



# Sophie Collins

## 5 Day Reset

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A COLLECTION OF GLUTEN, DAIRY & SUGAR-FREE RECIPES  
DESIGNED TO HELP YOU FEEL YOUR BEST.

#SOPHIECOLLINSRESET

#OBSESSEDWITHFEELINGMYBEST



Hi! And welcome to my five-day reset.

I've been sharing recipes on my blog and Instagram for over 10 years and wanted to put together an ebook to show you my approach to healthy eating. I've read countless nutrition books and devoured hundreds of cookbooks over the years, and I've really honed in on what makes me feel my best. For me, that's drinking lots of water, avoiding gluten, dairy and sugar, and exercising and meditating consistently.

Truthfully, my health journey started from a place of wanting to look better, but when I started eating more mindfully and moving my body, I realized the biggest benefit was how it made me feel. Now, everything I do is to make me **feel my best** and I want you to feel that way too. I've put together 15 recipes: 5 breakfasts, lunches and dinners, along with tips and tricks to help you live your healthiest life.

Think of this as a reset that you can do before a beach vacation or after the holidays. I'm all about moderation and don't believe in deprivation, so this will be a very smooth way to get back to feeling your best.

Love,  
Sophie





# Grocery List

## Tips:

- Buy organic whenever possible
- Keep nuts in the fridge to keep them fresh
- Make nut milk to order (ie: wait until you run out)
- Fill a glass with cold water and add the stems of your herbs to store in the fridge

## Produce:

- 5 Lemons
- Box of mixed greens to add to lighter meals for added greens (can do this with any meal!)
- 1 box spinach
- 1 box arugula
- 1 bag mini persian cucumbers
- 3 long english cucumbers
- 1 bunch celery
- 1 large piece of ginger
- 1 bunch of mint
- 3 white onions
- 1 jalapeno
- 2 bunches of parsley
- 2 bunches of cilantro
- 2 bunches of basil
- Baby bok choy
- Mushrooms
- 4 avocados
- 2 heads of garlic
- 5 zucchinis
- 3 heads of broccoli
- 1 fennel bulb
- 1 head of kale
- 1 pint of cherry tomatoes
- 5 roma tomatoes
- 1 lime
- 1 red pepper
- 1 yellow pepper
- 1 head of asparagus
- 1 head of cauliflower
- 1 bunch of carrots
- 1 head of green cabbage (optional - for shredding into fish tacos)
- 1 red onion (optional - for pickled red onions in fish tacos)
- Pint of berries (optional - to top breakfast bowl)



## Supplements:

- Vanilla Protein Powder  
(I like Ancient Nutrition - code sophiecollins)
- Chocolate Protein Powder  
(I like Ancient Nutrition - code sophiecollins)
- Coconut Creamer Collagen  
(You can use my code SCOLLINS at Project Skin MD)

## Pantry:

- 1c almonds
- ¼ cup pine nuts
- 1c cashews
- 1c hemp Hearts
- 1 bag chia seeds
- Small bag of sesame seeds (optional to top cauliflower rice salmon bowl)
- Ground flax
- 1 jar coconut oil
- 1 bottle olive oil
- 1 bottle avocado oil
- 2 x 14 oz. cans Chickpeas
- Almond butter
- Coconut aminos
- Sesame oil
- Dried Apricots
- Olives
- Healthy crackers (I love Eve's)
- Grain free tortillas (I like Siete)
- Avocado mayo (optional - for aioli in fish tacos)
- Sriracha (optional - for aioli in fish tacos)
- Red wine vinegar (optional - for pickled red onions in fish tacos)
- Maple syrup (optional - for pickled red onions in fish tacos)
- Cacao nibs (optional - to add to Cacao Mint Smoothie)
- Qi'a buckwheat, chia and hemp cereal (or just buy buckwheat for warm breakfast bowl)
- Dried goji berries (optional - to top breakfast bowl)
- Brazil nuts (optional - to top breakfast bowl)
- Shredded coconut (optional - to top breakfast bowl)
- Dark chocolate (optional - if you have a sweet tooth!)
- 1-2 bottles of wine ;)

## Spices:

- Pink Himalayan sea salt
- Maldon sea salt (for topping)
- Kosher salt (for cooking)
- Chili powder (bonus if you can find Indian chili powder)
- Ceylon Cinnamon
- Red pepper flakes
- Cumin
- Pepper

## Refrigerated:

- 3 containers nut milk (unsweetened vanilla is my preference if you are not making yourself)
- Coconut water
- 4 cups bone broth
- 2 dozen eggs
- Kimchi
- Healthy dip (hummus, spread 'em, tzatziki if you are not sensitive to dairy)

## Frozen:

THIS IS MORE THAN YOU NEED, BUT HOPEFULLY AFTER DOING THIS RESET YOU'LL WANT TO CONTINUE WITH OUR HEALTHY MORNING ROUTINE!

