

Sara Gottfried, MD

# 21 DAY DETOX MEAL PLAN

You spoke, we listened.



We understand some of you like to be told what to eat each day so we created a 21 Day Meal Plan with the nutritional data broken down (including protein, carbs, fat, fiber, sugar).

You by no means have to follow this plan or any of our other meal plans.

Use this meal plan as inspiration and to see what proper meal composition looks like.

## RESET 1: MEATLESS & ALCOHOL FREE

	Meal 1	Meal 2	Meal 3	Nutritional Analysis
<b>Day 1</b>	<b>Scrambled Green Eggs:</b> 3 organic eggs, 2 cups spinach, ½ cup cooked sweet potato, 2 tsp extra virgin olive oil	<b>Smoothie:</b> 1 cup raw kale, 1 cup frozen kale, ½ cup frozen blueberries, 1 Tbsp chia seeds, 1 Tbsp ground flaxseed, 1 Tbsp MCT oil, 2 scoops Reset360 Vanilla Protein, 1 scoop Reset360 Fiber	<b>Salmon on Greens with Lemon Dijon Dressing:</b> 4 oz Salmon, ¼ avocado served on 4 cups arugula, tossed with ¼ pint grape tomatoes drizzled with whisked juice of ½ lemon and 1 tsp Dijon mustard	Calories: 1265 Fat (g): 73 Carb (g): 74 Fiber (g): 35 Sugar (g): 15 Net Carbs (g): 39 Protein (g): 79
<b>Day 2</b>	<b>Smoothie:</b> 2 scoops Reset360 Chocolate Protein, 1 scoop Reset360 Fiber, ¼ cup strawberries, 1/4 cup full fat coconut milk, 2 Tbsp almond butter, 2 cups fresh greens	<b>2 Sides Together:</b> 1 serving Zucchini Hummus ( <i>community cookbook, pg 27</i> ) with 5 oz canned wild sardines, ½ avocado, 3 stalks celery, ½ Tbsp chia seeds. Dip celery in hummus. Mix sardines, avocado and chia seeds together and enjoy.	<b>Stir-Fry:</b> 5 oz tofu browned in 1 Tbsp coconut oil, ½ cup broccoli, ½ cup pea pods, ½ cup mushrooms, 2 scallions (chopped), pinch of minced ginger, 1 Tbsp red wine vinegar, 1 Tbsp coconut aminos	Calories: 1504 Fat (g): 108 Carb (g): 72 Fiber (g): 35 Sugar (g): 15 Net Carbs (g): 37 Protein (g): 81
<b>Day 3</b>	<b>Smoothie:</b> 1 scoop Reset360 Chocolate Protein, 1 scoop Reset360 Vanilla Protein, 1 scoop Reset360 Fiber, ½ cup unsweetened pumpkin, ¼ cup full fat coconut milk, handful of fresh leafy greens, few dashes of pumpkin spice, water to your preferred consistency	<b>Large Salad:</b> 6 oz tempeh (previously browned on frying pan) topped on salad cold or warm, 2 cups leafy greens, ½ cucumber, 5 olives, ½ cup cherry tomatoes with dressing. Example dressing: 1 Tbsp olive oil, few dashes oregano, juice of ½ lemon, 1 Tbsp red wine vinegar	<b>Herbed Chicken with Veggies:</b> 5 oz chicken breast coated with ½ tsp of each of the following herbs: rosemary, thyme, oregano. On medium high frying pan, add 1 Tbsp coconut oil or ghee and 1 minced garlic clove. Then, add the coated chicken, cover, and flip after about 5 min and cook for an additional 5 minutes or until cooked through. Add salt & pepper to taste. Serve with 1 cup each of steamed broccoli and cauliflower	Calories: 1379 Fat (g): 74 Carb (g): 83 Fiber (g): 39 Sugar (g): 15 Net Carbs (g): 44 Protein (g): 108

