

GLP-1 MEAL PLAN

For Couples



For couples following GLP-1 therapy who want to lose weight together; in sync, with structure and balance.

This plan is designed to help you build shared habits, steady energy, and mutual accountability while supporting individual needs.

Meals are aligned in structure but personalized in portions, helping both partners stay consistent without extra planning.

Each week combines mindful eating, practical nutrition, and teamwork to make healthy progress feel natural.

It's not just about eating the same, it's about moving forward together.

This plan helps you:

- Maintain fat loss while protecting muscle for both partners
- Stay energized and aligned through balanced, shared meals
- Improve digestion and recovery while supporting hormones
- Build sustainable habits that strengthen your connection and health

What's Inside:

- 4 structured weekly plans designed for couples
- Shared recipes with portion adjustments for men & women
- Weekly shopping lists & batch prep guides
- Program notes and mindful habit reflections
- Couple progress tracker for shared wins & accountability

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VIVORO 90-DAY WEIGHT LOSS &
WELLNESS PROGRAM

Week 1: Foundation & Gentle Reset

Your reset starts with nourishment,
not restriction.

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Welcome to Week 1: Foundation & Gentle Reset

This first week sets the tone: slower meals, softer foods, and steady energy.

GLP-1 begins to quiet appetite and slow digestion, so your task isn't control, it's curiosity.

Listen without judgment. Some days you'll crave comfort; other days, lightness.

Both are signs your body is learning to trust you again.

Think of this as restoration, not reduction.

The Vivoro 6 Routine

Six principles to nourish your body and calm your mind.

- V - **Vitality:** Fuel your body with real food and deep hydration.
- I - **Intention:** Eat mindfully. Choose what serves you.
- V - **Vigor:** Move daily; stretch, walk, breathe.
- O - **Optimism:** Speak kindly to yourself.
- R - **Resilience:** Stay steady through cravings and plateaus.
- O - **Openness:** Stay curious and adaptable.





How This Plan Works

This plan is designed to help you restore balance while your body adjusts to GLP-1 therapy. Each week focuses on gentle rhythm, protein-centered meals, and hydration that supports digestion and hormonal stability.

You'll begin to notice patterns: lighter mornings, steadier energy through the afternoon, and calmer evenings as your appetite and metabolism reconnect.

Flow of the week: adapt • refuel • reset.

- Days 1-3 | Light & Steady: keep meals soft and simple to ease digestion.
- Days 4-5 | Nourish & Flow: introduce color, variety, and complex carbs for stable energy.
- Days 6-7 | Reset & Reflect: simplify again — this is your rest and recovery window.

Remember, this isn't about restriction. It's about listening; noticing how food, energy, and mood align. Smaller portions, slower bites, and steady hydration will help minimize side effects and make your progress sustainable.

🌸 Women's Health Tip

If cravings or fatigue rise before your period, it's just your hormones, not a setback. Add a little more magnesium and complex carbs (like oats or sweet potato), and focus on rest and hydration.

🌿 Hormonal balance is cooperation, not control.



WEEK 1 – STRUCTURED MENU (3-2-2 FORMAT)

Goal: Build structure, ease digestion, and maintain steady energy while adapting to GLP-1 therapy.
Meals are light, high in protein, and designed to reduce nausea and support hormonal balance.

Daily Nutrition Summary:
Calories: 1,150–1,350 kcal
Protein: 100–115 g
Carbs: 95–120 g
Fats: 35–45 g
Fiber: 22–25 g
Water: ≈ 2.5–3 L/day

Days 1–3 | Light & Steady

-  Breakfast: Greek Yogurt & Berry Bowl
-  Lunch: Lemon Herb Chicken with Steamed Veggies
-  Snack: Kefir & Almonds
-  Dinner: Zucchini Lentil Soup & Egg White Omelet

Days 4–5 | Nourish & Flow

-  Breakfast: Protein Overnight Oats
-  Lunch: Mediterranean Chickpea & Chicken Bowl
-  Snack: Apple Slices with Peanut Butter
-  Dinner: Baked Salmon with Sweet Potato & Asparagus

Days 6–7 | Reset & Reflect

-  Breakfast: Spinach & Mushroom Omelet
-  Lunch: Lentil & Chicken Veggie Bowl
-  Snack: Yogurt with Berries
-  Dinner: Lentil & Cottage Cheese Veggie Bowl

Tip: Keep a water bottle nearby and sip throughout the day — consistent hydration helps minimize GLP-1 side effects and supports digestion.

