



FAQS

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

To keep your body properly fueled and satisfied, it's recommended to eat or drink something every 1-2 hours throughout the day. While we suggest following the daily routine below for optimal results, feel free to adjust the timing and order to suit your personal needs and preferences. You can also enhance your oatmeal, broth, shakes, and latte by adding ingredients to boost flavor and nutrition; aim to add up to 450 extra calories and 40 extra grams of protein across all products each day. Embrace the program's flexibility and enjoy the wellness offerings as your body craves them.

Here is your suggested daily routine:

Morning

- Begin your day with an Up & Glowing Collagen Vanilla Latte, prepared with 8 oz of nonfat milk or your preferred nondairy alternative.

Breakfast

- Enjoy the Protein Oats, with the option to add fresh fruit, nuts, or seeds.
- Sip on Good Gut & Go.

Mid-Morning

- Hydrate with your first Electrolyte Drink.
- Take three Vita-Lea® Gummies to support your nutritional intake.

Lunch

- Savor the Protein Veggie Broth, and consider adding 3-4 oz of lean protein and chopped vegetables.
- Accompany your meal with another Electrolyte Drink.

Early Afternoon

- Have a Life Shake™. Choose from our selection of recipes for added variety.

Late Afternoon

- Snack on a Snack Bar to help manage midday cravings.

Dinner

- Have another serving of warm Protein Veggie Broth, with the option to add 3-4 oz of lean protein or vegetables.

Evening

- Unwind about an hour before bed with a cup of Rest & Rewind Mint Tea.

2. WHO SHOULD USE THE FIVE DAY RESET?

The Five Day Reset is perfect for anyone looking to hit the reset button and get back on track with healthier habits. It's particularly effective for those looking to reset after indulgent periods, such as holidays or vacations. This program also offers a fantastic option for individuals wanting to lose a few pounds before an upcoming vacation or special occasion. Additionally, it serves as a valuable first step toward healthier eating and sustainable weight management for those ready for a weight loss program.

This program is ideal for those seeking a straightforward approach to resetting their bodies, boosting their well-being, and getting back on track with healthier eating. With everything provided, all you need to do is just add water (or milk or a nondairy alternative)—no meal prep or grocery shopping required. The Five Day Reset enables you to focus on nourishing your body with minimal effort.

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3. HOW IS THE FIVE DAY RESET DIFFERENT FROM OTHER RESET PROGRAMS?

The Five Day Reset is designed to reset both your body and your routine, leaving you feeling nourished and energized—not deprived. Unlike many reset programs that leave you hungry and drained, the Five Day Reset emphasizes balanced nutrition, offering foods and drinks rich in protein, fiber, and essential vitamins and minerals. This approach keeps you satisfied and energized throughout the day, supporting healthy weight loss, positive body shape changes, improved digestion, and overall wellness.

This balanced approach delivers real results. In a pilot study of 30 participants, led by Shaklee Ambassadors and supported by Shaklee's Medical and Scientific Affairs team, participants reported:

- An average weight loss of 3.25 pounds
- 1.25 inches lost around the waist and 0.9 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
- Clothes fitting better and a boost in confidence

4. WHAT RESULTS CAN I EXPECT FROM USING THE FIVE DAY RESET?

When you use the Five Day Reset, you can expect noticeable improvements in just 5 days. While everyone's body responds differently, participants in a pilot study involving 30 individuals, led by two medical professional Shaklee Ambassadors and supported by Shaklee's Medical and Scientific Affairs team, reported significant changes. In addition to an average weight loss of 3.25 pounds, participants also experienced visible shape changes, including a slimmer waistline (down 1.25 inches) and smaller hips (down 0.9 inches). These positive body shape changes not only support weight management goals but also contribute to improved long-term health outcomes.

Beyond these measurement changes, participants also reported increases in energy, sleep quality, mood, focus, and confidence after 5 days on the program as well as reduced cravings for unhealthy foods and sugar, improved hunger management, better digestive health, better-fitting clothes, and improvements in overall health.

5. CAN I CUSTOMIZE THE FOOD AND DRINK OPTIONS IN THE FIVE DAY 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 Reset are not customizable. Each kit includes the following products:

- Up & Glowing
- Protein Oats
- Raspberry Melon Electrolyte+ drink mix
- Blood Orange Electrolyte+ drink mix
- Good Gut & Go
- Vita-Lea Gummies
- Protein Veggie Broth
- Plant Vanilla Life Shake
- 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.

6. HOW MANY CALORIES ARE IN THE RESET PROGRAM?

The Five Day Reset program provides approximately 750 calories per day before adding any milk, nondairy alternatives, fruits, vegetables, or protein to your latte, oatmeal, shake, and broths. With these additions, you should aim to increase your daily calorie intake by approximately 450 additional calories, for a total daily calorie intake of 1,200.

