

5-Day Metabolism Reset

A five-day plan to restore metabolic balance, reduce inflammation, and support hormone health

Foundations at Maitland • Kristin M. Jackson, MD, FACOG, MSCP

How This Reset Helps Your Hormones and Metabolism

This five-day plan strengthens the core systems that regulate metabolism: insulin, cortisol, thyroid health, inflammation, and muscle preservation.

Small adjustments in sleep, nutrition, movement, and meal structure create meaningful changes quickly without strict dieting.

You'll focus on:

- Steadier blood sugar
- Better cortisol rhythm
- Improved energy and sleep
- Reduced morning inflammation
- Higher protein intake
- Bloating and craving control
- Supporting metabolism without restriction

Who this is for

Women in perimenopause or menopause who feel off, stuck, inflamed, or inconsistent and want a structured, realistic reset.



Your Daily Metabolism Framework



Use this simple structure every day.
Consistency is what creates results.

Morning

- Hydrate immediately
- Light movement, 5-10 minutes
- Higher-protein breakfast
- Avoid sugar and refined carbs before noon

Mid-day

- Balanced lunch with protein & fiber
- 10-minute walk after eating
- Avoid grazing between meals
- Deep breathing or music to calm stress

Evening

- Protein + veggies
- Close the kitchen 2 hours before bed
- Light stretching or decompression routine
- Screens off 30 minutes before sleep

All Day

- Target 90-120 grams of protein per day
- 6,000-8,000 steps per day
- Hydrate 70-100 oz, water or electrolytes
- One cup of green or matcha tea optional



Day 1: Reset & Regulation

Lower inflammation and improve hydration

Checklist

- 12-16 oz water before anything else
- Protein-forward breakfast within 60 minutes of waking
- 10-20 minute walk after lunch
- Choose whole foods only today
- Evening calm-down routine

Mini-Challenge

No sugar today – including “healthy” sweets



Day 2: Balance Blood Sugar

Stabilize energy for fewer afternoon crashes

Checklist

- Add 5-10g fiber to breakfast
- Prioritize protein at every meal
- 10-minute walk after your largest meal
- Replace snacks with hydration first
- No sugary coffee drinks

Mini-Challenge

Hit your protein target today



Day 3: Support Cortisol

Calm mornings and decrease evening stress spikes

Checklist

- Get outside within 30 minutes of waking
- Eat breakfast — no fasting today
- Keep caffeine to one serving
- 5-minute breathing break mid-afternoon
- No screens the last 45 minutes of the day

Mini-Challenge

Go to bed 20 minutes earlier



Day 4: Build Metabolic Strength

Activate muscle to improve insulin sensitivity

Checklist

- Add light strength training (5-12 minutes)
- Increase your steps to 7,000-9,000
- Build lunch around protein + vegetables
- Reduce alcohol today
- Add electrolytes if energy dips

Mini-Challenge

Include 1 serving of omega-3 rich foods



Day 5: Stabilize & Maintain

Create metabolic consistency

Checklist

- Repeat your highest-impact habit from earlier this week
- Build each meal with protein first
- Avoid late-night eating
- Walk after dinner
- End the day with a calming routine

Mini-Challenge

Choose your “one habit” to continue for the next 14 days

2026



Simple Food Templates

Use these flexible meal templates to keep protein high and blood sugar steady.

Breakfast

- Eggs & berries & turkey sausage
- Greek yogurt & chia & 1 scoop protein
- Cottage cheese & fruit
- Protein smoothie with fiber

Lunch

- Protein & salad greens & healthy fat
- Chicken bowl with veggies
- Wrap with turkey & avocado & greens
- Tuna and white bean salad

Dinner

- Salmon & roasted vegetables
- Lean protein & sautéed greens
- Stir-fry with chicken or tofu

Snacks (if needed)

- Protein shake
- Nuts
- String cheese
- Hummus & veggies
- Hard-boiled eggs



Want a deeper, personalized plan?

If this reset improved your energy, sleep, bloating, or cravings,
that's your hormones responding.

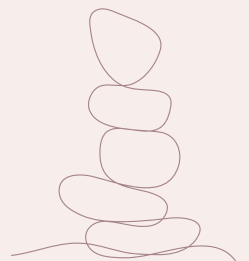
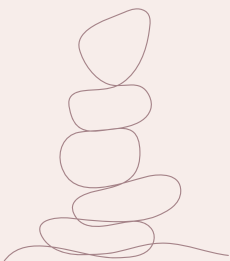
The next step is understanding exactly what your metabolism
and hormones are doing.

We can help you identify:

- Your own hormone status
- Your metabolic flexibility
- Your personal inflammation patterns
- Your protein, sleep, and stress needs
- Whether HRT or peptides may support your goals

Want to take the next step?

I'm ready for you to meet with one of our experts in
person and finally get answers, clarity, and a plan
that works for you.



Foundations at Maitland

Kristin M. Jackson, MD, FACOG, MSCP

Hormone Optimization • Metabolism • Longevity

Maitland, Florida

FoundationsFL.com

407-898-9804

Expert metabolic and hormone
optimization for men and women

Medical Disclaimer:

This guide is for educational purposes only and is not medical advice. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult with a qualified healthcare professional before making changes to your diet, exercise routine, medications, or hormone therapy. Results vary based on individual health factors. If you experience concerning symptoms, discontinue the reset and seek medical evaluation.

