

Potato Reset

— JUMP START GUIDE —

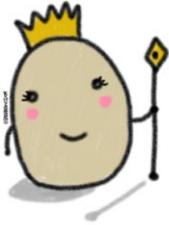


INCLUDES
3 DAY
MEAL PLAN

BY JEANNINE ELDER

POTATO RESET

INFO & WELCOME



"KEEP YOUR EYES PEELED"
for important messages throughout this guide from the Potato Princess.

Welcome to the Potato Reset 3-Day Jump Start! First off, thank you so much for putting your trust in me to be your potato guide. Get a taste for what it's like to reset your taste buds, reset your relationship with food, and shed some weight.

But wait, is three days long enough?

Three days might be enough to shed some water weight and reset your taste buds if you follow the plan 100%. It's a great way to reset after getting off track. I like to reset after going on vacation because no matter how diligent I am, there's usually some junk that slipped in. This helps me get the junk out of my system and get back on track.

You Have the Tools to Continue

If you can get through three days of this, you can do this for the long term. For me the first three days were the hardest. I was craving sugar and junk food like a mad-woman! After that, it got easier. I still had cravings here and there but they weren't so intense.

Facebook Group Support:

If you're not already a member, please consider joining the [Potato Cleanse](#) group on Facebook. We have over 14,000 potato-proud members, many of whom are experienced with potato resetting. It's a great place to ask questions and support fellow members.

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POTATO RESET

ABOUT THE AUTHOR



My name is Jeannine, sometimes known as **Banana Potato Wisdom**, **Potato Lady**, **Potato Queen** and occasionally a YouTube character named **Betty Lou**. I'm 41 years young and thriving with Hashimoto's Hypothyroidism.

My weight loss journey started over nine years ago after I was diagnosed and treated for severe hypothyroidism. My thyroid does not function optimally due to Hashimoto's Thyroiditis – an autoimmune disease that attacks the thyroid.

I was extremely depressed, ill, and at 260 lbs on a 5'5" frame, I was considered morbidly obese. Initially, I lost 40 lbs after getting properly medicated for hypothyroidism. Then, I had to work for it. Eventually, I got down to 175 lbs after switching to a plant-based diet.

For the next few years, I gained and lost the same 25 - 30 lbs mostly due to being an off-and-on again junk food vegan. I know that a whole plant foods diet is what works best

for me, if I just stick with it. In October 2016, I finally admitted that I had a fairly serious junk food addiction.

When High Carb Hannah released her [Lean & Clean](#) weight loss guide in November 2016, I was ready to say goodbye to junk. I lost around 7 lbs in the first month eating whole plant foods free of salt, oil, and sugar

In February 2017, I decided to do an all-potato challenge for the entire month, then I added in veggies, Potato Cleanse style, for the next two months. I have lost over 27 lbs. eating mostly potatoes.

What I'm most excited about is that I reset my taste buds and improved my relationship with food – I am no longer a slave to junk-food! I went from hating most vegetables to being able to eat them without gagging – I actually ate broccoli – yes...me!! It's nothing short of a miracle!

I have another 30-40 pounds to go, and I'm so excited to have you join me on this journey!

CONNECT WITH ME



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[Instagram:
@potato.wisdom](https://Instagram:@potato.wisdom)

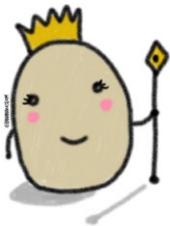


[youtube.com/c/
potatowisdom](https://youtube.com/c/potatowisdom)

POTATO RESET

GUIDELINES / RULES

The main source of your calories on this cleanse will be from potatoes, any kind of potato – yellow, white, russet, red, and any variety of sweet potatoes. No other starchy foods are allowed – no corn, beans, rice, or grains. You can have as many non-starchy vegetables as you like (see list below). You can eat the potatoes any way you like – mashed, baked, hash browns, potato pancakes, fries, soups, stews, etc. Be creative!. You can also eat potatoes only, if you wish.



TIP Eat when hungry and eat enough that you feel satisfied. You should feel comfortably full but not stuffed.

SPICES

Any salt-free spices and herbs are allowed, including nutritional yeast flakes. If you find yourself not eating enough because it's too bland, sprinkle a small amount of salt on top of your meal.

SUGAR

Avoid granulated/heavily processed sugars, but feel free to use pure maple syrup or date syrup, 2 tbsp max per day, as part of a sauce recipe - NOT straight up.

