



5 Day Reboot Plan

Wanna try Whole Food Plant Based for a few days?

Welcome

If you've been curious about whole-food, plant-forward eating but feel overwhelmed, unsure where to start, or inconsistent, this 5-Day Reboot is for you.

This is not about perfection, restriction, or “doing it right.” It's about giving your body a short reset with nourishing foods, simple structure, and realistic expectations – so you can see how *you* feel when plants take the center stage.

Think of this as **gentle reset**, not a detox

How to Use This Reboot

- Follow the basic structure each day
- Choose meals that sound good to you
- Eat until comfortably satisfied
- Drink plenty of fluids
- Let this feel supportive, not stressful

If you miss a meal, make a swap, or eat something off plan, **keep going**. Consistently matters more than perfection.

Grocery List

Produce

- Spinach
- Mixed Greens
- Bananas
- Apples
- Berries (fresh or frozen)
- Broccoli
- Carrots
- Bell peppers
- Zucchini

- Onions
- Garlic
- Lemons
- Potatoes
- Sweet potatoes
- Avocados

Pantry & Staples

- Black beans
- Chickpeas
- Lentils
- Brown rice
- Quinoa
- Whole-grain pasta
- Salsa
- Hummus
- Marinara sauce (choose a fat free version if buying in the store)
- Nut butter
- Balsamic vinegar
- Spices: garlic powder, onion powder, chili powder, cumin, pepper (to name a few)

Optional Add-Ins

- Plant milk (unsweetened)
- Nuts or seeds
- Herbal teas

MORNING ROUTINE

- 16 oz water upon waking (lemon optional)
- Green smoothie for breakfast:

Choose one:

- Spinach, banana, mango, and/or pineapple, flax seed
- Spinach, blueberries, banana, flax seed

Coaches Note: Flax can be irritating to your stomach at first if your system is not used to eating a lot of fiber. A little bit goes a long way. I suggest a tablespoon to start with until your system gets used to it, then you can increase if you want to.

Flax is filled with inflammation fighting Omega3 fatty acids, and fiber.

- 5–10 minutes gentle movement

LUNCH OPTIONS

Choose one daily:

- Rainbow salad (greens, carrots, cucumbers, beans, lemon + balsamic, or find a homemade oil-free dressing online with no added sugar)
- Veggie wrap with hummus and fresh veggies
- Veggie soup + side salad

SNACKS (as needed)

Fruit, hummus or guacamole + veggies, berries, walnuts, apples + nut butter

HYDRATION

- Goal: 64–96 oz/day
- Water, lemon water, herbal teas (coffee does not count as hydration)

The 5 Days

Day 1- Reset the Foundation

Focus: Hydration + Fiber

Dinner: Baked Potato + black beans +salsa

Coach Note: Today is about crowding out, not cutting out. Eat until satisfied and notice how your body responds to fiber-rich foods.

Day 2 – Build a Balanced Plate

Focus: Color & Variety

Dinner: Veggie stir-fry over brown rice or quinoa

Coach Note: More colors usually mean more nutrients. Keep it simple – frozen veggies count

Day 3 – Support Energy & Digestion

Focus: Steady Energy

Dinner: Lentil soup with vegetables

Coach Note: You may notice more regular digestion today. That's a good sign your gut is responding to fiber.

Day 4 – Real Life Eating

Focus: Making this sustainable

Dinner: Whole-grain pasta + Marinara + Spinach

Coach Note: Plant forward eating doesn't have to be fancy. Simple, repeatable meals are success.

Day 5 – Confidence & Momentum

Focus: Carrying this forward

Dinner: Baked potato bowl with broccoli & salsa

Coach Note: Today is about noticing how you feel – physically & mentally. Awareness builds confidence.

Simple Reboot Recipes:

Oil-Free Baked Potatoes (Perfect Every Time)

Ingredients: Potatoes and desired topping from above

Instructions:

- Preheat oven to 425 degrees Fahrenheit
- Scrub potatoes well and pat dry
- Pierce each potato several times with a fork
- Place directly on the oven rack or a baking sheet
- Bake 45-60 minutes until tender when pierced

Easy Oil-Free Veggie Stir-Fry

Ingredients: rice or quinoa, veggies of choice

Instructions:

- Heat a non-stick pan or wok over medium heat
- Add 2-3 tablespoons water or vegetable broth
- Add veggies, starting with the firmest first
- Stir frequently, adding small amounts of water as needed.

- Cook until tender – crisp

Flavor options (choose one)

- Garlic + ginger + low sodium soy sauce, tamari, or my favorite – Bragg's Coconut Aminos
- Splash of balsamic or rice vinegar
- Chili flakes for heat

Coaching Note: Water sauteing takes practice – if veggies stick, just add a tablespoon of water & keep moving.

Simple Lentil Vegetable Soup (beginner friendly)

Ingredients:

- 1 cup dry lentils (brown or green), rinsed
- 1 onion, diced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves of garlic, minced
- 6 cups water or low sodium veggie broth
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt & pepper to taste

Instructions:

- Add all ingredients to the pot
- Bring to boil
- Reduce heat & simmer 30-40 minutes, until lentils are tender
- Taste & adjust seasoning

Optional add-ins: Spinach or Kale at the end, diced tomatoes, and/or lemon juice at the end.

Coach Note: I personally love the lemon juice added in, it bridges that barrier your taste buds miss without oil, low sodium, and no added sugar.

***Make extra – leftovers are encouraged!**

Foods to Avoid for 5 Days: Dairy, eggs, meat, ultra-processed foods,

fried foods, added sugars.

This isn't about "good" or "bad" foods – it's about creating a clean baseline.

Mindset of the week: 1-2 minutes of mindful breathing daily, listen to hunger cues, remind yourself that you are nourishing your body.

All major healing and change happen when the body feels safe & supported.

What You May Notice by Day 5

- Clearer thinking
- Improved digestion
- Reduced bloating
- More stable energy
- Lighter, calmer feeling around food

Everyone's experience is different – all responses are valid

What Happens after Day 5

You don't need to "stay perfect"

Consider:

- Keeping your smoothie
- Building meals around plants first
- Adding back foods intentionally & mindfully

If you want support continuing plant-forward eating in a realistic way, coaching options are available.