## RESET 2: SUGAR FREE

	Meal 1	Meal 2	Meal 3	Nutritional Analysis
<b>Day 4</b>	<b>Lean Eggs and Avocado:</b> 2 eggs and 2 egg whites, scrambled in 1 tbsp. extra virgin olive oil with ½ sliced tomato, ½ cup chopped green bell peppers, ¼ cup chopped onions, and 1 cup spinach. Served with ¼ avocado, sliced	<b>Spinach, Strawberry, and Chicken Salad:</b> 4 oz organic rotisserie chicken breast, 3 cups mixed salad greens, ¼ cup cut strawberries, ½ cup diced cucumber, 1 Tbsp almonds, 1 Tbsp extra virgin olive oil	<b>Smoothie:</b> Coconut Pumpkin Cream. 2 scoops Reset360 Protein, 1 scoop Reset360 Fiber, ¼ cup pumpkin puree, 1 tsp maca, pinch each clove, nutmeg, cinnamon, 6 oz unsweetened coconut milk (in carton), 6 oz water, ½ cup spinach, 10 pecans	Calories: 1156 Fat (g): 66 Carb (g): 69 Fiber (g): 37 Sugar (g): 15 Net Carbs (g): 32 Protein (g): 82
<b>Day 5</b>	<b>Basic Shake with almond butter</b> ( <i>community cookbook, pg 6</i> )	<b>Coconut Shrimp:</b> 4 oz wild shrimp, ½ cup cooked chopped spinach, 1 tsp coconut oil, ¼ cup unsweetened shredded coconut, 1 egg. Sauté chopped spinach in hot frying pan, set aside. Dip the raw shrimp in a small dish with the whisked, raw egg. Then, coat the shrimp in the coconut and add to a medium high frying pan (with oil already melted and hot). Flip after 2-3 min and let cook for another 2-3 min.	<b>"Spaghetti":</b> 5 oz ground turkey, 1 cup zucchini noodles topped with ½ cup diced tomatoes (no sugar added, just tomatoes), ½ cup sliced mushrooms, 1 cup chopped kale, 1 Tbsp ghee, and Italian spice herbs. Mix all together in hot frying pan for "spaghetti". Served with a side of 1 cup steamed broccoli	Calories: 1257 Fat (g): 77 Carb (g): 69 Fiber (g): 37 Sugar (g): 10 Net Carbs (g): 32 Protein (g): 90
<b>Day 6</b>	<b>South of the Border Smoothie</b> ( <i>community cookbook, pg 12</i> )	<b>1 serving Heavenly Quinoa with ½ an Avocado:</b> ( <i>community cookbook, pg 51</i> ) Drink 1 scoop fiber with 8 oz water before your meal. (modifications: without the maple syrup, red wine vinegar or apple cider vinegar, use 2 cups cooked quinoa, 1 piece salmon = 4 oz salmon)	<b>Chicken with ½ cup Pumpkin Salsa served with side salad:</b> 4 oz chicken, 2 cups spinach, ½ cup sprouts, ½ Tbsp oil dressing. Pumpkin salsa recipe below.	Calories: 1318 Fat (g): 81 Carb (g): 91 Fiber (g): 42 Sugar (g): 11 Net Carbs (g): 49 Protein (g): 78

