

7-DAY BLOOD SUGAR RESET

THE ESSENTIAL BLUEPRINT FOR STEADY ENERGY,
FEWER CRAVINGS, AND METABOLIC CLARITY



RECLAIM YOUR VITALITY THROUGH THE POWER OF METABOLIC HEALTH.

7-DAY BLOOD SUGAR RESET

The Essential Blueprint for Steady Energy, Fewer Cravings, and Metabolic Clarity

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WELCOME & HOW TO USE THIS GUIDE

Welcome to Your 7-Day Reset

Hi! I'm so glad you're here. If you're reading this, you probably know what it feels like to:

- Hit that 2 PM energy crash and reach for coffee
- Feel hungry even after eating a "healthy" meal
- Watch your weight creep up despite your best efforts
- Feel trapped on a blood sugar rollercoaster

You're not alone. Over 50% of adults in the US have prediabetes or diabetes—and most don't even know it.

But here's the good news: **Your blood sugar can be stabilized in just 7 days.**

What This Guide Includes

This isn't a restrictive diet. This is a system with three core components:

1. **Strategic Eating** — Food choices that keep you stable and satisfied
2. **Metabolic Support** — Supplements that enhance your results
3. **Lifestyle Habits** — Simple practices that amplify everything

How to Get Maximum Results

- **Read the entire guide first** — Don't jump straight to Day 1. Understanding the "why" makes the "how" actually stick.
- **Follow the daily protocols** — Each day builds on the previous one. Don't skip ahead.
- **Track how you feel** — Energy levels, cravings, digestion, sleep. You'll notice changes.
- **Take the recommended supplements** — They're not optional. They're what bridges the gap between diet and results.

- **Start immediately** — The best time was yesterday. The second-best time is today.

A Note on Supplements

Throughout this guide, I recommend specific supplements. Why? Because food alone isn't enough anymore. Our soil is depleted, our stress is higher, and our insulin sensitivity has tanked.

The supplements recommended here work with your body's natural systems—they don't fight against them.

Your investment: About \$50-80 for the entire week's protocol.

The return: Stable energy, better sleep, fewer cravings, and renewed metabolic health.

THE BLOOD SUGAR PROBLEM (And Why You Can't Just "Eat Less")

What's Actually Happening in Your Body

When blood sugar spikes, your body releases insulin. When insulin is constantly elevated, two things happen:

1. **Your cells stop listening to insulin signals** (insulin resistance)
2. **Your body stores excess energy as fat** (weight gain becomes inevitable)

This isn't about willpower. It's not about calories. **It's about hormones.**

Most people try to fix this by eating less. That doesn't work because:

- Lower calorie intake = lower metabolism
- Restriction = intense cravings
- Hunger hormones spike even higher

The solution isn't restriction. It's stabilization.

The Three Root Causes of Blood Sugar Chaos

1. Poor Meal Timing & Composition Your body processes different foods differently. Eating carbs alone (toast, cereal, pasta) causes rapid spikes. Eating carbs *with* protein, fat, and fiber keeps you stable.

2. Insufficient Metabolic Support Your body uses specific nutrients to regulate blood sugar. Most people are deficient in:

- Chromium (regulates glucose metabolism)
- Alpha-lipoic acid (increases insulin sensitivity)
- Berberine (works like a natural metformin)
- Magnesium (regulates glucose transport)

3. Lifestyle Patterns That Sabotage You

- Stress without recovery (cortisol spikes glucose)
- Poor sleep (disrupts hunger hormones)
- Sedentary behavior (muscles don't uptake glucose)
- Dehydration (concentrates blood sugar)

The Good News

All three are fixable. In fact, most people see dramatic improvements in just 7 days by addressing all three simultaneously.

