

PREMIUM WELLNESS GUIDE

Citrus Reset

21 gentle daily habits for steady energy,
fewer cravings & natural metabolism
support after 40

*A warm, feminine reset designed to feel simple, beautiful,
and sustainable — with nourishing recipes and optional
CitrusBurn education.*

INCLUDES RECIPES + TRACKER

Before You Begin

A quieter, steadier way of caring for yourself begins here.



Wellness can begin as a series of faithful returns: water before coffee, morning light, a colorful meal, a pause before the old pattern. Citrus Reset was created for realistic, beautiful, compassionate transformation — one repeatable choice at a time.

A premium reset is not a punishment. It is a return to rhythm.

Start with one small promise today. Keep it kindly. Let steadiness begin to feel like self-respect.

CARE

Educational wellness guide only

Citrus Reset supports general wellness habits around hydration, balanced meals, movement, stress care, sleep, and mindful routines. It is not medical advice and is not intended to diagnose, treat, cure, or prevent any disease.

Before making routine or supplement changes, speak with a qualified healthcare professional if pregnant, nursing, taking medication, or managing a health condition. CitrusBurn is optional. Affiliate links may earn a commission at no additional cost to you. Individual experiences vary.

PROMISE

The reset promise

You do not need to change everything. Choose the next supportive step, repeat it often enough to trust yourself again, and let consistency become confidence.

A Softer Reset After 40

For the season when your body responds better to steadiness than intensity.

There is a season of life when harsh routines stop feeling helpful. Skipping meals can backfire. Extreme workouts can feel draining. Late nights can show up as cravings, fog, and a shorter fuse.

Citrus Reset is a warm return to rhythm: hydration, light, protein, gentle movement, mindful meals, strength, sleep, stress support, and small weekly wins.



1

Begin

where life actually is

Start with the next glass of water, the next meal, the next breath.

2

Make

beauty practical

A beautiful glass, citrus wedge, colorful plate, or quiet tea ritual makes care feel available.

3

Measure

beyond the scale

Energy, sleep, cravings, confidence, digestion, and follow-through are meaningful signs of rhythm.

RESET

What makes this reset feel different?

It is habit-based, visually simple, feminine, and realistic. You will stack small actions that support energy and consistency instead of relying on strict rules, guilt, or perfection pressure.

How to Use This Guide

A graceful structure for the woman who wants clarity without pressure.

The 21 habits are arranged as a menu, not a test. Choose a small number, repeat them until they feel natural, and then layer the next supportive action. If a day becomes complicated, the reset is not broken. It simply waits for your next cue.

1

Read

Skim the full guide once so the rhythm feels familiar.

2

Choose

Select two morning habits, one meal habit, and one evening habit.

3

Repeat

Practice for seven days before adding more.

4

Reflect

Track non-scale wins and adjust with compassion.

Your best starting point

Sluggish mornings

Habits 1, 2, 4, and 7 create a calm beginning.

Snacky evenings

Habits 11, 13, 17, and 18 create softer closure.

Chaotic meals

Habits 3, 8, 9, and 21 add structure without counting.

Stress-driven choices

Habits 5, 11, 19, and 20 support the pause before reaction.

Gentle rule: never let a missed habit become a missed identity. Begin again at the next natural moment.

A SOFT BEGINNING

Your Reset Promise

You are not starting over because you failed. You are returning because you care.

This reset is not a demand to become a different woman overnight. It is a warm invitation to choose one kind action, repeat it gently, and let small promises become steadier care.

1

Release punishment

I can want change without speaking to myself harshly. My body responds best to care, patience, nourishment, and calm repetition.

2

Choose the next kind step

When life gets messy, I do not have to restart the whole plan. I can drink water, breathe, walk, prepare one beautiful plate, or rest.

3

Let consistency become care

Showing up gently is still showing up. Every repeated ritual is evidence that I am worthy of support right now.

PROMPT

Gentle rule

Your reset begins at the next kind choice, not the next perfect Monday. Ask: What is one soft promise I can keep today?

Habits 01–02

Build rhythm slowly. Choose the habit that feels easiest first, then let momentum do the rest.

01 Wake-Up Citrus Water Ritual



HYDRATION

WHY

A bright glass of citrus water gives your morning a clean beginning before coffee, screens, or the first demand of the day. It is a small act, but small acts are where a more intentional life begins.

