

# Methodology

## 5-Day Signature Reset: Seafood + Vegan

Delivery Week of April 29, 2024

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.**

Need help?

Email us at [help@gomethodology.com](mailto:help@gomethodology.com)

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Text us at +1 833 544 9992

What to Expect	Day 1	Day 2	Day 3	Day 4	Day 5
<p> <b>Breakfast</b> 9am</p>	<p>This program kicks off at lunch today under the assumption that you did your usual breakfast routine this morning.</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>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>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>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> 12pm</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> Vitalizing Romagna Inspired Salmon</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>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p>Chili "Mac" Casserole + Vegan Buffalo Patties</p>
<p> <b>Snack</b> 3pm (or eat as your 9am Breakfast if you don't want to intermittent fast)</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>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> Aji-Ginger Tuna Steak</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 Salmon Cakes</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>	<p>Before your meal: 1/2 bottle of any Apple Cider Vinegar Shrub diluted with 1 cup of water</p> <p>Okinawan Braised Tofu Rafute</p>