Days 1–3 | Light & Steady

Focus:

Light, steady meals that calm digestion and support gentle adaptation.

🥣 BREAKFAST — Greek Yogurt & Berry Bowl

1 cup (200 g) low-fat Greek yogurt

½ cup mixed berries

1 tbsp oats (10 g)

1 tsp chia seeds (5 g)

Sprinkle of cinnamon or drizzle of honey (optional)

Why it works: A gentle, protein-rich start that fuels the morning without causing bloating. The balance of this breakfast supports digestion and steady blood sugar levels.

240 kcal · Protein 20g · Carbs 26g · Fat 6g

🥗 LUNCH — Lemon Herb Chicken with Steamed Veggies

120 g grilled chicken breast

½ cup cooked quinoa

Steamed zucchini, carrots, broccoli

1 tsp olive oil + lemon

Why it works: A lean, high-protein meal that stabilizes blood sugar and maintains fullness.

400 kcal · Protein 46g · Carbs 30g · Fat 10g

🥛 SNACK — Kefir & Almonds

1 cup plain kefir

10 raw almonds

Why it works: Combines probiotics for gut comfort with healthy fats for lasting satiety.

180 kcal · Protein 8g · Carbs 11g · Fat 11g

🍴 DINNER — Zucchini Lentil Soup & Egg White Omelet

1 bowl lentil-zucchini soup (lightly spiced)

