

Five Day Protein Reset

FUEL YOUR TRANSFORMATION

Fuel lean muscle and feel strong, focused, and re-energized. The Five Day Protein Reset delivers 105 g of complete protein plus essential nutrients to boost metabolism and jump-start healthy habits. Because protein isn't just food—it's the foundation of long-term health. This doctor- and nutritionist-designed reset helps you break old habits and rebuild your foundation.

Each kit includes five daily boxes filled with nutrient-dense shakes, broths, and snacks plus five cans of Sparkling Protein.

#89872 | FIVE DAY PROTEIN RESET
RETAIL PRICE: \$259.10 | MEMBER PRICE: \$224.00 | PV: 105



FUEL MORE. GAIN MORE. LIVE MORE.

Why We Love It

- **Build a Strong Foundation for Longevity** – 105 g of protein, including leucine, fuels lean muscle, metabolism, and steady energy, helping establish the foundation for long-term health.
- **Jump-Start Healthy Habits** – 13 nutrient-dense foods and drinks deliver essential vitamins, minerals, protein, and fiber to reset your routine and refocus your nutrition.
- **See and Feel Results Fast[†]** – Experience noticeable improvements in energy, mood, sleep, digestion, and body shape in just five days, giving you the momentum and confidence to keep healthy habits going.
- **Simple and Flexible** – Minimal prep; just add water and a few easy extras to enhance flavor and nutrition.
- **Clean and Thoughtful** – Gluten-free, with no artificial flavors, sweeteners, or preservatives.



[†]Based on a 5-day pilot study conducted by and with Shaklee Ambassadors in collaboration with Shaklee Corporation's Medical and Scientific Affairs departments. This study, held in December 2025, included 19 participants. Weight loss results vary from person to person and are not guaranteed. Factors that affect weight loss include diet, exercise, physical activity, and adherence to a nutrition program.



WHAT'S INSIDE?

1. Vita-Lea® Gummies
2. Life Shake™ Plant French Vanilla
3. Protein Oats
4. Up & Glowing Vanilla Latte
5. Creatine+ Power Blend
6. Good Gut & Go Probiotic Drink
7. Rest & Rewind Mint Tea
8. Toffee & Chocolate Crunch Snack Bar
9. Protein Veggie Broth (x2)
10. Electrolyte+ Blood Orange Drink
11. 5 cans of Shaklee Sparkling Protein™ to refresh and sustain your energy throughout the day.

YOUR DAY AT A GLANCE

Morning Protein Goal: 40–50 g of protein



Up & Glowing
Vanilla Latte

Protein Oats

Electrolyte+ Blood
Orange Drink

Life Shake™ Plant
French Vanilla



EARLY MORNING

BREAKFAST

LATE MORNING

Afternoon Protein Goal: 40–50 g of protein



Protein Veggie Broth

Vita-Lea® Gummies

Creatine+ Power Blend

Shaklee Sparkling
Protein™

LUNCH

MID-AFTERNOON

Evening Protein Goal: 20–30 g of protein



Good Gut & Go
Probiotic Drink

Protein Veggie Broth

Toffee & Chocolate
Crunch Snack Bar

Rest & Rewind Mint Tea

PRE-DINNER

DINNER

BEDTIME

Fuel More. Gain More. Live More.

Fuel lean muscle, metabolism, and longevity. Gain strength, energy, focus, sleep, and more. Live younger, longer. Live Age Free™.

