Reset your Metabolism and Health in only 7 days!

Your Best You. Starting Right Now...
The GOLO ReSet 7™ Plan is an intervention to prevent further damage to your body, promote healing and help get you started on your GOLO journey.

The ReSet 7 Plan utilizes the unique GOLO® Metabolic Plan for optimal insulin control, and focuses on eating a variety of ‘powerfoods’ that will cleanse, reduce inflammation, and can help relieve health issues that may be sabotaging your weight loss efforts. You can transition to the regular GOLO Metabolic Plan at any time, but we recommend you follow the ReSet 7 Plan for one full week for the best results.

- On the GOLO ReSet 7 Plan you will eat three nutritious and filling meals each day, and up to 2 snacks if needed. **Certain foods, such as dairy, grains and red meat are omitted from the ReSet 7 Plan.** Don’t worry, you can reincorporate them as you transition to eating foods from the regular GOLO Metabolic Plan.

- You may experience noticeable weight loss from the ReSet 7 Plan, but this should not be your primary focus. Eliminating toxins and other factors that hamper your efforts will set your body up for more effective weight loss, and this is the first goal. Consider any pounds lost in your first week as a happy side effect!

- You may notice the ReSet 7 Plan gives you increased energy and focus, better sleep and a more positive outlook.

You should commit to the ReSet 7 Plan for one or two weeks before incorporating other foods from the GOLO Metabolic Plan. Many people have food sensitivities to dairy or grains, which is why they are eliminated for a short period. Adding these foods back to your diet gradually may reveal a food sensitivity you were not aware of before.

**Why Try The ReSet 7 Plan?**

A new way of eating can be overwhelming. The ReSet 7 Plan makes it easy! By the end of one week, you will be familiar with how GOLO works, and will have made significant lifestyle changes. These changes will set you up for a lifetime of good health.

Other detox and cleanse diets focus on drastically reduced fat and calories plus significant restrictions. Some even promise a “miracle” fat-melting ingredient. These crash diets can be harmful to your health, are unsustainable and leave you irritable and hungry. They can even cause serious side effects like increased blood sugar levels and headaches because they do not provide enough nutrition for your body to function properly. The GOLO ReSet 7 Plan provides the proper nutrition to fuel your body and you will be eating REAL FOOD all week rather than starving yourself or consuming diet bars and shakes.
How the ReSet 7 Plan Works

The ReSet 7 is a one week ‘limited’ menu based on the foods from the GOLO Rescue Plan and Smart Card. The list of foods is on page 4 of this booklet. If you need suggestions and guidance on preparing foods, read the Creating GOLO Meals booklet before you start.

For each meal you will choose foods from our suggestions to create 3 healthy, balanced meals each day, and up to 2 snacks if needed (See page 5 for info on snacks). Balanced meals contain all four food groups, **Protein**, **Vegetables**, **Carbohydrates** (includes starch carbohydrates and fruit) and **Fat**.

You may have tried other diets that eliminated certain food groups, but we do not want you to do that anymore. Skipping meals is not recommended either and may cause weight gain.

- You can get as creative as you want and choose different foods for each meal, or you can keep it simple and have the same meals all week.
- Drink plenty of water throughout the day and try to avoid drinking too much during your meals. Check out the suggested GOLO Waters on page 5 for a variety of flavor options.
- Try your best but remember you don’t have to be perfect! Don’t give up even if you have a bad day.
- Have questions? Call a GOLO coach! Coaches are available Mon-Fri 9:00am – 5:30pm EST

Remember, the goal of the ReSet 7 Plan is to detox your body of harmful chemicals and promote healing and weight loss. You may feel like you’re giving up certain things, but it’s **ONLY ONE WEEK** and you will feel better as a result.
What Will I Be Eating?

The Reset 7 consists of specially chosen selections from the groups shown below. These foods will give you the best nutrition for improved metabolic health, increased energy and weight loss. It’s important to eat from ALL the groups at each meal, even fats! Balanced meals help to keep insulin and glucose levels steady so you stay fuller longer, and your body can start to release stored fat.

Follow the recommended servings for each meal.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Proteins</td>
<td>2 Proteins</td>
<td>1 Protein</td>
</tr>
<tr>
<td>1 Vegetable*</td>
<td>2 Vegetables</td>
<td>2 Vegetables</td>
</tr>
<tr>
<td>2 Carbohydrates</td>
<td>1 Carbohydrate</td>
<td>1 Carbohydrate</td>
</tr>
<tr>
<td>1 Fat</td>
<td>1 Fat</td>
<td>1 Fat</td>
</tr>
</tbody>
</table>

*Vegetables are optional at breakfast

Use recommended foods for your Reset 7 meals.

