



# Fast Start Plan: Lose up to 10 Pounds in 21 Days.

Smart Portions for Fast, Lasting Weight Loss



# WHY THIS SHORT-TERM RESET SETS YOU UP FOR LONG-TERM SUCCESS

Losing weight quickly isn't just good for your health—it's incredibly motivating. When you see real results in a short period of time, your confidence grows and your belief in yourself strengthens. Fast progress creates momentum, and momentum makes it easier to stay consistent with your meals, routines, and habits.

- **A strong** start doesn't just change your body; it changes your mindset, making long-term success feel achievable and exciting.
- **Visceral fat** is highly responsive to change. When calories drop and carbs are reduced, the body turns to stored fat—especially visceral fat—for energy.
- **Lower carbs** = lower insulin. With less insulin circulating, the body is able to release stored fat more easily, leading to faster results.
- **Quick improvements** in health markers. Reduced visceral fat rapidly improves blood sugar stability, blood pressure, liver health, and inflammation.
- **You feel better fast.** Many people notice flatter stomachs, better digestion, and more energy within days—fueling even more motivation.
- **Fast wins create momentum.** Seeing noticeable results early makes it easier to stick with the plan and build long-term habits.

# PART 1 - HOW THIS PLAN WORKS

This plan is designed to give you a simple yet structured plan that delivers fast, visible results.

- 1** Choose **4 - protein portions** each day—one at breakfast, mid-morning, mid afternoon, and an optional evening snack— from the food list.
- 2** Eat **2 - Protein Plates** per day—one at lunch and one at dinner. For lunch your plate is 1 serving of protein and 2 cups of greens + 1 serving fat. For dinner, your plate is 2 servings of protein and 2 cups of greens+ 1 serving of fat. Choose from the approved Protein and Greens list
- 3** **Avoid alcohol**, fruit, high-carb starches, and grains during the reset.
- 4** Drink at least **8 glasses of water** daily, and consider adding an electrolyte for better hydration.
- 5** Add **1/5 teaspoon of quality sea salt** to your dinner, and consider taking a good multivitamin and omega supplement.
- 6** **Consult your physician** before starting, especially if you take any medications.

## 3 KEY INGREDIENTS

The Fast Start Plan blends three key elements—a mild calorie deficit, lower-carb eating, and whole foods.

- 1 Calorie deficit:** Eating less than your body burns encourages fat loss, while still giving your body enough protein and fiber to function and feel good.
- 2 Whole-food foundation:** Lean proteins, colorful vegetables, and healthy fats keep you full and provide the nutrients your body needs for metabolism and recovery.
- 3 Lower-carb focus:** Keeping carbs and sugar low helps stabilize blood sugar and increase fat burning.

**The built-in structure** of this plan is designed to reduce decision fatigue and make your days easier. With simple meals and straightforward prep, you don't waste energy wondering what to eat or how much. This frees up your focus for what truly matters—staying consistent, building better habits, and feeling your best.

**This is the foundation of this Plan: Low carb, portion control, and simplicity.**

# THE FOOD PLAN

Category	Category	Servings
Breakfast	Protein Portion	1
Mid-Morning	Protein Portion	1
Lunch	Protein Plate	1 Protein + 2 Greens + 1 fat
Mid-Afternoon	Protein Portion	1
Dinner	Protein Plate	2 Protein + 2 Greens + 1 fat
Optional Evening	Protein Portion Light	1

\* You will need: 3–4 protein portions daily + 3 lean proteins, 4 cups of vegetables, and 2 fat servings.

- 1 Spread your meals and snacks evenly during the day. By keeping hunger in check you will not feel out of control.
- 2 Skip the evening **Protein Portion Light** if you're not hungry or progress is slow.
- 3 Leafy Greens, raw cucumber, raw radishes, raw celery and mushrooms are **unlimited**.

# Protein Servings - Cooked

## **Poultry** (average calories 150)

- Chicken, lean ground, 3 oz.
- Chicken, skinless, 3 oz.
- Eggs, 2-3 large
- Egg whites, 5 large
- Turkey, lean ground, 3 oz.
- Turkey, skinless, 3 oz.

