



# 7-Day Glucose Reset

BONUS:



How to Read Your Glucose



Glucose Tracker



# WELCOME

Glucose stability is one of the most powerful foundations for steady energy, balanced hunger, fewer cravings, and a calmer mood. When glucose rises and falls sharply, the body responds with fatigue, irritability, sudden hunger, and a constant desire for sweets.

This guide gives you **simple, realistic habits** that help your body stay stable throughout the day. No calories counting. No dieting. No complicated rules. Just small, science-based steps that create real change.

**Every day you will learn two new habits**, and you will continue all previous habits.

By Day 7, you will have built a full, sustainable routine.

## WHAT'S INCLUDED IN YOUR 7-DAY GLUCOSE RESET

Your 7-Day Glucose Reset includes three parts that work together to help you build stable-energy habits, understand your glucose responses, and track your progress in a simple, supportive way.

### 1. DAILY PDF GUIDE (DAY 1–DAY 7)

A clear, structured plan for each day with:

- simple actions for morning, afternoon, and evening
- short science explanations
- practical examples
- daily checklists
- hydration and habit trackers

Follow one day at a time — everything is designed to be easy and doable.

### 2. GLUCOSE TRACKING SHEET (DAY 0–DAY 7)

A separate premium A4 table for tracking your glucose throughout the week. If you know your current values, fill in **Day 0** as your starting point. Then complete one row per day as you move through the Reset.

This sheet helps you see:

- how your glucose reacts to meals
- which foods work best for you
- how sleep, stress, cycle, and movement affect your numbers
- your progress over time

You can continue using this table **beyond the 7 days** — repeat it for as many weeks as you want to follow your patterns and long-term changes.

### 3. BONUS DOCUMENT: HOW TO READ YOUR GLUCOSE

A short, practical guide that explains:

- What fasting, 1-hour, and 2-hour values mean
- What a stable glucose curve looks like
- What causes spikes
- How to interpret your own patterns
- What to pay attention to during the week

Use this anytime you want to understand your numbers more clearly.

### HOW TO USE EVERYTHING TOGETHER

1. Start with **Day 0** on your tracking sheet (optional but helpful).
2. Follow the **daily PDF** one day at a time.
3. Use the **tracking sheet** to write down any glucose values you measure.
4. Check the **bonus guide** whenever you want to understand what your numbers mean.

Everything is designed to be simple, supportive, and easy to follow — without pressure or perfection.

# DAY 1 – A STABLE MORNING

*“A steady morning creates a steady day.”*

## DAY 1 GOAL

Start your day with stable glucose by choosing a non-sweet breakfast and meeting your hydration target. (These habits continue tomorrow.)

## WHAT YOU WILL DO TODAY



### EAT A NOT-SWEET BREAKFAST

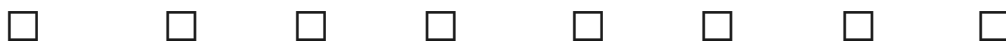
*Examples: eggs + vegetables, Greek yogurt + nuts, cottage cheese + berries, avocado + egg.*



### REACH YOUR DAILY WATER TARGET

Drink at least 8 glasses of water today (not soda or other sweet drink).

## WATER TRACKER



Glass 1   Glass 2   Glass 3   Glass 4   Glass 5   Glass 6   Glass 7   Glass 8

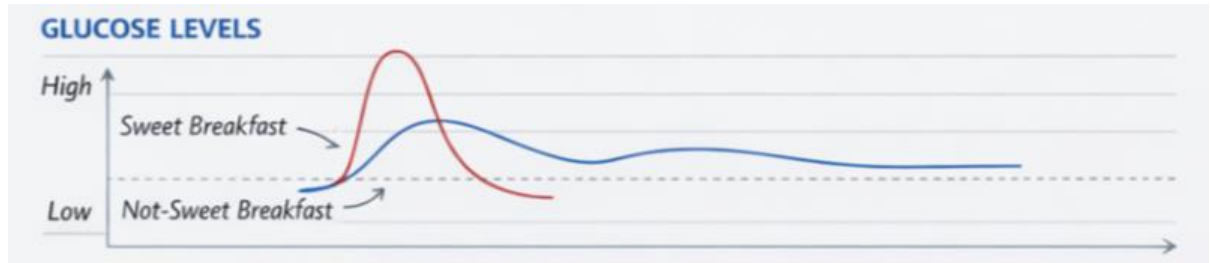
## DAY 1 CHECKLIST *(Only today's habits - these continue tomorrow)*

Not sweet breakfast

Daily water target

## WHY THIS WORKS

Sweet breakfasts cause a rapid glucose spike → followed by a crash → cravings, irritability, hunger. A non-sweet breakfast creates a gentle rise and stable energy during all day.



