



# METABOLIC RESET BLUEPRINT

## 21-Day Meal Plan & Prep Guide



Three weeks. Every meal mapped out.  
Less decision-making. More consistency.



[METABOLICRESET.PRO](https://metabolicreset.pro)



# Your Next 21 Days, Planned



This plan turns the Metabolic Reset Blueprint into a simple daily eating structure.

You do not need to build a new menu every morning.

Each day gives you breakfast, lunch and dinner selected from the Metabolic Reset Recipe Pack.

Optional snacks are included for times when you are genuinely hungry between meals.

Meals intentionally repeat throughout the program. Repetition makes shopping simpler, supports batch preparation and removes unnecessary daily decisions.

The goal is consistency — not constant variety.







# The Three Phases



## WEEK 1 – RESET

### DAYS 1-7

Simplify your routine.

Build meals around protein, vegetables and satisfying whole foods.

Establish a predictable eating rhythm.



## WEEK 2 – STABILIZE

### DAYS 8-14

Introduce more variety while maintaining the same basic structure.

Notice hunger, energy and satisfaction patterns.



## WEEK 3 – STRENGTHEN

### DAYS 15-21

Identify the meals that work best for your lifestyle.

Build a personal rotation you can continue after the program.



## PLAN RULES

- Follow the scheduled meals whenever practical.
- Optional snacks are not mandatory.
- Water should remain the primary beverage.
- Prepare proteins and vegetables ahead when useful.
- Repeating meals is intentional.
- Adjust portions according to individual needs.

*This meal plan is general educational wellness content and is not individualized medical or nutritional advice. Individual energy and nutrient needs vary.*



# WEEK 1 — RESET

*Days 1-7*

The goal of this week is simplicity and repetition.



## DAY 1

|                |                                 |
|----------------|---------------------------------|
| BREAKFAST      | Spinach & Feta Scramble         |
| LUNCH          | Lemon-Herb Chicken Salad        |
| DINNER         | Baked Salmon & Roasted Broccoli |
| OPTIONAL SNACK | Everything Hard-Boiled Eggs     |
| DRINK OPTION   | Iced Green Tea                  |



## DAY 2

|                |                               |
|----------------|-------------------------------|
| BREAKFAST      | Berry Yogurt Power Bowl       |
| LUNCH          | Chicken & Broccoli Prep Box   |
| DINNER         | Salmon & Spinach Foil Packets |
| OPTIONAL SNACK | Cottage Cheese & Berry Cup    |
| DRINK OPTION   | Iced Green Tea                |



## DAY 3

|                |                            |
|----------------|----------------------------|
| BREAKFAST      | Overnight Chia Pudding     |
| LUNCH          | Mediterranean Lentil Salad |
| DINNER         | Chicken & Lentil Stew      |
| OPTIONAL SNACK | Turkey Roll-Ups            |
| DRINK OPTION   | Green Tea Berry Refresher  |



## DAY 4

|                |                               |
|----------------|-------------------------------|
| BREAKFAST      | Spinach & Feta Scramble       |
| LUNCH          | Cottage Cheese Veggie Plate   |
| DINNER         | Broccoli & Turkey Bake        |
| OPTIONAL SNACK | Greek Yogurt Ranch & Broccoli |
| DRINK OPTION   | Iced Green Tea                |

*This meal plan is general educational wellness content and is not individualized medical or nutrition advice. For medical advice, please consult a healthcare provider.*





# WEEK 1 — RESET

Days 1–7



**BREAKFAST**

Berry Yogurt Power Bowl

**LUNCH**

Lemon-Herb Chicken Salad

**DINNER**

Baked Salmon & Roasted Broccoli

**OPTIONAL SNACK**

Chia Berry Jam with plain Greek yogurt

**DRINK OPTION**

Green Tea Berry Refresher



**BREAKFAST**

Cottage Cheese Breakfast Bowl

**LUNCH**

Chicken & Broccoli Prep Box

**DINNER**

Broccoli & Turkey Bake

**OPTIONAL SNACK**

Everything Hard-Boiled Eggs

**DRINK OPTION**

Iced Green Tea



**BREAKFAST**

Overnight Chia Pudding

**LUNCH**

Mediterranean Lentil Salad

**DINNER**

Chicken & Lentil Stew

**OPTIONAL SNACK**

Cottage Cheese & Berry Cup

**DRINK OPTION**

Green Tea Berry Refresher



# RESET WEEK PREP



☐ Wash and portion spinach and broccoli.



