

SEVEN STONE DAD

FREE GUIDE

The 7-Day Reset

7 small habits that started my 7-stone
journey

21

stone at the start

7

stone lighter

20

minutes a day

WELCOME

Seven days. Seven small habits.

This is how I started my 7-stone journey in 2022, with no gym membership and no diet plan. I'm 57 now.

Back then I was 21 stone and wearing 4XL. On holiday in Kos I couldn't keep up with my daughter, and when we got home I didn't recognise myself in the photos.

I didn't start with a big plan. I started with a few habits I could actually keep. This guide is those habits, one a day.

How to use this guide

1. **One day at a time.** Each day adds one habit; keep the ones from the days before.
2. **Tick the box** at the end of each day. Missing one isn't failing, it's just Tuesday.
3. **Tell me how it's going.** Reply to any of my emails. I read them.

Mark

Seven Stone Dad

BEFORE YOU START

Keep it simple. Keep it safe.

Please read. This guide shares what worked for me; it isn't medical advice. If you have a health condition, take medication, or haven't exercised in a long time, check with your GP before changing how you eat or move.

What you'll need

- 01 A water bottle you like (around 1 litre)
- 02 Comfortable shoes for walking
- 03 A notebook or the notes app on your phone
- 04 Scales or a tape measure (optional: once at the start, once at the end)
- 05 20 minutes a day

Your week at a glance

DAY 1

Clear the sugar

DAY 2

Drink your water

DAY 3

Walk

DAY 4

Protein at every meal

DAY 5

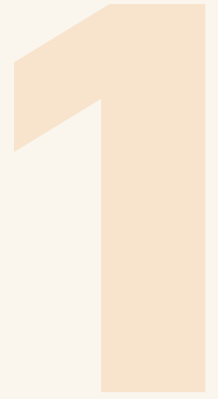
Cook one meal from scratch

DAY 6

Close the kitchen

DAY 7

Take your "day one" photo



Clear the sugar

Added sugar was my biggest problem, so it went first.

Today's actions

- Go through your cupboards and fridge. Bin or give away sweets, biscuits, fizzy drinks and sugary cereals.
- Swap fizzy drinks and juice for water, sparkling water, or tea and coffee without sugar.
- Check the labels on sauces and yoghurts. A lot of sugar hides there.

MY NOTE

"My wife and I did this together. Having nothing in the house made the evenings so much easier."

Mark

TOMORROW Day 2: Drink your water



Day 1 done

DAY 2 OF 7

Drink your water

Aim for about 2 litres across the day.



Today's actions

- Fill your bottle first thing and finish it by lunch. Refill it for the afternoon.
- Have a glass of water before you reach for a snack. Often I was thirsty, not hungry.

MY NOTE

"I still drink 2 litres every day. It's the easiest habit on this list."

Mark

TOMORROW Day 3: Walk



Day 2 done

Walk



You don't need to run. I never did.

Today's actions

- Go for a 15 to 20 minute walk today, at a pace where you can talk but feel warm.
- If you have a treadmill, try it on a gentle incline.
- Build up towards 30 minutes over the coming weeks.

MY NOTE

"I now walk uphill on the treadmill for under 30 minutes most mornings. I started with 10."

Mark

TOMORROW Day 4: Protein at every meal



Day 3 done

Protein at every meal



Protein kept me full and stopped the grazing.

Today's actions

- Build each meal around a protein: eggs, chicken, fish, lean meat, Greek-style yoghurt, beans or lentils.
- Fill the rest of the plate with vegetables.
- For a snack, try Greek-style yoghurt with some fruit.

MY NOTE

"This was the change that made the biggest difference to my hunger."

Mark

TOMORROW Day 5: Cook one meal from scratch



Day 4 done



Cook one meal from scratch

Ready meals and takeaways were a big part of how I got to 21 stone.

Today's actions

- Cook one evening meal yourself today. Try the chicken traybake on page 12.
- Make double and keep a portion for tomorrow's lunch.

MY NOTE

"We now cook nearly everything from scratch. It's cheaper, too."

Mark

TOMORROW Day 6: Close the kitchen



Day 5 done

Close the kitchen

Pick a time each evening when the kitchen closes.



Today's actions

- Choose a time that suits your day, for example 7pm or 8pm, and stop eating after it.
- Brush your teeth after your last meal. It's a simple signal that eating is done.

MY NOTE

"I don't eat after 7pm. Late-night snacking used to undo all my good days."

Mark

TOMORROW Day 7: Take your "day one" photo



Day 6 done



Take your "day one" photo

The photo that started it all for me was a holiday snap. Take yours on purpose.

Today's actions

- Take a photo, front and side, in the same spot and the same light. Keep it private.
- Write down three reasons you want to change. Mine were my wife, my daughter and my energy.
- Look back at the week: which habits will you keep?

MY NOTE

"You won't like the photo. That's fine. You'll be glad you have it in six months."

Mark

NEXT Your shopping list and five simple meals



Day 7 done

SHOPPING LIST

One shop covers the week.

Buy organic where you can, but don't let it stop you.

Protein

- ☐ Eggs (12)
- ☐ Chicken thighs or breasts
- ☐ Salmon or white fish
- ☐ Lean mince or turkey mince
- ☐ Tinned tuna

Veg and fruit

- ☐ Broccoli, peppers, courgettes
- ☐ Spinach and salad leaves
- ☐ Onions, garlic, carrots
- ☐ Sweet potatoes
- ☐ Berries, apples, bananas

Cupboard and dairy

- ☐ Greek-style yoghurt (no added sugar)
- ☐ Oats
- ☐ Tinned tomatoes and chickpeas
- ☐ Olive oil, herbs, spices
- ☐ Brown rice or wholegrain wraps

SUNDAY MEAL PREP TIP

Cook the traybake and the chilli together on Sunday. That's four meals ready before Monday.

Five meals I still cook every week.

01 Midday eggs

Three-egg omelette with spinach, peppers and a little cheese.

02 Chicken traybake

Chicken thighs, peppers, courgette, onion and sweet potato with olive oil and paprika. 40 minutes at 200°C. Makes two meals.

03 Salmon and greens

Oven-baked salmon with broccoli and a squeeze of lemon.

04 Turkey chilli

Turkey mince, tinned tomatoes, chickpeas, onion, garlic and chilli. Freeze half.

05 Snack bowl

Greek-style yoghurt with berries.

AFTER DAY 7

You've already done the hardest part: starting.

Keep the habits that stuck and add one new one a week. Small steps, repeated, are what got me here.

Keep going

Repeat the week, aiming to tick every box.

Follow along

My 5am routine, meals and the honest bad days on Instagram at @sevenstonedad50s.

COMING IN MY EMAILS THIS WEEK

The 5AM Reset

My full plan: the morning routine, the home workouts I do, four weeks of meal prep and the habits that kept me going when motivation didn't.

Mark

Seven Stone Dad