

A phoenix rising from flames. The bird is depicted in a dark, almost black silhouette, with its wings spread wide. The background is a vibrant, fiery orange and yellow, with a greenish-yellow glow at the top. The overall effect is one of rebirth and transformation.

THE EVOLVED PERSONAL
TRAINING

RISE RESET

Who will you be when you rise?

HOW TO USE THIS PROGRAM



This protocol is designed to help assist the body with its natural Detoxing systems. Each part of this program works to help the others. To make the most of this program please set aside 20-30 minutes to plan your 7 day reset. Write in your journal the days your are going to prepare your food, The meals you want to eat and when you would like to eat them. This will free up a lot of time to concentrate on the other protocols and helping you have the best day possible while making huge steps to improve your health. As with all protocols that we use a The Evolved this is not a quick fix and even if you implement some of these protocols into your daily routines and rituals over time they can have awesome positive effects on your health. At the end of this program we encourage you to continuously work on making these part of your day and adjust what you need to make long term change. This protocol is an amazing reset and we would love to here your journey and how you are feeling throughout the program. Please share your story with us through social media, only more than an hour before bed ;) By using the #TheEvolvedRiseWeek or sharing with your #EvolvedCoach. Lastly we would like to remind you that we are here to fully support you on your journey and encourage you to reach out if you have any challenges or would like more information on any part of this program we wish you all the best with your journey towards a healthier you.

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RESET PROTOCOL DAY 1

Start your day right!

Awaken, Restore balance & build positive energy

On awakening

1: Restore balance by giving your stomach and internal organs some love with a cleansing internal shower - Drink a large glass of water with a teaspoon of Apple Cider Vinegar, Pink salt & Lemon juice.

2: Awaken with your bodies natural alarm clock - Get some direct sunlight on your body and add in some movement a gentle walk is amazing or practice this yoga flow - 1 minute each position Downward dog - left foot lizard - left foot pigeon - downward dog - right foot lizard - right foot pigeon - puppy dog - savasana. Movement and sunshine tell our bodies its time to wake up and get our systems primed to start the day get the blood flowing and enjoy.

3: Build positive energy by taking 5 minutes to remind yourself how lucky we are - Take out your gratitude journal and think of all the things you are grateful for. Then in anyway you like write about these things in your journal



RESET PROTOCOL DAY 2

Let food be thy medicine

Nourish your body, Remove toxins, Replenish nutrients & Restore health to let the body work its magic

Starting your day

1: Give your day the Green light (smoothie) - Starting your day with a green smoothie is an amazing not only for taste but also packing a huge nutrient punch. Here is one of our favourite green smoothie recipes you can also find our full reset nutrition guide at the end of this booklet

Supergreen insurance policy smoothie

Makes 1 serve

1 cup coconut water

1/2 lebanese cucumber

1/4-1/2 avocado

1/2 lemon, juiced

1/2 lime, juiced

1 handful baby spinach

1 kale leaf, stem removed

Blend up and store in glass jars for upto 4 days!



RESET PROTOCOL DAY 3

Let food be thy medicine

Nourish your body, Remove toxins, Replenish nutrients & Restore health to let the body work its magic

Throughout your day

1: Remove inflammatory foods and replenish the nutrients your body needs to assist your bodies natural detox systems - Foods that are highly processed, Alcohol, junk food & of low quality can reek havoc on the body. Our aim of this Detox is to remove as many of these as possible and treat our body with respect and fuel it like the amazing machine it is. To make this super simple remove processed foods, alcohol and junk food & replace them with nutrient dense options - Eg White bread sandwich with processed cheese and meat. Swap for - Gluten free Crepes with Roast chicken fresh tomatoes, cucumber, Spinach and a lemon olive oil and pink salt dressing. Chicken can be replaced with Eggs or a vegetarian option. - The recipe for the crepes can be found @180 nutrition who have an amazing list of recipes



RESET PROTOCOL DAY 4

Cold Shower

Start your day with a cold shower

1: Cold Showers - Challenge creates change, To our mind & body. Cold showers can promote better stress tolerance, Increased alertness a more robust Immune system, Increased will power and help boost fat loss. A cold shower First thing in the morning has been shown to help increase brown fat mobilisation which generates heat by burning calories for bonus points have a cold shower straight after your sauna or workout!