☐ Prepare chicken breasts for salads and prep boxes.



☐ Prepare overnight chia pudding portions.



☐ Hard-boil eggs for quick snacks.



☐ Cook lentils for the week.



☐ Portion berries.



☐ Brew and chill green tea if desired.



☐ Review the Recipe Pack before cooking.



Batch preparation is optional. Prepare only what makes the week easier for your schedule.





# WEEK 2 — STABILIZE

*Days 8–14*

This week introduces additional meal variety while keeping the same simple daily structure.

## DAY 8



### BREAKFAST

Cottage Cheese Breakfast Bowl



### LUNCH

Salmon & Lentil Bowl



### DINNER

Turkey Meatballs Over Lentils



### OPTIONAL SNACK

Turkey Roll-Ups



### DRINK OPTION

Iced Green Tea

## DAY 9



### BREAKFAST

Berry Yogurt Power Bowl



### LUNCH

Turkey & Broccoli Stir-Fry

### DINNER

Salmon & Spinach Foil Packets

### OPTIONAL SNACK

Greek Yogurt Ranch & Broccoli

### DRINK OPTION

Green Tea Berry Refresher

## DAY 10

### BREAKFAST

Matcha Yogurt Cup

### LUNCH

Chicken & Broccoli Prep Box

### DINNER

Sheet-Pan Salmon & Veg

### OPTIONAL SNACK

Everything Hard-Boiled Eggs

### DRINK OPTION

Iced Green Tea

## DAY 11

### BREAKFAST

Smoked Salmon Egg Cups

### LUNCH

Egg & Spinach Frittata Slice

### DINNER

Herb-Roasted Chicken & Greens

### OPTIONAL SNACK

Cottage Cheese & Berry Cup

### DRINK OPTION

Green Tea Berry Refresher



# WEEK 2 — STABILIZE

DAY  
12



## BREAKFAST

Spinach & Feta Scramble



## LUNCH

Salmon & Lentil Bowl



## DINNER

Turkey Meatballs Over Lentils



## OPTIONAL SNACK

Turkey Roll-Ups



## DRINK OPTION

Iced Green Tea

DAY  
13



## BREAKFAST

Matcha Yogurt Cup



## LUNCH

Turkey & Broccoli Stir-Fry



## DINNER

Salmon & Spinach Foil Packets



## OPTIONAL SNACK

Chia Berry Jam with  
plain Greek yogurt



## DRINK OPTION

Green Tea Berry Refresher

DAY  
14



## BREAKFAST

Berry Yogurt Power Bowl



## LUNCH

Chicken & Broccoli Prep Box



## DINNER

Sheet-Pan Salmon & Veg



## OPTIONAL SNACK

Everything Hard-Boiled Eggs



## DRINK OPTION

Iced Green Tea

Batch preparation is optional. Prepare only what makes the week easier for your schedule.





# STABILIZE WEEK PREP



☐ Prepare Smoked Salmon Egg Cups.



☐ Cook lean turkey for breakfasts or stir-fry.



☐ Prepare cooked lentils.



☐ Wash and portion broccoli and spinach.



☐ Prepare Chicken & Broccoli Prep Boxes.



☐ Make Chia Berry Jam if desired.



☐ Brew and chill green tea.



