

# THE EASIEST 14-DAY METABOLIC RESET

SIMPLE  
CARBS

VS.

COMPLEX  
CARBS



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## INTRODUCTION

# The Easiest 14-Day Metabolic Reset

At Godly Organics, we bridge clinical reality and natural living. We dissect food legislation, government health agencies, pharmaceutical influence, corporate 'food' products, and self-advocacy so you can make evidence-based, God-centered decisions for your body. If you're tired of hidden agendas, health censorship, and being talked down to by a for-profit system, sub up to one of the fastest growing health communities on YouTube, and take back command of your health.

This is a simple, practical guide to reduce the blood sugar rollercoaster, track your symptoms, and build better metabolic awareness.



I'm a retired Navy Officer, ER nurse, and founder of Godly Organics, with my wife Devon. We expose the unfiltered truth about your health. Using principles rooted in functional nutrition, you deserve health freedom with real natural health alternatives.

- *Lance & Devon*

WHAT THIS GUIDE IS AND WHAT IT'S NOT

# Quick Start

## Let's get straight to it!

I'm an ER nurse, not a wellness influencer. I don't do miracle promises, fake timelines, or dramatic "detox" language.

This guide is a 14-day reset to help you:

- Reduce blood sugar swings,
- Notice what foods are driving cravings and crashes,
- And build better metabolic awareness through observation.

This is not about perfection. This is about paying attention.

## Your job this week

You are not trying to "win" a diet. You are trying to answer:

- What am I eating?
- What is it doing to my energy, cravings, and thinking?
- What happens when I make better swaps?

If you finish this week with more clarity than you started with, this worked.

## What this guide IS

- A 14-day structured reset
- A lunch-first strategy for busy people
- A simple way to track symptoms, cravings, and triggers
- A practical starting point for better self-advocacy

## What this guide is NOT

- A starvation diet
- A keto-only plan
- A "perfect meal plan"
- A guaranteed-results promise
- Medical diagnosis or treatment

## Quick medical note

This guide is for education and self-observation. It is not medical advice. If you have diabetes, take blood sugar medications, are pregnant, or have a medical condition, talk with your provider before making major diet changes.

## How to use this guide (5 minutes a day)

- Read the lunch + snack rules
- Fill out your Day 0 baseline
- Each day:
  - Follow the day's focus
  - Build one better lunch
  - Track your symptoms and cravings
- On Day 14:
  - Review your data
  - Identify your biggest triggers
  - Choose your next step

DAY 0: START AT YOUR BASELINE

# Day 0 Baseline

**Before you start, be honest. No judgment. Just data.**

This page is your baseline so you can compare how you feel now vs. how you feel after 14 days.

**Current habits (circle or check what applies)**

- I skip breakfast often
- I drink sweet coffee / flavored coffee drinks
- I crash in the afternoon
- I snack when stressed
- I crave sweets at night
- I eat out most days
- I eat "healthy" snacks but still feel hungry
- I eat fast because I'm busy
- I don't usually read ingredients
- I feel like I'm doing "okay" but still don't feel right

**Symptom baseline (rate 0–10)**

0 = none / great • 10 = severe / frequent

Energy crashes:

Sugar cravings:

Brain fog / poor focus:

Bloating:

Joint achiness / soreness:

Mood swings / irritability:

Hunger all day / poor appetite control:

Sleep quality problems:

Afternoon slump (2–5pm):

Digestive discomfort (optional):

**What do you suspect is hurting you most right now?**

(Write 1–3 likely triggers)

Examples: sweet coffee, creamer, bagels, "healthy" bars, chips, juices, fast food sauces, late-night snacks, soda, frequent restaurant meals.

**Your 14-day goal (simple + realistic)**

Pick one or two:

- More stable energy
- Fewer cravings
- Less bloating
- Clearer thinking
- Better appetite control
- Better awareness of my triggers
- Other:

My goal this week:



THE FOOD FRAMEWORK

# Lunch Reset + Snack Rules



**Complex**  
vs  
**Simple Carbs**

Which Is Better?

**FAST CARBS =**  
Emptied from the stomach rapidly  
Digested quickly  
In the bloodstream quickly after consumption



Sports drinks Gels Chews	Maple syrup Jams Honey	Cereals	White rice Crackers White bread
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**Eat whole foods, not processed**

Combine macros in a meal.  
Consisting of protein, fat, and carbs.  
In that order, whenever possible



**Why Lunch?**

Most busy people are not eating a perfect breakfast. They're:

- Skipping breakfast,
- Drinking sweet coffee,
- Or grabbing something quick and carb-heavy.

That's why this guide focuses on lunch + snacks. Lunch is often the first major decision point where you can change the rest of your day. A better lunch can reduce:

- The 3pm crash,
- Random snacking,
- Late-night overeating,
- And the "I need sugar now" cycle.

**The simple metabolic idea (in plain English)**

When you eat foods that spike blood sugar fast (sugar + many ultra-refined carbs), your body often responds with a strong insulin response. For many people, that creates a rollercoaster:

- Quick energy,
- Crash,
- Cravings,
- Repeat.

This reset helps you reduce that rollercoaster by improving:

- Food quality,
- Meal structure,
- And awareness.

