

THE RESET CO.

The Eat Anywhere Guide

Restaurants, weekends, holidays, travel, and wine night — without starting over Monday

BONUS • FILE 4 OF 8

Welcome: The One Rule That Works Everywhere

Here's the truth about most eating plans: they work beautifully in your own kitchen and fall apart the moment life shows up. A birthday dinner. A work trip. A Saturday that turns into chips and a glass of wine and "well, the day's ruined anyway."

The plan wasn't the problem. The plan just wasn't portable.

This guide makes the Reset portable. Everything in it comes down to one rule, and once you have it, you can walk into any restaurant, buffet, airport, or holiday kitchen in America and know exactly what to do:

Find your protein first. Build the plate around it.

That's it. Not "find the lowest-calorie thing." Not "eat before you go so you won't be tempted." Not white-knuckling through the bread basket. Just scan the menu — or the buffet, or the gas station cooler — for a palm-sized-or-bigger portion of protein, claim it, and then add vegetables and a reasonable portion of the carbs you actually want.

A quick refresher on the Reset Plate, because it travels with you:

- **½ the plate:** vegetables and fiber
- **¼ or more:** protein — a palm-sized portion at minimum, aiming for roughly 25–35 g per meal
- **¼:** smart carbs — the ones you'll actually enjoy
- **A thumb:** of fat

You won't hit this perfectly at every restaurant. You don't need to. A meal that's *anchored* — built around real protein, with some vegetables in the mix — does its job even if the proportions are loose. An *unanchored* meal (a basket of bread, a bowl of pasta, a pastry and a latte) isn't a moral failure. It's just a meal that leaves you hungry again in two hours, which makes the next choice harder. That's the whole distinction in this guide: anchored or unanchored. Never good or bad.

TAKE THIS WITH YOU

There are no forbidden foods in this guide. You'll find best orders, not "allowed" orders. The difference matters: a best order is the version of the meal that keeps your protein target on track *and* lets you enjoy the restaurant you're actually sitting in.

One more thing before we start. The scripts in this guide — the short “say this” lines — exist because the hardest part of eating out isn’t the menu. It’s the moment of ordering, when the table is chatting and the server is waiting and the path of least resistance is “I’ll have what she’s having.” A rehearsed line removes the friction. Use them word for word or make them yours.

The Restaurant Playbook

Nine cuisines, and the same move every time: find the protein, order it confidently, adjust one or two things. You never need to be the person interrogating the server about the sauce. One small request, made pleasantly, is all it takes.

Mexican

Mexican food is one of the easiest cuisines to anchor — grilled meats, beans, fajita vegetables, and guacamole are all working for you. The plate just tends to arrive buried under rice and a fried shell.

Best orders:

1. **Chicken or steak fajitas.** A skillet of grilled protein and peppers is practically a Reset Plate on arrival. Eat it with one or two tortillas instead of four, or straight off the skillet with guacamole.
2. **Burrito bowl, double protein.** At Chipotle or any bowl-style spot: double chicken (roughly 60 g protein — approximate, but generous), fajita veggies, beans, salsa, and either rice *or* a modest scoop of guac and cheese — whichever you’ll enjoy more.
3. **Carne asada or grilled fish plate** with beans and a side salad in place of some of the rice.

The trap: The chip basket — not because chips are “bad,” but because it’s an unanchored appetizer that refills itself. It’s easy to eat a full meal’s worth of chips before your food arrives, arrive at your entrée already full, and still eat the entrée. If you love the chips, take a handful onto your plate, enjoy them, and slide the basket to the far end of the table.

SAY THIS

“The chicken fajitas, please — extra chicken if you can, and can I get a side of guac instead of the rice?”

Italian

Italian menus look carb-first, but there's almost always excellent protein hiding in plain sight: chicken, veal, seafood, and some of the best salads on any menu.

Best orders:

1. **Chicken or veal piccata / marsala / grilled** with vegetables. These are protein-forward classics — just note that “parmigiana” means breaded and fried, which is a fine occasional choice but a different meal.
2. **Grilled fish or shrimp** with a vegetable side. Many Italian kitchens do seafood beautifully and simply.
3. **Pasta, protein-first version.** Want the pasta? Have the pasta — anchored. Order it with chicken or shrimp added, start with a salad or minestrone, and let the pasta be the ¼-plate carb portion rather than the whole plate. Splitting an entrée portion or boxing half works well here, since restaurant pasta portions typically run two to three servings.