## WHAT DID YOU NOTICE?

Hunger: \_\_\_\_\_

Energy: \_\_\_\_\_

Favorite meal: \_\_\_\_\_

Meal I would replace: \_\_\_\_\_



# WEEK 3 — STRENGTHEN

DAY  
15

## BREAKFAST



Spinach & Feta Scramble

## LUNCH



Lemon-Herb Chicken Salad

## DINNER



Broccoli & Turkey Bake

## OPTIONAL SNACK



Greek Yogurt Ranch & Broccoli

## OPTIONAL SIDE



Garlic Sautéed Spinach

## DRINK OPTION



Iced Green Tea

DAY  
16

## BREAKFAST



Cottage Cheese Breakfast Bowl

## LUNCH



Mediterranean Lentil Salad

## DINNER



Baked Salmon & Roasted Broccoli

## OPTIONAL SNACK



Cottage Cheese & Berry Cup

## DRINK OPTION



Green Tea Berry Refresher

DAY  
17

## BREAKFAST



Smoked Salmon Egg Cups

## LUNCH



Egg & Spinach Frittata Slice

## DINNER



Chicken & Lentil Stew

## OPTIONAL SNACK



Turkey Roll-Ups

## DRINK OPTION



Iced Green Tea

DAY  
18

## BREAKFAST



Turkey Breakfast Skillet

## LUNCH



Mediterranean Lentil Salad

## DINNER



Sheet-Pan Salmon & Veg

## OPTIONAL SNACK



Everything Hard-Boiled Eggs

## OPTIONAL SIDE



Garlic Sautéed Spinach

## DRINK OPTION



Green Tea Berry Refresher



# WEEK 3 — STRENGTHEN

DAY  
19



BREAKFAST

Overnight Chia Pudding

LUNCH

Salmon & Lentil Bowl

DINNER

Turkey Meatballs Over Lentils

OPTIONAL SNACK

Chia Berry Jam with plain Greek yogurt

DRINK OPTION

Iced Green Tea

DAY  
20



BREAKFAST

Berry Yogurt Power Bowl

LUNCH

Turkey & Broccoli Stir-Fry

DINNER

Salmon & Spinach Foil Packets

OPTIONAL SNACK

Greek Yogurt Ranch & Broccoli

DRINK OPTION

Green Tea Berry Refresher

DAY  
21



BREAKFAST

Matcha Yogurt Cup

LUNCH

Chicken & Broccoli Prep Box

DINNER

Baked Salmon & Roasted Broccoli

OPTIONAL SNACK

Cottage Cheese & Berry Cup

DRINK OPTION

Iced Green Tea



# BUILD YOUR PERSONAL ROTATION

The goal of the final week is not to memorize a perfect menu. It is to identify the meals that are satisfying, realistic and easy enough to repeat in everyday life.



## MY 3 FAVORITE BREAKFASTS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## MY 3 FAVORITE LUNCHES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## MY 3 FAVORITE DINNERS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



My easiest snack:

\_\_\_\_\_



The meal I will batch-prep most often:

\_\_\_\_\_

# YOUR 21-DAY MEAL PLAN AT A GLANCE



## WEEK 1 – RESET (DAYS 1-7)

| DAY   | BREAKFAST                     | LUNCH                       | DINNER                          | OPTIONAL SNACK                         |
|-------|-------------------------------|-----------------------------|---------------------------------|----------------------------------------|
| Day 1 | Spinach & Feta Scramble       | Lemon-Herb Chicken Salad    | Baked Salmon & Roasted Broccoli | Everything Hard-Boiled Eggs            |
| Day 2 | Berry Yogurt Power Bowl       | Chicken & Broccoli Prep Box | Salmon & Spinach Foil Packets   | Cottage Cheese & Berry Cup             |
| Day 3 | Overnight Chia Pudding        | Mediterranean Lentil Salad  | Chicken & Lentil Stew           | Turkey Roll-Ups                        |
| Day 4 | Spinach & Feta Scramble       | Cottage Cheese Veggie Plate | Broccoli & Turkey Bake          | Greek Yogurt Ranch & Broccoli          |
| Day 5 | Berry Yogurt Power Bowl       | Lemon-Herb Chicken Salad    | Baked Salmon & Roasted Broccoli | Chia Berry Jam with plain Greek yogurt |
| Day 6 | Cottage Cheese Breakfast Bowl | Chicken & Broccoli Prep Box | Broccoli & Turkey Bake          | Everything Hard-Boiled Eggs            |
| Day 7 | Overnight Chia Pudding        | Mediterranean Lentil Salad  | Chicken & Lentil Stew           | Cottage Cheese & Berry Cup             |

