FoodRx 7-Day System Reset

A simple, flexible nutrition reset to boost energy, reduce inflammation, and rebalance your body







- Whole Foods
- Easy Meals



Written by
Pam Seino
Founder, Fit at 55



Welcome

The **FoodRx: 7-Day System Reset** is designed to help your body rebalance using real, nourishing foods that support energy, metabolism, and overall health. It’s not a diet or a cleanse, just a simple way to get back on track to a healthier lifestyle.

This also isn’t about deprivation or starvation. I’m not going to suggest that you remove all the foods you like to eat. It ***is*** about making small, consistent shifts like adding protein, fiber, healthy fats, and colorful foods that help your body function better, fast. You’ll follow a simple daily structure with easy meals and practical habits that actually fit your life.

Think of this as your go-to reset anytime you need it. No strict rules, no major life overhauls!! This is just a fresh, doable way to feel better in your body again.

Follow this system reset for the next 7 days, and I will guarantee you that you’ll be amazed at how much better you feel!



Pam

DAY 1: STABILIZE YOUR ENERGY

Focus: Blood sugar balance = steady energy (no crashes, no cravings)

Today's Shift:
Start your day with protein + fiber—no more "naked carbs."

What to Do:

- Eat within 1–2 hours of waking
- Add protein to every meal
- Pair carbs with protein or fat (goodbye blood sugar spikes)

Simple Meal Ideas:

- Greek yogurt + berries + chia seeds
- Eggs + whole grain toast + avocado
- Chicken salad over greens



Tiny Habit:
Before you eat, ask: *"Where's my protein?"*

DAY 2: TURN DOWN INFLAMMATION

Focus: Reduce internal “fire” that drains energy and slows your body down

Today’s Shift:
Add anti-inflammatory foods—don’t overthink it

What to Do:

- Add leafy greens to at least 2 meals
- Include a healthy fat (olive oil, nuts, seeds)
- Use spices like turmeric, garlic, or ginger

Simple Meal Ideas:

- Spinach omelet with olive oil
- Salmon + roasted vegetables
- Lentil bowl with veggies + tahini



Tiny Habit:

Add one color to your plate that wasn’t there before.

DAY 3: SUPPORT YOUR GUT

Focus: Better digestion = better everything (energy, immunity, mood)

Today's Shift:
Feed your gut with fiber + fermented foods

What to Do:

- Add a high-fiber food to each meal
- Include 1 fermented food (yogurt, kefir, sauerkraut)
- Hydrate (fiber needs water to work!)

Simple Meal Ideas:

- Oats + flax + berries
- Veggie wrap with hummus
- Bowl with beans, greens, and grains

Tiny Habit:
Drink a glass of water before each meal!



DAY 4: BOOST YOUR METABOLISM

Focus: Support muscle + metabolism (especially important over 50!)

Today's Shift:
Prioritize protein + movement

What to Do:

- Aim for protein at every meal (20–30g where possible)
- Add light strength or resistance movement
- Don't skip meals. Ever. (That slows things down!)

Simple Meal/Snack Ideas:

- Cottage cheese + fruit
- Turkey lettuce wraps
- Chicken + quinoa + veggies

Tiny Habit:
Do 10 minutes of strength or movement today (it *ALL* counts!)



DAY 5: FEED YOUR BRAIN

Focus: Mental clarity, memory, and better focus

Today's Shift:
Add brain-supporting fats + antioxidants

What to Do:

- Include omega-3s (fish, walnuts, flax)
- Eat deeply colored foods (blueberries, greens)
- Reduce ultra-processed snacks

Simple Meal Ideas:

- Smoothie with berries + flax
- Salad with walnuts + olive oil
- Tuna or salmon bowl

Tiny Habit:
Swap one processed snack for a whole food.



DAY 6: HYDRATE + RESTORE

Focus: Energy, digestion, and recovery

Today's Shift:
Hydrate intentionally and consistently—not just "when you remember"

What to Do:

- Aim for ~½ your body weight in ounces of water
- Add electrolytes or a pinch of salt if needed
- Eat water-rich foods (cucumbers, fruits, soups)

Simple Meal/Snack Ideas:

- Veggie soup + protein
- Hydrating smoothie
- Big salad with juicy vegetables

Tiny Habit:
Start your day with a full glass of water before coffee (I know... but trust me)



DAY 7: RESET & REFLECT

Focus: Consistency over perfection

Today's Shift:
Pause, reflect, and lock in what worked

What to Do:

- Notice what felt better (energy, digestion, cravings)
- Choose 2–3 habits to keep going
- Plan your next week loosely (not perfectly)

Simple Meal Ideas:

- Repeat your favorites from the week!



Tiny Habit:
Ask yourself:
"What's one thing I can keep doing?"

SAMPLE MEAL PLAN

Days 1 -3

Mix, match, swap however you want—this is a guide, not a rulebook.

