

FREE COMPANION GUIDE

The Honest *7-* *Day Reset.*

No "metabolism loophole." No "secret carb." No fake before-and-afters. Just seven days of normal food, smaller portions, and a few things you'll actually keep doing.

A FREE, NO-SPAM COMPANION GUIDE TO REALEASYDIET.COM.

Editorial note: this is a general-wellness guide, not medical advice. We do not diagnose or treat conditions and we never claim guaranteed results. Talk to your own doctor before changing how you eat — especially if you take prescription medication, are pregnant or breastfeeding, or have any chronic condition.

What this is — and isn't.

This is a one-week guide to eat normal food on purpose. It is built around three boring, repeatable ideas:

- **Real food, smaller portions.** No replacement shakes, no powders, no special bars.
- **Protein at every meal.** Helps you stay full and protects muscle when you're eating less.
- **Walk daily.** Aim for 6,000-8,000 steps. Walking is the most under-rated weight-management tool there is.

What this isn't:

- A medical plan. Talk to your doctor about your numbers.
- A 30-day "transformation." Bodies do not transform in seven days. They start to feel different.
- A guarantee. We never promise outcomes — only the framework.

If you finish the week eating mostly real food, hitting protein at three meals, and walking daily — the week worked. The scale is a lagging indicator.

How to use this guide.

1. **Read the seven days through once.** The meals repeat on purpose — repetition is what makes a week of cooking actually possible.
2. **Make a single grocery list.** Page 11 has it. Shop on Sunday afternoon.
3. **Pick a protein target.** Aim for 0.7 grams per pound of your goal weight, split across three meals. (For a 150-lb goal, that's 105g — about 35g a meal.)
4. **Walk daily.** 20-30 minutes outside, or split through the day. Stairs count. Walking the dog counts.
5. **Skip the scale until day 8.** The first-week scale is mostly water. Photo on day 1 and day 8, same lighting, will tell you more.

One non-negotiable

Drink at least 64 oz of water every day. Most "I'm hungry at 3 p.m." moments are thirst.

Anchor day — get the protein habit running.

BREAKFAST	1 cup plain Greek yogurt + handful berries + small handful almonds. ~330 cal, 25g protein.
LUNCH	Big salad with grilled chicken, olive oil, lemon, beans, hard-boiled egg. ~480 cal, 40g protein.
DINNER	Salmon, roasted potato, big plate of broccoli. ~560 cal, 38g protein.
SNACK	Apple + tablespoon peanut butter. ~200 cal, 6g protein.

Note for the day

Walk: 20 min after dinner. Sets the tone. Don't skip.

Daily checklist

64 oz water Protein at 3 meals Walked 20+ min No liquid calories

Repeat day — same template, different proteins.

BREAKFAST	3-egg omelet, mushrooms, spinach, slice of toast. ~380 cal, 30g protein.
LUNCH	Tuna + chickpea bowl with olive oil, parsley, red onion. ~470 cal, 38g protein.
DINNER	Lean ground beef stir-fry over brown rice with peppers. ~620 cal, 40g protein.
SNACK	Cottage cheese + cucumber. ~150 cal, 18g protein.

Note for the day

Walk: 15 min before lunch + 10 min before bed.

Daily checklist

64 oz water Protein at 3 meals Walked 20+ min No liquid calories

Mid-week meal-prep day. Make tomorrow easier.

BREAKFAST	Greek yogurt parfait (yesterday's berries, oats, walnut). ~350 cal, 22g protein.
LUNCH	Chicken wrap (whole-wheat tortilla, hummus, greens, tomato). ~490 cal, 36g protein.
DINNER	Sheet-pan chicken thighs + roasted vegetables. ~580 cal, 42g protein. Cook double — leftovers for tomorrow.
SNACK	Hard-boiled egg + apple. ~180 cal, 7g protein.

Note for the day

Walk: 25 min, after work. Take a podcast.

Daily checklist

64 oz water Protein at 3 meals Walked 20+ min No liquid calories

Lighter day — last night's leftovers do the work.

BREAKFAST	Toast, two eggs, half avocado. ~390 cal, 22g protein.
LUNCH	Last night's chicken + roasted vegetables, tossed with olive oil and lemon. ~510 cal, 42g protein.
DINNER	Black bean and turkey chili. ~540 cal, 38g protein. Make a double batch.
SNACK	Greek yogurt + honey. ~180 cal, 16g protein.

