



Metabolic Reset Blueprint

21-Day Workbook

Your Step-by-Step Guide to Natural Fat Loss

Designed to print on A4 or US Letter — or fill it in on any tablet using a PDF annotation app like GoodNotes, Notability, or Xodo.

2026

Welcome to Your Metabolic Reset

This is more than a diet — it is a complete metabolic transformation designed to reset your hormones, restore your energy, and help you build lasting habits over 21 days.

ABOUT THIS PROGRAM

The Metabolic Reset Blueprint is a 21-day guided program built on five science-backed pillars: Hunger Hormones, Metabolic Foods, Meal Timing, Smart Movement, and Sleep & Stress. Each week builds on the last, giving your body time to adapt and respond.

This workbook is your daily companion — use it to plan meals, track habits, reflect on progress, and stay accountable. Print it out or fill it in digitally using a PDF annotation app like GoodNotes, Notability, or Xodo.

THE APPROACH

The Metabolic Reset Blueprint is built on established principles of metabolic health — hunger-hormone balance, blood-sugar stability, smart movement, and quality sleep. No extreme dieting, no unsustainable routines — just a practical, evidence-informed path to work with your body over 21 days.

CONTACT & SUPPORT

Email: support@metabolicreset.pro

Website: www.metabolicreset.pro

Community: Private Facebook Group (link in your welcome email)

PROGRAM START DATE

My Day 1: _____

PROGRAM RESOURCES

Inside this workbook you will find:

- The Metabolic Reset Cheat Sheet
- Your Metabolic Food Guide & Plate Method
- Sample Day Reference Plan & Master Grocery List
- The Movement Toolkit, Sleep Checklist & Stress Reset
- Weekly Habit Trackers, Progress Journals & Reflection Pages

The 5 Pillars

1. Pillar 1: Hunger Hormones

Balance GLP-1, leptin, and ghrelin to naturally reduce cravings and regulate appetite. Cue: Eat protein within 30 minutes of waking.

1. Pillar 2: Metabolic Foods

Choose foods that boost thermogenesis and fat oxidation — leafy greens, omega-3 fats, fermented foods, and fiber-rich vegetables. Cue: Fill half your plate with metabolic-boosting whole foods at every meal.

1. Pillar 3: Meal Timing

Align your eating window with your circadian rhythm to optimize insulin sensitivity and fat burning. Cue: Finish your last meal at least 3 hours before sleep.

1. Pillar 4: Smart Movement

Use low-intensity movement and brief resistance training to enhance metabolic rate without spiking cortisol. Cue: Walk for 10 minutes after each meal.

1. Pillar 5: Sleep & Stress

Prioritize 7–9 hours of quality sleep and manage cortisol to allow hormonal repair and fat metabolism. Cue: Begin a wind-down routine 60 minutes before bed — no screens, dim lights.

My Starting Point

Take a moment to reflect honestly. There are no right answers — only your truth right now.

How I Feel Today—————→

My Main Goal —————→

My Biggest Challenge—————→

What I Will Do Differently—————→

MY COMMITMENT

On a scale of 1–10, how ready am I to commit to 21 days of change? _____ Why this number? _____

Health Metrics Tracker

Record your baseline measurements before starting the program. These numbers are your starting reference — not a judgment.

Date: _____

Current Weight

Record in kg or lbs — whichever you prefer

Energy Level

Rate 1–10 (1 = exhausted, 10 = vibrant and energized)

Sleep Quality

Rate 1–10 (1 = terrible sleep, 10 = deep restful sleep)

Hunger Level

Rate 1–10 (1 = never hungry, 10 = constantly starving)

Mood

Rate 1–10 (1 = very low, 10 = positive and motivated)

NOTES

The Metabolic Reset Cheat Sheet

YOUR DAILY GUIDE TO RESET, REBALANCE & THRIVE

ALWAYS EAT

- Eggs
- Salmon
- Greek Yogurt
- Avocado
- Berries
- Almonds
- Broccoli
- Lentils
- Green Tea

ELIMINATE FOR 21 DAYS

- ✗ Liquid Calories
- ✗ Refined Carbs Alone
- ✗ Processed Snacks
- ✗ Artificial Sweeteners

Your Metabolic Food Guide

Metabolic
Reset.

The foods that work with your metabolism — keep these visible in your kitchen.

