

WEEKEND REBOOT

with Brianne Grogan of FemFusion Fitness
&
Leanne Vogel of Healthful Pursuit

DO YOU NEED A "TOTAL SYSTEM REBOOT?"

How do you feel right now... Happy? Energetic? Fully alive?

Or are you feeling sluggish... Unmotivated.... Simply "off," either physically or emotionally?

After the high of January 1 and the inevitable push toward your New Year's resolutions, you may be completely overwhelmed by trying to keep up with your goals. On the other hand, you may have "fallen off the wagon" and want to get back to making the healthy changes you know your body needs.

Either way, this "reboot" is coming at the perfect time. Valentine's Day chocolates are around the corner, spring is just about here ... It's time for a total system reboot, and the good news is that you can make great strides toward feeling better in just one weekend by following this simple plan!

LADY DUO BEHIND THE REBOOT



Brianne is a women's health physical therapist and the founder of [FemFusion Fitness](#), which offers live and online fitness programs designed exclusively for women.

Brianne believes in the power of healthy living to create strong, happy women --- the backbone of a thriving society. Her healthy living philosophy can be summed up in one easy to remember mantra, "eat clean, and move every day!" Although fitness is Brianne's primary focus, she is also a self-proclaimed foodie and feels passionate about the benefits of healthful nutrition.

Brianne cured her IBS (irritable bowel syndrome) and alleviated mood and anxiety symptoms by adopting a gluten-free, casein-free diet nearly ten years ago. She now follows a Paleo-style diet (grain and legume-free) and feels best when she does her own "weekend reboot" at least once each month.

Leanne's not just any holistic nutritionist; she's the holistic nutritionist that real people from around the world come to for real advice.

Leanne's popular blog, [Healthful Pursuit](#), is a unique collection of motivational guidance and easy-to-make recipes for women who want to create a liberated life on a restricted diet.

Leanne's recipes and healthy living strategies have been featured in Martha Stewart, Huffington Post and Women's Health Magazine, to name a few.

When Leanne's not experimenting in her kitchen, you can find her speaking at various woman-based events, painting her nails, sweating it out in hot yoga or sippin' on beet juice, adorned with a glass straw.

Create the life you've been dying to live, liberate your eating style and join a community of thousands of women on the same path at [healthfulpursuit.com](#).



HOW IT WORKS

The goals of this reboot is to lighten up and ENLIVEN our food choices. We will eliminate refined sugar, alcohol, soda, gluten, grains, and dairy... In short, we want to give our livers and GI tracts a rest.

We will eat two (primarily) liquid meals and one beautiful salad each day. We will choose foods that are easy to digest, packed with nutrition, and full of liquid to flush out the system. We will be eating a rainbow of produce, and greens will be featured in every meal.

"YES" FOODS

- Veggies of all kinds, especially dark leafy greens (choose organic whenever possible)
- Eggs (for non-Vegans)
- Legumes in limited quantities (for Vegans)
- Meat in limited quantities (for non-Vegans)
- Stock (bone broth for non-Vegans or vegetable broth for Vegans)
- Fruit in limited quantities
- Nuts and seeds in VERY limited quantities (used primarily as a garnish)
- Healthy fats such as olive oil, coconut oil, and avocado
- Tea, infused waters, sparkling water

"NO" FOODS

- Grains as they can be inflammatory and difficult to digest for many individuals
- Gluten (see above)
- Dairy
- Refined sugar
- Alcohol
- Soda
- Coffee

LOVING NOTES & TIPS

LONG-TERM PLANS?

This meal plan is not meant to be long-term... Just for the weekend (February 8 & 9). However, the "Weekend Reboot" is chock full of nutrients and healthy, whole foods, so it is safe for you to do as often as you'd like (we recommend once per month). As followers of a similar weekend-long plan have stated, "I am currently doing the detox and feel like I'm getting 2 weeks of nutrients in two days. It is so healthy!"

SUPPORTED EATING STYLES

The recipes in this meal plan are 100% gluten and dairy free. All of the recipes are suitable for those following the Paleo diet. Vegan options will be provided as well. If you are allergic or sensitive to the foods in the plan, feel free to substitute your own favorite healthy recipes.

BONUS DETOX

In addition to the meal plan below, we encourage you to get as much sleep as possible (7-9 hours minimum), and do something that gets you "glowing" (i.e. sweaty!) for 20-30 minutes each day. Your SKIN is your body's single largest organ for eliminating toxins. Sweat-producing exercise is ideal because it not only helps flush out toxins, it also boosts your mood and improves overall health. Saunas and steam rooms are also great options!

REBOOT: DAY ONE



For the mind, body, and spirit:: follow [THIS](#) morning routine.

To make juice without a juicer:: Simply add 1/2 cup water with juice ingredients in a high-powered blender. Blend and pass liquid through a mesh strainer to remove excess fiber.

Active lifestyle and can't make it on green juice alone? Add 2 eggs cooked any way or a small handful of nuts to your morning meal for added protein and healthy fat.



Breakfast
Love Your Greens Juice



Snack
Carrot Cake Smoothie



Lunch
Moroccan Chicken Salad
*replace chicken with chickpeas for vegan option



Dinner
Vegan Cream of Broccoli Soup

REBOOT: DAY TWO



For the mind, body, and spirit:: follow [THIS](#) morning routine.

To make juice without a juicer:: Simply add 1/2 cup water with juice ingredients in a high-powered blender. Blend and pass liquid through a mesh strainer to remove excess fiber.

Active lifestyle and can't make it on green juice alone? Add 2 eggs cooked any way or a small handful of nuts to your morning meal for added protein and healthy fat.



Breakfast
Love Your Greens Juice



Snack
Mint Chocolate Chip
Smoothie
* remove chocolate chips



Lunch
Rockin' Roots Warmed
Kale Salad



Dinner
Vegan Cream of
Mushroom Soup

BEYOND THE REBOOT

Total system reboot COMPLETE! Now what? Although you can (and should!) absolutely relax the reboot "rules," keep on the right track by continuing to eat clean and move every day. Need healthy living inspiration? We can help.



EAT CLEAN WITH HEALTHFUL PURSUIT

Make clean eating on a tight budget and busy schedule a reality with Leanne's [7-DAY GLUTEN-FREE & DAIRY-FREE MEAL PLANS](#).

Enjoy desserts without guilt or food allergy restrictions with Leanne's [DESSERT FREEDOM COOKBOOK](#) & [CHRISTMAS DESSERT FREEDOM COOKBOOK](#).

MOVE EVERYDAY WITH FEM FUSION FITNESS

Get kitchen tips and clean, gluten and dairy free recipes with Brianne's [NOURISH VIDEO](#) and e-book package.

Feel sexy, confident, and strong with any of Brianne's [VIDEO PACKAGES](#) --- video programs designed exclusively for women!

Want some quick, free workouts to sample Brianne's style? Check out her [YouTube channel](#).