3 egg whites + 1 whole egg

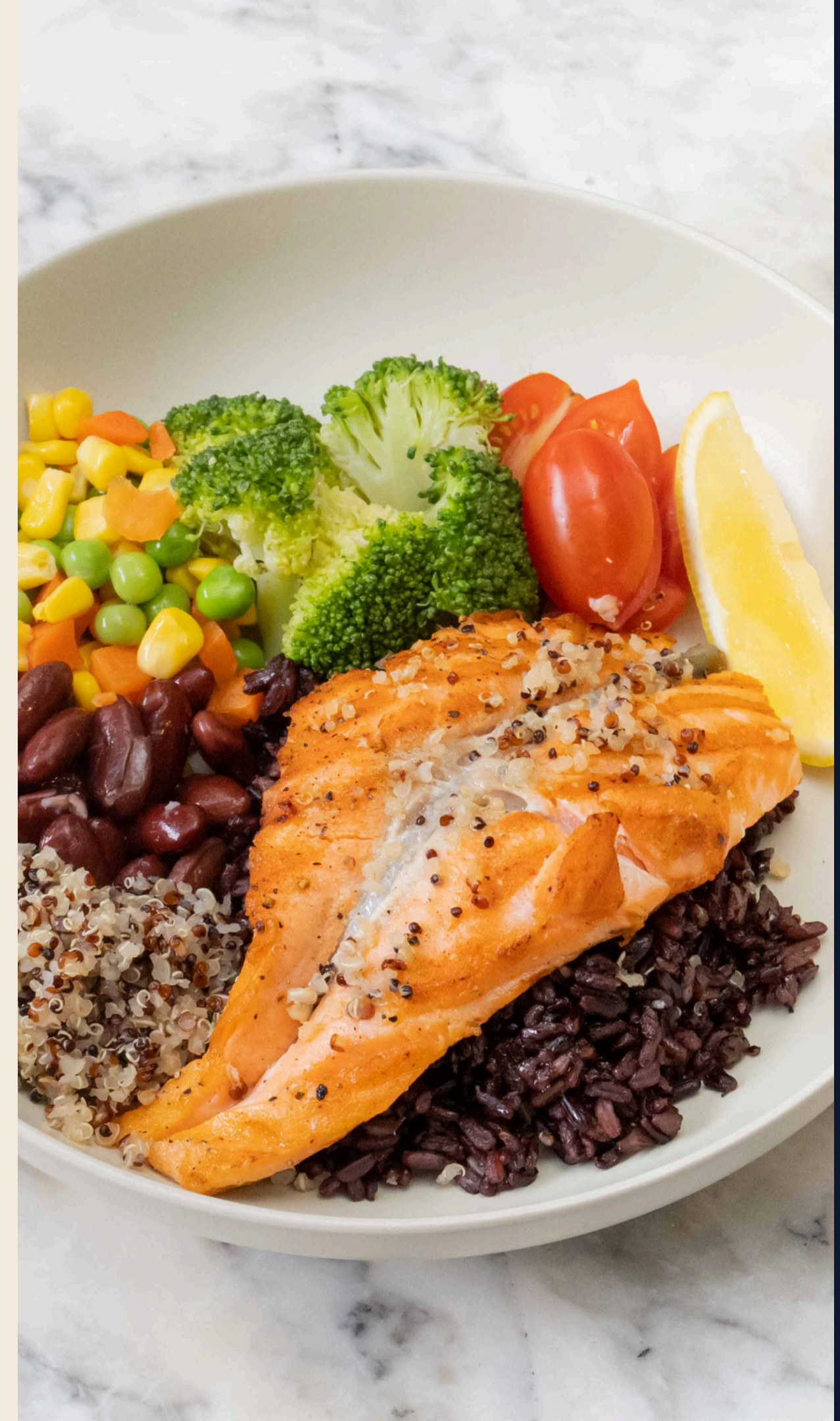
1 tsp olive oil

Why it works: This combination supports muscle repair and overnight digestion without heaviness. Lentils add gentle fiber for gut health and fullness.

330 kcal · Protein 28g · Carbs 18g · Fat 16g

Routine Goals:

Keep meals simple and consistent. Chew slowly, avoid skipping meals even if appetite drops, and stay hydrated. Focus on calm, unhurried eating to help your body adapt smoothly.



Days 4–5 | Nourish & Flow

Focus:

Slightly higher carbs to refuel muscles, support hormones, and lift metabolism.

🥣 BREAKFAST — Protein Overnight Oats

½ cup oats

¾ cup unsweetened almond milk

½ scoop vanilla protein powder

½ sliced banana

1 tsp chia seeds

Why it works: Slow-digesting carbs and protein rebuild glycogen stores and reduce cravings, perfect for metabolic balance.

330 kcal • Protein 25g • Carbs 40g • Fat 8g

🥗 LUNCH — Mediterranean Chickpea & Chicken Bowl

100 g grilled chicken breast

½ cup chickpeas

Mixed greens, cucumber, tomato, parsley

1 tsp olive oil + lemon dressing

Why it works: High in fiber and antioxidants; supports fullness, gut health, and hormonal recovery.

360 kcal • Protein 40g • Carbs 27g • Fat 10g

🥛 SNACK — Apple Slices with Peanut Butter

1 small apple

1 tbsp natural peanut butter

Why it works: Combines natural sugars with healthy fats for steady afternoon energy and appetite control.

160 kcal • Protein 5g • Carbs 18g • Fat 8g

🍴 DINNER— Baked Salmon with Sweet Potato & Asparagus

120 g baked salmon

½ medium sweet potato (roasted)