## **Fish** (average calories 100-120)

- Cod, 3 oz.
- Haddock, 3 oz.
- Halibut, 3 oz.
- Tuna, 1 can in water
- Salmon 3 oz.
- Sardines 3 oz.

## **Shellfish** (average calories 100-120)

- Lobster/crab, 3 oz.
- Scallops, 3 oz./5 large
- Shrimp, 3 oz./12 large

## **Beef** (average calories 200)

- Beef, lean, ground, 3 oz.
- Filet mignon, 3 oz.
- Lamb, 3 oz.
- Sirloin, 3 oz.

## **Pork** (average calories 160)

- Lean ham, 3 oz.
- Tenderloin, 3 oz.
- Veal Cutlet, 3 oz.

Pork Rib chop,

3 oz. (average calories 175)

## **Vegetarian**

- Edamame, 1 cup cooked
- Tempeh, 1/2 cup
- Tofu, plain, 1 cup
- Vegetarian Protein Crumbles, 1 cup

**1. Pick one serving for lunch**

**2. Pick two servings for dinner**

*Each serving will  
average 150  
calories and 20  
grams of protein*

# Vegetable Servings

*(leafy greens are unlimited)*

- **Asparagus**
- **Bean sprouts**
- **Bell peppers**
- **Broccoli**
- **Cabbage (all)**
- **Carrots (raw)**
- **Cauliflower**
- **Celery root**
- **Chard (all)**
- **Chayote**
- **Collards**
- **Cucumbers**
- **Dill Pickles**
- **Fennel**
- **Green onions**
- **Kale**
- **Kohlrabi**
- **Mushrooms**
- **Okra**
- **Onions**
- **Hot peppers**
- **Radish**
- **Rhubarb**
- **Sauerkraut**
- **Spinach**
- **Turnips**
- **Yellow squash**
- **Zucchini**
- **Beans (green & wax) Lima**
- **Brussels sprouts**
- **Eggplant**
- **Heart of palm**
- **Jicama**
- **Leeks**
- **Rutabaga**
- **Snow peas**
- **Snap Peas (raw)**
- **Spaghetti squash**
- **Tomato**
- **½ cup Tomato sauce**

**1. Have 2 cups at lunch**

**2. Have 2 cups at dinner**



*1 cup is equal  
to 1 fist,  
average 20  
calories/serving*

# Fat Servings

## Oils

- (olive, avocado, canola) 1 Tbsp
- Flax seed oil (cold) 1 Tbsp
- Grapeseed oil (cooking) 1 Tbsp

## Spreads

- Butter, 1 Tbsp.
- Mayonnaise, regular, 1 Tbsp.
- $\frac{1}{4}$  Avocado

## Salad Dressing

- 2-3 Tbsp Low Fat Dressing

## Cheese

- 1 ounce of hard cheese (use sparingly)
- $\frac{1}{4}$  cup feta

## Coconut

- $\frac{1}{4}$  cup full fat milk



*1 serving = 100 calories*

*or 9-10 grams of fat*

**1. Have 1 serving at lunch**

**2. Have 1 serving at dinner**

## **Protein Portion**

*(each serving should be 15-20g protein, and average 150 calories)*

- Protein Bar
- Protein Shake
- Protein Cookie
- Protein Chips
- 2 eggs
- 1 cup non fat greek yogurt
- ½ cup cottage cheese 2%
- Lean turkey pepperoni (3)
- Protein Portion Recipes

## **Protein Portion (light)**

*(each serving should be 10-15 protein, and under 100 calories)*

- ½ cup Greek yogurt
- 1 cup high protein almond milk
- Protein Light Recipes

## **Reduce Choices to Alleviate Decision Fatigue**

To greatly minimize decision fatigue during your reset, limit the options available. While both cheese and nuts contain protein and fat, they are not part of the reset plan.

