

4 DAY RESET

*Rebalance, Revitalize and
Reboot your Vida from the inside out.*

#resetyourvida



THE VIDA WELL
4 DAY HOLIDAY RESET

Grocery List

STAPLES AND SUPPLEMENTS:

I highly recommend purchasing these before the RESET, less work for you plus all of these will now become your pantry/fridge staples, believe me you will use them again.

If you want to save money, sign-up for THRIVE MARKET using this code, <http://thrv.me/Torie>. Not only will you get wholesale on everything, but they will be delivered to your door in 2-3! *You do have to sign up to subscribe but you end up making that money back in 1 purchase.*

When you go shopping for this list, you can buy everything for the 4 days ahead of time, in case you want to do some recipe prep for lunches for work, dinners, etc. The only thing you would need to do is FREEZE THE SEAFOOD that you will be eating on day 4 for ceviche.





STAPLES & SUPPLEMENTS

Apple cider vinegar [BUY NOW>](#)

Cinnamon

Cayenne

Himalayan

Cold pressed organic
olive oil [BUY NOW>](#)

Whole grain mustard

Maple syrup / raw organic
local honey

Almonds / walnuts

Macademia

Tahini

Fish sauce [BUY NOW>](#)

Anchovies [BUY NOW>](#)

Turmeric [BUY NOW>](#)

Curry powder

Braggs / coconut aminos

Bone broth (buy or make)

Pumpkin seeds / sunflower seeds

SUPPLEMENTS

Magnesium Calm [BUY NOW>](#)

Benotinte clay [BUY NOW>](#)

Activated Charcoal [BUY NOW>](#)

Liver detox [BUY NOW>](#)

OPTIONAL

Stevia

Nutritional yeast

3 STICKS

Grass-fed Butter

***OR 1 Jar Ghee (for dairy allergy)**

1 Organic (no mycotoxin) coffeemate /
green tea [BUY NOW>](#)

1 Brain Octane [BUY NOW>](#)

***OR 1 Jar XCT, MCT, Coconut oil**

1 Vital Protein Collagen [BUY NOW>](#)

SHOP AFFILIATES

*Use these links to get great deals on the
products you need for the reset*

Bulletproof

<https://www.bulletproof.com/rewardsref/index/refer/id/101470/>

Vital Proteins

<http://www.vitalproteins.com/user/thevidawell>

Thrive Market

<http://thrv.me/Torie>



DAY 1

- 1 MEDIUM Ginger, fresh
- 2 BUNCH Kale
- 2 HEADS Broccoli
- 2 LARGE Carrots
- 3 Avocado
- 2 BUNCHES Cilantro
- 1 (CHOOSE) Thyme / rosemary / oregano
- 1 PACKET Pasture raised bacon

PROTEIN

*Optional additions for active people:
6-8 oz protein per servings*

Hanger Steak (fish / shrimp)
Wild Salmon
Pastured bacon (or top with egg)
Ground meat (Sub egg, fish, turkey, chicken)
Fish for ceviche
Canned wild fish

DAY 2

- (OPTIONAL) 2 FILLETS Wild salmon
- 1 BUNCH Parsley
- 1 BUNCH Brocolini
- 1 HEAD Garlic
- 4 Lemon

DAY 3

- 1/3 Butternut squash
*OR 2 - 3 Zucchini
- 2 Red onion
- 1 PACK Shittake mushrooms
- 1 LB Ground grass fed meat
*OR turkey / wild fish / vegetarian
- 1/2 Hanger steak
*OR wild fish / shrimp / chicken
- 1 HEAD Cauliflower
- 10 Limes
- 1 LB Brussels

DAY 4

- 6 - 8 CUPS Bone broth
- 1 PIECE Astragalus root
- 1 Sweet potato
- (OPTIONAL) 2 Jalapeño
- 1 PACK Frozen peas
- 2 White onion
- 1 LB White fish / shrimp
- 1 LARGE Cucumber
- 1 BUNCH Cilantro

A close-up, soft-focus photograph of a hand sprinkling a reddish-brown powder (likely spices) into a white mortar and pestle. The background is blurred, showing more of the same powder and some green herbs.