- Small bag of frozen blueberries
- Small bag of frozen strawberries
- 3 bags Frozen Spinach (or buy fresh and freeze)

## Protein:

- 4 halibut filets
- Flank steak to feed 2
- 2 filets salmon
- Turkey pepperoni



## My personal tips and tricks to feel your best:



- When I want to really reset, the first thing I do is try to avoid gluten, dairy & sugar as these are all inflammatory.
- When it comes to caffeine, I usually do a coffee in the morning and a cup of tea in the afternoon.
- On a really healthy week, I like to have 1-2 glasses of wine a couple times throughout the course of the week. I'm not embarrassed to admit that I love a glass of vino but I also know that over-indulging will not make me feel my best. Red wine is my favorite way to imbibe.
- I try to drink 2-3L of water per day.
- I always aim to get at least 8 hours of sleep / night.
- If possible, I hold off on having breakfast until 9AM or 10AM to give my body a chance to reset from dinner the night before. This means lunch is at 1-ish and dinner is at 5:30 (we eat as a family so pretty early).
- If you tend to eat dinner later (6 or 7PM) and need a snack between lunch and dinner, consider any of the following:
  - Raw veggies and a little bit of hummus
  - A handful of gluten free crackers
  - 3 Brazil nuts or a small handful of your favorite nut
- I aim to meditate 10+ minutes per day and most often use the Insight Timer app, unguided.
- I aim to get 20-30 minutes of movement in: whether it be my own pilates flow, a weight lifting session or a higher intensity sweat and I always try to walk 10K steps/day.
- In the morning, I have water with vitamin c and a pinch of celtic sea salt for minerals before enjoying an almond milk latte or my collagen coffee.

# Five Day Reset Recipes



# Milks and Beverages





— MILKS & BEVERAGES

## Homemade Vanilla Almond Milk

SERVING SIZE: 1 CARAFE

— INGREDIENTS

1 cup almonds, soaked overnight  
4 cups water  
1 tsp vanilla  
1 pinch pink himalayan sea salt  
Date (optional)

— INSTRUCTIONS

1. Drain almonds and add to blender with other ingredients.
2. Blend on high for 3-4 minutes or until creamy.
3. Strain through a nut milk bag and store in fridge for up to 5 days.

### \*Note:

To make coffee creamer, cut the amount of water in half.

— MILKS & BEVERAGES

## Homemade Vanilla Hemp Milk

SERVING SIZE: 1 CARAFE

— INGREDIENTS

1 cup hemp hearts  
4 cups water  
1 tsp vanilla  
1 pinch pink himalayan sea salt  
Date (optional)

— INSTRUCTIONS

1. Blend all ingredients on high for 1-2 minutes or until creamy.
2. Pour into a container and store in fridge for up to 5 days.





— MILKS & BEVERAGES

## Homemade Vanilla Cashew Milk

SERVING SIZE: 1 CARAFE

— INGREDIENTS

1 cup cashews, soaked for an hour  
4 cups water  
1 tsp vanilla  
1 pinch pink himalayan sea salt  
Date (optional)

— INSTRUCTIONS

1. Blend all ingredients on high for 1-2 minutes or until creamy.
2. Pour into a container and store in fridge for up to 5 days.

— MILKS & BEVERAGES

## Collagen Coffee

SERVING SIZE: 1

— INGREDIENTS

1 cup coffee  
2 scoops collagen  
2 dashes ceylon cinnamon

### Notes on Nut Milk:

Most smoothie recipes say 1-2 cups of liquid because certain blenders tend to yield different results.

My sweet spot is 1.5 cups but I usually use the tamper device that comes with the vitamix to keep the blender mixing. If you like more liquid, feel free to add some cold water.

# Breakfast





— BREAKFAST

# Green Detox Smoothie

SERVING SIZE: 1

— INGREDIENTS

- 1 scoop vanilla protein
- 1 tbsp coconut oil
- 1 tbsp chia seeds
- Handful frozen spinach
- 1 mini Persian Cucumber or 1/3 long English cucumber
- 2 stalks Celery
- Nub of Ginger
- ½ lemon, juiced
- 1-2 cups coconut water
- 5 mint leaves
- 5 ice cubes