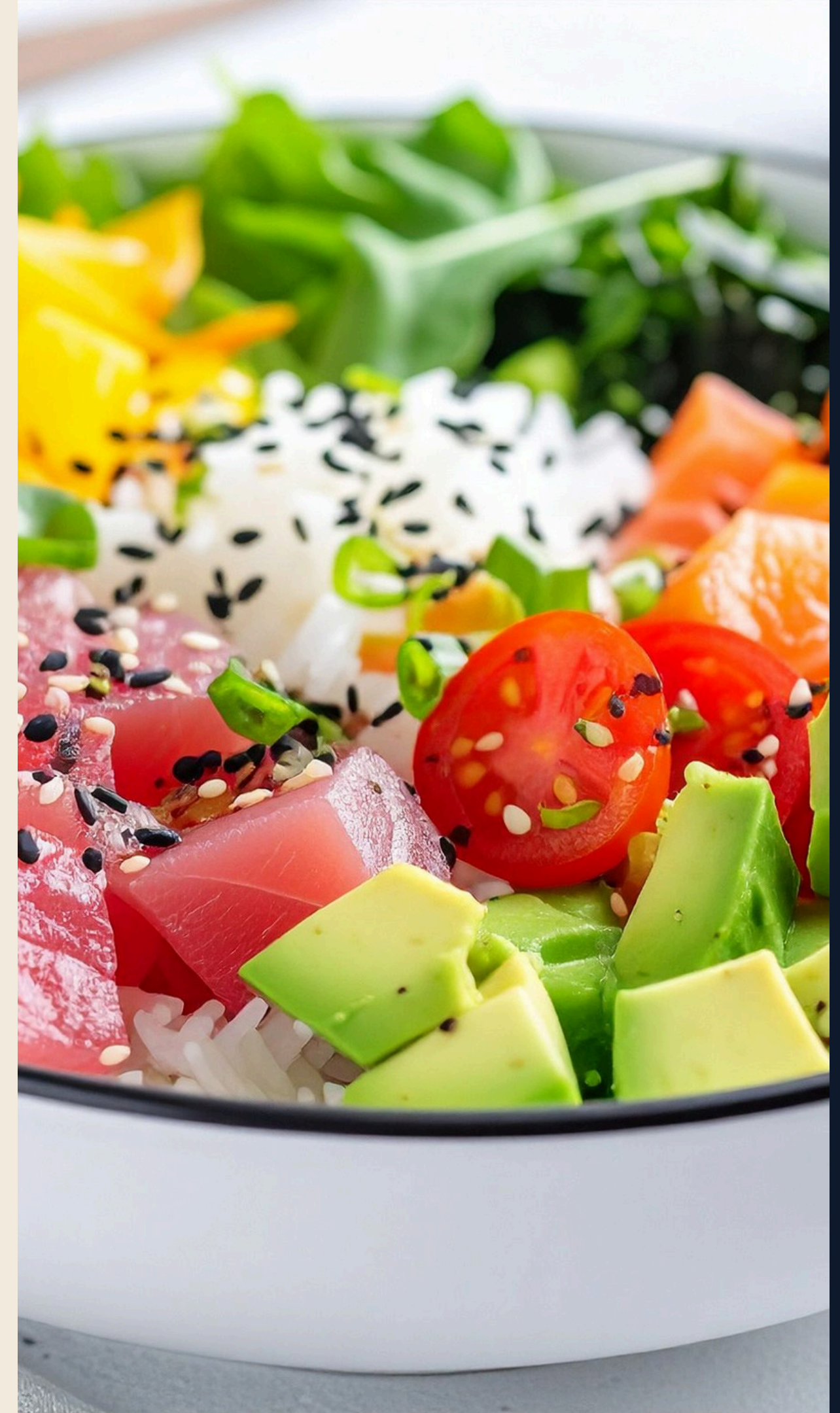
Grilled asparagus with 1 tsp olive oil

Why it works: Omega-3 fats reduce inflammation and boost hormonal balance; complex carbs restore glycogen without bloating.

410 kcal • Protein 35g • Carbs 20g • Fat 20g

Routine Goals:

Refuel with intention, not excess. Eat mindfully, stay hydrated, and move lightly to restore balance.



Days 6–7 | Reset & Reflect

Focus: Gentle, nourishing meals that let digestion recover and energy stabilize.

🥞 BREAKFAST — Spinach & Mushroom Omelet + Yogurt Side

2 egg whites + 1 whole egg

½ cup spinach + ½ cup mushrooms

1 slice whole-grain toast

½ cup Greek yogurt

1 tsp olive oil

Why it works: Combines light protein and probiotics to start the day balanced and full.

310 kcal • Protein 25 g • Carbs 20 g • Fat 10 g

🥗 LUNCH — Lentil & Chicken Veggie Bowl

½ cup cooked lentils

80 g grilled chicken

1 cup mixed roasted vegetables

1 tsp olive oil

Why it works: Boosts protein with lean meat while keeping the fiber and minerals of lentils.

370 kcal • Protein 32 g • Carbs 32 g • Fat 10 g

🥛 SNACK —Yogurt with Berries

1 cup Greek yogurt

½ cup berries

Water or almond milk to blend

Why it works: A digestion-friendly way to increase protein while keeping carbs light.

180 kcal • Protein 15 g • Carbs 18 g • Fat 6 g

🍴 DINNER — Lentil & Cottage Cheese Veggie Bowl

½ cup cooked lentils

80 g light cottage cheese

¼ cup cooked quinoa

1 cup sautéed vegetables (zucchini, red peppers, broccoli)

1 tsp olive oil

Why it works: Balanced plant and dairy protein with fiber-rich carbs — light, filling, and easy on digestion.

400 kcal • Protein 30 g • Carbs 42 g • Fat 12 g

Routine Goals: Stay gentle with structure. Eat regularly, sip water often. Move lightly and stop before full, balance over perfection.



Batch Prep for Days 1–3

🍗 Proteins

- Grill 3 chicken breasts (≈120 g each) with lemon, olive oil, and herbs.
- Boil 6 eggs — 3 for quick breakfasts, 3 for omelets.
- Cook 1 cup lentils (makes ~2 cups cooked) and store in an airtight container.
- Portion Greek yogurt into 3 cups (200 g each) and 3 half-cups for snacks.

🌿 Grains & Sides

- Cook 1½ cups quinoa (for lunches and dinners).
- Toast a few slices of whole-grain bread and store frozen for quick use.
- Slice lemon wedges for dressings or yogurt toppings.

