

## The 7 Day Vixen Reset Challenge

Well hello there Vixen! Hell yes!! I'm so excited for you to embark on this challenge. Now, I'm not going to lie, this is going to be tough but YOU CAN DO THIS! Think about all the benefits you'll have after completing the challenge! 7 days is nothing compared to the grande scheme of life! This of this challenge as your handy "reset button" when you know your mind and body need a break!

### You can expect (to name a few):

- Weight loss
- Improved digestion
- Better sleep
- Improved mental clarity and focus
- Increased strength and flexibility
- Clearer skin
- Improved energy

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### **The Seven 7's of the Challenge**

these are must do's!

1. 7 Days of Yoga: You'll be doing yoga each day for 7 days (wow!). This can be done in studio or in your home. Even if you only make it through a few rounds of Sun Salutations, do the yoga! My favorite online resources for yoga are [DoYogaWithMe.com](#) and [DailyYoga.com](#)
2. 7 Days of no caffeine or alcohol: I know, I'm the worst! This is ESSENTIAL to completing the program successfully. No cheats allowed and no substituting caffeinated teas for coffee.
3. 7 Days of Clean Eats: We're focusing on salads, quinoa bowls, smoothies and healthy snacks. Click here to get your printable daily food cards!
4. 7 Days of Water: Each day you'll drink 1/2 your body weight, in ounces. Measure out approximately how many times you'll need to finish your favorite water bottle!
5. 7 Days of Journaling: Just keep a quick, bullet point journal throughout the challenge. You can journal in the morning or the evening. It should take you any longer than 2 minutes to reflect on how you feel, what was hard and what went well.
6. 7 Days of Sleep: You can commit to either a set bedtime or you can commit to a certain amount of hours per night. I'm shooting for a full 8!
7. 7 Days of Support: Each morning at 5AM, I'll post the instructions to walk you through the day. You'll also get any evening tips that will set the following day up for success. We'll also have office hours (Monday (9-11am), Wednesday (12-2pm) and Saturday (10-12)) in the [Vixen Facebook Group](#) ([click here to join now!](#)) where I'll be standing by LIVE to answer any questions and offer support just for you!



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## **Meal Plan**

your glorious, healthy food for the week! Don't worry, I'll give you all the prep details below!

	Mon (Day 1)	Tues (Day 2)	Weds (Day 3)	Thurs (Day 4)	Fri (Day 5)	Sat (Day 6)	Sun (Day 7)
<b>Breakfast</b>	Smoothie #1	Skirt Steak, HB Egg and Hot Sauce	Smoothie #2	Salad #1	Smoothie #1	Salad #2	Quinoa Bowl #2
<b>Snack</b>	Carrot Sticks and Ranch, HB Egg	Beef Jerky, 1/2 Avo	Apple, Almond Butter, Sunflower Seeds	Jicama Sticks, Lime, Chile Powder	1/2 Avo, Hot Sauce, HB Egg	Cucumber, Lime, Chili Powder	Kale Chips, Frozen Grapes
<b>Lunch</b>	Quinoa Bowl #1	Salad #2	Quinoa Bowl #2	Smoothie #1	Quinoa Bowl #3	Smoothie #2	Salad #3
<b>Snack</b>	Kale Chips, Frozen Grapes	Cucumber, Lime, Chili Powder	1/2 Avo, HB Egg, Hot Sauce	Kale Chips, Frozen Grapes	Jicama Sticks, Lime, Chile Powder	Apple, Almond Butter, Walnuts	Carrot Sticks and Ranch, HB Egg
<b>Dinner</b>	Salad #1	Quinoa Bowl #3	Salad #2	Quinoa Bowl #2	Salad #3	Quinoa Bowl #1	Salad #1

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## **Recipes**

the "how to" of cooking for the challenge

### **Salads**

1. Salad #1: Mixed greens, shredded chicken ranch dressing, tomato, avocado, veggie mix, HB Egg, parm, ranch- grab a handful of mixed greens and top with sliced tomatoes, 1/2 sliced avocado, handful of veggie mix, 1 cup shredded chicken and 1 whole HB egg. Drizzle with ranch and salt and pepper (arranging this salad like a traditional Cobb is so beautiful and delicious!).



2. Salad #2: Kale and cabbage, grilled herbed salmon, veggie mix, apples, walnuts, goat cheese, balsamic vinaigrette.
3. Salad #3: Spinach and arugula, grilled tri-tip steak, veggie mix, strawberries, sunflower seeds, roasted broccoli, parm, honey mustard vinaigrette.

## **Quinoa Bowls**

1. Quinoa Bowl #1: Quinoa, shredded chicken, veggie mix, kale, parm, balsamic vinaigrette.
2. Quinoa Bowl #2: Quinoa, grilled salmon, cabbage, spinach, tomato, veggie mix, avocado, ranch.
3. Quinoa Bowl #3: Quinoa, arugula, tri-tip steak, veggie mix, roasted broccoli, goat cheese, honey mustard vinaigrette.

