
3 DAY
Reset

KICK YOUR
CRAVINGS AND
FEEL GREAT
INSIDE & OUT

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WELCOME TO THE 3 DAY *RESET*

Thank you & Welcome!

I am so happy that you are joining me for the **FREE 3-Day Reset**

We are going to be **eating in balance with nature, lots of veggies, clean meats and good fats. As a result of eating this way, you will with ease let go of cravings and kryptonite foods from your lifestyle.**

With this reset, you won't be counting calories or eating what is essentially fake, preservative-packed food that's filled with chemicals your body doesn't recognize. Instead, you will be eating the right foods for your body in their most natural form, making your body satisfied and happy.

This reset is one where you will simply be eating a lot of seasonal vegetables, good fats; clean grass-fed meats, wild caught fish and meals, which are upgraded with anti-inflammatory spices.

IN A NUTSHELL

This is a lifestyle transition, which is all about having an understanding of your mind and body.

You see, when you eat the wrong foods for your body, inflammation runs rampant and causes a myriad of health issues, including disease and autoimmune disorders. But when you eat in a way that you ***listen to how your body feels after eating certain foods***, the inflammation quickly decelerates and eventually goes away completely (as long as you keep up the lifestyle). Because of that, you will:

- Feel light
- Have more energy
- Experience improved sleep
- Boost your immunity
- Gain improved bowel function
- Have fewer mood swings
- Live a more balanced life

This reset contains real food and delicious meals but does not contain deprivation, or quick fixes. It is designed to alleviate sugar cravings, get your body back into balance and have you feeling Vibrant from the *inside out*.

MY JOURNEY

My own personal health history includes a journey toward achieving my optimal health. Back then, I didn't eat as well – I was fatigued, experiencing digestive distress, and inflammation and never felt truly ALIVE.

I was struggling with balancing life and I was utterly exhausted. I was also tired of feeling unbalanced and not having the energy to enjoy my life to the fullest.

Then, I remember having the AH-HA! moment when I realized I needed to do something about it. [Read more here http://holisticprana.com/about/](http://holisticprana.com/about/)

With this new lifestyle, I stopped looking at foods as “good” and “bad.” Instead, I started asking myself if a certain food WORKED for me...for my body.

My struggle ended when I learned what the “good foods” and the “bad foods” were for my body and you will too. It took years for me to uncover what foods worked for me but I want to help you discover this much quicker.

I learned the tools I needed to change my body from the inside out. I am so excited to share these tools with you and watch your life change too.

After changing my life, I decided to become a health coach. I graduated from the [Institute of Integrative Nutrition in New York](#), where I studied over 100 dietary theories and had the opportunity to learn from amazing teachers and leaders, including Andrew Weil, Mark Hyman, Geneen Roth and Deepak Chopra. Additionally, I studied the digestive intensive (functional nutrition) from Holistic Nutrition Labs and I have recently completed the [Bulletproof - Coach Training program](#).

**WELCOME TO A NEW WAY OF THINKING – GOING BACK TO THE BASICS – a
Primal lifestyle that is easily sustainable.
Welcome to the 3 day RESET!**

IS THIS YOU?

Every night, you tell yourself that tomorrow will be better – tomorrow you'll make better food choices, you'll exercise more, and you'll ditch the alcohol or stop smoking. Unfortunately, for many, that "tomorrow" never comes, or it comes too late.

I completely understand that, like most, you are extremely busy. You probably have a significant other, children and/or a hectic job. You might also have friends that make bad food choices. Therefore, making the choice to do things differently for your health, and sticking with it, is one of the hardest things to do.

BUT, that's exactly what we're going to do. **During this reset, you will awaken your senses.** You may even ask me if I have a program just like this that is longer. Good news – I do!. Overtime, I encourage you to follow the essence of this lifestyle rather than worry about counting calories and weighing yourself daily.

Let's begin – are you ready?

DAY 1

Upon Waking – Alkalizing drink

Drink warm filtered water with the juice of ½ a lemon and a teaspoon of Himalayan pink Salt.

The lemon will stimulate proper stomach acid and bile production along with kicking the digestive fire.

Adding the Himalayan salt, which contains minerals, helps your adrenals.

