

The 7-Day Energy Reset

A Structured 3-Phase Plan for Stable Energy

by Full Spectrum Care

*Designed to support steady energy
through balanced meals,
stable blood sugar,
and sustainable daily rhythms.*

The Foundations of Stable Energy

Energy is rarely restored through stimulants or extreme changes.

It is built through rhythm, nourishment, and stability.

This plan is structured around three core principles:

1. Blood sugar balance
2. Adequate protein intake
3. Micronutrient density

Rather than restricting food or eliminating entire groups, this reset focuses on stabilizing energy systems gently and consistently.

Phase 1 - Stabilize

Days 1-2

The first phase focuses on reducing energy crashes.

Protein at each meal, hydration, and avoiding large sugar spikes are the primary goals.

Day 1

Morning

Water with a pinch of sea salt + lemon

Breakfast:

2 eggs scrambled with spinach and mushrooms

½ avocado

Green tea or coffee after food

Lunch:

Grilled salmon

Quinoa

Mixed salad (arugula, cabbage, carrots, olive oil)

Snack (if needed):

A handful of almonds

Dinner:

Grilled chicken breast

Steamed zucchini and broccoli

Chamomile tea

Day 2

Morning

Water + lemon

Breakfast:

Greek yogurt with chia seeds, walnuts, and blueberries

Lunch:

Lentil bowl

Roasted sweet potato

Leafy greens

Snack (if needed):

Boiled egg or coconut yogurt

Dinner:

Baked cod or chickpeas

Steamed green beans

Lemon balm tea

Phase 2 - Nourish

Days 3-5

This phase increases micronutrient density and anti-inflammatory support.

Continue the morning hydration ritual introduced in Phase 1.

Day 3

Breakfast:

Omelet with kale and feta
(or tofu scramble)

Lunch:

Sardines or lentils
Brown rice
Cabbage salad with olive oil

Dinner:

Turkey or tofu
Roasted carrots and broccoli

Day 4

Breakfast:

Greek yogurt with chia seeds,
walnuts, and blueberries

Lunch:

Chickpea salad with cucumbers,
tomatoes, parsley,
and olive oil

Dinner:

Salmon or tempeh
Steamed zucchini

Day 5

Breakfast:

Eggs or tofu, Avocado and Fermented vegetables

Lunch:

Chicken or lentil soup, Side salad

Dinner:

Baked sweet potato, Leafy greens and
Protein source of choice

Phase 3 - Sustain

Days 6-7

The final phase supports nervous system recovery and sleep quality.

Day 6

Breakfast:

Greek yogurt or soy yogurt
Walnuts
Berries

Lunch:

Grilled chicken or tofu
Quinoa
Mixed greens

Dinner:

Vegetable soup with chickpeas
Herbal tea

Day 7

Breakfast:

Eggs or tofu
Sautéed greens

Lunch:

Salmon or lentils
Roasted vegetables

Dinner:

Light salad with olive oil
Small portion protein
Chamomile tea

Energy restoration depends on sleep quality as much as food quality.

Common Habits That Disrupt Energy

- Skipping breakfast
- Drinking coffee on an empty stomach
- Relying on refined carbohydrates
- Eating large late-night meals
- Chronic dehydration
- Irregular sleep timing

Small structural adjustments often restore energy more effectively than extreme interventions.

If Fatigue Persists

If energy remains low despite structured nutrition and sleep consistency, consider discussing laboratory testing with a healthcare professional. Persistent fatigue may be associated with iron deficiency, vitamin B12 imbalance, thyroid function, or other underlying factors.

Ready to go deeper?

If the 7-Day Energy Reset helped you stabilize your energy, the **21-Day Energy Restoration** expands this structure into a complete three-phase system designed to support long-term energy stability.

Includes:

- Expanded meal structure
- Fatigue trigger audit
- Supplement timing overview
- Gentle nervous system support framework

Coming soon...