**Use 3 to 4 protein portions per day.**

*(if weight loss is slow consider using a protein light, or skipping, your evening protein portion)*

## **Protein Portion (Brands)**

*(each serving should be 15-20g protein, and average 150 calories)  
and be sugar-free.*

- Ideal Protein
- No Sugar Company
- Quest
- Proti Diet
- Premier Protein
- Atkins

**Don't be afraid to use a few premade, portion-controlled protein snacks** while you're on this plan.

They're quick, calorie controlled and take the guesswork out of staying on track. Having ready-to-go options can save you time, reduce decision fatigue, and keep you from skipping meals or grabbing something off-plan.

These products are meant to support your success, not replace whole foods—so use them confidently as part of your routine.

# SAMPLE MENU

Breakfast	*Cinnamon Roll Shake
Breakfast	Coffee (minimal cream, no sugar)
Mid-Morning	Protein Bar
Lunch	*Tuna Salad Recipe
Mid-Afternoon	* Maple Greek Yogurt
Mid-Afternoon	Electrolyte (optional BCAA blend)
Dinner	*Turkey Chili
After Dinner	Herbal Tea
Optional Evening	*Jello Dessert

\* See Recipe Section

\* You will need: 3–4 protein portions daily + lean proteins, 4 cups of vegetables, and 2 small fat servings.

## Daily Calories for Women

<b>Category</b>	<b>Servings</b>	<b>Calories</b>
Lean Proteins	3	450
Vegetables	4	80
Healthy Fats	2	200
Protein Portions	3 - 4	450 -600
<b>Total Calories</b>		<b>1180 - 1330</b>

### **What Results to Expect in 21 Days**

- 5–10 lbs depending on starting point
- Bloating dramatically reduced
- Better energy and digestion
- Fewer sugar cravings
- More stable hunger
- Clothes fitting differently in the waist

## Daily Calories for Men

<b>Category</b>	<b>Servings</b>	<b>Calories</b>
Lean Proteins	3 - 4	450 - 600
Vegetables	4	80
Healthy Fats	3-4	300 - 400
Protein Portions	3 - 4	450 -600
<b>Total Calories</b>		<b>1280 - 1680</b>

### **What Results to Expect in 21 Days**

- 5–10 lbs depending on starting point
- Bloating dramatically reduced
- Better energy and digestion
- Fewer sugar cravings
- More stable hunger
- Clothes fitting differently in the waist

## How an Example Day Looks (with timing)



**7:00 am** - 2 scoops of protein powder, 1 tsp of greens powder or 1 cup of raw, organic spinach.



**10:00 am** 1 protein bar



**1:00 pm** 4 ounces cooked chicken with 2 cups salad and low fat dressing \* optional 0 fat dressing and 1 ounce cheese.



**3:30 pm** 1 cup 0 fat greek yogurt with sugar free syrup.



**6:30 pm** 6 ounces cooked salmon with 2 cups green beans, 1 Tbsp of butter



**9:00 pm** 1 cup sugar free jello \*optional .25 cup of greek yogurt.

# Vanilla Cinnamon Roll Protein Shake

PROTEIN PORTION

## Ingredients

- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- 1 tbsp unsweetened cocoa powder
- 2–3 drops peppermint extract
- Sweetener to taste
- Ice cubes

## Directions

1. Blend everything — add extra ice for a “frosty” texture.



# Chocolate Mint Ice Cream Shake

PROTEIN PORTION

## Ingredients

- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- 1 tbsp unsweetened cocoa powder
- 2–3 drops peppermint extract
- Sweetener to taste
- Ice cubes

## Directions

1. Blend everything — add extra ice for a “frosty” texture.



# Ranch Cottage Cheese Dip

PROTEIN PORTION

## Ingredients

- ½ cup cottage cheese
- ½ tsp dried dill
- ½ tsp dried parsley
- ¼ tsp garlic powder
- ¼ tsp onion powder
- Pinch salt + pepper
- Optional: use 1 Tbps of dry ranch powder.

## Directions

1. Blend cottage cheese in a mini blender until smooth.
2. Stir in the seasonings.
3. Chill 10 minutes to thicken, then serve with vegetables.



