

3-DAY METABOLIC RESET PLAN

Science-Backed, Low-Insulin Meal Guide & Grocery List

The Core Principle: Inspired by the metabolic research of Dr. Ben Bikman, this plan is intentionally structured to protect your insulin baseline. By prioritizing clean essential proteins and healthy fats while minimizing refined carbohydrates—especially during the highly sensitive morning hours—you encourage your body to step out of fat-storage mode and safely activate sustainable fat-burning pathways.

The 3-Day Low-Insulin Schedule

DAY 1: RESETTING THE BASELINE

7:00 AM - 8:30 AM

Wake & Move

Hydration & Light Activity

Start with a large glass of pure water. Utilize your morning burst of energy to tackle early tasks or take a short, brisk outdoor walk while your body continues its overnight fat-burning momentum.

**Optional: Enjoy pure black coffee or add a tiny splash of unsweetened heavy cream. Avoid carbs right now.*

9:00 AM

First Meal

Savory Egg & Veggie Muffins (2 pieces)

Pre-baked egg cups loaded with spinach, mushrooms, and a sprinkle of crumbled goat cheese. Eggs naturally deliver a balanced 1:1 ratio of essential amino acids and healthy fats to stabilize early blood sugar.

1:00 PM

Mid-Day Fuel

The "Big Bowl" Protein Salad

A generous bed of deep leafy greens (spinach, arugula, or romaine) topped with 5–6 oz of grilled chicken breast, half an avocado, and a tablespoon of raw pumpkin seeds. Drizzle cleanly with a home-whisked extra virgin olive oil and lemon vinaigrette.

3:30 PM

Optional Snack

Macadamia or Pecan Nuts

A small handful (1/4 cup) of raw macadamias or pecans. These varieties hold the highest fat-to-carbohydrate ratio, offering steady afternoon energy without triggering an insulin response.

6:00 PM

Evening Meal

Pan-Seared Wild Salmon & Roasted Green Veggies

6 oz of wild-caught salmon fillet pan-seared in butter or avocado oil, paired with a side of roasted broccoli and cauliflower florets tossed lightly in oil and sea salt.

DAY 2: SUSTAINED CLEAN ENERGY

7:00 AM - 8:30 AM

Wake & Move

Hydration Window

Hydrate thoroughly. Allow your early morning cortisol surge to settle naturally without nutritional interference, ensuring your liver clears stored glycogen efficiently.

9:00 AM

First Meal

Smoked Salmon & Avocado Plate

3 oz of quality wild smoked salmon arranged neatly with half a sliced fresh avocado. Drizzle with extra virgin olive oil and finish with a pinch of coarse sea salt.

1:00 PM

Mid-Day Fuel

High-Protein Turkey & Avocado Roll-Ups

4 slices of clean, sugar-free deli turkey breast rolled tightly around avocado slices or a thin spread of cream cheese, accompanied by crisp cucumber spears.

3:30 PM

Optional Snack

Full-Fat Cottage Cheese & Cucumber Slits

1/2 cup of full-fat cottage cheese seasoned with fresh cracked black pepper and served alongside fresh cucumber slices for satisfying crunch.

6:00 PM

Evening Meal

Savory Ground Beef & Vegetable Stir-Fry

1 lb of lean ground beef or turkey sautéed beautifully with finely shredded cabbage ribbons, sliced mushrooms, and spiralized zucchini noodles in pure sesame oil. Saves perfectly for tomorrow's lunch!

DAY 3: METABOLIC ADAPTATION

7:00 AM - 8:30 AM

Wake & Move

Calm & Hydrate

Drink plenty of pure water. Keep the morning calm, dive straight into your priority focus items, and protect your beautifully low overnight insulin baseline.

9:00 AM

First Meal

Creamy Chia & Flax Seed Pudding

A cold, prepped-ahead jar of chia and ground flaxseeds soaked in unsweetened coconut milk with 1 scoop of clean unflavored protein powder. Top with a tiny sprinkle of wild blueberries and walnuts.

1:00 PM

Mid-Day Fuel

Leftover Ground Beef Stir-Fry

Reheat the remaining portion of your savory ground beef and cabbage noodle stir-fry from Night 2. Effortless, satisfying, and stable mid-day fuel.

3:30 PM

Optional Snack

Zero-Sugar Beef Stick or Green Olives

1 high-quality grass-fed beef stick (verify 0g sugar) or a small convenient travel pouch of pitted green olives.

6:00 PM

Evening Meal

Crispy Garlic Chicken Thighs & Spinach

6 oz of bone-in, skin-on chicken thighs baked until beautifully crisp, served over a dense bed of fresh spinach lightly sautéed in olive oil and minced garlic.

YOUR LOW-INSULIN GROCERY LIST

Consolidated Ingredients for the 3-Day Reset

Label Reading Rule of Thumb: When navigating the grocery aisles for packaged staples, always flip to the nutritional panel. Check the *Total Carbohydrates* and ensure you avoid sneaky added sugars, high-fructose corn syrup, or cheap industrial seed oils (like soybean, canola, or corn oil).

Clean Proteins & Deli

- Fresh Eggs (1 large dozen)
- Wild-Caught Smoked Salmon (3 oz portion)
- Deli Turkey Breast or Roast Beef (1 pack, sugar-free)
- Chicken Breasts or Thighs (approx. 1.5 - 2 lbs)
- Lean Ground Beef or Turkey (1 lb)
- Zero-Sugar Beef Sticks / Jerky (1 small pack)

Fresh Produce

- Fresh Avocados (2 to 3 large)
- Fresh Spinach (1 large tub or pre-washed bag)
- Mixed Salad Greens or Arugula (1 tub)
- English Cucumbers (2 medium)
- Celery (1 small bunch)
- White or Cremini Mushrooms (1 small pack)
- Broccoli & Cauliflower (1 head/crown each)
- Green Cabbage (1 small head)
- Zucchini (2 medium, for spiral noodles)
- Fresh or Frozen Wild Blueberries (1 small pack)

Dairy & Refrigerated

- Goat Cheese crumbles or Sharp Cheddar (1 small pack)
- Full-Fat Cottage Cheese (1 small tub)
- Cream Cheese (1 small tub, optional for roll-ups)
- Unsweetened Coconut or Almond Milk (1 carton)
- Grass-Fed Butter or Heavy Cream (for coffee/cooking)

Pantry, Seeds, & Healthy Oils

- Chia Seeds (1 small bag)
- Ground Flaxseeds (1 small bag)
- Raw Macadamia Nuts or Pecans (1 bag)
- Green or Kalamata Olives (1 jar or snack pouches)
- Extra Virgin Olive Oil or Avocado Oil
- Pure Sesame Oil (for stir-fry)
- Clean, Unflavored or Vanilla Isolate Protein Powder

For more science-backed nutrition guidance and simple lifestyle tips to help you feel your best, visit wakeuptoreresults.com.