DO

Sip warm or chilled water with lemon, orange, grapefruit, cucumber, or mint. Let the glass become your first calm cue.

Premium cue

Set out a pretty glass, citrus wedge, and small cutting board the night before so the habit feels...

Mini ritual

Orange-mint water with ice, mint, and two orange wheels.

02 5-Minute Sunlight + Deep Breathing



MORNING CALM

WHY

Light and slow breathing help the day feel less rushed and more intentional, especially when mornings usually begin with demands. You are not escaping your life; you are entering it more softly.

DO

Step outside or sit by a bright window. Inhale through the nose and make the exhale longer than the inhale.

Premium cue

Pair this with citrus water so two habits become one elegant morning ritual.

Mini ritual

Breath cue: inhale 4, exhale 6, repeat five rounds.



NEXT

Choose one promise from this page to repeat tomorrow. A smaller promise kept often is more powerful than a perfect plan abandoned quickly.

Habits 03–04

Build rhythm slowly. Choose the habit that feels easiest first, then let momentum do the rest.

03 Protein-First Breakfast



SATISFACTION

WHY

A protein-forward breakfast helps the morning feel more steady and satisfying, which can make cravings easier to notice rather than chase.

DO

Choose Greek yogurt, eggs, cottage cheese, tofu scramble, or a smoothie with protein before pastries or plain coffee.

Premium cue

Add color with berries, citrus segments, cinnamon, greens, herbs, or chopped nuts.

Mini ritual

Greek yogurt, orange segments, cinnamon, and walnuts.

04 Gentle 10-Minute Morning Movement



ENERGY

WHY

Movement does not have to be intense to be useful. Ten gentle minutes can wake up joints and remind you that your body deserves care, not criticism.

DO

Walk, stretch, roll shoulders, circle hips, or do a slow mobility flow after waking.

Premium cue

Use a warm, feminine playlist that feels uplifting rather than punishing.

Mini ritual

Neck circles, shoulder rolls, side bends, calf raises, slow walk.



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Habits 05–06

Build rhythm slowly. Choose the habit that feels easiest first, then let momentum do the rest.

05 Mindful Gratitude + Intention



MINDSET

WHY

Gratitude softens the mind while intention gives the day direction. Together, they turn the morning from reaction into choice.

DO

Write one sentence for gratitude and one sentence for how you will support yourself today.

Premium cue

Keep the note near your water bottle, planner, or bathroom mirror.

Mini ritual

Prompt: “The kindest next step I can take today is...”

06 Take Your Daily CitrusBurn Capsule with Water



OPTIONAL SUPPORT

WHY

If you choose CitrusBurn, place it within a responsible wellness rhythm: hydration, balanced meals, movement, sleep, and stress care.

DO

Follow product directions, use water, and consult a qualified professional if you have questions about supplements.

Premium cue

Track consistency, not perfection. A supplement is one optional support step, never the whole routine.

Mini ritual

Pair with your first full glass of water, if appropriate.



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Habits 07–08

Build rhythm slowly. Choose the habit that feels easiest first, then let momentum do the rest.

07

First Big Glass of Water Before Coffee



HYDRATION

WHY

Coffee can stay. This habit simply gives hydration the first invitation so the morning feels more nourished and less rushed.

DO

Drink one large glass of water before your first coffee or tea.

Premium cue

Use a beautiful glass or bottle so hydration feels elevated, not clinical.

Mini ritual

Spa water with cucumber ribbons, lemon, basil, and chilled water.

08

The Elegant Plate Method



BALANCED MEALS

WHY

A visual plate structure reduces the need to count or overthink and helps you build meals with color, protein, and satisfaction.

DO

At one meal, aim for half vegetables, one quarter protein, and one quarter carbohydrates or starches.

Premium cue

Finish with a brightener: lemon juice, orange zest, herbs, salsa, or citrus vinaigrette.

Mini ritual

Greens, chicken or chickpeas, quinoa, cucumber, lemon dressing.



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Habits 09–10

Build rhythm slowly. Choose the habit that feels easiest first, then let momentum do the rest.

09 One Meal Without Screens



MINDFUL EATING

WHY

When screens disappear, flavor, pace, fullness, and satisfaction become easier to notice. Attention is one of the most elegant forms of nourishment.

DO

Choose one meal daily with no phone, TV, laptop, or tablet.

Premium cue

Light a candle, use a cloth napkin, or plate your food beautifully.