ALWAYS EAT

build meals around these

- Eggs
- Salmon & fatty fish
- Chicken
- Greek yogurt (plain)
- Lentils
- Chickpeas
- Leafy greens
- Broccoli & cauliflower
- Berries
- Avocado
- Almonds & walnuts
- Olive oil
- Steel-cut oats
- Sweet potato
- Bone broth

EAT OCCASIONALLY

1-2 servings per day max

- Brown rice
- Quinoa
- Whole grain bread
- Whole fruit
- Dark chocolate (85%+)

ELIMINATE FOR 21 DAYS

avoid completely

- ✗ White bread
- ✗ White rice
- ✗ Pasta
- ✗ Sugary drinks
- ✗ Juice
- ✗ Vegetable oils
- ✗ Ultra-processed snacks
- ✗ Artificial sweeteners
- ✗ Alcohol

MY KITCHEN SWAPS

I'm replacing _____ with _____

I'm replacing _____ with _____

I'm replacing _____ with _____

_____ with _____



The Plate Method

NO CALORIE COUNTING. NO MACRO APP. JUST THIS AT EVERY MEAL.

THE FORMULA



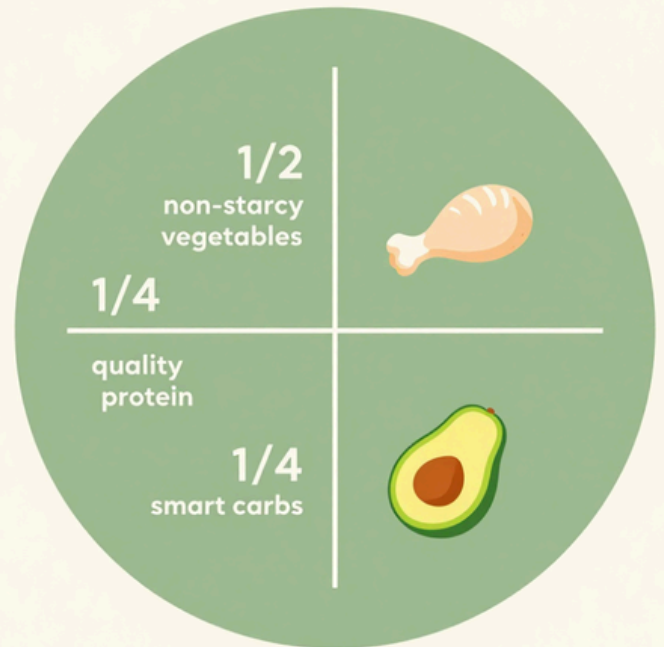
1/2 plate — Non-starchy vegetables
(greens, broccoli, peppers, zucchini)



1/4 plate — Quality protein
(chicken, fish, eggs, beef,
legumes, Greek yogurt)



1/4 plate — Smart carbs or healthy fats
(sweet potato, oats, rice,
avocado, olive oil)



THE ORDER THAT MATTERS



Eat protein and vegetables **BEFORE** carbs.
This alone can meaningfully lower your blood sugar response.

BUILD YOUR PLATE

MEAL	PROTEIN	VEGETABLES	CARBS/FATS

2026

Sleep Optimization Checklist

Fat loss is built in the kitchen and destroyed in the bedroom. Protect it.

- ☐ 🌙 Same bedtime & wake time every day (including weekends)
 - ☐ ⌚ Wind-down starts 90 min before bed — dim lights, no screens
 - ☐ 🌡️ Bedroom cool: 65–68°F (18–20°C)
 - ☐ ☀️ 5–10 min sunlight within 30 min of waking
 - ☐ ☕ No caffeine after 1 PM
 - ☐ 🕒 Stop eating 2–3 hrs before bed
-

MY TARGET BEDTIME: _____

MY WAKE TIME: _____

SLEEP QUALITY TRACKER

Hours Slept

Sleep Quality (1–10)

Morning Energy (1–10)

QUICK SLEEP TIPS

- Magnesium glycinate 30 min before bed supports deep sleep
- Keep phone outside the bedroom or on airplane mode
- If you wake at night, try 4-7-8 breathing (inhale 4s, hold 7s, exhale 8s)

Sample Day (Reference Plan)

A done-for-you template. Copy it, or swap in your own favorites.



MORNING

3 scrambled eggs + ½ avocado + handful spinach • Green tea or black coffee



LUNCH (LARGEST MEAL)

Grilled salmon + roasted broccoli + ½ cup quinoa • Large mixed salad with olive oil & lemon



DINNER (LIGHT, 3 HRS BEFORE BED)

Baked white fish + asparagus • or bone-broth soup with chicken & greens



IF GENUINELY HUNGRY

Small handful almonds • Hard-boiled egg • Greek yogurt
• Apple + 1 tbsp almond butter

The Movement Toolkit

No gym required. Small doses, big metabolic payoff.



