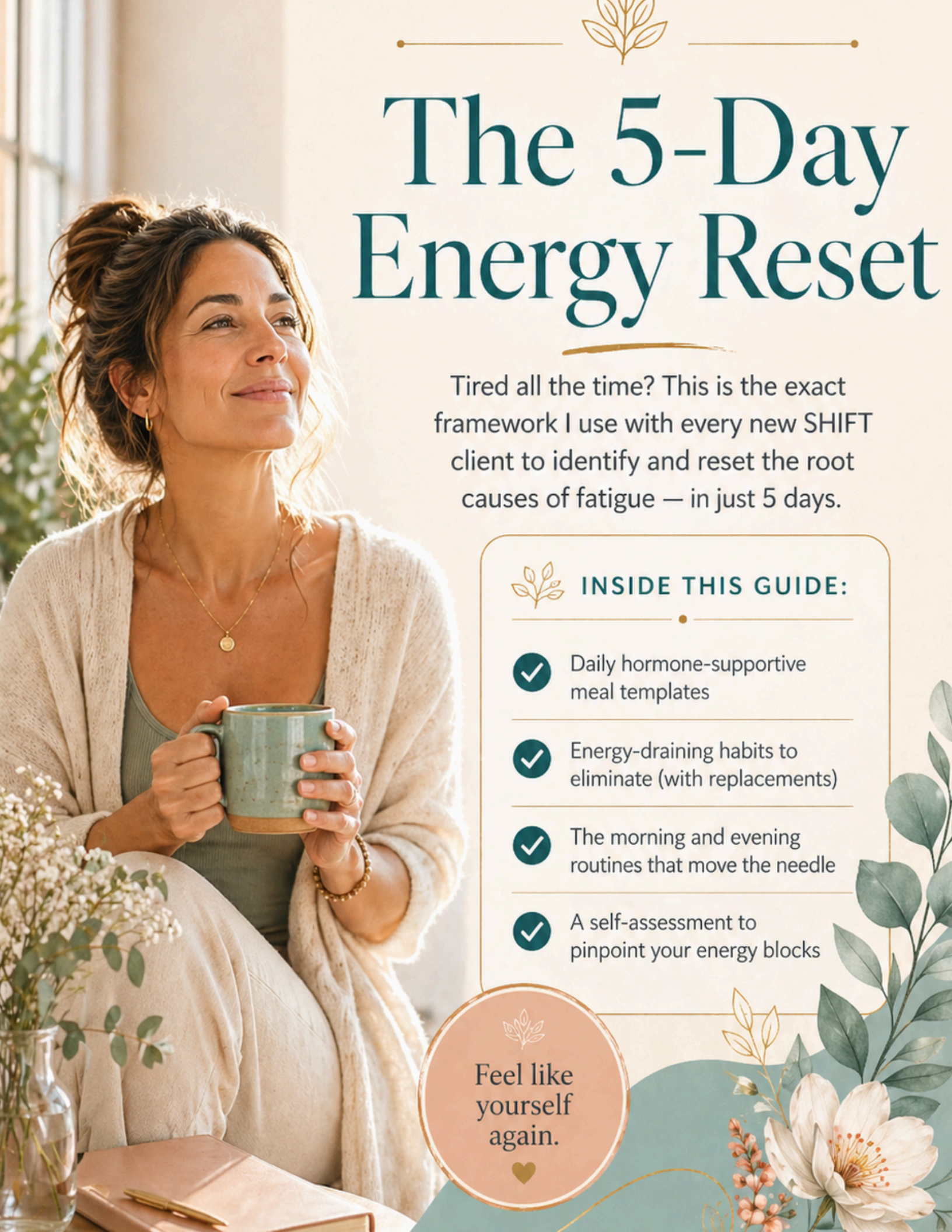

The 5-Day Energy Reset

Tired all the time? This is the exact framework I use with every new SHIFT client to identify and reset the root causes of fatigue — in just 5 days.

INSIDE THIS GUIDE:

- Daily hormone-supportive meal templates
- Energy-draining habits to eliminate (with replacements)
- The morning and evening routines that move the needle
- A self-assessment to pinpoint your energy blocks

Feel like yourself again.

Welcome to The 5-Day Energy Reset

Letme ask yousomething:when'sthelasttimeyouwokeupandfeltgenuinelyrested — energized before your feet even hit the floor?