2: Cold Therapy - Frequent exposure to cold is linked to a number of different health benefits. For example, scientists have found evidence that exposure to cold speeds up metabolism. Another benefit of exposing your body to cold is that it reduces inflammation, swelling and sore muscles. Therefore, many athletes use ice baths and other types of exposure to cold as a means to speed up recovery after physical exercise. Furthermore, cold body therapy is also linked to improved quality of sleep, more focus and even to an improved immune response.



RESET PROTOCOL DAY 5

Fire, Ice & Movement

Move your body, Heat it up & Cool it down!

Embrace the power of ice & breathe

1: Ice & Breathe - Ice baths and the Wim Hof breathing technique maybe one of the fastest and easiest ways to help our body detox, reset and recover. The Wim Hof breathing Method is a series of breathing intervals where you inhale deeply and then relax your lungs but don't breathe all the way out after 30 breathes you hold your breathe once you need to breathe you will be surprised how long you can hold for you restart the breathing cycles completing 3+ rounds. This method has been shown to improve everything from immunity, mental clarity, alkalising the body and most importantly lowering stress. Wim Hof has the nick name the Ice Man for his multiple world records of doing crazy things like the spending 2 hours completely covered in ice without his body temperature dropping even a little bit. To truly experience the Wim hof method and its power we recommend joining our ice & breathe session to finish this protocol & program! Embrace the cold and uncover the power we all have inside of us.



RESET PROTOCOL DAY 6 - SLEEP LIKE A BABY

Setting yourself up for an amazing sleep!

1: Unplug - The amazing smart phone! The gateway to the world, unlimited knowledge & social media. It is an amazing tool but how often do you check you phone in bed and all of a sudden an hour has gone by scrolling facebook or checking emails? Unplugging & turning off all your electronics an hour before bed is essential to switching off. Where possible also have no electronics in your room to reduce EMF (electromagnetic Frequency) pollution. Give your mind a rest your friends puppy and work emails will still be there tomorrow.

2: Create your own zen den - Creating an amazing space to sleep in will help you to relax and get a good nights sleep. Salt lamps or aromatherapy, cool temperatures and a pitch black room can all help to help you use your bodies best recovery tool, Sleep! Bonus hack - Have an epsom salt bath 45 minutes before to restore electrolytes & minerals and also give yourself a little mini retreat before bed.

3: Let your battery fully recharge - How annoying is it when you only have half charge on your phone? So why would you only half charge your body? Commit to a minimum 8 hours sleep each night and let batteries body fully recharge



RISE RESET - FOOD GUIDE

What to eat during the Reset

We want to support your reset by reducing inflammatory foods from your diet. These are foods that have been highly processed, lack any real nutritious value and may trigger an inflammatory response in your body. Inflammation can cause a whole host of health issues from allergies and digestive issues to problematic skin, weight gain and more serious issues.

Your body should be in a state of calm most of the time so that it's working to achieve optimal health. There are certain foods that irritate the body and cause an ongoing lowgrade inflammation and they are:

- Gluten - especially white bread and pasta
- Sugar - found in most processed snacks
- Vegetable oils - found in man made fats like margarine
- Processed dairy - especially cows milk
- Alcohol - including all wines and spirits
- Processed and packaged foods - lacks essential nutrients



RISE RESET - FOOD GUIDE

**Green SUPERFOOD smoothies are simple for your body to digest and packed full of nutrients to help the cleansing process. While you are cleansing we want your cells in your body focused on the job at hand:
Your Smoothies**

- **Alkalising - Helps reduce harmful acidity that can be caused by modern day lifestyle choices.**
 - **Detoxifying - Remove unwanted toxins with subtle daily detoxification.**
 - **Cleansing - Regulate digestion and prevent a backlog of toxic substances.**
- Choose from the following smoothies each morning to kick-start your day and replace refined and processed breakfast options. Each smoothie has been designed to assist your reset while also providing added benefits from exercise recovery to immunity.**



RISE RESET - FOOD GUIDE

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RISE RESET - GREEN SMOOTHIE

Repair Smoothie

This smoothie is for those of you that work hard at the gym and have inflammation from intense workouts. It's packed full of antioxidants found in the Greens Plus, turmeric, ginger, cayenne, cacao and raspberries and healthy fats from macadamia nuts, coconut cream and 180 Superfood that helps relieve inflammation and improve muscle repair.

