



# 21 DAY METABOLIC RESET



# 21 Day Metabolic Reset Program

Hi, Welcome to the 21 Day Metabolic Reset Program. In this program we are going to be working closely to get to your goal.

## Expectations:

It is important to know that your body did not start having these problems overnight and this is a journey that we are going to go on to feel better.

We will be working together to help you to feel good, however there is no miracle or magic on how your body responds.

I will always be in close communication with you and any current doctors you are working with to help you get better.

## Forms:

There are couple of forms that are required to be filled out. We are here to help you and answer any questions you have on any of the following forms.

- a. Intake Packet
- b. Why Card- Your goal to do this program
- c. Client Agreement form
- d. Cancelation Policy
- e. Payment Policy

## Program:

- **2 Sessions with Dietitian**
- **2 sessions with Trainer**
- **Detox Reboot** - We will be doing a 14-day detox to help your body get rid of toxins so it can achieve ultimate weight loss

**We are excited to have you participate in this program and here to support you in every step of the way.**

# Why Card

What is your Goal in doing this Program?

Why do you want to reach this goal?

I Sahar Berjis, commit to \_\_\_\_\_ helping your achieve your goal.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Sahar Berjis's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Weekly Check-Ins

Name

Date

Your goal

Weigh-In this Morning

What you did this week? Anything fun?

How are you feeling?

Actual accomplishments/ Program Recommended- Feel free to add as much as you desire

Did you stick to the Plan? Any off meal plan

How did I feel about my week?

Sleep: Hours/ Night Average?

Anything else that your Dietitian should know?

# Weight Loss Recipes

## Green Mint Chocolate Smoothie

Serves 1 | Prep Time: 5 mins

### Ingredients:

- 1/2 banana
- 2 cups fresh spinach
- 1 cup Almond Coconut Blend, Unsweetened Vanilla
- 1/4 teaspoon peppermint extract
- 1 tablespoon chia seeds
- 1 cup ice
- 2 tablespoons dark chocolate chips



### Directions:

1. Place the banana, spinach, milk, mint extract, chia seeds, yogurt, and ice in a blender and run at high speed for 60-90 seconds.
2. Add in chocolate chips, pulse until they are small pieces. Serve.

### Nutrition Information

Protein 3.71g  
Total Fat 6.8g  
Carbs 17g  
Calories 142kcal

Fiber 5.2g  
Sodium 91mg  
Saturated Fat 2.72g

Fruits 0.49 servings  
Vegetables 0.5 servings  
Added Sugar 0g

## No-Bake PB Protein Bites

Serves 18 | Prep Time: 15 mins

### **Ingredients:**

- 1 cup old fashioned oats
- 2 scoops organic vanilla protein powder
- 1/2 cup creamy peanut butter (heaping)
- 1/4 cup unsweetened apple sauce
- 1 tablespoon unsweetened apple sauce, more, if needed
- 1/2 cup organic freeze dried strawberries
- 2 tablespoons honey or maple syrup
- 2 tablespoons mini chocolate or carob chips



### **Directions:**

1. Place oats, protein powder, freeze dried strawberries and chocolate chips into a small bowl and stir to combine.
2. In a separate bowl mix together the peanut butter, applesauce and honey. Pour the wet peanut butter mixture over the dry mixture and stir well. Combining this mixture will take a little stirring power and it may seem a little crumbly at first. You can use your hands to knead the dough near the end. If it's too crumbly, you can add an extra tablespoon applesauce to moisten it.
3. Once combined, start forming the the dough into one inch balls.
4. Store in a covered container in the fridge or freezer

### **Nutrition Information**

Protein 5.1g  
Total Fat 4.41g  
Carbs 9.5g  
Calories 93kcal

Fiber 1.36g  
Sodium 36mg  
Saturated Fat 1.03g

Fruits 0.03 servings  
Vegetables 0 servings  
Added Sugar 1.98g



## Warm Berry Honey Parfait with Superfood Seeds

Serves 1 | Prep Time: 5 mins

### **Ingredients:**

- 1/2 cup frozen berries
- 1 tablespoon chia seeds
- 1 tablespoon hemp seeds
- 1 teaspoon honey

### **Directions:**

1. Use Siggs plain yogurt or two good.
2. Place fruit in a bowl and microwave for 1-2 minutes until warm. Top with Greek yogurt and chia/hemp seeds, and drizzle with honey.



### **Nutrition Information**

Protein 7.1g  
Total Fat 8.2g  
Carbs 21g  
Calories 174kcal

Fiber 9.2g  
Sodium 3.03mg  
Saturated Fat 0.81g

Fruits 1 servings  
Vegetables 0 servings  
Added Sugar 2.87g

## Veggie Zucchini Boats

Serves 2 | Cook Time: 40 minutes

### **Ingredients:**

- 2 zucchinis
- 1/2 red onion chopped
- 1/2 teaspoon cumin seeds
- 1 tomato diced
- 1 dash salt



### **Directions:**

1. Preheat the oven to 375 F.
2. Wash and prepare the vegetables.
3. Cut the zucchini in half, lengthwise. Scoop out the filling and set aside in a bowl.
4. Add the navy beans to the zucchini pulp and mash with a fork. Add the tomatoes, onions, and a dash of salt and pepper. Mix to combine.
5. Scoop an equal amount of mixture into each zucchini and bake at 375 F for 35-40 minutes. Serve.