Life Shake™ Plant French Vanilla

Nutrition Facts

Serving Size: 1 packet (40 g)

Amount Per Serving
Calories 140

Amount per serving	%DV*
Total Fat 3 g	4%
Saturated Fat 1 g	5%
Trans Fat 0 g	0%
Polysaturated Fat 1 g	0%
Monounsaturated Fat 0.5 g	0%
Cholesterol 0 mg	0%
Sodium 400 mg	17%
Total Carbohydrate 9 g	3%
Dietary Fiber 4 g	21%
Total Sugars 0 g	0%
Includes 0 g Added Sugars	0%

Protein 20 g	40%
Vitamin D 20 mcg (800 IU)	100%
Calcium 650 mg	50%
Iron 4.5 mg	25%
Potassium 120 mg	2%
Vitamin A 90 mcg	10%
Vitamin C 21 mg	25%
Vitamin E 5.2 mg	35%
Vitamin K 36 mcg	30%
Thiamin 0.42 mg	35%
Riboflavin 0.45 mg	35%
Niacin 5.6 mg	35%
Vitamin B ₆ 0.6 mg	35%
Folate 138 mcg DFE	35%
Vitamin B ₁₂ 2.4 mcg	100%
Biotin 10.5 mcg	35%

Amount per serving	%DV
Pantothenic Acid 18 mg	35%
Phosphorus 242 mg	20%
Magnesium 90 mg	20%
Zinc 4 mg	35%
Selenium 28 mcg	50%
Copper 0.2 mg	20%
Manganese 0.3 mg	15%
Chromium 8 mcg	25%
Molybdenum 25 mcg	60%
Chloride 200 mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Shakee Proprietary Protein Blend (Pea Protein, L-Leucine, Organic Chia Seed Protein, Organic Pumpkin Seed Protein), Proprietary Fiber Blend (Soluble Corn Fiber, Organic Ancient Grains Blend (Organic Amaranth, Organic Buckwheat, Organic Millet, Organic Quinoa, Organic Chia), Dry MCT Oil, Natural Flavors, Salt, Milled Golden Flaxseed, Rebaisulose M, Monk Fruit Extract, Digestive Enzyme Blend (Papain, Bromelain),

VITAMINS AND MINERALS: Calcium (Dicalcium Phosphate), Phosphorus (Dicalcium Phosphate), Potassium (Potassium Citrate), Magnesium (Magnesium Oxide), Vitamin C (Ascorbic Acid), Vitamin E (D-Alpha-Tocopherol), Biotin, Vitamin D₃ (Vitamin D₃ (Ergocalciferol)), Zinc (Zinc Oxide), Vitamin B₆ (Calcium Pantothenate), Vitamin A (Vitamin A Palmitate), Vitamin B₁₂ (Methylcobalamin), Vitamin B₉ (Folic Acid), Vitamin B₅ (Panthenol), Vitamin B₂ (Riboflavin), Vitamin B₁ (Thiamine Mononitrate), Vitamin B₃ (Nicotinamide), Folate (L-5-methyltetrahydrofolate Calcium), Vitamin K₁ (Vitamin K₁ Methylcobalamin).

Protein Oats

Nutrition Facts

Serving Size: 1 packet (41 g)

Amount Per Serving
Calories 220

Amount per serving	%DV*
Total Fat 10 g	13%
Saturated Fat 1 g	5%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 180 mg	8%
Total Carbohydrate 20 g	7%
Dietary Fiber 5 g	18%
Total Sugars 6 g	4%
Includes 4 g Added Sugars	8%

Protein 12 g	24%
Vitamin D 0 mcg	0%
Calcium 50 mg	4%
Iron 0 mg	0%
Potassium 250 mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Pea Protein, Walnuts, Gluten-Free Rolled Oats, Sunflower Seeds, Soluble Corn Fiber, Organic Coconut Sugar, Flaxseed Meal, Coconut Flour, Hemp Seeds, Strawberries, Natural Flavors, Cinnamon, Maple Sugar, Salt, Milled Tocopherols, Monk Fruit Extract. **Contains Tree Nuts (Walnut).**

