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# The body reset diet book review

The body reset diet is a 15-day elimination and reentry diet created by celebrity fitness trainer and nutritionist Harley Pasternak. His graduate work focused on the areas of exercise physiology, nutritional sciences, and kinesiology. In his book, *The Body Reset Diet*, Pasternak writes, "The plan I've devised is so simple yet so effective that you will immediately lose weight regardless of any reasons you may have failed in the past." The book is a result of Pasternak's desire to create a diet that delivered immediate and dramatic results, without compromising participants' health or leading to a disastrous yo-yo effect associated with many other trend diets. Pasternak claims that the *Body Reset Diet* steps in when all other diets have failed. However, there is no scientific data to support his claim. Plus, 8fit believes in incremental habit changes that are lasting and realistic. We encourage progress over perfection, aspiring to show that there is no one-size-fits-all solution to fitness or nutrition. That's why our app offers meal plans tailored for users' busy lifestyles, covering nutrition in addition to workouts for every experience level. With that in mind, we definitely don't recommend you follow this diet unless recommended by your doctor or a dietary professional who is also guiding you through the weeks after the 15-day period ends. Below, we break down exactly why it doesn't live up to our standards and why you should be wary if this fad continues to gain steam.

**What is the Body Reset Diet?**  
The goal of the *Body Reset Diet* is to educate and help you reframe the way you think about dieting. It's about finding a balance and creating a system that sets you up for continued success. The program promotes moving consistently versus spending hours on grueling exercises. On the diet, you eat a high volume of food and nutrients five times per day at regular intervals. Pasternak believes that using this method of feeding will help you feel satiated as well as help you find success using his plan. Pasternak relies on the scientific data that favors grazing (eating smaller meals more often) over gorging to stabilize your metabolism and increase your body's fat-burning capabilities. The first five days of the diet are the most challenging because most of your nutrients come from the consumption of smoothies. Pasternak asserts that within the first five days of the diet, you will experience rapid weight loss and inches lost resulting from your boosted metabolism. Our research of the *Body Reset Diet* did not reveal scientific data to support his claims. It's important to note that with any elimination diet, especially of this nature, the potential is there for rapid weight loss. However, sustaining the weight loss may prove to be much more challenging than the first five days of the diet. What you can expect on the *Body Reset Diet*  
The *Body Reset Diet* is a three-phase program. The diet's instructions and guidelines call for regularly feeding your body with essential and balanced macronutrients. This is primarily done through the consumption of plant-based smoothies over a period of 15 days. When you begin the program, you're asked to let go of everything you've learned about weight loss to make way to bring the joy back into eating again. The *Body Reset Diet* offers to teach you how to: make the right nutritional decisionscreate structure within your daybecome a more efficient eaterHow does the *Body Reset Diet* work?  
The *Body Reset Diet* is segmented into three distinct 5-day phases lasting 15 days. Over the 15-day period, you alternate between nutrient-dense smoothies, snacks, and meals. All food prep can be accomplished in a maximum of five minutes. Essentially, this is what the program looks like at a glance. Eat five times a day to rev up your metabolismFollow specific nutritional criteria for each mealBuild each meal around the same categories of ingredientsPrepare each meal in five minutes or lessPhase 1 (Days 1-5)  
This by far will be the greatest adjustment for your body and brain. This is the reset phase of the diet. The smoothies you eat are high volume meals that will make you feel like you are consuming large amounts of food throughout the duration of the plan. Drink three smoothies a dayEat two snacks per dayWalk a minimum of 10,000 steps per dayPhase II (Days 6-10)  
In this phase, you'll continue to eat five times a day to provide your body with a consistent supply of fuel. The changes in this phase include decreasing your smoothie consumption, introducing solid meals, and adding an exercise routine. Drink two smoothies a dayEat one solid-nonblended mealWalk a minimum of 10,000 steps per dayComplete a five-minute at-home fitness routine three days a week to tone your changing body. The provided exercises are simple and require no equipment. Pasternak includes modifications to adjust for the different fitness levels. Phase 3 (Days 11-15)  
In the final phase, you decrease smoothie consumption and add an additional meal. You will also increase your exercise and fitness routine. Drink one smoothie a dayEat two solid-nonblended mealsWalk a minimum of 10,000 steps per dayComplete a strengthening routine, alternating between two 5-minute circuits of resistance training 5 days a weekThe rest of your life  
After you complete the *Body Reset Diet*, you'll be ready to begin incorporating healthy new habits into your life, according to the methodology. Moving forward, you'll follow the same principles of five meals per day, but also design a plan that fits your lifestyle. The plan will look like this:  
One smoothie per dayTwo snacks per dayTwo solid mealsFree meals twice per weekDaily a minimum of 10,000 steps per dayComplete 10 minutes of resistance-training circuitsDoes the *Body Reset Diet* work?  