Ingredients

- 1 scoop Greens powder
- 1/4 cup baby spinach
- 1/4 cucumber
- 2 tbsp raspberries
- 1 tbsp macadamia nuts
- 1 tbsp coconut cream
- 1/2 tsp turmeric powder
- 1/4 tsp cayenne
- 1 scoop 180 Superfoods (coconut)
- 1 tsp fresh ginger
- 1 tsp cacao
- Add a pinch of stevia to sweeten

Instructions

Add ingredients to blender and blend until desired consistency.



RISE RESET - GREEN SMOOTHIE

Immunity Smoothie

If you have spent this winter with lots of unwanted colds then try our creamy immunity smoothie. When the gut flora is happy so is your immune system, brain and ability to shed those unwanted kilos. Think less hunger, colds and flus and a healthy, sustainable weight

Ingredients

- 1 tsp desiccated coconut
- 1 tsp fresh ginger
- 1 tsp cacao powder
- 1 scoop 180 Superfood
- 1/2 banana
- 1 scoop Greens powder
- 1/4 cup baby spinach
- 1 tsp ground cinnamon
- Handful of ice cubes
- 1/2 cup purified water

Instructions

Add ingredients to blender and blend until desired consistency.



RISE RESET - GREEN SMOOTHIE

Gut-Loving Smoothie

This smoothie is full of goodness to help support a healthy gut. All the ingredients are gluten free and gentle on your digestive system. If digestion is an issue for you I would go the extra mile and add in Pure L-Glutamine powder as it's good for maintaining and healing the gut lining.

Ingredients

- 1/2 kiwi fruit
- 2 tbsp coconut cream (or 1/4 avocado)
- 2 tsp tahini paste
- 1/2 tsp L-Glutamine powder (optional)
- 1 scoop 180 Superfood (coconut)
- 1 tsp cacao powder
- 1 scoop Greens powder
- 1/4 cup of ice cubes
- Add water for desired consistency

Instructions

Add ingredients to blender and blend until desired consistency



RISE RESET - FOOD GUIDE

Your Meal plan!

Breakfast - Try each smoothie and choose your favourite

Lunch / Dinner - Select one of the following meals

You can mix up the meals anyway you like if you like variety plan your menu on a friday night for the following week. If you are happy to make it easy and simple select 2-3 meals you really enjoy and make enough to last you the week.

If you can cook your meals fresh each day that is great. If not make enough to last Monday to Thursday and then cook another batch to last you the rest of the week.

During this reset stick to these foods as much as possible. You can adjust the meals to suit your time and needs but try not to eat out or add anything else in.



RISE RESET - FOOD GUIDE

Guide to Snacks

Forget THE SUGARY and PROCESSED OPTIONS... THESE SNACKS ARE EASY TO PREPARE, TASTE GREAT AND NOURISH YOUR BODY AT THE SAME TIME. Preparation is the key here as you don't want to be caught out at work or when out and about as you'll be at the mercy of the usual assortment of so-called 'healthy' snacks

ENJOY

- Sliced apple and nut butter (very filling)
- Boiled egg
- Veggie sticks: carrot, cucumber, capsicum, celery with humus or tahini (recipes at the back of the guide)
- Handfull of nuts and seeds
- Greek natural yoghurt and berries
- ½ avocado
- Healthy Smoothie

avoid

- Muffins
- Chocolate bars
- Pastries
- Chemical based energy bars
- Crisps and chips
- Flavoured milks
- Energy drinks



RISE RESET - FOOD GUIDE

Hydration Tips

Drinking plenty of water is very important on the reset (filtered preferably) and at least 2 litres per day which is around 8 glasses.

This will help the body eliminate toxins that aren't beneficial to your health.

You can add some fresh lemon or lime slices to the water to spice it up. The human body is made up of around 60% water, making it a critical nutrient to sustain human life. Every cell in the body needs water to perform vital chemical reactions for sustaining a healthy life.