The trap: The pre-dinner bread combined with a pasta entrée — two rounds of unanchored carbs before any protein shows up, which is the recipe for being full at 8 p.m. and rummaging in the pantry at 10. Pick one: the really good bread or pasta as your carb, not both by default.

SAY THIS

“Can you add grilled chicken to that, and I’ll start with the house salad — dressing on the side.”

Chinese & Thai

The protein is here — chicken, beef, shrimp, tofu — it's just often breaded, fried, and glazed. The move is choosing the steamed or stir-fried version of the same dish you already wanted.

Best orders:

1. **Steamed or stir-fried chicken/beef/shrimp with vegetables** (think broccoli beef, chicken and mixed vegetables), sauce on the side if it's easy. A cup of steamed rice on the side puts you right at the Reset Plate.
2. **Thai basil chicken or beef, or chicken satay** plus a papaya salad or steamed vegetables. Satay skewers are a genuinely great protein appetizer.
3. **Soup-first meals:** hot and sour soup or tom yum with shrimp, then a stir-fry. Broth-based soups add volume and slow the meal down.

The trap: “Crispy” — sweet and sour chicken, General Tso’s, orange chicken, crispy beef. Breading soaks up oil, then gets coated in a sugar-based glaze, so a chicken dish quietly becomes a dessert with chicken in it. Still not a forbidden food — just know you’re ordering it for the glaze, not the protein, and anchor the rest of the day accordingly.

SAY THIS

“The chicken with broccoli, steamed rice — and can I get the sauce light or on the side?”

Japanese

One of the friendliest cuisines in this whole guide. Lean fish, grilled meats, edamame, broth — the anchoring is practically done for you.

Best orders:

1. **Sashimi or a sashimi-forward order** with a side of edamame and miso soup. Sashimi is nearly pure protein; edamame adds more (roughly 8–9 g per half cup, approximately).
2. **Teriyaki or grilled salmon/chicken** with rice and vegetables — a ready-made Reset Plate.
3. **Sushi, anchored:** start with edamame and miso, then two rolls — favoring fish-forward rolls over tempura-stuffed ones. The starter protein is what keeps two rolls feeling like enough.

The trap: All-roll meals. Sushi rolls are mostly rice — a typical roll runs the carb equivalent of two-plus slices of bread with only modest protein inside. Three rolls with no starter is a large pile of rice that somehow leaves you hungry by nine.

SAY THIS

“Edamame and miso soup to start, then the salmon avocado roll and the tuna roll.”

American / Pub

Burgers, wings, big salads — pub menus are protein-rich and portion-generous. Your job is mostly deciding which carb you actually want, since the default is three at once.

Best orders:

1. **Burger with a side salad or vegetables** instead of fries — or with fries, if fries are the point tonight, in which case keep the bun open-faced or skip half of it. The patty itself is a 25–30 g protein anchor (approximate).

2. **Grilled chicken sandwich or grilled chicken salad** — dressing on the side, and don't fear the cheese or avocado. Fat isn't the enemy; the thumb-portion guideline just keeps it in proportion.
3. **Wings, grilled or baked style, with a side of vegetables or slaw.** Traditional (non-breaded) wings are a solid protein order; it's the boneless-breaded-plus-fries-plus-ranch stack that turns them into something else.

The trap: The “sides creep” — fries *and* onion rings for the table *and* the pretzel appetizer *and* the bun. No single item is the issue; the accumulation is. Choose the one you'll genuinely enjoy and give it your full attention.

SAY THIS

“The burger, and can I swap the fries for the side salad — dressing on the side.”

Steakhouse

The easiest anchored meal in America. The protein is the menu.

Best orders:

1. **Sirloin or filet with a vegetable side** — asparagus, broccoli, sautéed spinach (ask for it light on the butter if it arrives swimming). A 6–8 oz steak delivers roughly 40–55 g of protein — well past your per-meal target, approximately and happily.
2. **Grilled salmon or shrimp skewers** with the same vegetable sides.
3. **Steakhouse salad with steak** — wedge or house salad topped with sliced sirloin, dressing on the side.

The trap: Not the steak — the entourage. Loaded baked potato, creamed spinach, mac and cheese, and the bread basket can add up to more than the steak itself. Pick one side you love and one green vegetable, and you've built a perfect plate.

