7-Day Reset- Full System

This guide expands on the free reset and gives you the full structure including:

- ✓ Grocery System
- ✓ Meal Building Framework
- ✓ Reset Tracker
- ✓ AI Meal Planner
- ✓ Consistency Strategies



Reduce inflammation, feel lighter, and rebuild simple habits that work

A simple protein-focused reset designed to reduce bloating, increase energy, and support fat loss.

Created by Renae Ealey

Simple Wellness Reset

WELCOME TO THE FULL RESET

If you downloaded the free Reset, you already learned the foundation.

This guide expands on that and gives you the full structure so you can follow the system without guessing what to eat or how to stay consistent.

The goal of this Reset isn't perfection.

It's about helping your body calm inflammation, stabilize energy, and rebuild simple habits that actually support your health.

Many people notice improvements within just a few days when they focus on:

- high-protein meals
- whole foods
- hydration
- digestion support
- simple daily movement

This Reset is intentionally simple.

You don't need extreme diets or complicated meal plans.
You just need a clear system that works.

Inside this guide you'll find:

✓ The Reset pillars
✓ A simple grocery system
✓ The meal-building framework
✓ Example Reset days
✓ A printable tracker
✓ An AI meal planner to personalize your meals

Small consistent actions create real results.

Let's begin.

WHAT CAUSES BLOATING?

Bloating is something many women experience — that uncomfortable, puffy, tight feeling in your stomach that can show up even when you're trying to eat "healthy."

The truth is, bloating is usually not about one single food.
It's often a mix of everyday habits that slowly affect digestion, water balance, and inflammation in the body.

Some of the most common causes include:

- Eating too quickly or while stressed
- Highly processed or very salty foods
- Hormonal changes and water retention
- Poor digestion or low stomach acid
- Not drinking enough water
- Food sensitivities or gut imbalance

THE GOOD NEWS IS THAT MANY OF THESE CAUSES CAN IMPROVE QUICKLY WHEN YOU SUPPORT YOUR BODY WITH THE RIGHT HABITS, HYDRATION, AND NUTRITION.

THE GOOD NEWS: YOUR BODY CAN RESET

Bloating can feel frustrating, especially when it seems to happen even when you're trying to make healthier choices.

The encouraging part is that the body often responds very quickly to simple changes.

When you support your body with:

- enough protein
- proper hydration
- whole foods
- balanced digestion
- daily movement

many people begin to notice improvements in how they feel within just a few days.

This reset is designed to simplify those habits so your body can reduce inflammation, support digestion, and feel lighter again.

Remember — this reset isn't about being perfect.

It's simply about giving your body the right support for the next 7 days.

Small consistent changes can make a big difference.

YOUR 7-DAY RESET RULES

During the next 7 days, the goal is not perfection — it's simply giving your body a gentle reset from the habits that commonly trigger bloating and inflammation.

Focus on these simple daily guidelines:

• Drink **3 liters of water** each day

• Aim for **10,000 steps** throughout your day
Walking helps support digestion, circulation, and overall metabolism.

• Prioritize protein at every meal
A helpful guideline is aiming for about **1 gram of protein per pound of goal body weight**

Example:
Goal weight **155 lbs** → about **155g** protein daily

• Focus on whole foods whenever possible

• Avoid seed oils and heavily processed foods

• Eat slowly and allow your body time to digest

These small habits work together to help support digestion, reduce inflammation, and help your body feel lighter.

Remember — this is not about being perfect.

It's simply about giving your body a short reset so it can get back into balance.

FOODS TO FOCUS ON DURING THE RESET

During these 7 days, focus on foods that are gentle on digestion, naturally anti-inflammatory, and supportive of steady energy.

Focus on simple, whole foods like:

Hydrating Foods
• Cucumbers
• Leafy greens
• Zucchini
• Berries
• Citrus fruits

Easy-to-digest proteins
• Eggs
• Chicken or turkey
• Salmon
• Greek yogurt
• Protein smoothies

Supportive carbohydrates
• Rice
• Oats
• Quinoa
• Sweet potatoes

Healthy fats (in small amounts)
• Avocado
• Olive oil
• Nuts and seeds

Keeping meals simple and balanced helps calm digestion, reduce water retention, and support steady energy throughout your reset.

FOODS THAT MAY BE CAUSING YOUR BLOATING

During this short reset, the goal isn't strict restriction —
it's simply reducing the foods that most commonly
cause bloating, water retention, and digestive discomfort.

For the next 7 days, try to limit:

Highly processed foods
- Foods cooked in seed oils (canola, soybean, corn, vegetable oils)
- Packaged snacks
- Fast food
- Processed meats
- Frozen convenience meals

Very salty foods
- Chips and crackers
- Restaurant or takeout meals
- Processed sauces and dressings

Added sugars
- Soda and sweet drinks
- Candy and desserts
- Sugary cereals and baked goods

Common bloating triggers for some people
- Carbonated drinks
- Large amounts of dairy
- Very fatty or fried foods

Reducing these foods — even temporarily —
can quickly decrease puffiness, support digestion,
and help your body feel lighter within just a few days.

Remember, this reset is about supporting your body — not punishing it.

YOUR SIMPLE DAILY RESET STRUCTURE

During this reset, the goal isn't perfection — it's simply creating calm, easy-to-digest meals that help your body feel lighter and more balanced.