## RESET 3: FRUITLESS

	Meal 1	Meal 2	Meal 3	Nutritional Analysis
<b>Day 7</b>	<p><b>Dr. Sara's Basic Shake:</b> (<i>community cookbook pg 6</i>) 2 scoops Reset360 Chocolate Protein, 1 scoop Reset360 Fiber, 1 cup unsweetened coconut milk, 1 cup chopped kale, 1 Tbsp ground flaxseeds, 1 Tbsp almond butter</p>	<p><b>Everything-But-The-Kitchen-Sink-Salad:</b> (<i>community cookbook, pg 41</i>) Fill a to-go salad container with ½ cup broccoli sprouts, 1 sliced Kirby cucumber, ½ cup raw broccoli florets, ¼ sliced avocado, 2 Tbsp jalapeno hummus, 2 Tbsp kimchi, 1 sliced cooked beet, 1/3 cup quinoa, dressed with apple cider vinegar, and topped with 3 cups organic greens. When ready to eat, top with 1 can of sardines in extra virgin olive oil (Crown Prince is BPA-free), and toss.</p>	<p><b>Sautéed Cod with Roasted Veggies:</b> 4 oz cod filet roasted with 6 ounces brussels sprouts in 2 Tbsp coconut oil, served with 4 cups salad greens dressed with 1 Tbsp avocado oil and 1 Tbsp apple cider vinegar to taste</p>	<p>Calories: 1359 Fat (g): 89 Carb (g): 65 Fiber (g): 35 Sugar (g): 14 Net Carbs (g): 31 Protein (g): 82</p>
<b>Day 8</b>	<p><b>Smoothie:</b> Bliss Shake with only 1 oz Yam (<i>community cookbook, pg 7</i>)</p>	<p><b>Scrambled Eggs:</b> 3 eggs and 1 egg white, ¼ cup salsa, ¼ avocado, 1 Tbsp chia seeds sprinkled on top</p>	<p><b>Roasted Tomatillo Salmon with Kabocha-Kale Salad</b> (<i>community cookbook, pg 49</i>)</p>	<p>Calories: 1315 Fat (g): 74 Carb (g): 89 Fiber (g): 36 Sugar (g): 13 Net Carbs (g): 49 Protein (g): 80</p>
<b>Day 9</b>	<p><b>Smoothie:</b> Pumpkin Spice Shake (<i>community cookbook, pg 11</i>)</p>	<p><b>Dr. Sara's Spicy Tuna Bowl with Vegetables</b> (<i>community cookbook, pg 50</i>)</p>	<p><b>4 oz Chicken Kabobs with 1 Serving Creamy Mushroom Soup</b> Mushroom soup recipe below</p>	<p>Calories: 1382 Fat (g): 80 Carb (g): 88 Fiber (g): 37 Sugar (g): 12 Net Carbs (g): 49 Protein (g): 83</p>

## RESET 4: CAFFEINE FREE

	Meal 1	Meal 2	Meal 3	Nutritional Analysis
<b>Day 10</b>	<p><b>Smoothie:</b> Dr. Sara's Savory Shake (<i>community cookbook, pg 16</i>) with 1 cup chicken broth, 1/2 avocado, 1 Tbsp Miso, 1 small stalk cooked celery, 1/4 cup cooked red bell pepper, 1/2 cup radishes, 1/2 cup unsweetened carton coconut milk, 2 scoops 360vanilla protein powder. Or choose your own veggies! Add 1 scoop fiber in shake OR have separate with 8 oz water.</p>	<p><b>Burger and Greens:</b> Organic 6 oz turkey burger wrapped in 2 romaine heart lettuce leaves, served with 1 tsp Dijon mustard, 1 slice tomato, 1 cup sautéed spinach, in 2 tsp olive oil.</p>	<p><b>Kale, Roasted Brussels and Chickpeas:</b> 2 cups raw baby kale tossed with 2 tsp olive oil and juice of 1/2 lemon, 1 cup brussels sprouts roasted, 1/2 cup chickpeas, served with 1/2 an avocado (sliced).</p>	<p>Calories: 1190 Fat (g): 68 Carb (g): 88 Fiber (g): 42 Sugar (g): 9 Net Carbs (g): 46 Protein (g): 75</p>
<b>Day 11</b>	<p><b>Smoothie:</b> Chai Gingerbread Shake (<i>community cookbook, pg 13</i>) (add 1 scoop of fiber and 1 Tbsp chia seeds)</p>	<p><b>Easy Leftovers:</b> 1 serving left over mushroom soup with 4 oz sautéed or grilled shrimp, 1/2 avocado (sliced)</p>	<p><b>Chicken Curry in a Hurry</b> (<i>community cookbook, pg 53</i>)</p>	<p>Calories: 1295 Fat (g): 83 Carb (g): 84 Fiber (g): 35 Sugar (g): 10.5 Net Carbs (g): 49 Protein (g): 92</p>
<b>Day 12</b>	<p><b>Smoothie:</b> Pumpkin Spice Shake (<i>community cookbook, pg 11</i>)</p>	<p><b>Asian Chicken Salad with Ginger Sesame Dressing</b> (<i>community cookbook, pg 54</i>)</p>	<p><b>White Bean Chicken Chili</b> (<i>community cookbook, pg 55</i>)</p>	<p>Calories: 1256 Fat (g): 45.5 Carb (g): 101 Fiber (g): 53 Sugar (g): 12.5 Net Carbs (g): 48 Protein (g): 81</p>