### **Nutrition Information**

Protein 3.31g  
Total Fat 0.89g  
Carbs 11g  
Calories 57kcal

Fiber 3.22g  
Sodium 98mg  
Saturated Fat 0.2g

Fruits 0 servings  
Vegetables 2.33 servings  
Added Sugar 0g





## Protein-Packed Quinoa Salad Jar

Serves 4 | Cook Time: 20 minutes; Overnight Time: 8 hours

### Ingredients:

#### Salad

- 1/2 cup broccoli cut into florets
- 1/4 cup corn
- 1/4 cup green peas
- 1/3 cup cooked quinoa
- 1/2 cup chickpeas drained & rinsed
- 2 tablespoons pumpkin seeds
- 2 cups spinach

#### Dressing

- 2 tablespoons tahini
- 1 tablespoon balsamic vinegar

### Directions:

#### Prep Salad Jar Ingredients

1. Prepare the quinoa according to package directions. Let cool.
2. Cut the broccoli into florets.
3. Whisk dressing ingredients together.
4. Have with protein drink for more protein

#### Assemble Salad Jar

1. First layer: Pour dressing into a 32 ounce or larger mason jar/container.
2. Second layer: Place broccoli, corn, and peas into jar.
3. Third layer: Next, place the cooked quinoa, chickpeas, and pumpkin seeds.
4. Fourth layer: Top with spinach.
5. To serve: shake jar before serving - eat directly out of jar or pour into serving bowl.

#### Cooked Quinoa

1. Rinse the quinoa thoroughly for 1-2 minutes using a fine mesh sieve.
2. Combine quinoa in a saucepan with water.
3. Bring to a boil, then reduce heat to low.
4. Cover the pot and simmer for 15 minutes until the water has been completely absorbed.
5. Remove saucepan from heat and let sit, covered, for 5 minutes.
6. Fluff the quinoa with a fork.



#### Cooked Quinoa

- 1 cup quinoa
- 2 cups water

**Note:** Salad jars can be prepped and stored overnight. If making more than one salad jar, evenly divide ingredients amongst all jars.

### Nutrition Information

Protein 25g  
Total Fat 29g  
Carbs 61g  
Calories 571kcal

Fiber 13g  
Sodium 329mg  
Saturated Fat 4.16g

Fruits 0 servings  
Vegetables 1.5 servings  
Added Sugar 0g

## Grilled Chicken Honey Mustard Salad

Serves 2 | Cook Time: 10 minutes

### Ingredients:

#### chicken

- 1/2 pound boneless skinless chicken breasts
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon garlic powder

#### dressing

- 2 tablespoons honey
- 1 1/2 tablespoons whole-grain mustard
- 1 tablespoon apple cider vinegar
- 1 tablespoon olive oil
- 1 clove garlic minced
- 1/4 teaspoon salt
- 1 pinch pepper

### Directions:

1. Preheat grill for direct heat grilling.
2. Season chicken breasts with salt, pepper and garlic powder and grill, turning once, until chicken is cooked through. Let stand 10 minutes; slice and reserve.
3. In a bowl, whisk honey, mustard, vinegar, olive oil, garlic, salt and pepper until blended.
4. In a bowl, combine lettuce, blueberries, apple, red onion and pecans and toss with some of the dressing.
5. Arrange sliced chicken over lettuce mixture and drizzle with additional dressing.
6. Pecans can be replaced by any nuts and use 1 tbsp



#### salad

- 5 cups green leaf lettuce
- 3/4 cup blueberries
- 1 gala apple cored, sliced
- 1/4 cup red onion sliced
- 1 fluid oz pecans toasted

### Nutrition Information

Protein 29g  
Total Fat 15g  
Carbs 34g  
Calories 379kcal

Fiber 5.8g  
Sodium 785mg  
Saturated Fat 2.02g

Fruits 0.92 servings  
Vegetables 1.43 servings  
Added Sugar 8.7g

## Chicken Hummus Pizza with Peach

Serves 1 | Cook Time: 15 minutes

### **Ingredients:**

- 1 whole wheat pitum
- 1/4 cup hummus
- 1 cup spinach
- 1/2 green bell pepper sliced
- 1/2 cup cherry tomatoes halved
- 1/4 cup mushrooms sliced
- 1/4 cup rotisserie chicken breast chopped
- 1 peach



### **Directions:**

1. Preheat oven to 350°F.
2. Spread hummus over 70 calorie pita and top with spinach, bell pepper, tomatoes, mushroom, and chicken. Place on a baking sheet and bake for 10-15 minutes, until bell peppers are tender.
3. Serve with peach on the side.