Even mild dehydration increases cortisol (stress hormone), which raises glucose. Water improves glucose use, reduces cravings, and supports digestion.

## GLUCOSE TRACKER (OPTIONAL)

**If you measure your glucose:** You can use the table (additional sheet) to write down your values. This is optional — the habits work even if you don't track numbers.

## NOTES

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# DAY 2 – BALANCED LUNCH + 7,000 STEPS

*“Small steps create big metabolic change.”*



## REMEMBER YESTERDAY

Yesterday you started with two habits:

**Day1:**            1. Not sweet breakfast            2. Daily water target

These habits continue today — and every day of the reset.

## DAY 2 GOAL

Support stable afternoon energy with a balanced lunch and daily movement.

## WHAT YOU WILL DO TODAY



### EAT A BALANCED LUNCH

*A balanced lunch keeps your glucose stable through the afternoon and prevents the 2–5 PM crash. **Your plate should include:***

- **Protein** (chicken, fish, eggs, tofu)
- **Vegetables** (any color, any form)
- **Small portion of carbs** (rice, potatoes, quinoa, whole grains).



### WALK 7,000 STEPS PER DAY

*Walking improves insulin sensitivity and helps your muscles use glucose more efficiently.*

## STEPS TRACKER



1K

2K

3K

4K

5K

6K

7K

## DAY 2 CHECKLIST (DAY 1+2)

- Not sweet breakfast
- Daily water target
- Balanced lunch**
- min 7,000 steps**

## WHY THIS WORKS

**Balanced lunch.** A lunch built around protein and vegetables slows digestion and prevents sharp glucose spikes.

This means:

- fewer cravings
- more stable energy
- better focus
- less afternoon hunger

**7,000 steps.** Research shows that **7,000 steps per day** significantly improves glucose control and reduces insulin resistance.

## NOTES

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# DAY 3 – FIBER + SWEETS AFTER MEALS

*“Cravings are a signal, not a failure.”*



## REMEMBER YESTERDAY

You now continue:

- Day1:**            1. Not sweet breakfast                    2. Daily water target  
**Day2:**            3. Balanced lunch                                4. min 7,000 steps

These habits continue today — and every day of the reset.

## DAY 3 GOAL

Reduce cravings and stabilize glucose with fiber and smarter sweet choices.

## WHAT YOU WILL DO TODAY



### ADD FIBER TO ONE MEAL

*A balanced lunch keeps your glucose stable  
Choose one meal today and add:*

- Vegetables
- Beans
- Chickpeas
- Lentils
- leafy greens



### EAT SWEETS ONLY AFTER MEALS

*Never eat sweets on an empty stomach. If needed, pair sweets with protein or healthy fats.*

## DAY 3 CHECKLIST (DAY 1-3)

- Not sweet breakfast
- Daily water target
- Balanced lunch
- min 7,000 steps
- Add fiber**
- Sweets only after meals**

## WHY THIS WORKS

### Fiber.

Fiber slows glucose absorption → smaller spikes → fewer cravings. It also supports digestion and keeps you full longer.

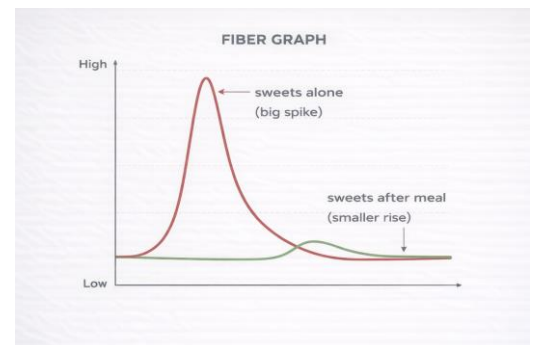
### Sweets after meals

Eating sweets alone causes the largest glucose spikes.

Eating them **after a meal** reduces the spike dramatically because:

- protein slows digestion
- fats slow glucose release
- fiber reduces absorption speed

This is one of the simplest ways to enjoy sweets without the crash.



## GLUCOSE TRACKER (OPTIONAL)

**If you measure your glucose:** You can use the table (additional sheet) to write down your values. This is optional — the habits work even if you don't track numbers.

## NOTES

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# DAY 4 – STRENGTH TRAINING + GOOD CARBS

*“Your muscles are your glucose engine.”*



## REMEMBER YESTERDAY

You now continue all previous habits:

- |       |                        |                            |
|-------|------------------------|----------------------------|
| Day1: | 1. Not sweet breakfast | 2. Daily water target      |
| Day2: | 3. Balanced lunch      | 4. Min 7,000 steps         |
| Day3: | 5. Add fiber           | 6. Sweets only after meals |

These habits continue today — and every day.

