

# 30-Day Metabolism Reset Bundle

Your Daily Plan to Reset, Refuel, and  
Thrive

by Metabolism Boost Lab



# Week 1: Awareness

"This week is all about tuning into your habits. Notice how your body responds to sleep, food, water, and stress. Awareness is the first step toward transformation."



# Week 2: Consistency

"Now that you've found your rhythm, focus on repeating your routines daily. Progress happens when small wins stack up consistently."



# Week 3: Resilience

"Challenges may come — but this week is about bouncing back. Remember, it's not about being perfect, it's about not giving up."



# Week 4: Integration

"You've built powerful habits. This final week is about locking them in and making your reset sustainable beyond the 30 days."



# Day 1 – Reset Fuel

Breakfast: Avocado toast with egg 🥑🍳

Snack: Apple slices + almond butter 🍏

Lunch: Grilled chicken salad 🥗

Dinner: Baked salmon + quinoa + broccoli 🐟🥦

☀️ Tip of the Day: 💧 Start your day with 16oz lemon water



# Day 2 – Reset Fuel

Breakfast: Berry protein smoothie  

Snack: Greek yogurt + walnuts 

Lunch: Quinoa bowl with black beans 

Dinner: Grilled chicken + sweet potato + greens  

 Tip of the Day:  Get 10 minutes of natural sunlight



# Day 3 – Reset Fuel

Breakfast: Greek yogurt with chia seeds 🍓

Snack: Carrot sticks + hummus 🥕

Lunch: Turkey lettuce wraps 🥬

Dinner: Turkey meatballs + zucchini noodles 🍝

☀️ Tip of the Day: 📖 Journal how you feel after lunch





# Day 4 – Reset Fuel

Breakfast: Oatmeal with almond butter and banana 🍌

Snack: Handful of almonds 🌰

Lunch: Chickpea salad sandwich 🥪

Dinner: Stuffed bell peppers 🌶️

☀️ Tip of the Day: 🧘♀️ Stretch or walk for 10 minutes



# Day 5 – Reset Fuel

Breakfast: Scrambled eggs with spinach 🍳🌿

Snack: Protein shake 🥤

Lunch: Salmon and greens 🐟🌿

Dinner: Shrimp tacos (lettuce wrap) 🌮

☀️ Tip of the Day: 🧂 Add sea salt to morning water for minerals



# Day 6 – Reset Fuel

Breakfast: Chia pudding with coconut milk 🥥

Snack: Rice cake + avocado 🥑

Lunch: Zucchini noodles + turkey 🍝

Dinner: Stir-fry beef + veggies 🥩🥦

☀️ Tip of the Day: 🍵 Swap 1 coffee for green tea



# Day 7 – Reset Fuel

Breakfast: Smoothie bowl with granola 🥣

Snack: Boiled eggs 🥚

Lunch: Lentil soup + side salad 🥣

Dinner: Tofu curry + brown rice 🍛

☀️ Tip of the Day: 😌 Deep breath before eating — it helps digestion



# Day 8 – Reset Fuel

Breakfast: Cottage cheese with berries 🍓

Snack: Celery + peanut butter 🥬

Lunch: Shrimp stir-fry + brown rice 🍤

Dinner: Baked cod + asparagus 🐟

☀️ Tip of the Day: 💧 Start your day with 16oz lemon water



# Day 9 – Reset Fuel

Breakfast: Egg muffins with veggies 🥚🥕

Snack: Cucumber + guac 🥒

Lunch: Tuna salad on greens 🐟

Dinner: Chicken fajita bowl 🌮

☀️ Tip of the Day: ☀️ Get 10 minutes of natural sunlight



# Day 10 – Reset Fuel

Breakfast: Protein pancakes with nut butter 🥞

Snack: Chia pudding cup 🥥

Lunch: Sweet potato + kale bowl 🍠🥬

Dinner: Veggie and bean chili 🌶️

☀️ Tip of the Day: 📅 Journal how you feel after lunch



# Day 11 – Reset Fuel

Breakfast: Green smoothie with flax seeds 🌱

Snack: Protein bar 🍫

Lunch: Chicken and avocado wrap 🥙

Dinner: Garlic lemon chicken + rice 🍗

☀️ Tip of the Day: 🧘♀️ Stretch or walk for 10 minutes





# Day 12 – Reset Fuel

Breakfast: Tofu scramble with peppers 🌶️

Snack: Tuna on crackers 🐟

Lunch: Stuffed peppers 🌶️

Dinner: Steak + roasted veggies 🥩

☀️ Tip of the Day: 🧂 Add sea salt to morning water for minerals



# Day 13 – Reset Fuel

Breakfast: Overnight oats with apples 🍏

Snack: Pumpkin seeds 🎃

Lunch: Egg salad with crackers 🥚

Dinner: Cauliflower crust pizza 🍕

☀️ Tip of the Day: 🍵 Swap 1 coffee for green tea



# Day 14 – Reset Fuel

Breakfast: Zucchini muffins + boiled egg 🥞

Snack: Edamame bowl 🥜

