

*Mastering Your
Fat Switch*

the
adrenal



reset

diet

GUIDELINES

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The Reset Diet can be as simple or as gourmet as you wish. For simplicity, it can be as easy as shake, salad, and stir-fry. Here are some ideas to get you started:

SIMPLE MENU IDEAS

BREAKFAST SHAKE

Blend all ingredients in high-powered blender with 1/2 cup each ice and water (add more water if you prefer your shakes thinner)



- 1 serving (containing 20-30 grams of protein) sugar free, vegetable based protein powder (pea protein is best); or Hydrobeef protein powder
- 1/4 cup raspberries
- 1/2 cup unsweetened coconut milk beverage
- 1 tbsp Flax seeds
- 1/2 cup frozen spinach

A fast and easy alternative to this recipe is 1 serving of Dr. Christianson's specially formulated Reset Shake.



LUNCH SALAD

Rinse beans and salmon. Mix all ingredients together. Keep chilled until serving.

- Romaine, red leaf, green leaf lettuce - 4 cups
- Black beans - 1/2 cup
- Canned salmon - 3 ounces
- Cherry tomatoes - 6
- Olive oil - 1 tbsp.
- Vinegar, red wine - 2 tbsps.
- Spike seasoning - 1/2 tsp.



DINNER STIR-FRY

Rice and chicken breast can be purchased pre-cooked or cooked in advance. Heat 1/2 of the oil in saucepan or wok. Heat garlic and onions 1 minute. Add vegetables and cook until lightly soft. Add chicken, rice, soy sauce and remainder of sesame oil until all ingredients are mixed and warm.

- Brown rice - 3/4 cup
- Chicken breast - 3 ounces
- Broccoli - 1 cup
- Mushrooms - 1/2 cup
- Onions - 1/2 cup
- Soy sauce - 1 tsp
- Toasted sesame oil - 1 tbsp

SUBSTITUTIONS

If you tire of the base mixes, here are some really easy ways to add variety.

BREAKFAST SHAKE SUBSTITUTION OPTIONS:



Instead of coconut, use unsweetened flax or almond milk.



Chia, hemp, salvia, or pumpkin seeds instead of flax seeds.

Kale, collards or other greens can replace spinach.

SALAD SUBSTITUTION OPTIONS

You can use any other greens instead of lettuce.



Try any other type of beans. Chick-peas and navy beans are great options. Chicken, shrimp, or other protein can be used in place of the salmon.

You can use any other vinegar with the exception of flavored or balsamic vinegar. If you are not sure if vinegar is flavored just check the label. If total carbs are over 1 gram per serving it is flavored. Other oils can be used instead of olive oil. Other seasoning blends can replace Spike. If you are not familiar with it, give Spike a try.

STIR FRY SUBSTITUTION OPTIONS

Any other unlimited vegetables can be used.



Try lean beef or pork instead of chicken. Other oils can replace toasted sesame seed oil. Macadamia oil works well in stir-fry's.

Other seasonings for soy sauce. Although soy is avoided, natural soy sauce is fermented and fine in normal quantities. Ume plum vinegar is a great substitute.

SHAKES & JUICES

PREMADE SHAKES

Shakes with pre-measured, high quality ingredients can save time and help assure your success. Try 1 serving of the Reset Shake to substitute a meal for breakfast or breakfast and lunch.

JUICES

Juices are great for a quick boost or when you are hungry between meals. You can use any of the ingredients from the Unlimited Foods List, blend or juice them, and enjoy one to two times per day between meals. Here is my favorite midday juice boost!

- Beet - 2 medium, Peeled and quartered
- Cilantro - 1/2 bunch, rinsed and ends trimmed
- Green Apple - 1 whole fruit, washed, and quartered
- Kale - 1 cup frozed or 2 cups washed fresh leaves
- Lemon - 1/4 fruit, peeled
- Turmeric - 1/2 inch sliced fresh root or 1/4 teaspoon of dried powder

MAKING IT YOUR OWN

If you would like to venture away from the base recipes, here is the outline of the diet. Basically carbohydrates are cycled throughout the day. This trick can make weight loss much easier.



