



EAT RIGHT. BE WELL.



21-Day Weight Loss Reset

WHERE FOOD MEETS FREEDOM.



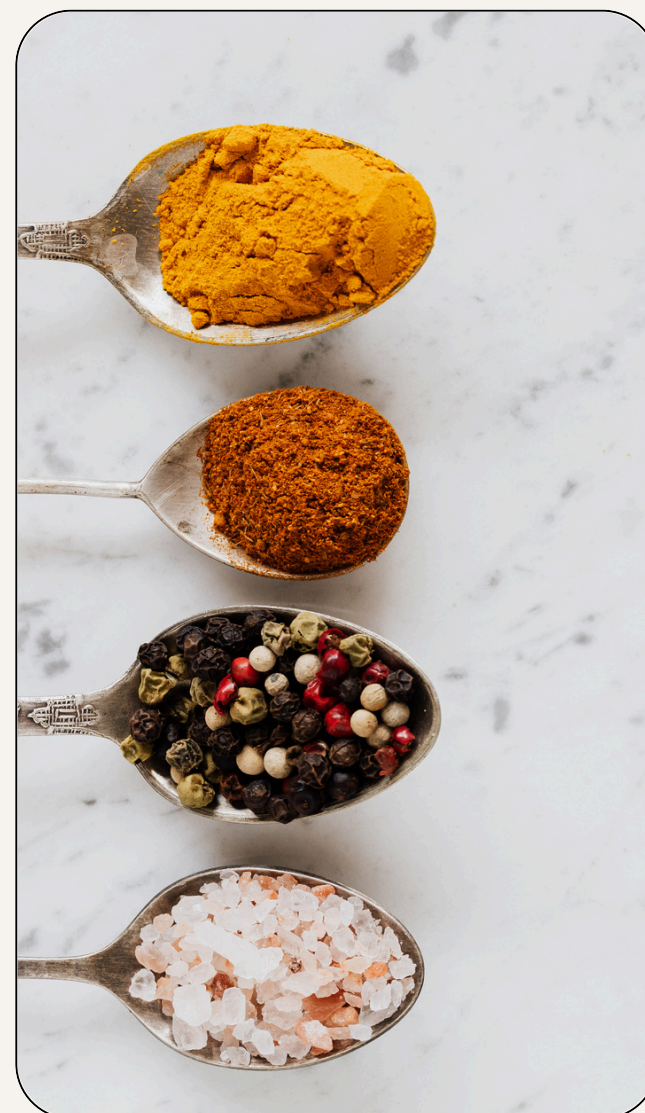
Why “Eating Healthy” Still Isn’t Working

You’re doing “all the right things” — eating clean, avoiding sugar, and trying to stay consistent, yet your body still feels inflamed, tired, or stuck. This isn’t a willpower issue; it’s a blood sugar, inflammation, and metabolic signaling issue. You may be experiencing energy crashes, constant cravings, weight that won’t budge, or a persistent feeling of restriction and overwhelm despite your best efforts.

This Is Not a Diet. It's a Reset.



THE 21-DAY WEIGHT LOSS RESET IS DESIGNED TO CALM INFLAMMATION, STABILIZE BLOOD SUGAR, REDUCE CRAVINGS, AND SUPPORT SUSTAINABLE FAT LOSS, WITHOUT TRACKING, COUNTING, OR RESTRICTION. THIS APPROACH FOCUSES ON NOURISHMENT OVER CONTROL, HELPING YOU BUILD HABITS THAT FEEL SUPPORTIVE, REALISTIC, AND LASTING. SIMPLE. NOURISHING. SUSTAINABLE.



What 21 Days Can Change

IN JUST THREE WEEKS, YOU'LL BUILD A FOUNDATION THAT SUPPORTS YOUR BODY INSTEAD OF FIGHTING IT. YOU MAY EXPERIENCE FEWER BLOOD SUGAR SPIKES AND CRAVINGS, IMPROVED DIGESTION AND STEADIER ENERGY, AND A CLEAR, REPEATABLE WAY TO BUILD BALANCED MEALS. ALONG THE WAY, YOU'LL DEVELOP GREATER AWARENESS AROUND HUNGER, FULLNESS, AND TIMING, CREATING A STRONG FOUNDATION FOR LONG-TERM METABOLIC HEALTH.



The EB Simple Meal Formula

Every meal follows a flexible, no-stress framework:

Protein (palm-size):

Supports blood sugar stability, satiety, and metabolic balance.

Healthy Fats (1–2 thumbs):

Promotes satiety, hormone support, and steady energy.

Fiber-Rich Vegetables (½ plate):

Nourish digestion, reduce inflammation, and support gut health.

Optional Low-Glycemic Carbs

Adds flexibility and energy without spiking blood sugar.



No tracking. No weighing. No counting.

This Program Is For You If...



This program is for you if you're looking for structure without obsession, feel exhausted by calorie counting, and want a deeper understanding of how food affects your body. It's designed for those who are ready to reset their relationship with food, build sustainable habits, and support their health without restriction or rigid rules.

21-DAY RESET
PLAN (PDF)

VISUAL MEAL
FRAMEWORK
& SAMPLE
MEALS

NUTRITION
EDUCATION &
GUIDANCE

What's Included

PRINTABLE
GROCERY LIST

WEEKLY MEAL
PREP GUIDE

FOOD & BODY
AWARENESS
TRACKER



\$97

INSTANT
ACCESS

START YOUR
21-DAY
WEIGHT LOSS
Reset