TIP: Don't use meal times as a time to hydrate yourself, as this can reduce enzyme activity in the stomach that helps break down your food.

SOFT DRINKS

Avoid all soft drinks during the reset, even diet versions as they contain large amounts of sugar or artificial sweeteners and other nasties that contribute to bad health. If you are a soft drink junky a good replacement is sparkling water and fresh lime or lemon.

CAFFEINE AND ALCOHOL

While on a reset we advise avoiding all stimulants including coffee, black tea and alcohol to support restoring optimal tone to your autonomic nervous system which looks after digestion. This includes all forms of caffeinated beverages.

HERBAL TEAS

Herbal teas make a great addition to your daily hydration, just ensure that they are free of caffeine. We recommend not adding sweeteners and avoiding cleansing teas that contain laxative ingredients as they put you at risk for dehydration.



RISE RESET - RECIPE

Mediterranean Fish

- Fish of your choice, grilled in olive oil.

For Sauce:

- 3 Fresh tomatoes, chopped finely.
- 1 small onion
- Fresh dill, chopped
- 1 shallot, chopped finely
- 1 - 2 cloves of garlic, chopped
- Fresh parsley, chopped
- Sea salt and pepper to taste

Method: Fry onions in olive oil in a wok or pan. Add the rest of the ingredients & stir until cooked. Serve over the fish with some steamed vegetables



RISE RESET - RECIPE

Eggplant curry

- 1 Eggplant
- 4 shallots, thinly sliced
- 3 cloves of garlic
- 1 piece of fresh ginger – minced
- 1 small red chilli to taste
- ½ cup of pecan nuts, chopped
- Lemon grass, finely chopped
- ¼ tsp fenugreek seeds, lightly crushed
- Coconut milk (check the label and make sure it only contains coconut milk)
- celtic salt
- 1 tsp turmeric

Method: Slice eggplant thinly and cut into strips. Heat saucepan and cook eggplant and shallots in olive oil until they turn transparent. Add remaining ingredients – cook on a medium heat for 10 minutes. Add pecan nuts just before serving. Serve with brown rice approx ¼ of a cup or ¼ of your plate. Add extra veggies to the plate if still hungry not rice.



RISE RESET - RECIPE

Stir Fried free-range chicken with cashew nuts

- 1/2 head of broccoli, chopped small
- Palm sized free-range chicken thigh
- 1 cup of snow peas
- 1 bunch of bok choy
- ¼ cup of cashew nuts
- Coconut Oil
- 1 tsp garlic – crushed
- 1 tsp ginger – crushed
- Coriander to garnish
- 2 tbsp tamari sauce
- Cooked brown rice
- Sesame Oil to garnish

Method: Heat wok and add coconut oil. Cook chicken till nearly cooked and add vegetables for five minutes. Add coriander and cashews just before serving and drizzle over sesame oil. Serve with brown rice approx ¼ of a cup or ¼ of your plate. Add extra veggies to the plate if still hungry not rice.



RISE RESET - RECIPE

Quinoa and Vegetable Salad

- 1 cup Quinoa
- 2 cups Water
- Pinch of Salt
- 1 Carrot (Peeled And Grated)
- 1 Red Pepper (Seeded And Diced)
- 1 Cucumber (Washed And Sliced)
- 3 Green Onion (Sliced Thinly)
- 1 bunch Parsley (Chopped)
- The Zest And Juice Of 1 Lemon
- ¼ cup Olive Oil
- Salt & Pepper

Method: Rinse the quinoa well in cold running water. This will easily rinse away the natural bitter coating on the seeds. Drain and toss into a small pot. Add the water and season with salt. Bring to a simmer over medium-high heat. Cover with a tight fitting lid, turn the heat to low and simmer until the water is absorbed and the quinoa is tender, about 15 to 20 minutes. Meanwhile get all the colourful veggies ready. Toss them into a bowl and when the quinoa is done, add it as well. Add the lemon and olive oil, toss well, season with salt and pepper and serve.