SAY THIS

“The 8-ounce sirloin, medium, with the broccoli and a house salad to start.”

Breakfast Diner

Breakfast is the most commonly unanchored meal of the day — and diners will happily serve you a plate of pancakes with a side of pancakes. But the anchored version is sitting right there on the same menu.

Best orders:

1. **Veggie omelet with a side of fruit or tomatoes.** Three eggs is about 18 g of protein; add cheese or a side of ham and you're at target. Toast if you want it — one meal, one carb portion.
2. **Eggs any style + Canadian bacon or turkey sausage + fruit.** Canadian bacon is one of the leaner diner proteins.
3. **The hybrid order:** eggs and protein as the meal, one shared pancake for the table as the treat. You get the diner experience *and* the anchor.

The trap: The all-carb breakfast — pancakes, waffle, or a muffin with juice and coffee. Zero protein at 8 a.m. is the single most reliable setup for the 3 p.m. vending-machine spiral. It's not about the pancakes; it's about what a protein-free morning does to the rest of your day.

SAY THIS

"The veggie omelet with fruit instead of hash browns — and could you add ham to the omelet?"

Fast Food & Drive-Thru

Sometimes the honest answer is: you're on the highway, it's 1 p.m., and the drive-thru is dinner. Good news — nearly every major chain now has a genuinely anchored order. Protein counts below are approximate and drawn from published menu info; recipes change, so treat them as ballpark.

Best orders by chain:

- **Chick-fil-A:** 12-count grilled nuggets (~38 g protein) with a side salad or fruit cup; or the grilled chicken sandwich (~28 g). Arguably the strongest drive-thru protein menu going.
- **Chipotle:** Bowl with double chicken or steak (~60 g), fajita veggies, beans, salsa, lettuce. Rice or tortilla optional, guac encouraged.
- **McDonald's:** Quarter Pounder (~30 g) — with or without the bun's top half — plus a side salad where available; or two hamburgers over one large fry-based meal. Breakfast: Egg McMuffin (~17 g), a quietly decent anchored breakfast.
- **Wendy's:** Grilled chicken sandwich (~34 g) or a small chili (~15 g) plus a plain baked potato — one of the better protein-and-fiber combos in fast food.
- **Panera:** Green Goddess Cobb with chicken (~40 g) or any salad with double chicken; half-salad-and-soup works if the soup is a broth-based one.
- **Subway:** 6-inch or footlong turkey/roast beef/rotisserie chicken, double meat, loaded with vegetables (double-meat 6-inch lands roughly 30+ g).

- **Taco Bell:** Chicken power bowl style orders (grilled chicken, beans, lettuce, pico) — roughly 25 g and easily the most anchored thing on the board.

The trap: The combo-meal autopilot. “Number 3, medium” adds fries and a large sugared drink to an otherwise fine sandwich — often doubling the meal without adding a gram of protein. Order the item, not the number.

SAY THIS

“Just the grilled chicken sandwich and a side salad, please — no combo, and a water.”

Coffee Shop

The sneakiest category, because it doesn't feel like a meal — and then the latte-and-pastry combo delivers dessert-level carbs with almost no protein, at 7:30 in the morning.

Best orders:

1. **Starbucks:** Egg bites (~19 g protein, approximate) with your coffee; or plain oatmeal plus egg bites for a fuller breakfast.
2. **Any coffee shop:** A Greek-yogurt-and-berry parfait or protein box (typically eggs, cheese, nuts — roughly 15–23 g) — most chains carry a version.
3. **The drink itself:** coffee or an unsweetened latte. Milk-based lattes actually contribute protein (a 12-oz latte has ~8–12 g); it's the syrup-heavy blended drinks that turn coffee into a milkshake — lovely as a planned dessert, not as a daily breakfast.

The trap: “I just grabbed a muffin.” A large coffee-shop muffin or scone is roughly the carb load of cake — with 4–6 g of protein. Nothing wrong with a muffin you chose on purpose; the trap is when it's breakfast five days a week by default.

SAY THIS

“A grande latte and the egg bites, please.”

The Menu Decoder

Menu language is a code, and it's easy to crack. None of these words make a food off-limits — they're just information about what the kitchen is doing, so you can choose with your eyes open. A “crispy” anything is a fine choice when it's the choice; the decoder just makes sure it's never an accident.