**If eating Vegetarian beans and legumes can also be used as a protein**

### PROTEIN

<table>
<thead>
<tr>
<th>Food</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>1 egg</td>
</tr>
<tr>
<td>White Meat (turkey, chicken)</td>
<td>3 oz.</td>
</tr>
<tr>
<td>Salmon/Fish</td>
<td>3 oz.</td>
</tr>
<tr>
<td>Raw Nuts</td>
<td>2 oz.</td>
</tr>
</tbody>
</table>

### CARBOHYDRATES

<table>
<thead>
<tr>
<th>Food</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berries</td>
<td>½ cup</td>
</tr>
<tr>
<td>Other Fruit</td>
<td>½ cup</td>
</tr>
<tr>
<td>Yam/Sweet Potato</td>
<td>½ cup</td>
</tr>
<tr>
<td>White Potato</td>
<td>½ cup (cooked)</td>
</tr>
<tr>
<td>Beans/Legumes**</td>
<td></td>
</tr>
</tbody>
</table>

### VEGETABLES

<table>
<thead>
<tr>
<th>Food</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green</td>
<td>1 cup</td>
</tr>
<tr>
<td>Other colors</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

### FATS

<table>
<thead>
<tr>
<th>Food</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olive Oil</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>GOLO Salad Dressing (page 5)</td>
<td>2 Tbsp.</td>
</tr>
</tbody>
</table>
Can I Have Snacks?

The ReSet 7 is designed to keep you full and satisfied all day. However, there are times when you may need a snack:

- If you are going longer than 4 hours between meals
- If you exercise, you will need to eat more. (Refer to your Fit Card)

If you have Bonus Servings and want to use them for snacks, include a protein first then add a vegetable or a carbohydrate.

If you do not have any Bonus Servings, you can have vegetables without using and servings. If you are still hungry add a protein.

GOLO Waters

GOLO water can help further eliminate toxins from your body and give you added energy. The infused waters can also help alleviate any cravings you may have while trying to eliminate processed beverages.

**How to make GOLO waters:**

Add the ingredient you choose to a pitcher of water. Allow to infuse for at least one hour. Keep chilled in the refrigerator. If the flavor gets too intense, simply add more water.

- **Lemon** Promotes detox and cleansing
- **Cucumber** Acts as a mild diuretic and gives you energy
- **Cinnamon** Promotes and assists with insulin and blood sugar control

GOLO Salad Dressing

1 cup Water
1/4 cup Apple Cider Vinegar
1 Tbsp. Garlic Salt (to taste)
1/4 cup Olive Oil

Combine water and vinegar. Add the garlic salt, adjusting to taste. Add 1/4 cup olive oil and shake or stir thoroughly.
GOLO SuperFuel™ Bowls

Our SuperFuel bowls take the guesswork out of putting a GOLO meal together. An easy-to-make batch of SuperFuel is a complete balanced meal, ready to eat at breakfast, lunch or dinner. The following recipe will make approximately 12-14 cups (6-7, 2-cup servings), depending on which ingredients you choose to combine.

GOLO SuperFuel Ingredients:

Choose one Meat Protein:
Amount: 2 lbs.
• Chicken / Turkey

Choose your Vegetables:
Amount: 2 lbs.
• Spinach or Kale
• Or any combination of the following:
  Carrots
  Celery
  Onion
  Peppers
  Cut into small pieces about ¼” each

Choose one Carbohydrate:
• Sweet potatoes, 2 lbs.
• White potatoes, 2 lbs.
  (Dice potatoes into small pieces)

Flavorings to taste (optional):
• Garlic
• Pepper
• Rosemary
• Salt

Cook and Combine:
Season and cook meat. Drain excess fat. Set aside. Dice and cook vegetables in a small amount of olive oil and season to taste. Set aside to cool. Note: if cooking spinach, place in strainer to allow excess liquid to drain. For potatoes boil until you can easily pierce with a fork.
In a large bowl gently blend meat, vegetables and carbohydrates together, season to taste. Cool and refrigerate.

See Creating Matrix Meals for more SuperFuel combinations

2 cups of SuperFuel equals a complete meal.
Total Fuel Value: 150 for 2 cups
Avoid These Foods During ReSet 7

**Bread**
Eliminating bread for this time will give your digestive system a rest. Today’s processed diets contain far too much wheat and gluten, and most of these are heavily refined. By eliminating bread for a short time you will become aware if wheat or gluten could be hampering your weight loss when you start eating it again.

**Cheese / Dairy**
While dairy has many health benefits, for some it is harder to digest than other proteins, and could be a potential food allergen for many people. While following the ReSet 7 Plan we recommend you avoid dairy.

**Red Meat**
Red meat contains compounds including saturated fat and high levels of iron, that can promote inflammation. Chronic inflammation increases your risk of disease, and can cause symptoms like joint pain or arthritis. You may notice a difference in how you feel by eliminating red meat temporarily.

Foods That Sabotage Your Weight Loss

Whether you are following the GOLO ReSet 7 or the GOLO Metabolic Plan, avoiding processed foods, beverages and sweeteners is beneficial.

