



PATTY WILSON COACHING

— FREE GUIDE · WOMEN 35+

The 3-Day Reset *for Women*

Reset. Rebalance. Reignite. Three simple days to beat the bloat and feel like yourself again.

3 days

Grocery list included

No calorie counting

Created by **Coach Patty Wilson** · Scottsdale, AZ · pattywilsoncoaching.com

Three days to feel *lighter*.

This isn't a starvation cleanse. It's a short, simple reset that gives your body a break from the foods that leave you puffy and tired, so you can hear what it's telling you.

I built this reset for the women I coach who feel bloated, sluggish, and stuck, and want a clean starting line. For three days you'll eat simple, whole foods: a morning ritual, my Reset Smoothie, roasted sweet potatoes, and a big pan of roasted vegetables.

On day four you'll slowly bring foods back and notice how each one makes you feel. That's where the real value is: you'll learn which foods your body loves, and which ones it doesn't need.

How it works

01

Shop once

Use the one-trip grocery list on page 6.

02

Follow the daily rhythm

Same simple plan each day. No weighing, no apps.

03

Track and reintroduce

Check off each day, then use the Day 4 log.



3

DAYS

Short enough to finish, long enough to feel it.

2

SMOOTHIES A DAY

Breakfast plus lunch or dinner.

1

GROCERY TRIP

Everything you need, on one list.

The same simple plan, *three days in a row.*

Repeat this rhythm on Days 1, 2, and 3. Have your two smoothies at breakfast and lunch, or breakfast and dinner, whichever fits your day.

WHEN	WHAT	RECIPE
First thing	A cup of warm lemon water with Himalayan pink sea salt and cayenne	Morning Ritual, p. 4
Breakfast	Reset Smoothie	Reset Smoothie, p. 4
Lunch	Reset Smoothie, or roasted sweet potatoes	p. 4 or p. 5
Dinner	Roasted Vegetable Medley (or your second smoothie)	p. 5
Optional snack	One per day: 2 hard-boiled eggs, a small handful of raw almonds, or ½ avocado with 2 tbsp hemp seeds	Snacks, p. 5

Drink up

Keep water with you all day. Warm lemon water to start, plain water after. Hydration helps with bloat and cravings.

Move gently

A daily walk is perfect during the reset. Save your hardest training sessions for after Day 3.



COACH PATTY TIP

Prep your vegetables and sweet potatoes the night before Day 1. When the food is ready, the reset is easy. When it isn't, the drive-thru wins.

Listen to your body. If you're pregnant, nursing, managing a medical condition, or taking medication, check with your doctor before changing how you eat.

Start every day *the same way.*

Morning Ritual: Warm Lemon Water

Every morning

First thing

INGREDIENTS

- 1 cup warm water
- Juice of 1 whole lemon
- 1 tsp Himalayan pink sea salt
- ¼ tsp cayenne pepper

DIRECTIONS

1. Stir everything into a cup of warm (not boiling) water.
2. Drink it first thing, before coffee or food.



The Reset Smoothie

2 a day

5 minutes

Blender

INGREDIENTS

- 1 cup unsweetened almond, coconut, or oat milk
- ½ avocado
- 1 cup spinach (frozen or fresh)
- ½ cup blueberries (frozen or fresh)
- ½ cup raspberries (frozen or fresh)
- 1 tbsp almond butter
- 1 tsp chia seeds or ground flaxseeds
- 1 tsp cinnamon (optional)
- Stevia to sweeten (optional)
- Ice

DIRECTIONS

1. Add the milk to your blender first so everything blends smoothly.
2. Add the rest of the ingredients and blend until creamy.
3. Add more ice for a thicker smoothie, or a splash more milk to thin it.
4. Have one at breakfast and one at lunch or dinner.



COACH PATTY TIP

Use frozen berries and spinach and you can skip most of the ice. It's creamier and colder.

Simple, warm, and *filling*.

