

Methodology

Eat your meals in this order as we've listed the most perishable meals first.

Before breakfast, lunch, and dinner each day, you'll drink half a bottle of one of the Apple Cider Vinegar Shrubs mixed with 1 cup of water. This probiotic superfood drink minimizes the glucose spike from your meals, giving you more consistent appetite, energy, and mood. **Do not drink the Apple Cider Vinegar Shrub without diluting it or it will damage the enamel of your teeth.**

Stop eating when you feel 80% full, even if you haven't finished your food. Stay present when you eat and avoid using your cell phone. Chew thoroughly and eat slowly, spending at least 15 minutes savoring each meal. These steps will improve your digestion and help you more effectively listen to your body's hunger and satiation cues.

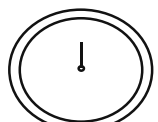
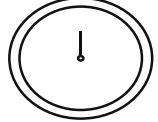

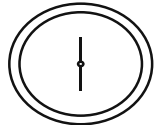
4-Day Signature Reset: Meat + Vegan Delivery Week of April 29, 2024

Need help?

Email us at help@gomethodology.com

Call us at +1 470 613 7332

Text us at +1 833 544 9992

What to Expect	Day 1	Day 2	Day 3	Day 4
<p> Breakfast 10am</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p>EAT ME FIRST, HIGHLY PERISHABLE Grilled Raspberry Marzipan Toast (2nd serving)</p> <p>Whisk 0.5 tsp of organic ceremonial matcha with 1 Tbsp 176F (80C) hot water until matcha is fully dissolved. Then add 0.5 cup additional hot water and whisk until evenly mixed.</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p>Pastured Egg White Scramble + Blistered Tomatoes</p> <p>Whisk 0.5 tsp of organic ceremonial matcha with 1 Tbsp 176F (80C) hot water until matcha is fully dissolved. Then add 0.5 cup additional hot water and whisk until evenly mixed.</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p>Gut Healthy Chicken Apple Sausage + Egg Whites</p> <p>Whisk 0.5 tsp of organic ceremonial matcha with 1 Tbsp 176F (80C) hot water until matcha is fully dissolved. Then add 0.5 cup additional hot water and whisk until evenly mixed.</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p>Grilled Raspberry Marzipan Toast (2nd serving)</p> <p>Whisk 0.5 tsp of organic ceremonial matcha with 1 Tbsp 176F (80C) hot water until matcha is fully dissolved. Then add 0.5 cup additional hot water and whisk until evenly mixed.</p>
<p> Lunch 12:30pm</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p>EAT ME FIRST, HIGHLY PERISHABLE Citrus Marinated Beetroot Salad + Everything Bagel Seasoned Chicken</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p>EAT ME FIRST, HIGHLY PERISHABLE Umbrian Inspired Lentils</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p>Superfood Rainbow Kale Salad + Teriyaki Chicken</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p>Umami BBQ Chicken Meatballs</p>
<p> Snack 3pm</p>	<p>1 serving (3 balls) of the Vegan Protein Truffles</p>	<p>1 serving (3 balls) of the Vegan Protein Truffles</p>	<p>1 serving (3 balls) of the Vegan Protein Truffles</p>	<p>1 serving (3 balls) of the Vegan Protein Truffles</p>
<p> Dinner 6pm</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p>EAT ME FIRST, HIGHLY PERISHABLE Herbed Edamame Quinoa Bowl + Aji-Ginger Tofu</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p>EAT ME FIRST, HIGHLY PERISHABLE Seared Grass-Fed NY Strip Steak + Peppered Beet Jus</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water.</p> <p>Carolina Gold BBQ Jackfruit</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water.</p> <p>Traditional French Onion Soup, 2 of 2</p> <p>Cozy French Onion Soup + Red Wine Braised Beef, 1 of 2</p>