## **Smoothies**

1. Smoothie #1: Berries, avocado, spinach (use spinach, not kale and only 1/2 avocado per smoothie!) In 3 mason jars, ziplocks or tupperware, portion out the 2 bags of berries, add 1 large handful of spinach and fill with 1/2 an avocado. Add a touch of lime to keep the avocado from browning (Monday breakfast, Thursday lunch, Friday breakfast.). <https://nadialim.com/recipe/berry-spinach-avocado-super-smoothie/>
2. Smoothie #2: Everyday green smoothie (use kale, not spinach!) Prep the smoothie packs for smoothie #2. In 2 mason jars, ziplocks or tupperware, portion out the large handfuls of kale, 1/2 of the turmeric and ginger in each, 1 peeled orange and 1/2 a lemon to each bag. <https://nadialim.com/recipe/everyday-green-smoothie/>

## **Proteins**

- Crock Pot Salsa Chicken: Put the chicken breasts in the crock pot with 1 jar green salsa, salt and pep and a dash of chili powder, cook on low for 4 hours. Shred with a fork and store in a tupperware.
- Orange Herby Salmon: Preheat the grill, rinse and dry the salmon. Whisk together EVOO, juice from 1 orange and 1 tbsp of thyme, oregano and parsley. Grill on medium high heat for 10-12 minutes, skin side down. Store in a tupperware for Salad #2 (Tuesday lunch, Wednesday dinner, Saturday breakfast).
- Simple Tri-Tip Steak: [click for recipe](#)



- Hardboiled Eggs: Place eggs in a single layer in a large pot. Cover with water and bring to a boil. Remove from heat, cover and let sit for 18 minutes. Crack the eggs in the water and peel.

### **Snacks, Dressings, Etc.**

- Veggie Mix: 1 cup of each- carrots, cucumber, bell peppers, radishes, jicama, chopped the way you like them, and stored together in 1 container. These are your grab and go veggies!
- Kale Chips: Preheat oven to 350, de-stem and chop 2 bunches of kale, drizzle with 2 tbsp EVOO, lightly salt and pepper. Bake for 10-15 minutes.
- Frozen Grapes: Rinse 1 bunch and pop them in the freezer!
- Carrots Sticks: Cut carrots into sticks, 3-4 per serving.
- Jicama, Lime, Chili: Peel and cut the jicama into sticks.
- Cucumber Lime, Chili: Slice 1 cucumber per serving, add juice of 1 lime, 1/4 teaspoon chili powder and a dash of salt.
- Roasted Broccoli: Preheat the oven to 450, rinse broccoli and break into florets, place on a baking sheet and drizzle with EVOO. Add S&P and roast for 20 minutes.

### **Dressings**

- Dressing #1: Honey mustard, shallot, apple cider vinegar- finely mince 2 tbsp shallot, 1/4 cup mustard, 1/4 cup honey, 1/4 cup apple cider vinegar, whisk in 1/4 cup EVOO.
- Dressing #2: Homemade garlic dill ranch- crack 2 eggs into a large, wide mouth mason jar or large bowl, add 1 tbsp mustard, juice from 1 lemon, 2 garlic cloves, 1/2 tbsp salt, 1/2 tbsp pepper and blend with an immersion or hand blender (this can also be done in a food processor). SLOWLY drizzle in 2 tbsp almond or avocado oil, add small handful of dill, continue adding almond oil until it reaches desired consistency (just think of the consistency of the ranch dressing you love!)
- Dressing #3: Herbed balsamic vinaigrette- 2 tbsp minced parsley, 1 tbsp minced thyme, 1 tbsp minced oregano, 1/4 cup balsamic vinegar, 2/3 cup EVOO, salt and pepper to taste.

### **Grocery List**

Meat	Veggies	Other
Chicken Breasts (4)	Frozen Berries (2 bags)	Dijon Mustard (1)
Salmon Filets (small, 4)	Carrots (1 bag)	Avocado Oil (1)



Meat	Veggies	Other
Eggs (1 doz)	Lemons (4)	Parmesan Cheese (1 container)
Tri-Tip Steak (3 lbs)	Kale (4 bunches)	Hot Sauce (1)
	Grapes (1 bunch)	Beef Jerky (1 package)
	Mixed Greens (2 bags)	Walnuts (2 cups)
	Cucumbers (4)	Goat Cheese (1 container)
	Red Bell Pepper (2)	Balsamic Vinegar (1)
	Green Bell Pepper (2)	Extra Virgin Olive Oil (EVOO) (1)
	Radish (! bunch)	Sunflower Seeds
	Jicama (1- softball size)	Raw Honey (1)
	Grape Tomatoes (1 container)	Apple Cider Vinegar (1)
	Avocado (4)	Chili Powder
	Red Cabbage (1 head)	Quinoa (1 bag)
	Oregano (1 bunch)	Chicken Broth (1 quart)
	Parsley (1 bunch)	Almond Butter (1)
	Thyme (1 bunch)	Green Salsa (1 jar)
	Garlic (1 head)	Herbal Tea (1 box)
	Spinach (2 bunches)	Mineral Water (3 bottles)
	Arugula (1 bunch)	
	Broccoli (1 bunch)	
	Shallot (1)	
	Limes (3)	
	Oranges (4)	
	Tumeric/Ginger (2 knobs each)	
	Apples (3)	
	Dill (1 bunch)	



