



# THE RESET

**First Cycle:** Cleaning

**Needed:** Fish, chicken, vegetables, fruits and yoghurt

- Day 1:** Fruits ( whichever you prefer)
- Day 2:** Vegetables ( steamed, raw or boiled without dressing)
- Day 3:** Fruits ( like day 1) & Vegetables ( like day 2)
- Day 4:** Plain Yoghurt and Banana ( 5)
- Day 5:** Chicken/Fish grilled or in the oven

**Repeat this cycle 2 times so you have done it for 10 days in total.**

**During these 10 days eat as much as needed. You don't have to starve yourself.**

**Drink lots of liquids like: Water, tea and black coffee without sugar!**

Good Luck !