

EVIDENCE-BASED METABOLIC HEALTH

THE
7-Day
METABOLIC
RESET

*One simple change a day to steady your
blood sugar and quiet the hunger.*



Sonya RN | Metabolic Health

@SONYARNMETABOLIC

START HERE

You don't need an overhaul. You need seven small wins.

Most "resets" fail because they ask you to change everything at once. This one doesn't. For the next seven days you'll make **one change a day** — small, doable, and built to stack. Each one targets the same thing: helping support steadier blood sugar and reducing how much insulin your body needs to produce over time. And each day, I'll show you the plain-English reason it works, so you're not just following rules. You'll understand your own body.

HOW TO USE THIS

- 1 One day at a time.** Don't jump ahead. The point is to add a habit, not memorize a plan.
- 2 Keep yesterday going.** Each new day stacks on the last. By the end you're doing all seven.
- 3 Read the RN Insight.** That's the "why." Understanding it is what makes the habit stick.

First, a quick hello from the nurse walking you through this.



MEET YOUR GUIDE

Hi, I'm Sonya.

I'm an RN with nearly 20 years of healthcare experience, and I created this guide because I know how confusing metabolic health can feel.

My goal isn't to put you on another diet. It's to help you understand how your body actually works, so you can make decisions with confidence and stop guessing.

Everything in this guide is based on the same evidence and practical advice I'd share with my own family.

— *Sonya, RN*

REGISTERED NURSE • METABOLIC HEALTH
EDUCATOR • @SONYARNMETABOLIC

Are you showing signs of insulin resistance?

Insulin resistance is common, and it often builds quietly for years before it shows up on a standard blood sugar test. Here's the difference between what you might feel and what your labs might show.

COLUMN ONE

Signs you might notice

- ☐ Weight that settles around your middle
- ☐ Cravings you can't quite explain
- ☐ Hungry again soon after eating
- ☐ An afternoon energy crash
- ☐ Skin tags or darkened skin patches

COLUMN TWO

What your labs or doctor may have flagged

- ☐ Prediabetes or an elevated A1c
- ☐ PCOS
- ☐ Fatty liver
- ☐ High triglycerides or low HDL
- ☐ A family history of type 2 diabetes

If **several of these sound familiar**, the next seven days are a strong place to start. You're not behind. You're early, and early is exactly where these habits do the most good.

This is not a diagnosis. Only your clinician can confirm insulin resistance, usually with lab work. Use this to notice patterns and start the conversation, not to label yourself.

DAY ONE · STEP 1 OF 7

1

Protein first

RN INSIGHT *the why behind today*

Protein is one of the most powerful nutrients for appetite control, muscle preservation, and blood sugar stability. Protein-rich meals stimulate the release of hormones such as **GLP-1** and **PYY** — the same fullness signals your body already makes on its own — and slow how fast your stomach empties, so glucose reaches your bloodstream more gradually. That's why eating protein first tends to mean fewer cravings and steadier energy. Not because protein is magic, but because of how your body responds to it.

TODAY Put a palm-sized serving of protein on your plate at every meal, and eat it first.

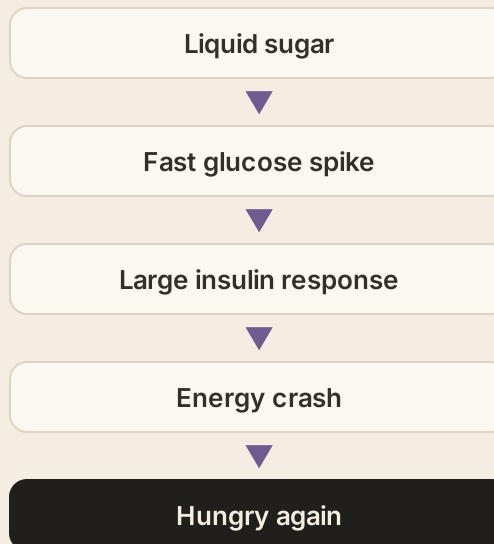
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Cut the liquid sugar

RN INSIGHT *the why behind today*

Sugar in liquid form has nothing to slow it down — no fiber, no protein, no fat. So it hits fast, your **blood sugar** climbs quickly, and your body answers with a large **insulin** release. What spikes fast tends to crash fast, and that crash is often what has you hungry again an hour later.

WHAT ONE SUGARY DRINK SETS OFF



TODAY Swap one sugary drink for water, sparkling water, or unsweetened coffee or tea.