Day 1 (Energy Balance)

Breakfast: Cottage Cheese & Veggie Egg Muffins

Lunch: Rainbow Mason Jar Salad with Lemon Tahini Dressing

Dinner: Grilled Lemon Herb Salmon w/Quinoa & Roasted Veggies

Snack: Apple + almond butter

Day 2 (Anti-Inflammation)

Breakfast: Spinach & Feta Egg White Scramble

Lunch: Mediterranean Chickpea “Tuna” Salad

Dinner: Veggie Stir-Fry with Mushrooms & Peppers

Snack: Walnuts + berries

Day 3 (Gut Support)

Breakfast: Sweet Potato & Black Bean Breakfast Hash

Lunch: Asian-Inspired Quinoa Salad

Dinner: Slow Cooker Moroccan Beef Stew

Snack: Greek yogurt or fermented veggies

SAMPLE MEAL PLAN

Days 4 -7

Day 4 (Metabolism Boost)

Breakfast: Pumpkin Cinnamon Smoothie

Lunch: Lettuce Wrap Turkey Burger Sliders

Dinner: Grilled Lemon Herb Chicken Salad

Snack: Blueberries + walnuts

Day 5 (Brain Health)

Breakfast: Savory Breakfast Bowl

Lunch: Stuffed Mushrooms with Quinoa & Spinach

Dinner: Turmeric Lemon Salmon with Quinoa & Garlic Spinach

Snack: Dark chocolate + almonds

Day 6 (Hydration + Restore)

Breakfast: Berry Green Smoothie

Lunch: Heart-Healthy Mediterranean Chickpea Salad

Dinner: Green Chile Chicken Bakes

Snack: Water-rich fruits (melon, citrus)

Day 7 (Reset + Repeat Favorites)

Breakfast: Pick your favorite from the week

Lunch: Leftover protein bowl

Dinner: Flexible—repeat your top meal

Snack: Keep it simple + balanced

GROCERY LIST



Veggies/Herbs

- Spinach
- Mixed greens
- Arugula
- Kale (optional swap)
- Sweet potatoes
- Bell peppers (variety of colors)
- Mushrooms
- Zucchini
- Cucumber
- Cherry tomatoes
- Red onion
- Garlic
- Lemon
- Fresh herbs (parsley, cilantro, dill)

Fruits

- Blueberries
- Mixed berries
- Apples
- Citrus (oranges, lemons, limes)
- Melon (for hydration days)



Healthy Fats

- Avocados
- Olive oil
- Almond butter
- Walnuts
- Almonds

Grains & Fiber-Rich Carbs

- Quinoa
- Brown rice (optional for swaps)
- Oats (optional add-in)

Protein

- Eggs + egg whites
- Chicken breast or thighs
- Ground turkey
- Salmon (fresh or frozen)
- Lean beef (for stew)

Plant-Based Proteins

- Chickpeas (canned or dry)
- Black beans
- Quinoa

Dairy / Alternatives

- Cottage cheese
- Greek yogurt

PANTRY STAPLES

Pantry Staples

- Tahini
- Low-sodium broth (for stew)
- Tomato paste or crushed tomatoes

Spices:

- Turmeric
- Cinnamon
- Garlic powder
- Paprika
- Cumin
- Black pepper
- Sea salt

Smoothie + Extras

- Protein powder (optional but helpful)
- Chia seeds or flaxseed
- Dark chocolate

Gut & Fermented Foods

- Sauerkraut or fermented veggies
- Kefir (optional)



5 MUST-HAVES

1. Protein Anchor

Why? Stabilizes blood sugar, reduces cravings, supports muscle

Easy options:

- Eggs
- Greek yogurt
- Chicken
- Salmon
- Cottage cheese

FoodRx Rule: Protein = non-negotiable

2. Fiber Booster

Why? Supports gut health, fullness, and blood sugar balance

Easy options:

- Leafy greens
- Beans (chickpeas, black beans)
- Quinoa
- Berries

FoodRx Rule: Add before you subtract

3. Healthy Fats

Why? Hormones, brain health, and satisfaction

Easy options:

- Olive oil
- Avocado
- Nuts & seeds

FoodRx Rule: Fat is your friend (the right kind)

4. Color Power Foods

Why? Antioxidants = protection + recovery

Easy options:

- Blueberries
- Spinach
- Peppers
- Tomatoes

FoodRx Rule: Aim for 3 colors per plate

5. Hydration Support

Why? Energy, digestion, metabolism

Easy options:

- Water (yes, really)
- Herbal tea
- Water-rich foods (cucumber, citrus)

FoodRx Rule: Hydrate like it matters—because it does

DAY 0: RESET PREP PLAN

Step 1: Quick Kitchen Reset (10 minutes)

- Toss or move ultra-processed snacks out of sight
- Put healthy foods front and center
- Clear one shelf for “reset foods”

Out of sight = out of mind (and mouth)

Step 2: Prep Your Power Foods (20–30 minutes)

- Wash + chop veggies (peppers, greens, cucumbers)
- Cook 1–2 proteins:
  - Chicken
  - Ground turkey
- Make a batch of quinoa

Now you’ve got mix-and-match meals all week

Step 3: Set Up Easy Wins (10 minutes)

- Portion snacks (nuts, fruit, yogurt)
- Prep 1 breakfast option ahead
- Set out your water bottle

Make the healthy choice the easy choice

Step 4: Plan (Lightly… Not Perfectly)

- Pick 2–3 meals you’ll repeat
- Decide your grocery refill day
- Glance at your week (not every detail)

Structure beats perfection

Step 5: Mindset Reset

Say this (yes, really):

“I don’t need to be perfect this week

—just consistent.”

Optional “Overachiever” Move

(but still easy)

- Cook one full dinner ahead (like your Moroccan stew or chicken bake)
- You just bought yourself 2–3 stress-free meals!

Let's connect!



WWW.FITAT55.COM

@FIT.AT55

@FIT_AT_55

@FITAT55

312.834.7004

SUPPORT@FITAT55.COM

Book a
FREE consult
with me!

FIT AT 55