Lunch: Asian slaw + tofu 🥢

Dinner: Grilled eggplant + quinoa 🍆

☀️ Tip of the Day: 😌 Deep breath before eating — it helps digestion



# Day 15 – Reset Fuel

Breakfast: Yogurt parfait with honey 🍯

Snack: Frozen berries 🍇

Lunch: Beef taco bowl 🌮

Dinner: Salmon poke bowl 🐟

☀️ Tip of the Day: 💧 Start your day with 16oz lemon water



# Day 16 – Reset Fuel

Breakfast: Avocado + smoked salmon toast 🥑🐟

Snack: String cheese + apple 🍏

Lunch: Hummus + falafel wrap 🥙

Dinner: Roasted chicken thighs + carrots 🍗🥕

☀️ Tip of the Day: ☀️ Get 10 minutes of natural sunlight



# Day 17 – Reset Fuel

Breakfast: Sweet potato hash with eggs 🍳🔍

Snack: Smoothie shot 🥤

Lunch: Turkey chili 🍲

Dinner: Lamb + couscous + mint 🐑

☀️ Tip of the Day: 📅 Journal how you feel after lunch



# Day 18 – Reset Fuel

Breakfast: Banana protein shake 🍌

Snack: Mini veggie wrap 🥪

Lunch: Spinach + goat cheese salad 🧀

Dinner: Grilled mahi mahi + slaw 🐟

☀️ Tip of the Day: 🧘♀️ Stretch or walk for 10 minutes



# Day 19 – Reset Fuel

Breakfast: Peanut butter toast + kiwi 🥝

Snack: Dates + almond butter 🥜

Lunch: Cauliflower rice bowl 🍲

Dinner: Stuffed zucchini boats 🥒

☀️ Tip of the Day: 🧂 Add sea salt to morning water for minerals





# Day 20 – Reset Fuel

Breakfast: Frittata with veggies 🔍🌶️

Snack: Sliced peppers + guac 🌶️

Lunch: Grilled veggie panini 🥪

Dinner: Coconut curry chicken 🍛

☀️ Tip of the Day: 🍵 Swap 1 coffee for green tea



# Day 21 – Reset Fuel

Breakfast: Almond flour waffles + yogurt 🥞

Snack: Trail mix (unsweetened) 🌰

Lunch: Buddha bowl with tahini 🥗

Dinner: Tilapia + lemon kale 🐟

☀️ Tip of the Day: 😌 Deep breath before eating — it helps digestion



# Day 22 – Reset Fuel

Breakfast: Spinach and feta omelet  

Snack: Mini protein muffin 

Lunch: Roasted veggie couscous 

Dinner: Tempeh stir-fry 

 Tip of the Day:  Start your day with 16oz lemon water



# Day 23 – Reset Fuel

Breakfast: Smoothie with greens + berries 🍓

Snack: Roasted chickpeas 🥜

Lunch: Hardboiled eggs + greens 🥚

Dinner: Mushroom risotto 🍄

☀️ Tip of the Day: ☀️ Get 10 minutes of natural sunlight



# Day 24 – Reset Fuel

Breakfast: Scrambled tofu with turmeric 🌿

Snack: Half avocado with lime 🥑

Lunch: Seaweed salad + salmon 🐟

Dinner: Turkey burger + roasted beets 🍔

☀️ Tip of the Day: 📖 Journal how you feel after lunch



# Day 25 – Reset Fuel

Breakfast: Veggie breakfast burrito 🌮

Snack: Boiled egg + sea salt 🧂


Lunch: Avocado chicken bowl 🥑

Dinner: Shrimp + avocado salad 🥑

☀️ Tip of the Day: 🧘♀️ Stretch or walk for 10 minutes



# Day 26 – Reset Fuel

Breakfast: Coconut yogurt + almonds 

Snack: Berries + dark chocolate  

Lunch: Pasta salad with olives 

Dinner: Vegan shepherd's pie 

 Tip of the Day:  Add sea salt to morning water for minerals



# Day 27 – Reset Fuel

Breakfast: Protein oats with berries 🍲

Snack: Oat bites 🍲

Lunch: Asian chicken salad 🥗

Dinner: Chicken and wild rice soup 🍲

☀️ Tip of the Day: 🍵 Swap 1 coffee for green tea





# Day 28 – Reset Fuel

Breakfast: Hard-boiled eggs + toast 🥚

Snack: Mini salad cup 🥗

Lunch: Quinoa + beet bowl 🥗


Dinner: Spaghetti squash + marinara 🍝

☀️ Tip of the Day: 😊 Deep breath before eating — it helps digestion



# Day 29 – Reset Fuel

Breakfast: Green juice + protein bar 

Snack: Apple + cheddar 

Lunch: Broccoli + grilled shrimp  

Dinner: Broiled fish + mixed greens 

 Tip of the Day:  Start your day with 16oz lemon water



# Day 30 – Reset Fuel

Breakfast: Rice cakes + almond butter 🍪

Snack: Kale chips 🥬


Lunch: Lettuce-wrapped burger 🍔

Dinner: Thai basil beef bowl 🐮

☀️ Tip of the Day: ☀️ Get 10 minutes of natural sunlight



# Congrats – You've Completed the Reset!

 You've completed 30 days of metabolic reset! Now download your tracker and continue your progress.