THE VIDA WELL 4 DAY RESET

Recipes

This isn't just a list of recipes to follow, or a "cleanse/ diet," this is a way of life. These next 4 days will be more extreme in order to get results QUICK and create an initial reset. My goal for this reset program is to educate you on the framework for how to create a thriving lifestyle that tastes good and feels even better.

Each of the topics that make up my idea of "healthy-living" take time, but doing a little of each sure makes a difference in your everyday life. The recipes were created to contain nutrient-dense foods that not only help with detoxifying our bodies but that help burn fat. I choose every ingredient for a reason.



EVERY DAY

- 🍍 Everyday you will wake up and say something you are thankful for (it can be the invention of bulletproof)
- 🍍 Each day you will have your morning detox drink
- 🍍 Then you will drink your version of Bulletproof recipe (with coffee or tea)
- 🍍 Be conscious of chewing,
- 🍍 You will end each night with a detox drink. It will not taste good, but it will help suck out those unwanted toxins, inflammation and bad guys!

MORNING DETOX DRINK

1 TBSP ACV + dash Cayenne
1 pinch Himalayan sea salt
½ lemon
Add ingredients to 16 ounces of cold or hot water
(stevia to taste optional)

Note* (if it gives you diarrhea, reduce salt to 1/2 or 1/4 tsp)

NIGHT DETOX DRINK

1 TBSP Bentonite clay in water, at least 1 hour after dinner.

*NOTE+ DO NOT DO MG CALM WITH THE BENTONITE, try a relaxing bath, you will be detoxing throughout the night.

Option to do a 25 minute Epson salt soak. Which helps you absorb more Mg plus removes toxins.

BEFORE BED

4-6 capsules Activated charcoal- I like to start the reset with charcoal because it absorbs the bad stuff, especially if you are like me and like to let yourself eat some “bad stuff” the charcoal itself absorbs chemicals and reduces your absorption of toxins, reducing inflammation. Take it immediately before and immediately after you ingest something that might be heavy in toxins in order to get the most benefits (this includes alcohol)

ALL DAYS

BREAKFAST

VIDA WELL'S BULLETPROOF RECIPE

16 OZ	Brewed coffee / yerba mate
2 TBSP	Brain Octane, or MCT oil
2 TBSP	Grass fed butter / ghee
1 SCOOP	Vital Protein collagen
1 TSP	Ceylon cinnamon
(OPTIONAL)	Stevia to taste

DIRECTIONS

Brew coffee or tea in preferred method.

Add all ingredients to a blender or magic bullet. Blend for 20 seconds for maximum frothiness.





Day 1

LUNCH

DETOX SALAD + PROTEIN OF CHOICE

(4-6 oz Grass Fed skirt steak, 2 eggs, 1 chicken breast,
4-6 oz wild fish, canned wild)

DRESSING

- 1/2 CUP MCT Oil
- 1/3 CUP Cup lemon juice, fresh
- 1 TBSP Ginger, peeled & grated
- 1 TBSP Whole grain mustard
- 2 TSP Pure maple syrup/ raw organic honey
- 1/4 TSP Salt, more to taste

SALAD

- 2 CUPS Kale, thinly sliced
- 1.5 CUPS Broccoli florets
- 2 LARGE Carrots, peeled & grated
- 2 SMALL Beets, washed & grated
- 1 Avocado, peeled & diced
- 1/2 CUP Fresh cilantro, chopped
- 1/2 CUP Sunflower and/or pepitas seeds

DIRECTIONS

For dressing either whisk together all ingredients or put everything in a small blender and set aside until ready to use.

Optional step for kale sensitive people: Lightly steam kale / and or broccoli in a pan for about 2 minutes with a little water (this helps break down kale) and then strain excess water out, pat down.

Add rest of ingredients to bowl, add dressing. Top with protein of choice.