Vita-Lea® Gummy

Supplement Facts

Serving Size: 3 Gummies

Amount per serving	%DV
Calories 20	
Total Carbohydrate 7 g	3%**
Vitamin A 1,350 mcg (as vitamin A palmitate and beta-carotene)	150%
Vitamin C (as ascorbic acid)	150%
Vitamin D (as cholecalciferol)	150%
Vitamin E (as d-alpha-tocopherol)	150%
Niacin (as niacinamide)	75%
Vitamin B ₆ (as pyridoxine hydrochloride)	75%
Folate (as folic acid)	75%
Vitamin B ₁₂ (as cyanocobalamin)	150%
Biotin	150%
Pantothenic Acid	150%
Inositol (as inositol)	75%
Choline (as choline bitartrate)	75%

**Percent Daily Values (DV) are based on a 2,000 calorie diet. †Daily Value (DV) not established.

Other Ingredients: Maltitol Syrup, Erythritol, Xylitol, Pectin, Water, Natural Strawberry Flavor, Natural Flavor, Lactic Acid, Malic Acid, Citric Acid, Monk Fruit Extract, Vegetable Juice For Color.

Veggie Broth

Nutrition Facts

Serving Size: 1 packet (11.8 g)

Amount Per Serving
Calories 45

Amount per serving	%DV*
Total Fat 0 g	0%
Sodium 240 mg	10%
Total Carbohydrate 3 g	1%
Protein 7 g	14%

Potassium 120 mg 2%

Not a significant source of total fat, saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, and iron.

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INGREDIENTS: Nutritional Yeast, Organic Rice Protein, Natural Onion Powder (Yeast Extract, Salt, Onion Powder, Garlic Powder, White Pepper), Tomato Powder, Onion Powder, Natural Carrot Powder, Minced Green Onion, Parsley Leaf, Salt, Natural Garlic Flavor Powder, Ground Black Pepper.

Toffee & Chocolate Crunch Snack Bar

Nutrition Facts

Serving Size: 1 bar (37 g)

Amount Per Serving
Calories 140

Amount per serving	%DV*
Total Fat 4.5 g	9%
Saturated Fat 1.5 g	3%
Trans Fat 0 g	0%
Cholesterol 5 g	2%
Sodium 180 mg	8%
Total Carbohydrate 18 g	7%
Dietary Fiber 3 g	11%
Total Sugars 6 g	12%
Includes 6 g Added Sugars	12%
Protein 9 g	18%

Vitamin D 0 mcg	0%
Calcium 66 mg	6%
Iron 1.2 mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Shakee Protein Crunch Blend (Soy Nuggets (Soy Protein Isolate, Tapioca Flour, Salt), L-Leucine, Soy Protein Isolate, Soy Protein Concentrate, Brown Rice Protein Concentrate), Organic Brown Rice Syrup, English Toffee Bits (Butter, Sugar, Natural Flavors), Soluble Corn Fiber, Semi-sweet Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin), Gluten-Free Rolled Oats, Almonds, Glycerin, Sunflower Oil, Sunflower Seeds, Chicory Root Extract, Milled Golden Flaxseed, White Chia Seeds, Sea Salt, Natural Flavor, Malted Tocopherols. **CONTAINS MILK, SOY, AND ALMONDS.**

Up & Glowing Vanilla Latte

Supplement Facts

Serving Size: 1 stick (14.8 g)

Amount per serving	%DV
Calories 55	
Protein 11 g	22%
Vitamin C (as ascorbic acid)	100%
Biotin	500%
Collagen (as bovine collagen types I & III)	†
Hyaluronic acid (as sodium hyaluronate)	†
Caffeine (from green tea extract)	†

†Daily Value (DV) not established.

Other Ingredients: Pea Protein (Pisum sativum), Natural Flavors, Guar Gum, Coconut Milk Powder, Dry MCT Oil, Rebaisulose M.

Good Gut & Go

Supplement Facts

Serving Size: 1 stick (4.3 g)

Amount per serving	%DV
Calories 15	
Total Carbohydrate 4 g	11%**
Dietary Fiber (as inulin)	11%**

Digestive Enriched 58 mg (10 billion CFU) †

Proprietary Blend

Bifidobacterium lactis HN019™

Lactobacillus rhamnosus GG™

Lactococcus paracasei Lpc-37†

**Percent Daily Values (DV) are based on a 2,000 calorie diet. †Daily Value (DV) not established. ‡Minimum 10 billion CFU at the time of manufacture.