Words that usually mean added calories (mostly from frying oil, cream, butter, or sugar):

Menu word	What it usually means
Crispy / crunchy	Breaded and deep-fried
Creamy / cream sauce / alfredo	Cream and butter base
Smothered / loaded	Cheese, sauce, and toppings layered on
Battered / tempura	Coated and deep-fried
Glazed / sticky / honey-dipped	Sugar-based sauce
Au gratin / scalloped	Baked in cheese and cream
Crusted (parmesan-, pecan-)	Breaded coating, usually pan-fried in butter or oil
Buttery / velvety / rich	Exactly what it sounds like — significant butter or cream
Stuffed	Usually cheese or cream filling
Aioli / remoulade / ranch	Mayo-based sauces (fine as a thumb of fat; heavy as a ladle)

Words that usually signal a straightforward, protein-forward preparation:

Menu word	What it usually means
Grilled / chargrilled	Cooked over heat, minimal added fat
Seared / pan-seared	Quick-cooked, modest oil
Roasted / baked	Oven-cooked, usually light-handed
Steamed / poached	No added fat at all
Broiled	High-heat oven, minimal fat

Menu word	What it usually means
Blackened	Spice-crusted and seared — flavor without breading
Braised	Slow-cooked in liquid — usually fine; the sauce is the variable
“With vinaigrette”	Oil-and-vinegar dressing — lighter than creamy dressings
Fresh / seasonal vegetables	Typically simply prepared — ask if unsure
On the side	The magic phrase — you control the amount

TAKE THIS WITH YOU

“On the side” is the single most useful phrase in restaurant eating. It doesn’t restrict anything — it just moves the decision from the kitchen’s ladle to your fork. Dressing, sauce, sour cream, syrup: on the side, then use exactly as much as tastes good.

The Weekend Protocol

Let’s name what actually happens, because it isn’t a willpower failure — it’s a structure failure.

Monday through Friday, your meals have scaffolding: a routine breakfast, a lunch hour, dinner at roughly the same time. Then Friday night arrives and the scaffolding comes down. Dinner out. A slow Saturday morning that skips breakfast entirely. Grazing through the afternoon. A big unanchored dinner. Sunday brunch at 11, snacks all afternoon, takeout at 7. By Sunday night the weekend has quietly delivered two days of low protein, erratic timing, and a few thousand extra unanchored calories — and Monday-morning you feels puffy and discouraged and ready to “start over.”

Two structural fixes handle almost all of it. Not weekend rules — weekend *scaffolding*.

Fix 1: Anchor meals. Keep two meals per weekend day exactly as structured as a weekday meal — most usefully breakfast and one other. A real protein breakfast on Saturday morning (eggs, Greek yogurt bowl, whatever your weekday anchor is) is the single highest-leverage weekend move, because it prevents the skip-then-graze-then-overshoot cascade before it starts. When breakfast is anchored, the 4 p.m. crackers-and-cheese drift mostly just... doesn’t happen. You’re not fighting it; you’re not hungry for it.

Fix 2: The 2-of-3 Rule. A weekend has three dinners: Friday, Saturday, Sunday. **Two of the three follow the plate.** Half vegetables, palm-plus of protein, quarter smart carbs — at home or out, either way. The third is whatever the occasion calls for: the pasta place, the pizza night, the dinner party where you simply enjoy what’s served.

That’s the whole rule, and here’s why it works: it converts the weekend from an all-or-nothing proposition into arithmetic. You’re not trying to have a “perfect weekend” (which fails by Saturday noon and takes the rest of the weekend down with it). You’re placing two anchored dinners, which means the third one — the fun one — sits inside a structure instead of a free-fall. One festive dinner in a weekend of anchored meals is a rounding error. Three of them, plus a skipped breakfast and a grazed afternoon, is the Friday-to-Sunday drift.

TAKE THIS WITH YOU

Plan the fun dinner *first*. Decide on Thursday which of the three weekend dinners is the occasion — the birthday, the date night, the pizza-and-movie night — and let the other two follow the plate. Choosing it in advance turns it from a slip into a plan, and a planned meal never triggers the “I’ve ruined it” spiral, because nothing was ruined. It was the plan.

