

2. THE NUTRITION RESET

Stop Thinking Less. Start Thinking Fuel.

Many women are trying to create change while eating too little during the day, feeling ravenous at night, grazing through family meals, or starting over every Monday. The answer is not to keep shrinking your food. Build meals that satisfy you, support your workouts, and create a gentle calorie deficit without making food your full-time job.

For many participants, roughly 1,500-1,650 calories may be a reasonable starting range. It is a reference, not a requirement. Your needs may be higher or lower based on body size, activity, medical needs, pregnancy or breastfeeding, and other factors.

THE NUTRITION GOAL

Eat enough to feel fueled and satisfied, while using simple portions and consistent habits to support fat loss and inches lost over time.

Your Five Nutrition Anchors

1. Build around protein

Protein supports muscle, recovery, strength, and fullness. Aim for a meaningful source at every meal and most snacks.

2. Eat regular meals

Do not save nearly all your food for nighttime. Most women will do well with three meals and one planned snack, adding a second snack when true hunger or activity calls for it.

3. Add produce and fiber

Fruit, vegetables, beans, oats, potatoes, and whole grains help meals feel substantial and support digestion.

NEXT: SEE THE PLATE

Turn the page to see how protein, produce, carbohydrates, and healthy fat fit together.

ROOTED & RISING

BUILD YOUR PLATE

Fuel your body without tracking every bite.

PRODUCE

1-2 fists • vegetables
and/or fruit

PROTEIN

1-1½ palms • about 4-6 oz



CARBOHYDRATE

¼-½ cup cooked • adjust for
hunger and activity

HEALTHY FAT

1 thumb-sized portion

*Start with protein. Add produce. Choose your carb.
Finish with a little healthy fat.*

Grounded. Growing. Becoming.



4. Include carbohydrates

Carbs are fuel—not a failure. Use portions that match your hunger and activity, especially around workouts.

5. Leave room for real life

A restaurant meal, birthday, or family favorite does not erase your progress. Enjoy it, then return at the next meal.

The no-tracking plate

At most meals, use this visual guide. It creates structure without requiring a food scale or perfect calorie math.

The sections are a practical visual—not a demand to arrange every meal perfectly. Mixed meals, bowls, soups, casseroles, tacos, and sandwiches can use the same four-part structure.

Part of meal	Simple portion	Examples
Protein	1–1½ palms or about 4–6 oz	Chicken, turkey, eggs/egg whites, Greek yogurt, cottage cheese, tuna, fish, lean beef, beans, protein shake
Produce	1–2 fists	Any vegetables you enjoy; fruit may fill part of this portion
Carbohydrate	About ¼–½ cup cooked	Rice, oats, potatoes, sweet potatoes, beans, pasta or quinoa; one small slice of bread or one small tortilla may also fit
Healthy fat	1 thumb or small portion	Avocado, olive oil, nuts, seeds, nut butter, cheese, egg yolks; use less added fat when the protein is already higher-fat

Still hungry? Add vegetables first, then a little more protein or carbohydrate based on what the meal was missing. Less active or comfortably full? Start with the smaller end of the portion range.

Using the Rooted & Rising carb range

The $\frac{1}{4}$ – $\frac{1}{2}$ cup range is for cooked starchy carbohydrates. It gives the body usable fuel while keeping the plate portion-controlled enough to support a gentle calorie deficit without tracking.

- Start near $\frac{1}{4}$ cup at a lighter meal, on a lower-activity day, or when the meal already contains another carbohydrate source.
- Use closer to $\frac{1}{2}$ cup after a workout, on a more active day, or when the smaller portion leaves you physically hungry.
- Fruit does not need to be squeezed into the same measuring cup. Use one modest serving of fruit as produce, especially at breakfast or a snack.
- Non-starchy vegetables are not the carb portion. Build them generously into the plate.
- If energy, workout performance, sleep, recovery, or hunger noticeably worsen, the answer may be more fuel—not more restriction.