If that feels like a distant memory, you're not alone. And you're not broken. But the answer isn't another cup of coffee or pushing through. It's understanding ***why*** your energy is depleted — and giving your body what it actually needs to reset.

This is the exact 5-day framework I walk through with every new Shift client. Each day targets a different root cause of fatigue — and by Day 5, you'll have a clear picture of what's draining you and exactly what to do about it.

— Courtney | @courtney.mericle

HOW TO USE THIS GUIDE	
→ **One day at a time:**	Don't skip ahead. Each day builds on the last.
→ **Implement, don't just read:**	Each day has one non-negotiable action. Do it.
→ **Track how you feel:**	Note your energy, mood, sleep, and cravings each morning.
→ **Don't aim for perfect:**	80% consistency beats 100% for three days and quitting.
→ **Use the self-assessment:**	Complete it on Day 5 to lock in your personal energy blueprint.

YOUR 5-DAY ROADMAP

DAY 1	**Fuel the Foundation** — Blood sugar & protein
DAY 2	**Drain the Drain** — Eliminate energy leaks
DAY 3	**Sleep Like You Mean It** — Optimize recovery
DAY 4	**Regulate Your Stress Load** — Cortisol & nervous system
DAY 5	**Your Energy Blueprint** — Self-assessment + next steps

Day 1 of 5

DAY 1

Fuel the Foundation

Root cause: Blood sugar instability & protein deficiency

Here's the truth most women don't hear: the #1 driver of chronic fatigue in active women isn't laziness or stress — it's undereating, especially protein. When your blood sugar swings, your energy swings. When you're under-fueled, your body borrows from your adrenals to keep you running — and that tanks your cortisol rhythm over time. Today, we fix the foundation.

TODAY'S HORMONE-SUPPORTIVE MEALS

BREAKFAST	LUNCH	DINNER	SNACK/BOOST
• 3 eggs scrambled	• 4–5 oz grilled chicken	• 5 oz salmon or ground turkey	• Greek yogurt (plain, full-fat)
• 1/2 avocado	• Quinoa + roasted veggies	• Roasted sweet potato	• Handful of walnuts
• 1 slice sprouted toast	• Olive oil + lemon dressing	• Steamed broccoli	• Or: protein shake + berries
• Black coffee or herbal tea	• Large handful leafy greens	• Drizzle of tahini	

ENERGY DRAINS → SWAPS

✗ DITCH	Starting the day with just coffee	→	✓ SWAP IN	Eat a protein-rich meal within 1 hour of waking — before caffeine if possible
✗ DITCH	Eating carbs alone (fruit, crackers, toast)	→	✓ SWAP IN	Always pair carbs with protein or fat to blunt blood sugar spikes
✗ DITCH	Skipping meals to 'save calories'	→	✓ SWAP IN	Eat every 3–4 hours to keep blood sugar and energy stable

TODAY'S ROUTINES

■■ MORNING ROUTINE		■ EVENING ROUTINE	
6:00–6:30	Wake without hitting snooze — it fragments your sleep cycle	7:00 PM	Last big meal — allow 2–3 hrs before bed
6:30	Drink 16 oz water before anything else	8:30	Dim lights, switch to warm tones
6:45	Eat breakfast (protein first)	9:00	Herbal tea (chamomile, passionflower, or lemon balm)
7:00	10-min walk or gentle movement to stabilize morning glucose	9:30	In bed — aim for 7.5–8 hours

■ TODAY'S NON-NEGOTIABLE: **Hit 25g+ protein at breakfast. Non-negotiable.**

Day 2 of 5

DAY 2

Drain the Drain

Root cause:Energy-draininghabitsstealingyour vitality

You can eat perfectly and still feel exhausted if you're hemorrhaging energy through invisible drains. Today we identify and plug them. These aren't character flaws — they're habits your nervous system adopted to cope. Today you start replacing them with something that actually gives energy back.

