

28 Day Reset Diet



Week #3
Dr. Linda Marquez Goodine

Review

◆ Hormones are the language of communication - 2 most important are:

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Their nick names are INez & COurtney

#1

#2

◆ Why we need to manage stress. This is what happens when we don't:

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◆ Trying harder isn't the solution. What I can do:

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Good News!! After 14 days:

- Add egg yolks for 2 days & then whole eggs
- 20-30 grams at lunch & dinner
- Remove lentils if GI issues



Exercise

"Work out because you love yourself, not because you hate your body."

◆ Benefits of exercise

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◆ BEST exercise for changing BODY composition & optimal health

1

2

3

4

5

Routines & Self-Care



◆ My 3 non-negotiable morning routine strategies:

1

2

3

◆ My 3 non-negotiable evening routine strategies:

1

2

3

◆ Best food for estrogen balance

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◆ Best food for progesterone balance

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◆ My new amazing life story?

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◆ What are 4 things I LOVE about being me:

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◆ 3 Action steps to take this week:

1. Power pose
2. Read 10-15 minutes personal development
3. Mental Rehearsal am, pm or both



Remember to:



Post your wins on social media, encourage other ladies, share your recipes with the group. Every week a winner will be chosen for the most active lady