



# Girl on a Mission

One challenge. One coach. Real change.

## LAST WEEK

Aliza joined a group of women starting Day 1 of a 5-Day Reset, eliminating dairy, refined carbs, sugar, and caffeine. Going from 4+ coffees to none brought on an uncomfortable withdrawal. Aliza is wondering how she will make it through the rest of the week.



## ALIZA'S FOOD JOURNAL

This specific menu reflects what Aliza ate based on her nut allergy, simple cooking preferences, and work-from-home life.

This is not Dalia's standard reset menu—it was customized to what worked for Aliza.

### DAY 2: Monday

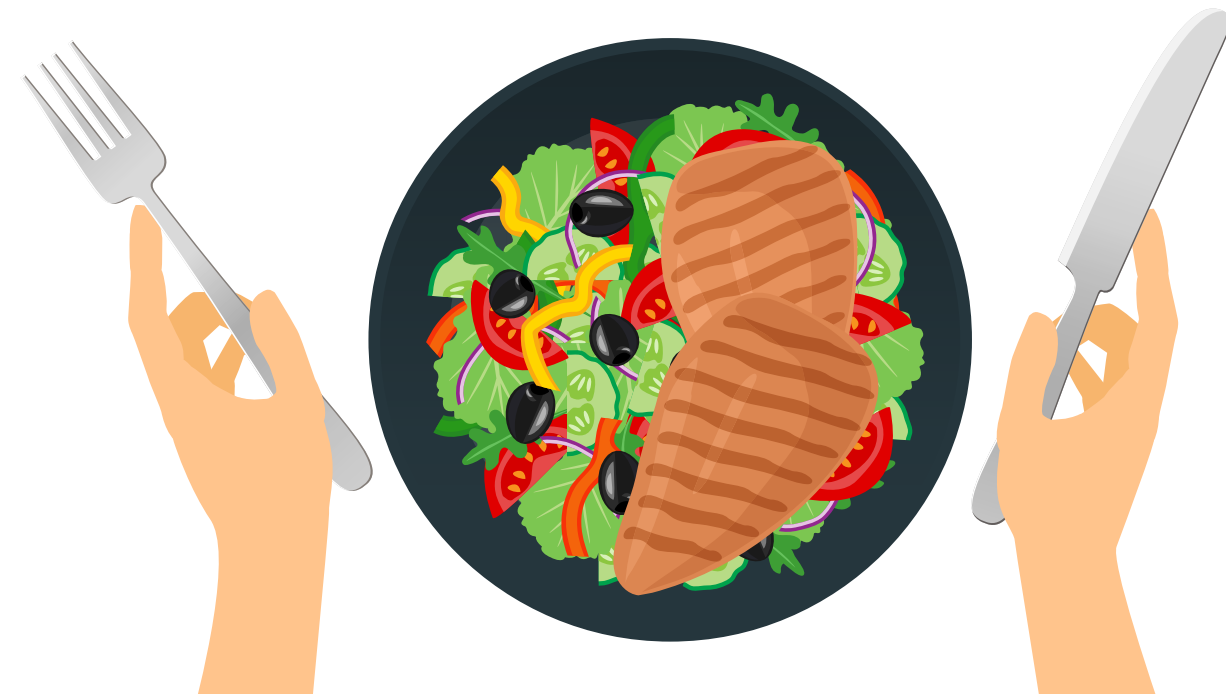
- Upon waking: Lemon water
- Breakfast: Eggs + fruit
- 9 AM: Green tea
- Snack: Breakfast leftovers
- Lunch: Grilled chicken + cauliflower rice + mushrooms
- 1:30 PM: Green tea
- Snack: Lunch leftovers
- Dinner: Missed.

Today was brutal. I woke up with a headache that stayed with me all day. I was missing an ingredient for breakfast, so when I finally ate at 9 AM, I was starving. Seeing others in the group



doing it too kept me going, but I was so exhausted, I fell asleep putting one of my kids to bed and missed dinner.

► Day 2 can be the hardest for some people. Your body is letting go of everything it has been running on. Your case is particularly extreme—not everyone experiences it this intensely. I am proud of you for pushing through.



### DAY 3: Tuesday

- Upon waking: Lemon water
- Breakfast: Green smoothie
- 9 AM: Green tea
- Snack: Blueberries + sunflower seeds
- Lunch: Sautéed salmon + cauliflower rice
- 1:30 PM: Green tea
- Snack: Hummus + apple
- Dinner: Chicken + roasted zucchini

I woke up again with a headache and feeling weak. Not a great start. I had a really busy work day, but thankfully I had leftover chicken from yesterday. I threw in some fresh vegetables and that was dinner. By evening, my headache was gone. Maybe this is actually doable?

► Using proteins from yesterday is great! This is key for anyone trying to make healthier choices—prep as much as you can to be ready for busy days. I'm glad the headache passed and you're starting to see results.



### DAY 4: Wednesday



- Upon waking: Lemon water
- Breakfast: Green smoothie
- 9 AM: Green tea
- Snack: Blueberries + sunflower seeds
- Lunch: Leftover chicken + fresh veggies with shallots
- 1:30 PM: Green tea
- Snack: Avocado + sunflower seeds
- Dinner: Sautéed salmon + salad

Today I started feeling so much better! I was swamped with work, and if this were last week, I would've needed multiple coffees or chocolate just to push me through. But today? My energy was back. I wasn't hungry at all. I feel different. Maybe I can actually keep some of this up after the 5 days.