DRINKS

For drinks, try to stick to water, carbonated water, and decaffeinated herbal tea. Squeezing fresh lemon or lime juice into your water can help with cravings.

SAUCES

Homemade sauces are the best, but don't stress if you can't make your own. Just don't go crazy with store-bought sauces as they tend to be sweetened with processed sugars and might be high in sodium, which can trigger junk food cravings for some.

For store-bought sauces, look for dairy-free, oil-free/fat-free such as ketchup, Sriracha, sweet chili sauce, mustard and marinara. Check out my homemade sauce ideas on page 7.

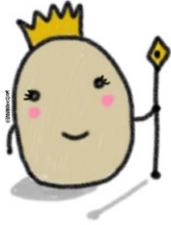
FOR MASHED POTATOES: Use low-sodium veggie broth and if necessary, non-dairy milk.

VEGGIES

Artichoke	Broccoli	Eggplant	Okra	Squash
Artichoke hearts	Bok Choy	Green Beans	Onions	Zucchini
Arugula	Cabbage	Hearts of Palm	Pea Pods	Sugar Snap Peas
Asparagus	Carrots	Jicama	Peppers	Swiss Chard
Baby Corn	Cauliflower	Kale	Radishes	Tomato
Bamboo Shoots	Celery	Kohlrabi	Romaine	Turnips
Bean Sprouts	Collard Greens	Leeks	Rutabaga	Water Chestnuts
Beets	Cucumber	Mushrooms	Spinach	Yard-Long Beans
Brussels Sprouts	Daikon	Mustard Greens	Sprouts	

POTATO RESET

TIPS FOR SUCCESS



TOP TATER TIP Always have leftover cooked/baked potatoes in the fridge! You can eat them cold in a pinch, or you can easily shred them into hash browns, make smashed potatoes or wedges, and reheat until crisp!

Control Your Environment

You can't always control what temptations may be lurking outside your home, but you can create a safe zone IN your home. Create a "safe zone" in your fridge and pantry (or a drawer/cupboard). Better yet, if you can pull it off, make your entire kitchen free of non-potato-cleanse foods except for ONE area that only your family has access to (locked perhaps?).

Get Organized

Organize your dry spices and your fridge so that it's easy for you to throw together something tasty. I have easy access to all my spices plus a space in my fridge where I put my lemons, homemade sauces, and mustard.

Weighing Food?

It's not necessary but it can be helpful to know how many pounds of potatoes you eat in a day (besides it will fun to brag to family and friends that you ate so many pounds of potatoes and lost weight!). I weighed my potatoes a couple of times because everyone wanted to know how much I ate in a day (which turned out to be approx 4 lbs). It may help you at first, but it's not necessary to do this the entire time.

Do I Need to Count Calories?

Definitely not. One of the primary purposes of this way of eating is to learn to trust your body again (and for your body to trust you!). If you have a history of calorie counting and this idea

gives you stress, please consider weaning yourself off gradually. You will be eating one of the most satiating foods on the planet, full of minerals and vitamins. It's very difficult to overeat on potatoes. Eat until satisfied but not uncomfortably full.

Go Easy On the Sauces

Stick with fat-free vegan sauces. Preferably low-sodium and homemade. Avoid drenching your potatoes in sauce, especially store-bought sauces. It's best to dip your potatoes into the sauce or dip your fork into the sauce first. Sauces add calories that are not filling and they can overstimulate your taste-buds and appetite, potentially causing you to eat beyond satiation.

TIP: reduce the sweetness and saltiness of regular ketchup by blending it with a can of diced salt-free tomatoes.

Dining Out

Look up menus online, or call and ask what they have available. A baked potato without oil, butter or salt is ideal. If it's a social function where you don't have a choice of the restaurant and they can't bake a potato for you, eat before you go and order a garden salad without dressing. Ask for mustard, balsamic vinegar and lemon, or lime to whip up your own dressing. Remind yourself that you're here for the people and not the food.

POTATO RESET

TOOLS FOR SUCCESS



TATER TIP when using a panini maker or an indoor grill, such as a George Foreman grill, be sure to cook potatoes long enough that you no longer see steam coming out. Unless it smells like smoke, it's likely just letting off steam!