## WEEK 2 – STABILIZE (DAYS 8-14)

| DAY    | BREAKFAST                     | LUNCH                        | DINNER                        | OPTIONAL SNACK                         |
|--------|-------------------------------|------------------------------|-------------------------------|----------------------------------------|
| Day 8  | Cottage Cheese Breakfast Bowl | Salmon & Lentil Bowl         | Turkey Meatballs Over Lentils | Turkey Roll-Ups                        |
| Day 9  | Berry Yogurt Power Bowl       | Turkey & Broccoli Stir-Fry   | Salmon & Spinach Foil Packets | Greek Yogurt Ranch & Broccoli          |
| Day 10 | Matcha Yogurt Cup             | Chicken & Broccoli Prep Box  | Sheet-Pan Salmon & Veg        | Everything Hard-Boiled Eggs            |
| Day 11 | Smoked Salmon Egg Cups        | Egg & Spinach Frittata Slice | Herb-Roasted Chicken & Greens | Cottage Cheese & Berry Cup             |
| Day 12 | Spinach & Feta Scramble       | Salmon & Lentil Bowl         | Turkey Meatballs Over Lentils | Turkey Roll-Ups                        |
| Day 13 | Matcha Yogurt Cup             | Turkey & Broccoli Stir-Fry   | Salmon & Spinach Foil Packets | Chia Berry Jam with plain Greek yogurt |
| Day 14 | Berry Yogurt Power Bowl       | Chicken & Broccoli Prep Box  | Sheet-Pan Salmon & Veg        | Everything Hard-Boiled Eggs            |





# YOUR 21-DAY MEAL PLAN AT A GLANCE

## WEEK 3 — STRENGTHEN (Days 15–21)

| DAY                                                                                           | BREAKFAST                     | LUNCH                        | DINNER                          | OPTIONAL SNACK                                        |
|-----------------------------------------------------------------------------------------------|-------------------------------|------------------------------|---------------------------------|-------------------------------------------------------|
| <br>DAY 15   | Spinach & Feta Scramble       | Lemon-Herb Chicken Salad     | Broccoli & Turkey Bake          | Greek Yogurt Ranch & Broccoli                         |
| <br>DAY 16   | Cottage Cheese Breakfast Bowl | Mediterranean Lentil Salad   | Baked Salmon & Roasted Broccoli | Cottage Cheese & Berry Cup                            |
| <br>DAY 17 | Smoked Salmon Egg Cups        | Egg & Spinach Frittata Slice | Chicken & Lentil Stew           | Turkey Roll-Ups                                       |
| <br>DAY 18 | Turkey Breakfast Skillet      | Mediterranean Lentil Salad   | Sheet-Pan Salmon & Veg          | Everything Hard-Boiled Eggs<br>Garlic Sautéed Spinach |
| <br>DAY 19 | Overnight Chia Pudding        | Salmon & Lentil Bowl         | Turkey Meatballs Over Lentils   | Chia Berry Jam with plain Greek yogurt                |
| <br>DAY 20 | Berry Yogurt Power Bowl       | Turkey & Broccoli Stir-Fry   | Salmon & Spinach Foil Packets   | Greek Yogurt Ranch & Broccoli                         |
| <br>DAY 21 | Matcha Yogurt Cup             | Chicken & Broccoli Prep Box  | Baked Salmon & Roasted Broccoli | Cottage Cheese & Berry Cup                            |



# 21 Days Later, You Have a System.



You now have more than a collection of healthy recipes.

You have a repeatable meal structure.

Keep the breakfasts, lunches and dinners that worked best for you. Replace the ones that did not.

The goal was never to follow a perfect menu forever.

The goal was to make your next healthy meal easier to choose.

*Consistency beats complexity.*



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