

## YOUR 3-WEEK FOOD RESET PLAN

### One Step at a Time

Follow this plan to start feeling better in three weeks. You'll take it slow, one habit at a time, with no need to change everything overnight.

For a more detailed diet program go to: [www.neurogo.com/diet](http://www.neurogo.com/diet)

## WEEK 1 - ONE HEALTHIER MEAL A DAY

Pick one meal—breakfast, lunch, or dinner—and make it lower in sugar and processed carbohydrates, everyday.

### WHAT TO DO

- Use the low-carb plate: ½ veggies, ¼ protein, ¼ healthy fat
- Cut out bread, cereal, or juice for that one meal
- Choose foods that keep your blood sugar steady

### EXAMPLES

#### Breakfast:

- Eggs with spinach and avocado
- Plain Greek yogurt with berries and walnuts

#### Lunch:

- Tuna on greens with olive oil and lemon
- Cottage cheese with cherry tomatoes and spices/herbs

#### Dinner:

- Chicken with steamed broccoli and butter
- Baked salmon with green beans and garlic

## TIPS TO MAKE IT STICK

- **Focus on the same meal** each day to keep it simple (like always doing a healthy breakfast)
- Use microwave **steamable veggie bags** to save time
- Keep ground beef, eggs, and frozen veggies on hand — they cook fast
- **Keep it boring** if needed: simple meals work best

## WEEK 2 - CUT OUT ONE JUNK FOOD OR SNACK

Pick one processed food you normally buy (like chips, crackers, or soda), and cut it out completely.

You're training your brain and body to stop craving sugar-loaded, ultra-processed snacks.

### WHAT TO DO

- Choose **one daily junk food** you rely on—then stop buying it.
- **Don't swap it** for another packaged “low-carb” or “diet” version.
- Drink water or herbal tea instead, and **see how your body feels** without the extra sugar or additives.
- Use this week to **notice your habits**: When do you reach for snacks out of routine, not hunger?

### EXAMPLES

Instead of:

- Chips → Try cucumber slices with olive oil or sea salt
- Crackers → Try a few almonds or raw veggies with dip
- Soda → Try sparkling water with lemon or sugar-free tea

## TIPS TO MAKE IT STICK

---

- **Don't buy it.** If it's not in the house, you won't eat it.
  - **Break the habit loop.** Change the routine tied to that snack—like having herbal tea instead of chips at night.
  - **Tell someone.** A little accountability helps.
  - **Wait it out.** Cravings usually fade in 5–10 minutes.
  - **Keep going.** Every day without junk helps your nerves heal.
- 

## WEEK 3 - START CUTTING OUT SUGAR

This week, focus on removing added sugars from your home and your plate.

### WHAT TO DO

- **Stop buying** sweets, cookies, or sugary drinks
  - Read labels on everything—**sugar hides** in more foods than you think
  - **Try natural replacements** (like cinnamon tea or frozen berries) to ease cravings
  - Allow your body to reset—remember, **the first 7–10 days are the hardest**—it gets easier after that
- 

## TIPS TO MAKE IT STICK

---

- Clear out sweets and sugary drinks
- Eat protein and healthy fats to curb cravings
- Sip cinnamon tea or chew mint when sugar calls
- Find an activity to distract you
- Track how you feel—energy, sleep, pain
- Give it 7–10 days—your taste buds will adjust