Mini ritual

Take three slow breaths before the first bite.

10 10-Minute Walk After Meals



MOVEMENT

WHY

A short walk helps the body transition after eating and gives you a gentle alternative to sitting immediately after meals.

DO

Walk slowly for ten minutes after one meal when possible.

Premium cue

Call it a digestion stroll and leave the performance mindset behind.

Mini ritual

Indoor option: tidy the kitchen, water plants, or walk a hallway loop.



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Habits 11–12

Build rhythm slowly. Choose the habit that feels easiest first, then let momentum do the rest.

11 Craving Pause Technique



CRAVINGS

WHY

The pause is not punishment. It is a small moment to ask what you truly need before a craving makes the decision for you.

DO

Drink water, wait ten minutes, and ask whether you are hungry, tired, stressed, bored, or seeking comfort.

Premium cue

Create a comfort menu with tea, a walk, journaling, a protein snack, or a bath.

Mini ritual

Phrase: “I can have it if I still want it. First, I will check in.”

12 Swap One Snack for Citrus



FRESHNESS

WHY

Citrus is refreshing, naturally portioned, and sensory. It gives your mouth something bright when you want a reset.

DO

Choose an orange, clementine, grapefruit, or lemon water once per day as a snack swap or snack starter.

Premium cue

Pair citrus with protein or fat when you need more staying power.

Mini ritual

Clementine + almonds, grapefruit + cottage cheese, or orange + yogurt.



NEXT

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Habits 13–14

Build rhythm slowly. Choose the habit that feels easiest first, then let momentum do the rest.

13 Evening Herbal Tea Ritual



EVENING CALM

WHY

Late-night sweets often arrive when the body wants comfort, closure, or a softer transition. Tea gives your hands and senses a calming cue.

DO

Make herbal tea when late-night snacking usually begins.

Premium cue

Create a kitchen-closing ritual: wash the cup, dim the lights, and move to a calm room.

Mini ritual

Chamomile tea with lemon peel and a cinnamon stick.

14 Smaller Plate, Better Portion Awareness



PORTIONS

WHY

This is not about eating as little as possible. It is a gentle visual cue that helps you pause before automatic seconds.

DO

Use a smaller plate at one meal and check in before serving more.

Premium cue

Make the plate look abundant with greens, herbs, roasted vegetables, citrus, and color.

Mini ritual

Add volume with cucumber, greens, citrus, herbs, and roasted vegetables.



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Habits 15–16

Build rhythm slowly. Choose the habit that feels easiest first, then let momentum do the rest.

15 Movement Snacks



DAILY MOTION

WHY

Small movement breaks keep the body from feeling forgotten during long sitting periods. They can be short, elegant, and easy to repeat.

DO

Stand, stretch, refill water, or walk for one minute every hour when sitting.

Premium cue

Tie movement to natural cues: calls, coffee refills, bathroom breaks, or email transitions.

Mini ritual

Desk reset: 10 shoulder rolls, 10 calf raises, 3 slow breaths.

16 Simple Strength Mini-Routine



STRENGTH

WHY

Strength work supports confidence and function, and it does not have to start in a gym. Begin with a version that feels doable.

DO

Try bodyweight squats, wall push-ups, countertop push-ups, or sit-to-stands twice per week.

Premium cue

Track “I showed up” rather than chasing soreness.

Mini ritual

Two rounds: 8 sit-to-stands, 8 wall push-ups, 20-second march.



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Habits 17–18

Build rhythm slowly. Choose the habit that feels easiest first, then let momentum do the rest.

17 Evening Unwind Routine



REST

WHY

A softer evening helps tomorrow begin with more steadiness. You are teaching the body that the day has a graceful ending.

DO

Turn off screens thirty minutes before bed and replace scrolling with tea, stretching, reading, or journaling.

Premium cue

Set your phone outside the bedroom or across the room on a charger.

Mini ritual

Tea, skincare, stretch, and one page of journaling.

18 Consistent Bedtime Rhythm



SLEEP RHYTHM

WHY

A repeatable sleep rhythm supports the foundation of daily energy, appetite awareness, mood, and follow-through.

DO

Choose a realistic bedtime window for seven days and protect it as much as possible.

Premium cue

Begin evening reset 45 minutes before bed,

Mini ritual

Cue: "I do not have to finish everything to deserve rest."



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Habits 19–20

Build rhythm slowly. Choose the habit that feels easiest first, then let momentum do the rest.