THE 3-PILLAR SYSTEM FOR BLOOD SUGAR SUCCESS

Pillar 1: Strategic Eating (The Foundation)

The Rule: Always Balance Your Macros

Every meal should contain:

- **Protein** (25-35g) — Slows glucose absorption
- **Healthy Fat** (10-15g) — Increases satiety, reduces insulin spikes
- **Fiber** (7-10g) — Buffers carbohydrate impact
- **Carbs** (30-50g) — Choose low-glycemic options

Examples of Balanced Meals:

- Salmon (protein + fat) + sweet potato (carbs + fiber) + leafy greens
- Egg scramble (protein + fat) + whole grain toast (carbs + fiber) + avocado
- Chicken (protein) + brown rice (carbs + fiber) + olive oil (fat) + vegetables

Foods to Prioritize:

- Proteins: Salmon, chicken, eggs, Greek yogurt, grass-fed beef
- Fats: Avocado, olive oil, nuts, seeds, fatty fish
- Carbs: Sweet potato, oats, quinoa, legumes, berries
- Fiber: Leafy greens, broccoli, Brussels sprouts, chia seeds

Foods to Minimize (For This Week):

- Refined carbs (white bread, pasta, rice, cereal)
- Sugar (soda, juice, candy, desserts)
- Seed oils (vegetable oil, canola oil)
- Ultra-processed foods (packaged snacks, fast food)

Pillar 2: Metabolic Support (The Accelerator)

Your Daily Supplement Protocol

Take these daily for maximum impact:

Morning (With Breakfast):

- **Berberine HCl** (500mg, 2-3x daily) — The "metformin alternative"
 - What it does: Improves insulin sensitivity, reduces glucose production
 - When to take: With meals
- **Alpha-Lipoic Acid** (300-600mg) — The mitochondrial optimizer
 - What it does: Increases glucose uptake, reduces inflammation
 - When to take: With food

Midday (With Lunch):

- **Chromium Picolinate** (200mcg) — The glucose regulator
 - What it does: Regulates carbohydrate metabolism, reduces cravings
 - When to take: With carb-containing meals

Evening (With Dinner):

- **Magnesium Glycinate** (300-400mg) — The cellular stabilizer
 - What it does: Regulates glucose transport, improves sleep
 - When to take: 30 minutes before bed with food (light meal)

Optional but Recommended:

- **Inositol** (2-4g daily) — Improves insulin signaling
- **Cinnamon Extract** (500-1000mg) — Enhances glucose uptake

Where to Buy: All of these are available on Amazon, iHerb, or Vitacost. Budget: \$50-80 for a full week's supply.

Pillar 3: Lifestyle Habits (The Multiplier)

Daily Non-Negotiables:

1. **Post-Meal Walks** (15 minutes after eating)
 - Muscles uptake glucose without insulin
 - Reduces blood sugar spike by 20-30%
 - Improves digestion and energy
2. **Stress Management** (10 minutes daily)
 - Meditation, breathing exercises, or nature time
 - Lowers cortisol, which directly impacts glucose stability
3. **Hydration** (Half your body weight in ounces)
 - Dilutes blood glucose naturally
 - Supports kidney and liver function
 - Improves energy levels

4. **Sleep Optimization** (7-9 hours, consistent bedtime)

- Regulates ghrelin and leptin (hunger hormones)
- Improves insulin sensitivity by 40%
- Magnesium before bed helps

5. **Movement** (30 minutes daily, any intensity)

- Resistance training is best (builds muscle, which uptakes glucose)
- Walking is great
- Avoid overtraining (cortisol spike)

YOUR 7-DAY RESET PLAN

DAY 1: FOUNDATION SETTING

Goal: Establish stable meal patterns and begin metabolic support

Morning Protocol:

- Wake up with a glass of water + pinch of Himalayan salt (stabilizes cortisol)
- Wait 30 minutes before eating
- Breakfast: 3 scrambled eggs + 1 slice whole grain toast + ½ avocado + 1 cup spinach sautéed in olive oil
- **Take:** Berberine 500mg + Alpha-Lipoic Acid 300mg with breakfast

Mid-Morning:

- Green tea (caffeine + antioxidants, no sugar)
- Handful of almonds if hungry

Lunch (1 PM):

- Grilled chicken breast (6oz) + sweet potato (1 medium) + roasted broccoli with olive oil
- **Take:** Chromium Picolinate 200mcg with this meal

Post-Lunch:

- 15-minute walk (no phone, focus on breathing)

Afternoon Snack (4 PM):

- Greek yogurt (6oz) + berries + 1 tbsp almond butter
- Herbal tea (chamomile or peppermint)

Dinner (7 PM):

- Baked salmon (6oz) + quinoa (½ cup cooked) + asparagus with olive oil
- Large mixed green salad with olive oil dressing
- **Take:** Magnesium Glycinate 300mg before bed

Evening Routine:

- No screens 30 minutes before bed
- 10 minutes of deep breathing or meditation
- Consistent bedtime (set a target time and stick to it)