### **Nutrition Information**

Protein 25g  
Total Fat 11g  
Carbs 67g  
Calories 440kcal

Fiber 10g  
Sodium 629mg  
Saturated Fat 1.98g

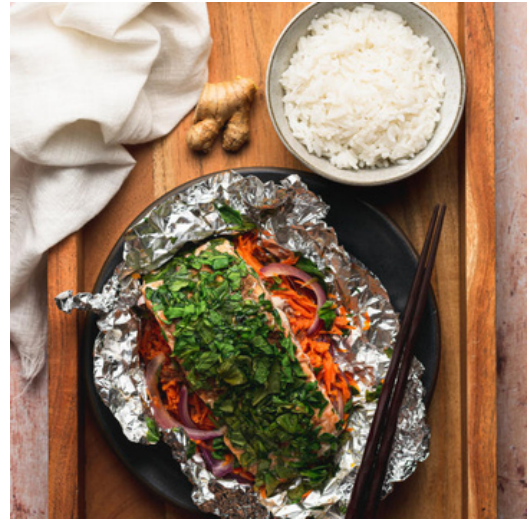
Fruits 0.94 servings  
Vegetables 1.72 servings  
Added Sugar 0.52g

## Ginger Salmon Packet with Rice

Serves 1 | Cook Time: 20 minutes

### **Ingredients:**

- 1 serving Cauliflower Rice
- 1/2 cup water
- 1/2 red onion thinly sliced
- 2 carrots peeled and shredded
- 6 ounces salmon
- 1/2 teaspoon ginger grated
- 1/2 teaspoon Chinese five spice powder
- 1 teaspoon rice vinegar
- 1 teaspoon sesame oil
- 1 cup spinach chopped



### **Directions:**

1. Preheat oven to 450°F.
2. Add rice and water to a saucepan and bring to a boil. Lower to simmer and cook until rice is tender and water is absorbed, about 15- 20 minutes.
3. Meanwhile, prepare the salmon. For each serving, cut out a 12-inch piece of aluminum foil. Place onions and carrots in the center of the non-stick side (the dull side) and top with salmon. Sprinkle with ginger, Chinese five spice, and pepper. Drizzle with vinegar and oil. Top with spinach.
4. Fold the foil over and crimp the edges to seal packet, leaving room for heat circulation inside.
5. Bake for 15-18 minutes, until the salmon flakes easily with a fork.
6. Serve salmon with cauliflower rice

### **Nutrition Information**

Protein 23g  
Total Fat 0.85g  
Carbs 7.7g  
Calories 127kcal

Fiber 2.11g  
Sodium 434mg  
Saturated Fat 0.17g

Fruits 0.45 servings  
Vegetables 0.28 servings  
Added Sugar 0g

## Blueberry Chia Pudding

Serves 1 | Prep Time: 40 minutes

### **Ingredients:**

- 1/4 cup chia seeds
- 1/2 teaspoon vanilla
- 1 1/2 cups Unsweetened Coconut Milk Beverage



### **Directions:**

1. Combine chia seeds, honey, vanilla extract, and coconut milk. Stir to combine.
2. In a small bowl, lightly crush half of the blueberries and stir into the chia pudding.  
Gently stir in the remaining, whole blueberries.
3. Sit in the fridge, covered with plastic wrap for at least 30 minutes before serving.

### **Nutrition Information**

Protein 13g  
Total Fat 19g  
Carbs 22g  
Calories 321kcal

Fiber 24g  
Sodium 29mg  
Saturated Fat 8.9g

Fruits 0 servings  
Vegetables 0 servings  
Added Sugar 0g

## Vegan Chocolate Banana Pudding

Serves 3 | Cook Time: 15 minutes

### **Ingredients:**

- 1 ripe banana
- 1 tablespoon cornstarch
- 1/4 cup cocoa powder
- 1 pinch cinnamon
- 1 dash salt
- 1/4 cup coconut milk
- 1 cup Almond Coconut Blend, Refrigerated, Original
- 2 tablespoons maple syrup



### **Directions:**

1. Mash or blend the banana to a smooth pulp.
2. Whisk together cornstarch, cocoa powder, cinnamon, and salt in a saucepan until there are no more lumps.
3. Add coconut milk, soy milk, and maple syrup and whisk to combine.
4. Bring to a simmer over medium heat, whisking constantly. Simmer until slightly thickened, about 3 minutes.
5. Remove from heat and add banana, whisking until fully combined.
6. Divide pudding into cups and refrigerate until set, about 2 hours.

### **Nutrition Information**

Protein 2.59g  
Total Fat 6.4g  
Carbs 27g  
Calories 155kcal

Fiber 4.09g  
Sodium 100mg  
Saturated Fat 4.74g

Fruits 0.66 servings  
Vegetables 0 servings  
Added Sugar 8.1g