

The 28 Daily Reset Cards

One page per day. Two minutes of reading. Today's focus, today's meals, one idea worth knowing, and one checkbox. That's the whole program — lived one day at a time.

FILE 3 OF 8

HOW TO USE THESE CARDS

Read tomorrow's card the night before.

That's the whole system. Each card takes about two minutes and tells you everything Day N asks of you: the focus, the meals (each one is a formula from the core guide's Meal Formula Library — swap freely within your week), one 60-second idea from the science, and a single checkbox.

If you read only these 28 pages, you will still absorb the entire framework.

The ideas from the big guide are spread across the cards one at a time, in the order you need them.

Meals are suggestions, not homework — repeating your favorites is encouraged, and any meal that follows the Reset Plate ($\frac{1}{2}$ vegetables, $\frac{1}{4}+$ protein, $\frac{1}{4}$ smart carbs) counts as on-plan. Print the cards or read them on your phone. Pair each day's checkbox with your fridge calendar.

Miss a day? Don't read two tomorrow. Just pick up where you actually are — the cards wait, and nobody here starts over Monday.

Day 1

WEEK 1 • PROTEIN FIRST

Today has one job: eat a real protein anchor at breakfast.

TODAY'S MEALS

Breakfast	B1 Greek Yogurt Power Bowl
Lunch	L3 Tuna Salad Plate
Dinner	D6 Rotisserie Chicken + Two Sides
Snack	Cheese stick + apple

THE 60-SECOND WHY

Your body isn't broken — the rules changed. After 40, three shifts stack up: muscle slowly declines, hormones reroute fat to your middle, and muscle responds less to the protein you eat. This month answers all three, one pillar at a time.

TODAY'S ONE THING

☐ **Anchor breakfast: pick one from the cheat sheet and eat it**

What did an anchored morning feel like?

Day 2

WEEK 1 • PROTEIN FIRST

Keep it simple today — protein goes first on your fork at every meal.

TODAY'S MEALS

Breakfast	B1 Greek Yogurt Power Bowl
Lunch	L4 Leftover Remix (last night's chicken over greens)
Dinner	D2 One-Pan Stir-Fry
Snack	Cottage cheese + berries

THE 60-SECOND WHY

Here's the honest science: a 2021 study of over 6,000 people found metabolism stays essentially stable from age 20 to 60. There's no cliff at 40. What changed is muscle, movement, and where fat is stored — and every one of those is something you can act on.

TODAY'S ONE THING

☐ **Eat the protein on your plate first at every meal**

Name one meal that felt easier today.

Day 3

WEEK 1 • PROTEIN FIRST

Drink water with every meal and let the de-bloat begin.

TODAY'S MEALS

Breakfast	B1 Greek Yogurt Power Bowl
Lunch	L1 Big-Bowl Salad (canned salmon or chickpeas + feta)
Dinner	D4 Pasta With Protein
Snack	Hard-boiled egg + a few olives

THE 60-SECOND WHY

By day 3–5, most women notice less bloat, steadier energy, quieter cravings. That's protein, fiber climbing toward 25 grams a day, and water displacing refined carbs — real, but not fat loss yet. Fat loss is quieter and slower; it follows.

TODAY'S ONE THING

☐ **Drink a glass of water with each meal today**

Any change in the 3pm slump yet?

Day 4

WEEK 1 • PROTEIN FIRST

Aim for 25–35 grams of protein at each meal — one palm is the check.

TODAY'S MEALS

Breakfast	B2 Veggie Scramble Plate
Lunch	L4 Leftover Remix (last night's pasta)
Dinner	D1 Sheet-Pan Dinner (salmon or chicken thighs)
Snack	Greek yogurt cup

THE 60-SECOND WHY

Your muscle now needs a louder signal: about 25–35 grams of protein per meal to switch maintenance on. Below that threshold, muscle mostly hears silence. That's why per-meal matters more than per-day — three anchored meals beat one big dinner.

TODAY'S ONE THING

☐ Check each meal with your palm — one palm of protein minimum

Which meal cleared its anchor most easily?

Day 5

WEEK 1 • PROTEIN FIRST

Learn your number today — then let the palm check carry it for you.