## THE FOOD FRAMEWORK

**Build a better lunch (your default formula)**

1. Protein (anchor the meal)
2. Choose one:
  - Eggs
  - Beef
  - Chicken
  - Turkey
  - Fish
  - Other whole, minimally processed protein
3. Whole-food carbs (optional, quality-first)
4. Choose based on your goals and tolerance:
  - Fruit
  - Potatoes / sweet potatoes
  - Other whole-food carb sources
5. Keep this practical. The goal is not zero carbs. The goal is better carbs and fewer ultra-refined carbs.
6. Fat for satiety
7. Examples:
  - Butter / ghee
  - Olive oil
  - Avocado
  - Animal fats (if that fits your approach)
8. Add color / fiber / volume
  - Vegetables
  - Salad
  - Roasted vegetables
  - Whole-food sides that aren't loaded with sugar/oils

**Snack Rules (this is where people blow it)**

**Rule 1:** Don't snack just because you crashed.

Ask first:

- Am I actually hungry?
- Did my lunch set me up badly?

**Rule 2:** If you need a snack, make it real food.

Choose something that helps with satiety, not a blood sugar spike.

**Rule 3:** Read the label.

Avoid snacks built on:

- Sugar
- Syrups
- Refined flour
- Dextrose / maltodextrin
- "Healthy" bars full of sweeteners

**Rule 4:** No artificial sweeteners as a crutch.

The goal is to reset your taste and cravings, not keep chasing intense sweet flavor.  
Grocery / label triage (fast version)

If it comes in a box or bag, check:

- Ingredients (what is this really made of?)
- Added sugars
- Total carbs
- Sweeteners / syrups
- Refined flour
- Highly processed oils

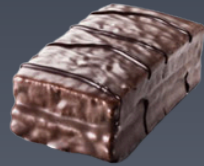
If the label is a chemistry set and the food is built to be hyper-palatable, it probably doesn't belong in this reset.

THE FOOD FRAMEWORK

# COMMON SOURCES OF HIDDEN CARBS



condiments



"low-carb" products



low-carb sweeteners



medications & supplements



liver



sausages



sandwich meat



bacon



sauces & gravies



dressings & vinaigrettes



meatballs & fried food



omelets



mussels



oysters



scallops



clams

\*Common ingredients in restaurant meals and products are sugars and starches.

## 14-DAY RESET TRACKER

# The Fridge Page

## 14-Day Rest Tracker (Repeat Days 1-14)

Energy today (0-10):

Use this page to keep the reset simple.  
Print this page and keep it where you can see it.

Cravings today (0-10):

### Daily Focus Plan

- Day 1: Find where sugar and fast carbs are really coming from
- Day 2: Build one stable lunch
- Day 3: Fix the 3pm crash
- Day 4: Clean up snacks and "healthy sugar"
- Day 5: Drinks count too (coffee, creamers, juices, energy drinks)
- Day 6: Eating out without blowing the reset
- Day 7: Review your data and choose your next 7 days

Quick note:

### Daily check boxes (repeat each day)

For each day, check what you completed:

Day =  
(Write in day)

- Built a better lunch
- Followed snack rules
- Avoided sugary drinks / hidden liquid sugar
- Read labels before eating packaged food
- Did my check-in



## DAILY CHECK-IN TEMPLATE

# Signs & Symptoms

**Day**    **Check-In**

Today's Focus:

**What I ate (lunch + snacks + drinks)**

Lunch:

Snacks / drinks:

**Quick scores (0–10)**

- Energy (overall):
- Cravings (sweets/simple carbs):
- Brain fog / focus issues:
- Bloating:
- Achiness / soreness:
- Mood / irritability:
- Appetite control (higher = worse):

**What happened after I ate?**

(Choose or write your own)

- Felt stable
- Got sleepy
- Craved sugar
- Got hungry again too fast
- Felt bloated
- Felt clear-headed
- Felt better than usual
- Other:

End-of-day scrutiny (the important part)

No judgment. Just data.

1. What helped me feel better today?
2. What likely triggered symptoms or cravings?
3. What will I adjust tomorrow? (one thing only)

14-DAY REVIEW + NEXT TIPS

# Listen to Your Body

## Day 14 Review: What did your body tell you?

This is where the guide becomes useful. You're not guessing anymore. You have data.

### Compare to Day 0

What improved?

What didn't improve yet?

### Biggest patterns I noticed

- I crash when I eat:
- I crave sweets after:
- I feel better when I eat:
- My worst trigger was:
- My best swap was:

### Reintroduction / trigger test (optional next step)

If you want to learn even more, reintroduce one food you reduced this week and track your response.

Food I reintroduced:

What happened after I ate it?

This helps you learn what your body tolerates well and what keeps pushing you back into the same cycle.

## Next Steps (keep it simple)

If this week helped you notice real patterns—better energy, fewer cravings, less bloating, clearer thinking—don't stop here.

Do one of these next:

- Run this reset for another 14 days
- Reintroduce one food at a time and track your response
- Share this guide with a friend or family member
- Watch the companion YouTube video again and compare it with your own notes
- Subscribe/follow for the next guide in this series

If nothing changed, that's still useful data. It means we need to get more specific, look at other triggers, and keep adjusting.

No hype. No shame. Just honest observation and better decisions.

Listen to your body.  
Because if you don't,  
who will?

## DISCLAIMER

# This is the beginning of something good.

I hope this guide gave you the clarity and momentum you need to start turning your health around. Cutting out the foods that spike blood glucose was a game changer for me, and it can be for you too.

I won't lie: I used to fall off the wagon and slip back into the same habits that were wrecking my health. But every time I failed, my conviction got stronger. I got back up, stayed with it, and it changed my life.

That's the point of this Easy 14-Day Metabolic Reset—not perfection, but progress. You don't need to do everything at once. You need to start, stay honest, and keep going. If this guide helped you, support Godly Organics so I can keep creating practical, high-quality content that helps people take back their health.

God has your back.

This guide is educational and is not intended to diagnose, treat, or replace medical care. Always talk to your provider before making major changes, especially if you have medical conditions or take medication.

