

Meal Schedule During Reset Time

- 8am Breakfast: 32 Oz for Dr Sears School Aid Smoothie
- 2pm Lunch: 32 Oz for Dr Sears School Aid Smoothie
- 6:30pm Dinner: 8oz (minimum) of Cold water and 15 min. Walk in the fresh air.

Meal Schedule After Reset Time

- 8am Breakfast: Fruits based (No vegetables): 80% Green category, 20% yellow category
 - This refers to traffic light eating. For more info please ask me.
- 2pm Lunch: Vegetable based (No fruits): 80% Green category, 20% yellow category
- 6:30pm Dinner: 8oz (minimum) of Cold water and 15 min. Walk in the fresh air.

Note: For a more details plan, please use the Lifestyle Sheets which has the entire schedule. Make a copy of the blank one, fill it out and consider it as your master copy. Then copy it every day and check each step.

Program

- **Preparation**
 - Agree to practice intermittent fasting during this time by only have 2 meals a day 5 hours apart
 - **Please put off anything that might be creating stress away during this time.** Please give it to God in prayer and trust that He will take care of you.
 - **Forgive others that have hurt you.** If you are not willing to forgive them by the power of the Holy Spirit, you will not be able to be forgiven nor will be able to heal (Mat 6, James 7).
 - **Ask for forgiveness of those you have hurt.** This is an important step in making sure your account is clear before God and you have a clear conscience (Mat 5:21-26, Exodus 15:26).
 - **Forgive yourself** for mistakes in the past, after you have made things right with God and others. God only wants you to take it one day at time. He has forgiven you and made all things new! Do you believe God? Then live it! (Rev 21:5, 2 Cor 5:17, 1 John 1:9 – 2:6)
 - **Claim and memorize one promise for healing a day.** This is important to increase your faith (Rom 10:17)
- **Reset Time...**
 - **3 days of water fasting.** Taking your water number in oz (w#) in each meal time instead of the meal. If you feel faint, please substitute 8oz of water for pomegranate juice with 1TBSP of Chia or ground Flaxseed. For Chia seed, please let it hydrate in the juice for 5m to 10m before taking it.
 - **27 days of 32oz of Dr Sears School Aid Smoothie.** This would be 32oz for each meal. If you are allergic to any of the ingredients, omit them or ask for better alternatives.
- **After Reset Time...**
 - 1 Week after: Please replace your lunch with Vegetable based meal (No fruits): 80% Green category, 20% yellow category
 - Eg: Dark green Lettuce, broccoli, shredded carrots, salad; with rice and beans over it and homemade dressing.
 - Practice hands free chewing.
 - Please rotate the vegetables and grains noting any reaction in your body. If you a negative reaction is found, eliminate that item from the menu.

- 2 Weeks after: Do the same know with your breakfast; Fruits based (No vegetables): 80% Green category, 20% yellow category
 - Practice hands free chewing.
 - Please rotate the fruits, grains, etc noting any reaction in your body. If you a negative reaction is found, eliminate that item from the menu.
- 3 weeks after: You should be all set!
 - Please rotate your choices noting any reaction in your body. If you a negative reaction is found, eliminate that item from the menu.

Dr Sears School Aid Smoothie

(Could be used for Meal on the Go)

Yields 2 Servings at 32oz per serving

Per serving: ~723 calories, ~30g protein, ~81g carbohydrates,
~34g fat (mostly omega 3's), and ~21g fiber.

Calcium 234mg (18%), Iron 16mg (88%), Potassium 1584mg (34%)



- 3 cups of dairy free milk (almond, soy, we recommend West Soy brand) (vitamins, minerals, proteins+)
 - It must be Gluten free and without Carrageenan, artificial sweeteners, colors, etc.
- 1 green banana (pre-probiotics)
- 1 ripe banana (energy source)
- 1 cup frozen blueberries (antioxidants)
- 1/2 to 1 cup of your favorite fruit, frozen (e.g., organic strawberries, papaya, mango) (vitamins & minerals)
- 2 tbsp. flax oil or 1/2 cup flax seed meal (freshly ground please) (Omega 3, phytonutrients, fiber)
- 4 ounces tofu (protein+)
- 2 tbsp. almond butter (protein, fats)
- 1/2 California avocado (fats, phytonutrients, vitamins)

Note: This recipe makes 64oz, the meal for the entire day. Please keep in a cool place or thermic container.

“And said, **If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.**” Exodus 15:26

“Bless the LORD, O my soul: and all that is within me, *bless* his holy name. Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; **who healeth all thy diseases;**

Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good *things*; *so that* thy youth is renewed like the eagle's.” Psalm 103:1-5

References

- Water# = (Body weight * 0.8) / 4.

E.g.: For a 150-pound person; w# is 30z ((150 * 0.8)/4).