Use this simple daily structure as your guide:

Morning
• Start with water before coffee
• Choose a protein-rich breakfast or smoothie
• Keep sugar low to avoid energy crashes

Midday
• Build a balanced plate with:
– Lean protein
– Simple carbohydrates (rice, oats, potatoes)
– Cooked or easy-to-digest vegetables

Afternoon
• Stay hydrated
• Choose a simple snack if needed
(Greek yogurt, fruit, or a protein smoothie)

Evening
• Keep dinner lighter than lunch
• Avoid very salty, fried, or heavy foods
• Stop eating 2–3 hours before bed if possible

These small daily choices work together to calm digestion, reduce bloating, and help your body feel naturally lighter within days.

READY TO TAKE YOUR RESET FURTHER?

You now have the foundation to begin reducing bloating and helping your body feel lighter.

But if you'd love a simple, done-for-you guide that shows you exactly what to eat each day…

I created a more detailed Reset Guide to make the process even easier.

Inside, you'll receive:

- A full 7-day meal plan
- Easy, bloat-friendly recipes
- Simple grocery lists
- Step-by-step daily guidance
- Extra tips to support digestion and energy

Everything is designed to feel gentle, realistic, and easy to follow in real life.

If you're ready to continue the reset, you can access the next steps here:

See My Reset Support Stack →

Start your Full Reset Plan →

— Renae
Cheering you on toward feeling lighter, calmer, and more like yourself again.

YOUR 7-DAY RESET TRACKER

During the next 7 days, the goal isn't perfection — it's simply staying consistent with the habits that support digestion, energy, and reducing inflammation.

Use this tracker to stay mindful of the key reset habits each day.

Daily habits to track:

✓ Drink enough water
✓ Prioritize protein at meals
✓ Focus on whole foods
✓ Walk or move your body
✓ Support digestion
✓ Get quality sleep

Use the space below to track your progress over the next 7 days.

Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7

You can add checkboxes or space for notes if you'd like.

Small consistent habits create lasting changes.

If this reset helped you feel lighter and more energized, remember that your body responds quickly when you support it with the right nutrition and daily habits.

MY DAILY RESET SUPPORT

While nutrition and habits are the foundation of this reset, many people also like additional support for digestion, energy, and inflammation.

These are the products I personally use as part of my wellness routine.

They're not required for the reset to work — but they can make the process easier for many people.

My daily wellness stack:

• **Balance** – supports digestion and gut health
• **Gold** – helps reduce inflammation and support recovery
• **FitFuel** – an easy way to increase protein intake

If you'd like to see the products I personally use, you can find them here:

See My Full Reset Support Stack →

JOIN THE RESET COMMUNITY

If you'd like extra support, motivation, and real-life examples of people following the reset, you're welcome to join my community.

Inside the group you'll find:

• real results and testimonials
• simple meal ideas
• encouragement and accountability
• ongoing wellness tips

Join the Reset Community →

Cheering you on,
Renae

SIMPLE RESET GROCERY LIST

Use this list as a starting point when preparing for your 7-Day Reset. Focus on whole foods that support digestion, reduce inflammation, and stabilize energy.

PROTEIN

Chicken breast
Salmon
Eggs
Greek yogurt
Lean ground turkey
Tofu or tempeh
Protein powder

VEGETABLES

Spinach
Broccoli
Zucchini
Cucumber
Bell peppers
Carrots
Mixed greens

CARBOHYDRATES

Sweet potatoes
Rice
Quinoa
Oats
Potatoes

HEALTHY FATS

Olive oil
Avocado
Nuts
Seeds

OPTIONAL ADDITIONS

Lemon
Garlic
Herbs
Bone broth
Ginger tea

SIMPLE RESET MEAL IDEAS

PROTEIN BREAKFAST BOWL

Greek yogurt
berries
chia seeds
protein powder

SIMPLE SALMON PLATE

Salmon
rice or quinoa
steamed vegetables
olive oil + lemon

EASY PROTEIN SMOOTHIE

protein powder
berries
almond milk
spinach

QUICK RESET DINNER

chicken
sweet potato
broccoli
olive oil

WANT HELP PERSONALIZING YOUR RESET?

The Reset uses simple foods so you can mix and match meals easily.

But if you'd like help adjusting portion sizes, calories, or protein targets, AI can help personalize the plan for you.

You can use ChatGPT to turn this reset into a custom meal plan based on your body and goals.

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TRY THIS AI PROMPT

Copy and paste this into ChatGPT:

Create a 7-day anti-inflammatory meal plan based on the foods in my 7-Day Reset.

Use these meals as the base:

• Greek yogurt breakfast bowl
• salmon plate with rice and vegetables
• protein smoothie
• chicken with sweet potato and broccoli

Adjust portion sizes based on my goal weight and protein target.

Goal: reduce bloating, support digestion, and maintain steady energy.

WITH AI YOU CAN:

• scale portions
• adjust calories
• organize meals
• generate a grocery list

WANT THE FULL AI RESET SYSTEM?

The prompt on the previous page is a great way to start using AI with your reset.

But if you'd like to make the process even easier, I created a simple AI prompt pack designed to personalize this reset in seconds.

Inside the **AI Reset Companion,** you'll get prompts that can help you:

- generate a full 7-day meal plan
- calculate calories and protein automatically
- build a grocery list instantly
- swap meals based on foods you like
- create a weekly workout split

Think of it like having a **simple AI assistant for your nutrition and routine.**

GET THE AI RESET COMPANION →

Instant download.