Breakfast

Breakfast Juice (serves 1) – Option 1

Wash all of the following ingredients and then make the following in a juicer :

1 cucumber

Handful of kale

½ bunch mint

Handful of parsley

½ inch ginger

After these are juiced, add the juice of one lemon. OR, you can also enjoy this smoothie:

Breakfast Smoothie (Serves 1) – Option 2

1-cup coconut milk

½ cup coconut water

1 scoop of **collagen**

1 cup organic blueberries or pineapple

½ avocado

½ cup spinach (steamed)

Dash of cinnamon

Butter Coffee (Serves 1) – Option 3

2 1/2 Tbsp. of grounded [Bulletproof Coffee Beans](#)
1-2 tbsp. of [Brain Octane Oil](#)
1-2 tbsp. of grass-fed unsalted butter or grass-fed ghee
For sweetener – try Stevia or Xylitol

Brew the coffee with filtered water, add in all the ingredients in a blender for 30-40 sec until it's a like a latte.
Read more why it is good for you [here](#)

Snack

Plantain chips with Avocado

Lunch (serves 1)

Power Salad

2 cups mixed greens
1 cucumber, chopped and diced
2 celery stalks, chopped and diced
1/2 avocado
Smoked Alaskan salmon
1/4 cup black olives, (BPA-free can, packed in water)
Handful of fresh parsley

ADD: 1 tablespoon of Sauerkraut - optional

Dressing:

3 tablespoons Bragg's raw apple cider vinegar
2 tablespoons extra virgin olive oil/Avocado oil
Juice from a lemon
Dash of sea salt

Wash all vegetables and fruits. Chop ingredients. Mix all salad ingredients in a bowl and toss with dressing.

Dinner (serves 2)

Superfood Berry Salad - Option 1

- 4 cups spring mix or spinach
- 4 hard-boiled eggs, sliced in half
- ½ head cabbage, shredded and diced
- 1 avocado, diced
- 8 cherry tomatoes cut in half
- ½ cup blueberries

Tarragon Mustard Dressing

- ½ cup extra virgin olive oil
- 1 tablespoon Dijon mustard
- 1 lemon, juiced
- 1 large garlic clove, minced
- 1 tablespoon dried tarragon
- ¼ tablespoon sea salt
- ¼ tablespoon black pepper

Add your mixed greens, chop your vegetables and add to the bowl. Add the avocado, tomatoes and berries and toss with dressing. Garnish the salad with sesame seeds.

Curry Beef/chicken/fish - Option 2

- 1 cup of coconut milk
 - 2 cups of bone broth
 - ½ tablespoon. of curry powder
 - ½ tablespoon. of cumin powder
 - 1 tablespoon. of pink salt
 - 1 cup of chopped celery
 - 1 cup of chopped collard greens
 - ½ cup of chopped sweet potato
 - 1 tbsp. of lemon juice
 - 1 pound of grass fed beef, chicken or any type of wild caught fish
- Highly recommend using an **instapot** to speed up the cooking.
Combine the coconut milk with all of the spices and the lemon juice.
Then, add your choice of the meat and vegetables in the instapot.
Set on high for 20 min and open when turned off.

Before Bed

Drink one cup of chamomile tea

Upon Waking – Alkalizing drink

Drink water with lemon + ½ tsp. pink salt + 1 tbsp. of apple cider vinegar (optional)

Breakfast

Breakfast Juice – Option 1

5 stalks of celery
2 cucumbers
handful of kale
1 apple
1 carrot

OR, you can eat:

Eggs on the Quick (makes 6 servings) – Option 2

1 tablespoon coconut oil/clarified butter- ghee
1 -2 eggs
2 cups raw spinach, chopped
1 yellow onion, chopped
1 cup raw asparagus, chopped
2 tsp. organic turmeric powder
Sea salt and black pepper to taste

Preheat your oven to 350°F. Prepare your vegetables: Chop all the vegetables into small pieces. Add one-tablespoon coconut oil to a pan, add the turmeric and sauté the onions and asparagus. Sauté for 5-7 minutes or until the vegetables soften. Then add the spinach and sauté for an additional 2 minutes.

