinfwatson.com)

amazon.com  
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**\$100**