Other Ingredients: Natural Flavor, Citric Acid, Rebaisulose M, Fruit and Vegetable Juice Powder For Color.

Rest & Rewind Mint Tea

Supplement Facts

Serving Size: 1 stick (1.31 g)

Amount per serving	%DV
Calories 5	
Vitamin C (as ascorbic acid)	78%
Magnesium (as magnesium sulfate)	24%
Lemon Balm	300 mg †
5-Hydroxytryptophan	100 mg †
Proprietary Blend	75 mg †

†Daily Value (DV) not established.

Other Ingredients: Sodium Citrate, Natural Flavor, Rebaisulose M

Electrolyte+ Blood Orange Drink Mix

Nutrition Facts

Serving Size: 1 stick (5.6 g)

Amount Per Serving
Calories 20

Amount per serving	%DV*
Total Fat 0 g	0%
Sodium 300 mg	13%
Total Carbohydrate 5 g	2%
Total Sugars 4 g	8%
Includes 4 g Added Sugars	8%
Protein 0 g	0%

Potassium	215 mg	4%
Chloride	340 mg	15%

†Not a significant source of total fat, saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, and iron.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. †Provides 341 mg nitrate.

INGREDIENTS: Citrus Sugar, Potassium Nitrate, Salt, Citric Acid, Sodium Citrate, Malic Acid, Natural Blood Orange Flavor, Annatto Powder For Color, Rebaisulose M, Red Beet Powder.

Create+ Power Blend

Supplement Facts

Serving Size: 1 stick (6.6 g)

Amount Per Serving
Calories 20

Amount per serving	%DV*	
Sodium	15 mg	<1%
Magnesium (as Trimagnesium Citrate)	100 mg	25%

Create+ Monohydrate Powder 5 g

Shaklee Proprietary Polyphenol Blend

Muscadine Grape Extract (Vitis rotundifolia) (fruit powder)

Pomegranate Extract (Punica granatum) (fruit)

†Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established.

Other Ingredients: Sodium Bicarbonate

Shaklee Sparkling Protein™

See nutrition facts and ingredient list on the back of the can.

Manufactured in a facility that may also process peanuts, tree nuts, milk, egg, soy, sesame, wheat, shellfish, and fish.

WHAT'S NEXT AFTER YOUR RESET

Vita Life Bundle

Build Healthy Habits that Last

Pick 2 Life Shake™ + Daily Essentials



Pick 2 Life Shake™



Get Daily Essentials Box

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



FAQS

1. How do I use the Five Day Protein Reset?

Each day (Days 1–5), you'll consume everything in one daily box plus one can of Shaklee Sparkling Protein™. Aim for 40–50 g of protein in the morning and midday and 20–30 g in the evening to stay fueled and satisfied throughout the day. Drink plenty of water to support hydration and protein absorption. You can also add whole foods, like fruits, vegetables, or lean protein, to your shakes, broths, or oatmeal as desired to help you meet your protein targets and keep meals feeling balanced and satisfying.

2. What does a typical day look like on the Five Day Protein Reset?

Each day is built around consuming all the products in your daily box plus one can of Sparkling Protein. The routine below shows one way to space everything out, but feel free to adjust the timing and order based on what works for you. The goal is to stay steadily fueled, eating or drinking something every 1–2 hours. You can also boost your oatmeal, broth, shakes, and latte with fruits, veggies, lean protein, or healthy fats, adding up to ~500 extra calories and ~35 g of protein across the day to help you hit your protein targets.

Here's a suggested daily flow:

Early Morning

- Start your day with an Up & Glowing Collagen Vanilla Latte for an easy, nourishing energy boost

Breakfast

- Enjoy your Protein Oats with optional fruit, nuts, or seeds.
- Pair with Electrolyte+ Hydration & Focus for hydration and clarity.

