

THE WEIGHT-LOSS RESET MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS	
MON	Turmeric water Smoothie + 2 Boiled Eggs	Detox Chicken Tray with 100g Whole Grain	Ultimate protein salad	Choose 1 snack from the Glow-Up Healthy Snack List	
TUE	Turmeric water Smoothie + 2 Boiled Eggs	Omega-3 Salmon Tray with 100g Whole Grain	Collagen Booster Soup	Choose 1 snack from the Glow-Up Healthy Snack List	
WED	Turmeric water Smoothie + 2 Boiled Eggs	Detox Chicken Tray with 100g Whole Grain	Glow-Up Wraps	Choose 1 snack from the Glow-Up Healthy Snack List	
THU	Turmeric water Smoothie + 2 Boiled Eggs	Glow & Grow Steak Plate	Ultimate Glow up salad	Choose 1 snack from the Glow-Up Healthy Snack List	
FRI	Turmeric water Smoothie + 2 Boiled Eggs	Detox Chicken Tray with 100g Whole Grain	Collagen Booster Soup	Choose 1 snack from the Glow-Up Healthy Snack List	
SAT	Turmeric water Smoothie + 2 Boiled Eggs	Omega-3 Salmon Tray with 100g Whole Grain	Glow-Up Wraps	Choose 1 snack from the Glow-Up Healthy Snack List	
SUN	Turmeric water Smoothie + 2 Boiled Eggs	Glow & Grow Steak Plate	Clear Skin Miso Soup	Choose 1 snack from the Glow-Up Healthy Snack List	

GENTLE WEIGHT LOSS RESET – BALANCED & NOURISHING

This plan is based on a healthy calorie deficit using tasty, real-food meals. We're not giving up our glow — we're just making more mindful choices.

1. Prioritize Balanced Meals

Eat at least one balanced meal a day that includes protein, veggies, and healthy fats. This keeps your body nourished and your skin radiant.

2. Be Mindful of Portions

Since we're in a calorie deficit, portion awareness matters. You don't have to weigh everything, but try to be conscious of how much you're eating — especially snacks and extras.

3. Smart Snacking

If you're craving something sweet, don't ignore it — just choose from the approved snack list so you stay on track without feeling deprived.

4. Hydrate & Support Your Body

- Smoothies, coffee, sparkling water, and herbal teas will be your best friends on this reset.
- These help manage cravings and keep your energy steady.

5. Know Your Calories (But Don't Obsess)

You don't need to track every bite, but having a basic understanding of your daily calorie needs will help you stay consistent and see results. Think of it as body awareness — not restriction.

This reset is here to help you feel lighter, clearer, and more in control — while still enjoying food that nourishes your body and supports your glow.

THE BALANCED GLOW MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS	
MON	Protein Smoothie + 2 Boiled Eggs	Glow & Grow Steak Plate	Ultimate protein salad with whole grain bread	Choose 1 snack from the Glow-Up Healthy Snack List	
TUE	Protein Smoothie + 2 Boiled Eggs	Omega-3 Salmon Tray with Whole Grain	Collagen Booster Soup with whole grain	Choose 1 snack from the Glow-Up Healthy Snack List	
WED	Protein Smoothie + 2 Boiled Eggs	Detox Chicken Tray with Whole Grain	Glow-Up Wraps	Choose 1 snack from the Glow-Up Healthy Snack List	
THU	Protein Smoothie + 2 Boiled Eggs	Omega-3 Salmon Tray with 100g Whole Grain	Ultimate Glow up salad	Choose 1 snack from the Glow-Up Healthy Snack List	
FRI	Protein Smoothie + 2 Boiled Eggs	Detox Chicken Tray with 100g Whole Grain	Collagen Booster Soup with whole grain	Choose 1 snack from the Glow-Up Healthy Snack List	
SAT	Protein smoothie Smoothie + 2 Boiled Eggs	Omega-3 Salmon Tray with 100g Whole Grain	Glow-Up Wraps	Choose 1 snack from the Glow-Up Healthy Snack List	
SUN	Protein Smoothie + 2 Boiled Eggs	Glow & Grow Steak Plate	Clear Skin Miso Soup + whole grain rice	Choose 1 snack from the Glow-Up Healthy Snack List	

BALANCED GLOW-UP PLAN – SIMPLE DAILY GUIDELINES

You can still eat mindfully and enjoy real food. This plan supports clear skin and a fit, energized body without obsessing over carbs.