TODAY'S MEALS

Breakfast	B1 Greek Yogurt Power Bowl
Lunch	L7 Protein Wrap
Dinner	D3 Taco Night
Snack	Handful of edamame

THE 60-SECOND WHY

Your target is 1.0–1.6 grams per kilogram — for most women, 80–130 grams a day. No math needed: one palm of dense protein per meal, plus a protein-forward snack, gets you there. It protects the muscle you have; it won't bulk you up.

TODAY'S ONE THING

- ☐ Look up your protein number in the table; write it down

How does knowing your number feel?

Day 6

WEEK 1 • PROTEIN FIRST

Notice what's changing — energy, bloat, cravings — and write one line down.

TODAY'S MEALS

Breakfast	B2 Veggie Scramble Plate
Lunch	L4 Leftover Remix (taco bowl over rice or greens)
Dinner	D7 Fish in 12 Minutes
Snack	Latte made with a full cup of milk

THE 60-SECOND WHY

Breakfast is the protein desert — toast and coffee deliver 2–8 grams, nowhere near your threshold. The 9pm snack urge is often the bill for a protein-empty morning, presented twelve hours later. Anchor the morning and the whole day steadies.

TODAY'S ONE THING

☐ Jot one line on your calendar: energy, bloat, cravings today

One thing that feels different this week?

Day 7

WEEK 1 • PROTEIN FIRST

Close out Week 1 with chili on the stove and twenty minutes of setup.

TODAY'S MEALS

Breakfast	B3 Overnight Protein Oats
Lunch	L6 Soup + Protein Top-Up
Dinner	D8 Weeknight Chili (makes tomorrow's lunch)
Snack	Apple + 2 tbsp peanut butter

THE 60-SECOND WHY

Fasting compresses eating into fewer meals, and your muscle responds per meal. Two meals means each needs about 50 grams to hit your target — roughly two chicken breasts per sitting. Skipping breakfast doesn't just skip calories; it skips a keep-your-muscle signal.

TODAY'S ONE THING

☐ **Do your 20-minute Sunday Setup — timer on**

One week of anchors — proudest small win?

Day 8

WEEK 2 • MEAL STRUCTURE

Give your day a rhythm: three meals, roughly every three to five hours.

TODAY'S MEALS

Breakfast	B1 Greek Yogurt Power Bowl (or Week 1 favorite)
Lunch	L4 Leftover Remix (Sunday's chili)
Dinner	D2 One-Pan Stir-Fry
Snack	Cottage cheese + berries

THE 60-SECOND WHY

Hard calorie cuts pull a real share of every lost pound from muscle. The diet ends, the weight returns as fat, and your engine is smaller than before. That's the eat-less, gain-more loop — and why this plan restructures instead of restricts.

TODAY'S ONE THING

☐ **Set rough meal times today — every 3 to 5 hours**

Did the day feel calmer with a rhythm?

Day 9

WEEK 2 • MEAL STRUCTURE

Build every plate to the template — vegetables, protein, smart carbs, a thumb of fat.

TODAY'S MEALS

Breakfast	B4 Cottage Cheese Toast
Lunch	L2 Grain Bowl (made Sunday)
Dinner	D5 Burger Night, Rebuilt
Snack	Hard-boiled egg + fruit

THE 60-SECOND WHY

Every meal builds to one template: half vegetables and fiber, a quarter-plus protein, a quarter smart carbs, a thumb of fat. Carbs aren't banned — naked carbs eaten alone were the problem. The Reset Plate gives the potato colleagues.

TODAY'S ONE THING

- ☐ Build lunch and dinner on the Reset Plate today

Which plate looked most like the template?

Day 10

WEEK 2 • MEAL STRUCTURE

Retire the graze today — if it's worth eating, it's worth a plate.

TODAY'S MEALS

Breakfast	B1 Greek Yogurt Power Bowl
Lunch	L2 Grain Bowl (second one)
Dinner	D4 Pasta With Protein
Snack	Greek yogurt cup

THE 60-SECOND WHY

Grazing fails you twice: no nibble ever reaches the 25–35 gram threshold, so your muscle hears silence all day, and the constant carb trickle keeps blood sugar gently elevated. Real, plated meals let hunger actually end.

TODAY'S ONE THING

- ☐ Put any snack on a plate and sit down to eat it

What did you skip grazing on today?

Day 11

WEEK 2 • MEAL STRUCTURE

No skipped meals today — a known next meal keeps the evening calm.

