

RESET & RISE COMMUNITY RESOURCE

Complete meal plans depending on your health goals from the beautiful Clarita Escalante.

Women's Hormone Balancing:

<https://drive.google.com/drive/folders/1lwZQxYSoueeKr4LNOoByJ3mKJ7f4L9Zw?usp=sharing>

Whole Food Plan Based:

https://drive.google.com/drive/folders/12G4K86kbt6DxmUqeh5_1vB3F2FL02s1?usp=sharing

Stress and Anxiety Support:

https://drive.google.com/drive/folders/17Qqh17_w_8-Smc7MdvXd805oZ1aKEf2?usp=sharing

Plant-Based for Stress and Anxiety:

<https://drive.google.com/drive/folders/1RNNpgELLJaW4Xy1VI47SLU8St12KYGMT?usp=sharing>

Skin Health:

<https://drive.google.com/drive/folders/18obmMV91YD2F-3Xbbi5-KxpT8fQMPeVF?usp=sharing>

Plant-Based Skin Health:

<https://drive.google.com/drive/folders/1hrxn2YXO9Z9vJE4MXvnRfpEGXkcyistu?usp=sharing>

Menopause Support:

<https://drive.google.com/drive/folders/1BwxYhrf7-k2AjKHclgEeuyAfNqnp2NOu?usp=sharing>



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Plant-Based Menopause Support:

https://drive.google.com/drive/folders/1lgf5Ztek1oqdOczJKTpE1_cb9i3NikK4?usp=sharing

Mediterranean:

<https://drive.google.com/drive/folders/1Qdg2D1v2ylRLzeMafteGaO8KymXBoCgg?usp=sharing>

Plant-Based Mediterranean:

https://drive.google.com/drive/folders/1cz_pDoAFegfYeFpUiyK3_bIR_CeAy.kev?usp=sharing

Immune Support:

<https://drive.google.com/drive/folders/1iqdxZI6tr66sMPsD6PC10RGHqZH RMUcN?usp=sharing>

Plant-Based Immune Support:

https://drive.google.com/drive/folders/1vq_gvK1f7uVsupATPvkr6rWe7fx9SDh3?usp=sharing

Plant-Based High Protein:

<https://drive.google.com/drive/folders/1aYnatlgeobkBm-sc4Epu7kQRd-gR7JXX?usp=sharing>

Brain Health Support:

https://drive.google.com/drive/folders/1JWNtYc4OJpkw4BFPhlh_bjUJ-dzvIxLM?usp=sharing



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Bone Health Support:

<https://drive.google.com/drive/folders/1G1eTJ6GKjFxO1dmPdxrHO9ymUcYYfTpR?usp=sharing>

Anti-Inflammation:

https://drive.google.com/drive/folders/1EUYp9lhO9MEBINRHC8E5xFQD2TzbVH_k?usp=sharing