— INSTRUCTIONS

1. Blend all ingredients in blender. Add more coconut water if necessary.



— BREAKFAST

## Blueberry Spinach Smoothie

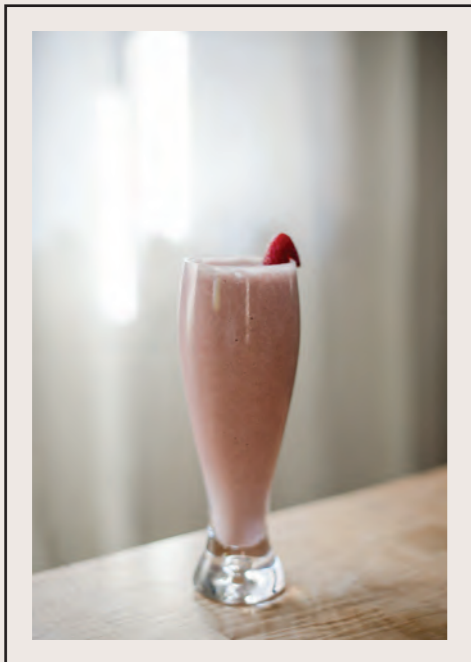
SERVING SIZE: 1

— INGREDIENTS

¼ cup frozen blueberries  
1 cup frozen spinach  
Scoop of vanilla protein  
1 tbsp almond butter  
1 tbsp black chia seeds  
1-2 cups nut milk  
5 ice cubes

— INSTRUCTIONS

1. Blend all ingredients in blender.  
Add more nut milk or water if necessary.



— BREAKFAST

## Strawberry Milkshake Smoothie

SERVING SIZE: 1

— INGREDIENTS

¼ cup frozen strawberries  
1 tbsp coconut oil  
5 ice cubes  
1 cup frozen spinach  
1 tbsp ground flax  
Scoop of vanilla protein  
1-2 cups unsweetened almond milk

— INSTRUCTIONS

1. Blend all ingredients in blender.  
Add more nut milk or water if necessary.



— BREAKFAST

## Cacao Mint Smoothie

SERVING SIZE: 1

— INGREDIENTS

- 1 tbsp almond butter
- 5 mint leaves or 1/8 tsp peppermint extract
- 1 tbsp chia seeds
- 5 ice cubes
- 1 cup frozen spinach
- Scoop of chocolate protein
- 1-2 cups unsweetened almond milk
- 1 tbsp cacao nibs (add at the end of the blending to keep some crunch)

— INSTRUCTIONS

1. Blend all ingredients in blender. Add more nut milk or water if necessary.

— BREAKFAST

## Warm Breakfast Bowl

SERVING SIZE: 1

— INGREDIENTS

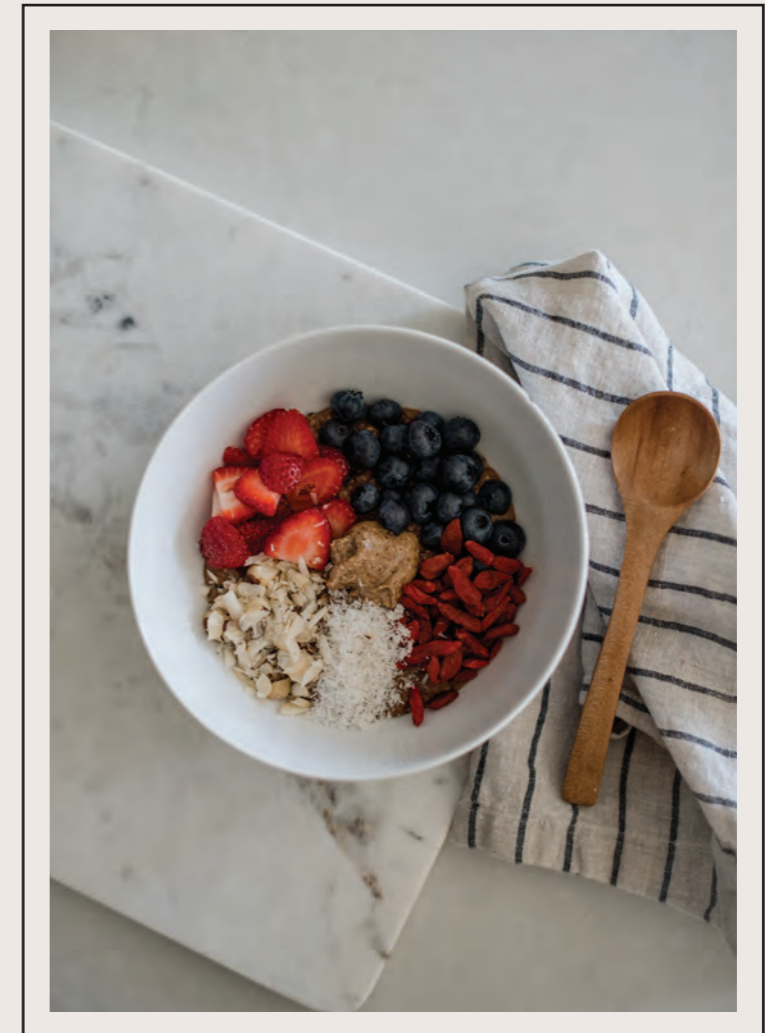
- ¼ cup mix of buckwheat, chia and hemp (I like Q'ia mix, but you can also DIY or just use Buckwheat)
- ¾ cup almond milk
- 1 scoop of chocolate protein powder