A note on weekend mornings-after: whatever last night’s dinner was, the next breakfast is a normal protein breakfast. Not smaller. Not skipped. Not “making up for it.” That’s the Next-Meal Rule, and it gets a full restatement at the end of this guide because it is the load-bearing wall of the entire weekend.

Holidays & Gatherings

Holidays concentrate everything hard about eating into one room: a buffet, a food-pusher relative, dessert as a love language, and a plate you didn’t cook. Here’s the playbook.

The buffet strategy

Buffets defeat people through *sequence*, not abundance. The classic pattern: start at one end, take a little of everything out of politeness and curiosity, and arrive at the end with a plate that’s three-quarters sides and no room for the turkey.

Run it in this order instead:

1. **Walk the whole table first, empty-handed.** Thirty seconds. See everything before you commit to anything. You cannot build a plate around the protein if you don't know where the protein is.
2. **Protein first, literally.** Turkey, ham, brisket, salmon — a palm-sized-or-better portion goes on the plate before anything else.
3. **Vegetables next** — and at a holiday table, roasted Brussels sprouts and green beans are usually genuinely great.
4. **Then two or three sides you actually love** — real portions, chosen deliberately. Your grandmother's stuffing makes the plate. The store-bought rolls you could have any Tuesday probably don't.
5. **One plate, built well, eaten slowly.** If you're truly still hungry afterward, seconds of protein and vegetables are always available.

TAKE THIS WITH YOU

The holiday skill is not eating less. It's *choosing* — spending your plate on the once-a-year foods you love instead of filling it by geography, one scoop per dish in the order they happen to sit on the table.

The potluck move

Bring the anchor. Sign up for a protein or a substantial vegetable dish — a sheet-pan of chicken thighs, a big shrimp platter, deviled eggs, a white-bean-and-vegetable salad. It guarantees there's something to build your plate around no matter what everyone else brings, it makes you the hero of everyone else at the party quietly trying to do the same thing, and it means you never stand at a table of seven pasta salads wondering what to do. This one habit solves most potlucks outright.

The food-pusher relative

Every family has one. The aunt who takes a small portion personally, the mother-in-law whose casserole refusal is a diplomatic incident. Two things to hold onto: first, food-pushing is almost always love with poor boundaries — she's not sabotaging you, she's expressing care in the language she has. Second, you can honor the love without eating the third helping. Warmth plus a redirect beats explanation every time — the moment you explain, you've opened a negotiation.

SAY THIS

"It's wonderful — I'm savoring it. Tell me how you make the gravy, I've never gotten mine like this."

SAY THIS

“I’m full right now, but I would *love* to take some home if there’s extra.”

The take-home offer is the master move: it accepts the love, compliments the cooking, and ends the conversation — and tomorrow, that plate of turkey is a ready-made anchored lunch.

The dessert protocol

Four steps, in order: **choose it, plate it, enjoy it, done.**

- **Choose it:** Survey the dessert table the same way you surveyed the buffet, and pick the one (or two small ones) you actually want — the homemade pie, not the supermarket cookies that happen to be nearest.
- **Plate it:** A real slice on a real plate, sitting down. Not standing slivers at the counter — those famously add up to more than a slice while delivering less satisfaction than one.
- **Enjoy it:** Slowly, fully, with coffee, in conversation. This is the part most plans skip, and it’s the point. Dessert eaten with full permission satisfies. Dessert eaten in a hurry with a side of self-criticism doesn’t — and unsatisfying dessert is the kind that leads to a second pass at the table.
- **Done:** The meal is over. The next meal is a normal one. Nothing to fix, nothing to walk off, nothing to skip tomorrow. Holiday dinner is one meal, and one meal is never the story.

Travel: Airports, Gas Stations, Hotels, Road Trips

Travel eating fails for one boring reason: hunger arrives somewhere with nothing anchored to eat, and the pastry case wins by forfeit. The fix is knowing your reliable options *before* you’re hungry. These lists are those options.

Airport survival list

Where	Anchored picks (approx. protein)
Sit-down or fast-casual	Any grilled chicken salad or bowl (~30 g); burger, best-available version; Mexican-style bowl with double meat

Where	Anchored picks (approx. protein)
Grab-and-go coolers	Protein box / snack tray with eggs, cheese, nuts (~15–23 g); Greek yogurt (~12–15 g); chicken wrap (~20 g)
Newsstand / kiosk	Jerky (~10–15 g per bag); nuts; string cheese; milk or a protein shake bottle (~11–25 g)
Coffee chains	Egg bites (~19 g); egg-and-cheese sandwich (~15–19 g); latte as a protein assist (~8–12 g)

Rule of thumb: eat a real anchored meal *before* a flight rather than gambling on what's near your gate — and carry one protein-dense backup (jerky or nuts) in your bag so airline pretzels are never dinner.