DAILY WALKS

Morning (fasted) — 15–20 min, before breakfast

Post-meal — 10–15 min after your largest meal

Evening (optional) — 15 min to lower cortisol



15-MINUTE RESISTANCE CIRCUIT

(3–4x per week — not daily)

3 rounds, 60 sec rest between rounds

Bodyweight squats — 15 reps

Push-ups — 10 reps (knees if needed)

Glute bridge — 15 reps

Reverse lunges — 10 each leg

Plank hold — 30 sec

THIS WEEK'S MOVEMENT

	MON	TUE	WED	THU	FRI	SAT	SUN
Walk	☐	☐	☐	☐	☐	☐	☐
Circuit	☐	☐	☐	☐	☐	☐	☐

The 3-Minute Stress Reset

Cortisol spikes stall fat loss. Use this protocol the moment stress hits.

- 1

BOX BREATHING 60 seconds

Inhale 4 counts → Hold 4 counts → Exhale 4 counts → Hold 4 counts.
Repeat 4 rounds. This activates your parasympathetic nervous system instantly.
 - 2

COLD WATER RESET 30 seconds

Splash ice-cold water on your face and wrists, or hold an ice cube.
The cold triggers the dive reflex and drops cortisol fast.
 - 3

5-4-3-2-1 GROUNDING 90 seconds

Name 5 things you see, 4 you hear, 3 you can touch, 2 you smell, 1 you taste.
This pulls your brain out of the stress loop and into the present.
-

WHEN TO USE THIS

- ☐ ✓ Before a meal when you're stressed (stress eating prevention)
 - ☐ ✓ After a poor night's sleep
 - ☐ ✓ When you feel overwhelmed or anxious
 - ☐ ✓ Before bed if your mind is racing
 - ☐ ✓ Any time your heart rate spikes from non-exercise stress
-

DAILY STRESS SCORE

Morning Stress (1–10)

Evening Stress (1–10)

Resets Used Today

Remember: you can't out-train chronic stress. Three minutes now saves hours of cortisol damage later.

Emergency Hunger Protocol

Hunger between meals? Run this before you reach for anything.

1 [💧] STEP 1

Drink a large glass of water. Wait 10 minutes.

2 [🥜] STEP 2

Still hungry? Have one approved snack:
almonds, hard-boiled egg, or Greek yogurt.

3 [❓] STEP 3

Ask: hunger or craving? If it came on suddenly and is specific ("something sweet/salty"), it's a craving. Let it pass.

THE 5 RULES *(memorize these)*



1. Protein at every meal — no exceptions
2. Never eat carbs alone — pair with protein, fat, or fiber
3. Walk after every large meal
4. 7–9 hours of sleep is not optional
5. Progress over perfection — one bad meal doesn't ruin the program

Master Grocery List

Metabolic
Reset.

One shop before Day 1. Check off as you fill your cart.

PROTEINS

- ☐ Eggs
- ☐ Chicken
- ☐ Salmon
- ☐ Canned tuna
- ☐ Ground turkey
- ☐ Greek yogurt
- ☐ Lentils
- ☐ Black beans
- ☐ Chickpeas
- ☐ White fish

VEGETABLES

- ☐ Spinach
- ☐ Kale
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Brussels sprouts
- ☐ Zucchini
- ☐ Bell peppers
- ☐ Asparagus
- ☐ Cucumber
- ☐ Sweet potato

FRUITS

- ☐ Blueberries
- ☐ Strawberries
- ☐ Raspberries
- ☐ Apples
- ☐ Lemons

FATS

- ☐ Avocados
- ☐ Almonds
- ☐ Walnuts
- ☐ Almond butter
- ☐ Olive oil
- ☐ Coconut oil

PANTRY

- ☐ Steel-cut oats
- ☐ Quinoa
- ☐ Brown rice
- ☐ Bone broth
- ☐ Apple cider vinegar
- ☐ Cinnamon
- ☐ Chili flakes

DRINKS

- ☐ Water
- ☐ Sparkling water
- ☐ Black coffee
- ☐ Green tea
- ☐ Herbal tea

— ◆ —

Fresh food, fresh start.

Week 1 – Daily Habits Tracker

Check off each habit as you complete it. Consistency matters more than perfection — aim for progress, not a perfect score.

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning Walk	☐	☐	☐	☐	☐	☐	☐
Protein at Breakfast	☐	☐	☐	☐	☐	☐	☐
Vegetables at Every Meal	☐	☐	☐	☐	☐	☐	☐
No Liquid Calories	☐	☐	☐	☐	☐	☐	☐
Post-Meal Walk	☐	☐	☐	☐	☐	☐	☐
Wind-Down Routine	☐	☐	☐	☐	☐	☐	☐
Bedtime by ____	☐	☐	☐	☐	☐	☐	☐

WEEKLY REFLECTION

Which habit felt easiest? _____ Which was hardest?

Daily Wellness Planner

Use this planner each day to set intentions and track your wellness habits. Planning ahead removes decision fatigue and keeps you aligned with your goals.