🥬 Veggies

- Steam broccoli, zucchini, and carrots (about 2–3 cups total).
- Roast zucchini, carrots, and red peppers with 1 tsp olive oil.
- Sauté a mix of spinach and mushrooms for omelets.
- Chop parsley and tomatoes to refresh meals before serving.

🥛 Extras

- Prepare 2 bottles of kefir (250 ml each) for snacks.
- Portion almonds (10 per bag).
- Mix chia + oats in jars for easy overnight prep (just add yogurt and berries).

📦 Storage Tips

- Keep cooked chicken, quinoa, and lentils in separate sealed containers — they'll stay fresh for 3 days.
- Store veggies separately to avoid sogginess.
- Add fruit and seasonings right before eating for best texture.



Batch Prep for Days 4–5

🍖 Proteins

- Grill 2 chicken breasts (≈100 g each) with olive oil, lemon, and herbs.
- Bake or pan-sear 2 salmon fillets (≈120 g each) — store separately to keep the flavor fresh.
- Boil 4 eggs — two for breakfast, two for snacks or salad add-ins.
- Prepare ½ scoop portions of protein powder in small containers for quick overnight oats.

🌾 Grains & Legumes

- Cook 1 cup oats (dry) for overnight oats base or quick reheats.
- Cook ½ cup chickpeas (or 1 can drained) for the Mediterranean bowl.
- Roast ½ medium sweet potato per day (≈250 g total) — cut into cubes for dinners.

🥬 Veggies

- Roast 1 tray of zucchini, peppers, and asparagus with 1 tsp olive oil, salt, and herbs.
- Chop tomatoes, cucumber, parsley, and mixed greens for salads.
- Steam a small batch of broccoli or green beans for variety.

🍏 Fruits

- Slice 2 bananas (store in freezer or airtight container).
- Prepare 2–3 small apples for snacks or quick desserts.
- Keep ½ cup berries ready for breakfast oats or yogurt toppings.

🥜 Extras

- Portion 2 tbsp natural peanut butter (1 tbsp per snack).
- Mix chia + oats + almond milk in two jars for overnight oats.
- Keep olive oil and lemon dressing pre-mixed in a small jar.
- Store 2 bottles (250 ml each) of kefir or plant-based yogurt for snacks.

📦 Storage Tips

- Store salmon and chicken in separate airtight containers — lasts up to 3 days.
- Keep chickpeas and roasted veggies in glass containers; drizzle olive oil after reheating.
- Assemble overnight oats and salads fresh each night to maintain texture.
- Add sliced banana or apple right before serving to prevent browning.



Batch Prep for Days 6–7

🥩 Proteins

- Grill or pan-fry 2 chicken breasts (≈80 g each) — keep seasoning light for mix-and-match meals.
- Boil 4 eggs (for omelets, breakfast, or quick snacks).
- Prepare 1 cup light cottage cheese (or lor peyniri) for dinners.
- Portion Greek yogurt into 2 cups (200 g each) for snacks or breakfast bases.

🌾 Grains & Legumes

- Cook $\frac{3}{4}$ cup quinoa (for veggie bowls).
- Cook $\frac{1}{2}$ cup lentils (adds protein and fiber to lunches/dinners).
- Toast a few slices of whole-grain bread for breakfasts.

🥬 Veggies

- Roast 1 tray of zucchini, broccoli, and red peppers with 1 tsp olive oil.
- Sauté mushrooms and spinach (store in a small container for omelets).
- Prepare a batch of mixed vegetables (carrots, zucchini, red peppers) for bowls.

🍏 Fruits

- Slice berries and keep in containers (for yogurt or shakes).
- Freeze banana slices for smoothies or pancakes.
- Have 1–2 apples washed and ready for quick snacks.

🥜 Extras

- Portion chia seeds (1 tsp × 2) and oats (1 tbsp × 2) to add to yogurt or shakes.
- Keep olive oil, lemon juice, and herbs handy for dressing bowls.
- Prepare 2 bottles of kefir (250 ml each) for snacks or evenings.

📦 Storage Tips

- Store lentils, quinoa, and veggies in separate glass containers to mix easily.
- Keep cottage cheese and yogurt tightly sealed; both last 3–4 days.
- Add olive oil and spices after reheating for better flavor.
- Assemble bowls fresh each day to keep textures crisp.



