

# METABOLISM .....RESET..... PROGRAM

Use this handout, "Guidelines and Shopping Guide" to help you figure out what foods are available in your area, what meets your budget, and personal food preference. To help you, there are also recipes for meals, and unlimited foods. Pick the foods you love and make it work for you.

## BREAKFAST & LUNCH (choose 1 from each category for EACH serving)

Enjoy 1 full serving of shake for breakfast. And 1 full serving of shake for lunch.

**OR - [Dr. Christianson's Daily Reset Shake](#) has everything in it.**

**Just add water and shake. No need to add anything else.**

### Protein

- Pea Protein 20+ grams
- Blended Vegetable Protein
- Hydro Beef Protein
- Liquid Egg Whites (not raw, 1 cup)
- Soy Protein

\*Use simple protein only - no sugar, or extra food categories in the ingredients list

### Resistant Starch

- ¼ cup Green Banana Flour
- ½ ripe, organic banana peel  
\*if using the fruit too don't use additional fruits below
- ½ green banana (no peel)
- ¼ cup white beans (navy, great northern, or cannellini) - with or without aquafaba

### Fats (seeds)

- USE ½ - 1 tbs.of any ONE of the following:
- Sunflower seeds
  - Flax seeds
  - Chia seeds
  - Hemp seeds
  - Sesame seeds

### OPTIONAL Natural Flavorings \*Use unlimited quantities of any of the following

- Stevia
- Lo han fruit extract
- Xylitol
- Cinnamon

- Ginger
- Natural extracts (vanilla, almond, mint... )
- Food grade essential oils (lemon, wild orange, peppermint....)

### OPTIONAL Shake Fruit \*\*Use no more than ½ fruit OR ½ cup per breakfast or lunch serving.

Use IN SHAKES (not for snacks). Examples of some fruits that are delicious in shakes:

\*IF using organic, ripe banana + peel as your RS, DON'T add additional fruit\*

- Dark cherries
- Strawberries
- Oranges
- Peaches

- Plums
- Blueberries
- Raspberries
- Blackberries

- Papaya
- Pomegranates
- Apples
- Kiwi

### OPTIONAL Shake Superfoods \*\*\*Use as specified

- Greens (1 cup) such as spinach, kale, chard
- Milk thistle seeds (1 tablespoon)
- Spirulina (1 teaspoon)
- MCT \*it's a coconut extract\* (1 teaspoon)

- Maca (1 teaspoon)
- Toasted carob powder (1 teaspoon)
- Mesquite powder (1 teaspoon)
- Cordyceps powder (1 teaspoon)

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## DINNER ASSEMBLY

Choose 1 from each category

\* Protein \* Resistant Starch \* Fat \* Nutrient Rich Veggies

### Protein (4-6 oz)

**\* Choose 1**

- Chicken
- Cod
- Cottage cheese, low-fat or fat-free (½ cup)
- Fish
- Lean grass-fed beef
- Mussels
- Mollusks
- Natto
- Oysters
- Pea protein powder
- Pork tenderloin
- Quorn
- Salmon
- Sardines (in water)
- Seitan
- Shellfish
- Shrimp
- Tempeh
- Tofu
- Turkey

### Resistant Starch

**\* Choose 1**

**High-starch Veggies (1 cup)**

- Boiled potatoes
- Sweet potato/yam
- Plantain
- Peas

**-OR - Legumes, cooked (¾ cup)**

- Lentils
- Chickpeas
- Navy beans
- Great northern beans
- Black beans
- Lotus seeds
- Kidney beans
- White beans
- Split peas

**-OR - Intact whole grains, cooked (¾ cup)**

- Buckwheat
- Oat groats
- Pearl barley

### Fats

**\* Choose 1**

**Best oils (1-2 teaspoons):**

- Avocado oil
- Extra Virgin Olive Oil
- Sesame oil
- Walnut oil

**-OR - Best nuts and seeds (1-2 Tablespoons)**

- Almonds
- Brazil nuts (no more than 2/day)
- Cashews
- Flax seeds
- Macadamia nuts
- Pecans
- Pistachios
- Sunflower seeds
- Tignuts
- Walnuts

**-OR - MISC.**

- ¼ avocado
- Vegan mayo (1 tbs)

**Other Protein Sources** \*Use in conjunction with the above sources of protein. Do NOT use these alone because there is not enough protein in them by themselves.

