A FOODRX MINI RESET

The 3-Day Energy Reset

What to Eat When You're Tired of Feeling Tired

Feel more steady and energized in just 3 days



Three days of simple meals	Easy snacks + hydration	One short grocery list



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Your Reset, Not a Rescue Mission

This is not a cleanse, a detox, or three days of starvation and deprivation. It's a simple experiment: give your body regular meals, enough fluid, and a useful mix of protein, fiber-rich carbohydrates, colorful plants, and satisfying fats.

The goal is steadier energy, fewer desperate snack attacks, and

clearer clues about what helps you feel like yourself.

How to use this plan

- Follow the meals as written or swap in a similar food you already enjoy.
- Eat enough. The portions are flexible because bodies, schedules, medications, and activity levels differ.
- Use the hydration cues throughout the day. More is not always better, especially if your clinician has limited your fluids.
- Notice your energy before lunch, around 3 PM, and after dinner. A one-word note is enough.

The steady-energy formula

At most meals, aim for protein + fiber-rich carbohydrate + produce + satisfying fat. That might look like Greek yogurt, oats, berries, and walnuts, or chicken, quinoa, crunchy vegetables, and olive-oil dressing.

A quick note about fatigue

Persistent or worsening fatigue can have many causes, including sleep problems, anemia, thyroid conditions, medication effects, depression, infection, or heart and lung conditions. This guide is general education, not medical care. Contact a healthcare professional if fatigue is new, severe, unexplained, or comes with shortness of breath, chest pain, fainting, confusion, bleeding, or other concerning symptoms.



Day 1

Today's intention: build a calm, predictable rhythm. No waiting until you are ravenous and trying to negotiate with a sleeve of crackers.

Hydration cue: drink a glass of water when you start breakfast, then keep a bottle where you can see it.

BREAKFAST

Berry Walnut Yogurt Bowl

¾–1 cup plain Greek yogurt, ½ cup berries, ⅓ cup rolled oats or low-sugar granola, 1 Tbsp walnuts, cinnamon.

Layer everything in a bowl. Add a splash of milk if you prefer it looser.

LUNCH

Chicken Quinoa Crunch Bowl

Cooked chicken, cooked quinoa, chopped cucumber, tomato, greens, feta, olive oil, lemon.

Build the bowl and season with lemon, olive oil, pepper, and a pinch of salt.

DINNER

Sheet-Pan Salmon Supper

Salmon fillet, cubed sweet potato, green beans, olive oil, garlic, paprika.

Roast sweet potato at 425°F for 15 minutes. Add salmon and beans; roast 12–15 minutes more.

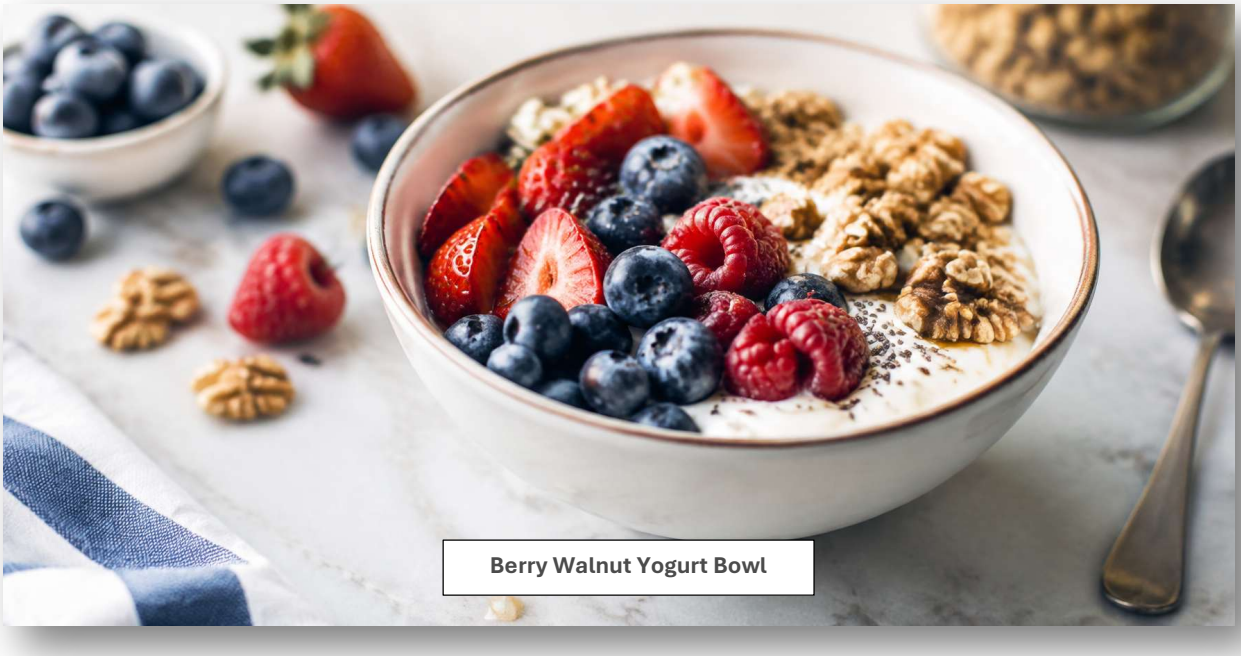
EASY SWAP

No-Cook Tuna Plate

Tuna, whole-grain crackers, cherry tomatoes, cucumber, fruit, optional olives.

