

# The Daily Reset Mini-Guide

A gentle 24-hour rhythm to rebalance  
your body without restriction.  
A simple, natural, wellness framework to  
help you feel lighter, calmer, and more  
in control, grounded in real habits.





# What This Reset Is And Isn't

## What This Reset Is

A gentle 24-hour routine that:

- Reduces bloating
- Resets hunger cues
- Supports metabolism
- Calms your nervous system
- Helps you feel “back on track” without pressure

## What This Reset Is Not

This is NOT:

- ✗ A cleanse
- ✗ A detox
- ✗ Fasting
- ✗ A diet
- ✗ A restriction plan

It's simply a return to balance, using small habits that work with your body.







# Morning Reset (7–10 AM)

Start your reset with calm, hydration, and clarity.

- ✓ Warm lemon or ginger water  
- Wakes up digestion gently.
- ✓ Herbal tea: peppermint, fennel, or nettle — Supports metabolism and reduces bloating.
- ✓ Light movement - 10 minutes  
- Walking, mobility, or stretching.
- ✓ No phone for the first 10 minutes  
- Your nervous system needs to wake up naturally.



Your morning rhythm sets your hormones, hunger, and energy for the rest of the day.





# First Meal Reset

First Meal: Late Morning (Balanced & Calming)  
Aim for protein + fiber + healthy fat:

Examples:

- Eggs + greens + avocado
- Greek yogurt + berries + chia seeds
- Protein shake + spinach + flaxseed





# Midday Reset

## (12–3 PM)

A little structure = a calmer afternoon.

- ✓ 10-minute walk  
Supports digestion + reduces insulin spikes.
- ✓ 6 deep breaths  
Calms cortisol.
- ✓ Optional herbal support  
Ashwagandha or holy basil for stress balance (if suitable for you).
- ✓ No grazing  
Give your digestive system space.







# *Afternoon Meal Reset*



## *Afternoon Meal (2–5 PM)*

Choose one:

- Balanced plate (protein + veggies + healthy fat)
- Nourishing bowl: soup, stew, stir fry
- Protein smoothie for lighter digestion

### ***Pro tip:***

*Add ginger or cinnamon to support natural metabolic balance.*

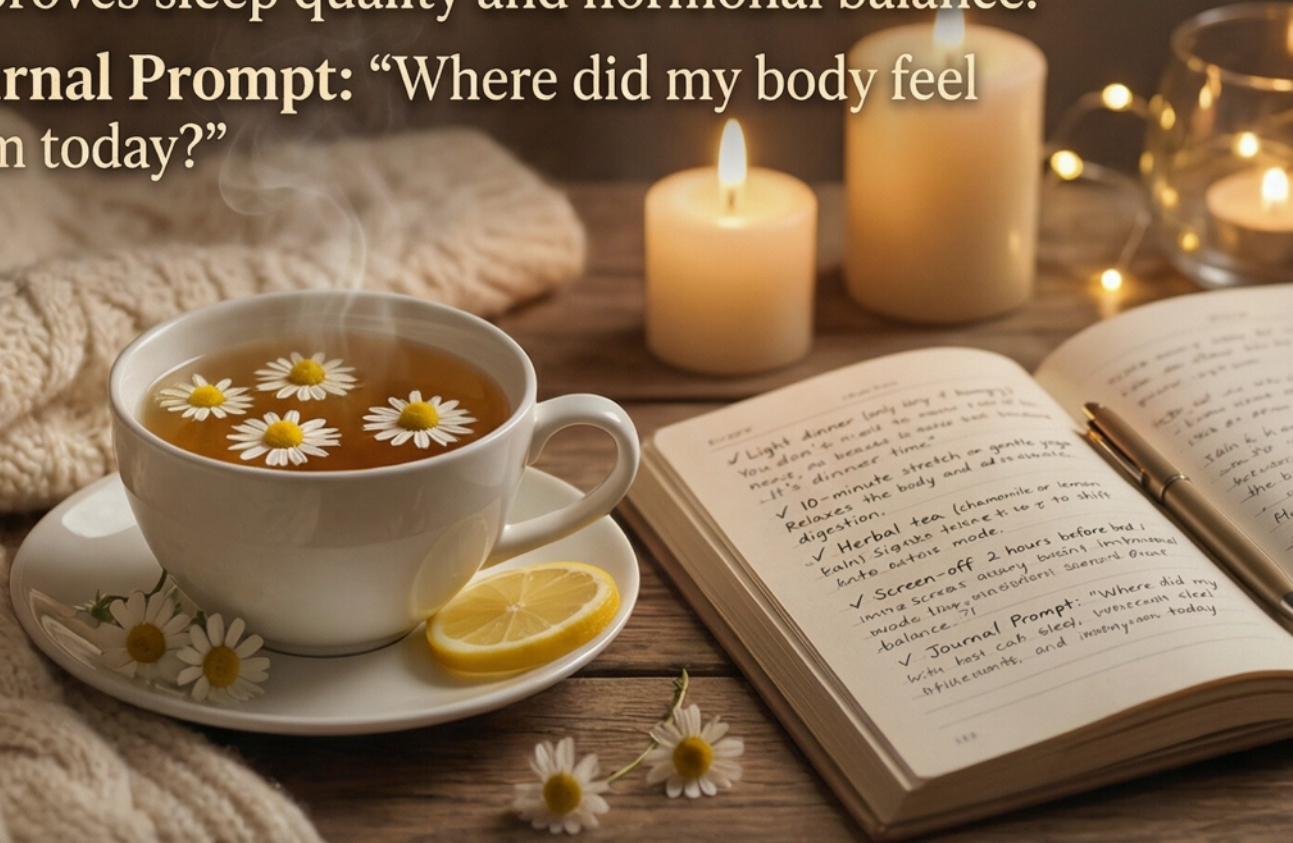


# Evening Reset



## Evening Wind Down (6–9 PM)

- ✓ **Light dinner (only if hungry)**  
You don't need to eat "because it's dinner time."
- ✓ **10-minute stretch or gentle yoga**  
Relaxes the body and aids digestion.
- ✓ **Herbal tea (chamomile or lemon balm)**  
Signals the body to shift into rest mode.
- ✓ **Screen-off 2 hours before bed**  
Improves sleep quality and hormonal balance.
- ✓ **Journal Prompt:** "Where did my body feel calm today?"



Evening routines influence hormones, hunger, recovery, and mental clarity the next morning.



# Next morning check-in



## The Next Morning

You should notice at least 1–2 of these:

- Lighter feeling in the stomach
- More stable hunger
- Clearer mind
- Lower cravings
- Better sleep
- More motivation

That's the reset working.

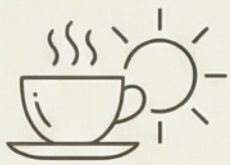






# Daily Reset Short Version

## The Daily Reset



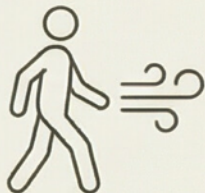
Morning

- Warm lemon water
- Herbal tea
- 10-min movement
- No phone for 1 hour



First Meal

Protein + fiber + healthy fat



Midday

- Walk 10 minutes
- 6 deep breaths
- No grazing
- Optional adaptogens



Afternoon

Balanced meal or smoothie



Evening

- Light dinner (optional)
- Stretch 10 minutes
- Tea
- Screen-off 2 hours



Wake up: Lighter, clearer, calmer..







# Save it and come back anytime

Use it when:

- the day feels heavy
- you're overwhelmed
- your eating feels reactive
- you're tense, tired, or restless
- you're sliding back into old patterns

It's a gentle recalibration, not a rulebook.