TODAY'S MEALS

Breakfast	B3 Overnight Protein Oats (made last night)
Lunch	L4 Leftover Remix (pasta)
Dinner	D1 Sheet-Pan Dinner
Snack	Cheese stick + apple

THE 60-SECOND WHY

Skipping meals doesn't cut calories — it relocates them to the evening, strips them of protein, and adds shame. An eight-hour gap always wins at 9pm. Three anchored meals on a rhythm is what makes your protein math possible.

TODAY'S ONE THING

☐ Name your next meal out loud when a craving hits

How did naming the next meal feel?

Day 12

WEEK 2 • MEAL STRUCTURE

Give the evening an ending — the kitchen closes after dinner tonight.

TODAY'S MEALS

Breakfast	B1 Greek Yogurt Power Bowl
Lunch	L5 Deli Protein Box
Dinner	D3 Taco Night
Snack	Handful of edamame

THE 60-SECOND WHY

Starvation mode isn't real as advertised. Dieting bodies do adapt — by roughly 30–100 calories a day, a slice of bread, not a slammed-shut furnace. Past stalls came from muscle loss and unsustainable plans, not from a body refusing to cooperate.

TODAY'S ONE THING

☐ **Close the kitchen after dinner tonight — tea counts**

What did your food-free evening hold instead?

Day 13

WEEK 2 • MEAL STRUCTURE

Run a full structured Saturday — weekends follow the same gentle rhythm.

TODAY'S MEALS

Breakfast	B5 Breakfast Burrito
Lunch	L1 Big-Bowl Salad (taco leftovers on top)
Dinner	D7 Fish in 12 Minutes
Snack	Latte with a full cup of milk

THE 60-SECOND WHY

Aging and muscle loss drive how much fat you gain; menopause drives where it goes. From pre- to post-menopause, waists grow about 4.6 centimeters on average even when weight barely moves. Your jeans weren't lying — fat was redistributed, not just added.

TODAY'S ONE THING

☐ Eat three real meals today — no grazing, no skipping

Was the weekend rhythm easier than expected?

Day 14

WEEK 2 • MEAL STRUCTURE

Wrap Week 2 with a structured Sunday, then set up your strength week.

TODAY'S MEALS

Breakfast	B2 Veggie Scramble Plate
Lunch	L8 Cottage Cheese Power Plate
Dinner	D6 Rotisserie Chicken + Two Sides
Snack	Apple + peanut butter

THE 60-SECOND WHY

Protein is the most satiating thing on your plate, and it costs the most to digest — 20–30 percent of its calories burn in processing, versus 5–10 for carbs. Not a loophole, just a tailwind. Structured, anchored meals make cravings simply fail to arrive.

TODAY'S ONE THING

☐ **Do your Sunday Setup and pick your two strength days**

Two weeks in — what runs on autopilot now?

Day 15

WEEK 3 • STRENGTH SUPPORT

Meet the six movements today — no session yet, just a hello.

TODAY'S MEALS

Breakfast	B1 Greek Yogurt Power Bowl (or your standing favorite)
Lunch	L4 Leftover Remix (Sunday's chicken)
Dinner	D8 Weeknight Chili
Snack	Cheese stick + apple

THE 60-SECOND WHY

There's exactly one thing that tells a midlife body keep this muscle: resistance. Cardio, for all its genuine virtues, doesn't send that message — you can walk ten thousand faithful steps and still lose muscle on schedule. Strength is the missing variable.

TODAY'S ONE THING

- ☐ **Read the six movements; do one practice rep of each**

Which movement felt most doable?

Day 16

WEEK 3 • STRENGTH SUPPORT

Strength day: twenty minutes, a wall, a chair, and your groceries.

TODAY'S MEALS

Breakfast	B2 Veggie Scramble Plate
Lunch	L4 Leftover Remix (chili)
Dinner	D2 One-Pan Stir-Fry
Snack	Greek yogurt cup after your session

THE 60-SECOND WHY

The national guideline calls for muscle-strengthening work at least two days a week — the minimum effective dose, and exactly where this program starts. Twenty minutes, a wall, a chair, your groceries. Two sessions is 100 percent of the assignment.

TODAY'S ONE THING

☐ Do strength session 1 of this week — 20 minutes

Session one done — what surprised you?

Day 17

WEEK 3 • STRENGTH SUPPORT

Recover today — feed any soreness and write your first strength numbers down.