TODAY'S HORMONE-SUPPORTIVE MEALS

BREAKFAST	LUNCH	DINNER	SNACK/BOOST
• Protein smoothie: 30g protein powder • 1 cup spinach, 1/2 banana • 1 tbsp almond butter, unsweetened almond milk • Add collagen for bonus joint support	• Large salad: mixed greens + chickpeas • Hard-boiled eggs (2) • Cucumber, tomato, olives • Olive oil + apple cider vinegar	• Ground bison or turkey taco bowls • Cauliflower rice + black beans • Salsa, avocado, lime • Leafy green side	• Apple + 2 tbsp almond butter • Or: cottage cheese + cucumber slices • Or: handful of pumpkin seeds

ENERGY DRAINS → SWAPS

✗ DITCH	Doomscrolling within 30 min of waking	→ ✓ SWAP IN	Do one grounding practice first (breath, gratitude, or quiet movement) before touching your phone
✗ DITCH	Saying yes when you mean no	→ ✓ SWAP IN	Protect your energy like a resource — one boundary set today is an energy deposit
✗ DITCH	Alcohol most evenings	→ ✓ SWAP IN	Even 1–2 drinks disrupts deep sleep and spikes cortisol — try sparkling water + lime for 5 days
✗ DITCH	Training hard while undereating	→ ✓ SWAP IN	Match your fuel to your output — hard training on low fuel = cortisol spike = crash

TODAY'S ROUTINES

▪▪ MORNING ROUTINE		■ EVENING ROUTINE	
Wake	No phone for first 20 minutes	6:30 PM	Eat dinner — no eating after 8 PM
6:45	Hydrate + protein breakfast	8:00	Phone in another room or on Do Not Disturb
7:15	Identify ONE energy drain to eliminate today	8:30	5-min body scan or journaling
7:30	Write down what you'll replace it with	9:30	Lights out

■ **TODAY'S NON-NEGOTIABLE:** **Identify and eliminate ONE energy drain today.**

Day 3 of 5

DAY 3

Sleep Like You Mean It

Root cause: Poor sleep quality wrecking your recovery

Sleep isn't passive rest — it's when your body repairs muscle, regulates hormones, clears cortisol, and consolidates memory. When sleep quality tanks, everything else follows. The goal isn't just more hours — it's deeper, more restorative sleep. Today we create the conditions for that.

TODAY'S HORMONE-SUPPORTIVE MEALS

BREAKFAST	LUNCH	DINNER	SNACK/BOOST
• 2–3 eggs + smoked salmon • 1/2 cup oats with chia seeds • Sliced kiwi (supports sleep quality — yes, kiwi) • Green tea instead of coffee today if able	• Lentil soup or turkey chili • Side of roasted root vegetables • Pumpkin seeds for magnesium • Sparkling water + lemon	• Light meal: baked cod or tofu • Asparagus + wild rice • Finish dinner by 7 PM tonight • Chamomile or tart cherry juice	• Tart cherry juice (1/2 cup) — melatonin support • Or: kiwi + small handful of almonds • Or: warm golden milk (turmeric latte)

ENERGY DRAINS → SWAPS

✗ DITCH	Screens until you fall asleep	→	✓ SWAP IN	Hard stop on screens 60 min before bed — use blue light glasses if needed
✗ DITCH	Inconsistent sleep/wake times	→	✓ SWAP IN	Choose a consistent wake time and protect it — even on weekends
✗ DITCH	Working out within 2 hrs of bed	→	✓ SWAP IN	Shift intense training to morning or early afternoon
✗ DITCH	Sleeping hot or in a bright room	→	✓ SWAP IN	Drop room temp to 65–68°F and use blackout curtains or an eye mask

TODAY'S ROUTINES

▪▪ MORNING ROUTINE		■ EVENING ROUTINE	
Wake	Rate your sleep quality 1–10 and note it	7:00 PM	Dinner complete — kitchen closed
6:30	Get 5–10 min of natural light — sets your circadian clock	8:00	Warm shower or bath (drops core temp, triggers sleep onset)
6:45	Magnesium glycinate with breakfast if you have it	8:30	Magnesium glycinate 200–400mg
7:00	Note: what time did you fall asleep last night?	9:00	Read (paper book or Kindle, no backlit screens)
		9:30	Lights out — phone outside bedroom if possible

■ TODAY'S NON-NEGOTIABLE: **Create ONE new sleep boundary tonight and keep it.**

Day 4 of 5

DAY 4

Regulate Your Stress Load

Root cause: Cortisol dysregulation & nervous system overload

Your body cannot produce energy efficiently when it's in threat mode. Chronically elevated cortisol suppresses thyroid function, tanks progesterone, disrupts sleep, and blunts your ability to burn fat. The goal today isn't to eliminate stress — it's to regulate your nervous system's response to it. Your breath is the fastest tool you have.