The plate in real life

Taco night

Build around seasoned meat, add lettuce or cabbage, tomato, peppers or salsa, choose one small tortilla or a modest portion of chips, and use cheese or avocado intentionally.

Spaghetti night

Use a generous serving of lean meat sauce, about $\frac{1}{4}$ – $\frac{1}{2}$ cup cooked pasta, and add a vegetable or fruit side. If the sauce is light on meat, add a simple protein side.

Casserole night

Begin with one sensible serving, add produce beside it, eat slowly, and pause before seconds. If the casserole is mostly starch, add a separate protein.

Burger night

Use the burger as the protein anchor, choose the bun or a small potato side as the main starch, and add vegetables or fruit.

Breakfast and lunch without overthinking

Egg breakfast

Build around two eggs plus egg whites, add fruit or vegetables, and choose a small serving of toast, oats, or potatoes when wanted.

Yogurt bowl

Use high-protein Greek yogurt, add berries or another fruit, and keep granola, nuts, seeds, or nut butter to an intentional topping rather than turning every topping into a full serving.



Leftover lunch

Start with leftover protein, add any available vegetables or fruit, and include $\frac{1}{4}$ – $\frac{1}{2}$ cup of the leftover starch.

Sandwich or wrap

Use a strong serving of turkey, chicken, tuna, eggs, or lean beef; add produce; choose one bread, bun, or tortilla as the starch; and keep sauces and cheese intentional.



Protein without obsessing

A useful daily target for many women in this Reset is about 100–130 grams of protein. You do not have to count it perfectly. Think 25–35 grams at each meal plus 10–20 grams in a snack.

Meal moment	Easy protein anchors
Breakfast	Eggs plus egg whites; Greek yogurt bowl; cottage cheese with fruit; protein oatmeal; protein shake with a real-food side
Lunch	Leftover meat and vegetables; turkey wrap; tuna bowl; chicken and rice bowl; cottage cheese plate
Dinner	A palm-and-a-half serving of the family meal protein; add a simple backup protein if dinner is light on it
Snack	Greek yogurt, cottage cheese, boiled eggs, cheese plus lean deli meat, tuna packet, or a protein shake

Family dinner still counts

You do not need a separate ‘diet dinner.’ Eat what you make for your family and give the meal a little structure:

- Find the protein first and give it enough room on your plate.
- Add a generous vegetable or fruit when the meal does not already include produce.
- Serve the starch, casserole, pasta, tacos, or comfort food in a satisfying portion—not an unlimited one.
- Sit down with your plate instead of grazing while cooking and cleaning.
- Eat slowly enough to notice satisfaction. Pause before automatically getting seconds.

When dinner is mixed together

For casseroles, pasta dishes, soups, tacos, pizza, or one-pan meals, use one sensible first serving and add a protein or produce side if the meal is missing one. You are allowed to eat the same food as your family; the win is creating balance and awareness.

A simple day of eating

- Breakfast: protein + fruit or high-fiber carbohydrate + optional healthy fat
- Lunch: protein + produce + carbohydrate + healthy fat
- Planned snack: protein + fruit, vegetable, or another satisfying side
- Dinner: family meal using the no-tracking plate
- Optional second snack: use when you are physically hungry, had a demanding workout, or dinner will be late

Protein in a Pinch

You don't need to cook another meal. Keep two or three easy protein options stocked so you can grab one when life gets busy.

Greek yogurt cup

12-20g protein

Cottage cheese cup

12-19g protein

Two hard-boiled eggs

12g protein

Turkey and cheese roll-ups

15-20g protein

Tuna or chicken pouch

15-20g protein

Beef jerky or turkey stick

7-15g protein

Ready-to-drink protein shake

20-30g protein

Protein bar (check the label)

15-20g protein

Edamame cup

12-18g protein

Cheese stick + two eggs

18-20g protein

Protein amounts vary by brand and serving size. Check the label.

Pair a snack with fruit or vegetables when you want something more filling.