Date: _____ Day #: _____

TODAY'S MEALS PLANNED

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

MOVEMENT PLANNED

Morning movement: _____

Post-meal walk (time): _____

Evening activity: _____

WATER INTAKE

Goal: 8 glasses (2L) Track each glass:



REFLECTION NOTES

How did I feel today? _____

What went well? _____

What could I improve tomorrow? _____

Gratitude: _____

Week 1 – Progress Tracker

Rate each category from 1 to 10 every day. This simple practice builds self-awareness and helps you spot patterns over time.

	MON	TUE	WED	THU	FRI	SAT	SUN
Energy 1 = exhausted, 10 = vibrant	☐	☐	☐	☐	☐	☐	☐
Hunger 1 = no hunger, 10 = starving	☐	☐	☐	☐	☐	☐	☐
Sleep 1 = terrible, 10 = restful	☐	☐	☐	☐	☐	☐	☐
Mood 1 = very low, 10 = positive	☐	☐	☐	☐	☐	☐	☐

WEEKLY AVERAGES

Energy: _____ Hunger: _____ Sleep: _____ Mood: _____

WEEKLY REFLECTION

What patterns do I notice? _____

Which metric improved most? _____

What do I want to focus on next week? _____

21-Day Journey Overview

Track your progress across all 21 days. Mark each day complete as you go. This visual map helps you see momentum building and celebrate consistency.

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
WEEK 2	Day 8 ☐	Day 9 ☐	Day 10 ☐	Day 11 ☐	Day 12 ☐	Day 13 ☐	Day 14 ☐
WEEK 3	Day 15 ☐	Day 16 ☐	Day 17 ☐	Day 18 ☐	Day 19 ☐	Day 20 ☐	Day 21 ☐

MILESTONES & BREAKTHROUGHS

Week 1 milestone: _____

Week 2 milestone: _____

Week 3 milestone: _____

My proudest moment: _____

Week 2 – Daily Habits

Building on your Week 1 foundation, these advanced habits target deeper metabolic optimization. Check off each habit daily to maintain momentum and accountability.

[illegible]

Mid-Journey Check-in

You are halfway through your 21-day reset. Take a moment to pause, reflect, and celebrate how far you have come. Honest reflection is one of the most powerful tools for lasting change.

BIGGEST WIN SO FAR

What achievement or shift are you most proud of from the first two weeks?

BIGGEST CHALLENGE

What has been the hardest part? What made it difficult?

HABITS FEELING EASY

Which daily habits now feel natural and automatic?

HABITS STILL STRUGGLING

Which habits still require effort or feel inconsistent?

ENERGY COMPARED TO DAY 1

How does your energy today compare to when you started? Rate 1-10 and describe.

WHAT TO ADJUST FOR WEEK 3

Based on your reflections above, what will you change, add, or let go of?

Week 3 – Daily Habits Tracker

You have built strong foundations. Week 3 focuses on sleep consistency, morning light exposure, and fasted movement — the advanced habits that accelerate metabolic reset. Check off each habit daily.

[illegible]

Week 3 – Progress Tracker

Rate each metric daily from 1 (lowest) to 10 (highest). Track patterns across the week to see how your habits are influencing your body and mind.

	MON	TUE	WED	THU	FRI	SAT	SUN
Energy							
Hunger							
Sleep							
Mood							
Clothes Fit							
Cravings Level							

Weekly Observations & Patterns

21-Day Reflection

Congratulations on completing your 21-day metabolic reset. Take a moment to reflect on your journey, celebrate your progress, and set your intention for what comes next.

My Biggest Win

What achievement or change are you most proud of from the past 21 days?

Lessons Learned

What surprised you? What did you discover about your body, habits, or mindset?

Habits I Will Continue

Which daily practices felt most impactful and sustainable for you?

My Next Steps

What will you focus on in the next 30 days to maintain and build on your progress?

Week 2 Progress Tracker

Track your daily metrics. Small shifts reveal big patterns over time.

Rate each category 1–10 daily

	MON	TUE	WED	THU	FRI	SAT	SUN
Energy 1 = low 10 = high	☐	☐	☐	☐	☐	☐	☐
Hunger 1 = low 10 = high	☐	☐	☐	☐	☐	☐	☐
Sleep 1 = low 10 = high	☐	☐	☐	☐	☐	☐	☐
Mood 1 = low 10 = high	☐	☐	☐	☐	☐	☐	☐
Clothes Fit 1 = low 10 = high	☐	☐	☐	☐	☐	☐	☐
Cravings 1 = low 10 = high	☐	☐	☐	☐	☐	☐	☐

WEEKLY OBSERVATIONS & PATTERNS

What patterns do I notice?

What wins (no matter how small)?

What do I want to focus on next week?