Note for the day

Walk: 20 min, mid-morning if you can.

Daily checklist

64 oz water Protein at 3 meals Walked 20+ min No liquid calories

Friday — practice navigating the weekend.

BREAKFAST	Cottage cheese + sliced peach + walnuts. ~310 cal, 24g protein.
LUNCH	Leftover chili + small cornbread. ~520 cal, 36g protein.
DINNER	Restaurant night — pick a place. Order: lean protein, vegetable side, salad. Skip bread basket. One drink max. ~700 cal target.
SNACK	Skip — restaurant dinner is the snack.

Note for the day

Walk: 15 min. Restaurant choice matters more than the salt.

Daily checklist

64 oz water Protein at 3 meals Walked 20+ min No liquid calories

Saturday — long-walk day.

BREAKFAST	Egg-white omelet + side of fruit + black coffee. ~280 cal, 26g protein.
LUNCH	Big salad, salmon, all the vegetables, vinaigrette. ~520 cal, 38g protein.
DINNER	Grilled chicken + roasted sweet potato + green beans. ~560 cal, 42g protein.
SNACK	Almonds, small handful. ~170 cal.

Note for the day

Walk: 45-60 min. Outside. No phone, just walk.

Daily checklist

64 oz water Protein at 3 meals Walked 20+ min No liquid calories

Sunday — set up next week.

BREAKFAST	Smoothie: protein powder, frozen berries, spinach, milk, peanut butter. ~380 cal, 35g protein.
LUNCH	Soup + half sandwich (turkey, swiss, mustard). ~480 cal, 32g protein.
DINNER	Roast chicken with vegetables, simple. ~560 cal, 44g protein. Save bones for stock.
SNACK	Yogurt + small handful walnuts. ~200 cal, 14g protein.

Note for the day

Walk: 30 min. Then make next week's grocery list.

Daily checklist

64 oz water Protein at 3 meals Walked 20+ min No liquid calories

The single grocery list.

One Sunday shop, one week of food. Approximate quantities for one adult.

SECTION	ITEMS
Protein	Eggs (1 dozen), Greek yogurt (32 oz), cottage cheese, chicken thighs (2 lb), salmon (1 lb), lean ground beef or turkey (1 lb), canned tuna or chickpeas, whey protein
Produce	Spinach, mixed greens, broccoli, peppers, mushrooms, cucumber, tomato, red onion, sweet potato, regular potato, green beans, parsley, lemons, berries, peach, apples
Pantry	Olive oil, brown rice, oats, whole-wheat tortillas, hummus, black beans, chickpeas, mustard, vinegar, almonds, walnuts, peanut butter, honey
Dairy / Cheese	Milk (or unsweetened plant milk), small block of swiss, butter
Bread / Grain	Whole-wheat bread (small loaf), small cornbread mix (optional)
Drinks	Water (filtered), black coffee, unsweetened tea

Skip these (this week, at least)

- Soda, juice, sweetened coffee drinks (huge calorie wins by skipping)
- Crackers / chips — the easiest accidental overeating in your kitchen
- Anything labeled "diet" or "fat-free" — usually swaps real food for sugar

What now.

If the week worked — meaning you cooked at home most nights, walked most days, hit protein most meals — repeat it. Same template. Different proteins, different vegetables. That's the system.

If you want to keep going past two weeks of repeating the template, three things to layer in:

- **Lift weights twice a week.** Twenty minutes is enough. Protect muscle while you eat less.
- **Run the calorie deficit calculator.** Get a target. We have one for free at realeasydiet.com/tools/calorie-deficit-calculator/.
- **Sleep seven hours, on a schedule.** Sleep loss reliably increases hunger and lowers willpower the next day.

What to skip, forever

- Anything pitched as a "loophole" or a "secret."
- Any product whose entire pitch is a celebrity's name.
- Any diet where week 4 looks nothing like week 1. The plan you can repeat is the plan that works.

The most-studied pattern that produces lasting results is boring on purpose. Boring is the feature, not the bug.

Stay in touch

One short, no-spam email a week. Honest reading on celebrity weight-loss stories, supplement reviews, and how-to guides.

realeasydiet.com · No nonsense. No false promises.

