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.

	What to Expect	Day 1	Day 2	Day 3	Day
		These high-protein, high-fiber, high-plant variety meals will keep you energized and satisfied for hours. Feel free to adjust the times when you eat based on your hunger levels. Drink at least 8 cups of calorie-free water or caffeine-free herbal tea throughout the day. Stop caffeine consumption by 12 PM to ensure you get a full night of sleep, which allows your body to use this food as building blocks to heal and optimize your gut, body, skin, and brain.	You should wake up feeling energized this morning. If not, tonight and for the rest of this week, go to bed I hour earlier than you normally do. It's crucial that you sleep at least 8 hours a night to get the most out of this Reset. Inadequate sleep affects not only your body's ability to heal and repair but also increases hunger and cravings. If you find yourself unable to finish your meals, prioritize eating your vegetables and protein first and your starch last.	While this Reset was designed to transform your body and mind as quickly as possible, our hope is that you improve your health in a lasting way, getting 1% healthier every day for years to come. One key to long-term motivation is to not rely on the scale or how your clothes fit to signal success as these measures eventually slow down. Instead, find motivation that will be meaningful for decades, such cultivating the character trait of discipline.	You dor to lose as long food so potatoe line. The easier i hope th Reset p exampl yoursel Reset e
	Breakfast 10am	Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water	Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water	Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water	Before Cider V water
		EAT ME FIRST, HIGHLY PERISHABLE Easy Like Sunday Morning (1st serving) Vegan Chocolate Banana Bread	Vegan All American "Cheesy" Scramble	Dark Chocolate Raspberry Protein Overnight Oats	Easy Lik Vegan
		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.	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.	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.	Whisk 0 matche until me 0.5 cup until ev
	Lunch 12:30pm	Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water	Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water	Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water	Before Cider V water
		EAT ME FIRST, HIGHLY PERISHABLE Citrus Marinated Beetroot Salad + Everything Bagel Seasoned Tofu	EAT ME FIRST, HIGHLY PERISHABLE Vitalizing Romagna Inspired Salmon	Superfood Rainbow Kale Salad + Sesame Tofu	Mashec Cakes
	Snack 3pm	1 serving (3 balls) of the Vegan Protein Truffles	1 serving (3 balls) of the Vegan Protein Truffles	1 serving (3 balls) of the Vegan Protein Truffles	l serving Truffles
	Dinner 6pm	Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water	Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water	Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water	Before Cider V water
		EAT ME FIRST, HIGHLY PERISHABLE Aji-Ginger Tuna Steak	EAT ME FIRST, HIGHLY PERISHABLE Vegan Porcini Lentil Meatballs + Peppered Beet Jus	Carolina Gold Salmon Cakes	Cozy Ve Cozy Ve Lentils, 1
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4-Day Signature Reset: Seafood + 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

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don't have to be on a low carb diet se weight or improve overall health ng as your carbs come from wholel sources (rice, legumes, oats, toes) and your total calories are in The less restrictive your diet is, the er it is to stick with it long-term. We that the balanced meals of this provide satisfying, scrumptious nples of meals you could imagine self eating every day long after this ends.

re your meal: 1/2 bottle of any Apple ^r Vinegar Shrub diluted with 1 cup of

Like Sunday Morning (2nd serving) an Chocolate Banana Bread

k 0.5 tsp of organic ceremonial cha with 1 Tbsp 176F (80C) hot water matcha is fully dissolved. Then add up additional hot water and whisk evenly mixed.

re your meal: 1/2 bottle of any Apple Vinegar Shrub diluted with 1 cup of

ned Celery Root & Jackfruit "Crab"

ving (3 balls) of the Vegan Protein es

re your meal: 1/2 bottle of any Apple ^r Vinegar Shrub diluted with 1 cup of

^v Vegan French Onion Soup, Jar 2 of 2

^v Vegan French Onion Soup + Braised ls, 1 of 2