

THE RESET CO.

Quick-Start Guide

Read this first — it takes five minutes and gets you to Day 1

READ FIRST • FILE 8 OF 8

What You Got

Eight files. Here's the map, so nothing sits unopened in your downloads folder — and here's the important part: **you only need to read one of them today, and it's fifteen minutes long.**

File	What it is
The 15-Minute Field Guide	Start here. The whole Reset, one idea per page, fifteen minutes cover to cover. This is your first sitting — not the big guide.
The 28 Daily Reset Cards	From Day 1 on, this is how you live the program: one page per day — today's focus, today's meals, one 60-second idea, one checkbox. Two minutes a day. If you read only these, you'll still absorb the entire framework.
The 40+ Metabolism Reset (core guide)	The deep dive: the full science, the complete 28-day chapters, the 22-formula meal library, troubleshooting. This is your <i>reference</i> , not your homework — every Field Guide page and Daily Card points to the chapter with the why. Read it whenever curiosity strikes; skip it whenever it doesn't.
The Eat Anywhere Guide (bonus)	Restaurants, weekends, holidays, travel, wine night — the Reset, portable. Open it before your first dinner out.
28-Day Reset Calendar	The printable habit tracker — checkboxes, not food logs. Lives on your fridge.
Protein-First Cheat Sheet	Your protein number, hand portions, and the top 40 sources — pre-calculated, zero math. Also lives on your fridge.
Reset Grocery Lists	One pantry setup plus four weekly store-ready lists, with budget swaps.
Quick-Start Guide	This page. You're doing it right.

Today (about 30 minutes, total)

- ☐ **1. Read the 15-Minute Field Guide.** Cover to cover, one sitting — it's the entire method in twenty visual pages. Not the 61-page core guide; that one is your reference library for whenever you want the full why, and it will still be there next month.
 - ☐ **2. Print the Calendar and the Cheat Sheet.** Fridge, pantry door, bathroom mirror — anywhere your eyes already go. (No printer? Keep them open on your phone and jot the checkboxes on any notepad. The paper isn't magic; the visibility is.)
 - ☐ **3. Do the Pantry Reset.** Open the Grocery Lists file, check the one-time staples list against what you own, and pick up what's missing — plus the short Week 1 list — today or tomorrow. One normal store, one trip.
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Tomorrow = Day 1

Two small things tonight, and tomorrow runs itself. First, **read the Day 1 card** in your Daily Reset Cards — two minutes, and it tells you everything tomorrow asks of you. (That's the rhythm for the whole month: each evening, read tomorrow's card.) Second, **choose your 3 protein anchors** — one each for breakfast, lunch, and dinner — from the Cheat Sheet. For example: Greek yogurt bowl · tuna wrap · rotisserie chicken with veg. Write them on Day 1 of your calendar.

That's the whole first day. Not a meal plan overhaul — three meals, each anchored with a palm or more of protein, eaten protein-first. Repeat your anchors as many days as you like; repetition is a feature here, not a failure of imagination.

The Only 3 Rules for Week 1

Everything else can wait. If you do just these three things for seven days, Week 1 is a success — and most women feel the first shift (less bloat, steadier energy) by day 3–5.

1. **Protein first, at every meal.** A palm or more (25–35 g — the Cheat Sheet does the math), and eat the protein on your plate first.

2. **Three real meals. No grazing.** Breakfast, lunch, dinner, roughly every 3–5 hours, plus an optional protein snack. Meals, not nibbles.
3. **Drink your water.** Steadily, through the day. Boring, essential, and half of the early de-bloat effect.

Notice what's not on the list: no calorie target, no forbidden foods, no workout requirement yet (strength starts gently in Week 3), no weighing yourself daily.

Where to Look When Stuck

When you're thinking...	Go to
"What am I supposed to do today?"	Your Daily Reset Card for the day — that's its whole job
"I don't have time to read all this"	The 15-Minute Field Guide — the entire method, one idea per page. The big guide is optional, forever
"How much protein do I actually need?"	Cheat Sheet, Page 1 — or Chapter 4 of the core guide for the full explanation
"I'm hungry all the time" / "the 9pm cravings are back"	Core guide, Chapter 5 (structure) and Chapter 14 (troubleshooting)
"What do I actually cook?"	The meal formulas in Part 3 of the core guide + your weekly grocery list
"I can't face a gym"	Chapter 6 — the No-Gym Starter is six movements, at home, 20 minutes
"I blew it this weekend"	Chapter 7 (the Next-Meal Rule) and Chapter 14. Short version: you're never one meal away from failure, and nobody here starts over Monday
"We're going out to eat" / holidays / travel	The Eat Anywhere Guide, cover to cover
"The scale isn't moving"	Chapters 13–14 — and the Day 28 page of your calendar, which measures what the scale can't
"I take medication / have a health condition / use a GLP-1"	Talk with your healthcare provider first; see the medical notes at the front of the core guide

TAKE THIS WITH YOU

Read this part twice if you need to. There is **no tracking** in this program — no app, no logging, no macro math; every number is pre-calculated for you. There are **no forbidden foods** — the framework has flexibility built in, on purpose. There is **no gym required** — Week 3's strength work happens in your living room if you want it to. And your **family eats the same dinners you do** — you will not be cooking two meals or eating something sad while they eat something good. You've done the white-knuckle version before, and it's not that it failed you — it was solving the wrong problem. This solves the right one: eat differently, not less.

See you on Day 1.