## DAY 4 GOAL

Improve glucose sensitivity with strength training and slow-release carbohydrates.

## WHAT YOU WILL DO TODAY



### STRENGTH TRAINING (2× PER WEEK)

*You only need one session this week to complete today's habit. Examples:*

- *bodyweight exercises*
- *dumbbells*
- *gym machines*
- *pilates with resistance*

***Even 10–15 minutes count.***



### ADD GOOD CARBS TO YOUR PLATE

*Choose slow-release, high-fiber carbs:*

- *quinoa*
- *beans*
- *lentils*
- *whole grains*

*These carbs digest slowly and keep glucose stable.*

## DAY 4 CHECKLIST (DAY 1-4)

- Not sweet breakfast
- Balanced lunch
- Add fiber
- Strength training**
- Daily water target
- min 7,000 steps
- Sweets only after meals
- Good carbs**

## WHY THIS WORKS

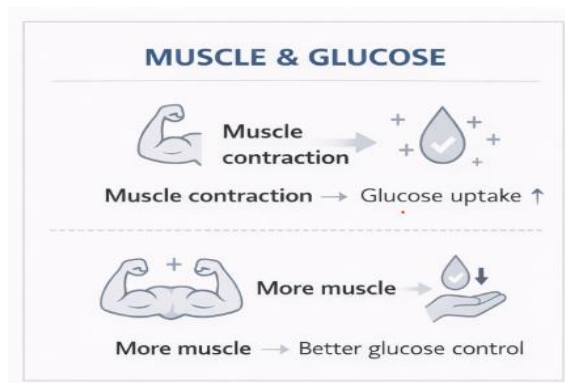
### Strength training

Muscles act like glucose sponges.

The more muscle you have — and the more you use it — the better your body handles glucose.

Benefits include:

- improved insulin sensitivity
- fewer spikes
- better energy
- faster glucose clearance after meals



### Good carbs

Slow-release carbs digest gradually, preventing sharp spikes and crashes. They also keep you full longer and support gut health.

## NOTES

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# DAY 5 –EARLY DINNER + OVERNIGHT REST

*“Your night sets up your morning.”*



## REMEMBER YESTERDAY

Continue all previous habits:

- |       |                        |                            |
|-------|------------------------|----------------------------|
| Day1: | 1. Not sweet breakfast | 2. Daily water target      |
| Day2: | 3. Balanced lunch      | 4. min 7,000 steps         |
| Day3: | 5. Add fiber           | 6. Sweets only after meals |
| Day4: | 7. Strength training   | 8. Good carbs              |

These habits continue today — and every day.

## DAY 5 GOAL

Support better sleep and morning glucose by adjusting your evening routine.

## WHAT YOU WILL DO TODAY



### EAT DINNER 2–3 HOURS BEFORE BED

*This gives your body time to digest before sleep.  
Example:*

- Dinner at **7 PM**
- Bedtime at **10 PM**



### NO FOOD UNTIL BREAKFAST

*This creates a natural overnight rest window  
(≈12 hours). Example:*

- Dinner at **7 PM**
- Breakfast **at 7 AM**

*This is not fasting — it's simply giving your body a break.*

## DAY 5 CHECKLIST (DAY 1-5)

- Not sweet breakfast
- Balanced lunch
- Add fiber
- Strength training
- Early dinner**
- Daily water target
- min 7,000 steps
- Sweets only after meals
- Good carbs
- Overnight rest**

## WHY THIS WORKS

**Early dinner.** Late-night eating raises morning glucose because your body is less insulin-sensitive at night.

Eating earlier helps:

- stabilize morning glucose
- improve sleep quality
- reduce nighttime cravings

**Overnight rest.** A 12-hour rest window supports:

- metabolic repair
- better insulin sensitivity
- lower inflammation
- more stable morning energy



## NOTES

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# DAY 6 – CONSISTENCY DAY

*“Consistency beats intensity.”*



## REMEMBER YESTERDAY

Continue all previous habits:

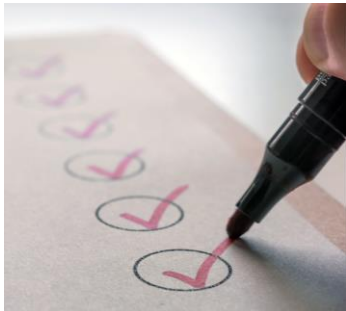
- |       |                        |                            |
|-------|------------------------|----------------------------|
| Day1: | 1. Not sweet breakfast | 2. Daily water target      |
| Day2: | 3. Balanced lunch      | 4. min 7,000 steps         |
| Day3: | 5. Add fiber           | 6. Sweets only after meals |
| Day4: | 7. Strength training   | 8. Good Carbs              |
| Day5: | 9. Early dinner        | 10. Overnight rest         |

These habits continue today — and every day.

