



+



# 3 - DAY

## SUMMER RESET



# ABOUT **BE WELL** & RESETTING

Healthy Living Made Simple

Be Well by Dr. Frank Lipman offers products and services designed to increase health and well-being through premium supplements, cleanse programs, educational health content, corporate wellness programs, and personalized health coaching. Our mission is to help time-starved customers achieve genuine and sustainable life changes.

We believe that the building blocks of health and well-being include nutrition, exercise, quality sleep, stress management, and appropriate supplementation.

All of these elements will help you get back on track, whether you've overindulged on alcohol, sugar, and junk food or you're run down from long workdays and lack of sleep.

A simple 3-day reset can inspire you to return to your healthy living goals. With our Be Well 3-day eating plan and bonus tips, you will be on your way to feeling less bloated, more energetic, happier, and healthier.

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# reset your summer

# SHOPPING LIST

## vegetables

- ☐ Avocados
- ☐ Baby spinach
- ☐ Broccoli
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Collard greens
- ☐ Cucumber
- ☐ Daikon radish
- ☐ Garlic
- ☐ Kale
- ☐ Lacinato kale
- ☐ Mixed greens
- ☐ Yellow onions
- ☐ Peas
- ☐ Red onion
- ☐ Radishes
- ☐ Shallots
- ☐ Snap peas
- ☐ Sprouts
- ☐ Zucchini

## fruits

- ☐ Blueberries
- ☐ Grapefruit
- ☐ Kiwi
- ☐ Lemons
- ☐ Limes

## meat + dairy

- ☐ Chicken breasts, organic
- ☐ Butter, grass-fed

## seafood

- ☐ Wild halibut filets
- ☐ Wild salmon, canned and packed in water
- ☐ Wild salmon, fresh filets





# reset your summer

# SHOPPING LIST

(continued)




## seasonings

- ☐ Cilantro
- ☐ Cumin
- ☐ Ginger, fresh
- ☐ Ginger, ground
- ☐ Parsley, fresh
- ☐ Pepper, ground
- ☐ Red pepper flakes
- ☐ Rosemary
- ☐ Sea salt
- ☐ Tamari
- ☐ Turmeric

## frozen goods

- ☐ Raspberries
- ☐ Blueberries

## canned goods

- ☐ Chickpeas
  - ☐ Tomato paste
  - ☐ Vegetable stock, organic
  - ☐ Coconut milk
- 

## pantry items

- ☐ Almond butter
- ☐ Coconut aminos
- ☐ Coconut milk, unsweetened
- ☐ Coconut oil
- ☐ Extra-virgin olive oil
- ☐ Sunflower seed butter, unsweetened
- ☐ Tahini

## dry goods

- ☐ [Be Well Cleanse Protein](#)
- ☐ [Be Well Greens Powder](#)
- ☐ [Be Well Sustain Protein](#)
- ☐ Chia seeds
- ☐ Pea Protein
- ☐ Pine nuts

The page features a decorative border of pink peonies and green leaves along the left, right, and bottom edges. The word "breakfast" is centered in a teal, lowercase, sans-serif font.

# breakfast

Smoothies are quite possibly our favorite breakfast. Consuming an easily digested, delicious, and nutrient-dense breakfast sets you up for making healthy choices all day long. We recommend including healthy fats, high-quality protein, fresh greens or greens powder, and low-sugar fruits in your smoothie to start your day right and keep you satisfied until lunch.

## BERRY DETOX SMOOTHIE

1 SERVING

### Ingredients

1 packet [Cleanse Protein](#)  
1 cup unsweetened coconut milk  
1 cup frozen raspberries  
1 tablespoon chia seeds  
1 tablespoon coconut oil  
2 tablespoons tahini  
4 ice cubes

### Directions

Place all ingredients into a blender and blend until smooth and creamy.



## MORNING FUEL SMOOTHIE

1 SERVING

### Ingredients

1 packet [Cleanse Protein](#)  
1 cup unsweetened coconut milk  
1 large handful of baby spinach  
½ cup frozen blueberries  
1 tablespoon unsweetened sunflower seed butter  
4 ice cubes

### Directions

Place all ingredients into a blender and blend until smooth and creamy.

# GREEN GODDESS SMOOTHIE

1 SERVING

## Ingredients

1 packet [Sustain Protein](#)  
1 serving [Greens Powder](#)  
½ cup unsweetened  
coconut milk  
½ cup water  
1 cup kale  
2 kiwis, peeled and diced  
¼ avocado  
Juice of 1 lime  
4 ice cubes

## Directions

Place all ingredients into a blender and blend until smooth and creamy.





# lunch

A carbohydrate-rich lunch often leads to a late-afternoon energy dip. To maintain energy all day long, focus on protein, healthy fats, and colorful vegetables at lunchtime. In the morning before work or in the middle of a busy day, we prefer recipes that require 10 minutes or less of prep or cook time.

If you don't have time to make your own lunch, try to avoid packaged and processed foods, which are typically full of preservatives, chemical additives, toxic vegetable seed oils, and sugar and/or refined carbohydrates (aka "empty carbs").