► This is what balanced actually feels like. ly"n, it's something you can keep up because it feels so good.



## DAY 5: *Thursday*

Upon waking: Lemon water

Breakfast: Green smoothie + omelette with spinach

9 AM: Green tea

Snack 1: Blueberries + sunflower seeds

Lunch: Grilled chicken + lentils + cauliflower rice

1:30 PM: Green tea

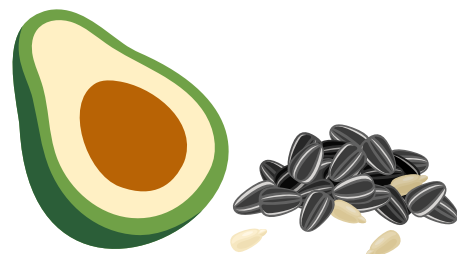
Snack: Avocado + sunflower seeds

Dinner: Restaurant—Mushroom lettuce salad + ground beef

This was truly amazing. For the first time in months, I woke up before my alarm—even though I went to sleep late. And I didn't feel tired, or hungry. Then tonight was date night with my

husband. Usually, when I go to a restaurant, I completely fall off any plan. I just eat whatever. But tonight, I ordered meat and salad. No carbs. No drinks. Nothing else. And you know what? I still enjoyed it. This was a huge win for me.

► I am so happy that you went out. Being balanced is not about feeling locked into a plan or scared to live your life. Realizing you can do this out of the home, too, is extremely important. This is all part of a balanced, healthy lifestyle!



## LOOKING AHEAD

Now that I actually did it, I really don't want to lose this momentum. I'm a bit scared that if I have one coffee now, I'm going to fall right back into having too many.

► My advice to you, specifically, because you were so addicted to it, is to wait at least 2-3 weeks before trying it again. It takes about 21 days for your body to adjust. Then we can reintroduce coffee in a healthier way. You might find that you don't need it at all, because you'll feel great!

Looking back at these five days, I'm genuinely amazed that I managed to do this. This was a huge change for me. Years and years of drinking coffee. And I honestly don't remember a time I've been off carbs. Ever. Without Dalia and the support of the group, I would never have been able to do this. There were 18 of us going through it together, but she still made it work for me with exactly what I needed. I plan to keep some of these changes going. I hope I can.

**NEXT WEEK** The real question: How does Aliza feel after the 5-Day Reset? Did she manage to create healthier habits, or did she go back to 4 cups of coffee a day?

### WANT TO WORK WITH DALIA?

Dalia works with women through her 5-Day Resets and one-on-one coaching, building habits that work for a Jewish home. See website for a sample meal plan with recipes. Use code AMI20 for the group reset starting next week, May 25th.

✉ hello@fullyinbalance.com

🌐 www.fullyinbalance.com

Would you like to be featured as a client or coach in an upcoming Girl on a Mission challenge? Write to us at [whisk@amimagazine.org](mailto:whisk@amimagazine.org)

## FINDING MY ROUTINE

Dalia's meal plan had so many options, but I quickly realized I wouldn't be able to keep up with all the prep. I should've prepped more last week. By Day 2, I knew I needed something simpler. So I picked a few recipes that worked for me, made big batches of them, and ate those on repeat. For the rest of the meals, I just did simple grilled proteins and vegetables. Dalia suggested I switch the nuts to seeds for my snacks due to my allergies, which worked great.

► Remember, there is always flexibility within the guidelines. You can make the foods that work for you and eat as much as you need to feel satisfied, as long as you stick to proteins, vegetables, and healthy fats.

I didn't manage to do the daily exercise because of the withdrawal and my work, but I still feel really good about the changes I did make.



## HAWAIIAN BBQ

BY MIMI SHARABY | YIELDS 6 SERVINGS

### TIKI SKEWERS

2 pounds cubed dark chicken, threaded onto skewers  
2 pounds high-quality marbled beef cubes on skewers  
salt  
pepper

### HAWAIIAN PINEAPPLE BBQ SAUCE

1 cup pineapple juice OR 1 cup orange juice  
1/2 cup Heaven & Earth Coconut Aminos  
1/3 cup Heaven & Earth Coconut Sugar  
2 cloves garlic, minced, or 2 cubes frozen garlic  
1 tablespoon chopped fresh ginger  
1 tablespoon sriracha or favorite hot sauce  
salt, to taste  
pepper, to taste  
1 tablespoon cornstarch diluted in 3 tablespoons water

### PINEAPPLE SALSA

2 cups tiny diced pineapple  
2 cups diced cherry tomatoes  
1/2 cup cilantro leaves, washed and chopped  
1 jalapeño, seeded and minced  
2 tablespoons olive oil  
1 tablespoon Heaven & Earth Raw Honey  
juice of 1 lime  
salt, to taste  
pepper, to taste

### DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Place all sauce ingredients in a small saucepan and bring to a simmer and cook for five minutes. Once a low boil is reached, whisk in the cornstarch mixture to thicken. Remove from heat.
3. Arrange skewers on two lined baking sheets and season lightly with salt and pepper.
4. Brush skewers lightly with sauce and roast or grill until desired doneness.
5. Prepare the salsa by combining all ingredients in a medium bowl and stirring gently. Let marinate until ready to serve.
6. Serve with pineapple salsa, rice, lime wedges, and extra sauce for drizzling.

For more great recipes visit [Kosher.com](https://www.Kosher.com)