Combine your ingredients: Pour the egg into a bowl and mix the sautéed vegetables. Fill each muffin tin with the egg and veggie mixture. Bake your muffins: Bake for 20-25 minutes or until fully cooked.

Snack

Carrots

Lunch (serves 1)

Chicken Salad

2 cups mixed greens

½ avocado

1 cucumber, chopped and diced

6 cherry tomatoes, sliced in half

4 ounces, grilled and diced organic chicken

1 orange, (or a seasonal fruit) peeled and cut into segments

Olives as desired

Combine all the ingredients into a bowl. Chop all the ingredients. Peel the orange and then cut into segments. Top with sliced chicken and avocado and olives

Snack

Epic Bar

Dinner (serves 2)

Delicious Wrappers

Romaine, butter lettuce, green cabbage or collard leaves (rinsed)

2 large carrots, peeled and sliced thin or grated

½ cup of fermented (cultured) vegetables

1 avocado, mashed

2 chicken breasts, cooked and cut into strips

Sea salt and cayenne pepper

Lemon juice

ADD: 1 tablespoon of Sauerkraut

Lay out your greens on a plate to the side. Mix together the carrots, and avocado. Season with salt and cayenne pepper. Place some filling in each of lettuce leaves and drizzle lime/lemon juice over top, if desired.

Before Bed

A cup of Chamomile tea

DAY 3

Upon Waking– Alkalizing drink

Drink water with a food based Vitamin C powder

Breakfast

Breakfast Juice – Option 1

2 carrots

1 handful of spinach

1 cucumber

Handful of parsley

Juice of 1 lemon

½ inch ginger

OR, you can make:

Butter Coffee (Serves 1) – Option 3

2 1/2 Tbsp. of grounded [Bulletproof Coffee Beans](#)

1-2 tbsp. of [Brain Octane Oil](#)

1-2 tbsp. of grass-fed unsalted butter or grass-fed ghee

For sweetener – try Stevia or Xylitol

Brew the coffee with filtered water, add in all the ingredients in a blender for 30-40 sec until it's a like a latte.

Snack

[Collagen Bites](#)

Lunch (serves 1)

Salad Delight

- 2 cups of mixed greens
- ¼ cup shredded cabbage
- ¼ cup sunflower seeds
- ½ avocado, cut into chunks
- 1 tablespoon lemon juice
- 1 can sardines (BPA-free and packed in water)

Dressing

- 4 tablespoons extra virgin olive oil
- 1 tablespoon honey or stevia
- ¼ teaspoon sea salt
- ¼ teaspoon fresh ground black pepper

Place arugula in a large salad bowl, chop the cabbage, avocado chunks and add ¼ cup of sunflower seeds. Top with the dressing or simply use olive oil and lemon. Toss thoroughly. Top with protein.

Snack

Snack mix: 2 Tablespoons shredded coconut, 2 tablespoons raw cacao nibs

Dinner (serves 2)

Liver Cleanse Salad

- 4 cups mixed greens
- 1 carrot, grated
- 2 cucumbers, chopped and diced
- 1 medium radish, sliced thin
- 2 salmon filets or Alaskan smoked salmon
- ½ bunch parsley, chopped
- ½ bunch cilantro, chopped
- ½ avocado, sliced
- juice of a lemon
- Sea salt and pepper to taste
- ADD** : 1 tablespoon of Sauerkraut

Chop your vegetables. Cook the salmon for 15 to 18 minutes in an oven at 425° F. Add cooked salmon or smoke salmon to a bowl with ingredients. Top with avocado and lemon, balsamic vinegar and sea salt and pepper.

Before Bed

Drink chamomile tea with lemon and raw honey.

Celebrate with this **optional dessert**; dairy free, sugar free

Blueberry with Coconut cream

- 2 – 3 tbsp. of [coconut cream](#)
- 1 cup of organic blueberries
- 1 tbsp of xylitol
- 1 tsp of vanilla
- 1 tsp of cardamom powder
- 1 tsp of cinnamon powder
- 1 tbs. lemon juice

Mix in the vanilla, lemon juice, cardamom, and cinnamon powder with the coconut cream. Put it in the freezer for 30 mins or so and serve on top of the blueberries.