TODAY'S MEALS

Breakfast	B1 Greek Yogurt Power Bowl
Lunch	L2 Grain Bowl (made Sunday)
Dinner	D4 Pasta With Protein
Snack	Hard-boiled egg + olives

THE 60-SECOND WHY

Strength is the demand and protein is the supply. Two weeks of anchored meals gave your muscle steady raw material; now the sessions give it a reason to use it. Protein without strength maintains; together, over 60–90 days, they shift body composition.

TODAY'S ONE THING

☐ **Write down your chair squat and wall pushup counts**

What number will you beat next month?

Day 18

WEEK 3 • STRENGTH SUPPORT

Keep meals easy today and protect tomorrow's session like an appointment.

TODAY'S MEALS

Breakfast	B4 Cottage Cheese Toast
Lunch	L6 Soup + Protein Top-Up
Dinner	D1 Sheet-Pan Dinner
Snack	Cottage cheese + berries

THE 60-SECOND WHY

Estrogen decline accelerates bone loss right when it accelerates muscle loss. Resistance training is one of the few non-drug tools shown to push back — a 2025 meta-analysis found meaningful bone-density improvements in postmenopausal women who trained. Your sessions work on your skeleton too.

TODAY'S ONE THING

☐ **Set a reminder for tomorrow's strength session now**

One way your body feels sturdier this week?

Day 19

WEEK 3 • STRENGTH SUPPORT

Strength day two: same six movements, slow and controlled.

TODAY'S MEALS

Breakfast	B1 Greek Yogurt Power Bowl
Lunch	L4 Leftover Remix (sheet-pan extras in a wrap)
Dinner	D3 Taco Night
Snack	Glass of milk or latte after your session

THE 60-SECOND WHY

This week the scale may drift up a pound — working muscle holds a little extra water while it adapts. It's the single most common place women quit while doing everything right. Measure this week in chair squats and steadier afternoons, not pounds.

TODAY'S ONE THING

☐ Do strength session 2 of this week — 20 minutes

Two sessions done — how do you feel?

Day 20

WEEK 3 • STRENGTH SUPPORT

Take the walk — cardio keeps its job: heart, mood, and headspace.

TODAY'S MEALS

Breakfast	B6 Smoothie That Counts
Lunch	L1 Big-Bowl Salad
Dinner	D5 Burger Night, Rebuilt
Snack	Handful of edamame

THE 60-SECOND WHY

Nothing here takes your walks away. Cardio is excellent for your heart, blood pressure, mood, and sleep — it just stops being asked to do a job it wasn't built for. Cardio is for health and headspace; strength is for body composition.

TODAY'S ONE THING

☐ Take an easy walk today — for heart and headspace

What did the walk clear from your head?

Day 21

WEEK 3 • STRENGTH SUPPORT

Look back at three weeks and measure more than the scale.

TODAY'S MEALS

Breakfast	B3 Overnight Protein Oats
Lunch	L8 Cottage Cheese Power Plate
Dinner	D6 Rotisserie Chicken + Two Sides
Snack	Apple + peanut butter

THE 60-SECOND WHY

You're running a recomposition: keeping muscle while gradually losing fat. Muscle is denser than fat, so your waist can shrink while the scale barely moves. Track waist, strength numbers, energy, sleep, and one measuring outfit — every two weeks, not daily.

TODAY'S ONE THING

☐ **Sunday Setup — pick your Week 4 restaurant and social event**

What's changed that the scale can't see?

Day 22

WEEK 4 • REAL-LIFE FLEXIBILITY

Plan this week's 20 percent on purpose — chosen beats random, every time.

TODAY'S MEALS

Breakfast	Your standing favorite (B1–B6)
Lunch	L4 Leftover Remix (Sunday's chicken)
Dinner	D2 One-Pan Stir-Fry
Snack	Cottage cheese + berries

THE 60-SECOND WHY

A week holds about 28 meals; 80 percent on the Reset Plate leaves five or six that are yours — pizza, wine, cake, planned and enjoyed. The physiology is driven by the 22, not undone by the 6.

TODAY'S ONE THING

☐ Choose this week's 20% meals in advance — write them down

Which 20% meal are you most anticipating?

Day 23

WEEK 4 • REAL-LIFE FLEXIBILITY

Strength continues — session one of the week, now a standing appointment.