Arrange, eat, and congratulate yourself for not making dinner a production.

Snack option: apple or pear with 1–2 Tbsp peanut butter



Berry Walnut Yogurt Bowl

Day 2

Today's intention: prevent the afternoon slump by feeding yourself before your energy hits the basement.

Hydration cue: pair a drink with every meal and snack.

Water, sparkling water, milk, or unsweetened tea all count.

BREAKFAST	LUNCH
Eggs, Avocado Toast + Berries 2 eggs, 1 slice whole-grain toast, ¼ avocado, berries or orange slices. Cook eggs your favorite way. Add avocado to toast and fruit on the side.	**Turkey Hummus Wrap** Whole-grain wrap, turkey, hummus, spinach, shredded carrots, cucumber; fruit on the side. Spread, layer, roll, and slice. Use leftover chicken or white beans if preferred.
DINNER	**EASY SWAP**
Lentil Spinach Soup Lentil soup, big handful of spinach, whole-grain toast, optional grated Parmesan. Warm soup, stir in spinach until wilted, and serve with toast.	**Chicken Snack Plate** Chicken, baby carrots, hummus, whole-grain crackers, grapes. Put it on a plate. A composed plate counts as a meal, even if nobody used a sauté pan.

Snack option: plain Greek yogurt with walnuts and a drizzle of honey



Turkey Hummus Wrap

Day 3

Today’s intention: repeat what worked. Energy is built through boringly effective habits, not willpower alone.

Hydration cue: check your urine color. Pale yellow often suggests adequate hydration; dark yellow can be a reminder to drink, unless your clinician has advised otherwise.

BREAKFAST

Berry Chia Overnight Oats

½ cup oats, ½ cup milk, ⅓ cup Greek yogurt, 1 Tbsp chia, berries, cinnamon.

Mix the night before and refrigerate. Add a splash of milk in the morning.

LUNCH

Tuna White Bean Salad

Tuna, rinsed white beans, chopped celery, tomato, parsley, lemon, olive oil; greens.

Toss and serve over greens or with whole-grain toast.

DINNER

Shortcut Chicken Curry Bowl

Cooked chicken or edamame, frozen cauliflower and peas, jarred curry sauce, brown rice.

Heat together and serve over rice. Choose a sauce with a heat level your taste buds actually enjoy.

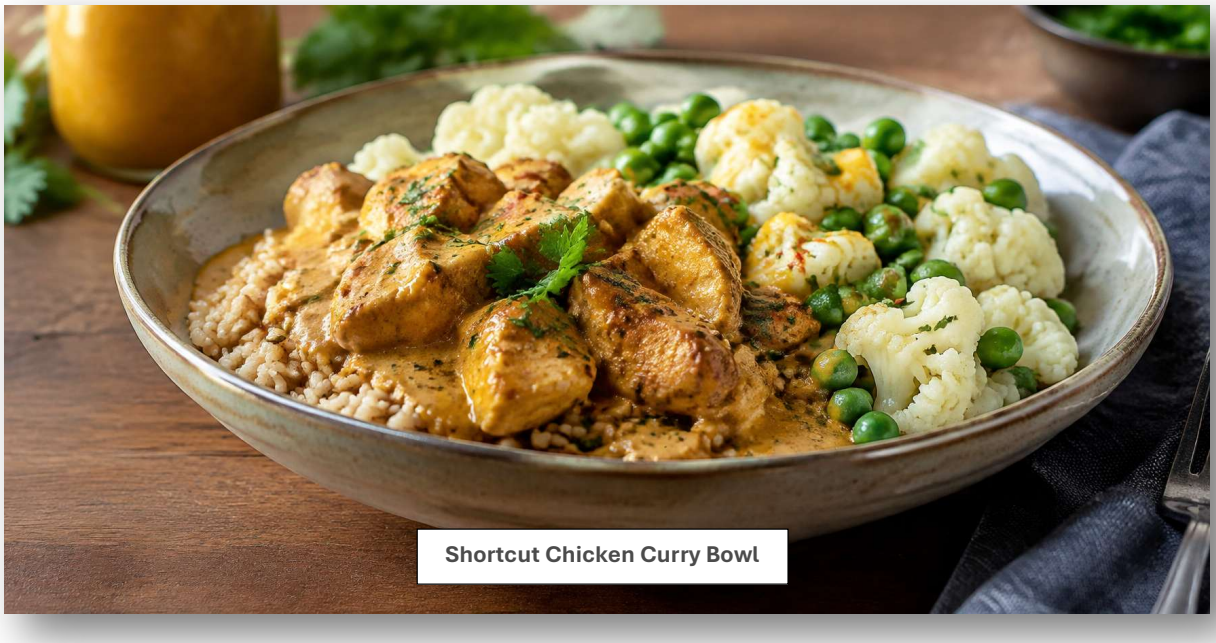
EASY SWAP

Bean and Cheese Quesadilla

Whole-grain tortilla, black beans, shredded cheese, salsa, side salad.