Fiber and digestion

Aim to work toward about 25–30 grams of fiber daily, increasing gradually if your current intake is low. Build it from fruit, vegetables, oats, beans or lentils, potatoes with skin, whole grains, nuts, and seeds. Increasing fiber too quickly without enough fluid can leave you more uncomfortable, so add it steadily and stay hydrated.

Hunger, fullness, and portions

The goal is not to finish every meal stuffed or to spend the day white-knuckling hunger. Use this quick check before, during, and after meals:

- Before: Am I physically hungry, emotionally activated, bored, or eating because food is simply available?
- During: Does this still taste as good as the first few bites? Am I beginning to feel satisfied?
- After: Can I comfortably move on with my day for the next few hours?

SATISFIED IS THE TARGET

You should feel comfortably fed—not painfully full, and not still searching the kitchen ten minutes later. If you are repeatedly hungry soon after meals, add protein, fiber, or a little more food instead of assuming you need more willpower.

Water

Use half your body weight in ounces as a practical starting point for daily water. For example, 150 pounds equals about 75 ounces. More is not automatically better; heat, workouts, pregnancy, breastfeeding, medical conditions, and medications can change hydration needs.

- Drink a glass shortly after waking.
- Keep water visible and refillable.
- Drink with meals and around workouts.
- Use pale-yellow urine and normal thirst as practical feedback; do not force excessive water.



The 30-day beverage reset

For these 30 days, make water your primary drink and remove alcohol, soda, and energy drinks as much as possible. This is a short-term boundary designed to interrupt automatic habits, reduce the drinks that can quietly work against your calorie deficit, sleep, energy, and hunger awareness, and help your mind and body experience a true reset.

- Aim for no energy drinks, no soda, and no alcohol during the Reset.
- If you choose one occasionally, keep it intentional and limited. One choice does not erase your progress; return to water with the next drink.
- Use water as your everyday foundation. Unsweetened coffee or tea may fit if they do not interfere with sleep or leave you depending on caffeine for energy.
- Use electrolytes intentionally during heavy sweating, hot weather, longer activity, or when your body needs additional support. Choose a lower-sugar option when possible; electrolytes supplement water rather than replace it.
- If you currently rely on energy drinks every day, tapering over several days may feel better than stopping caffeine suddenly.

WHY THIS MATTERS

You are not proving that a certain drink is forbidden forever. You are creating enough space to notice your natural energy, thirst, sleep, cravings, and routines without constantly covering them up.

Eating out, weekends, and celebrations

Do not try to ‘earn’ a meal by starving beforehand. Eat normally, include protein earlier in the day, decide what matters most at the event, and enjoy it without guilt. Then return to your regular structure at the next meal. One meal is a meal—not a weekend, a failure, or a reason to quit.

The next-meal reset

1. Do not skip the next meal to compensate.
2. Drink water normally.
3. Build the next meal around protein and produce.
4. Take a walk or complete planned movement because it supports you—not as punishment.
5. Name one thing you learned, then move forward.

Your simple grocery framework

Choose	Keep a few available
Proteins	Chicken, lean ground meat, eggs, Greek yogurt, cottage cheese, tuna, fish, lean beef, protein shakes



Produce	Two or three easy vegetables plus two or three fruits your household will actually eat
Carbs	Rice, oats, potatoes, sweet potatoes, bread or tortillas, pasta, beans, quinoa
Fats/flavor	Olive oil, avocado, nuts, nut butter, cheese, sauces and seasonings you enjoy
Emergency foods	Frozen vegetables, microwave rice, canned tuna or chicken, boiled eggs, yogurt, pre-cooked protein

Safety note

This program provides general wellness education, not individualized medical nutrition therapy. If you are pregnant or breastfeeding, under 18, have a history of an eating disorder, diabetes, kidney disease, another medical condition, or take medication affected by food or hydration, use guidance from your qualified healthcare professional rather than the calorie or fluid examples in this guide.