HELPFUL TIPS FOR THE RESET

- Start a journal to document this process.
- Eat/drink every 3 hours to stabilize your blood sugar.
- Regular bowel movements are important for proper detoxification. Make sure you are taking a good probiotic, a magnesium glycinate supplement and practice deep breathing while you are eating.
- Use a Castor Oil pack
- Chew each bite 30 times.
- Try any incorporate any of these morning rituals – I've shared on [Thought Becomes Things – TUT Blog](#)
- Upgrade your lifestyle further by exploring any of these Biohacking tools - I've shared in [Austin Fit magazine](#)

- Sweat daily. Aim for doing light exercise or taking an Epsom salt bath to get vital magnesium into your body for healthy elimination, proper metabolism and great sleep.
- Supplement your meals with good complex carbs on workout days like – white rice and sweet potato

GET PREPARED

- Clean out the processed foods in your home.
- Look at the meals on this plan and prep your shopping list.
- Make a trip to your local farmers market
- Get support
- Set a goal and write it down where you see it every day. Try a Post-it note on your bathroom mirror.
- Remember to have fun, laugh more, love more & commit to your wellbeing.
- Incorporate five minutes into your day to simply stop and reflect; appreciate your life.

WHERE NEXT

Do you need support in living this lifestyle for the long term?

One where you are not just looking at achieving short term gains at a certain time of the year only to then leap back to your old ways.

But you are looking at living a life of ease and flow – one with an upgraded mind, body and life – Then you are at the right place.

I have worked with clients like you who have now successfully achieved this lifestyle and are thriving in the new way of life.

I'm certain I can help you too.

How do I know this – Because you are one of the self- aware individuals who took the proactive step in downloading this 3-day reset guide.

You are driven to change your lifestyle. I recognize your potential to upgrade your life.

I have been dedicating a large amount of time this past year to become a certified Bulletproof coach (A program where I have studied innovative, science based information, techniques, tools, processes and products to maximize potential, enhance energy and help people perform better and create success.) During the course of this program I have gained skills to help you achieve an upgraded body, mind and life, regardless of your current level of energy, performance and health.

These are skills in addition to my own extensive personal and professional experience as a health and lifestyle coach.

As your health coach I am not going to do things for you as a self-aware person you desire to do that yourself anyways. But I will share with you everything I know so you can do the same.

Along with support, guidance, tools, action steps, clarity and accountability that will enable you to achieve all your meaningful goals, more effectively, and efficiently

ABOUT ME

I'm a certified health & lifestyle coach on a mission to help busy, women and men (like you) shift into a way of living that makes them feel empowered, energized and high performance. My unique lifestyle formula empowers my clients to deeply connect with their cravings, desires, and inner truth so that they can achieve the whole self-upgrade they're after.

Thank you so much for joining me in the 3 day RESET. I really hope you enjoyed it and it helped you upgrade your lifestyle.

Do share with me any feedback, questions or aha moments that came up for you during and post this mini reset. These practices lie at the tip of the iceberg for the tools I share with my clients as a part of my coaching programs. As a certified health & lifestyle coach, I've made it my life's mission to help you upgrade your health and your life for the better. Consider me your guide to feeling the way you want to feel: energized, empowered, vitalized. I focus on physical, psychological and spiritual aspects- in enhancing your energy, improving mental performance and upgrading your life - mind-body-energy.

To learn about my coaching packages, [read here](#).

Book a discovery session

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As a highflying corporate career woman turned holistic health coach, Radhika wants to live in a world brimming with authenticity and optimism, where forming deep connections with others is a way of life.

Radhika's former life involved hiring top management talent, traveling, and even rubbing shoulders with high-powered people. Even with achievements like getting featured in a leading business magazine, she felt like something crucial was missing from her life.

When her mom became ill, Radhika was inspired to re-evaluate her lifestyle and decided to trade in pulling all-nighters and meetings for health coaching and yoga.

When she is not working with her clients, you can find Radhika who now lives in Austin, Texas, geeking out on nutrition books and research, networking with her tribe, hiking in the greenbelt and attempting to meditate.