Audre
BY KELSEY ALE NTP

PERIMENOPAUSE
metabolism reset
90-DAY PROTOCOL GUIDE



REIGNITE YOUR METABOLISM, REBALANCE YOUR HORMONES, AND FEEL LIKE YOURSELF AGAIN.

welcome

If you've been feeling foggy, tired, anxious, inflamed, or like your body just isn't responding the way it used to — you're not imagining it.

Hormonal shifts during perimenopause change how your metabolism, mood, and stress response function. This guide is here to gently support your body back into balance — without restriction, punishment, or perfection.

Over the next 90 days, you'll move through three powerful phases designed to stabilize your energy, restore your hormone rhythm, and rebuild your metabolic strength — step by step.

-Kelsey



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Your Reset Begins

Before we dive in, take 3 quiet minutes
to reflect and answer these questions:

- Why are you starting this reset now?
- What do you most want to feel 90 days from today?
- What part of your body or health is asking for support?
- What would it mean to feel strong, steady, and clear again?

Write your answers in your journal, in the space below, or in your notes app.
This is your anchor. You can come back to it any time you feel stuck, tired, or unsure.

Your 90-Day Metabolic Reset *Journey*

Your reset is designed in 3 evidence-based phases. Each one builds on the last to stabilize, strengthen, and support your metabolism and hormone balance — gently and sustainably.



➤ Phase 1: Stabilize

(Weeks 1–4)

Focus: Blood sugar balance + adrenal calm

Goal: Reduce crashes, cravings, and anxiety

Mantra: *"I create calm inside so my metabolism can turn on."*

01



➤ Phase 2: Strengthen

(Weeks 5–8)

Focus: Build muscle + restore hormone resilience

Goal: Increase energy, libido, and lean mass

Mantra: *"Muscle is my hormonal insurance policy."*

02



➤ Phase 3: Support

(Weeks 9–12)

Focus: Gut, detox, and inflammation reset

Goal: Restore clarity, digestion, sleep, and cycle flow

Mantra: *"I clear what no longer serves me"*

03

Phase 1

Stabilize Blood Sugar & Calm the Adrenals

This is your foundation phase.
We start by calming the nervous system, balancing blood sugar, and creating safety in the body. You'll build consistent energy, reduce cravings, improve sleep, and begin resetting your hormonal rhythm.

1.Eat to Stabilize Blood Sugar

- **Eat every 3–4 hours** (don't skip meals)
- Prioritize PFC meals → **25-30g Protein** + **healthy Fat** + **fiber-rich Carbs**
- **Eat within 60 minutes** of waking
- **Eliminate refined sugar + excess caffeine** (swap in matcha or tea)
- Add **cinnamon, apple cider vinegar, and minerals** to support glucose regulation

2. Build Internal Calm

- **Magnesium glycinate (300–400 mg):** reduces cortisol, supports insulin sensitivity
- **B-complex** (B6, B5, biotin): adrenal and energy metabolism
- **Adaptogens:** ashwagandha, rhodiola, or holy basil
- **Electrolytes:** daily hydration support for adrenal balance

3. Lifestyle Habits

- Get **morning light** & light **movement** before screens
- Sleep 7–9 hours, **lights out by 10 PM**
- **10 minutes** of breathwork or yoga nidra daily
- **Track meals and energy levels** (skip calorie counting)

4. What Progress Looks Like

- Steadier energy
- Fewer crashes and cravings
- Deeper sleep
- Calmer mood
- More awareness of your patterns

Stabilize first. This is the groundwork your hormones & metabolism need.

Phase 01

WEEK 1 FOCUS

Anchor Your Rhythm

This first week is all about rhythm, not restriction. When you eat regularly, reduce crashes, and create a calm start to your day, you're teaching your metabolism that it can relax and function.

Why This Matters: Blood sugar stability is foundational to hormonal health. Skipping meals or eating erratically keeps cortisol high and crashes energy.

1. **Eat every 3–4 hours →** Prevents blood sugar dips and stress hormone spikes.
2. **No skipped breakfast →** Protein first sets the tone for stable energy and cortisol.
3. **Gentle morning movement →** Encourages glucose uptake without draining adrenals.
4. **Start magnesium + B-complex →** Supports insulin sensitivity and nervous system.
5. **Journal prompt:** "When do I feel most grounded?"



