

5 DAY NUTRITION RESET

Includes Printable Daily Tracker To Monitor Your Food & Mood. Nutrition Reset Friendly Grocery List, Recipes, and more!

KAREN PIERCE | LIVINGAMPED.COM



5 DAY NUTRITION RESET: GOALS & MEASUREMENTS

RULES OF ENGAGEMENT

1. SET YOUR PURPOSE AND COMMITMENTS BELOW AND SHARE THEM WITH FRIENDS.
2. YOU SHOULD EAT 3 MEALS PER DAY AS OUTLINED BELOW WITH NO SNACKS IN BETWEEN.
3. AIM FOR 30 MINUTES OF MOVEMENT PER DAY.
4. DRINK ½ YOUR BODY WEIGHT IN OUNCES OF WATER PER DAY.
5. JOURNAL EVERYTHING THAT GOES INTO YOUR MOUTH.
6. FOLLOW THE PLAN EVEN WHEN GOING OUT TO EAT (I PROMISE IT'S POSSIBLE!).
7. FOR BEST RESULTS, INVITE A BUDDY TO JOIN YOU FOR EVEN MORE ACCOUNTABILITY!
8. MAKE ENOUGH FOR LEFTOVERS - LIFE IS BUSY AND LEFTOVERS DON'T GET MUCH MORE SIMPLE! DINNER SHOULD LAST INTO LUNCH THE NEXT DAY (OR MAKE ENOUGH FOR A FEW DAYS).
9. PRE-COOK PROTEINS AND PRE-WASH VEGGIES WHEN POSSIBLE.

GOALS & COMMITMENTS

1. MY GOAL FOR PARTICIPATING IN THIS PROGRAM IS:

1. MY LONG TERM GOALS IN TERMS OF NUTRITION AND WEIGHT LOSS ARE:

1. THIS WEEK I'M COMMITTED TO:

A. -----

B. -----

C. -----

MEASUREMENTS

	Day 1	Day 5		Day 1	Day 5
Weight	<input type="text"/>	<input type="text"/>	Hips	<input type="text"/>	<input type="text"/>
Chest	<input type="text"/>	<input type="text"/>	Thigh	<input type="text"/>	<input type="text"/>
Waist	<input type="text"/>	<input type="text"/>	Calf	<input type="text"/>	<input type="text"/>