TODAY'S HORMONE-SUPPORTIVE MEALS

BREAKFAST	LUNCH	DINNER	SNACK/BOOST
• Anti-inflammatory smoothie bowl • Base: frozen berries + coconut yogurt • Toppings: hemp seeds, walnuts, cinnamon • Add 1 scoop collagen or protein powder	• Wild salmon + arugula salad • Sliced beets + goat cheese • Pumpkin seeds + olive oil • Anti-inflammatory dressing: turmeric + lemon	• Slow cooker chicken thighs • Root veggies (carrots, parsnips, sweet potato) • Bone broth base for gut support • Finish by 7:30 PM	• Dark chocolate (85%+) + Brazil nuts • Or: ashwagandha golden latte • Or: celery + almond butter + sea salt

ENERGY DRAINS → SWAPS

✗ DITCH	Checking email/news first thing	→	✓ SWAP IN	Replace with 5 min of intentional breathing before any input
✗ DITCH	'I'll rest when it's done' mentality	→	✓ SWAP IN	Schedule a real recovery block today — even 20 min — and protect it
✗ DITCH	Over-exercising as stress relief	→	✓ SWAP IN	Add one low-intensity session this week: yoga, walking, or swimming
✗ DITCH	Bottling emotions until they explode	→	✓ SWAP IN	Journal for 5 min tonight — what are you carrying that you haven't named?

TODAY'S ROUTINES

▪▪ MORNING ROUTINE		■ EVENING ROUTINE	
Wake	Box breathing: inhale 4 / hold 4 / exhale 4 / hold 4 — 5 rounds	6:30 PM	Dinner
6:30	Herbal adaptogen tea (ashwagandha, rhodiola, or holy basil)	7:30	Breathwork: 4-7-8 breathing for 5 minutes
6:45	Anti-inflammatory breakfast	8:00	Gratitude journal: 3 specific things from today
7:00	Write ONE thing causing stress — then write one small action you can take	8:30	Gentle yoga or legs-up-the-wall for 10 min
		9:30	Sleep

■ TODAY'S NON-NEGOTIABLE: **Do 5 rounds of box breathing this morning before your phone.**

Day 5 of 5

DAY 5

Your Energy Blueprint

Integrate, assess, and build your sustainable plan

You've done the work. Today is about integration — taking what you've learned over four days and turning it into a personalized energy blueprint you can actually sustain. Complete the self-assessment below honestly. Your answers will show you exactly where to focus first.

TODAY'S HORMONE-SUPPORTIVE MEALS

BREAKFAST	LUNCH	DINNER	SNACK/BOOST
• Your highest-energy breakfast from Days 1–4	• Your favorite lunch from the week	• Celebration dinner — cook something you love	• Your choice — choose what made you feel best
• The one that made you feel best	• Notice: does your energy dip after?	• Use the protein-first template	• Note it in your energy journal
• Repeat it — that's data about your body	• If yes — too many carbs, not enough protein	• Eat slowly, without screens	• This is your go-to snack blueprint
• Note the time and how you feel at 10 AM	• If stable — you've found your formula	• Notice hunger/fullness cues	• Trust your body's feedback

ENERGY DRAINS → SWAPS

✗ DITCH	White-knuckling willpower	→	✓ SWAP IN	Build systems instead — prep, schedule, and automate your highest-impact habits
✗ DITCH	All-or-nothing thinking	→	✓ SWAP IN	Progress over perfection. One imperfect week of good habits beats one perfect week followed by quitting
✗ DITCH	Going it alone	→	✓ SWAP IN	Find one accountability partner, community, or coach — connection is an energy multiplier
✗ DITCH	Waiting to feel ready	→	✓ SWAP IN	Start with what you know from this week. You don't need more information — you need consistency

TODAY'S ROUTINES

▪▪ MORNING ROUTINE		■ EVENING ROUTINE	
Wake	Review your 4-day energy notes	7:00 PM	Dinner with intention
6:45	Your best breakfast from the week	8:00	Read your completed self-assessment
7:00	Complete the self-assessment on the next page	8:30	Write your next step — one action, this week
7:30	Write your 3 non-negotiables for next week	9:00	Share this guide with one woman who needs it
		9:30	Sleep — you've earned it

■ TODAY'S NON-NEGOTIABLE: **Complete the full self-assessment. It's the point of everything.**

Self-Assessment

Pinpoint Your Energy Blocks

Answer eachquestion honestly — thereare nowronganswers, only data. Your responses will reveal your primary energy drain category and tell you exactly where to focus first.