Phase 01

WEEK 2 FOCUS

Support & Hydrate Your Adrenals

This week adds hydration and stress support to stabilize energy further. Instead of reaching for more caffeine, we're leaning into calm energy builders.

Why This Matters: Dehydration and stress deplete adrenal function, which regulates cortisol, blood pressure, and mood.

1. **Swap excess caffeine for green tea →** Gentler on adrenals, rich in antioxidants.
2. **Add electrolytes →** Keeps hydration intracellular (key for energy, mood).
3. **Begin adaptogen support →** Helps buffer stress and restore adrenal tone.
4. **Midday ritual →** Breathwork resets nervous system from fight-or-flight.
5. **Focus food: healthy fats + fiber →** Slows glucose absorption, balances mood.



Phase 01

WEEK 3 FOCUS

Steady Energy, Fewer Crashes

This week, we deepen our ability to fuel proactively instead of reactively. You're learning how your body responds to consistency.

Why This Matters: Preventing energy dips reduces cravings, brain fog, and mood instability.

1. **Track energy dips →** Helps personalize your fueling schedule.
2. **Add blood sugar helpers (cinnamon, ACV) →** Enhance insulin sensitivity.
3. **Introduce light strength training →** Encourages glucose utilization.
4. **Snack = protein + fat →** Prevents insulin spikes.



Phase 01

WEEK 4 FOCUS

Integrate & Reflect

This week isn't about adding more — it's about noticing what's working. You're learning how your body feels when it's fed, hydrated, and regulated.

Why This Matters: Integration solidifies new habits and preps you for more physical demand in Phase 2.

1. **Repeat your stable schedule** → Creates reliability your hormones crave.
2. **Add 1 longer walk or resistance session** → Tests endurance with gentleness.
3. **Track dinner + sleep correlation** → Balanced blood sugar improves rest.
4. **Reflective prompt:** "What's one habit I'll keep carrying forward?"



Weekly Sample Plan 01

This sample week is a guide. You'll get ideas for how to space meals, stack habits, and integrate sleep, stress relief, and simple movement.
Use it as inspiration to create a rhythm that works for you.

Want to Add More Support? Try This:

- *Create a meal prep ritual on Sunday or Monday*
- *Use a glucose-friendly recipe 3× this week*
- *Swap caffeine for herbal tea after 11 AM*
- *Set a "digital sunset" (screens off 1 hr before bed)*

MONDAY

- **Breakfast**: Eggs, sautéed spinach, avocado, sweet potato (w/in 60 min)
- **Lunch**: Chicken + quinoa + roasted veggies
- **Dinner**: Salmon, cauliflower mash, lemon-dressed arugula
- **Habit Focus**: Matcha instead of coffee, 10-minute walk in sunlight
- **Wind-down:** Magnesium + lights out by 10 PM

TUESDAY

- **Breakfast:** Greek yogurt + berries + flax seeds + walnuts
- **Lunch:** Turkey burger lettuce wrap, roasted beets
- **Dinner:** Tofu stir-fry with broccoli + jasmine rice
- **Habit Focus:** Herbal tea break + 5-min journal
- **Wind-down:** Screens off at 9 PM, read before bed

WEDNESDAY

- **Breakfast:** Protein smoothie (bone broth protein, spinach, berries, almond butter)
- **Lunch:** Lentil salad + squash + arugula
- **Dinner:** Grilled chicken, wild rice, steamed veggies
- **Habit Focus:** 1 Tbsp ACV in water pre-meal, restorative yoga or yoga nidra
- **Wind-down:** Espsom salt bath or legs-up-the-wall pose

THURSDAY

- **Breakfast:** Avocado toast + poached eggs
- **Lunch:** Sardine or tuna salad with cucumbers + EVOO
- Dinner: Ground beef + root veg + kale
- **Habit Focus:** Holy basil tea, adrenal reset rest
- **Wind-down:** Gentle stretch + journal gratitude

FRIDAY

- **Breakfast**: Cottage cheese + pear + chia + cinnamon
- **Lunch**: Baked salmon, quinoa tabbouleh
- **Dinner**: Turkey meatballs, zucchini noodles, sautéed spinach
- **Habit Focus**: Caffeine curfew (cut off by noon)
- **Wind-down:** Guided breathwork or audio meditation

SATURDAY & SUNDAY

- **Breakfast:** Veggie scramble or protein smoothie
- **Lunch:** Shawarma bowl or leafy hormone-support salad
- **Dinner:** Sheet pan chicken or grilled steak + cauliflower mash
- **Support Habits:**

1. → Light movement (walk, yoga)
2. → Electrolytes AM, magnesium PM
3. → Screen-free hour + breathwork
4. → Optional: meal prep + weekly reflection

phase 01 supplements



01

Supports cortisol balance, better sleep, and insulin sensitivity.