## RESET 5: GRAIN FREE

	Meal 1	Meal 2	Meal 3	Nutritional Analysis
<b>Day 13</b>	<b>Veggie Omelet in Ghee:</b> 3 eggs, ½ cup asparagus, 1 cup chopped spinach, 1 chopped leek, cooked in 2 tsp ghee	<b>Mexican Maca Mocha Shake:</b> 2 scoops Reset360 Chocolate Protein, 2 scoops Reset360 Fiber, 2 cups spinach, 1 tsp maca, 1 tsp coconut butter, 1 Tbsp flax seeds, 1 Tbsp chia seeds, cayenne pepper to taste, 1 cup unsweetened almond milk	<b>Tempeh, Sweet Potato, Sautéed Greens, Kimchi:</b> 1 serving (1/3 -1/2 block) of grain-free tempeh, ¼ cup sweet potato, 2 cups baby bok choy sautéed in 1 Tbsp red palm oil, served with 2 Tbsp kimchi.	Calories: 1255 Fat (g): 73 Carb (g): 73 Fiber (g): 46 Sugar (g): 13 Net Carbs (g): 33 Protein (g): 75
<b>Day 14</b>	<b>Smoothie:</b> South of the Border Smoothie ( <i>community cookbook, pg 12</i> )	<b>Yogi Power Salad:</b> ½ cup cooked lentils, 1 Tbsp chopped red onion, ½ red bell pepper, ½ diced tomato, 1 cup chopped spinach, small handful sprouts with a lemon tahini dressing. Dressing: 1 clove minced garlic, juice of ½ lemon, 1 Tbsp tahini, 1 Tbsp olive oil, nutritional yeast to taste, salt & pepper to taste, add water to thin if desired.	<b>Roasted Chicken with Broccoli Delight</b> ( <i>community cookbook, pg 40</i> ). Salt & pepper the top of the whole chicken. Roast a whole chicken in roasting pan at 350 degrees for about 90 min, or until fully cooked. Let cool. Eat 5 oz chicken with 1 serving of broccoli delight.	Calories: 1220 Fat (g): 69.5 Carb (g): 84 Fiber (g): 35 Sugar (g): 14 Net Carbs (g): 49 Protein (g): 76
<b>Day 15</b>	<b>Smoothie:</b> Weight Loss Shake ( <i>community cookbook, pg 8</i> )	<b>Greek Salad with left over Chicken:</b> ½ head romaine lettuce chopped, 8 Kalamata olives, small handful of cherry tomatoes (about 8), ¼ diced cucumber. Dressing: 1 Tbsp olive oil, juice of ½ lemon, few dashes of oregano. Serve with 4 oz of leftover roasted chicken	<b>Roasted Red Pepper Sauce on 6 oz Wild Cod. Sauce:</b> 1 red pepper roasted in oven at 450 degrees for 20 min, 1 clove garlic, juice of ½ lemon, ½ Tbsp olive oil, ¼ cup almonds. Blend all ingredients together to make the sauce and serve over baked cod.	Calories: 1198 Fat (g): 54 Carb (g): 78 Fiber (g): 40 Sugar (g): 12 Net Carbs (g): 38 Protein (g): 94