— TOPPINGS

- goji berries
- brazil nuts
- a cup of berries
- almond butter
- shredded coconut

— INSTRUCTIONS

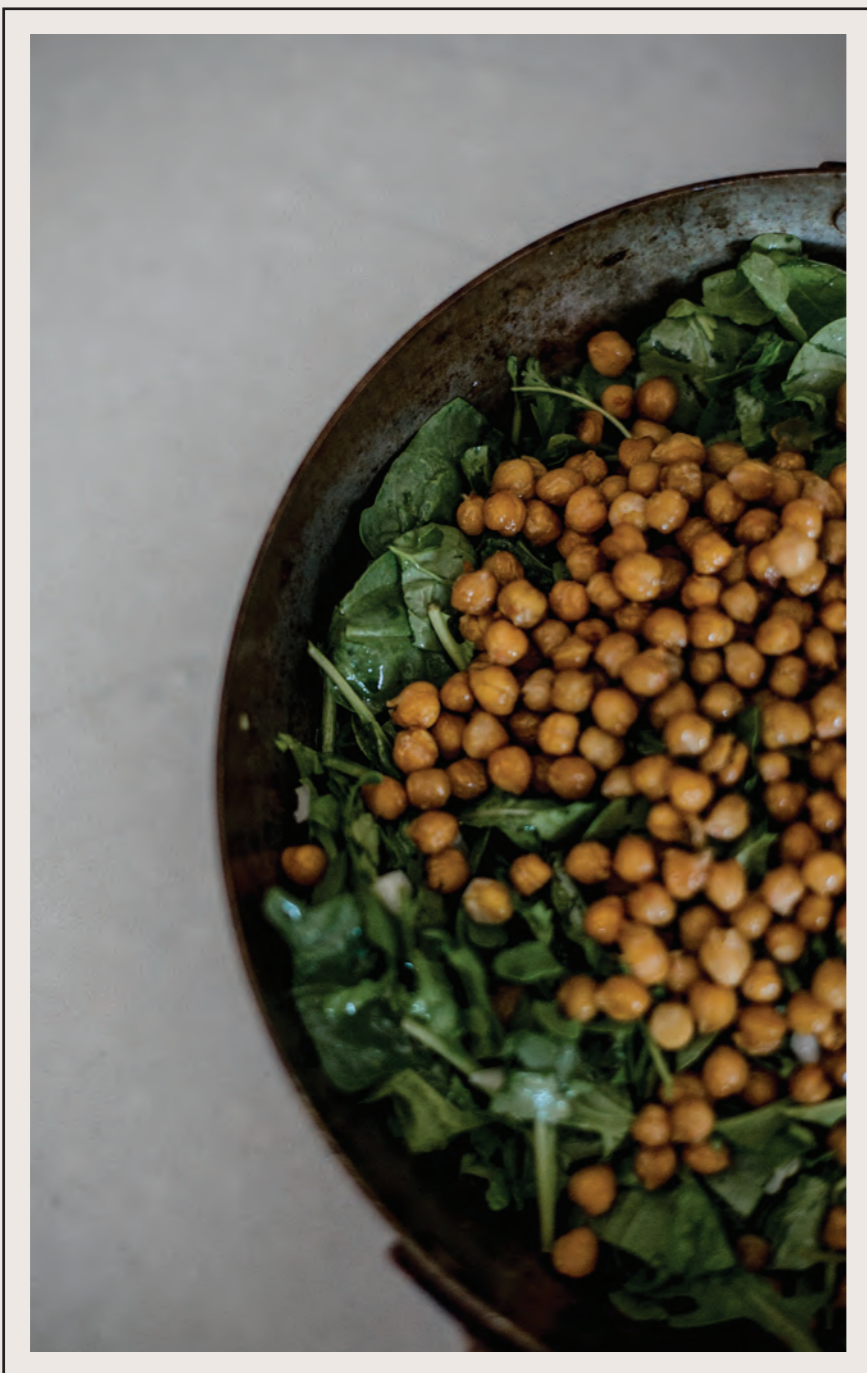
1. Add seed mix with almond milk to a small pot and heat over low-medium heat on your stovetop, stirring consistently.