Gas station survival list

Modern gas stations are better at this than they get credit for. Walk past the aisles to the cooler.

Tier	What to grab
Best (cooler case)	Hard-boiled eggs (2-pack, ~12 g); string cheese (~7 g each); Greek yogurt; protein shake bottles (~20–30 g); milk
Solid (shelf)	Jerky or meat sticks (~7–15 g); roasted nuts; tuna or chicken salad kits (~15–20 g); roasted chickpeas
Add-ons	Banana or apple at the register; the fruit cup hiding near the sandwiches

A perfectly respectable road meal: hard-boiled eggs + string cheese + jerky + a banana. Roughly 30 g of protein, assembled in ninety seconds, no regrets at the next exit.

Hotel breakfast survival

The free-breakfast buffet is a wall of waffles, pastries, and cereal with a small protein section hiding at one end. Same rule as every buffet: find the protein first.

- **Scan for:** eggs (even the steam-tray kind — they count), sausage or ham, Greek yogurt cups, cottage cheese, milk, peanut butter packets, hard-boiled eggs (often near the fruit).
- **Build:** eggs + one breakfast meat + fruit + coffee. Toast or half a waffle if you want it — anchored is anchored.

- **If the protein section is truly bare:** two milks and a peanut-butter-smeared banana gets you ~20 g, and the coffee shop next door probably has egg bites.
- **Room-only mornings:** this is what the cooler shortlist below is for.

Road-trip cooler shortlist

Ten minutes of packing buys you two days of not negotiating with vending machines. A soft-sided cooler and ice packs:

Category	Pack this
Protein	Hard-boiled eggs; string cheese; Greek yogurt cups; deli turkey roll-ups; tuna pouches
Fiber & produce	Baby carrots; snap peas; grapes; apples; clementines
Shelf backup (no cooler needed)	Jerky; nuts; nut-butter packets; protein shake bottles; whole-grain crackers
Non-food MVP	A big water bottle — road-trip “hunger” at hour three is very often thirst plus boredom

TAKE THIS WITH YOU

Travel meals only need to be *adequate*, not impressive. A gas-station assembly of eggs, cheese, and fruit will never make a food blog, but it keeps your protein on target, your energy steady, and your arrival dinner a choice instead of a ravenous emergency. Adequate on the road is a win. Take the win.

Alcohol: The Honest Conversation

No lecture here — just mechanics, because you deserve to know how this actually works and then decide what you want to do with it. Wine can absolutely live inside the Reset. It works far better as a planned guest than a nightly default, and here’s the plain-English why.

Three things alcohol actually does:

1. **Calories without fullness.** A 5-oz glass of wine runs roughly 120–130 calories; a generous home pour is closer to 200; a margarita or espresso martini can reach 300+. None of it registers as food to

your appetite — two glasses add a meal's-worth of calories while leaving you exactly as hungry as before. (And no meaningful protein, ever.)

2. **Lowered judgment — specifically about food.** This is the quietly expensive part. A drink and a half in, the anchored order you planned becomes “let’s get the fried calamari too.” Alcohol doesn’t just add its own calories; it renegotiates everything you eat after it. The nachos at 10 p.m. were co-signed by glass number two.
3. **Broken sleep.** Alcohol helps you fall asleep, then fragments the second half of the night — less deep sleep, a 3 a.m. wake-up, and a next day of genuinely stronger hunger and cravings (short sleep reliably shifts appetite hormones in exactly the wrong direction). If you’re also navigating perimenopausal sleep disruption and night sweats, alcohol pours gasoline on both. Many women find the sleep effect is the one that finally changes their relationship with a nightly glass — not the calories.