Suggested use: 300–400 mg at night to help calm the nervous system.

MAGNESIUM GLYCINATE



02

Nourishes adrenal function and supports blood sugar and energy metabolism.

Suggested use: Take in the morning with breakfast.

B-COMPLEX



03

Helps regulate stress hormones and promote a calm, steady mood.

Suggested use: Once daily with food, mid-morning or early afternoon.

ADAPTOGENS



04

Replenish essential minerals for hydration, steady energy, and adrenal support.

Suggested use: Mix into water in the morning or during an afternoon energy dip.

ELECTROLYTES & TRACE MINERALS

Phase 1 Reflection:

What's Feeling Different?

You just spent 4 weeks stabilizing your blood sugar, calming your nervous system, and building a stronger baseline. Even if it didn't feel "perfect," your body has been learning to feel safe again. Use these prompts to check in with curiosity, not criticism. Your body is on your side.

Energy & Mood

- When do I feel most steady or focused?
- Have my crashes, cravings, or afternoon slumps changed?

Sleep & Recovery

- Has my sleep pattern improved, even slightly?
- What helps me wind down more easily?

Body Awareness

- What physical shifts have I noticed (bloating, inflammation, tension)?
- What's one signal my body gave me this month?

Mind & Emotions

- What surprised me about this process?
- How did I handle stress differently this month?

Habits & Lifestyle

- Which new habit felt easiest to keep?
- What's one thing I want to carry into Phase 2?

Healing isn't about doing everything right — it's about giving your body the chance to feel safe enough to change.

Phase 2

Build Strength & Support Adrenal Recovery

Your foundation is set — now we rebuild.
This phase is about increasing strength, metabolic flexibility, and hormone resilience. You'll continue nourishing your body while layering in strategic movement and deeper restoration.

1.Fuel for Strength & Recovery

- Maintain Phase 1 meal rhythm **(PFC every 3–4 hours, 100g protein daily)**
- **Increase calories** on training days
- Emphasize **leucine-rich protein** (eggs, poultry, fish, collagen + BCAAs)
- **Add anti-inflammatory fats** (avocado, olive oil, omega-3s)
- **Stay hydrated:** 2–3L water + daily electrolytes

2. Support Muscle, Brain & Hormones

- **Continue**: magnesium + B-complex

Add:

- **Creatine monohydrate** (3–5 g/day) – brain + muscle energy
- **Omega-3s** (1–2 g EPA/DHA) – inflammation, recovery
- **DHEA** (5–10 mg with testing) or **maca** – hormone resilience

3. Train with Intention

- **3×/week resistance training** (compound lifts: squats, push/pull, deadlifts)
- **2×/week restorative movement** (Pilates, yoga, walking)
- **Gentle cardio only** for now, to protect adrenals

4. What Progress Looks Like

- Visible strength or tone
- Improved body composition or confidence
- Boosted libido or energy
- More mental clarity + motivation
- Feeling emotionally sturdier under stress

This is your rebuild phase — your capacity is expanding.

Phase 02

WEEK 5 FOCUS

Rebuild with Protein & Strength

This week, we start laying down new muscle — your hormonal insurance policy. Strength training not only reshapes your body, it also helps stabilize mood, metabolism, and bone density.

Why This Matters: Estrogen decline impacts muscle mass and bone strength. Building muscle now boosts long-term hormone resilience.

1. **Begin strength training 2–3× this week →** Triggers muscle protein synthesis and improves insulin sensitivity.
2. **Add creatine + omega-3s →** Supports brain energy, recovery, and anti-inflammatory pathways.
3. **30g+ protein at breakfast →** Supports lean mass preservation and satiety.
4. **Post-lift check-in →** Noticing energy/mood helps tailor your training.
5. **Reflective Prompt:** "Where do I already feel stronger?"