## RESET 6: DAIRY FREE

	Meal 1	Meal 2	Meal 3	Nutritional Analysis
<b>Day 16</b>	<p><b>Smoothie:</b> Maca Chia Energy On-the-Go Shake-Up (<i>community cookbook, pg 9</i>) In a shaker bottle, shake up 1 scoop Reset360 Vanilla Protein and 1 scoop Reset360 Chocolate Protein, 1 scoop Reset360 Fiber, 1 Tbsp maca powder, 1 Tbsp chia seeds, ½ teaspoon nutmeg in 1 cup unsweetened coconut milk. Pack a Ziploc of 2 sliced Kirby cucumbers and ½ cup sliced fennel to grab and go.</p>	<p><b>Nori Salmon Wrap:</b> Spread a sheet of Nori wrap with 1 Tbsp cashew cheese (such as Tree Nut cheese Dr. Cow), and top with 2 oz smoked salmon, 3 oz broccoli slaw (1 package serving), 2 cups baby sweet lettuce, 1 tsp Dijon mustard, and roll. Enjoy with 2 celery stalks and one cup bone broth (Pacific foods makes pre-packaged containers) sipped on the side.</p>	<p><b>Roasted Turkey, Cauliflower Fried Rice, and Collard Greens:</b> 4 ounces sliced and roasted turkey breast served with 1 serving cauliflower fried rice (<i>from Dr. Sara's Cauliflower Power Recipes, using coconut oil</i>), 2 cups cooked collard greens dressed in 1 Tbsp melted coconut oil and apple cider vinegar.</p>	<p>Calories: 1122 Fat (g): 54 Carb (g): 76 Fiber (g): 42 Sugar (g): 15 Net Carbs (g): 34 Protein (g): 90</p>
<b>Day 17</b>	<p><b>Smoothie:</b> Basic Shake with Almond Butter (<i>community cookbook, pg 7</i>)</p>	<p><b>Salmon with "mashed potatoes" and green beans:</b> 6 oz baked salmon, 1 cup pureed cauliflower seasoned with salt &amp; pepper topped with ½ Tbsp ghee, 1 cup steamed green beans topped with ½ Tbsp ghee.</p>	<p><b>Organic Chicken Sausage, Kimchi, Sweet Potato:</b> 1 organic mild Italian chicken sausage (Bilinski's brand used in this nutritional data), ¼ cup kimchi, ½ cup cubed cooked sweet potato. Brown chicken sausage with sweet potato cubes and then add kimchi. Finish meal with ½ cup pecans.</p>	<p>Calories: 1423 Fat (g): 92 Carb (g): 81.5 Fiber (g): 40 Sugar (g): 8 Net Carbs (g): 41.5 Protein (g): 84</p>
<b>Day 18</b>	<p><b>Smoothie:</b> South of the Border Smoothie (<i>community cookbook, pg 12</i>)</p>	<p><b>Quinoa Tabbouleh:</b> Have 1 scoop fiber with 8 oz water beforehand. ½ cup cooked quinoa, ½ fresh lemon juice, 1 Tbsp olive oil, ¼ diced cucumber, 8 diced cherry tomatoes, 1 chopped green onion, fresh mint, parsley, salt &amp; pepper to taste. Mix all together and enjoy. Serve with 4 oz steamed shrimp.</p>	<p><b>Asian Chicken Salad with Ginger Sesame Dressing</b> (<i>community cookbook, 54 pg</i>)</p>	<p>Calories: 1173 Fat (g): 46 Carb (g): 64 Fiber (g): 38.5 Sugar (g): 15 Net Carbs (g): 25.5 Protein (g): 82</p>