Day 1

DINNER

WARM WINTER VEGGIES WITH BACON

- 4 TSP** Bulletproof Brain Octane oil (or XCT/
coconut oil)
- 6 TSP** High-quality olive oil
- 1 TBSP** Chopped fresh herbs (thyme, rosemary...)
Sea salt to taste
- 1/2 SMALL** Head cabbage (9oz.), cored & cut lengthwise
- 2 TSP** Apple cider vinegar
- 2 STRIPS** Pasture raised Bacon
- 2 LBS** Winter veggies (sweet potatoes, turnip, winter
squash, carrots, parsnips), cut into 1 inch pieces

Preheat the oven to 320 degrees. Line a baking sheet with parchment paper. Arrange the bacon on the baking sheet and bake until just cooked through, but not browned, about 10 minutes. Let cool and coarsely chop. Reserve the pan and bacon fat and leave the oven on.

Add the vegetables to the bacon fat in the pan and toss with the XCT oil, 4 teaspoons of the olive oil, the herbs, and salt to taste. Bake until just beginning to soften, about 20 minutes.

Add the cabbage to the baking sheet, tossing to combine, and continue to bake, tossing once, until all vegetables are tender, about another 25- 30 minutes, or until golden and crispy. Drizzle the vegetables with the remaining 2 teaspoons olive oil and the vinegar and sprinkle with the bacon and nuts. Serve warm or at room temperature.



Day 2

LUNCH

CAESAR SALAD + OPTIONAL PROTEIN

Serves 4 | Cooking/Prep Time: 12 minutes

- | | |
|----------|---|
| 2 HEADS | Kale, center stems removed & leaves torn into bit sized pieces |
| 3 | Garlic cloves |
| 6 | Olive oil-packed anchovy fillets (half a can) |
| 1 TBSP | Lemon zest |
| 1 LARGE | Egg yolk (pasture raised) |
| 1/4 CUP | Fresh lemon juice, plus more to taste |
| | Sea Salt to taste |
| 1/2 CUP | Extra virgin olive oil |
| 2/3 CUPS | Freshly grated parmesan cheese (optional for dairy intolerance) |
| 1 TSP | Red chili flakes |

Place first seven salad ingredients in a blender & blend. With the blender running, add ½ cup of the olive oil at a time, to create a smooth emulsion. When all the oil is incorporated, season the dressing to taste with additional salt and lemon juice. Add water to thin the dressing to desired consistency.

In a large bowl, toss the kale, red chili flakes, and the dressing to taste. Reserve any extra dressing for another use. Add extra grated or shaved Parmesan as an option. Toss again and serve.

Day 2

DINNER

PARCHMENT BAKED SALMON

Serves 2

INGREDIENTS

- 2 FILLETS Wild salmon, 8 oz. each
- 1 TBSP Grass fed unsalted butter / ghee
- 2 TBSP MCT, Brain Octane, or coconut oil
- 1 TSP Cayenne Pepper
- 2 TBSP Minced cilantro, parsley or dill
- Lemons for serving

DIRECTIONS

Preheat oven to 320 degrees.

Place a piece of parchment paper on a baking sheet, place salmon on top. Rub the salmon with oil, salt and cayenne. Place butter on top of fillets. Wrap the parchment paper around the fish so no heat can escape, like a sandwich.

Bake until medium rare, (for most nutrients) about 18-20 minutes, depends on thickness of fish. Sprinkle with herbs and lemon.





Day 2

DINNER

ROASTED BROCCOLINI

INGREDIANTS

1/2 BUNCH	Organic Broccolini
2	Garlic cloves, minced
1 TSP	Red pepper flakes (optional)
1 TSP	Sea salt
2 TBSP	Brain octane, MCT, coconut oil
1 TSP	Lemon zest

DIRECTIONS

Preheat oven to 425 degrees. Rub ingredients on broccolini. Bake at 425 for 10-12 minutes or until desired crispiness.



Day 3

LUNCH

MACNUT PESTO + TURKEY ZOODLES

PESTO

2 CUPS	Packed basil leaves
1/2 CUP	Macadamia nuts (can substitute pine nuts or pumpkin seeds)
1/2 CUP	Cold pressed olive oil or avocado oil
1/2	Juice of one lemon
3 CLOVES	Garlic
1/4 TSP	Salt, more to taste
1/4 CUP	Parmesan cheese or 1 tbs Nutritional yeast
1/4	Jalapeño for added spice (optional)

METHOD

Place all ingredients in the food processor except oil. Pulse until desired consistency, then add oil slowly as you blend. I like mine a bit chunky. Taste. Add more acid (lemon) or oil to make it thin out.

