
HANNAH APPROVED

30 DAY RESET

Goal: Reset the bodies digestive and immune health (operation “heal the gut”)
Hannah Approved Diet / Hannah Approved Reset Program
Hannah Approved

hannahapproved.com

Foods To ELIMINATE: dairy, grains, legumes, nuts, seeds, soy, artificial sweeteners, sugar, ANYTHING processed with and ingredient list!

Hannah Approved
Diet

Food To EAT: Proteins, fats, fruits, vegetables
Only sweetener allowed: liquid stevia drops
Diet Ratios: equal fat and protein, lower carb

Length: cycles of 30 days or forever!

Food Groups	serv. daily
Protein	4-6
Fats	4-6
Fruits	2-4
Vegetables	4-8

Thanks for giving the Hannah Approved Diet / Hannah Approved Reset Program a try! Make sure to at least do 30 days CHEAT FREE to see results.

Email hannah@hannahapproved.com with your progress and any questions you may have. Feel free to email me at any time.