Phase 02

WEEK 6 FOCUS

Recovery Is a Strategy

This week, we focus on the space between efforts. Recovery isn't a luxury — it's required for growth. Your tissues, hormones, and nervous system all repair when you rest.

Why This Matters: Without quality recovery, strength gains stall and inflammation increases — especially in perimenopause.

1. **Prioritize 2 restorative rituals** → Yoga nidra, gentle stretching, or warm baths reset cortisol.
2. **Continue magnesium + hydrate well** → Supports muscle relaxation + adrenal health.
3. **Focus: Lower body strength day** → Glutes, hips, and hamstrings support posture + metabolism.
4. **Add omega-3-rich meals** → Aid inflammation control and cellular repair.



Phase 02

WEEK 7 FOCUS

Lift Heavier (With Form)

Strength isn't about bulk — it's about resilience. This week is about safely challenging your body and witnessing what you're capable of.

Why This Matters: Lifting heavier improves metabolic flexibility, increases muscle fiber recruitment, and enhances confidence.

1. **Increase weights on key lifts** → Triggers adaptation and mental strength.
2. **Optional: DHEA or maca** → Can support resilience, libido, and mental clarity.
3. **Focus on form: upper + full body split** → Prevents injury, maximizes results.
4. **Add pre-lift nutrition fuel (protein + carbs)** → Boosts energy and performance.



Phase 02

WEEK 8 FOCUS

Reflect & Rebuild Forward

It's time to notice just how much capacity you've built — not just in your muscles, but in your metabolism, your mindset, and your habits.

Why This Matters: Solidifying your wins now helps transition smoothly into the detox and inflammation phase without losing strength.

1. **Form check or progress test** → Noticing even small improvements builds motivation.
2. **Impact/mobility add-on (walks, box step-ups)** → Keeps bones + fascia strong.
3. **Continue core supplements** → Creatine, omega-3s, and magnesium remain key.
4. **Reflect on fueling + rest** → Look for patterns that help you feel your best.



Weekly Sample Plan 02

You're now building muscle and resilience — physically and hormonally. Think **"fuel + recovery"** instead of "push harder."
Here's what a sample week might look like.
Use it to build your own rhythm.

Want to Add More Support? Try This:

- *Meal prep one high-protein lunch you can grab post-workout*
- *Add creatine to your morning routine 5× this week*
- *Practice a 60-second breath reset each day*

MONDAY

- **Workout**: Resistance training (squats + push/pull)
- **Breakfast**: Collagen smoothie (banana, almond butter, greens, flax)
- **Lunch**: Turkey burger bowl + quinoa + avocado
- **Dinner**: Salmon + sweet potato + garlicky greens
- **Focus Habit**: Add creatine + electrolytes AM
- **Wind-down**: Magnesium + light stretch

TUESDAY

- **Movement**: Restorative (walk or yoga)
- **Breakfast**: Eggs + sautéed spinach + sourdough toast
- **Lunch**: Sardine or tuna salad + beets + olive oil
- **Dinner**: Chicken stir-fry with broccoli + rice
- **Focus Habit:** Holy basil tea midday
- **Wind-down:** Early screen-free hour

WEDNESDAY

- **Workout**: Resistance training (compound lifts)
- **Breakfast**: Cottage cheese + berries + chia + walnuts
- **Lunch**: Lentils + greens + roasted squash
- **Dinner**: Grass-fed beef + roasted carrots + kale
- **Focus Habit:** Omega-3 + deep breathwork
- **Wind-down:** Foot soak or light stretching

THURSDAY

- **Movement**: Light walk or Pilates
- **Breakfast**: Greek yogurt bowl + seeds + cinnamon
- **Lunch**: Grilled chicken wrap + arugula + citrus vinaigrette
- **Dinner**: Tempeh tacos + avocado + greens
- **Focus Habit:** Gratitude journaling PM
- **Wind-down:** Magnesium + calming music

FRIDAY

- **Workout**: Resistance training (focus on glutes + push)
- **Breakfast**: Protein pancakes + berries
- **Lunch**: Salmon poke bowl + edamame + seaweed
- **Dinner**: Turkey chili + sweet potato mash
- **Focus Habit:** Creatine + extra hydration
- **Wind-down:** Guided breathwork or legs-up-the-wall