BUTTERNUT ZOODLES

1/3	A butternut squash or 2-3 small zucchini made into zoodles
4 TBSP	Brain Octane, MCT oil, or avocado oil
1/2	Red onion, sliced thinly
1/4	Cup mushrooms, sliced thinly
1 LB	Organic ground turkey / grass fed meat, 4 oz fish (optional)

DIRECTIONS

Make your zoodles in whatever method you prefer. If using zucchini, when they are made salt them and lay them on a paper towel so they release their water before cooking. (You don't want a watery mess) Set aside for at least 20 minutes.

Make pesto, set aside. (Can do this up to 2 days before.) Zucchini: Press the salted zoodles between dry paper towels or a clean dishrag, to remove the excess moisture.

Heat half of the oil in a large pan over medium heat. Add the mushrooms and onions to the pan. Sauté until cooked through, about 5 minutes. Remove from pan and set aside. Cook ground meat with 2 tbsp of remaining oil about 5- 7 minutes. On low, add the zoodles and the pesto with veggies, and saute until warm, about 5-7 minutes and stir until combined.



Day 3

DINNER

HANGER STEAK + CILANTRO LIME BUTTER

Serves 2

CILANTRO LIME BUTTER

8 TBSP	Grass fed butter / ghee, at room temp
2-3 TBSP	Cilantro leaves, chopped fine
2-3 TBSP	Lime Juice
	Sea salt to taste

DIRECTIONS

In a food processor, or in a bowl, mix ingredients until everything is combined. Store in an airtight glass container or wrapped in parchment in fridge. (can freeze for up to 2 weeks)

HANGER STEAK

1/2 LB	Grass fed hanger steak / skirt steak
1 TBSP	MCT or coconut oil
	Sea salt
	Lemon

DIRECTIONS

Rub the steak with the Brain Octane oil and set aside. Grate 2 teaspoons of zest from the lemon. Halve the lemon and cut into wedges. Squeeze out 1 teaspoon of juice and set the remaining lemon wedges aside.

Heat a grill pan over (or fire up your grill to) medium-high heat. Season the steak with sea salt, place on the grill, and reduce the heat to medium-low. Cook, taking care not to char the meat, for 5 to 6 minutes per side for rare, 6 to 7 minutes per side for medium-rare. Transfer the steak to a plate, top with 2 1/2 tablespoons compound butter (reserve remaining compound butter for another use), and allow to rest for 5 minutes.

Slice the steak thinly across the grain, and serve over cauliflower, topping with meat juices and a squeeze of lemon



Day 3

DINNER

CURRIED CAULIFLOWER STEAK

Makes 4 servings

INGREDIENTS

- 1 HEAD** Organic cauliflower, sliced vertically through core, 1 inch steaks
- 2 TBSP** Brain octane, MCT, coconut oil
- 2 TBSP** Curry powder (can sub cumin & turmeric)
- 1 TSP** Cayenne pepper
- 1 TSP** Sea salt to taste
- 1 TBSP** Cilantro lime compound butter

DIRECTIONS

Preheat oven to 350 degrees.

Line baking sheet with parchment paper. Rub the spices, salt and octane on “steaks.” Wrap the parchment paper around cauliflower like a package, folding the seams. Bake for 35-40 minutes.

OR you can fry them in a pan over medium heat for 3-5 minutes on each side.

Top with compound butter and serve.

Day 2

DINNER

UMAMI BRUSSELS

INGREDIENTS

1 LB	Brussel sprouts, stems cut off and cut in half
2 TBSP	Grass fed unsalted butter / ghee, melted
1 TBSP	Raw local honey
1 PIECE	Ginger root, 1 inch, peeled
2 CLOVES	Garlic
2 TSP	Apple cider vinegar
2 TSP	Tahini
3 TBSP	Lemon Juice
2 TBSP	Fish Sauce

DIRECTIONS

Heat oven to 350 degrees.