The intended benefit of the *Body Reset Diet* is rapid and sustained weight loss by consuming nutrient-rich meals. Because there is no scientific data that proves this diet will prime your metabolism for sustained weight loss, it's difficult to definitively determine whether it will work. Looking at anecdotal information on the web also revealed a less than stellar review of the diet. Most reviews referred to it as a fad diet. The *Body Reset Diet* ranked 40 in U.S. News' 41 Best Diets Overall. Their experts concluded that the diet is not a viable eating plan. One expert went so far as to call it a "gimmick" and an "unhealthy weight loss diet." If you can stick to the restrictive guidelines in the *Body Reset Diet*, the chances are you may be able to lose weight. However, if you resume old eating habits, you will likely regain the weight, or perhaps gain even more weight. Generally, the diet does emphasize drinking nutrient-rich smoothies, eating well-balanced meals, and regularly exercising. While those are the components of a healthy meal plan, there's no reason to believe you need this specific diet to achieve your goals. Restrictive diets are not sustainable and often times lead to increased weight gain. For a sustainable option, download the 8fit app where you can get a customized meal plan suited to your goals and needs. 150 NEW *Body Reset Diet* recipes to shed pounds in just 15 days from celebrity trainer Harley Pasternak! Whether you're looking to lose significant weight or just those last five pounds, *The Body Reset Diet Cookbook* will help you reset your body and lose weight immediately with 150 slimming recipes! New York Times bestselling author Harley Pasternak revolutionized dieting with *The Body Reset Diet* and now offers more brand-new recipes from his proven program to help you hit the reset button and slim down permanently. In this cookbook companion you'll find: • 50 amazing smoothies that will keep you satisfied while boosting your metabolism • 100 simple, single-dish meals that include scrambles, sandwiches, soups, salads, and stirfries • Satisfying snack combinations *The Body Reset Diet Cookbook* will keep your metabolism humming, so you'll continue to blast through calories, shed pounds, and achieve your weight-loss goals.

**The *Body Reset Diet*'s 3-phased diet claiming to offer either significant to just a few pounds of weight loss.** It lasts a total of 15 days and claims to boost metabolism with a simple to follow structure. The intended benefits include sustained weight loss and nutrient rich meals. Most of the foods one will eat will be smoothies, of which there are recipes offered. There's also no need to exercise at all and immediate results are claimed. Our experts have analyzed many diets and found that the most effective one for weight loss is the 18Shake Diet. It offers a meal replacement and fat burner which combine to offer appetite suppression with improved metabolism. More information about the 18Shake Diet is available in the link here. **Do You Know the Best Diets of 2021?** *The Body Reset Diet* Ingredients and Side Effects  
The diet is broken up in to 3 phases: • Phase 1: This last a total of 5 days. Only smoothies are allowed, with colors separating when you can eat certain smoothies. This includes white for breakfast, red for lunchtime and green as a dinner. The white smoothies are separated by its Greek yogurt or milk. Red lunch smoothies are made of fruits for increased energy. Finally the green smoothies are mostly vegetables due to their fiber which can help satisfy appetite. You're also allowed 2 snacks a day around 100 to 180 calories per snack. This can include 3 crackers with a tablespoon of almond butter, quarter cup of edamame, or one apple. • Phase 2: To replace meals you'll have 2 smoothies and one meal is suggested such as a sandwich, stir-fry, or salad. • Phase 3: You can eat two solid meals and have just one smoothie. While using the gym isn't necessary, it's recommended to walk 10,000 steps a day, using the stairs instead of elevator and doing light resistance training up to 3 times per week for 5 minutes. Exercises are also offered in the full *Body Reset Diet* book. The link provided here has the top 10 ranked diet plans of the year. All information for the diet is available in the official book, though there are some websites which give brief outlines of what's required. It's unknown exactly how many calories one will be consuming. Health US News does have this to say about the diet: "There isn't any clinical evidence behind the diet, but sticking to smoothies full of fruits and vegetables will likely result in a calorie deficit, which would help pounds drop off" They also add: "How quickly and whether you keep the weight off, however, is up to you" The major problem is that not everyone has the same caloric demands. Depending on one's activity level, body type and gender, there can be differences in the allowances for calories. There are no allowed changes to the diet, as smoothies and recipes are in exact portions. Another issue is whether or not results are long lasting. No proof is provided that any results that do happen will last long. It's unlikely that this will be offered, as there is no potent fat loss that's guaranteed. EDITOR'S TIP: Combine this diet with a proven meal replacement such as 18 Shake for better results. *The Body Reset Diet* Quality of Ingredients  