5 DAY NUTRITION RESET: BUILD YOUR PLATE

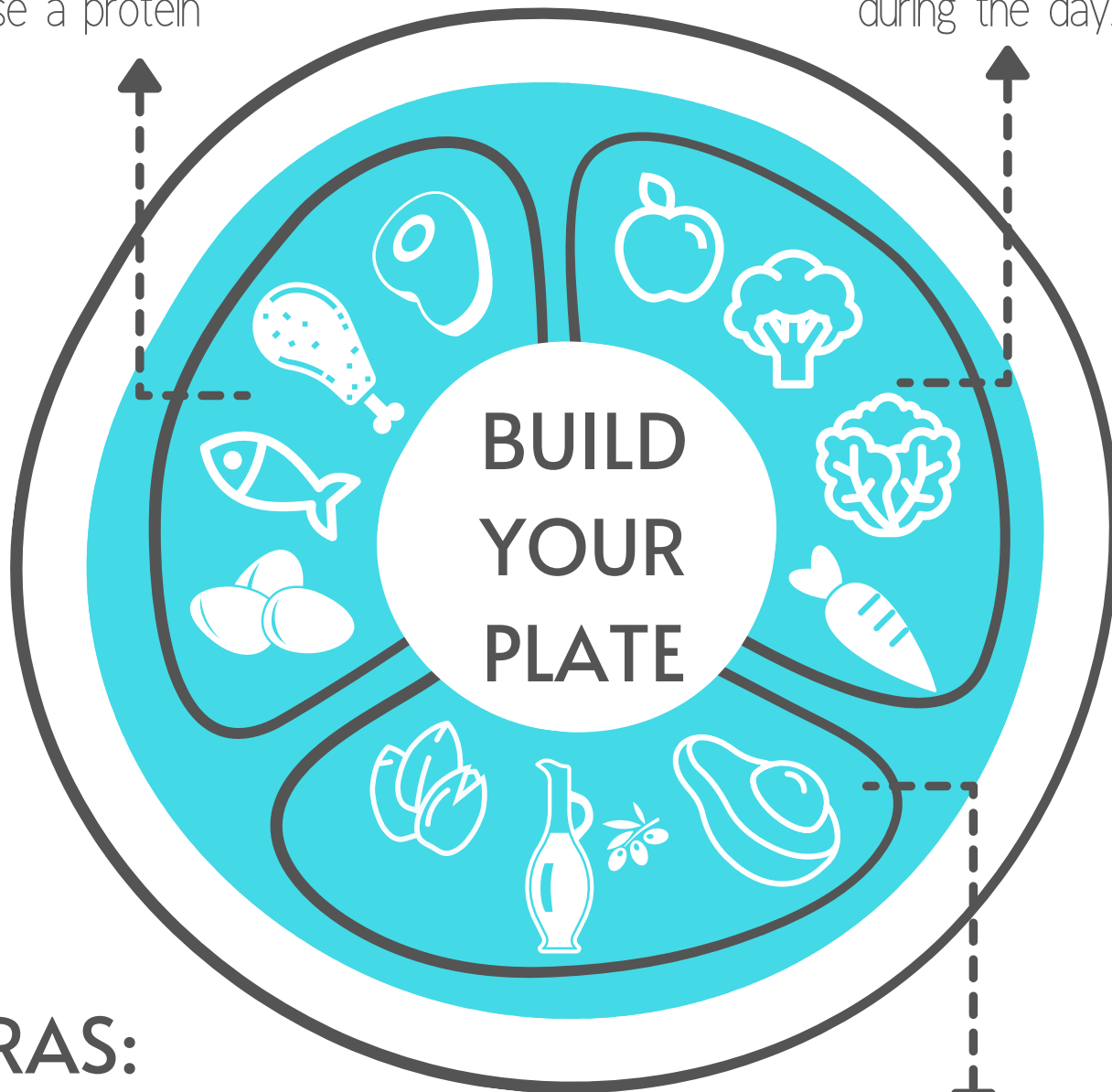
Choose items off the next page

STEP 1:

Choose a protein

STEP 2:

Choose a vegetable - may add a starchy carb if you have exercised during the day.



STEP 3:

Choose a fat - can be used to cook with or eat

EXTRAS:

- Black Coffee Allowed
- You may eat 1-2 pieces of fruit per day
- All spices and sugarless seasonings allowed

5 DAY NUTRITION RESET: GROCERY LIST

PROTEIN

CHICKEN BREAST

GROUND TURKEY

GROUND BEEF

STEAK

LOBSTER

SHRIMP

SALMON

FISH

CRAB

LOBSTER

EGGS

WILD GAME MEAT

FRUITS & VEGETABLE

BROCCOLI

ASPARAGUS

ANY LEAFY GREENS

CELERY

CARROTS

CAULIFLOWER

BELL PEPPERS

MUSHROOMS

TOMATO

ONIONS

SWEET POTATOES

ALL FRUIT WELCOME

FAT

AVOCADO

RAW NUTS & SEEDS

SUNFLOWER SEEDS

OLIVES & OLIVE OIL

COCONUT OIL & MILK

KERRYGOLD BUTTER

STARCHY CARBS

POTATOES

BROWN RICE

QUINOA

BUTTERNUT SQUASH

ACORN SQUASH

5 DAY NUTRITION RESET: HAND MEASUREMENTS

YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein
= 1 palm



A serving of
vegetables = 1 fist



A serving of carbs
= 1 cupped hand



A serving of
fats = 1 thumb



1 palm of protein-dense foods
with each meal



1 fist of vegetables
with each meal



1 cupped handful of starchy
carbs on days you exercise



1 entire thumb of fat
with each meal

GOOD LUCK!

Please don't hesitate to contact me if you have any questions or need some support along the way.

I'd also love to see photos of your progress! Email me your photos or post your photos or stories on Instagram and tag my profile.

I'm excited to see your results. You got this!

Karen Pierce 

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Living Amped helps clients implement sustainable healthy so that they can have the energy and confidence to live a life they desire and deserve.

Karen is a health and wellness expert with over 15 years of experience. In addition to all things fitness, she is a fur mama to two GSPs, Chief & June. Her free time is spent doing DIY projects, reading, and 2-Stepping.



5 DAY NUTRITION RESET: RESET-FRIENDLY RECIPES

SUPERFOOD FRITTATA

2 cups clean and de-stemmed chopped kale
1/2 onion, chopped
1 red pepper, chopped
3 slices cooked bacon, chopped
8 eggs
1/4 cup coconut milk
S&P
1 tbsp coconut oil

Preheat oven to 350. Heat cast-iron (or some skillet you can stick in the oven) to medium and melt coconut oil. Whisk eggs, milk, S&P together. Sauté onion and pepper until onion becomes translucent. Add kale and sauté until it wilts. Add eggs and bacon – let the eggs begin to set – about 4 min. Place dish in oven and cook another 10-15 minutes until desired doneness.

TUNA AVOCADO LETTUCE WRAP

1 can tuna
1/4 red onion, sliced
1/2 tomato sliced
1/2 avocado sliced
2-4 large lettuce leaves

Place everything in lettuce leaves & enjoy!