19 Stress-Release Breathing



STRESS SUPPORT

WHY

Stress can intensify cravings and decision fatigue. Breathing gives you a portable tool to downshift before reacting.

DO

Try 4-7-8 breathing, or shorten the counts if holding your breath feels uncomfortable.

Premium cue

Use it before meals, difficult conversations, or evening snack decisions.

Mini ritual

Gentle version: inhale 4, hold 2, exhale 6 for five rounds.

20 Weekly Non-Scale Victory Tracking



CONFIDENCE

WHY

The scale is only one data point. Non-scale wins reveal where consistency is quietly working.

DO

Once per week, note energy, sleep, mood, cravings, digestion, strength, confidence, clothes fit, and follow-through.

Premium cue

Circle one win you want to repeat next week.

Mini ritual

Reflection: “This week, I kept a promise to myself when I...”



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Habits 21–21

Build rhythm slowly. Choose the habit that feels easiest first, then let momentum do the rest.

21

Weekly Citrus-Based Recipe



FLAVOR

WHY

A weekly recipe makes the reset practical. Citrus adds brightness so healthy meals do not feel bland or restrictive.

DO

Prepare one citrus-forward recipe each week.

Premium cue

Cook once, assemble twice: make extra protein or dressing for tomorrow's bowl.

Mini ritual

Lemon-herb salmon, orange ginger yogurt, grapefruit avocado salad, or chickpea bowls.

Make it your signature habit

Choose one citrus-forward recipe this week and repeat it until it becomes your easy default. Familiar can be powerful when it makes the next good choice simple.

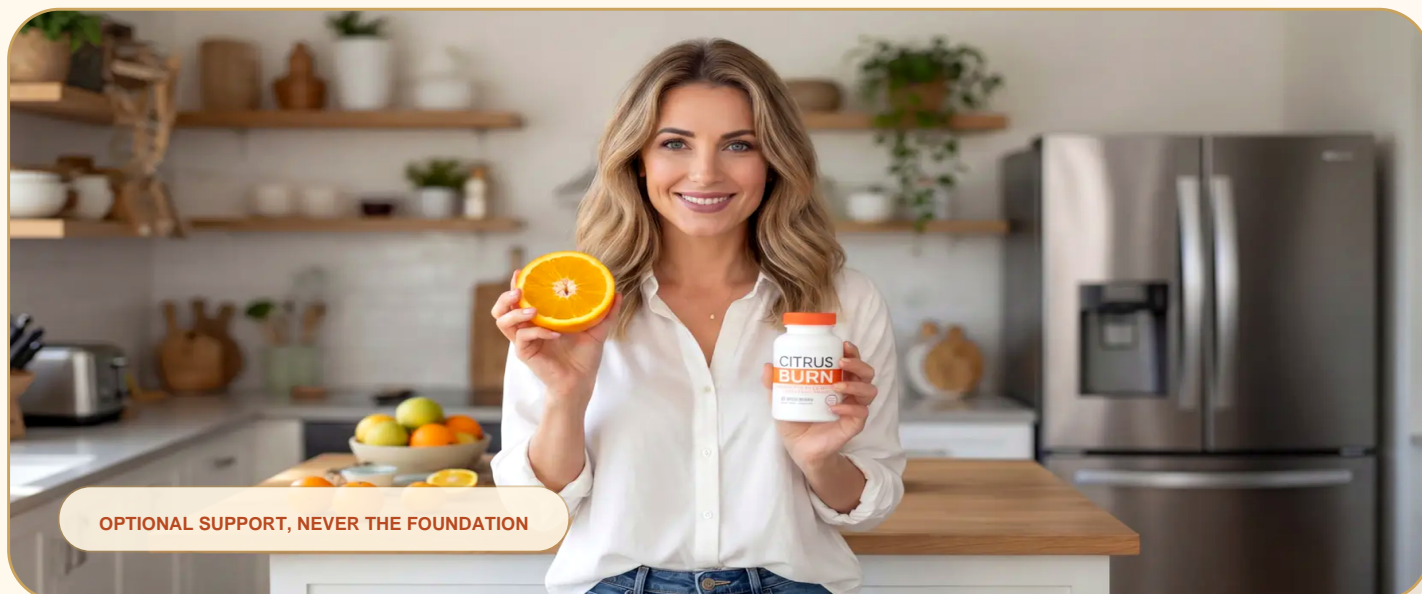


NEXT

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CitrusBurn as Optional Support

A supplement can support a rhythm, but it should never replace the rhythm.