2. When warm and thick, add chocolate protein and mix to combine.
3. Remove from heat.
4. Add to bowl and top with desired toppings!

Lunch





— LUNCH

# Roasted Chickpea Salad with Greens

SERVING SIZE: 2

— INGREDIENTS

1 14oz. can of chickpeas, rinsed and dried  
Pinch of kosher salt  
Pinch of chili powder  
2c baby arugula, roughly chopped  
2c baby spinach, roughly chopped  
¼c fresh mint, torn into small pieces  
2 tbsp white or green onions, thinly sliced  
¼c Italian parsley, leaves sliced thin  
1/2 lemon, zested and juiced  
pinch of chili flakes  
4 tbsp extra virgin olive oil, split into two  
Salt  
½ avocado, diced

— INSTRUCTIONS

1. Heat oven to 400F.
2. Toss chickpeas with 2 tbsp olive oil and a pinch of kosher salt and chili powder and roast for 20 minutes or until crispy on the outside.
3. Meanwhile, add arugula, spinach, mint, onion, parsley to a medium bowl and toss with chili flakes, lemon, 2 tbsp olive oil and flakey sea salt to taste.
4. When chickpeas are crispy enough for you, add to salad.
5. Top with avocado and enjoy immediately.



— LUNCH

## Caprese Eggs

SERVING SIZE: 2

— INGREDIENTS

2 tbsp olive oil  
2 garlic cloves, minced  
2 handfuls of spinach  
1 cup of cherry tomatoes, chopped  
6 eggs  
Basil and maldon to top

— INSTRUCTIONS

1. Heat olive oil over medium heat.
2. Add garlic cloves, stirring for 1 minute.
3. Add spinach and cherry tomatoes, cook until spinach is wilted and cherry tomatoes are extra juicy.
4. Add eggs directly to pan, scrambling as you add them so that they cook evenly.
5. When cooked, remove from pan, adding basil and sea salt to taste.



— LUNCH

## Roasted Chickpeas with Tomato, Cucumber and Avocado

SERVING SIZE: 2

— INGREDIENTS

14. oz can of chickpeas, rinsed and dried  
4 tbsp olive oil, split in half  
2 long english cucumbers, peeled and deseeded and then chopped  
2 roma tomatoes chopped  
1 avocado, chopped  
1 tbsp white onion, chopped  
1 garlic clove, chopped  
juice of half a lime  
pinch of sea salt  
pinch of chili powder

— INSTRUCTIONS

1. Heat oven to 400F.
2. Toss chickpeas with 2 tbsp olive oil and a pinch of kosher salt and chili powder and roast for 20m or until crispy on the outside.
3. Meanwhile, add the rest of the ingredients together and toss (you can always beef this up with spinach for more sustenance).
4. Top with chickpeas and enjoy!



— LUNCH

## Zucchini Scramble

SERVING SIZE: 2

— INGREDIENTS

2 tbsp olive oil  
2 small zucchini, sliced thinly  
1/3 white onion, sliced thinly  
pinch of salt and pepper  
6 eggs  
Maldon sea salt to taste

— INSTRUCTIONS

1. Heat pan over medium heat with olive oil.
2. When hot, add veggies.
3. Add pinch of salt and pepper. Cook veggies until soft.
4. Add eggs directly in pan, scrambling as they heat up.
5. As soon as they're scrambled, turn the pan off.
6. Top with hot sauce and Maldon.