- Edamame
- Nutritional Yeast (folic acid free)
- Spirulina
- ⅔ cup Yogurt, fat-free, high protein

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**Nutrient Rich DINNER Veggies** \*Will make up the majority of your dinner's volume

|  |  |   |
|--|--|---|
| <input type="checkbox"/> Artichokes<br><input type="checkbox"/> Arugula<br><input type="checkbox"/> Asparagus<br><input type="checkbox"/> Beets and beet greens<br><input type="checkbox"/> Bell Peppers<br><input type="checkbox"/> Bok choy<br><input type="checkbox"/> Broccoli<br><input type="checkbox"/> Broccoli rabe<br><input type="checkbox"/> Broccolini<br><input type="checkbox"/> Brussels sprouts<br><input type="checkbox"/> Cabbage<br><input type="checkbox"/> Carrots<br><input type="checkbox"/> Cauliflower<br><input type="checkbox"/> Celery<br><input type="checkbox"/> Collard greens | <input type="checkbox"/> Cucumber<br><input type="checkbox"/> Dandelion greens<br><input type="checkbox"/> Eggplant<br><input type="checkbox"/> Endive<br><input type="checkbox"/> Escarole<br><input type="checkbox"/> Fennel<br><input type="checkbox"/> Green beans<br><input type="checkbox"/> Green onions/<br>scallions<br><input type="checkbox"/> Kale<br><input type="checkbox"/> Leeks<br><input type="checkbox"/> Mixed greens<br><input type="checkbox"/> Mushrooms<br><input type="checkbox"/> Mustard greens<br><input type="checkbox"/> Okra<br><input type="checkbox"/> Onions | <input type="checkbox"/> Peppers<br><input type="checkbox"/> Pumpkin<br><input type="checkbox"/> Radicchio<br><input type="checkbox"/> Radishes<br><input type="checkbox"/> Red bell peppers<br><input type="checkbox"/> Romaine lettuce<br><input type="checkbox"/> Shallots<br><input type="checkbox"/> Snow peas<br><input type="checkbox"/> Spaghetti squash<br><input type="checkbox"/> Spinach<br><input type="checkbox"/> Sprouts (all varieties)<br><input type="checkbox"/> Summer squash<br><input type="checkbox"/> Swiss chard<br><input type="checkbox"/> Tomatoes (organic<br>canned okay)<br><input type="checkbox"/> Zucchini |
|--|--|---|

**OPTIONAL Culinary Herbs and Spices** \*Use unlimited quantities of any of the following

|  |  |   |
|--|--|---|
| <input type="checkbox"/> Asafetida<br><input type="checkbox"/> Basil<br><input type="checkbox"/> Black/white pepper<br><input type="checkbox"/> Cardamom in the pod<br><input type="checkbox"/> Chives<br><input type="checkbox"/> Cloves<br><input type="checkbox"/> Coriander<br><input type="checkbox"/> Cumin<br><input type="checkbox"/> Fennel | <input type="checkbox"/> Galangal<br><input type="checkbox"/> Garlic<br><input type="checkbox"/> Ginger<br><input type="checkbox"/> Jalapeno<br><input type="checkbox"/> Lemongrass<br><input type="checkbox"/> Mint<br><input type="checkbox"/> Nutmeg<br><input type="checkbox"/> Onion powder<br><input type="checkbox"/> Oregano | <input type="checkbox"/> Paprika<br><input type="checkbox"/> Parsley<br><input type="checkbox"/> Red pepper flakes<br><input type="checkbox"/> Rosemary<br><input type="checkbox"/> Tarragon<br><input type="checkbox"/> Thyme<br><input type="checkbox"/> Turmeric<br><br>*Other simple spices are fine too<br>*Combine spices for variety |
|--|--|---|

**Additional Carb Sources (that are not as high in RS) are listed in the recipes**

\*Use on occasion, for variety.