OPTIONAL SUPPORT, NEVER THE FOUNDATION

Let CitrusBurn live inside a wider foundation: water, balanced meals, walking, strength, rest, and stress care — one optional cue, never the whole reset.

Build the rhythm around the support

- 1 **Anchor it** | Pair it with water and a calm morning cue.
- 2 **Respect your body** | Follow label directions and notice how you feel.
- 3 **Ask wisely** | Consult a qualified professional when pregnant, breastfeeding, taking medication, managing a condition, or sensitive to stimulants.

What carries the reset

Hydration, colorful meals, movement, sleep, stress care, and self-trust do the real daily work.

The reset approach

Supportive, educational, optional — and always paired with responsible use.

Gentle rule: the supplement may support the rhythm, but the rhythm is the transformation.

CITRUS RESET RECIPES

Citrus Reset Recipes

Bright, satisfying meals that make the reset feel generous, realistic, and easy to repeat.

Food is where wellness becomes tangible: colorful everyday meals with enough protein, fiber, crunch, and citrus brightness to make consistency feel generous.

Choose one

Start with the meal your week needs most.

Prep once

Let leftovers create tomorrow's ease.

Repeat gently

Consistency grows from meals you enjoy.

Your weekly recipe rhythm

Choose one recipe, prepare enough for leftovers, and let tomorrow become easier.

Good food waiting in the fridge can turn a busy day into a steady one.

Lemon-Herb Protein Bowl

Serves 2 · 25 minutes · A bright, satisfying bowl for days when you want structure without heaviness.



Ingredients

1. 1 cup cooked quinoa or brown rice
2. 2 cups chopped cucumber, cherry tomatoes, and greens
3. 8 oz grilled chicken, chickpeas, tofu, or salmon
4. 2 tbsp crumbled feta or toasted pumpkin seeds
5. 1 lemon, zested and juiced
6. 1 tbsp extra-virgin olive oil
7. 1 tbsp chopped parsley or dill
8. Sea salt and black pepper to taste

Step-by-step

1. Divide quinoa or rice between two bowls.
2. Layer vegetables and protein over the grain base.
3. Whisk lemon zest, lemon juice, olive oil, herbs, salt, and pepper.
4. Spoon dressing over the bowls and finish with feta or seeds.

This is the plate method in a bowl: color, protein, fiber, brightness, and enough pleasure to make consistency feel generous.

Orange-Ginger Greek Yogurt Bowl

Serves 1 · 7 minutes · A creamy morning ritual with citrus brightness, gentle spice, and satisfying crunch.



Ingredients

1. 3/4 cup plain Greek yogurt or dairy-free high-protein yogurt
2. 1 orange or two clementines, peeled and segmented
3. 1 tbsp chopped walnuts or sliced almonds
4. 1 tsp honey or maple syrup, optional
5. 1/4 tsp fresh grated ginger or a pinch of ground ginger
6. 1/8 tsp cinnamon
7. 1 tbsp chia seeds, optional

Step-by-step

- 1 Spoon yogurt into a shallow bowl.
- 2 Arrange citrus segments over the yogurt.
- 3 Sprinkle with nuts, ginger, cinnamon, and chia if using.
- 4 Drizzle lightly with honey or maple, then eat slowly before screens.

Let breakfast become a quiet vote for steadiness. It does not need to be elaborate to be beautiful.

Grapefruit Avocado Renewal Salad

Serves 2 · 15 minutes · Refreshing, elegant, and ideal when you want something clean but still satisfying.



Ingredients

1. 4 cups arugula, butter lettuce, or mixed greens
2. 1 grapefruit, peeled and segmented
3. 1 avocado, sliced
4. 1/4 cup thinly sliced fennel or cucumber
5. 2 tbsp toasted pistachios or walnuts
6. 2 tbsp citrus vinaigrette
7. Pinch of sea salt and black pepper

Step-by-step

- 1 Place greens on a large plate or in two bowls.
- 2 Add grapefruit, avocado, and fennel or cucumber.
- 3 Scatter nuts over the top for texture.
- 4 Drizzle with vinaigrette and season just before serving.

The goal is not to eat less; it is to eat with freshness, color, and attention.