Late Morning

- Have your Life Shake™ to keep energy steady.

Lunch

- Sip Protein Veggie Broth, with the option to add 3–4 oz. of lean protein or veggies.
- Take your three Vita-Lea® Gummies for foundational nutrition.

Mid-Afternoon

- Mix Creatine+ Power Blend for sustained energy and focus.*
- Enjoy your can of Sparkling Protein to help curb cravings.

Pre-Dinner

- Take Good Gut & Go to support digestion heading into the evening.*

Dinner

- Have your second serving of Protein Veggie Broth, with optional protein or veggies.
- Enjoy a Snack Bar as a satisfying, feel-good dessert.

Bedtime

- Unwind with Rest & Rewind Mint Tea to support relaxation and restful sleep.*

3. Who should use the Five Day Protein Reset?

The Five Day Protein Reset is ideal for anyone who wants a simple, structured way to get back on track with healthier habits, starting with protein, the foundation of strength, metabolism, and long-term wellness. Because everything is provided, it's perfect for anyone who wants a straightforward, no-prep solution. With protein at the center of each day, all you need to do is add water (or milk or a nondairy alternative). No meal planning, grocery shopping, or decision fatigue—just an easy way to nourish your body and reset your habits. It's especially helpful if you're coming off a period of indulgence, like holidays, weekend events, or travel; want to feel lighter and energized before a trip or special event; need a mini "reset" after inconsistent eating or low energy; or are taking the first step toward healthier habits. In short, it's ideal for anyone who wants a straightforward, no-fuss reboot in just five days.

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FAQS

4. How is the Five Day Protein Reset different from other reset programs?

The Five Day Protein Reset is designed to reset your body and your daily habits in a way that leaves you feeling nourished and energized, not deprived. Unlike many reset programs that leave you hungry and drained, this reset centers everything around protein—the nutrient that supports satiety, metabolism, and long-term wellness.

Each day includes around 105 g of high-quality protein, paired with fiber and essential vitamins and minerals to help keep you satisfied and steady throughout the day. This combination supports stable energy, fewer cravings, and clearer focus, so you can move through your day feeling fueled and not restricted.

By focusing on nourishment over limitation, the Five Day Protein Reset helps you build a stronger foundation for long-term wellness, while also supporting benefits like positive body-shape changes, improved energy, sleep, and mood, and an easier relationship with food.

This balanced approach delivers real results. In a pilot study of 19 individuals, participants reported:[†]

- An average weight loss of 3.7 pounds
- 1.1 inches lost around the waist and 0.6 inches around the hips
- Increased energy, better sleep, improved mood, and enhanced focus
- Reduced cravings for sugar and unhealthy foods
- Improved hunger management and digestive health and less bloat
- Clothes fitting better and a boost in confidence

5. How is the Five Day Protein Reset different from Shaklee's original Five Day Reset?

The overall approach is the same, simple, structured, and designed to help you reset without feeling deprived. The difference is that this version is built around protein. Each day now includes a can of Sparkling Protein, giving you more high-quality, complete protein to support lean muscle, steady energy, and better hunger control.[‡]

We also swapped one of the Electrolyte+ Hydration & Focus products for Creatine+ Power Blend, which delivers creatine, polyphenols, and magnesium to help fuel strength and cellular energy.*

So, while the structure hasn't changed, the Protein Reset is a more targeted, protein-forward version, delivering 105 g of complete protein plus essential nutrients to boost metabolism and jump-start healthy habits.

6. What results can I expect from using the Five Day Protein Reset?

With the Five Day Protein Reset, you can notice improvements in as little as five days. While results vary, participants in a pilot study of 19 individuals, supported by Shaklee's Medical and Scientific Affairs team, reported an average weight loss of 3.7 pounds, a slimmer waistline (down 1.1 inches), and smaller hips (down 0.6 inches).[†]

Beyond these measurement changes, participants also experienced higher energy, better sleep, improved mood and focus, reduced cravings for sugar and unhealthy foods, improved hunger control, smoother digestion, less bloat, and clothes that fit more comfortably, helping them feel more confident and in control after a short reset.