## RESET 7: TOXIN FREE

	Meal 1	Meal 2	Meal 3	Nutritional Analysis
<b>Day 19</b>	<p><b>Smoothie:</b> Dr. Sara's Advanced Shake (<i>community cookbook, pg 1</i>) 1 cup unsweetened cashew milk, 2 scoops Reset360 Protein of your choice, 1 scoop Reset360 Fiber, 2 cups kale, ½ Tbsp Bob's Red Mill Potato Starch, 1 Tbsp chia seeds, 1 brazil nut. Add chia seeds after you blend smoothie</p>	<p><b>Easy Blended Broccoli Zucchini Coconut Soup with Steamed Shrimp:</b> Simmer 8 oz chicken or bone broth, ¼ cup cull fat coconut milk, red chili flakes, ½ inch piece of ginger (sliced), juice of ½ of a lime, ½ cup frozen broccoli and 1 sliced zucchini. Once veggies are softened, remove from heat, blend in blender and drink. Serve with steamed shrimp</p>	<p><b>Smoothie:</b> Modified DH Green Shake. ¼ cup full fat coconut milk, 6-8 oz water, 2 scoops Reset360 Chocolate Protein, 1 scoop Reset360 Fiber, 1 scoop greens formula, 1 Tbsp ground flaxseed, 6 cashews, 2 cups spinach, 1/8 ripe avocado, 5 ice cubes</p>	<p>Calories: 1278 Fat (g): 63 Carb (g): 96 Fiber (g): 53 Sugar (g): 13 Net Carbs (g): 43 Protein (g): 94</p>
<b>Day 20</b>	<p><b>Smoothie:</b> Maca Chia Energy Shake (<i>community cookbook, pg 9</i>)</p>	<p><b>Smoothie:</b> 2 scoops reset360 Chocolate Protein, 1 cup almond milk, 2 Tbsp almond butter, 2 handfuls leafy greens</p>	<p><b>Ground Turkey Burger with a side of Asian Zucchini Noodles:</b> 5 oz turkey burger. 1 zucchini made into "noodles" with a spiralizer, 1 Tbsp tahini, pinch of freshly minced ginger or more to taste, ½ Tbsp coconut aminos, 1 tsp toasted sesame oil, splash of fish sauce, 1 chopped green onion, salt/pepper/red pepper flakes to taste. To make zucchini noodles: peel zucchini and run through a spiralizer. Gently squeeze with paper towel to absorb extra water. In separate bowl, add all other ingredients and whisk together until fully combined. You can serve cold or toss on frying pan to serve hot. Top with 1 Tbsp sesame seeds.</p>	<p>Calories: 1270 Fat (g): 67.5 Carb (g): 90 Fiber (g): 45 Sugar (g): 14 Net Carbs (g): 45 Protein (g): 84</p>
<b>Day 21</b>	<p><b>Scrambled Eggs:</b> 3 eggs, 1 cup raw chopped spinach, ¼ cup kimchi, ½ organic chicken sausage, top with ½ avocado (sliced)</p>	<p><b>Smoothie:</b> Bliss Shake (<i>community cookbook, pg 7</i>)</p>	<p><b>Smoothie:</b> Total Chai Gingerbread Shake (<i>community cookbook, pg 13</i>)</p>	<p>Calories: 1103 Fat (g): 59 Carb (g): 80 Fiber (g): 35 Sugar (g): 6.5 Net Carbs (g): 45 Protein (g): 75</p>



## RECIPES:

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### Pumpkin Salsa

#### Ingredients

1 Tbsp olive oil  
2 medium tomatoes, chopped  
1 small onion, chopped  
2 garlic cloves, minced  
1 (25 oz) can of diced tomatoes, drained  
1 (15 oz) can of plain pumpkin puree  
3 Tbsp jarred, chopped jalapenos  
1 tsp cinnamon  
½ tsp pumpkin pie spice  
Salt & crushed red pepper  
chili flakes to taste

#### Directions

1. In a sauté pan on medium high heat, add olive oil then chopped fresh tomatoes, onions and garlic and sauté until onions become translucent.
2. Add in the canned tomatoes, pumpkin puree, salt, chopped jalapenos and spices.
3. Cook for about 10 minutes.

### Creamy Mushroom Soup

(2 servings)

#### Ingredients

1 Tbsp ghee  
1 small onion, sliced  
7 oz container fresh shiitake mushrooms, sliced  
3 cups bone broth  
½ cup coconut milk, full fat  
salt/pepper  
1 sprig thyme leaves or 1 Tbsp dried thyme  
2 dashes nutmeg

#### Directions

1. On medium high heat, add the ghee to a large saucepan and then add the sliced onion. Cook until translucent, about 5 min.
2. Add sliced mushrooms, thyme leaves, nutmeg, salt and pepper. Cook and stir occasionally until the mushrooms cook down a bit, about 7-10 min.
3. Add the coconut milk and bone broth, let simmer without cover for 5 min.
4. Use an immersion blender to blend to your preferred chunkiness or smoothness.