

7-Day 2-Meal Metabolic Reset™

Reset your metabolism. Simplify your eating. Feel better in 7 days.

What This Plan Is Based On

- Two meals per day (breakfast + lunch)
- Circadian-aligned eating
- Plant-based, high-fiber meals
- Activation of the metabolic switch

What You Will Experience

- Reduced hunger and cravings
- Stable energy
- Improved digestion
- Early weight loss

Core Rules

- Eat breakfast and lunch only
- Finish eating by 2–3 PM
- No snacking or late eating
- Hydrate well

Your Daily Metabolic Rhythm™

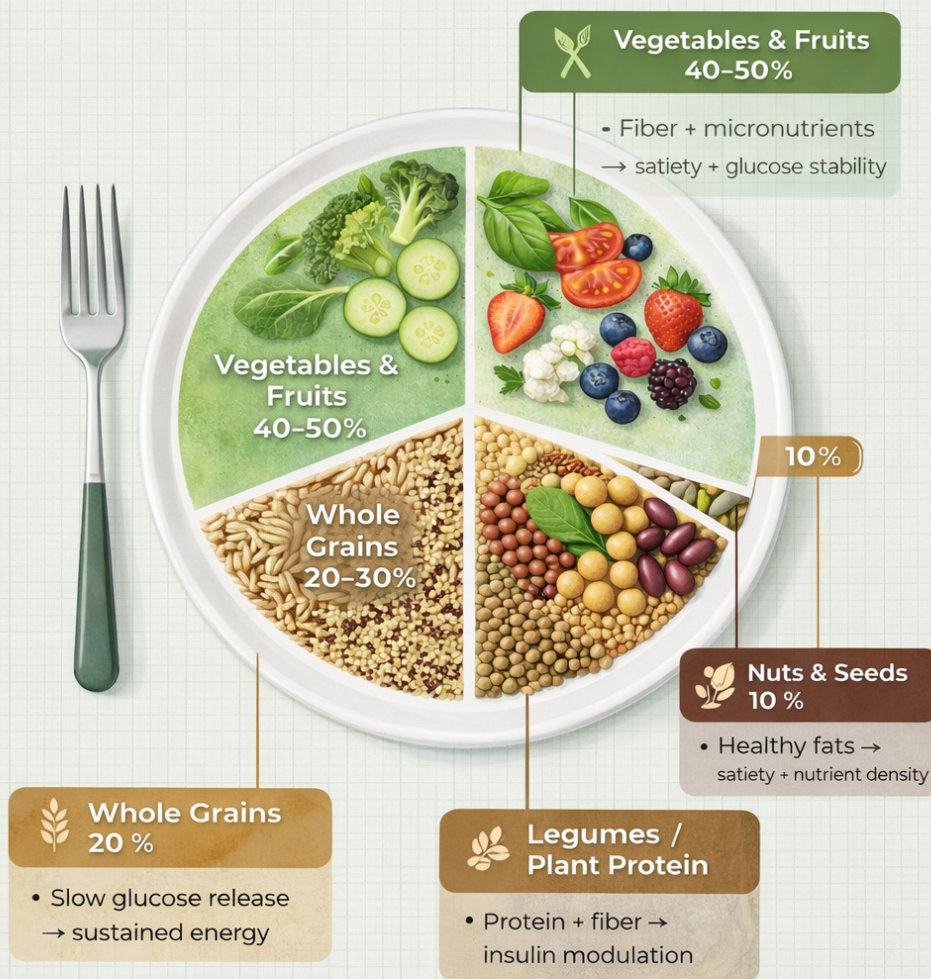


Build Your Plate

- 40–50% vegetables and fruits
- 20–30% whole grains
- 20–30% legumes / plant protein
- Small portion of nuts/seeds

Meal Architecture™

Designed to optimize insulin response, **satiety**
and metabolic flexibility



Structure your plate → stabilize your metabolism.

7-Day Structure

Days 1–2: Transition
Days 3–4: Metabolic switch
Days 5–6: Optimization
Day 7: Reset complete

Key Insight

You are not just eating less often—you are allowing your body to switch from burning sugar to burning fat.

Next Step

Continue with a structured 28-day program for full metabolic reset and long-term results.

Loved the 7-Day Reset? Here's what to eat next.

You've learned the timing. The hardest part of keeping it up is deciding what to actually eat — so I did it for you. The 4-Week Vegan Challenge is a done-for-you plan of low-fat, plant-based meals that fits the Reset exactly.

- 56 everyday recipes — a hearty breakfast and a filling lunch for all 28 days
- Naturally low in fat (~15 g per meal) — built for the 2-Meal Reset
- Weekly shopping lists · instant PDF · no account needed

Get the cookbook — \$7

hanakahleova.com/4-week-vegan-challenge