RISE RESET - RECIPE

Fish Lasagne

• Ingredients

- 2 tbsp coconut oil, melted • 4 tsp pepper • 2 tsp himalayan salt.
- cauliflower head, chopped roughly • 1/2 parsnip (optional), chopped roughly • ½ eggplant, thinly sliced onion, thinly sliced • 2 clove garlic, minced • 2 small zucchini, thinly sliced • 1 red capsicum • 8 sun-dried tomatoes, chopped into small bits. (I use the brand Absolute Organic which contains sundried tomatoes and salt only. Not vegetable oil)
- 2 snapper fillet (wild caught) • 4 tsp oregano, dried • 2 tsp ghee

Method: Preheat oven to 200 degrees.

Place sliced eggplant (approximately 4 slices) onto base of medium baking dish. Sprinkle melted coconut oil, 1tsp pepper and 1/2 tsp himalayan salt over the eggplant. Place in oven and roast for 10 minutes. Steam cauliflower and parsnip in a large saucepan until very soft. Discard water from saucepan. Blend or mash cauliflower and parsnip with garlic, 1 tsp ghee and 1tsp pepper until smooth and creamy. Take baking dish out of oven after 10 minutes is done. Place snapper fillet on top of eggplant and place remainder of chopped vegetables, salt, pepper and oregano over the top. Pour cauliflower and parsnip puree over the top of vegetables and bake in oven for 30 minutes.



RISE RESET - RECIPE

Roast Lamb with rosemary roasted veggies

- Roast leg of lamb or lamb cutlets
- 4 cloves of garlic, crushed
- 2 tbsp fresh rosemary, chopped
- Olive oil
- 3 Tomatoes, quartered
- 1 medium eggplant, sliced
- Zucchini, chopped into big chunks
- 2 onions, cut into quarters

Method: Preheat oven to 180.

Mix half of the garlic and half of the rosemary with 2 tablespoons of olive oil. Make slits in the lamb and stuff with garlic rosemary mix. Also smear on the outside. Place lamb in baking tray with a drip tray. Bake for 1.5 to 2 hours depending on the size of your lamb. In a separate baking dish place vegetables and top with other half of rosemary and garlic. Add salt and pepper and drizzle with olive oil.

Cook for 30 minutes (add to lamb when it has 30 minutes to go).



RISE RESET - RECIPE

Chicken Capsicum Boats

Serves 2-3

- 400g organic chicken mince (I use Macro which can be purchased from most supermarkets. You can also use free range pork mince)
- 2 large red capsicums, cut in half and de-seeded
- 2 florets of broccoli, finely chopped
- 1/2 medium zucchini, finely chopped
- 1/4 cup baby spinach (or kale), chopped
- 1/2 brown onion, chopped into small chunks
- 1/4 cup pumpkin, chopped into small chunks
- 1/2 tsp ground fennel powder
- 1/2 tsp ground coriander
- 1 tsp turmeric
- 1 tsp dried (or fresh) rosemary
- 1/4 tsp cayenne
- 4 tbsp organic coconut oil
- 2 tsp cracked black pepper
- 1 tsp himalayan salt

Method: Pre-heat oven to 200 degrees

Place halved capsicum on a baking tray or dish. With inside facing up.

Place chicken and remainder of vegetables into a large bowl. Add herbs, spices, salt, pepper and 2 tbsp coconut oil. Mix ingredients well.

Mixture will be quite sticky. Use the remaining 2 tbsp of coconut oil to drizzle over capsicum tops and sides. Turn temperature down to 180 degrees and bake for 30 minutes uncovered. Place baking paper or lid on top of capsicum and bake a further 20 minutes.

Serve drizzled with Roasted Garlic – Onion Tahini sauce.



RISE RESET - RECIPE

Rainbow Salad

Base - your leaves of choice, the darker the leaves the more antioxidants they provide I like to use rocket or spinach. **Veggies** - use as many different coloured veggies as possible, some ideas below:

- Grated carrot • Tomatoes • Cucumber • Capsicum
- Cooked beetroot • Baked sweet potato • Sweet corn (boil them and cut of the corn, don't buy canned)
- Steamed Broccoli
- Ribbons of Zucchini - use a veggie peeler
- Add nuts and seeds
- Cashews
- Walnuts
- Pine nuts
- Pepitas
- Dressing
- Extra Virgin Oil
- Salt and pepper
- Apple Cider Vinegar
- Squeezed Lemon