DIET PLAN

MEALS

SERVINGS

Breakfast	1 serving protein 1 serving fat 1 servings carbs
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Lunch	1 serving protein 1 serving fat 2 servings carbs
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Dinner	1 serving protein 1 serving fat 3 servings carbs
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Mid morning and mid afternoon snacks	Foods from unlimited list
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PROTEINS, FATS, & CARBS

What are the best sources of proteins, fats, carbs?
Following are detailed lists of each. Any foods not on the lists are best avoided.

HEALTHY PROTEINS

Serving Sizes all should equal 4-6 ounces
pre-cooked unless otherwise specified



EVERYDAY

Beef, Lean grass fed
Beef, Lean ground
Black cod / sablefish
Chicken breast
Cod
Protein Powder, Vegetable
based- 1 serving
Sardines
Shrimp
Turkey breast
Turkey, Lean ground
Wild Alaskan salmon
Rainbow trout

SEVERAL TIME PER WEEK OR LESS

Crab
Turkey bacon - 3 pieces
Oysters
Canadian bacon - 3 pieces
Coconut yogurt, Nonfat
unsweetened - 1 cup
Ham, lean
Lamb
Pork chop
Pork loin, lean
Lobster

HEALTHY FATS

Serving Sizes

EVERYDAY

Almonds - 21 almonds =
1/4 cup = 3/4 ounce
Almond butter - 2 tbsp
Avocado - 1/3 medium
Chia seeds - 2 tbsp
or 3/4 ounce
Coconut milk beverage,
unsweetened - 1 cup
Extra Virgin Olive Oil - 1 tbsp
EVOO - 1 tbsp
Flax seeds - 2 tbsp or
3/4 ounce
Grape seed oil - 1 tbsp
Guacamole - 3 tbsp
Hemp seeds - 2 tbsp or
3/4 ounce
Macadamia oil - 1 tbsp
Macadamia nuts - 1/4 cup
or 3/4 ounce
Olives - 1/2 cup
Pistachios, unsalted and
shelled - 1/4 cup or
3/4 ounce
Pumpkin seeds - 2 tbsp
or 3/4 ounce
Sunflower seeds - 2 tbsp
or 3/4 ounce
Walnuts - 1/4 cup or
3/4 ounce

FEW TIMES PER WEEK OR LESS

Brazil nuts- 1/4 cup or 3/4
ounce
Butter - 1 tbsp
Canola oil - 1 tbsp
Coconut, shredded
unsweetened - 2 tbsp
Coconut oil - 1 tbsp
Ghee (clarified butter) 1 tbsp
Sesame oil, toasted - 1 tbsp

HEALTHY CARBS - SERVING SIZES

EVERYDAY

Acorn squash - 1/4 cup
Adzuki beans - 1/4 cup
Barley, cooked - 1/4 cup
Beets - 1/4 cup
Black beans - 1/4 cup
Blackberries - 1/4 cup
Blueberries - 1/4 cup
Brown rice, cooked - 1/4 cup
Butternut squash - 1/4 cup
Cannellini beans - 1/4 cup
Garbanzo beans (chickpeas)
- 1/4 cup
Grapefruit - 1/4 fruit
Hummus - 2 tbsp
Kidney beans - 1/4 cup
Kabocha squash - 1/4 cup
Lentils - 1/4 cup
Navy beans 1/4 cup
Northern beans 1/4 cup
Raspberries - 1/4 cup
Steel cut oats, cooked
- 1/4 cup
Strawberries - 1/4 cup
Sweet potato - 1/4 cup
Turnips, boiled - 1/4 cup
Pinto beans - 1/4 cup
Potato, boiled - 1/4 cup
Quinoa, cooked - 1/4 cup
Peas - 1/4 cup
Peach - 1/2 fruit
Parsnips boiled - 1/4 cup



FEW TIMES PER WEEK OR LESS

Apple - 1/2 fruit
Banana - 1/2 fruit
Beer - 3 ounces or 1/4
bottle/can
Cantaloupe melon - 1/2 cup
Honeydew melon - 1/2 cup
Pear - 1/2 fruit
Plum - 1 fruits
Kiwi - 1/2 fruit
Mango - 1/4 cup
Orange - 1/2 fruit
Pasta, gluten free, cooked
- 1/4 cup
Pineapple - 1/4 cup
Plantain, cooked - 1/4 cup
Nectarine - 1/2 fruit
Watermelon - 1/2 cup
Wine - 2 ounces

UNLIMITED FOODS

Have as much as you want whenever you want for meals or snacks. Plan to get 1/2 of a plate of vegetables with your lunch and dinner. Be sure to have some dark leafy greens for at least one of these.