TODAY'S MEALS

Breakfast	B2 Veggie Scramble Plate
Lunch	L7 Protein Wrap
Dinner	D1 Sheet-Pan Dinner
Snack	Greek yogurt cup after your session

THE 60-SECOND WHY

You are never one meal away from failure. Whatever just happened, the next meal is a normal Reset Plate — not smaller, not skipped, not penance. One meal is about 4 percent of your week; it can't erase the rest unless you hand it the keys.

TODAY'S ONE THING

- ☐ Do strength session 1 of this week — 20 minutes

What made today's session easier than before?

Day 24

WEEK 4 • REAL-LIFE FLEXIBILITY

Prepare for Friday — skim the playbook for your restaurant's cuisine.

TODAY'S MEALS

Breakfast	B1 Greek Yogurt Power Bowl
Lunch	L4 Leftover Remix (sheet-pan)
Dinner	D4 Pasta With Protein
Snack	Cheese stick + apple

THE 60-SECOND WHY

Nothing is forbidden here. The moment a food becomes forbidden it becomes fascinating; kept legal and planned, chocolate is just chocolate, on Tuesday, enjoyed. A chosen indulgence is a decision; a random one is a lapse — and only lapses trigger spirals.

TODAY'S ONE THING

- ☐ Skim the Eat Anywhere Guide for Friday's restaurant cuisine

How ready do you feel for Friday?

Day 25

WEEK 4 • REAL-LIFE FLEXIBILITY

Stack your habits onto routines you already run without thinking.

TODAY'S MEALS

Breakfast	B4 Cottage Cheese Toast
Lunch	L2 Grain Bowl or L3 Tuna Salad Plate
Dinner	D8 Weeknight Chili
Snack	Hard-boiled egg + fruit

THE 60-SECOND WHY

Sixty days is too long to run on motivation, so attach habits to routines you already own. Coffee brews while the yogurt bowl gets built; vegetables hit the plate first, protein second, carbs last. The proportions handle themselves when the sequence does.

TODAY'S ONE THING

- ☐ Stack one habit onto the coffee: protein on the counter first

Which stack clicked into place today?

Day 26

WEEK 4 • REAL-LIFE FLEXIBILITY

Train in the morning, then take the framework out to dinner.

TODAY'S MEALS

Breakfast	B1 Greek Yogurt Power Bowl
Lunch	L4 Leftover Remix (chili)
Dinner	Restaurant meal (your practice run) — find protein first
Snack	Skip, or milk after your session

THE 60-SECOND WHY

One rule travels anywhere: find your protein first and build the plate around it. Every menu on earth has a palm of protein and something resembling vegetables. Add the Next-Meal Rule and no restaurant can end your program.

TODAY'S ONE THING

☐ **Strength session 2, then your practice restaurant meal — protein first**

What did you order, and how did it feel?

Day 27

WEEK 4 • REAL-LIFE FLEXIBILITY

Event day: normal breakfast, planned 20 percent, present and enjoying it.

TODAY'S MEALS

Breakfast	B5 Breakfast Burrito (normal breakfast, no saving up)
Lunch	L1 Big-Bowl Salad
Dinner	Your social event — plan your 20%, enjoy it
Snack	As the day allows

THE 60-SECOND WHY

Eat a full, normal breakfast on event day. Arriving half-starved because you saved calories is the old math that ends in the bread basket. Plan your 20 percent, enjoy it at the table, and let the next meal be completely normal.

TODAY'S ONE THING

☐ **Go to your event — plan your 20%, enjoy it fully**

Did the event feel like just one meal?

Day 28

WEEK 4 • REAL-LIFE FLEXIBILITY

Finish by looking back — then set up Monday, because nothing ends today.

TODAY'S MEALS

Breakfast	B3 Overnight Protein Oats
Lunch	L6 Soup + Protein Top-Up
Dinner	D6 Rotisserie Chicken + Two Sides
Snack	Apple + peanut butter

THE 60-SECOND WHY

The 28 days were the setup; the payoff lives in the next 60, because muscle builds and fat leaves on a 60–90 day timescale. Five habits carry it: anchored breakfast, the Reset Plate, strength twice weekly, weekday structure, and the Next-Meal Rule.

TODAY'S ONE THING

☐ **Write your Day 28 review, then one more Sunday Setup**

What's most different from Day 0?