## DAY 6 GOAL

Strengthen your routine by repeating all habits and tracking your day.

## WHAT YOU WILL DO TODAY



### FOLLOW THE FULL 10-HABIT CHECKLIST

Today is about **repetition**, not learning something new.

You **simply practice** everything you've built so far.



### TRAK YOUR DAY

- water
- steps
- meals
- sweets timing
- dinner timing
- sleep

*Tracking increases awareness and consistency.*

## DAY 6 CHECKLIST (DAY 1-6 HABITS)

- Not sweet breakfast
- Balanced lunch
- Add fiber
- Strength training
- Early dinner
- Full-day tracking**
- Daily water target
- min 7,000 steps
- Sweets only after meals
- Good carbs
- Overnight rest

## WHY THIS WORKS

### **Repetition builds stability.**

Your body responds best to predictable patterns.

Repeating habits strengthens metabolic flexibility and reduces glucose volatility.

### **Tracking increases success**

People who track even one habit are significantly more likely to stay consistent.

Tracking = awareness → better choices → better results.

## GLUCOSE TRACKER (OPTIONAL)

**If you measure your glucose:** You can use the table (additional sheet) to write down your values. This is optional — the habits work even if you don't track numbers.

## NOTES

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# DAY 7 – SLEEP + RAINBOW PLATE

*“Color and rest are medicine.”*



## REMEMBER YESTERDAY

Continue all previous habits:

- |       |                        |                            |
|-------|------------------------|----------------------------|
| Day1: | 1. Not sweet breakfast | 2. Daily water target      |
| Day2: | 3. Balanced lunch      | 4. min 7,000 steps         |
| Day3: | 5. Add fiber           | 6. Sweets only after meals |
| Day4: | 7. Strength training   | 8. Good Carbs              |
| Day5: | 9. Early dinner        | 10. Overnight rest         |
| Day6: | 11. Full-day tracking  |                            |

These habits continue today — and beyond.

## DAY 7 GOAL

Support long-term stability with sleep and nutrient diversity.

## WHAT YOU WILL DO TODAY



### GO TO BED EARLIER

*Aim for **30 minutes earlier** than usual.  
Even small improvements in sleep timing  
improve glucose stability.*



### RAINBOW PLATE

*Add 3+ colors to your meals today.  
Colors = antioxidants = lower inflammation.*

## DAY 7 CHECKLIST (DAY 1-7 HABITS)

- Not sweet breakfast
- Balanced lunch
- Add fiber
- Strength training
- Early dinner
- Earlier bedtime**
- Daily water target
- min 7,000 steps
- Sweets only after meals
- Good carbs
- Overnight rest
- Rainbow plate**

## WHY THIS WORKS

**Sleep.** Poor sleep raises glucose, increases cravings, and reduces insulin sensitivity.

Even one night of better sleep improves metabolic markers.



**Better sleep = better glucose control**

**Rainbow plate.** Colorful vegetables contain polyphenols that:

- reduce inflammation
- support gut health
- improve glucose response
- stabilize energy

## NOTES

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# WHAT HAPPENS AFTER DAY 7

*“This is not the end — it’s the beginning.”*

You’ve just completed a full week of building stable-energy habits. These habits are simple, but they are powerful — and they work best when repeated.

## WHAT TO DO NEXT

### 1. Continue the habits you built

You now have a full routine of 12 habits. You do not need to do them perfectly — just consistently.

### 2. Choose 3–5 habits to prioritize

Pick the ones that made the biggest difference for you.

### 3. Repeat the 7-day cycle anytime

This reset can be repeated monthly or whenever you feel off-track.

### 4. Add new habits slowly

One new habit every 1–2 weeks is enough.

## THE 12 LONG-TERM HABITS

1. Not sweet breakfast
2. Daily water target
3. Balanced lunch
4. 7,000 steps
5. Add fiber
6. Sweets only after meals
7. Strength training
8. Good carbs
9. Early dinner
10. Overnight rest
11. Go to bed earlier
12. Rainbow plate

You don't need perfection. You need consistency and small steps repeated daily. Your body responds quickly to stability.

Your energy, mood, and cravings will continue to improve as you repeat these habits.

**You've already done the hardest part — you started.**

If you want to continue building these habits, check your email — I'll send you the next steps there.