# Spicy Taco Cottage Cheese Dip

PROTEIN PORTION

## Ingredients

- ½ cup cottage cheese
- ½ tsp taco seasoning
- ¼ tsp smoked paprika
- Pinch salt
- 1 tsp salsa or hot sauce
- Optional: squeeze of lime

## Directions

1. Blend cottage cheese in a mini blender until smooth.
2. Stir in the taco seasoning, paprika, and salsa.
3. Chill 10 minutes and enjoy with vegetables.
4. This keeps the consistency but reads more polished.



# Sugar-Free Maple Greek Yogurt

PROTEIN PORTION

## Ingredients

- ½ cup plain Greek yogurt
- 1 Tbsp sugar-free maple syrup
- (or ½–1 tsp maple extract + sweetener of choice)
- 1–2 teaspoons granular or liquid sweetener if needed
- ¼ teaspoon vanilla extract
- Pinch of cinnamon

## Directions

1. Add Greek yogurt to a small bowl.
2. Stir in sugar-free maple syrup or maple extract + sweetener.
3. Add vanilla and cinnamon
4. Mix until completely smooth and creamy.
5. Taste and adjust sweetness or maple intensity as needed.



# Lemon Cheesecake Silken Tofu Dessert

PROTEIN PORTION

## Ingredients

- 8 oz silken tofu
- 1–2 tbsp fresh lemon juice (adjust to taste)
- 1–2 tsp lemon zest
- 1–2 tbsp sweetener (allulose, monk fruit, etc.)
- ¼–½ tsp vanilla extract

## Directions

1. Drain excess liquid from the silken tofu (don't press, just pour off).
2. Add tofu to a blender or food processor.
3. Add lemon juice, lemon zest, sweetener, and vanilla.
4. Blend until completely smooth and silky – about 20–30 seconds.
5. Adjust flavors if necessary.



# Crystal Light Gelatin Cups with Greek Yogurt

PROTEIN PORTION (LIGHT)

## Ingredients

- ½ cup cold water
- 1 packet unflavored gelatin (Knox)
- 1 packet Crystal Light water-enhancer powder (any flavor)
- 1 cup hot water
- Additional ½ cup cold water
- Serving topper: ½ cup plain Greek yogurt (per serving)

## Directions

1. Pour ½ cup cold water into a mixing bowl.
2. Sprinkle the gelatin packet and crystal light powder evenly over the cold water and let it stand for 1 minute to bloom.
3. Pour in 1 cup hot water and stir until all powder is completely dissolved.
4. Add the remaining ½ cup cold water and stir again.
5. Divide the mixture evenly into two small dessert containers.
6. Refrigerate for 2–3 hours, or until fully set.
7. Serve each gelatin cup with ½ cup Greek yogurt on top or on the side.



# Hot Protein Cocoa

PROTEIN PORTION LIGHT

## Ingredients

- 1 cup high-protein almond milk (20 g protein per cup)
- 1 tbsp cocoa powder
- 1–2 tsp sweetener (to taste)

## Directions

1. Heat almond milk until steaming.
2. Whisk in cocoa powder and sweetener with a small amount of hot milk in a mug.
3. Pour the rest of the hot milk into the cocoa mixture.



# Tuna Sesame Cucumber Lunch Bowl (2 servings)

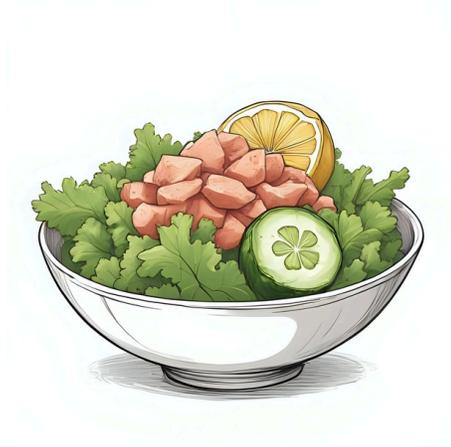
1 PROTEIN + 2 VEG + 1 FAT

## Ingredients

- 4 cups sliced cucumbers
- ½ tsp salt
- 2 cans tuna in water, drained
- 1 green onion diced
- 1 tsp grated ginger
- 1 small clove garlic, minced
- 3 Tbsp rice vinegar
- 2 Tbsp soy sauce or coconut aminos
- 2 Tbsp sugar-free maple syrup
- 2 Tbsp toasted sesame oil (this covers both servings)
- 1 tsp sriracha or chili garlic sauce