Lunch: Roasted Sweet Potatoes

450°F

15–20 min

Air fryer or oven

INGREDIENTS

- 1 medium sweet potato, cubed or baked
- 1 tbsp olive oil
- 1 tsp garlic salt

DIRECTIONS

1. Preheat your air fryer or oven to 450°F. Grease or spray a baking sheet or pan.
2. Spread the cubed sweet potato on top and drizzle with olive oil.
3. Sprinkle with garlic salt and roast for 15–20 minutes.



Dinner: Roasted Vegetable Medley

450°F

15–20 min

One pan

INGREDIENTS

- 1 green bell pepper, cut up
- 1 red bell pepper, cut up
- 1 zucchini, cut up
- 20 asparagus spears, chopped
- 1 tbsp olive oil, divided
- 1 tsp garlic salt, divided
- 2 tbsp hemp seeds
- 1–2 tbsp balsamic vinegar

DIRECTIONS

1. Preheat the oven to 450°F.
2. Toss all the vegetables together and coat with olive oil. Sprinkle garlic salt evenly over the top.
3. Roast for 15–20 minutes, stirring halfway through.
4. Drizzle with balsamic vinegar and top with hemp seeds.

Optional snack: pick one per day

2 hard-boiled eggs

A small handful of raw almonds

½ avocado + 2 tbsp hemp seeds

Everything for *all three days.*

Buy organic when you can. Check items off as you shop.

Produce

- ☐ 8 small or 4 medium avocados
- ☐ 3 bags of spinach (frozen)
- ☐ 2 containers of blueberries (fresh if possible)
- ☐ 2 containers of raspberries (fresh if possible)
- ☐ 3 small lemons
- ☐ 3 large sweet potatoes (or a bag of butternut squash)
- ☐ 4 green bell peppers
- ☐ 3 red bell peppers
- ☐ 1 yellow or orange bell pepper
- ☐ 4 zucchinis
- ☐ 4 bunches of asparagus

Dairy-free + protein

- ☐ 2 containers unsweetened almond, coconut, or oat milk
- ☐ 1 dozen large eggs

Pantry

- ☐ Raw almond butter
- ☐ Chia seeds or ground flaxseeds
- ☐ 1 bag of raw almonds
- ☐ 1 bag of hemp seeds
- ☐ Ground cinnamon
- ☐ Garlic salt
- ☐ Himalayan pink sea salt
- ☐ Cayenne pepper
- ☐ Olive oil
- ☐ Balsamic vinegar
- ☐ Stevia (optional)



COACH PATTY TIP

Frozen spinach and berries are just as nutritious as fresh, cheaper, and they won't go bad before Day 3.

Track your reset, *then listen.*

DAY	LEMON WATER	SMOOTHIE 1	SMOOTHIE 2	VEGGIES	WALK	WATER	ENERGY 1-5	BLOAT 1-5
Day 1	☐	☐	☐	☐	☐	☐		
Day 2	☐	☐	☐	☐	☐	☐		
Day 3	☐	☐	☐	☐	☐	☐		

Day 4 and beyond: *reintroduce slowly*

On Day 4, gradually bring foods back into your diet, one at a time. Notice anything that makes you bloated or uncomfortable. That's a good sign it's something your body doesn't like or need.

FOOD I ADDED	DAY	HOW I FELT AFTER (BLOAT, ENERGY, CRAVINGS)	KEEP IT?

The biggest thing I noticed in three days:

You just proved you can do it. *Now let's keep going.*

Three days is a reset. A plan built for your body, with a coach in your corner, is how it lasts.

“

Having trained with Patty for 8 years, she has transformed my body and my attitude about healthy living.

KRISTIN W., CLIENT FOR 8 YEARS

Book your free 15-minute call

Tell me how your reset went and where you want to be in 90 days. I'll map out your best next step, no pressure.

pattywilsoncoaching.com/contact



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