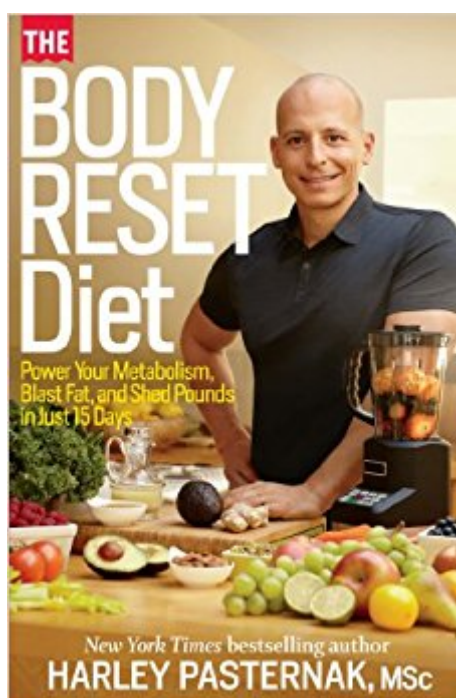




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# The Body Reset Diet: Power Your Metabolism, Blast Fat, And Shed Pounds In Just 15 Days



## Synopsis

We've gone way overboard trying to beat the bulge. We've tried every diet out there—low-carb, low-fat, all-grapefruit—and spent hours toiling on treadmills and machines. The truth is, complicated diets and extreme cleanses promise nothing but short-term results, and overdoing it at the gym doesn't always help you lose weight (in fact, over-the-top workouts actually supercharge your appetite, often causing you to eat more than you should). It's time to hit the "reset button" and start over with a new perspective on weight loss. Now, expert trainer and New York Times bestselling author Harley Pasternak offers the ultimate plan to reboot your system and set you on the right path to a thinner, healthier, happier life. The Body Reset Diet is so simple yet so effective that you'll immediately lose weight no matter how many times you've tried in the past. And you won't boomerang back either. You'll transition smoothly into a sustainable, nutrient-rich plan that keeps your metabolism primed to burn fat all day long—without ever setting foot in a gym! This three-phase program focuses on the easiest, most effective way to slim down: blending. The 5-day jump start includes delicious, expertly crafted smoothies (White Peach Ginger, Apple Pie, and Piña Colada, to name a few), dips, snacks, and soups—all customizable to your preferences and dietary restrictions—that keep you satisfied while boosting your metabolism. Over the following 10 days, you'll reintroduce healthy combinations of your favorite foods along with the blended recipes to keep your metabolism humming, so you'll continue to scorch calories and shed pounds. The plan also explains how the easiest form of exercise—walking—along with light resistance training is all it takes to achieve the celebrity-worthy physique you've always wanted. No equipment necessary! Whether you're looking to lose significant weight or just those last 5 pounds, The Body Reset Diet offers a proven program to hit the reset button, slim down, and get healthy in just 15 days—and stay that way for good!

## Book Information

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## Customer Reviews

“I live for Harley’s smoothies! They are so easy to make, help me feel full, and taste incredible!”  
—Kim Kardashian  
“The Body Reset Diet makes healthy eating easier. The smoothies are simple to prepare, taste great, and are the perfect breakfast or snack when I’m on the go.”  
—Amanda Seyfried  
“The Body Reset Diet proves that you don’t have to suffer, starve, or make huge lifestyle changes to lose weight, feel great, and look fantastic!”  
—Hilary Duff  
“People think that celebrities do crazy things to lose weight, but Harley taught me that I don’t have to. In The Body Reset Diet, he outlines simple concepts that are easy to follow even when you’re working non-stop or traveling like me.”  
—Maria Menounos  
“I tried every diet out there and failed. Nothing was sustainable. Harley taught me how to get be in the best shape of my life by eating more and working out less!”  
—Jordana Brewster

HARLEY PASTERNAK is the New York Times best-selling author of 5-Factor Diet, and was the co-host on ABC’s The Revolution. He holds a Masters of Science in Exercise Physiology and Nutritional Sciences from the University of Toronto. He lives in New York City and Los Angeles.