**Processed Foods and Diet Foods**
You are detoxifying your body for a reason. Processed foods are filled with chemicals and preservatives that are not beneficial to your health and weight loss efforts. With GOLO, you will be eating REAL foods that keep your insulin levels optimized throughout the day and jump-start your metabolism. Choose foods that are as close to their natural state as possible, such as fresh chicken or fish.

**Processed Beverages**
Soda and other processed drinks may actually hinder your weight loss efforts. You should eliminate all of the following: soda, diet soda, bottled juices, bottled teas, lemonade, sports drinks and vitamin waters.

**Artificial Sweeteners**
Artificial sweeteners have zero calories, but your body does not recognize them as a food source. They trick your brain – and trigger satiety, sending the message to “keep eating” because the body needs real food.
ReSet 7 Sample Meals

Creating ReSet 7 meals is simple! Whether you prefer quick and easy foods or you like to get creative...the choice is yours. It’s even easy to eat out and follow the ReSet 7. Below are a variety of sample meals that GOLO has designed for you. And you can find more suggestions including recipes at myGOLO.com.

Remember to follow the recommended servings for each meal and include all four food groups.

Substitutions are acceptable. For example, if you don’t like seafood, substitute with chicken or turkey. If you don’t like grapefruit, choose another fruit such as an orange. See the Expanded Food List on page 11.

<table>
<thead>
<tr>
<th>Menu Sample</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Menu Sample 1</td>
<td>2-Egg Omelette with Onions and Green Peppers sauteed in Olive Oil Grapefruit</td>
<td>Grilled Chicken and Asparagus topped with GOLO Dressing Orange</td>
<td>Broiled Flounder, Broccoli sauteed with Onions and Olive Oil Potato wedges</td>
</tr>
<tr>
<td>Menu Sample 2</td>
<td>Banana Pancakes* Melon</td>
<td>Grilled Salmon, Cauliflower and Broccoli sauteed in Olive Oil with Onions Apple</td>
<td>Superfuel Bowl** with Ground Turkey, Sweet Potato, Carrots and Celery</td>
</tr>
<tr>
<td>Menu Sample 3</td>
<td>Scrambled Eggs with Mushrooms and Onions Strawberries</td>
<td>Tuna, Tomato, Cucumber and Spinach Salad with GOLO Dressing Berries</td>
<td>Grilled Chicken Breast, and Sweet Potato wedges with Green Beans</td>
</tr>
<tr>
<td>Menu Sample 4</td>
<td>Sweet Potato Pancakes* Sliced Tomato Applesauce</td>
<td>Superfuel Bowl** with diced Chicken, White Potatoes, Kale and Onions</td>
<td>Roasted Turkey, Broccoli and Cauliflower, Potato</td>
</tr>
</tbody>
</table>

*GOLO Recipes are located on GOLO.com
** GOLO SuperFuel Bowl recipe is located on page 6

Miscellaneous Food Items:
Water, black coffee, tea, cooking spices and seasonings: Fuel Value - 0
GOLO Water (recipe on page 5). Fuel Value - 0
One Week Shopping List Suggestions

Here is a sample shopping list for the week. You can buy the foods suggested, or pick your favorites from the four groups – the choice is yours. Buy quality proteins first and add healthy and inexpensive vegetables, then carbohydrates like beans, lentils, potatoes and fresh fruits that are in season.

You can plan your week according to your budget and what is available to you. You should save money too because you will be eliminating expensive processed foods.

**How much food do I need?**

Quantities will vary depending on choices, you can estimate four pounds of each of the following: **Protein**, **Vegetables** and **Carbohydrates** for each adult following the ReSet 7 Plan.

**For example:** If you are plan to eat chicken or fish for breakfast, you won’t need as many eggs.

<table>
<thead>
<tr>
<th>Protein</th>
<th>Vegetables</th>
<th>Carbohydrates</th>
<th>Fats</th>
<th>Other Staples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken or Turkey</td>
<td>Broccoli</td>
<td>Apple</td>
<td>Olive Oil</td>
<td>Apple Cider Vinegar</td>
</tr>
<tr>
<td>(white or dark meat)</td>
<td>Carrots</td>
<td>Berries</td>
<td>Other Staples (if needed)</td>
<td></td>
</tr>
<tr>
<td>Salmon or other fish/seafood</td>
<td>Cucumber</td>
<td>Melon</td>
<td>Apple Cider Vinegar</td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>Lettuce</td>
<td>Orange/Grapefruit</td>
<td>Cinnamon Sticks</td>
<td></td>
</tr>
<tr>
<td>Raw Nuts</td>
<td>Spinach</td>
<td>Beans</td>
<td>Seasonings</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Onion</td>
<td>Potatoes/Yams</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tomato</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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For example: If you are planning to eat chicken or fish for breakfast, you won’t need as many eggs.
Warning: Always consult your doctor or healthcare provider before beginning GOLO or any weight loss plan or exercise program, particularly if you are taking any medication or have any type of medical condition. GOLO is not intended to diagnose, treat, cure or prevent any disease. Do not reduce or stop any prescription medications without first consulting with your doctor or healthcare provider.