



My 7-Day Mini Reset

For the next seven days, we're going to keep things really simple and get back to some basic good habits. Focus on three things: eating three meals a day, avoiding snacks, drinking plenty of water, and cutting out added sugar.

1. **Eat three meals a day and avoid snacking**

I want you to eat three proper, satisfying meals each day, with plenty of protein, vegetables and healthy fats, and avoid eating in between.

If you feel hungry between meals, don't panic. It is perfectly OK to feel hungry, and I want you to get used to sitting with that feeling rather than automatically reaching for something to eat. Have a glass of water, carry on with what you are doing and wait until your next meal. Being hungry for your next meal is normal.

This also gives your digestive system a proper break between meals and helps you break the habit of eating little and often.

2. **Drink at least 2 litres of water a day**

Aim for at least 2 litres of water throughout the day, and more if you are exercising or it is hot. Start the day with a large glass of water and keep a bottle or glass with you so you remember to drink regularly.

3. **Remove added sugar**

For seven days, remove added sugar and sweeteners from your diet. This includes the obvious sugary foods and drinks, but also checking labels for added sugar in things like sauces, cereals and other packaged foods.

Fruit is absolutely fine. We are removing added sugar, not the naturally occurring sugars found in whole foods.

Try to focus on what you are eating rather than what you are missing, and don't worry about being perfect. If you go off track, just get back to it at your next meal.

The aim is to spend seven days eating well, drinking plenty of water and giving your body a break from added sugar and constant snacking.