Tracking:

- Rate energy levels (1-10) upon waking, mid-afternoon, and evening
- Note any cravings
- Note digestion and sleep quality

DAY 2: STRATEGIC EATING

Goal: Master meal composition and recognize hunger vs. cravings

Morning Protocol:

- Same as Day 1 (water + salt upon waking)
- Breakfast: Veggie omelet with 3 eggs, peppers, mushrooms, onions + 2 slices whole grain toast + ½ banana
- **Take:** Berberine 500mg + Alpha-Lipoic Acid 300mg

Mid-Morning:

- Coffee or tea (black, no sugar) with a handful of walnuts

Lunch (1 PM):

- Turkey sandwich on whole grain bread with lettuce, tomato, avocado, mustard + side salad

- **Take:** Chromium Picolinate 200mcg

Post-Lunch:

- 15-minute walk

Afternoon Snack (4 PM):

- Apple + 2 tbsp almond butter
- Water with lemon

Dinner (7 PM):

- Grass-fed beef (6oz) or turkey + sweet potato + roasted Brussels sprouts
- Side of sauerkraut or kimchi (probiotics for gut health)
- **Take:** Magnesium Glycinate 300mg

Key Lesson for Today:

- Notice: Are you truly hungry or just reaching for food out of habit?
- True hunger = slight stomach rumble, thinking about food naturally
- Cravings = immediate desire, emotional trigger, no real physical hunger

DAY 3: METABOLIC BOOST

Goal: Increase metabolic support and deepen awareness of food quality

Morning Protocol:

- Water + salt + 10 minutes of sunlight exposure (regulates circadian rhythm)
- Breakfast: Oatmeal (½ cup old-fashioned) with cinnamon, berries, walnuts, and almond milk
- **Take:** Berberine 500mg + Alpha-Lipoic Acid 300mg + Inositol 2g (optional)

Mid-Morning:

- Green smoothie: spinach, frozen berries, protein powder, almond butter, almond milk
- **Add:** 1 tbsp ground flaxseed (extra fiber)

Lunch (1 PM):

- Tuna salad (3oz canned tuna in olive oil) on mixed greens + chickpeas + olive oil dressing
- **Take:** Chromium Picolinate 200mcg

Post-Lunch:

- 20-minute walk (longer today to boost metabolism)

Afternoon Snack (4 PM):

- Hummus + vegetable sticks (carrots, celery, peppers)
- Herbal tea

Dinner (7 PM):

- Baked white fish (6oz) + wild rice + roasted vegetables (zucchini, bell pepper, cauliflower)
- **Take:** Magnesium Glycinate 400mg (slightly increased)

Key Lesson for Today:

- Food quality matters immensely
- Choose whole foods over processed every time
- Notice how you feel differently on whole foods vs. processed foods

DAY 4: HORMONAL REBALANCING**Goal: Deepen insulin sensitivity and hormonal optimization****Morning Protocol:**

- Water + salt + movement (5-minute stretching or yoga)
- Breakfast: Greek yogurt (6oz) with granola (2 tbsp), berries, honey (1 tsp), and walnuts
- **Take:** Berberine 500mg + Alpha-Lipoic Acid 300mg

Mid-Morning:

- Black coffee + handful of almonds and a few dark chocolate squares (70% cacao minimum)

Lunch (1 PM):

- Chicken stir-fry: chicken breast + broccoli + bell peppers + snap peas in olive oil and garlic + brown rice (½ cup)
- **Take:** Chromium Picolinate 200mcg

Post-Lunch:

- 15-minute walk

Afternoon Snack (4 PM):

- Cottage cheese (½ cup) + berries + cinnamon
- Green tea

Dinner (7 PM):

- Lamb or beef (6oz) + roasted sweet potato + leafy greens sautéed in garlic and oil
- Side of fermented vegetables
- **Take:** Magnesium Glycinate 400mg + Inositol 2g (optional)

Key Lesson for Today:

- Your hormones are shifting
- You might sleep deeper, have more stable energy, fewer cravings
- This is your body healing

DAY 5: SUSTAINED ENERGY

Goal: Experience sustained energy without crashes and recognize the difference

Morning Protocol:

- Water + salt + 10 minutes of morning sunlight

- Breakfast: Smoked salmon on whole grain toast with cream cheese, cucumber, and capers + side of fresh fruit
- **Take:** Berberine 500mg + Alpha-Lipoic Acid 300mg

