



The 5-Step Insulin Reset Checklist

Lower insulin.

Burn fat more efficiently.

MOST PEOPLE STRUGGLING TO LOSE FAT AREN'T LAZY, THEY MAY BE INSULIN RESISTANT.

They've cut calories, tracked macros, and still can't shift the scale. Why? Because if insulin stays high, your body can resist efficiently mobilizing fat, making fat loss feel agonizingly slow.

Imagine eating satisfying meals without the constant urge to snack. Imagine dropping stubborn belly fat while feeling full and energized. You don't need to starve yourself to make your body work for you. Here's what to do instead. Use this checklist daily for a week and feel the difference.

Results You'll Notice

- More energy between meals
- Fewer cravings
- Pants fit better, with renewed fat-burning ability



5 Quick-Fire Steps

1. Ditch the Fast Carbs

Kickstart your reset by clearing out foods that spike insulin.

2. Front-Load Protein + Fat

Eat like your hormones matter.

3. Stop Snacking

Frequent eating = frequent insulin spikes.

4. Move After Meals

A short walk drops blood sugar fast.

5. Train + Sleep for Hormones

Muscles + rest = better insulin control.

THE 5-STEP INSULIN RESET CHECKLIST

- Skip: white bread, pasta, cereal, granola bars
- Swap in: potatoes, veggies, berries, oats
- Build each meal around: eggs, fish, meat, tofu, nuts, avocado
(Add carbs last, if needed)
- Stick to 3 proper meals
- Leave 4–6 hours between each meal
- Drink water, black coffee, or tea if hungry between meals
- Walk 10–15 minutes after each meal
(This improves insulin sensitivity)
- Strength train 2–4x/week
- Get 7–9 hours of sleep in a cool, dark room
- Ditch screens 1 hour before bed