— LUNCH

## Cauliflower Rice Bowl with Panfried Salmon

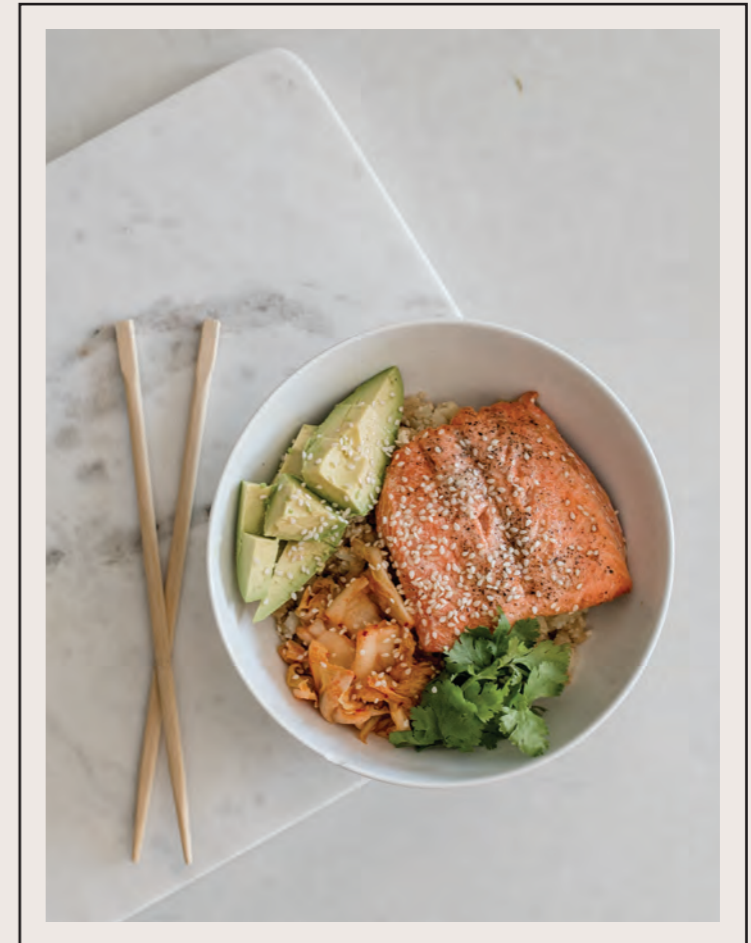
SERVING SIZE: 2

— INGREDIENTS

Cauliflower rice - full head of cauliflower  
2 tbsp sesame oil  
2 tbsp coconut aminos  
1 tbsp coconut oil  
2 filets salmon, patted dry  
Kimchi  
Kosher salt  
Ground pepper  
Top with: avocados, sesame seeds

— INSTRUCTIONS

1. Pulse cauliflower in batches in a food processor to make into "rice".
2. In a large frying pan, add 2 tbsp sesame oil. When hot, add cauliflower rice and 2 tbsp coconut aminos. Cook for 3 minutes.



3. In another frying pan, heat 1 tbsp coconut oil until hot, fry salmon for 2-3 minutes per side, seasoning with salt and pepper.
4. Top with kimchi, avocado and sesame seeds. For even more protein, add a fried or poached egg!



Dinner



— DINNER

# Green Detox Soup

SERVING SIZE: 2 (PLUS LEFTOVERS TO FREEZE)



— INGREDIENTS

2 tbsp olive oil  
4 cups bone broth

**All veggies chopped:**

1 onion  
4 cloves garlic  
2 tbsp ginger  
2 zucchini  
3 heads broccoli  
1/2 fennel bulb  
1 cup parsley  
1 head of kale

**To taste:**

Salt  
Pepper  
Red pepper flakes  
Lemon juice

— INSTRUCTIONS

1. Heat olive oil over medium heat in a large pot or dutch oven.
2. Add garlic, onion and ginger and sauté for 2-3 minutes.
3. Add the rest of the veggies and sauté for 10 minutes.
4. Add the bone broth and simmer for 20-30 mins or until veggies are cooked.
5. Add salt, pepper, red pepper flakes and lemon to taste.
6. Blend in blender or using immersion blender.
7. Drizzle with olive oil and sprinkle maldon.

— DINNER

# Healthy Fish Tacos

SERVING SIZE: 2



— INGREDIENTS

2 filets white fish (I like halibut)  
½ tsp cumin  
¼ tsp chili powder  
Juice of 1/2 lime  
4 Grain free tortillas (I like siete brand)

— INSTRUCTIONS

1. Pat your filets dry.
2. Cover with lime juice and spices.
3. Heat 1 tbsp avocado oil in a pan over medium high heat.
4. Sautee 2-3 mins a side or until fish is flakey but not overcooked.
5. In a clean pan, warm up tortillas over medium heat for a minute or so.
6. Top with desired toppings.
7. Serve with a side salad with a squeeze of lemon, splash of olive oil and pinch of sea salt if desired.

— TOPPINGS

Smashed avocado  
Sriracha aioli (2 tbsp avocado mayo mixed w/ 1 tsp sriracha)  
Shredded green cabbage

**Pico de Gallo**

1/4 cup finely chopped white onion (about 1 small onion)  
1/4 medium jalapeño finely chopped  
2 tsp lime juice  
¼ teaspoon pink himalayan sea salt  
3 small tomatoes finely chopped  
2 tbsp finely chopped cilantro

When serving try to strain the juice. While delicious, no one likes watery tacos!