Importantly, this program focuses on nourishment rather than starvation or deprivation. You should never feel hungry or deprived while participating in the Reset.



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7. HOW MANY GRAMS OF PROTEIN ARE IN THE RESET PROGRAM?

The Five Day Reset program provides approximately 65 g of protein per day before adding any milk, nondairy alternatives, nuts, nut butters, or protein to your latte, oatmeal, shake, and broths. With these additions, you should aim to increase your daily protein intake by approximately 40 g, for a total protein intake of 105 g per day.

8. 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 an additional 450 calories and 40 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](#).

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



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9. 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 Reset are designed to be nutrient-dense, packed with satiating protein, fiber, and essential vitamins and minerals, which should help keep hunger at bay. However, if you do feel hungry between meals, you can enhance your latte, oatmeal, shake, and broths with extra ingredients to increase satisfaction. Additionally, snacking on fresh vegetables or fruits throughout the day is perfectly fine and can help curb any cravings while contributing to your overall nutrient intake.

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

10. CAN I HAVE COFFEE?

Ideally, it's best to avoid coffee during the Five Day 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.

11. 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.

12. CAN I WORK OUT WHILE USING THE FIVE DAY RESET?

Yes, you can continue to work out while using the Five Day 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.

13. CAN I CONTINUE TAKING MY REGULAR SUPPLEMENTS DURING THE FIVE DAY 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 instance, 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.

14. ONCE I START THE FIVE DAY RESET, DO I HAVE TO COMPLETE ALL 5 DAYS CONSECUTIVELY, OR CAN I TAKE BREAKS?

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

15. HOW CAN I MAINTAIN THE RESULTS AFTER FINISHING THE PROGRAM?

To help maintain your results after completing the Five Day Reset, you can transition into the Reset & Thrive Program ([here](#)). In this phase, you'll replace one meal a day with Life Shake and get a full spectrum of clinically proven vitamins, minerals, phytonutrients, omega-3 fatty acids, probiotics, and more from Vitalizer™.

16. CAN I REPEAT THE FIVE DAY RESET, AND IF SO, HOW OFTEN?

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

17. HOW ARE THE FIVE DAY RESET AND 7-DAY HEALTHY CLEANSE SIMILAR? DIFFERENT?

The Five Day Reset and the 7-Day Healthy Cleanse offer similar benefits but differ significantly in their approaches. The 7-Day Healthy Cleanse lasts a week and focuses on grazing exclusively on fruits and vegetables throughout the day, encouraging a lighter eating pattern while requiring more extensive meal preparation and planning. In contrast, the Five Day Reset is a Five Day program that includes satiating foods and beverages rich in protein and fiber. Designed for simplicity, the Five Day Reset requires just water (or milk or a nondairy alternative) and a few basic additions to prepare your meals, making it a convenient option for those looking for an easier reset.

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18. CAN THIS PRODUCT BE USED WHEN PREGNANT OR NURSING?

No, the Five Day Reset is not recommended for use by pregnant or nursing women.

19. CAN THIS PRODUCT BE USED BY CHILDREN?

The Five Day Reset is intended for adults and is not recommended for use by children.

20. IS IT SAFE TO DO THE FIVE DAY RESET IF I'M CURRENTLY TAKING MEDICATIONS OR HAVE A MEDICAL CONDITION?

Consult with your physician before using the Five Day Reset if you have a medical condition, are taking a prescription medication, or are concerned about how you will react to the program.

21. IS THE FIVE DAY RESET VEGAN?

No, the Five Day Reset is not vegan. However, several products included in the program are, including:

- Protein Oats
- Good Gut & Go
- Protein Veggie Broth
- Electrolyte+
- Life Shake
- Rest & Rewind

22. IS THE FIVE DAY RESET KOSHER CERTIFIED?

No, the Five Day Reset is not Star-K kosher certified. However, several products included in the program are, including:

- Protein Oats
- Good Gut & Go
- Protein Veggie Broth
- Electrolyte+
- Life Shake
- Snack Bar

23. IS THE FIVE DAY RESET GLUTEN-FREE?

Yes, all products in the Five Day Reset are gluten-free.

24. IS THE FIVE DAY RESET NONDAIRY?

No, the Five Day Reset is not nondairy. However, several products included in the program are, including:

- Up & Glowing
- Protein Oats
- Vita-Lea Gummy
- Protein Veggie Broth
- Electrolyte+
- Life Shake
- Rest & Rewind

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

FIVE DAY RESET

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25. DOES THE FIVE DAY 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 Reset contain tree nuts as an ingredient.

26. DOES THE FIVE DAY RESET CONTAIN SOY?

The Toffee Chocolate Crunch Snack Bar contains soy. None of the other products in the Five Day Reset contain soy as an ingredient.