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## Prep Day

see recipes above

### **Saturday or Sunday Before the Challenge (Day 0)**

- Preheat the oven to 450, rinse broccoli and break into florets, place on a baking sheet and drizzle with EVOO. Add S&P and roast for 20 minutes.
- Once the broccoli is done, cool the oven off a bit and make the kale chips.
- Cook the chicken in the crock pot.
- Grill the salmon and the tri-tip at the same time.
- Pop the grapes in the freezer.
- Cook 2 cups of quinoa according to package directions, subbing chicken broth for water, store.
- Cut 5 carrots into sticks for snacks, portion into 2 servings and store.
- Prep smoothie packs for smoothie #1. In 3 mason jars, ziplocks or tupperware, portion out the 2 bags of berries, add 1 large handful of spinach and fill with 1/2 an avocado. Add a touch of lime to keep the avocado from browning. Use a market to label the bags.
- Wash, dry and store all of the salad greens. Try to put them in bags or containers so it's easy to just grab handfuls of each throughout the week.
- Make the salad dressings.
- Peel and cut the jicama into sticks.
- Prep the "veggie mix."
- Hard boil 12 eggs.
- Put together your quinoa bowl for Day 1 lunch.

### **Day #1**

- Pack your breakfast for day 2.
- Pack your lunch and snacks for day 2.

### **Day #2**

- Prep the smoothie packs for smoothie #2. In 2 mason jars, ziplocks or tupperware, portion out the large handfuls of kale, 1/2 of the turmeric and ginger in each, 1 peeled orange and 1/2 a lemon to each bag.
- Put together your quinoa bowl #3 in the evening for dinner.
- Also put together snacks and quinoa bowl #2 for Day 3.



### **Day #3**

- Put together your quinoa bowl #1 in the evening for breakfast on Day 4.
- Also pack your snacks and put together Salad #1 for lunch on Day 4.
- Make salad #2 for dinner in the evening.

### **Day #4**

- Pack your snacks and your quinoa bowl for Day #5.
- Put together quinoa bowl #2 in the evening.
- Put together quinoa bowl #3 for lunch on day 5.
- Pack your snacks for day #5

### **Day #5**

- Make smoothie #1.
- Put together your quinoa bowl #3 for lunch on Day
- In the evening, make your dinner salad #3.
- Make your lunch salad for day #6.
- Pack your snacks for Day #6.

### **Day #6**

- Make smoothie #2 in the morning.
- Put together your quinoa bowl #1 in the evening.
- Put together your quinoa bowl #3 for breakfast on day #7.

### **Day #7**

- Make your morning smoothie #2.
- Pack your snacks.
- Put together salad #3 and salad #1 at some point in the day.
- FUCKING CELEBRATE BECAUSE YOU DID IT!!!!!!!

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## Equipment

whip out these things to whip up your things!

- Blender
- Tupperware
- Mason Jars
- Cutting Board
- Knife
- BBQ Grill
- Pot
- Baking Sheet
- Ziplock bags
- Marker



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## Frequently Asked Questions

didn't answer your questions? shoot me an email at [lauren@wellnessvixen.com](mailto:lauren@wellnessvixen.com)

- Why is dairy allowed?
  - Dairy is super controversial isn't it?!! I want you to explicitly focus on SUPER HIGH QUALITY dairy. That means small amounts of grass fed, raw, organic and all the rest. We're indulging in a TEENY bit of dairy to circumvent the things we're giving up.
- What if I have to go out to dinner?
  - Simple, try and avoid it for the next 7 days but life is life! If you find yourself at a restaurant, make good choices. Opt for a protein and side salad and veggies. Keep an eye on the dressings, you can ask for a side of EVOO and lemon, add some salt and pepper and you should be good! Also, ask for soda water with lime in a wine glass! Be polite and kindly let your server know you're doing a challenge and you're a good tipper, they'll usually oblige to any request :P.
- What if I cheat or miss yoga?
  - Even if you can just whip out a few Sun Salutations in your bedroom, you can count it. If you completely miss a day, don't beat yourself up, just GET BACK ON THE HORSE! Journal about why you missed yoga and try to identify the factors that caused you to miss.
- What else can I drink besides water?
  - I LOVE herbal iced teas with soda water! I also love to steep ginger and turmeric with my tea. Make a big batch at the beginning of the week and you'll be set!
- What if my schedule doesn't like up with the meal plan?
  - If you take a bit of extra time to plan out your challenge week with your existing calendar, you'll find there might be some conflicts. You're free to flip flop meals around so they suit you! Fortune favors the prepared!!

GOOD LUCK, I BELIEVE IN YOU VIXEN!! Email [lauren@wellnessvixen.com](mailto:lauren@wellnessvixen.com) if you need any additional support.