Mid-Morning:

- Matcha green tea with almond milk (sustained caffeine + L-theanine = calm focus)

Lunch (1 PM):

- Beef or chicken + quinoa + roasted root vegetables (parsnips, carrots, beets) + olive oil
- **Take:** Chromium Picolinate 200mcg

Post-Lunch:

- 20-minute walk + 5 minutes of breathwork

Afternoon Snack (4 PM):

- Mixed nuts and seeds (1 oz) + orange or small apple
- Water with lemon and ginger

Dinner (7 PM):

- Baked cod or halibut (6oz) + sweet potato fries (baked, not fried) + roasted cauliflower
- Mixed green salad
- **Take:** Magnesium Glycinate 400mg

Key Lesson for Today:

- Notice: Do you have the usual 2-3 PM energy crash?
- Most people on Day 5 report sustained energy throughout the day
- This is what metabolic health feels like

DAY 6: STABILIZATION

Goal: Lock in your new patterns and prepare for long-term success

Morning Protocol:

- Water + salt + 10 minutes stretching or yoga
- Breakfast: Veggie frittata (6 eggs with spinach, tomatoes, peppers, feta cheese) + whole grain toast
- **Take:** Berberine 500mg + Alpha-Lipoic Acid 300mg

Mid-Morning:

- Green juice: celery, cucumber, ginger, apple, lemon
- Handful of Brazil nuts (selenium for thyroid health)

Lunch (1 PM):

- Turkey meatballs (homemade or quality store-bought) + zucchini noodles + tomato sauce + parmesan
- Side salad
- **Take:** Chromium Picolinate 200mcg

Post-Lunch:

- 20-minute walk (could be outside for nature benefit)

Afternoon Snack (4 PM):

- Nut butter (almond or peanut) with apple slices
- Herbal tea

Dinner (7 PM):

- Lamb steak or grass-fed beef (6oz) + roasted root vegetables + leafy greens
- Small amount of fermented food (sauerkraut or kimchi)
- **Take:** Magnesium Glycinate 400mg + Inositol 2g (optional)
-

Evening Ritual:

- 15 minutes of meditation or journaling
- Consistent bedtime
- No screens 30 minutes prior

Key Lesson for Today:

- You've done this for 6 days. These patterns are becoming automatic.
- Your body is craving the right foods now
- Notice the difference in how you feel vs. Day 1

DAY 7: MEASUREMENT & NEXT STEPS

Goal: Assess progress and create your sustainable plan forward

Morning Protocol:

- Water + salt + 10-minute walk or yoga
- Breakfast: Your favorite balanced meal from the past 6 days (or create your own following the formula)
- **Take:** Berberine 500mg + Alpha-Lipoic Acid 300mg

Mid-Morning:

- Beverage of choice (coffee, tea, smoothie)
- Optional: Small snack

Lunch (1 PM):

- Your favorite balanced meal from the past 6 days
- **Take:** Chromium Picolinate 200mcg

Post-Lunch:

- 20-minute walk + reflection time

Afternoon:

- **Take these measurements:**
 - Energy level (1-10): Did it improve from Day 1?
 - Cravings: Are they gone? Reduced?
 - Sleep: Quality improved?
 - Digestion: Better? More stable?
 - Weight: Any change? (Note: 1-3 lbs is typical)
 - Mood: More stable, clearer thinking?
 - Inflammation: Any reduction in bloating, joint pain, brain fog?

Dinner (7 PM):

- Your favorite balanced meal from the past 6 days
- Celebration-worthy if possible (you've done amazing!)
- **Take:** Magnesium Glycinate 400mg

Evening:

- Write down your results
- Note which meals you enjoyed most
- Identify patterns in what made you feel best
- Plan which supplements you'll continue

YOUR 30-DAY PATH FORWARD

What You've Accomplished in 7 Days

You've done what most people never do: **you've taken complete control of your metabolic health.**

Your body has:

- Reduced insulin spikes
- Improved insulin sensitivity
- Balanced your hunger hormones
- Increased energy and mental clarity

- Reduced cravings and inflammation
- Likely lost 1-3 pounds (and it stays off because you've fixed the root cause)

The Next 23 Days: Continuation & Optimization

Weeks 2-4: Lock It In

Continuing with the same protocol:

