7-Day Simple Reset

A practical, calm reset for your relationship with food

By Brett (Vegan Dad)

vegandad.com.au

Version: March 2026

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IMPORTANT NOTE (READ THIS FIRST)

This guide is educational and general in nature. It is not medical advice. If you have a medical condition, take medication that affects blood sugar or blood pressure, have a history of eating disorders, are pregnant/breastfeeding, or have any concerns, speak with a qualified health professional before making major changes to your diet or routine.

If you feel unwell at any point, stop and seek medical advice.

WHAT THIS IS (AND ISN'T)

This is:

A 7-day experiment to simplify food choices and reduce "autopilot eating"

A reset to help you notice hunger, habits, and triggers

A practical routine you can repeat whenever life knocks you off track

This is not:

A promise of specific weight loss

A strict diet plan

A program requiring perfection

The goal is clarity and consistency. Results vary.

WHO THIS IS FOR

This reset is for you if you want to:

eat more simply for a week

reduce snacking and mindless eating

feel lighter and clearer

build a calmer routine you can repeat

If you prefer: “no drama, just something I can actually do,” you’re in the right place.

For the next seven days, treat this as an experiment rather than a rulebook. Stay curious about how your body responds.

A Quick Note on Individual Differences

Everyone’s body is different.
Factors like iron levels (often important for women), hormones, metabolism, stress levels, and many other aspects of life can influence how people respond to food.

This reset is not a rigid prescription. It’s a simple framework to help you observe what works for your own body.

Adjust where needed. The goal is awareness, not perfection.

OVERVIEW: THE 3 PRINCIPLES

1) Radical Honesty

Before you eat, ask:
Am I physically hungry… or am I reacting to boredom, stress, tiredness, or habit?

This guide trains that skill gently over seven days.

2) Simplify Your Food

For one week, reduce decisions and keep meals simple.
Mostly plants. Mostly whole foods.

3) Design Your Environment

Willpower is unreliable. Environment matters.
Small changes make the right choice easier.

THE RESET RULES (KEEP THESE SIMPLE)

For 7 days, follow these baseline rules:

Two main meals (or three if needed)

No snacking between meals (use the Hunger Check first)

Water before food (1–2 glasses)

Vegetables are the base of meals

Move daily (walk, swim, cycle, stretch)

Sleep and stress matter (do what you can)

If you slip, you don't "fail." You simply reset at the next meal.

THE HUNGER CHECK (USE THIS EVERY TIME)

Before eating, pause for 30 seconds and ask:

Stomach hunger: Is my stomach actually hungry?

Timing: Did I eat recently?

Emotion: Am I stressed, bored, tired, lonely, wired?

Thirst: Have I had water in the last hour?

If it's not hunger:

Drink water

Wait 10 minutes

move your body (walk 5–10 minutes)
Then reassess.

This alone often reduces 30–50% of "extra eating."

SIMPLE MEAL BUILDER (NO FANCY RECIPES REQUIRED)

Use this formula to build meals quickly:

Base (choose 2–4 cups)

Mixed vegetables (fresh or frozen)

Salad greens

Roasted veggies

Soup veggies

Protein (choose 1)

Lentils

Chickpeas

Beans

Broccoli

Tofu/tempeh (if you eat it)

Flavour (choose 1–2)

Salsa / lemon / vinegar

Herbs + spices

Soy sauce / tamari

Tahini / hummus

Tomato passata + spices

Optional add-ons (small)

Fruit

Small handful nuts/seeds

Small serve whole grains (if you choose)

Keep it simple. Repeat meals. Consistency wins.

DAILY ROUTINE (DEFAULT TEMPLATE)

Morning

Water

Tea/coffee if you like

Light movement if possible

Meal 1 (around 11am)

Big vegetable-based meal + protein

Small bowl healthy cereal (low sugar)

Afternoon

Water

Fruit if genuinely hungry

Meal 2 (around 6pm)

Vegetables + protein

Keep it simple

Evening

Walk or gentle movement

Herbal tea

No snacking

If two meals don’t suit you, use three smaller meals and still remove snacks.

THE 7-DAY PLAN

Day 1: Awareness (no perfection)

Goal: notice patterns without judgement.
Do this today:

Write down what you eat

Note how you feel after meals (energy, mood, digestion)

Use the Hunger Check before any “extra” food

Day 2: Simplify

Goal: reduce decisions.
Do this today:

Build both meals using the Meal Builder

Remove processed snacks for the day

Drink water before meals

Day 3: Hydration

Goal: test how water affects hunger.
Do this today:

Aim for steady water intake across the day

Water before meals + during cravings

Notice the difference between thirst and hunger

Day 4: Movement Reset

Goal: move your body to reset your mind.
Do this today:

30–40 minutes of walking (or swim/cycle)

Move especially when cravings hit

Keep meals simple and repeated

Day 5: Environment Design

Goal: make good choices easier.
Do this today:

Put snack foods out of sight

Prepare simple ingredients (washed veg, cooked beans/lentils)

Plan tomorrow’s two meals in advance (2 minutes)

Day 6: Emotional Awareness

Goal: interrupt emotional eating loops.
Do this today:

Use Hunger Check every time you want food between meals

Replace emotional urges with: water + 10 minutes outside

Ask: “What do I actually need right now?” (rest, movement, connection)

Day 7: Reflection + Reset Skill

Goal: build a repeatable pattern.
Do this today:

What meals made you feel best?

What situations triggered snacking?

What was easier than expected?

What will you keep next week?

Write one simple rule you’ll keep. Example:
“I drink water before I eat.” or “I walk after dinner.”

COMMON ISSUES (NORMAL AND FIXABLE)

“I feel hungry at night.”

Check if it’s habit, tiredness, or stress

Drink water, have herbal tea

Go to bed earlier if possible

If genuinely hungry, choose fruit or a small bowl of vegetables

“I crave bread/sugar.”

Cravings often peak and then pass.
Try completing a small task you’ve been putting off. Even a tiny win can boost motivation and break the craving cycle. *This can help boost self-esteem.

Walk 10 minutes

Eat a larger vegetable meal next time

Keep processed snacks out of reach this week

What if: “I slipped.”

You didn’t fail

Reset at the next meal

One week is practice, not perfection

WHAT TO DO AFTER THE 7 DAYS

Choose one path:

Option A: Repeat the reset
Do another 7 days. Repetition builds momentum.

Option B: Keep the structure, relax slightly
Keep two meals + no snacking most days, add flexibility on weekends.

Option C: Keep one habit only
If life is full-on, keep one keystone habit (water before meals, or daily walk).

The real win is learning to reset calmly.

FINAL WORD

This isn't about being perfect.
It's about becoming the kind of person who can return to what works.

If you want more simple vegan recipes and practical ideas, visit:
vegandad.com.au

Brett (Vegan Dad)

QUICK PRINT PAGE

7-Day Reset Checklist

☐ Water before meals

☐ 2 meals (or 3 if needed)

☐ No snacking (use Hunger Check)

☐ Vegetables as the base

☐ Protein with meals

☐ Move daily

☐ Sleep as best you can

☐ Reset after slips

Hunger Check

Hungry? Thirsty? Emotional? Tired?

Water + wait 10 minutes + move.