DAY THREE · STEP 3 OF 7

3

Eat in the right order

RN INSIGHT *the why behind today*

Eating vegetables and protein before starches doesn't change the calories on your plate. It changes **how quickly glucose reaches your bloodstream**. The fiber and protein act like a speed bump, so the same meal produces a gentler rise instead of a sharp spike. Order is a free tool, and it works with the food you're already eating.

TODAY At your biggest meal, eat veggies and protein first. Save the bread, rice, or potato for last.

DAY FOUR · STEP 4 OF 7

4

Walk after you eat

RN INSIGHT *the why behind today*

During walking, your contracting **muscles** can take up glucose through pathways that are less dependent on insulin, which helps lower your blood sugar after a meal. That's why even 10 minutes of movement can noticeably blunt the spike. **You're not so much burning it off as putting it to work.**

TODAY Walk for 10 minutes after your largest meal.

DAY FIVE · STEP 5 OF 7

5

Close the kitchen early

RN INSIGHT *the why behind today*

Your body handles glucose better earlier in the day and less well late at night. Eating right before bed means your **blood sugar** and **insulin** are still working while you're trying to rest. A longer overnight break gives insulin a chance to come back down before you sleep.

TODAY Stop eating three hours before bed. Water is fine.

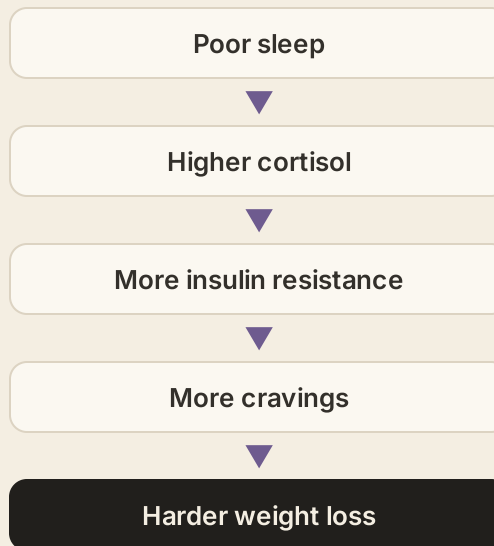
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Protect your sleep

RN INSIGHT *the why behind today*

One short night raises **cortisol**, your stress hormone, and makes your cells respond less well to insulin the next day. It also shifts your hunger hormones toward more cravings, especially for quick carbs. This is why a rough night so easily becomes a rough eating day.

HOW ONE BAD NIGHT SNOWBALLS



TODAY Pick a bedtime that gives you seven hours, and start winding down 30 minutes before.

DAY SEVEN · STEP 7 OF 7

7

Build your repeatable day

RN INSIGHT *the why behind today*

None of these habits work because of one perfect day. They work because of **repetition**. Every protein-first meal, every walk, every good night of sleep is a small signal to your body — and consistency is what turns those signals into a pattern. Simple and repeatable beats perfect and unsustainable every time.

TODAY Write out one realistic day using everything from this week. That's your template.

KEEP GOING

Seven days builds it. Thirty days keeps it.

You've felt the difference. Now let it become automatic. Keep these going for the next 30 days — check the ones you hit, and don't chase a perfect score.

Progress isn't measured by perfection. It's measured by how often you come back to these habits.

- | | |
|--|---|
| ☐ Protein first at every meal | ☐ Fiber with your meals |
| ☐ Walk after meals | ☐ Strength train 2–3x a week |
| ☐ Seven hours of sleep | ☐ Eat slowly |
| ☐ Water over sugary drinks | ☐ Know your labs |

WHEN YOU'RE READY FOR MORE

The next step, when you want it

These seven days are the foundation. **Real Reset** is the full 90-day method built on the same approach — real food, movement, and the habits that finally stick, laid out across six modules with daily check-ins and a done-for-you 7-day meal plan. It's where you go when you're ready to make this a way of eating, not just a good week. No rush. These seven days work on their own.

[Explore Real Reset](#)

sonyarn.com/#real-reset

KEEP LEARNING WITH ME

Follow [@sonyarnmetabolic](#) on TikTok for weekly evidence-based tips on insulin resistance, blood sugar, protein, labs, and metabolic health.

This guide is for education, not medical advice. Talk with your physician or other qualified healthcare professional before making changes, especially if you take medications for diabetes or blood pressure. Individual results vary.

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