**Quick Pickled Red Onion**

1 small red onion, thinly sliced and soaked with a little red wine vinegar, a pinch of pink Himalayan sea salt, a tiny bit of maple syrup and a splash of warm water)

— DINNER

# Grilled Meat and Veggies with Herby Sauce

SERVING SIZE: 2

— INGREDIENTS

Flank steak  
1 zucchini, cut into thick long strips or rounds  
1 red pepper, quartered  
1 yellow pepper, quartered  
1 head of asparagus, hard ends broken off  
1 tbsp olive oil  
Pinch of kosher salt

— INSTRUCTIONS

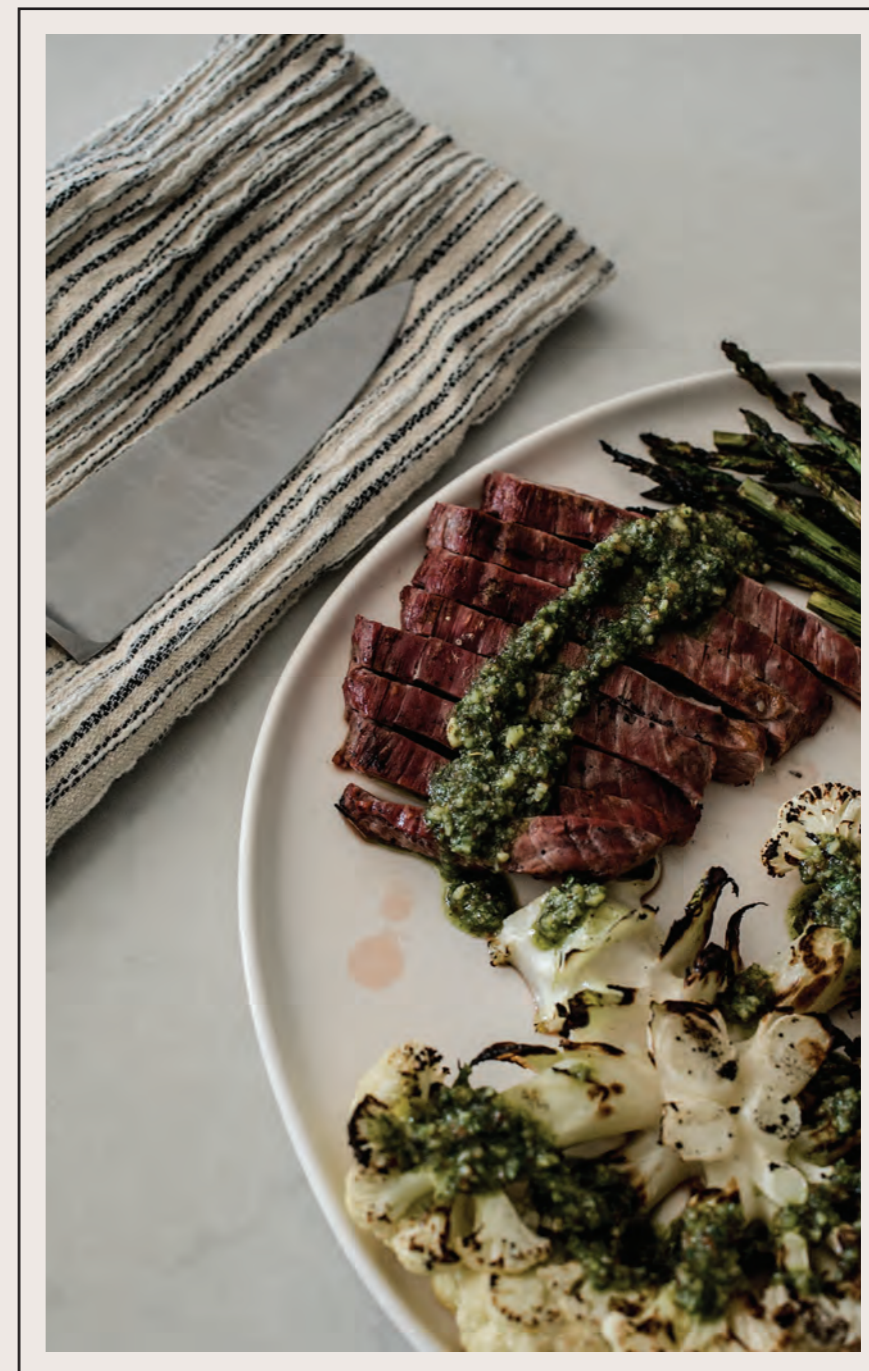
1. Drizzle olive oil over veggies and sprinkle with salt.
2. Grill steak and veggies to your liking.
3. Drizzle herby sauce before serving.

— HERBY SAUCE

1 cup cilantro or parsley  
1 cup basil or arugula  
1/4 cup pine nuts or cashews  
3 garlic cloves  
Big splash of red wine vinegar  
Big pinch of kosher salt  
Couple grinds of pepper  
Pinch red pepper flakes  
1 cup olive oil

— INSTRUCTIONS

Add all ingredients to a food processor and blitz to combine. Feel free to play around with different herbs!