SHOPPING LIST

Proteins

- Chicken breast – 700–800 g
- Salmon – 250 g
- Light cottage cheese (or lor peyniri) – 160 g
- Greek yogurt – ~2 kg (low-fat or lactose-free)
- Kefir – 2 L
- Eggs – 12
- Protein powder – 1 small tub (vanilla or plain)

Grains & Carbohydrate Sources

- Quinoa – 250 g (about 1½ cups uncooked)
- Rolled oats – 400 g
- Chickpeas (canned or dry) – 1 can or 1 cup cooked
- Lentils (green or brown) – 2 cups cooked (or 1 cup dry)

Fruits

- Mixed berries (fresh or frozen) – 3 cups
- Banana – 2
- Apples – 3–4



Vegetables & Greens

- Zucchini – 4–5 medium
- Broccoli – 2 heads or 500 g florets
- Carrots – 3–4
- Spinach – 1 bag (250 g)
- Mushrooms – 1 pack (~250 g)
- Sweet potato – 1–2 medium
- Asparagus – 1 bunch
- Red bell peppers – 2
- Mixed greens (lettuce, arugula, etc.) – 1 large bag
- Cucumber – 2
- Tomatoes – 3–4
- Parsley – 1 bunch

Healthy Fats & Nuts

- Raw almonds – 100 g
- Peanut butter (or almond butter) – 1 jar (natural, no sugar added)
- Olive oil – 250 ml
- Chia seeds – 100 g

Pantry & Extras

- Cinnamon
- Salt & black pepper
- Lemon or lemon juice
- Optional: honey or maple syrup
- Dried herbs (oregano, thyme, parsley)
- Mild spices (cumin, turmeric, paprika)



Program Notes

This plan supports women beginning GLP-1 therapy, a time when your body is recalibrating metabolism, hormones, and appetite.

Meals are intentionally gentle: light, protein-forward, and steady in energy release.

If you feel fullness quickly or experience mild nausea, slow down, eat smaller portions, and favor warm, easy-to-digest foods like soups or yogurt bowls.

Sip water regularly instead of drinking large amounts at once.

Behavioral Tips for Week 1 🧠

- Protein first: start every meal with your protein source, it steadies blood sugar and minimizes nausea.
- Go slow: small bites and mindful pacing reduce bloating and help fullness register naturally.
- Stay hydrated: steady sipping supports digestion and energy, especially if caffeine intake is high.
- Gentle movement: short walks or stretching improve circulation and prevent sluggishness.
- Cycle awareness: around your period, add a bit more magnesium (oats, lentils, or banana) and rest — it's part of the process.

Expected Results – Week 1 Snapshot 📊

During the first week, expect 3–5 lb (1.5–2.5 kg) of reduction, mainly from glycogen and water balance.

Beyond the scale, most women report:

- Noticeably smaller portions feeling “enough”
- Reduced sugar cravings
- Easier digestion and less bloating
- Calmer energy and better hydration rhythm

Remember: this week isn't about control, it's about connection.

Learning your body's new pace is the real win.



Weekly Reflection & Progress Tracker

Week 1 – Foundation & Routine

This week was about listening, to hunger, fullness, and how your body responds to new rhythm. It’s not about perfection; it’s about noticing what balance feels like. Take a few quiet minutes to reflect before stepping into Week 2.

Progress Check

Write down your observations rather than numbers if you prefer.

- Appetite: are you eating with more comfort or still feeling full too soon?
- Energy: did you notice steadier energy through the day?
- Digestion: any change in bloating or regularity?
- Hydration: did you keep sipping water throughout the day?
- Movement: did light walks or stretches help your mood or energy?

Mind & Body Reflections

- When did you feel most nourished and calm after eating?
- Did you notice cravings linked to mood or routine?
- How did your body respond to slower, mindful meals?
- Any shifts in sleep, focus, or mood across the week?

Small Wins

Write 1–2 things that made you feel proud.
Example: “I ate breakfast mindfully every day,” or “I noticed my body’s fullness sooner.”

Adjustments for Next Week

Set 1–2 gentle intentions.
Example: “I’ll prep my lunch ahead of time,” or “I’ll drink herbal tea before bed instead of scrolling.”

End-of-Week Reflection

“This week I realized that...”
(Maybe it’s about trust, patience, or how nourishment actually feels — keep it honest, not perfect.)

VIVORO 90-DAY WEIGHT LOSS &
WELLNESS PROGRAM

Week 2: Adjustment & Momentum

Progress feels quieter this week, but
it's taking shape beneath the surface.



Welcome to Week 2: Adjustment & Momentum

Your body has begun to adjust to GLP-1 therapy. Appetite cues are steadier, and digestion is learning a new rhythm.

This week is about keeping that rhythm, consistent meals, gentle structure, and nourishment that keeps energy flowing. Expect smaller shifts on the scale, but bigger wins in how you feel, more stable energy, fewer cravings, better focus.