I have recently finished this "reset", so I wanted to be sure to write a review. I was familiar with Harley’s name in the world of celebrity fitness, but when I saw him on Revenge Body I was intrigued by his plan. I was already having one smoothie a day, so that seemed manageable enough. I had been working out several times a week at Orange Theory Fitness, and while I was toning up, I still had so much fat on top of my muscle, and my weight was at an uncomfortable number for me, so I wanted to do something to really shake it up. I read through tons of reviews, and it seemed like most of the negative ones were from people who hadn’t even tried it, so I wanted to give it a shot. I am a stay at home mom, so I do have flexibility and making smoothies was no problem, but I could see how this might be challenging for someone on the go or working in an office. I am 39 years old and at 5’5" I weighed 141 when I started, so I am not way overweight, but definitely had 10-15 pounds to

lose. I already had a pedometer that had been collecting dust for years, so I pulled that out. I was surprised by how little I was actually walking each day, but it became a challenge to myself to get more steps each day than the day before. I now walk usually a minimum of 12,000 steps, but often more. The first few days I felt hungry and a little grumpy, but I was losing weight quickly which seemed a fair tradeoff. Once the first five days were up and I could add a meal, I felt much better. I chose to eat breakfast, as that was when I was hungriest. I enjoyed the smoothies, as they were different than what I would normally make. I always add greens to my smoothies, so the white and red ones were a nice change. My 15 days ended two days ago, but I am continuing on with the plan because I feel great. Other than a headache on the first days which I am sure was from withdrawals, I have not had a headache, which is a huge improvement for me as I suffer from them on a regular basis, I think because of my sugar addiction. My energy also remains great throughout the day, whereas before I would get a a serious mid afternoon slump every single day. I honestly was feeling so run down and terrible on a daily basis that I was getting very frustrated, and in turn probably reaching for foods I should not have. I also normally have terrible PMS, where I feel like I have been hit by a bus for the few days before my period starts. Other than some mild moodiness, I have felt great this time around, which is such a relief considering my period comes every 24 days or so, so feeling terrible that often stinks! The walking aspect has been very relaxing. In the book Harley talks about people busting their butt for an hour at a work out class and then being sedentary all day, and how this really isn't doing our bodies any good, and this really resonated with me. I often have an all or nothing attitude about working out, like if it's not a super challenging sweat session than it's not worth it and I end up doing nothing instead, which is totally illogical. So the idea of incorporating something as easy as walking into my day seemed like such a relief. It's easy to lose motivation and not go to a workout class, it's not hard to stand up and walk around. I also had no problem doing the body weight exercises, although it did take me more like 13-15 minutes each session as I was doing the advanced recommendations of 3 circuits of 20. All in all, I would say this has been such a positive experience for me. I lost 6 pounds in the 15 days, and about 5.5 inches, and I was very happy with that. I felt like grocery shopping and meal planning was so much easier (and cheaper) without having to plan out what was for dinner each day. I feel very motivated to keep up with it and I would and have recommend this to anyone looking to get back on track. Thanks Harley!

This diet is so easy and really works. I lost 7 pounds the first week. I bought another copy for a friend I would highly recommend it!

It allowed me to get on a better eating regimen. Well written.

Liked the simplicity and using normal ingredients and whole foods as basis of the diet. Walking is the key exercise which all of us can do. I'm 49 and this is the first diet I've ever tried and I'm on day 4 and it's going well, surprised myself that I could have 3 main meals for 5 days as smoothies.

Great material.

Great recipes. Harley Pasternak has a great "voice" in his writing, with a very encouraging lead up. This is great if you are the type of person who can stick with a program. There are enough recipes for variety. The snacks and water were key for me. Getting the recommended 10,000 steps in was a bigger challenge for me. I like that he doesn't claim his diet is anything more than a reset.

This is a great lifestyle changes book. It gives practical advice on working out and changing eating habits. The first week, your grocery list is given to you, so it is great for those who just need someone to tell them where to start and why your doing it. The exercises are easy to fit into daily life, and using a pedometer really makes you more aware of how much movement you may need to add to your day.

It was a realistic goal that I could set for myself in a sea of unreason, and crazy diets! The recipes were yummy, and I had most of the ingredients on hand already so the cost of the food was minimal. I lost 6 lbs in the first week! Awesome Harley. Thank you for the kick start I needed, in a really healthy way!

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