Alfalfa sprouts	Green onions
Arugula	Green peppers
Artichoke	Jicama
Artichoke hearts	Kale
Asparagus	Kohlrabi
Baby bok choy	Leeks
Baby corn	Lemon juice
Bamboo shoots	Lime juice
Bean sprouts	Mushrooms
Bok choy	Okra
Broccoli	Onions
Brussels sprouts	Pea pods
Butter lettuce	Pumpkin
Cabbage	Radicchio
Carrots	Radishes
Cauliflower	Red leaf lettuce
Celery	Red peppers
Celery root	Romaine lettuce
Chicory greens	Rutabaga
Collard greens	Scallions
Crookneck squash	Snow peas
Cucumber	Spaghetti squash
Daikon	Spinach
Eggplant	Summer squash
Endive	Swiss chard
Escarole	Tomato
Fennel	Tomatillos
Garlic	Turnip greens
Ginger	Water chestnuts
Green beans	Watercress
Green leaf lettuce	Zucchini



FOODS TO AVOID

Albumen	Maltodextrin
Casein	Milk
Cheese	Modified vegetable protein
Corn flour	MSG
Corn starch	Natural flavors
Corn syrup	Sodium caseinate
Corn syrup solids	Soy protein
Dextrose	Soy protein isolate
Egg	Sugar
Egg white	Wheat
Egg yolk	Whey protein
Fructose	Whey protein isolate
Gluten	Whole wheat
High fructose corn syrup	

GENERAL FOOD IDEAS

BEANS AND LEGUMES

Beans and legumes are among the richest source of fiber available. Additionally, they are high in crucial nutrients like folate and magnesium. For some people they can be hard to digest without getting lots of gas. What happens is the fibers in beans encourage the growth of certain strains of bacteria called bifidobacter. If you are low in these bacteria, the sudden growth will mean lots of methane formation leading to uncomfortable gas. If you know you are sensitive, the solution is not to avoid beans but to introduce them more slowly into your diet. Try just 1-2 tablespoons of black beans each day for two weeks. In most cases, this will cause a gentle shift in the bacteria, mild enough to not cause the pain and bloating, but strong enough to allow you to tolerate the healthy beans and legumes you like.

Another consideration about beans is cooking time and storage. Dry beans cook best when sorted, rinse, soaked overnight, rinsed again, boiled for a few hours or slow cooked in a crock-pot. One small bag of beans goes a long way and once cooked they have a short shelf life. In general it is good to avoid canned foods, but with beans and legumes I make an exception. Canned beans do not lose much in the way of nutrients, and the variety and convenience is a huge plus. When choosing a brand, look for labels that have only beans and water as their ingredients. A little salt won't hurt most of us, but try to buy salt free or low salt varieties, keep it under 150 milligrams of sodium per serving.

SWEETENERS

Sugar is unhealthy. Period. But are artificial sweeteners any better? Evidence is growing that artificially sweetened foods lead to weight gain as well as other health problems. Which sweeteners can you use? The main issues are whether a product is toxic, how many calories it has, how much fructose, how much it affects our blood sugar and whether it suppresses the immune system. Once we apply all of these filters, not too many sweeteners are left. Sugar, brown sugar, molasses, raw sugar and turbinado sugar do badly on all counts. Sucralose (Splenda) and aspartame (NutraSweet) can be toxic and disrupt our blood sugar levels. Agave nectar, honey and coconut sugar are high in fructose, which is hard on our liver and causes weight gain.

Stevia and Monk Fruit (AKA: Lo-Han) are plant extracts that have a sweet taste but no calories. Both have been thoroughly studied and shown to be safe. They may even have some antioxidants and help blood sugar. The one drawback is they can have a bitter after taste. Your best option is to buy a few different brands of pure stevia and monk fruit and see which one tastes the best to you. Use them sparingly to wean yourself from desiring a sweet taste.