The wine-night plan. For the nights you’re drinking on purpose:

- **Decide the number before the first pour.** Two glasses decided at 6 p.m. is a plan; “we’ll see” decided glass-by-glass usually lands on three or four.
- **Eat your anchored meal first, or alongside.** Protein and food in your system slow absorption and — crucially — mean decision no. 2 above is being made by a fed brain, not a hungry one.
- **A glass of water between glasses of wine.** Old advice because it works: it slows the pace, halves the dehydration, and improves the morning.
- **Pour it in a glass and sit down with it,** same as the dessert protocol. A drink you’re savoring is satisfying at two. A drink you’re refilling on autopilot while cooking isn’t satisfying at any number.
- **Stop pouring about two hours before bed** when you can — it gives your sleep a fighting chance.

The next-morning protocol. This is the part to get tattooed somewhere: **the morning after wine night, you eat a normal protein breakfast.** The same eggs or Greek yogurt bowl as any other day. Not a skipped breakfast to “make room.” Not a punishing juice-only morning. Not an extra workout assigned as a fine.

Here’s why the no-compensating rule is mechanical, not just kind: skipping breakfast after a wine night stacks a low-protein morning on top of a short-slept, cravings-amplified day — which is precisely how one festive evening snowballs into a lost weekend. The normal breakfast is the firebreak. Last night was one night. Fed, steady, and anchored by 9 a.m., it stays one night.

Six Lines for the Moment Someone Pushes

For the moments when the pressure isn't on the menu — it's at the table. "Come on, one more." "You're not *dieting*, are you?" "I made it specially." You never owe anyone an explanation of how you eat, and the best lines are short, warm, and completely closed — no hook for a follow-up question. Say them with a smile and then change the subject; the subject-change is half the technique.

SAY THIS

"Oh, I'm so full — but that was delicious." (*The classic. Compliment plus closure; almost impossible to argue with.*)

SAY THIS

"None for me, thanks — I'm still enjoying my wine." (*Or coffee. Declining one thing by pointing at another gives the moment somewhere to go.*)

SAY THIS

"I'm at exactly the right amount of full and I'm quitting while I'm ahead." (*Light, self-deprecating, done.*)

SAY THIS

"It looks amazing — wrap me a piece for tomorrow?" (*For the baker relative. Accepts the love, ends the negotiation.*)

SAY THIS

"Not tonight — but pour yourself one and tell me about the trip." (*For drink-pushers. The instant subject-change is the move.*)

SAY THIS

"I just eat protein-first these days — honestly, I've never felt better." (*For the direct 'are you on a diet?' question, only if you feel like answering. One sentence, upbeat, no details owed, conversation over.*)

TAKE THIS WITH YOU

Notice what none of these lines do: apologize, explain the framework, cite a rule, or mention weight. The moment you explain, you've invited a debate. "No thanks, it was wonderful" is a complete sentence — and the people who love you will hear it just fine.

The Close: You're Never One Meal Away From Failure

Every strategy in this guide — the fajitas script, the 2-of-3 rule, the buffet walk, the cooler list, the normal breakfast after wine night — is the same idea wearing different clothes:

One meal is just one meal. The next meal is where the plan lives.

This is the Next-Meal Rule, and it's worth restating plainly, because it's the difference between women who keep their results and women who restart every Monday for years:

There is no such thing as a ruined day. There is no "starting over," because you never stopped — you had an unanchored meal, which is a thing that happens dozens of times a year to every person who eats in the real world, including every person who has ever succeeded at this. The old pattern said: *the weekend's blown, might as well keep going, restart Monday*. The Reset pattern says: *that was dinner. Breakfast is in ten hours. Breakfast will be a normal, anchored, protein-first breakfast — not a smaller one, not a skipped one — and by tomorrow afternoon this will simply be a week in which one dinner was a party.*

No compensating. No punishment workouts. No "being extra good" on Monday. Compensation is the engine of the whole restart cycle — it turns one meal into a debt, the debt into a spiral, and the spiral into another attempt abandoned. The Next-Meal Rule turns one meal into one meal.

So eat at the restaurant. Toast at the wedding. Have the pie at Thanksgiving — chosen, plated, enjoyed, done. Then find your protein at the very next meal and build the plate around it, exactly the way you now know how to do anywhere in the world.

Your body isn't broken, and neither is your weekend. The rules changed — and now you know the new ones, everywhere food happens.

Menu items and protein estimates are approximate, based on publicly available nutrition information at the time of writing; restaurant menus and recipes change. The Reset Co. is not affiliated with any restaurant or brand named in this guide.