Stay present with your habits: eat slowly, hydrate often, and listen when your body says “enough.”

You’re no longer starting, you’re continuing.
And that’s where momentum is built.

The Vivoro 6 Routine

Six principles to nourish your body and calm your mind.

- V** - **Vitality:** Fuel your body with real food and deep hydration.
- I** - **Intention:** Eat mindfully. Choose what serves you.
- V** - **Vigor:** Move daily; stretch, walk, breathe.
- O** - **Optimism:** Speak kindly to yourself.
- R** - **Resilience:** Stay steady through cravings and plateaus.
- O** - **Openness:** Stay curious and adaptable.





How This Plan Works

This week builds on the foundation you set in Week 1, moving from gentle adjustment to steady momentum.

Meals stay light but slightly more varied to help balance hormones, support recovery, and prevent fatigue.

Each meal is designed to stabilize blood sugar, keep digestion calm, and protect lean muscle as weight loss continues.

The structure follows a 3-2-2 rhythm for natural balance:

- Days 1-3 | Steady & Strong: Lighter, structured meals to reinforce consistency.
- Days 4-5 | Nourish & Energize: Add complex carbs to boost focus and training capacity.
- Days 6-7 | Ease & Balance: Simpler meals to ease digestion and prepare for Week 3.

It's not about eating less, it's about eating better for the phase you're in. Small bites, slow pace, and steady hydration keep your body confident and your progress sustainable.

🌸 Women's Health Tip

If energy dips mid-week, it's normal. Add a small snack rich in magnesium or complex carbs (like oats or a banana) it helps hormonal balance and mood stability.



WEEK 2 – STRUCTURED MENU (3–2–2 FORMAT)

Goal: Your body is adapting to GLP-1 therapy, so the focus shifts from “getting used to” toward building momentum. Meals are still light and protein-focused, but introduce new flavors and complex carbs to prevent fatigue, protect lean muscle, and support hormonal balance.

Daily Nutrition Summary:
 Calories: 1 200–1 400 kcal
 Protein: 90–100 g
 Carbs: 100–120 g
 Fats: 35–45 g
 Fiber: 24–28 g
 Water: ≈ 2.5–3 L/day

Days 1–3 | Steady & Strong

- 🍽️ Breakfast — Greek Yogurt & Peach Crunch Bowl
- 🥗 Lunch — Garlic Shrimp & Veggie Rice Bowl
- 🥛 Snack — Cottage Cheese & Pineapple Cups
- 🍴 Dinner — Turkey & Lentil Stuffed Peppers

Days 4–5 | Nourish & Energize

- 🍽️ Breakfast — Apple Cinnamon Protein Oats
- 🥗 Lunch — Greek Chicken Pita Wrap
- 🥛 Snack — Protein Berry Smoothie
- 🍴 Dinner — Honey-Garlic Chicken with Quinoa & Spinach

Days 6–7 | Ease & Balance

- 🍽️ Breakfast — Savory Avocado Toast with Egg Whites
- 🥗 Lunch — Tuna & White Bean Salad
- 🥛 Snack — Greek Yogurt & Cacao Crush
- 🍴 Dinner — Vegetable Stir-Fry with Tofu

Tip: Momentum isn’t built by eating more, it’s built by staying steady.
 Keep your meal times consistent, sip water between meals, and notice how variety fuels your mood as much as your metabolism.

Days 1–3 | Steady & Strong

Focus:

Light, steady meals that calm digestion and support gentle adaptation.

🍷 BREAKFAST — Greek Yogurt & Peach Crunch Bowl

1 cup low-fat Greek yogurt

½ sliced peach

1 tbsp crushed walnuts

½ tsp honey

Why it works: Protein and fiber support digestion while the natural sweetness satisfies cravings without spiking blood sugar.

260 kcal • Protein 23 g • Carbs 25 g • Fat 8 g

🥗 LUNCH — Garlic Shrimp & Veggie Rice Bowl

90 g shrimp

½ cup cooked brown rice

1 cup sautéed broccoli & zucchini

1 tsp olive oil

Why it works: Lean seafood and slow-digesting carbs provide steady afternoon energy and support muscle repair.

370 kcal • Protein 32 g • Carbs 33 g • Fat 10g

🥛 SNACK — Cottage Cheese & Pineapple Cups

¾ cup light cottage cheese

¼ cup pineapple chunks

Why it works: Calcium and quick-digesting protein help control cravings between meals while aiding metabolism.