LEMON DILL SALMON

1/4 cup fresh squeezed lemon juice
1/4 tsp garlic powder
2 tbsp coconut oil, melted
1 tbsp dried dill
S & P to taste

Preheat oven to 350. Place fish in a pan. Mix coconut oil and lemon juice, pour over fish. Season fish. Bake approx. 15-20 min until salmon easily flakes with a fork.

5 DAY NUTRITION RESET: RESET-FRIENDLY RECIPES

CHICKEN & KALE SOUP

1 Tbsp. Olive Oil
5 Cloves Garlic, Minced
1 whole Medium Onion, Diced
6 Boneless Chicken Breasts; Diced
4-5 Medium Tomatoes, blended but still chunky
1 tsp. Red Pepper Flakes
4 cups Low Sodium Chicken Broth
1-2 Bunches Kale
2 tsp. Dried Oregano

Heat olive oil over med-high heat. Sauté garlic and onions for a few minutes - until onions become translucent. Cut chicken up into small pieces then add to the pan, browning for about 6 minutes. Transfer into your crock pot. Top with blended tomatoes and chicken broth. Add kale (it will wilt a lot). Top with pepper flakes and oregano. Cook on low 4-5 hours. Mix well before serving.

SPICY SAUTEED CHICKEN

1.5-2lbs Chicken Breasts
1 tsp coconut oil
1/2 tsp salt
1/4 tsp black pepper
1/2 tsp garlic powder
1/8 tsp cayenne pepper

Preheat oven to 375. Heat pan to med-high. Melt coconut oil. Coat chicken in spices. Cook 3-4 min on each side (until browned). Transfer chicken to baking sheet. Bake in oven for another 20 min or until cooked through

HOMEMADE SALSA (GREAT ON EGGS!)

1-2 fresh jalapeños
1/8 cup cilantro
1/4 cup green pepper
2 garlic cloves finely minced
4 organic tomatoes
Juice of half a lime
6 green onions, white parts only finely diced
2 Tbsp. apple cider vinegar

Blend all ingredients together and refrigerate overnight.

5 DAY NUTRITION RESET: RESET-FRIENDLY RECIPES

CHICKEN WITH MUSHROOM VINAIGRETTE

5 large shiitake mushrooms, stems removed
Sea salt and fresh ground black pepper 1 tsp.
Dijon mustard
3 tbsp. balsamic vinegar
3 tbsp. extra virgin olive oil
4 tbsp. finely chopped flat-leaf parsley
4 chicken breasts
Mrs. Dash chicken seasoning—
or another seasoning of choice

Grill mushrooms in a skillet with a little bit of chicken stock; season with salt and pepper for about 4-5 minutes. Remove from grill and coarsely chop. Whisk together shallots, vinegar, extra virgin olive oil and parsley in medium bowl until combined and season with salt and pepper. Add mushrooms and stir to coat. Let sit at room temperature for at least 15 minutes before serving. Season chicken with seasoning and place on grill for about 4-5 minutes on each side or until done. Remove chicken and serve 1 breast topped with shiitake vinaigrette. Garnish with parsley leaves

SAUSAGE & SWEET POTATO HASH

6oz turkey or chicken sausage (organic) 1-2
sweet potatoes, diced
1 small onion
1 cup water
1 TBSP coconut oil
2 cloves garlic, minced
1/8 tsp cinnamon
1/8 tsp paprika
S&P to taste

Cook sausage according to directions on package. Put water, sweet potatoes, and onion in pan on medium heat, covered. Simmer approx. 10 min, drain water, and return to heat. Add coconut oil and cook until browned. Add all spices and cook another minute or so. Put it all on a plate and eat

5 DAY NUTRITION RESET: RESET-FRIENDLY RECIPES

LEMON PEPPER TALIPA

1 lb Tilapia
1 Fresh lemon juiced
Fresh black pepper to taste

Pour over fillets of fish. Refrigerate 10-15 minutes. Remove from lemon juice and place in baking dish. Sprinkle pepper to taste. Bake or grill until done. 4-6 minute

SAUTEED KALE

1 head organic kale, washed well
2-3 cloves minced garlic
1-2 TBSP olive oil
Sea Salt

Heat olive oil in the pan on medium heat. Throw in garlic & let it begin to brown. Add kale, stirring

HOMEMADE ITALIAN DRESSING

5 tbsp red wine vinegar
1/4 cup water
1/2 cup olive oil
1/2 tsp salt
1/8 tsp black pepper
1 tsp dijon mustard
1 glove of garlic
1/8 tsp dried basil
1/8 tsp dried thyme
1/8 tsp dried oregano

Blend thoroughly and store in airtight container.

Today's Date:

Breakfast

Lunch

Dinner

Today I Am Feeling...

Drinks & Snacks

Exercise

Today's Date:

Breakfast

Lunch

Dinner

Today I Am Feeling...

Drinks & Snacks

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My Notes



A series of horizontal lines for writing notes, spanning the width of the page below the header.