## VEGGIE COLLARD WRAP

2 SERVINGS

### Ingredients

- 4 large cleaned and dried collard green leaves
- 4 tablespoons Cauliflower Hummus (see page 11)
- ½ avocado, sliced lengthwise
- 8 pieces cucumber, sliced very thinly
- 2 radishes, sliced very thinly
- ¼ red onion, sliced very thinly
- 1 cup grated carrots
- ¼ cup sprouts

### Directions

1. Carefully trim the hard stem of the collard leaves (this will make them easier to roll).
2. Spoon 1 tablespoon of Cauliflower Hummus onto each leaf.
3. Layer with the rest of the ingredients, distributing evenly among the 4 leaves.
4. Fold the top and bottom of the leaf inward then tightly roll into a wrap.



# CAULIFLOWER HUMMUS

6 SERVINGS

## Ingredients

1 head cauliflower, cut into florets  
⅓ cup tahini  
1 clove garlic, peeled  
Juice of 2 lemons  
½ to 1 teaspoon sea salt, to taste  
⅓ cup extra-virgin olive oil, divided

## Directions

1. Steam cauliflower for 5 to 7 minutes.  
Cool completely.
2. Add steamed cauliflower, tahini, garlic, lemon juice, salt, and olive oil to food processor. Process until mixture reaches hummus consistency.
3. Taste and adjust seasonings. Add water, if needed, to thin.



# WILD SALMON SALAD

2 SERVINGS

## Ingredients

Can of wild salmon, packed in water

Juice of half a lemon

1 tablespoons extra-virgin olive oil

Small amount of chopped vegetables—celery, carrots, cucumber, radishes, peas

1 avocado

Chopped fresh parsley (or other herb)

Mixed greens

## Directions

1. Mix the salmon with the lemon juice, the olive oil, and the chopped vegetables.
2. Add sliced avocado, chopped parsley (or other herb), and mound on top of salad greens with additional chopped vegetables.





# GRAPEFRUIT KALE SALAD WITH SHREDDED CHICKEN

2 SERVINGS

## Ingredients

1 head lacinato kale  
½ to 1 cup shredded organic chicken (use leftovers from a rotisserie or roast chicken, or some sliced, grilled chicken breast)  
½ grapefruit, peeled and chopped into small pieces  
½ avocado  
1 tablespoon pine nuts  
1 shallot, thinly sliced  
Juice of ½ a lemon  
1 teaspoon extra-virgin olive oil  
Pinch of sea salt  
Pinch of freshly ground pepper  
Pinch of red pepper flakes

## Directions

1. Trim bottom 2 inches off kale stems and discard. Slice kale, including ribs, into ¾-inch-wide ribbons. Put kale in bowl.
2. Add the chicken, chopped grapefruit, avocado, pine nuts, and shallots to the salad.
3. Toss with lemon juice and olive oil.
4. Top with salt, freshly ground pepper, and red pepper flakes.

# dinner

As with lunch, fill your dinner plate with roasted or grilled fish or animal protein; healthy fats, like olive oil and coconut oil; and assorted vegetables.

We want to give your gut and microbiome a break from the summer stressors (aka “indulging too much”) and make sure they get the replenishing support they need to heal.

# ROASTED SALMON WITH BLUEBERRIES

4 SERVINGS

## Ingredients

3 tablespoons extra-virgin olive oil

1½ to 2 pounds filet of wild salmon

Sea salt and freshly ground pepper to taste

2 cloves garlic

1 lemon

1 pint fresh blueberries (or approximately  
2 cups frozen blueberries)

2 teaspoons chopped fresh rosemary

## Directions

1. Preheat oven to 425°F.
2. Lightly oil a baking sheet or oven-safe dish with 1 tablespoon of the olive oil.
3. Lay the salmon on the baking sheet or dish and sprinkle with sea salt and pepper.
4. Roast the salmon for 6 to 8 minutes, until tender and flaky.
5. Meanwhile, heat the remaining olive oil in a small pan and sauté the garlic lightly, for 1 to 2 minutes.
6. Squeeze the juice of half of the lemon into the pan and add the blueberries.
7. Smash the blueberries with a fork or potato masher and stir gently.
8. After 3 to 4 minutes, add the finely chopped rosemary and season to taste with sea salt and pepper.
9. Continue to let the sauce simmer until salmon is ready.  
(Sauce can be made ahead and reserved.)
10. Serve the salmon topped with blueberry sauce, with the remainder of the lemon sliced into wedges on the side.



## HALIBUT WITH SAUTEED VEGETABLES AND SPICED CAULIFLOWER RICE

4 SERVINGS

### Ingredients

- 4 wild halibut fillets, about 4 to 6 ounces each
- 2 tablespoons coconut oil
- 2 garlic cloves, minced
- 1 small yellow onion, chopped
- 1 cup finely chopped carrots
- 1 cup chopped broccoli

### Directions

1. Preheat oven to 400°F.
2. Bake until the fish is opaque throughout (about 10 to 15 minutes or more depending on the thickness of the fish).
3. Heat the coconut oil in pan or wok.
4. Sprinkle in the garlic until it becomes brown.
5. Toss in the vegetables and cook until they're tender.
6. See recipe on next page for rice.