Citrus Chickpea Lunch Jar

Makes 2 jars · 20 minutes · A portable reset meal that keeps lunchtime from becoming an afterthought.



Ingredients

1. 1 can chickpeas, rinsed and drained
2. 1 cup cooked quinoa or farro
3. 1 cup chopped cucumber
4. 1 cup shredded romaine or baby greens
5. 1/2 cup grated carrot or bell pepper
6. 1 orange, segmented and chopped
7. 4 tbsp citrus vinaigrette
8. 2 tbsp sunflower seeds or feta, optional

Step-by-step

- 1 Add 2 tablespoons vinaigrette to the bottom of each jar.
- 2 Layer chickpeas, quinoa, cucumber, carrot, citrus, and greens.
- 3 Top with seeds or feta if using.
- 4 Seal and refrigerate; shake into a bowl when ready to eat.

*Preparation is kindness toward your future self.
A jar in the fridge can protect the tone of an entire afternoon.*

Clementine Almond Snack Plate

Serves 1 · 5 minutes · A small, elegant snack plate for the moment you want something sweet, bright, and grounding.



Ingredients

1. 2 clementines or 1 small orange, peeled
2. 2 tbsp almonds, walnuts, or pistachios
3. 1/2 cup cottage cheese or Greek yogurt, optional
4. Pinch of cinnamon
5. Fresh mint or orange zest, optional

Step-by-step

- 1 Arrange citrus on a small plate rather than eating from the counter.
- 2 Add nuts and cottage cheese or yogurt if you want more staying power.
- 3 Dust with cinnamon and garnish with mint or zest.
- 4 Pause for three breaths before the first bite.

A snack can be a pause, not a panic. Make it lovely enough that you remember you are worth care.

Lemon-Herb Salmon Sheet Pan

Serves 3–4 · 30 minutes · A cook-once dinner that can become tomorrow's bowl, salad, or lunch jar.



Ingredients

1. 3–4 salmon fillets or preferred protein
2. 3 cups broccoli, green beans, zucchini, or asparagus
3. 1 cup baby potatoes or cooked grain on the side
4. 1 lemon, thinly sliced
5. 2 tbsp olive oil
6. 1 tsp Dijon mustard
7. 1 tsp dried oregano or Italian herbs
8. Sea salt, pepper, and chopped parsley

Step-by-step

- 1 Heat oven to 400°F and line a sheet pan.
- 2 Arrange salmon, vegetables, potatoes, and lemon slices.
- 3 Whisk olive oil, Dijon, herbs, salt, and pepper; brush over everything.
- 4 Bake 12–18 minutes, until salmon flakes and vegetables are tender.

Dinner becomes easier when the oven does the work and the leftovers already know where they are going.

Sparkling Citrus Mint Mocktail

Serves 2 · 8 minutes · A celebratory evening drink that feels special without asking anything from tomorrow morning.



Ingredients

1. 1 orange, juiced
2. 1/2 lemon or lime, juiced
3. 1 tsp honey or simple syrup, optional
4. 8 fresh mint leaves
5. 1 cup sparkling water
6. Ice
7. Orange wheel, lemon slice, or mint sprig for garnish

Step-by-step

- 1 Gently muddle mint with citrus juice and honey if using.
- 2 Fill two glasses with ice.
- 3 Divide citrus mixture between glasses and top with sparkling water.
- 4 Garnish and sip slowly as a kitchen-closing ritual.

Ritual is not restriction. Sometimes the most supportive choice is simply making the ordinary feel sacred.

Golden Citrus Reset Dressing

Makes about 1/2 cup · 6 minutes · A bright finishing sauce for bowls, salads, vegetables, fish, chicken, tofu, or chickpeas.



Ingredients

1. 1/4 cup extra-virgin olive oil
2. 2 tbsp fresh lemon juice
3. 2 tbsp fresh orange juice
4. 1 tsp Dijon mustard
5. 1 tsp honey, optional
6. 1 small garlic clove, grated
7. 1 tsp orange or lemon zest
8. Sea salt and black pepper to taste

Step-by-step

- 1 Add all ingredients to a small jar.
- 2 Seal and shake until creamy and combined.
- 3 Taste and adjust with more citrus, mustard, or salt.
- 4 Refrigerate up to 4 days and shake before using.

A beautiful dressing is a habit multiplier. It turns simple food into something you are happy to repeat.

