



# **The Reset Factor Kitchen: 101 Tasty Recipes to Eat Your Way to Wellness, Burn Belly Fat, and Maximize Your Energy**

*Dr. Mindy Pelz*

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Would you like to lose weight? Sleep better? Enjoy boundless energy? Then join the Resetters Movement! Resetters are a group of people passionate about resetting their health through nutrition and whole foods. And The Reset Factor Kitchen shows you how to do it—in just 45 days! Weight loss, more stable blood sugar, improved mental clarity, better sleep, and endless energy are all possibilities waiting for you when you follow the clear and simple guidelines found in this book for the 45-Day Reset. But The Reset Factor Kitchen goes way beyond the hows and whys of nutrition—it includes more than 100 easy, delicious, nutrition-filled recipes to make sure you succeed at every step of the program—all kid-tested and -approved! In this essential how-to guide, you'll learn:

- Why every physical symptom is connected to the health of your gut
- How to implement the Reset Factor protocol—quickly and easily
- How to read a nutrition label—and avoid becoming the victim of slick marketing
- Which ingredients every healthy diet should include and which ones you should always avoid
- Cutting-edge protocols for treating digestive conditions, leaky gut, weight-loss resistance, and chronic fatigue

The Reset Factor Kitchen also includes:

- A shopping guide to take the complexity out of buying healthy food
- A 45-day menu plan to make getting started easy
- Over 100 delicious recipes that make carb counting easy, help stabilize your blood sugar, and even impress your kids!

Become a Resetter! It will set you and your family in a new direction for your health—and your life.

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