

The 2-Meal Reset

A seven-day starting point for steadier blood sugar and steadier energy — built around *when* you eat, not just what you eat.

The idea in one paragraph

Every time you eat, your body releases insulin. If you eat from early morning until late at night — meals, snacks, a little something before bed — insulin never gets the chance to fall. The 2-Meal Reset gathers your food into two proper meals earlier in the day and leaves a long, quiet overnight stretch with no food at all. Most people find this easier than counting calories: you are not asked to eat less at the table, only to eat at fewer times.

Your week

1 Eat two real meals: breakfast and lunch.

Proper, satisfying meals — not diet portions. Leave the table full.

2 Finish eating earlier in the day.

Last bite by mid-afternoon or early evening, whichever is realistic. Keep the times steady.

3 Close the kitchen in between.

No snacks, no milky coffees, no “just one cookie.” Water, plain tea and black coffee are fine.

4 Build every plate the same way.

Half vegetables and fruit, a quarter whole grains or potatoes, a quarter beans or lentils. Go light on oils.

What most people notice

- **Days 1–2:** hunger at the old snack times. It passes.
- **Days 3–7:** the afternoon slump lifts; evening cravings quieten.

Two common questions

- **Is skipping dinner safe?** For most healthy adults, yes — but read the note below.
- **Coffee?** Yes — black, or a splash of plant milk.

BEFORE YOU START — PLEASE READ

If you take **insulin**, **sulfonylureas** (e.g. gliclazide, glipizide) or **blood-pressure medication**, do not begin on your own — these doses may need reducing as your diet changes, and going ahead unsupervised can cause low blood sugar or dizziness. Speak to the doctor who gave you this sheet. The same applies in pregnancy or breastfeeding, with a history of an eating disorder, or if you are under 18.



Get the full 7-day plan, free

hanakahleova.com/2-meal-reset

Scan with your phone camera. One short email a day for seven days — what to eat, what to expect, and why it works. Free, stop anytime.