SATURDAY & SUNDAY

- **Breakfast**: Veggie omelet or smoothie bowl
- **Lunch**: Chickpea salad or protein plate + roasted veg
- **Dinner**: Sheet pan protein + greens or hormone-friendly stew
- **Movement**: Nature walk, gentle Pilates
- **Support Habits:**

1. →Reflect on how your body feels getting stronger
2. →Prioritize hydration + electrolytes
3. →10-min nervous system reset (breathwork, yoga nidra, journaling)

phase 02 supplements



Continue these from Phase 01.

01

Magnesium suggested use: 300–400 mg at night to help calm the nervous system.
B-Complex suggested use: Take in the morning with breakfast.

MAGNESIUM GLYCINATE & B-COMPLEX



02

Promotes muscle repair, lean mass, and brain energy — especially powerful for women over 35.

Suggested use: 3–5 g daily, any time (mix in smoothie or water).

CREATINE MONOHYDRATE



03

Reduces inflammation, supports muscle repair, balances mood.

Suggested use: 2 g daily with meals (fish oil or algae-based).

OMEGA-3S (EPA/DHA)



04

Supports libido, resilience, and hormonal balance.

Suggested use: DHEA only if tested (5–10 mg/day); Maca 1–2×/day as tea or powder.

DHEA (WITH LABS) OR MACA (GENTLE)

Phase 2 Reflection:

What Are You Building?

You've spent the past 4 weeks building strength — in your body, your metabolism, and your resilience. Even if the changes aren't all visible yet, your system has been adapting in powerful ways. Take a moment to check in and acknowledge what's shifting. Use these prompts to reflect with compassion, not comparison.

Strength & Energy

- Where do I feel physically stronger or more capable?
- How does my energy feel after workouts now vs. before?
- What type of movement actually feels good in my body?

Recovery & Resilience

- Am I bouncing back more easily after stress or effort?
- What recovery rituals are helping me the most?

Habits & Food

- Which nourishing habits stuck this month?
- What nutrition choices felt energizing instead of restrictive?

What I'm Proud Of

- One challenge I showed up for: _____
- One subtle shift I'm celebrating: _____
- One thing I want to carry forward: _____

You didn't just reset your metabolism — you rewrote your relationship with your body. And that changes everything.

Phase 3

Detox & Integrate

Now that your foundation is stable and you're gaining strength, **it's time to help your body clear the clutter** — physically and emotionally. This phase gently supports liver detox, gut health, and inflammation reduction so move through hormonal shifts with greater ease and clarity.

1.Eat to Eliminate, Not Restrict

- **Keep PFC meal rhythm** to protect muscle
- **Prioritize liver-loving foods** (bitter greens, crucifers, beets, citrus)
- At least **25–30g fiber/day** + **hydrate** (2–3L/day)
- **Minimize pro-inflammatory & sensitive foods:** refined sugar & flour, seed oils, alcohol, dairy

2. Gentle Detox, Daily Flow

- **Continue**: magnesium + B-complex

Add:

- **NAC** (600 mg 2×/day) or **liposomal glutathione**
- **Milk thistle or dandelion extract** (liver & bile support)
- **Probiotics** for gut microbiome
- **Digestive bitters** before meals (optional)

3. Support Your Body's Drainage Pathways

- **Move daily:** walking or mobility flow
- **Aim for 1–2 bowel movements/day**
- **Dry brushing or self-lymphatic massage** 2–3×/week
- **Sauna, hot baths, or light cardio** to sweat it out
- **Gentle core work** to assist elimination (twists, pelvic tilts)

4. What Progress Looks Like

- Flatter belly or less bloating
- Improved digestion & regularity
- Clearer skin, brighter mood
- Deeper sleep & morning energy
- Stronger sense of emotional lightness

This is your release phase — the clutter clears, and your rhythm returns.

Phase 03

WEEK 9 FOCUS

Clear the Clutter Gently

This week is about making space — metabolically and emotionally. You're not detoxing to punish your body. You're clearing what no longer serves your energy, clarity, and hormones.

Why This Matters: Gentle detox pathways reduce hormone buildup, inflammation, and bloat. This builds better resilience in perimenopause.