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[†]Based on a 5-day pilot study conducted by and with Shaklee Ambassadors in collaboration with Shaklee Corporation's Medical and Scientific Affairs departments. This study, held in December 2025, included 19 participants. Weight loss results vary from person to person and are not guaranteed. Factors that affect weight loss include diet, exercise, physical activity, and adherence to a nutrition program.

[‡]Based on a randomized, single-blind, crossover pilot trial to assess the effects of proprietary beverages on acute appetite hormone response in healthy adults.



FAQS

7. Can I customize the food and drink options in the Five Day Protein Reset? Are there substitutions if I don't like a certain product in the program?

Currently, the food and drink options in the Five Day Protein Reset are not customizable.

- Each kit includes the following products:
- Up & Glowing
- Protein Oats
- Blood Orange Electrolyte+ Drink Mix
- Plant Vanilla Life Shake
- Protein Veggie Broth (2)
- Vita-Lea Gummies
- Creatine+ Power Blend
- Sparkling Protein
- Good Gut & Go
- Toffee & Chocolate Crunch Snack Bar
- Rest & Rewind

However, nothing is mandatory. If you don't like a specific product, you're not required to consume it. Additionally, you can enhance your meals by adding extras to your oatmeal, shake, or broth. This flexibility allows you to tailor your experience while still reaping the benefits of the program.

8. How many calories are in the Reset program?

The Five Day Protein Reset provides approximately 900 calories per day before adding milk, nondairy alternatives, fruits, vegetables, or lean protein to your latte, oatmeal, shake, and broths. Depending on your needs and how you feel, you can add up to about 500 additional calories, bringing your total daily intake to roughly 1,400 calories.

Importantly, the program is designed for nourishment, not deprivation. You should never feel hungry or restricted while participating in the Reset.

9. How many grams of protein are in the Reset program?

The Five Day Protein Reset provides approximately 105 g of protein per day before adding milk, nondairy alternatives, nuts, nut butters, or lean protein to your latte, oatmeal, shake, and broths. Depending on your needs and preferences, you can add up to 35 g more, for a total daily intake of about 140 g of protein.

10. Can I add anything to the oatmeal for extra flavor or nutrition? Broth? Life Shake?

Absolutely! You can enhance your latte, oatmeal, shake, and broths to boost flavor and nutrition. Aim to add up to an additional 500 calories and 35 g of protein across all products each day.

For **Protein Oats**, excellent additions include nonfat or low-fat milk, oat milk, or unsweetened soy milk. You can also incorporate a teaspoon of peanut butter or a spoonful of yogurt for creaminess and sprinkle in nuts and seeds for added crunch. For some delicious ideas, check out the recipes available [here](#).

For the **broth**, elevate its nutritional value by adding 3-4 oz. cooked chicken, turkey, tofu, or lean meats, along with some veggies for extra fiber and vitamins. Season with salt and pepper to taste. Find creative broth recipes [here](#).

(Continued on next page)



FAQS

10. Can I add anything to the oatmeal for extra flavor or nutrition? Broth? Life Shake? (cont.)

For your **shake**, great options for boosting flavor and nutrition include blending with nonfat milk, oat milk, or unsweetened soy milk. Consider adding a teaspoon of peanut butter or a tablespoon of yogurt for a creamy texture as well as fresh or frozen fruits and veggies. Check out some shake recipes [here](#).

For **Up & Glowing**, excellent additions also include nonfat or low-fat milk, oat milk, or unsweetened soy milk to enhance flavor and nutrition.