## Directions

1. Salt the cucumbers: Toss sliced cucumbers with salt in a bowl. Let sit 10 minutes, then pat dry.
2. Make the dressing: In a small bowl, whisk together vinegar, soy sauce, sugar-free maple syrup, sesame oil, ginger, garlic, and sriracha.
3. Assemble: Add tuna and scallions to the cucumbers. Pour dressing over top.
4. Finish: Toss well, serve on a bed of greens.



# Turkey Chili (Makes 2 Dinners)

2 PROTEINS + 2 GREENS + 1 FAT

## Ingredients

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- 1 lb (16 oz) lean ground turkey
- 1 cup diced onion (1 cup veg)
- 1 cup diced green peppers (1 cup veg)
- 1 cup diced zucchini (1 cup veg)
- 1 cup tomato sauce or canned diced tomatoes (1 cup veg)
- 1-2 cloves garlic, minced
- 1 tbsp chili powder
- 1 tsp cumin
- ½ tsp smoked paprika (optional)
- Salt + pepper to taste
- Water or broth as needed



## Directions

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1. Heat a large skillet or pot over medium heat.
2. Add the ground turkey and cook until browned, breaking it apart as it cooks.
3. Add onion, peppers, zucchini, and garlic. Sauté 3-5 minutes until vegetables begin to soften.
4. Stir in tomato sauce (or canned tomatoes), chili powder, cumin, smoked paprika, salt, and pepper.
5. Add a splash of water or broth if you want a thinner consistency.
6. Simmer 10-15 minutes to blend flavors.
7. Divide into 2 equal portions. **Each portion = 1 protein serving + 2 cups vegetables.**
8. Sprinkle **1 ounce grated cheese for 1 serving of fat**

# Big Mac Bowl (Makes 2 Dinners)

2 PROTEINS + 2 GREENS + 1 FAT

## Ingredients

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- 1 lb (16 oz) extra-lean ground beef
- ½ cup chopped onion
- 2 cups shredded cabbage or coleslaw mix
- 2 cups chopped romaine or iceberg lettuce
- ½ cup diced dill pickles
- Salt + pepper to taste
- 2 tsp yellow mustard
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt + black pepper to taste



## Low-Fat Thousand Island–Style Dressing

(Makes ~6 tablespoons total)

- ¼ cup low-fat mayo
- 2–3 tbsp sugar-free ketchup
- 1–2 tsp pickle juice
- Optional: pinch sweetener
- Fat Serving: 3 tablespoons = 1 fat serving

## Directions

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1. Heat a skillet over medium heat. Add ground beef and chopped onion. Cook until the beef is browned and onions have softened.
2. Stir in mustard, garlic powder, onion powder, salt, and pepper.
3. Add the shredded cabbage to the skillet and cook 3–4 minutes until just softened.
4. Assemble each bowl with:
  5. 1 cup chopped lettuce
  6. 1 cup cooked beef + cabbage mixture
  7. Diced pickles on top
8. Whisk dressing ingredients together.
9. Drizzle each bowl with 3 tbsp of dressing.

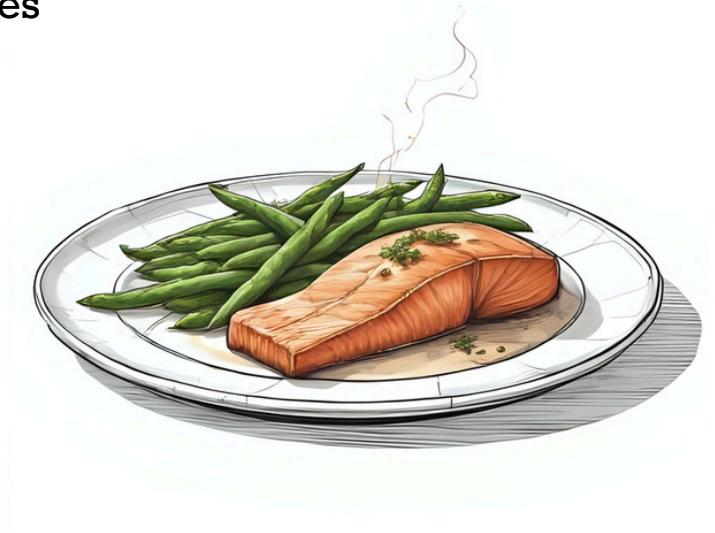
# Asian Salmon & Veggies (Makes 2 Dinners)