Toss brussels sprouts with melted butter or ghee. Place on rimmed baking sheet and cook for 10 minutes.

While sprouts are roasting, mix all remaining ingredients in a blender until smooth. Toss brussels sprouts with sauce and roast an additional 10-15 minutes. Then finish roasting for another 10-15 minutes until sprouts are crispy.

NOTE* you can either do both the cauliflower and brussels in the oven at the same time, or do cauliflower and steak/fish on stovetop at the same time. Brussels will take longest so start with them!





Day 4

LUNCH

BONE BROTH SOUP

INGREDIENTS

5 -6 CUPS	Bone broth, I like mine more hearty, less broth
1/4	White onion, diced
2 TBSP	XCT oil, coconut oil
2 CLOVES	Garlic, minced
1	Inch piece ginger, grated (or ground)
1	Jalapeño, minced
1 CUP	Shiitake mushrooms
1	Piece astragalus root (should be near ginger, optional)
1/2 CUP	Broccoli florets
1/4 CUP	Cubed sweet potato
1 CUP	Leafy greens (swiss chard, kale, etc.)
1 TBSP	Turmeric
1/2 TSP	Cayenne pepper
	Sea salt to taste
1 TSP	Braggs liquid aminos or coconut aminos

TOPPINGS (OPTIONAL)

Pea sprouts
Sunflower / pumpkin seeds
Lemon

DIRECTIONS

Heat oil at medium heat in a large stockpot, add oil. Add onions, jalapeños, ginger, astragalus root, and garlic until translucent, about 3-5 minutes, stirring frequently.

Pour in all the broth liquid. At a medium heat simmer sweet potatoes, broccoli, and mushrooms for 10 minutes.

Bring to med-low heat, add the brags, turmeric, cayenne, greens and salt.

Cook veggies until tender about 10 more minutes, I personally like my broccoli a little crunchy.

Remove the astragalus root pieces with slotted spoon (you do not want to eat this)

Ladle the soup into bowls and garnish with toppings.

*OPTION to add protein, I suggest poached egg, shrimp



Day 4

DINNER

KETO GUACAMOLE IN LETTUCE CUPS

I like to use leaves from cabbage, endive or romaine to make mini “tacos”

INGREDIENTS

- 1 Jalapeño peppers, minced
- 1/2 TSP Ground cumin
- 1 TBSP Garlic, minced
- 4 TBSP Lime Juice
- 2 MEDIUM Avocado
- 1 CUP Frozen green peas (or cooked edamame, broccoli, or asparagus)
- 1/4 CUP Onion, chopped
- 1/4 CUP Cilantro, chopped
- 1- 2 TBSP XCT (optional)
- Sea salt to taste
- Dash cayenne (optional for added heat)
- Optional probiotic boost (2 TBSP sauerkraut + 2 TBSP brine, substitute for 1/2 lime serving)

DIRECTIONS

In a blender or food processor, process the peas until smooth. In a medium bowl, mash the avocado with a fork. Add the rest of the ingredients and mix by hand for crunch. Add the veggies and mix well.

Day 2

DINNER

GREEN CEVICHI

INGREDIENTS

- 1 LB Fresh shrimp (sub halibut, rock cod or snapper)
- 1 CUP Freshly squeezed lime juice
- 1/2 Red onion, chopped
- 1 Cucumber, seeds removed, chopped
- 2-3 Jalapeños or Serrano, finely minced
- 1 BUNCH Fresh cilantro leaves and stem minced
- Sea salt to taste
- 1 -2 TBSP Olive oil or XCT

DIRECTIONS

Wash shrimp (if fish, then cut) & squeeze lime juice.

Place the fish in a stainless-steel or glass bowl. Season with salt and let stand for 10 minutes. Then add the lime juice and toss gently. Cover the bowl with plastic wrap and refrigerate for one to one and a half hours. The lime cooks the fish/shrimp. The fish should look white (not translucent). Add the red onion, cucumber, jalapeño, cilantro, and oil, toss gently to combine. Season to taste with salt.

NOTE* Shrimp cooks faster than fish, usually within 30 minutes, it will turn pinkish/ red when it is ready