Whole foods are recommended and many smoothies with vegetables and fruits are suggested. This is a wholesome way to seek weight loss, but it's unclear whether or not this is any better than other smoothies. One white smoothie for breakfast includes ingredients such as raw almonds, a red apple, banana, Greek yogurt, milk and cinnamon. These are good ingredients but it's unclear whether or not this will be satisfying enough. The only protein source comes from the milk and yogurt. It's unclear whether or not this will be enough to help boost metabolism. The foods offered are definitely healthy, there's just no explanation if it's truly any better than other whole foods. There are a lot of vegetables and healthy fruits which are added to each smoothie. It's unknown if it's enough to promote significant and long lasting weight loss. A list of the highest rated diet plans is made available when you click the link here. The Price and Quality of *The Body Reset Diet* Offered in the official *The Body Reset Diet* book is recipes for smoothies, light exercise suggestions and what kinds of foods should be eaten. This includes having meals that contain fiber, protein and fats. The overall price depends on the type of groceries purchased. Since many fruits and vegetables are required, one also has to spend time grocery shopping in bulk. The diet also relies on lowering calories a significant amount for weight loss. It's unknown if one's appetite will be suppressed enough to not want to continue eating. In the "Customer Opinion of *The Body Reset Diet*" it's clear that there have been mixed results. Our experts have compiled a list of the highest ranked diet plans in this comprehensive top 10 list. *Business of *The Body Reset Diet**  
*The Body Reset Diet* was created by Harley Pasternak, a personal trainer and motivational speaker who has helped train celebrities. He has a degree in Kinesiology, which is the study of human movement and he has a degree in nutritional science. There's no proof that this diet plan was created with any science to back up the claims of boosting metabolism. Much of what is suggested is healthy, but there's no evidence that it's any better than other foods. Also, on the website where the book is featured there is no reliable proof offered to help show why this would work. Even people who read the entire book declared that they couldn't find any reliable evidence that helps prove this diet has any scientific backing. This makes it impossible to determine the overall quality. Since many of the foods recommended are lower in calories such as vegetable and fruits, it's possible for weight loss to occur. This can happen with any low calorie foods. The official website which describes this diet is limited however, and instead relies more on celebrity reviews to help prove it works. The only offered support that shows results are possible is strictly from a few celebrities who gave quick brief mention of the diet. A list of the top 10 ranked diet plans is made available in the link provided here. EDITOR'S TIP: The top 10 list of the best diets is available here. Customer Opinions of *The Body Reset Diet*  
Here are some direct quotes from users: "I did not lose weight, did not have an increase in energy" "left us hungry and having no energy" "Very let down and very hungry" "I was starving most of the time" There were major concerns from some users of the difficulty in limiting calories so much. Some had the willpower to stick with the diet and there was weight loss for some, but people often found it repetitive with the same smoothies offered. There were issues with weight gain and regained weight after people stopped using the diet. *Body Reset Diet* is intended to deliver results that continue, but many said this was not the case. For a list of the top 10 ranked diet plans follow the link here. Some people said they became tired of eating the same kinds of smoothies, as there are very few recipes offered. It was also difficult for some to have to plan these foods as there's a lot of meal prep, and eating outside is impossible with the very specific food choices allowed. Conclusion - *Does *The Body Reset Diet* Work?*  
*The Body Reset Diet* is a weight loss plan that involves replacing many meals with shakes, and it involves 15 days of dieting separated into 3 phases. The foods recommended inside the shakes are healthy, though it's unclear whether or not there was any proof that these specific foods are any better than others. It's likely one will lose weight due to the low amount of calories, but there have been issues with a lack of appetite suppression and long term results according to users. It's simply just a recipe book with claims which does not guarantee long term weight loss. No additional support is offered, and it cannot be modified for people who need less or more calories. Our experts have researched many diets and have found that the most effective one for weight loss was the 18Shake Diet. It combines 2 natural weight loss products, a meal replacement and a diet pill. They come with no added stimulants, fillers, binders, colors, or cheap ingredients. Many customers say it's an effective way to suppress appetite and burn fat. The benefits include increased metabolism, improved digestion, better mood and many other weight loss benefits. They're also both made with quality ingredients, and they offer an ease of use with a ready to mix shake with a stimulant free diet pill. Both the meal replacement shake and diet pill are backed by a full 30 day money back guarantee. This means that returns are allowed with no questions asked for the full 30 days. More information about the 18Shake Diet is made available here. *body reset diet review. body reset diet book. does the body reset diet really work*







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