When assembling your own meals, use the carbs listed above for best results.

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**OPTIONAL Condiments** \*Use sensible amounts of any of the following

|   |   |
|---|---|
| <input type="checkbox"/> Capers<br><input type="checkbox"/> Chicken stock/Vegetable stock<br><input type="checkbox"/> Coconut aminos<br><input type="checkbox"/> Cooking wine<br><input type="checkbox"/> Honey<br><input type="checkbox"/> Hot sauce, sugar-free<br><input type="checkbox"/> Lemon and Lime juice<br><input type="checkbox"/> Miso paste | <input type="checkbox"/> Nutritional yeast<br><input type="checkbox"/> Pickled vegetables<br><input type="checkbox"/> Iodine-free Sea salt<br>( <b>½ teaspoon per day max</b> )<br><input type="checkbox"/> Chili sauce<br><input type="checkbox"/> Tamari, organic, non-GMO<br><input type="checkbox"/> Thai fish sauce<br><input type="checkbox"/> Vinegars |
|---|---|

**UNLIMITED SNACKS** (Eat whenever you want; as snacks or with meals)

|  |   |  |
|--|---|--|
| <input type="checkbox"/> Alfalfa sprouts<br><input type="checkbox"/> Arugula<br><input type="checkbox"/> Artichokes, whole<br><input type="checkbox"/> Artichoke hearts<br><input type="checkbox"/> Asparagus<br><input type="checkbox"/> Bamboo shoots<br><input type="checkbox"/> Bean sprouts<br><input type="checkbox"/> Bok choy and baby bok choy<br><input type="checkbox"/> Broccoli<br><input type="checkbox"/> Brussels sprouts<br><input type="checkbox"/> Butter lettuce<br><input type="checkbox"/> Cabbage<br><input type="checkbox"/> Carrots<br><input type="checkbox"/> Cauliflower<br><input type="checkbox"/> Celery<br><input type="checkbox"/> Celery root<br><input type="checkbox"/> Chicory greens<br><input type="checkbox"/> Collard greens<br><input type="checkbox"/> Crookneck squash | <input type="checkbox"/> Cucumbers<br><input type="checkbox"/> Daikon<br><input type="checkbox"/> Eggplant<br><input type="checkbox"/> Endive<br><input type="checkbox"/> Escarole<br><input type="checkbox"/> Fennel<br><input type="checkbox"/> Green beans<br><input type="checkbox"/> Green leaf lettuce<br><input type="checkbox"/> Green onions/scallions<br><input type="checkbox"/> Green peppers<br><input type="checkbox"/> Jicama<br><input type="checkbox"/> Kale<br><input type="checkbox"/> Kohlrabi<br><input type="checkbox"/> Leaf lettuce<br><input type="checkbox"/> Leeks<br><input type="checkbox"/> Lemons, Limes<br><input type="checkbox"/> Mushrooms<br><input type="checkbox"/> Okra<br><input type="checkbox"/> Onions | <input type="checkbox"/> Peapods<br><input type="checkbox"/> Pumpkin<br><input type="checkbox"/> Radicchio<br><input type="checkbox"/> Radishes<br><input type="checkbox"/> Red leaf lettuce<br><input type="checkbox"/> Red peppers<br><input type="checkbox"/> Romaine lettuce<br><input type="checkbox"/> Rutabaga<br><input type="checkbox"/> Snow peas<br><input type="checkbox"/> Spaghetti squash<br><input type="checkbox"/> Spinach<br><input type="checkbox"/> Summer squash<br><input type="checkbox"/> Swiss chard<br><input type="checkbox"/> Tomatoes<br><input type="checkbox"/> Tomatillos<br><input type="checkbox"/> Turnip greens<br><input type="checkbox"/> Water chestnuts<br><input type="checkbox"/> Watercress<br><input type="checkbox"/> Zucchini |
|--|---|--|

\*Make Unlimited Snack foods raw or cooked, with any of the culinary herbs and spices

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