Dairy & Nondairy Alternatives

- 1 cup Skim Milk – 83 calories/8 g protein
- 1 cup Unsweetened Almond Milk – 30 calories/1 g protein
- 1 cup Soy Milk – 80 calories/7 g protein
- 1 cup Oat Milk – 120 calories/3 g protein
- ½ cup Plain Greek Yogurt – 100 calories/10 g protein

Fruits

- Medium Banana – 105 calories
- 1 cup Blueberries – 85 calories
- 1 cup Dried Mangos – 99 calories
- ½ cup Sliced Strawberries – 50 calories

Vegetables

- Medium Carrot – 25 calories
- 1 cup Raw Spinach – 7 calories
- 1 cup Raw Kale – 33 calories
- 1 cup Cauliflower – 27 calories
- 1 cup Broccoli – 31 calories
- 1 cup Squash – 40 calories

Lean Proteins

- 3 oz. Grilled Chicken Breast – 140 calories/25 g protein
- 3 oz. Grilled Turkey Breast – 125 calories/26 g protein
- 3 oz. Tofu – 80 calories/8 g protein
- 3 oz. Salmon – 175 calories/22 g protein

Nuts, Seeds, and Butters

- 12 Almonds – 80 calories/3 g protein
- 1 tbsp. Chia Seeds – 58 calories/2 g protein
- 1 tsp. Peanut Butter – 30 calories/1 g protein
- 1 tsp. Nut Butter – 30 calories/1 g protein

11. What should I do if I feel hungry between meals? Can I eat or drink anything outside of the Five Day Reset Kit?

The meals and drinks in the Five Day Protein Reset are nutrient-dense and packed with satiating protein, fiber, and essential vitamins and minerals, helping to keep hunger at bay. If you do feel hungry between meals, you can enhance your latte, oatmeal, shake, or broths with extra ingredients for added satisfaction. Snacking on fresh vegetables or fruits throughout the day is also perfectly fine and can help curb cravings while contributing to your overall nutrient intake.

Remember, the goal is to nourish your body effectively, listen to your hunger cues and adjust as needed!



FAQS

12. Can I have coffee?

Ideally, it's best to avoid coffee during the Five Day Protein Reset. However, if you need your morning cup, that's perfectly fine. Just keep in mind that Up & Glowing already provides about 80 mg of caffeine, roughly equivalent to a standard cup of coffee. This amount is designed to help keep you energized throughout the day, reducing the need for additional caffeine.

13. If a food/drink is missed, can it be taken later in the day?

Yes, absolutely! If you miss a food or drink during the day, feel free to consume it later or skip it altogether. We encourage you to adjust your intake based on your personal needs and daily schedule. While the program recommends eating or drinking something every couple of hours, it's essential to listen to your body and nourish yourself when you feel hungry. The flexibility of the program allows you to accommodate your individual preferences without the pressure to adhere strictly to every item.

14. Can I work out while using the Five Day Protein Reset?

Yes, you can continue to work out while using the Five Day Protein Reset. However, it's best to stick to your usual routine and avoid starting any new or intense workouts during this time. If needed, feel free to scale back your activity level to match how your body feels throughout the reset.

15. Can I continue taking my regular supplements during the Five Day Protein Reset?

Yes, you can continue taking your regular supplements during the Five Day Reset. However, it's important to avoid doubling up on any duplicative supplements. For example, if you're already taking a probiotic, you can skip it since you'll be getting those benefits from the Good Gut & Go included in the program. The same goes for a multivitamin, as you will be taking the Vita-Lea Gummy.

16. Once I start the Five Day Protein Reset, do I have to complete all 5 days consecutively, or can I take breaks?

To fully benefit from the Five Day Protein Reset, we recommend completing all 5 days consecutively without breaks.

17. How can I maintain the results after finishing the program?

To help maintain your results after completing the Five Day Protein Reset, consider transitioning into the Vita Life Bundle. With this bundle, you'll enjoy one Life Shake per day and receive a full spectrum of clinically proven vitamins, minerals, omega-3 fatty acids, and probiotics from the Daily Essentials pack, providing foundational support for whole-body health and ongoing wellness.

