

# Methodology

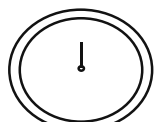
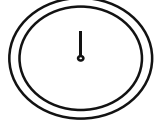

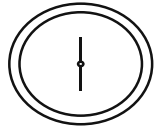
Eat your meals in this order as we've listed the most perishable meals first.

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: Vegan  
Delivery Week of April 29, 2024

Need help?  
Email us at [help@gomethodology.com](mailto: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> <b>Breakfast</b> 10am</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p><b>EAT ME FIRST, HIGHLY PERISHABLE</b> Easy Like Sunday Morning (1st serving) Vegan Chocolate Banana Bread</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>Vegan All American "Cheesy" Scramble</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>Dark Chocolate Raspberry Protein Overnight Oats</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>Easy Like Sunday Morning (2nd serving) Vegan Chocolate Banana Bread</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> <b>Lunch</b> 12:30pm</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p><b>EAT ME FIRST, HIGHLY PERISHABLE</b> Citrus Marinated Beetroot Salad + Everything Bagel Seasoned Tofu</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p><b>EAT ME FIRST, HIGHLY PERISHABLE</b> 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 + Sesame Tofu</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p>Mashed Celery Root &amp; Jackfruit "Crab" Cakes</p>
<p> <b>Snack</b> 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> <b>Dinner</b> 6pm</p>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p><b>EAT ME FIRST, HIGHLY PERISHABLE</b> 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><b>EAT ME FIRST, HIGHLY PERISHABLE</b> Vegan Porcini Lentil Meatballs + 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>Cozy Vegan French Onion Soup, Jar 2 of 2</p> <p>Cozy Vegan French Onion Soup + Braised Lentils, 1 of 2</p>