2 PROTEINS + 2 GREENS + 1 FAT

## Ingredients

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- Protein + Veg Base
- 2 salmon fillets, 6–7 oz each (raw weight)
- (this yields ~6 oz cooked per serving)
- ½ cup shelled edamame (¼ cup per serving = additional light protein)
- 2 cups broccoli florets
- 2 cups green beans
- Salt + pepper



## Low-Fat Asian Sauce (2 servings)

- 2 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tbsp sugar-free syrup or 1–2 tsp sweetener
- ½ tsp garlic powder
- ½ tsp ginger powder
- 2 tablespoons sesame oil
- Optional: red pepper flakes

## Directions

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1. Preheat oven to 400°F (204°C).
2. Place salmon fillets on a lined baking sheet. Season with salt and pepper.
3. Scatter broccoli and zucchini (or green beans) around the salmon.
4. Add ¼ cup edamame to each side of the tray (or add after cooking if preferred).
5. Whisk all sauce ingredients together.
6. Drizzle half of the sauce over the salmon, veggies, and edamame.
7. Bake 12–15 minutes, or until salmon flakes easily with a fork.
8. Divide into 2 portions, making sure each has:
  9. 1 cooked salmon fillet (~6 oz cooked)
  10. 2 cups vegetables
  11. ¼ cup edamame
12. Spoon remaining sauce over each portion before serving.

## Sugar-Free Maple Mustard Dressing (Makes 2 servings)

1 FAT

### Ingredients

- 2 tbsp olive oil or avocado oil
- 1 tbsp sugar-free maple syrup
- 1 tbsp Dijon mustard (or yellow mustard for a milder flavor)
- 1 tbsp water
- Pinch salt
- Pinch black pepper
- ½ tsp apple cider vinegar for more tang
- ¼ tsp garlic powder



### Directions

1. Whisk all ingredients together in a small bowl until smooth and creamy.
2. Add a splash of water if you prefer a thinner consistency.
3. Divide into 2 servings, each equal to 1 fat.

## Spicy Miso Sauce (Makes 2 servings)

1 FAT

### Ingredients

- 2 tablespoons lime juice
- 2 tablespoons water
- 1 tablespoon white miso paste
- 1 tablespoon wasabi powder
- 1 tablespoon sesame oil
- 1 tablespoon sugar-free maple syrup
- ¼–½ teaspoon ginger
- Pinch salt



### Directions

1. Whisk all ingredients in a small bowl until smooth.
2. Divide into 2 portions — each should measure 2–3 tablespoons.
3. Drizzle over cooked salmon, cabbage bowls, turkey bowls, or roasted veggies.

## Helpful Condiments List

These add flavor without adding unnecessary calories or carbs. Use as needed to make meals enjoyable and easy to follow.

### Sweet & Flavor Boosters

- Sugar-free maple syrup
- Granular or liquid sweetener
- Sugar-free ketchup
- Sugar-free BBQ sauce (use lightly)

### Low-Fat & Light Dressings

- Low-fat Thousand Island
- Low-fat Ranch
- Low-fat Caesar
- Low-fat Italian
- Low-fat balsamic vinaigrette
- Walden Farms or near-zero dressings

### Acids + Brightening Flavors

- Lemon juice
- Lime juice
- Rice vinegar
- Apple cider vinegar
- White vinegar

### Savory + Umami

- Low-sodium soy sauce or tamari
- Worcestershire sauce
- Dijon mustard
- Yellow mustard
- Hot sauce
- Salsa (sugar-free)