1

Howdoyoufeelwithin1hour of waking?

- Refreshed and clear
- Groggy but functional
- Exhausted and foggy
- Anxious or wired but tired

2

Whendoesyourenergytendto crash?

- It doesn't — fairly consistent
- Mid-morning (10–11 AM)
- Early afternoon (2–3 PM)
- Evening — I'm done by 6 PM

3

How'syoursleepquality?

- Deep and restorative
- I fall asleep but wake during the night
- Hard to fall asleep
- Never feel rested no matter how long I sleep

4

Howoftenareyoueatingprotein-rich meals?

- Every meal
- Most meals
- Once or twice a day
- I skip meals or eat mostly carbs

5

How do you handle stress?

- I have solid practices and they help
- I manage but it wears on me
- I'm overwhelmed most of the time
- My nervous system feels stuck in overdrive

6

How's your mood and mental clarity?

- Sharp and stable
- Good days and bad days
- Foggy, slow, or irritable often
- Anxious, flat, or emotionally exhausted

7 **Howwouldyoudescribeyourrelationship with food?**

- Nourishing and flexible
- Mostly good, some guilt
- Restrictive or all-or-nothing
- Chaotic — I don't trust my body's signals

8 **What's your typical caffeine intake?**

- 1 cup before 10 AM
- 2–3 cups, I need it to function
- 4+ cups or energy drinks
- I've cut back but still feel reliant on it

9 **How's your physical energy during workouts?**

- Strong and consistent
- Good some days, depleted others
- I'm always dragging
- I skip workouts because I have nothing left

10 **Whatfeelsmosttrueaboutyourcurrent state?**

- I'm managing well and want to optimize
- I'm functioning but not thriving
- I'm surviving on fumes
- I don't recognize myself anymore

READING YOUR RESULTS	
Mostly A answers	Your foundation is solid. Focus on optimization — fine-tuning your routine, testing advanced strategies, and supporting longevity.
Mostly B answers	You're functional but leaking energy. Tighten up sleep, protein consistency, and one stress regulation practice.
Mostly C answers	Blood sugar instability and cortisol dysregulation are your primary drains. Start with Days 1 and 4 of this guide.
Mostly D answers	Your nervous system needs urgent support. This is a signal — not a failure. This is where personalized coaching or a Peptide Clarity Call makes the most impact.

You Know Your Body Better Now.

The 5-Day Energy Reset is a starting point — not an ending. Your assessment revealed your primary energy drain. Now you have a name for it. Here's what to do next:

1 **Implement your top 3 non-negotiables**
Pick the three daily actions that made the biggest difference this week. Do them consistently for 30 days.

2 **Address your primary energy drain first**
Don't try to fix everything at once. Your assessment pointed to a root cause — start there.

3 **Join The Shift Project community**
Connection is an energy multiplier. Follow @courtney.mericle for daily support, tools, and honest conversation.

4 **Book a Peptide Clarity Call**
If your answers were mostly C or D — or you've been trying everything and still feel stuck — this is your next step. DM me ENERGY on Instagram.

DM me **ENERGY** on Instagram to book your Peptide Clarity Call.

@courtney.mericle | courtneymericle.com

About Courtney

Courtney Mericle is a certified life coach, breathwork facilitator, personal trainer, and EllieMD Brand Partner based in Colorado. She co-owns Surge Athletics gym with her husband Brandon and founded The Shift Project to help women 30–50 break free from diet culture, reclaim their energy, and feel like themselves again.

Her four-pillar framework — Physical, Mental, Emotional, Spiritual — guides every program she creates. The 5-Day Energy Reset is the entry point into that system.

Instagram: @courtney.mericle | **Website:** courtneymericle.com

This guide is for educational purposes only and is not a substitute for medical advice. Always consult a qualified healthcare provider before making changes to your health regimen.