Cook in a skillet until crisp and melty. Serve with salsa and greens.

Snack option: cottage cheese with pineapple, or a cup of shelled edamame



Shortcut Chicken Curry Bowl

Snack Smarter, Not Smaller

A snack is useful when it bridges a long gap, supports activity, or keeps you from arriving at dinner ready to eat the furniture. Pair two food groups when you can.

Quick combinations

- Apple or pear + peanut butter
- Hummus + carrots or cucumber
- Edamame + fruit
- Hard-boiled egg + toast
- Roasted chickpeas + cherry tomatoes
- Greek yogurt + berries
- Cheese + whole-grain crackers
- Cottage cheese + pineapple
- Walnuts + a clementine
- Turkey roll-ups + grapes

Hydration without the math headache

- Start the day with water, then drink regularly instead of trying to catch up at bedtime.
- Keep water visible and convenient. A bottle in another room is technically décor.
- Flavor water with citrus, berries, cucumber, or mint if plain water bores you.
- Drink more when you are active or in hot weather. Individual needs vary.
- If you have heart, kidney, or liver disease, or take medicines that affect fluid balance, follow your clinician's guidance.

The Short Grocery List

Shop your kitchen first. You don't need every item if you already have good substitutes.

PROTEIN

Greek yogurt, eggs, chicken or prepared chicken, salmon, tuna, turkey, cottage cheese, edamame, lentil soup, white or black beans

PRODUCE

Berries, apples or pears, oranges or clementines, pineapple, greens, spinach, cucumber, tomatoes, carrots, celery, green beans, sweet potato, avocado, lemon, frozen cauliflower and peas

SMART CARBS

Rolled oats, quinoa, brown rice, whole-grain bread, wraps, tortillas, crackers, low-sugar granola

FLAVOR + FATS

Olive oil, peanut butter, walnuts, chia seeds, hummus, feta or Parmesan, shredded cheese, curry sauce, salsa, cinnamon, garlic, paprika

Shortcut permission slip: frozen vegetables, canned beans, bagged greens,

and prepared chicken are not cheating. They are infrastructure.

Prep in 20 minutes

- Cook one pot of quinoa or brown rice.
- Wash or portion fruit.
- Chop two vegetables, or buy them already chopped.
- Mix overnight oats.
- Put tomorrow's snack where "tomorrow-you" can find it.

Your Energy Prescription

Purpose: support steadier energy with regular nourishment, hydration, and meals that satisfy.

Active ingredients

- Protein to support muscle and help meals feel satisfying.
- Fiber-rich carbohydrates for usable fuel and digestive health.
- Colorful plants for vitamins, minerals, and phytochemicals.
- Satisfying fats for flavor and staying power.
- Fluids to support normal body function and replace everyday losses.

How it works

Balanced meals supply fuel in a more useful package than a quick hit of sugar alone. Regular eating can also make it easier to notice whether the real issue is hunger, dehydration, poor sleep, stress, medication effects, or something that deserves medical attention.

Plain-language translation

Eat real meals before you are running on fumes. Put something with protein next to something with fiber. Drink regularly. Repeat without demanding perfection.

Rx foods

Eggs, yogurt, fish, chicken, beans, lentils, oats, whole grains, berries, leafy greens, colorful vegetables, nuts, seeds, olive oil, and water or other unsweetened drinks.

How to take this Rx

- For three days, eat breakfast, lunch, and dinner. Add a snack when hunger, activity, or a long gap calls for one.
- Use the steady-energy formula at least twice each day.
- At 3 PM, rate your energy from 1 to 5 and write one sentence about what you ate, drank, and did.
- At the end of Day 3, keep the two habits that helped most.

Your two keepers: 1) _____ 2) _____

Keep the Momentum Going

Three days gives you useful information. Now choose one simple next step – don't try to change your entire life.

Read

What a 10-Minute Walk After Dinner Can Do

Watch

FoodRx Energy Reset workshop replay

Move with us

Move It Sister for approachable movement and a community that understands real life.

Learn

Take my 6 Weeks 2 Strong course

https://fitat55.com/6-weeks-2-strong



Small steps count. Consistency counts. And dinner does not need to be Instagram-famous to nourish you.

Educational use only

This guide does not diagnose, treat, cure, or prevent disease and is not a substitute for individualized medical or nutrition advice. If you have diabetes, kidney disease, food allergies, digestive conditions, or other medical needs, ask your healthcare professional how to adapt the plan.

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