## Methodology

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

This Reset excludes breakfast because most members prefer to skip breakfast or make their own breakfast. If you don't want to intermittent fast for breakfast, you can (1) have your daily snack for breakfast instead or (2) prepare your own breakfast, such as (a) 1/4c dry plain oatmeal with 1/2c egg whites or 1 scoop protein powder stirred in and topped with 1/2c berries; (b) 3 eggs or 6 egg whites scrambled with 2c veggies and 1/2T of olive oil; or (c) low fat plain yogurt with 1 scoop protein powder stirred in and topped with 1/2c berries.

Before lunch and dinner each day, you'll pour half a bottle of one of the Apple Cider Vinegar Shrubs provided into 1 cup of water. This 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.

## 5-Day Signature Reset: Meat + Seafood 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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What to Expect	Day 1	Day 2	Day 3	Day 4	Day 5
	Fasting for breakfast should show you that your average morning hunger pang lasts about 20 minutes. This means you only need to use your mind to control your body for 20 minutes. Intermittent fasting, regardless of how many hours you do it, helps you practice the self-discipline of thinking about whether to eat and what to eat before acting, always asking what's in your best interest long-term rather than what feels best in the moment.	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. The food from this Reset becomes the building blocks for your body to build and heal itself, and much of this work is done most effectively while you're asleep. It's crucial that you sleep at least 7 hours a night to get the most out of this Reset.	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 don't have to be on a low carb diet to lose weight or improve overall health as long as your carbs come from whole-food sources (rice, legumes, oats, potatoes) and your total calories are in line. The less restrictive your diet is, the easier it is to stick with it long-term. We hope that the balanced meals of this Reset provide satisfying, scrumptious examples of meals you could imagine yourself eating every day long after this Reset ends.	Congrats on making it to day 5! We're proud of you. If you're eating out tonight, have your two meals for breakfast and lunch today and eat your snack tomorrow. At dinner, make sure your meal includes protein and veggies. How are you feeling? Drop us a note at help@gomethodology.com. Or share your story on Instagram or TikTok and tag @gomethodology for a chance to win a 5-day Reset. We pick one winner each month.
Breakfast 9am	This program kicks off at lunch today under the assumption that you did your usual breakfast routine this morning.	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 0.5 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.
Lunch 12pm	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 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
	EAT ME FIRST, HIGHLY PERISHABLE Citrus Marinated Beetroot Salad + Everything Bagel Seasoned Chicken	EAT ME FIRST, HIGHLY PERISHABLE Vitalizing Romagna Inspired Salmon	Superfood Rainbow Kale Salad + Teriyaki Chicken	Umami BBQ Chicken Meatballs	Chili "Mac" Casserole + Buffalo Chicken Patties
Snack 3pm (or eat as your 9am Breakfast if you don't want to intermittent fast)	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	1 serving (3 balls) of the Vegan Protein Truffles	1 serving (3 balls) of the Vegan Protein 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 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
	<b>EAT ME FIRST, HIGHLY PERISHABLE</b> Aji-Ginger Tuna Steak	EAT ME FIRST, HIGHLY PERISHABLE Seared Grass-Fed NY Strip Steak + Peppered Beet Jus	Carolina Gold Salmon Cakes	Traditional French Onion Soup, 2 of 2	Okinawan Braised Pork Rafute
				Cozy French Onion Soup + Red Wine Braised Beef, 1 of 2	