— DINNER

# Fish En Papillote

SERVING SIZE: 2

— INGREDIENTS

2 filets of halibut

A few heads of baby bok choy, sliced

Handful of mushrooms, chopped

1 tbsp of ginger, diced

2 garlic cloves, minced

1 tbsp parsley, chopped

Drizzle of coconut aminos

Drizzle of sesame oil

— INSTRUCTIONS

1. Preheat oven to 350F.

2. On a large piece of parchment paper, add the fish the and the rest of the ingredients.

3. Top with another piece of parchment paper and crumble and fold the sides, so it's a little parchment paper packet.

4. Cook for 20 minutes or until fish is cooked through.



— DINNER

# Healthy Board

SERVING SIZE: 2

— INGREDIENTS

Turkey Pepperoni

Dried Apricots

Eve's Crackers or other healthy grain free crackers

Spread Em Turmeric Dip - or another fave dairy free dip

Crudites (any leftover veggies from the week)

Carrots

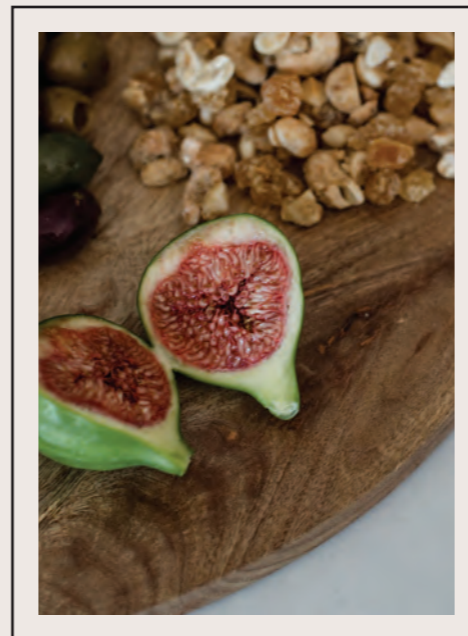
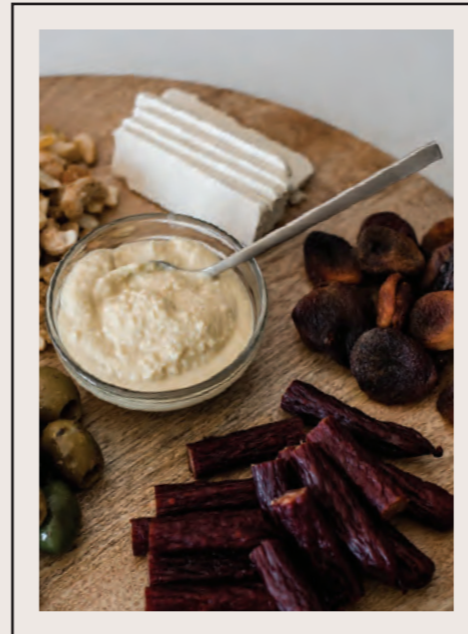
Cucumbers

Celery

Nuts or any others leftover from the week

Olives

Figs or any other leftover fruit you have from the week like berries



# Suggested Meal Plan



	Day One:	<p><b>BREAKFAST</b></p> <p>Green Detox Smoothie</p>	<p><b>LUNCH</b></p> <p>Roasted Chickpea Salad w/ Greens</p>	<p><b>DINNER</b></p> <p>Green Detox Soup</p>
	Day Two:	<p><b>BREAKFAST</b></p> <p>Blueberry Spinach Smoothie</p>	<p><b>LUNCH</b></p> <p>Caprese Eggs</p>	<p><b>DINNER</b></p> <p>Healthy Fish Tacos</p>
	Day Three:	<p><b>BREAKFAST</b></p> <p>Strawberry Milkshake Smoothie</p>	<p><b>LUNCH</b></p> <p>Roasted Chickpeas with Tomato, Cucumber and Avocado</p>	<p><b>DINNER</b></p> <p>Fish en Papillote</p>
	Day Four:	<p><b>BREAKFAST</b></p> <p>Cacao Mint Smoothie</p>	<p><b>LUNCH</b></p> <p>Zucchini Egg Scramble</p>	<p><b>DINNER</b></p> <p>Grilled Meat and Veggies w/ Herby Sauce</p>
	Day Five:	<p><b>BREAKFAST</b></p> <p>Warm Breakfast Bowl</p>	<p><b>LUNCH</b></p> <p>Cauliflower Rice Bowl w/ Panfried Salmon</p>	<p><b>DINNER</b></p> <p>Healthy Board &amp; Wine!</p>





I hope you enjoyed and remember  
to tag me @sophiecollins if you're  
cooking along!

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