OPTIONAL BOTANICAL SUPPORT

Understanding CitrusBurn

Nature's Gentle Companion

CitrusBurn is an optional, natural tool that can complement the gentle daily habits in this guide. For women over 40, it may offer extra support for steady energy, fewer cravings, and a natural metabolism rhythm.



The Story Behind CitrusBurn

Inspired by Mediterranean and botanical wisdom, CitrusBurn draws on bitter Seville orange peel, traditionally used for centuries to support digestion, vitality, and balanced energy — in a modern formula designed to sit gently beside your daily reset.

Key Ingredients Spotlight



Seville Orange Peel

Traditional support for metabolic fire and healthy appetite awareness.



Green Tea Extract

Catechins support gentle fat oxidation and calm daily energy.



Ginger + Apple Vinegar

Help with digestion, satiety, and stable blood sugar rhythm.



Berberine + Botanicals

Known for metabolic harmony and balanced daily support.

NON-GMO INGREDIENTS

CRAFTED FOR GENTLE DAILY USE

OPTIONAL WELLNESS SUPPORT

How It Supports Your Reset

- Works with your citrus water ritual
- May quiet food noise and support metabolism
- Complements — never replaces — gentle habits

Quality & Trust

Made with care in the USA, third-party tested, and focused on purity, consistency, and gentle daily support.

If you feel called to explore CitrusBurn as a supportive tool on your journey, you can learn more at citrusreset.com

Educational purposes only; not medical advice. Always consult your healthcare provider before adding any supplement.

7-Day Starter Plan

A realistic first week that stacks the most important wins without overwhelm.

1

DAY 1

Citrus water + one gratitude sentence

Make the first promise tiny and visible.

2

DAY 2

Add five minutes of light + breathing

Let calm become part of your morning identity.

3

DAY 3

Protein-first breakfast + water before coffee

Create steadier energy before the day gets busy.

4

DAY 4

Ten-minute movement + one screen-free meal

Bring attention back to your body and your plate.

5

DAY 5

Plate method at one meal + craving pause

Use structure and compassion together.

6

DAY 6

Evening tea ritual + evening reminder

Give tomorrow a softer beginning tonight.

7

DAY 7

Reflect on non-scale wins + choose next focus

Notice evidence that consistency is working.

Let the rhythm become yours

If this first week still feels new, repeat it before adding more.

Repetition is how a routine becomes identity.

Printable Weekly Tracker

Check the box when you complete a habit. Leave it blank without guilt when life happens.

Your week at a glance

Habit	M	T	W	T	F	S	S
Citrus water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Morning light + breath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein-first breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water before coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10-minute walk/movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plate method meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evening unwind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly reflection

Let this page hold what worked, what felt hard, and what you want to repeat softly next week.

My strongest non-scale win was:

The habit that helped me most was:

Next week, I will make this easier by:

Frequently Asked Questions

Soft answers for the moments when perfection tries to take over.

Do I have to do all 21 habits every day?

No. Begin with the habits that create the strongest sense of steadiness. Consistency matters more than checking every box.

Is CitrusBurn required?

No. CitrusBurn is optional. The reset stands on hydration, balanced meals, movement, sleep, and mindset.

What if I miss a day?

Begin again at the next natural cue. Your next glass of water, meal, walk, or bedtime can become the reset.

Can I drink coffee?

Yes. The guide simply invites water first so hydration has a gentle place in your morning rhythm.

How soon should I expect results?

Notice energy, cravings, sleep, confidence, and steady routines before chasing fast outcomes. Individual experiences vary.

Can I repeat the reset after 21 days?

Yes. You can repeat the full guide or keep a smaller rhythm of favorite habits as your everyday foundation.

What if my motivation drops?

Make the habit smaller, warmer, and easier. A five-minute walk or one nourishing breakfast still counts as progress.

Can I combine this with another plan?

Usually, yes. Let Citrus Reset support your existing routine with gentle hydration, meals, movement, and reflection.

Your Gentle Reset Begins Again Tomorrow

You are not behind. You are practicing a calmer way to care for yourself.

The most powerful part of Citrus Reset is not any single habit. It is the decision to return to yourself in small, repeatable ways. A glass of water. A protein-rich breakfast. A walk. A calmer evening. A kind reflection. These are not dramatic, but they are deeply practical.

Let this guide become a soft place to begin again. You do not need a perfect week to build a steadier life. You only need one supportive choice, then another.

Continue your Citrus Reset support at citrusreset.com

References

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