



# Girl on a Mission

One challenge. One coach. Real change.

## LAST WEEK

Aliza finished the 5-Day Reset. She woke up before her alarm on Day 5, went to a restaurant and stuck to her plan, and felt better than she had in years. The question now is: Would it last?



## THREE WEEKS LATER

It's May 20th. Twenty-four days since my last coffee. I'm standing in my kitchen at 8 AM, making a smoothie—not because I have to, but because I want to. This smoothie has replaced my chocolate. When I want something sweet, I have a fruit smoothie. It actually satisfies the craving.

I came into this thinking I'd do 5 days, break the coffee cycle, and go back to a healthier amount after. That's not what happened.

I lost more than 8 pounds. My face is thinner. My skin is clearer and brighter. I sleep better, and I wake up less tired even when I go to bed late. My mood is more stable. I feel grounded, less reactive. Everyone noticed.

And the cravings are gone. I have Nutella at home. Before, if I had Nutella at home, it would be opened and finished within days. Now, I don't even think about it.

This morning my daughter wanted to make me breakfast, so she made me a salad, saying, "Cause Mommy eats salad now!" She was so proud.

This experience is really hard to describe. It has so many facets. It's psychological—it's changing the way I look at food, the

emotions associated with food, my body's relationship with food. "Reset" is really a great name. It literally put everything in a different place. I thought I was just coming to get my coffee and chocolate under control, but it reset everything.

I think for people like me who have a hard time with control—where if you have a choice, it's very hard—this works. Because here you don't have a choice. The guidelines are clear: no sugar, no carbs, no dairy, no caffeine. You don't need to think about how much or negotiate with yourself. The rules did the work for me." —Aliza

► "I love seeing this new Aliza! When you give your body real nutrients and let it work the way Hashem designed it to, everything starts functioning better. Aliza came in with a severe coffee addiction, but I see this across the board with women who try the reset for all sorts of reasons—to lose weight, reduce inflammation, balance hormones, improve sleep. The ripple effects are always more than they expected." —Dalia

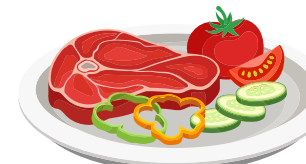


## WHAT I'M EATING NOW



### UPON WAKING

Lemon water + splash of apple cider vinegar



### BREAKFAST

Protein bowl (boiled egg, tuna, avocado, cherry tomatoes, olives)



### MID-MORNING

Green tea

### SNACK

Fruit smoothie (red berries, melons, chia seeds, spinach, water)



### LUNCH

One-pan chicken veggie sauté (onions, zucchini, mushrooms, cauliflower, broccoli—switching up the vegetables keeps it interesting)

### AFTERNOON

Green tea  
Apple + seeds

### DINNER

Red meat/chicken/fish + vegetables

### AFTER DINNER

Fennel tea

Aliza: "I figured out how to make one big platter for the whole family—for example, chicken wings with paprika, potatoes, and zucchini. The kids have the chicken and potatoes. I have the chicken and zucchini. I don't need to cook twice."

## WHAT I'VE KEPT OFF

"Since the reset finished, I'm still off all carbs, sugar, caffeine, and dairy. The only thing I added back is red meat—because it's protein and I like my meat.

Next week, the pool opens, so I'll be adding exercise to my routine. On days I swim, I'll add a piece of spelt bread for the extra carbs. But that's it.

Coffee? I haven't had it in 24 days. My plan is to wait another week, and then if I want it, I'll have it occasionally. But honestly, I don't think I need it. I still have energy without it."

## HOW I MANAGE SHABBOS

"I eat spelt challah—it actually tastes great, being that I'm basically off bread all week.

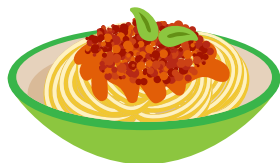
I focus on lots of protein and vegetables for all the meals. For *seudah shlishis*, I have a big salad with protein.

My daughter baked a cake for dessert this Shabbos. It didn't even tempt me."



## BEFORE

- 4+ cups of coffee per day
- Chocolate multiple times a day
- **After sugar:** would lose focus, need more coffee
- **Sleep:** trouble falling asleep, tired in the morning
- **Dinner:** pasta, carbs + meat
- Exhausted by 2 PM, needed coffee/chocolate to push through



## NOW

- Zero coffee (24 days)
- No chocolate cravings—fruit smoothie instead
- **After eating:** focus stays sharp, no crashes
- **Sleep:** falls asleep faster, wakes up feeling rested
- **Dinner:** protein + vegetables (red meat, fish, chicken)
- Energy stable all day, no afternoon crash
- **Weight:** lost more than 8 lbs.



## LOOKING BACK

"I can't thank Dalia enough. I would not have been able to do this without her support and the group going through it together. I can't say I'll never have coffee again. But now I know that I don't need it anymore. I feel better than I have in years. My body works differently. My family is eating healthier because I am. I came into this just trying to break my coffee and chocolate cycle. That was the goal. I wasn't thinking about forever. I can't believe I'm saying this, but I don't miss coffee. I don't miss chocolate. And I don't want to go back."  
—Aliza

► "For me, this says it all, because this is exactly what the Reset is designed to do. I'm so happy Aliza got all the results she was looking for, and more. She trusted the process, and now she has the tools, habits, and awareness to keep going. I hope she does; I believe she will." —Dalia

## WANT TO WORK WITH DALIA?

Dalia works with women through her signature Balance Redefined program, her 5-Day Resets, and one-on-one coaching, building habits that actually hold up in a Jewish home.

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Would you like to be featured as a client or coach in an upcoming Girl on a Mission challenge?

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