18. Can I repeat the Five Day Protein Reset, and if so, how often?

Yes, you can repeat the Five Day Protein Reset, and it's ok to do so every 3–4 months.

19. How are the Five Day Reset and 7-Day Healthy Cleanse similar? Different?

The Five Day Protein Reset and the 7-Day Healthy Cleanse are both designed to help you reset healthy habits, and many people experience similar end benefits.

The 7-Day Healthy Cleanse lasts a full week and focuses on eating only fruits and vegetables throughout the day. This creates a lighter eating pattern, but it also requires more chopping, prepping, and planning to stay on track.

The Five Day Protein Reset is shorter and includes satisfying foods and beverages rich in protein and fiber. It's designed to be simple and easy to follow—with just water (or milk or a nondairy alternative) and a few basic additions needed—making it a more convenient option for a quick reset.

Choose the Five Day Protein Reset if you want a structured, filling, low-prep reset that's easy to fit into a busy week.

Choose the 7-Day Healthy Cleanse if you want a produce-focused cleanse and don't mind a bit more prep to support your reset.



FAQS

- 20. Can the products in the Five Day Protein Reset Kit be purchased separately?**
All products in the Five Day Protein Reset Kit can be purchased separately, except for the Protein Oats and Protein Veggie Broth.
- 21. Can this product be used when pregnant or nursing?**
No, the Five Day Protein Reset is not recommended for use by pregnant or nursing women.
- 22. Can this product be used by children?**
The Five Day Protein Reset is intended for adults and is not recommended for use by children.
- 23. Is it safe to do the Five Day Protein Reset if I'm currently taking medications or have a medical condition?**
Consult with your physician before using the Five Day Protein Reset if you have a medical condition, are taking a prescription medication, or are concerned about how you will react to the program.
- 24. Is the Five Day Reset vegan?**
No, the Five Day Protein Reset is not vegan. However, several products in the program are, including:
- Protein Oats
 - Electrolyte+
 - Life Shake
 - Protein Veggie Broth
 - Creatine+
 - Good Gut & Go
 - Rest & Rewind
- 25. Is the Five Day Reset kosher certified?**
No, the Five Day Protein Reset is not Star-K kosher certified. However, several products included in the program are, including:
- Protein Oats
 - Electrolyte+
 - Life Shake
 - Protein Veggie Broth
 - Good Gut & Go
- 26. Is the Five Day Reset gluten-free?**
Yes, all products in the Five Day Protein Reset are gluten-free.
- 27. Is the Five Day Reset nondairy?**
No, the Five Day Protein Reset is not nondairy. However, several products in the program are, including:
- Up & Glowing
 - Protein Oats
 - Electrolyte+
 - Life Shake
 - Protein Veggie Broth
 - Vita-Lea Gummy
 - Creatine+
 - Good Gut & Go
 - Rest & Rewind



FAQS

	Up & Glowing	Protein Oats	Electrolyte+	Life Shake	Veggie Broth	Vita-Lea Gummy	Creatine+	Sparkling Protein	Good Gut & Go	Toffee & Chocolate Crunch Snack Bar	Rest & Rewind
Vegan		x	x	x	x		x		x		x
Vegetarian		x	x	x	x	x	x		x	x	
Star-K Kosher		x	x	x	x			Kosher Dairy	x	Kosher Dairy	
Gluten-Free	x	x	x	x	x	x	x	x	x	x	x
Nondairy	x	x	x	x	x	x	x		x		x

- 28. Does the Five Day Protein Reset contain tree nuts?**
 Protein Oats contains walnuts, and the Toffee Chocolate Crunch Snack Bar contains almonds. None of the other products in the Five Day Protein Reset contain tree nuts as an ingredient.
- 29. Does the Five Day Protein Reset contain soy?**
 The Toffee Chocolate Crunch Snack Bar contains soy. None of the other products in the Five Day Protein Reset contain soy as an ingredient.