Must Haves:

1. Vegetable Scrubber
2. Soup Pots
3. [Parchment Paper](#)
4. Baking Pans/Cookie Sheets
5. Potato Masher
6. Sharp Knife

Nice to Have:

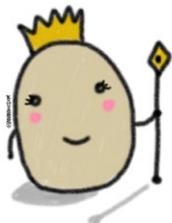
- [George Foreman Grill](#), Waffle or Panini Maker
- Air Fryer
- [Immersion Blender](#)
- High-Powered Blender such as a Vitamix or BlendTec

ALL MY FAVORITES
IN ONE PLACE:

kit.com/jeannineelder

POTATO RESET

SAUCES & SPICES



SAUCES ARE GREAT TO KEEP YOU INTERESTED, BUT DON'T GO OVERBOARD

EASY SAUCES



MY FAVORITE MUSTARD!

Sweet Mustard Dip/Dressing

2 tbsp Stone Ground Mustard
2 tsp Balsamic Vinegar
Squeeze of Lime
2 tsp Pure Maple Syrup (optional)

No-Honey Mustard

Equal parts Mustard
and Maple Syrup



Kind of Like Ketchup

1/2 cup Strained Tomatoes
(store-bought jar, no added salt)
1 tsp Italian Herb Blend
1 tsp Malt or Balsamic Vinegar
1 tsp Pure Maple Syrup

ON THE INTERNET

High Carb Hannah's Nacho Cheeze Sauce

By far the most popular recipe in the FB group!
<https://youtu.be/dibaKi-RN48>

Potato Strong's Cheeze Sauce (blog post)

I prefer to use regular potato instead of sweet.
<http://potatostrong.com/cheeze-sauce>

SPICE COMBOS

Mexican

2 tsp Chili Powder
1 tsp Cumin
1 tsp Garlic Powder
1 tsp Onion Powder

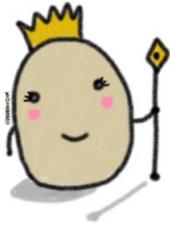
Curry

1 tsp Curry Powder
1 tsp Onion Powder

Simple & Smokey

1 tsp Onion Powder
1 tsp Garlic Powder
1 tsp Smoked Paprika

STARTER RECIPES



THE FOLLOWING RECIPES ARE MEANT TO BE SIMPLE & EASY TO GET YOU STARTED

Perfect Oven-Baked Fries

Ingredients

4 medium potatoes, cut lengthwise into thick strips

Spice Combo Ideas

Curry Fries:

1 tsp onion powder
1 tsp curry powder

Mexi Fries:

1 tsp chili powder
½ tsp garlic powder
½ tsp onion powder

Sour Cream & Dill:

Coat fries in apple cider vinegar then add
1 tsp onion powder
1 tsp dried dill

Method

Preheat oven to 420°F. Wash potatoes thoroughly and cut off any damaged spots, green skin or eyes.

Cut into thick strips. Toss strips with spices in a large bowl and transfer to a parchment-lined baking sheet. Try to avoid dumping excess spices onto the parchment as loose spices tend to burn.

Bake for 30 - 45 minutes until desired crispiness. Cooking time varies oven to oven, so keep a close eye after 30 minutes. Take note of the final cook time for future reference.

Tip: If you find that your fries are coming out hard on the inside and well done on the outside, reduce your oven temperature and cook for longer. Alternatively, steam or boil your fries for 10 minutes prior to baking.

STARTER RECIPES



FRIES, BAKED POTATOES AND MASH POTATOES ARE MY TOP THREE DEPENDABLE MEALS

Hash Browns From Scratch

Ingredients

- 4 medium or 2 large cooled baked potatoes
- 1 handful of chopped spinach or broccoli slaw
- 1-2 tsp of your favorite salt-free spices



You can make these from raw potatoes as well

Hash Browns from Scratch Two Ways (from raw and from leftover baked potatoes):
<https://youtu.be/nUskWG U-8c>

Method

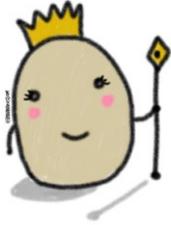
Preheat oven to 420°F. Grate potatoes using a hand-held grater typically used for cheese.

In a large bowl, toss together grated potatoes, spices and chopped spinach or broccoli slaw. Transfer to a parchment-lined baking sheet. Press and shape into a rectangle no more than 1/4" thick.

Bake for 30 minutes or until desired crispiness. Cooking time varies oven to oven, so keep a close eye after 20 minutes.

Electric Griddle Option: These cook just as nicely in an electric griddle such as a George Foreman grill or panini maker. Because of the variations in brands and grill types, I can only give you a general idea on cooking time. Test out the cooking time in increments of 15 minutes at 350°F or less.

STARTER RECIPES



SOUP IS COMFORTING AND A GREAT WAY TO SNEAK IN EXTRA VEGGIES.