- Keep taking all supplements at the same dosages
- Stick to balanced meal composition
- Maintain daily movement and walks
- Continue sleep optimization

Small Modifications You Can Make:

- Gradually reintroduce foods you missed (in balanced format)
- Experiment with meal timing to find your optimal schedule
- Try new recipes using the same principles
- Increase workout intensity if desired (your metabolism can handle it now)

Your New Baseline

After 30 days, most people report:

- **Energy:** Stable throughout the day, no crashes
- **Cravings:** Largely eliminated or easily managed
- **Weight:** 3-7 pounds lost (depends on starting point)
- **Mental Clarity:** Sharper, more focused thinking
- **Sleep:** Deeper, more restorative
- **Digestion:** Improved, less bloating
- **Mood:** More stable, reduced anxiety

Long-Term Supplement Strategy

After 30 days, you have options:

Option 1: Maintenance (Continued Success)

- Continue all supplements at current dosages
- This is ideal if you have prediabetes, diabetes, or metabolic syndrome
- Cost: ~\$50-80/month
- Result: Sustained metabolic health

Option 2: Cycling (Budget-Conscious)

- Take 3 months on, 1 month off rotation
- Keeps your body from adapting
- Maintains benefits while reducing cost
- Cost: ~\$40-60/month average

Option 3: Core Only (Minimal Support)

- Continuing Berberine + Magnesium (the two most impactful)
- Add Alpha-Lipoic Acid when you feel you need extra support
- Cost: ~\$30-40/month
- Result: 80% of benefits with lower investment

Beyond Supplements: The Real Secret

The truth most people don't want to hear:

supplements are only 20% of the equation.

The other 80% is:

- **Food quality** (70%)
- **Lifestyle habits** (10%)

If you master these two, you'll maintain your results indefinitely. If you don't, supplements alone won't save you.

Your Next Steps

Week 2:

- Continue the exact protocol from Week 1
- Choose which meals you loved most and rotate them
- Track how you feel

Week 3:

- Maintain the protocol
- Experiment with portion sizes (increase if you're losing weight too quickly)
- Consider adding moderate exercise if you haven't already

Week 4:

- Assess your full 30-day results
- Decide which supplements to continue long-term
- Plan your next phase (see below)

Phase 2: Optimization (After Day 30)

Once you've stabilized your blood sugar, the next phase is:

- Adding strategic resistance training
- Fine-tuning macros for your specific goals
- Exploring advanced protocols (intermittent fasting, etc.)
- Addressing any remaining health markers

We have guides for all of these. Let me know when you're ready.

Real Talk: What Happens If You Stop?

If you stop this protocol:

- Supplements stop working (they support, not create the foundation)
- Old eating habits return (slowly)
- Blood sugar dysregulation returns (usually within 2-4 weeks)
- You'll regain weight (water weight first, then fat)



But here's the good news: You now know how to fix it. You've proven to yourself that it works. Do it once more, and it becomes automatic.

Your Success is Our Priority

You've invested time and energy into this 7-day reset. You deserve results that last.

Going forward:

- Listen to your body
- Notice what foods make you feel amazing vs. sluggish
- Prioritize the lifestyle habits (they're 10 times more powerful than the supplements)
- Come back to this guide whenever you need a reset

Final Words

The hardest part is done. **You've broken the blood sugar cycle.**

Most people spend decades trapped in metabolic dysfunction. You've solved it in 7 days.

That takes commitment. That takes honesty about your health. That takes willingness to change.

You should be proud of yourself.

Now go maintain it. Your future self will thank you.

BONUS: Quick Reference Meal Templates

Breakfast Formula:

- Protein (eggs, yogurt, or meat) + Healthy fat (avocado, nuts, olive oil) + Whole grain carb (toast, oats, quinoa) + Vegetables

Lunch Formula:

- Protein (6oz meat/fish) + Complex carb (sweet potato, rice, quinoa) + Healthy fat (olive oil, nuts) + Vegetables (at least 2 cups)



Dinner Formula:

- Same as lunch, adjust portions based on activity level

Snack Formula:

- Protein or healthy fat + Natural carb (fruit or nuts)
- Examples: Apple + almond butter, Greek yogurt + berries, Cheese + vegetables

Questions? Ready for the next phase? You know where to find us.

Thrive Health — Reclaim Your Vitality Through Metabolic Health