

■ THE COLLECTIVE

Program No. 01 — Reset Protocol

7 DAY DETOX.

A reset designed to support energy, digestion, recovery, and daily habits through intentional nutrition, hydration, and structure. Recreated in The Collective style — cleaner, more premium — while maintaining the original detox framework.

TRAIN

RIDE

RECOVER

07

DAY DETOX

PROGRAM NO.

01

THE COLLECTIVE

RESET | REFUEL | RECOVER

DETOXING — WHAT IS IT?

Modern life exposes us to environmental stressors daily. Nutrition, hydration, sleep, movement, and recovery all play a role in how the body processes these stressors.

This 7 Day Detox focuses on reducing processed foods, increasing raw and nutrient-dense foods, supporting hydration, and improving digestive recovery through simple structure and consistency.

07**DAYS**

One disciplined week. Liquid mornings, raw produce, smart hydration, and a closing fast — engineered to rebuild momentum without overcomplication.



CORE PRINCIPLES

- **Liquid meals in the morning** to reduce digestive stress.
- **Increased raw fruits and vegetables** throughout the day.
- **Reduced processed foods** and added sugars.
- **Strategic fasting progression** across the week.
- **Hydration & recovery support** from day one through close.

DAILY MORNING PROTOCOL

16–24 oz water with fresh lemon, immediately upon waking. Every day, all 7 days.

REMOVE FOR THE WEEK

Alcohol · Grains · Processed sugar · Packaged snacks · Liquid calories outside approved smoothies.



DAYS 1 & 2

FOUNDATION PHASE**GOAL**

Begin reducing inflammatory foods while supporting hydration and digestion.

REMOVE

Alcohol, grains, processed sugar, packaged snacks, and liquid calories outside approved smoothies.

MORNING

16–24 oz water with fresh lemon immediately upon waking.

FOCUS

Increase raw fruits and vegetables while minimizing heavy fats during morning hours.



DAYS 3 & 4

MOMENTUM PHASE

Layer in structured meals while keeping mornings light. Continue the lemon water protocol and prioritize whole, recognizable foods.

**BREAKFAST —
SMOOTHIE****BERRY · GREEN · PLANT
PROTEIN**

Wild blueberries, raspberries, banana, papaya, spinach, kale, cinnamon, plant protein, coconut water.

LUNCH — LARGE SALAD**GREENS · CRUNCH ·
BRIGHT**

Greens, cucumber, celery, onion, tomato, peppers, berries, apple, and optional clean protein.

DINNER — STEAMED**ROOTS · GREENS ·
OPTIONAL PROTEIN**

Steamed potatoes or sweet potatoes with asparagus or Brussels sprouts; optional wild-caught salmon or clean protein.



DAYS 5 & 6

PRECISION PHASE

GOAL

Prepare the body for the final fast day.

RULES

No caffeine · Strictly whole-food focused · Continue hydration and lemon water protocol.

MEALS

Smoothies, large salads, steamed vegetables, potatoes, and optional clean protein.



DAY 7

THE FAST

Goal: Extended fast lasting 18–24 hours depending on experience level. Water is preferred throughout the fast. Optional support includes diluted watermelon, cantaloupe, or fresh cucumber/apple juice if needed.

BREAKING THE FAST

- 1 Caffeine-free tea** — start slow; warm and gentle on digestion.
- 2 Leafy green salad** — reintroduce raw fiber with simple dressings.
- 3 Steamed potatoes and vegetables** — warm, easy-to-digest whole foods.

Ease back into eating gradually and intentionally.

**LEAFY & GREENS**

Lettuces
Spinach
Kale
Fresh herbs

VEGETABLES

Cucumbers
Celery
Onions
Tomatoes
Peppers

ROOTS

Potatoes
Sweet potatoes

FRUITS

Bananas
Apples
Papaya
Kiwi
Berries
Lemons

HYDRATION & PANTRY

Coconut water
Avocado oil dressing
Organic seasonings

CLEAN PROTEIN

Wild-caught salmon
Pasture-raised chicken
Grass-fed beef

MINDSET

CONSISTENCY BEATS PERFECTION.

Focus on building momentum, improving awareness, and creating better habits that carry beyond these 7 days.

TRAIN · RIDE · RECOVER