Creamy Potato Leek Soup

Ingredients

- 3 pounds potatoes, cubed
- 2 cups cauliflower, chopped
- 1 bunch leeks, chopped
- 1 stalk celery, chopped
- 1 clove garlic, minced
- 2 cups no-salt-added vegetable broth
- 1 tsp dried rosemary
- ¼ tsp ground black pepper

Method

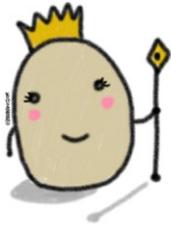
Line a large pot with 1/4" of water; bring to a slight boil, then add garlic, leeks and celery. Reduce heat to medium and sauté until soft; stir often.

Add rosemary, cauliflower, potatoes and vegetable broth. Stir. Then, add enough water to cover everything – all potatoes and veggies should be submerged in liquid. Bring to a boil, then let simmer for 20 minutes or until potatoes are soft.

To make it creamy, you can partially blend with an immersion blender or place half the soup in a blender and blend until creamy. Be careful; it will be very hot! Please take extra precaution that the lid is secured to the blender. Then, add the blended portion back into soup mixture.

No Leeks? Try a variation of this with one bunch finely chopped spring onions / green onions.

STARTER RECIPES



ALWAYS MAKE EXTRA MASHED POTATOES FOR DELICIOUS LEFTOVER CREATIONS!

Creamy Mashed Potatoes

Ingredients

- 4 medium potatoes, any kind
- ¼ cup no-salt-added vegetable broth or unsweetened non-dairy milk



Videos on what I make from mashed potatoes:

Potato Crust Pizza
<https://youtu.be/22eYjzGYQ94>

Potato Pancakes Two Ways
<https://youtu.be/ZqwCu9u7Sco>

Method

Wash, peel and cut your potatoes into quarters. Place in a stock pot and cover with water.

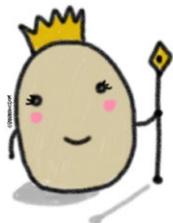
Cook over high heat to bring water to a boil and continue cooking until fork tender. Watch that the water does not boil over; reduce heat slightly if necessary.

Carefully drain water. Start mashing the potatoes while gradually adding the broth or non-dairy milk as necessary, until you achieve the consistency you prefer.

TIP: Mashed potatoes leftovers are perfect for making grilled potato pancakes on a panini maker/electric griddle. If you're making these for the sole purpose of grilled pancakes, the less liquid in your mash, the better.

POTATO RESET

3-DAY MEAL PLAN



YOU WILL NEED ANYWHERE FROM
10-15 LBS OF POTATOES FOR 3 DAYS

I highly recommend setting yourself up for success by prepping ahead of time. I always have leftover baked potatoes in my fridge for quick and easy meal prep. Most often I make shredded hash browns from them, occasionally wedges or rounds. In a pinch you can grab a few to go along with a container of your favorite sauce and eat them cold on the road or at work.

DAY 1

BREAKFAST

HASH BROWNS MADE WITH
SHREDDED BAGGED VEGGIES

LUNCH

MICROWAVE OR BOILED BABY
POTATOES ON SALAD

DINNER

CREAMY MASHED
POTATOES (MAKE EXTRA)
& STEAMED BROCCOLI

DAY 2

BREAKFAST

POTATO PANCAKES
BAKED OR GRILLED &
ROASTED VEGGIES

LUNCH

POTATO LEEK SOUP
AND A SIDE OF CUT
RAW VEGGIES

DINNER

MEXI-FRIES WITH
HANNAH'S CHEEZE SAUCE
& LETTUCE CUPS

DAY 3

BREAKFAST

LEFTOVER POTATO
LEEK SOUP

LUNCH

BAKED POTATOES WITH
HANNAH'S CHEEZE SAUCE
& STEAMED BROCCOLI

DINNER

POTATO CRUST PIZZA LOADED
WITH YOUR FAVORITE VEGGIES

One landmark experiment carried out in 1925 on two healthy adults, a man 25 years old and a woman 28 years old, had them live on a diet primarily of white potatoes for 6 months (A few additional items of little nutritional value except for empty calories -- pure fats, a few fruits, coffee, and tea -- were supplemented in their diet).⁷ The report stated, “They did not tire of the uniform potato diet and there was no craving for change.” Even though they were both physically active (especially the man) they were described as, “...in good health on a diet in which the nitrogen (protein) was practically solely derived from the potato.”

<https://www.drmcDougall.com/misc/2002nl/apr/potatoes.htm>