# SPICED CAULIFLOWER RICE

4 TO 6 SERVINGS

## Ingredients

1 medium head cauliflower  
1 heaping tablespoon grass-fed butter  
3 garlic cloves, minced  
½ cup chopped yellow onion  
½ teaspoon cumin  
½ teaspoon turmeric  
½ teaspoon ground ginger powder  
Sea salt and freshly ground pepper to taste

## Directions

1. Rinse cauliflower and slice into big pieces.
2. Using a cheese grater, grate cauliflower into a coarse texture so it resembles rice, or use a food processor and simply pulse until desired texture is reached.
3. Heat the butter in a pan over medium heat and add garlic and onion, cooking for a few minutes, until fragrant.
4. Add in grated cauliflower and spices, and continue to cook for another 4 to 5 minutes, until heated throughout.
5. Season with salt and pepper.

# CHICKEN ZOODLE STIR-FRY IN NUTTY SAUCE

2 SERVINGS

## Ingredients

2 organic chicken breast fillets, cut in even-sized chunks

Sea salt and freshly ground pepper

1 tablespoon coconut oil

½ red onion, cut into wedges

1 carrot, halved and sliced

1 daikon radish, halved and sliced

2 zucchinis, spiralized or finely julienned

½ cup snap peas, cut in half

1 cup cilantro, chopped

## Nutty Sauce

2 tablespoons almond butter

1 teaspoon tamari

1 teaspoon coconut aminos

Juice of half a lime

1 inch fresh ginger, finely grated

Sea salt to taste

Splash of water to help thin the sauce to desired consistency



## Directions

1. Mix all the sauce ingredients together in a bowl until smooth. Set aside.
2. Sprinkle the chicken with salt and pepper. In a wok or deep pan add the coconut oil and cook the chicken. Take the chicken out of the pan and set aside.
3. Stir-fry the vegetables, starting with the onions and carrots; slowly add in all the other vegetables. Keep stirring and moving the vegetables around as they cook.
4. Add the chicken and zucchini noodles to the wok or pan with the vegetables and toss.
5. Pour over the sauce; stir to coat all the chicken and vegetables. Sprinkle in some fresh cilantro.
6. Plate, garnish with some more cilantro, and serve.

# BONUS TIPS

## START THE DAY WITH WARM LEMON WATER

Warm lemon water stimulates your digestion for the day and can help flush the body of toxins. Lemons are one of the most alkalizing foods for the body, so be sure to include them in your daily routine.

## SWEAT IT OUT IN THE SAUNA

Sweating is a great way to release toxins through your skin during the reset (and beyond). Sweating in the sauna promotes healthy, glowing skin, and is relaxing for your body and mind.

## TRY RESTORATIVE YOGA (ESPECIALLY TWISTING)

Yoga is our favorite detoxifying exercise, and twisting encourages the flow of oxygenated blood in the body while helping to eliminate toxins. Twisting can also help reduce any digestive discomfort; try a seated torso twist, which can be done at any time of day.



## TAKE AN EPSOM SALT BATH

An Epsom salt bath can help your body eliminate toxins and leave you feeling relaxed and refreshed. The Epsom salts contain magnesium as well as other minerals and nutrients that are absorbed into your skin during the bath and can help with the reset process. Dissolve about 2 cups of Epsom salt in your bathtub, stir with your hands to make sure it's dissolved, and soak for about 20 minutes.

## TRY DRY SKIN BRUSHING

Dry skin brushing promotes cell renewal and blood flow and helps the lymphatic system get rid of toxins. It's also a great way to buff away dead skin cells and promote healthy, smooth skin. Get a natural brush, start at your feet, and make long sweeps toward your heart.



## TAKE SUPPLEMENTS

Supplements are essential health-boosters that can help fill in nutritional gaps and protect your body against the summer wreckage. At a minimum, we recommend taking these four supplements every day: a multivitamin, vitamin D3, fish oil, and a probiotic. Why? Because the fab four covers a lot of health bases. Together, they can help keep your gut and insulin levels on an even keel and keep energy levels high. Our [Daily Dose](#) packets are an easy way for you to get all four supplements at once.



## REST AND RELAX

Get at least eight hours of sleep every night during your reset. A good night's sleep is fundamental to good health because your cells repair themselves more rapidly at night. During your hours of deep sleep, the body produces higher levels of human growth hormone (HGH), which promotes cellular renewal. Furthermore, since you are not eating while you sleep, your digestive system gets a break and your elimination processes can catch up.

In addition to resting your body, it is important to rest your mind. In other words, take a break from TV, newspapers, movies, and the internet, and make some quiet time for yourself. Use this deep revitalization period as an opportunity to consciously choose to relax or meditate for at least 20 minutes every day. Even five minutes is better than nothing.