1. **Add crucifers + citrus daily →** Activate liver enzymes to support Phase I detox.
2. **Start NAC or glutathione →** Supports Phase II detox for safer toxin elimination.
3. **Stick with hydration + flaxseed →** Moves toxins through digestion for clearance.
4. **Strength 3× + mobility 1× →** Keeps lymph and metabolism flowing.



Phase 03

WEEK 10 FOCUS

Gut & Skin Support

The gut is where hormone clearance, mood, skin health, and metabolism all intersect. When your gut is clear, you feel clear.

Why This Matters: A healthy microbiome is key for estrogen metabolism, immunity, and inflammation reduction.

1. **1 probiotic food/day or capsule →** Supports gut flora + estrogen clearance.
2. **Digestive bitters or milk thistle →** Improves enzyme output + bile flow.
3. **Sweat session or lymphatic massage →** Promotes toxin drainage via skin/lymph.
4. **Focus: Elimination (1–2 BMs/day) →** Gut flow is essential for hormone balance.



Phase 03

WEEK 11 FOCUS

Maintain Strength, Reduce Inflammation

This week is about keeping what you've built — strength, structure, and internal calm — while reducing friction in the system.

Why This Matters: Inflammation from food, stress, or overtraining blocks hormone harmony. Reducing it helps you feel leaner, clearer, and calmer.

1. **Eliminate sugar + seed oils for 5 days →** Quickly lowers systemic inflammation.
2. **Strength 2–3× with recovery emphasis →** Maintains muscle, avoids overtraining.
3. **Continue creatine, omega-3s, magnesium →** Support joints, mood, and cellular repair.
4. **Mobility/fascia care (foam rolling, stretching) →** Keeps systems fluid.



Phase 03

WEEK 12 FOCUS

Integrate & Stabilize

Your final week isn't about pushing — it's about sustaining. What feels good in your body is your new compass.

Why This Matters: Integration is the bridge between transformation and maintenance. This week locks in your rhythm.

1. **Track which habits you want to keep →** Self-leadership builds lasting results.
2. **Keep your movement, protein, and rest rhythm →** Supports stability and autonomy.
3. **Optional lab review/tune-up prep →** Use symptom feedback, not fear.
4. **Prep 1 protein-rich staple for next week →** Continue strong without pressure.
5. **Prompt:** "What rhythm do I want to carry forward?"



Weekly Sample Plan 03

In **Phase 3, your focus shifts to release** — supporting your body's natural detox and inflammation pathways.
We're not pushing harder. **We're softening the terrain:** clearing space in your gut, skin, energy, and mood.

Want to Add More Support? Try This:

- *Add a 60-second breath reset before dinner to downshift your nervous system*
- *Try warm lemon water or digestive bitters before meals*
- *Keep one strength session playful: go lighter, move slower, focus on form*

MONDAY

- **Workout**: Lower body strength (squat-focused)
- **Breakfast**: Protein oats + flax, blueberries
- Lunch: Lentils + kale + sweet potato
- **Dinner**: Salmon + roasted broccoli + quinoa
- **Support Habit:** NAC + 2L water
- **Wind-down:** Magnesium + stretch

TUESDAY

- **Movement**: walk or restorative yoga
- **Breakfast**: Scrambled eggs + greens + citrus
- **Lunch**: Sardine salad + beets + arugula
- **Dinner**: Chicken bone broth soup + veggies
- **Support Habit:** Probiotic + lemon water AM
- **Wind-down:** Journaling + dry brushing

WEDNESDAY

- **Workout**: Upper body strength (push–pull)
- **Breakfast**: Protein smoothie
- **Lunch**: Quinoa + avocado + roasted veggies
- **Dinner**: Turkey + cauliflower rice + greens
- **Support Habit:** Omega-3s + digestive bitters
- **Wind-down:** Sauna or hot bath

THURSDAY

- **Movement**: Mobility circuit + core (twists, bridges, cat/cow)
- **Breakfast**: Yogurt bowl + seeds + citrus
- **Lunch**: Detox salad + lean protein
- **Dinner**: Veggie stir fry + tempeh
- **Support Habit:** Herbal tea + self-lymphatic massage
- **Wind-down:** Digital sunset + foam roll