### Seasonings & Spices

- Garlic powder
- Ginger
- Onion powder
- Smoked paprika
- Chili powder
- Italian seasoning
- Curry powder
- Taco seasoning (sugar-free)
- Everything bagel seasoning
- Fresh or dried herbs (parsley, dill, basil, cilantro, thyme)

 Daily Targets \_\_\_\_\_

Lean Proteins	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Healthy Fats	<input type="checkbox"/> <input type="checkbox"/>
Protein Portions	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Protein Portions Light	<input type="checkbox"/>

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Healthy Fats	<input type="checkbox"/> <input type="checkbox"/>
Protein Portions	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Protein Portions Light	<input type="checkbox"/>

## **Substitutes**

You have a lot of flexibility when choosing foods on this plan. If there's something you don't eat or can't tolerate, simply swap it for an option that fits your protein and calorie targets. For example, I don't eat Greek yogurt or cottage cheese, so I use a clean, low-sugar plant yogurt mixed with a little whey isolate, and it works perfectly for both texture and protein.

## **Discipline**

Keep your menu simple and stick to the proportions, even when you feel like changing them.

The goal is to train your brain to follow a plan based on structure for results—not moment-to-moment emotions or cravings.

When you stay consistent, you reduce decision fatigue, prevent overeating, keep your hunger stable, avoid impulsive “hungry brain” choices, and build the discipline and confidence that come from following through.

## Meal Timing — Don't Skip Meals or Snacks

- **Your hunger will always catch up with you.** If you don't eat enough early in the day, the hunger rebound later is much harder to control.
- **Amplified hunger is harder to calm.** When you get too hungry, a portion-controlled meal won't feel satisfying, and cravings feel louder.
- **Timing prevents the “crash.”** Eating every 3–4 hours keeps blood sugar steady and prevents the sharp dips that drive overeating.
- **Mild hunger is manageable** — extreme hunger is not. If you're only an hour from your next meal, it's easy to stay calm and stay on plan.
- **Calorie restriction changes hunger signals.** During the reset, hunger may feel different — consistent timing keeps it predictable and easier to manage.
- **Structure builds momentum.** Following the timing from day one helps you stay in control, not reactive.
- **Eating regularly prevents “catch-up calories” at night.** Most off-plan eating happens after 3 p.m. because earlier meals were skipped.
- **Proper timing supports willpower through routine.** Hunger is emotional as much as physical — steady fueling keeps decision fatigue low.

## Common Mistakes to Avoid

- **Don't skip your protein** — it's the key to satiety, stable hunger, and steady fat loss.
- **Don't skip vegetables** — they add volume, fiber, and fullness that make the plan easier to follow.
- **Don't snack on nuts and cheese** — they feel “low carb,” but their calories add up fast and will stall progress.
- **Don't skimp on water** — fat is mobilized and flushed more effectively when you're well hydrated.
- **Don't eat less than the plan** — under-eating slows results and your body needs consistency to respond.
- **Don't assume you'll remember everything** — tracking your meals keeps you honest and prevents unintentional overeating.

## Common First-Week Problems

- **Hunger is normal at first** — your body is adjusting to structured eating and lower carbs. Remember: hunger is not an emergency.
- **Lower energy can happen** — this is simply the transition into fat burning. Get more rest.
- **Mild headaches are common** — often from electrolyte shifts or not drinking enough water.
- **These symptoms are temporary** — within a few days, hunger decreases and energy increases as your body adapts.

## **From Reset to Real Life**

With the reset complete, your metabolism, hunger signals, and habits are in a far better place than when you started.

Now it's time to move into the Smart Servings Plan, which continues your progress while giving you more flexibility and long-term structure.

Think of the reset as your launch—Smart Servings is how you maintain and continue your results

## **About the Coach**

I specializes in helping midlife women lose weight with structure, simplicity, and support. I combine the Smart Servings framework with real-life coaching tools to help you manage hunger, stay consistent, and feel in control around food.

Beyond this Reset and the Smart Servings Plan my coaching program can help you continue your progress with confidence.

Book your free consultation.

A handwritten signature in black ink that reads "Violet Burgess". The script is fluid and cursive, with the first letter of each word being capitalized and larger than the others.