1. Optional Protein Support (For Muscle, Glow, and Strength)

Add protein powder to your smoothie for extra nourishment.

- For weight gain, try the Muscle Growth Fuel Smoothie.
- For hormone support, go with the Hormone Harmony Smoothie and add collagen root or clean protein. for extra support — whether you're looking to build strength, maintain muscle, or glow from within.

2. Focus on Whole Grains (No Need to Count)

You don't have to count carbs — just choose nourishing whole grains like:

- Brown rice
- Quinoa
- Whole grain bread

These give your body steady energy and support glowing skin.

3. Light & Nourishing Dinners

For dinner, keep it simple:

- Soup and salad are still excellent for skin and digestion.
- Add a mindful portion of whole grains if needed — this keeps you satisfied **without overeating.**

4. Protein & Veggies – No Measuring Required

You don't need to weigh or track. Just aim for a balanced plate:

- Half your plate veggies
- A good portion of protein (like eggs, tofu, fish, or chicken)

Prep your meals ahead of time to avoid eating out during the challenge — this keeps your momentum strong and your choices aligned with your glow-up goals.

FAT-LOSS RESET MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS	
MON	Turmeric water Ghee or oil pulling	Glow & Grow Steak Plate	Ultimate protein salad	Unsweetened yogurt with berry	
TUE	Turmeric water Ghee or oil pulling	Omega-3 Salmon Tray	Collagen Booster Soup	Hormone Harmony smoothie	
WED	Turmeric water Ghee or oil pulling	Detox Chicken Tray	Glow-Up Wraps	Omega-3 smoothie	
THU	Turmeric water Ghee or oil pulling	Omega-3 Salmon Tray	Ultimate Glow up salad	Nut butter	
FRI	Turmeric water Ghee or oil pulling	Detox Chicken Tray	Collagen Booster Soup	Coffee with milk	
SAT	Turmeric water Ghee or oil pulling	Glow & Grow Steak Plate	Glow-Up Wraps	Hormone Harmony Smoothie	
SUN	Turmeric water Ghee or oil pulling	Omega-3 Salmon Tray	Clear Skin Miso Soup	Unsweetened yogurt with berry	

FAT LOSS PLAN – KEY STEPS TO FOCUS ON

1. If You're Fasting — Support Your Body Gently

- In the morning, you can do oil pulling or take 1 tsp of coconut oil, ghee, or MCT oil. This won't break your fast but can support fat-burning and reduce cravings.
- If you prefer breakfast, that's totally okay!

Start your day with an omega-3 smoothie paired with a boiled egg or nut butter to keep your energy and blood sugar stable.

2. Be Mindful with High Glycemic Foods

Don't be afraid of fruits and veggies — just be mindful of how some can raise your blood sugar more than others.

Try to limit:

- Mango, banana, apples, cherries
- Potatoes, beets, carrots

During fat loss, aim to stay under 50g of net carbs per day for the best results. Stick to low-glycemic fruits (like berries) and green veggies to stay in the fat-burning zone.

3. Fuel with Healthy Fats for Hormones & Skin

Healthy fats are your best friend in this plan — they support glowing skin, balanced hormones, and steady moods. Use high-quality fats like:

- Avocado oil
- Olive oil
- Coconut oil
- Ghee

For smoothies, try the Hormone Harmony Smoothie by swapping banana with ½ an avocado. It's creamy, blood-sugar-friendly, and deeply nourishing.

4. Glow-Friendly Drinks to Keep You Going

- Coffee is okay — just use a little coconut milk or whole milk, not too much.
- Add apple cider vinegar to sparkling water for digestion and cravings.
- Sip herbal teas (like peppermint, dandelion, or ginger) throughout the day — they help with bloating, detox, and relaxation.

These drinks will be your best friends on your fat loss journey!