FRIDAY

- **Workout**: Full-body lift
- **Breakfast**: Savory oats + egg + spinach
- **Lunch**: Protein bowl (turkey, beet, greens)
- **Dinner**: Stew with cruciferous veg + root veggies
- **Support Habit:** Milk thistle or dandelion tincture
- **Wind-down**: Gratitude + wind-down walk

SATURDAY & SUNDAY

- **Breakfast**: Smoothie or veggie scramble
- **Lunch**: Protein-rich detox salad or light soup
- **Dinner**: One-pot meal with crucifers + fiber
- **Movement**: Nature walk or restorative stretching
- **Support Habits:**

1. → Prep 1–2 anti-inflammatory meals
2. → Journal: "What am I clearing physically or emotionally?"
3. → Practice a 12-hour overnight fast (7 PM–7 AM)

phase 03 supplements



Continue these from Phases 01 & 02.

01

Magnesium suggested use: 300–400 mg at night to help calm the nervous system.
Omega-3s suggested use: 2 g daily with a meal

MAGNESIUM GLYCINATE & OMEGA-3S



02

Essential for Phase II detox (the "clear out" phase).

NAC: 600 mg 2×/day

Glutathione (liposomal): as directed on label

NAC OR GLUTATHIONE



03

Supports digestion, gut flora, and hormone clearance.

Suggested use: Probiotics as directed with breakfast, or 1-2 cups of fermented foods daily.

PROBIOTIC OR FERMENTED FOODS



04

Stimulates stomach acid and enzymes for better breakdown and absorption.

Suggested use: 10–15 min before meals, especially when eating heavier foods.

DIGESTIVE BITTERS (OPTIONAL)

Phase 3 Reflection:

What Did You Release, and What Did You Reclaim?

You've completed the final phase of your 90-day reset — and it wasn't about doing more. This chapter was about clearing space, inside and out. Use this page to notice the quiet wins, the habits that stuck, and the emotional patterns you've shifted.

Body & Detox Signals

- Do I feel lighter, clearer, or more regular in any way?
- What foods or rituals helped my digestion the most?
- How did my skin, sleep, or cravings respond this month?

Movement & Strength

- What's feeling stronger, more stable, or more fluid in my body?
- Which type of movement felt most energizing in this phase?

Emotional Release

- What am I no longer holding — physically or emotionally?
- Did I let go of perfectionism, comparison, or urgency?

New Rhythms & Wins

- Which routines or supplements helped me feel most steady?
- One thing I want to carry into the next 90 days: _____
- One phrase that describes my transformation: _____

You didn't just reset your metabolism — you rewrote your relationship with your body. And that changes everything.

What's Next

What Happens After 90 Days?

You've rebuilt your metabolic foundation with strength, nourishment, and steadiness. That doesn't mean you're "done" — it means your body now has what it needs to keep adapting. **Use this page to guide your core maintenance practices in the months ahead** — without starting from scratch.

Stay Consistent with PFC Meals

- Keep eating every 3–4 hours
- Prioritize protein, fiber, and healthy fats
- Limit refined sugar, alcohol, and cortisol spikes

Lift Weights 3×/Week

- Maintain your muscle to protect hormones, bones, and metabolism
- Incorporate functional movement and mobility exercises
- Focus on progressive overload and recovery

Hydration & Detox Support

- 2–3L water/day + 25g fiber
- Keep flax, crucifers, herbs, and citrus in rotation
- Use dry brushing, baths, and breathwork to support drainage

Hormone-Aware Self-Care

- Keep your "digital sunset"
- Schedule rest before burnout
- Journal or check in before increasing your training intensity

Every 3 months, consider checking in on:
Lab work: DHEA, cortisol, thyroid, estrogen/progesterone (if needed, until stable); **Adjusting supplement load** (e.g., tapering adaptogens if stress is better managed)



YOU DID IT.

You just completed 90 intentional days of resetting your metabolism, supporting your hormones, and showing up for your body in a completely new way.

Not with restriction. Not with punishment. But with nourishment, strength, and trust.

Whether you followed every workout or simply created new rhythms — you built something. You shifted your baseline. You chose yourself.

This changes how the next decade feels in your body.



NOW YOU HAVE A BLUEPRINT TO HELP YOUR BODY RISE WITH YOU — EVERY SEASON, EVERY SHIFT.

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