150 kcal • Protein 16 g • Carbs 13 g • Fat 3 g

🍴 DINNER — Turkey & Lentil Stuffed Peppers

100 g lean ground turkey

½ cup cooked lentils + bell pepper baked

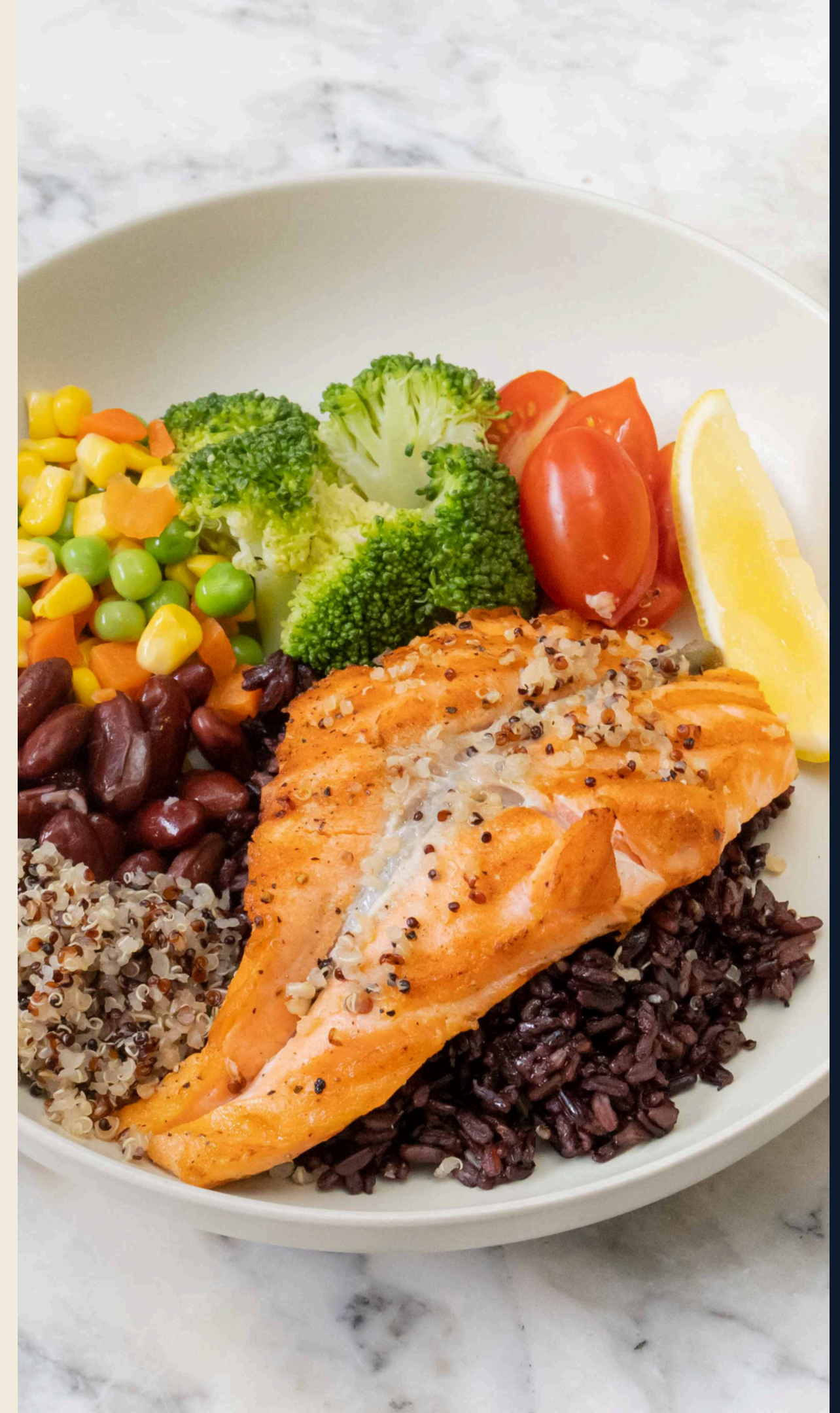
1 tsp olive oil

Why it works: Balanced plant and animal protein keeps you full longer and supports gut health through fiber.

330 kcal • Protein 28g • Carbs 18g • Fat 16g

Routine Goals:

Keep consistent timing, eat without screens, and pause halfway through each meal to check fullness cues.



Days 4–5 | Nourish & Energize

Focus:

Use variety to sustain motivation. Slightly higher-energy meals boost metabolism, support workouts, and lift mood without breaking calorie balance.

 BREAKFAST — Apple Cinnamon Protein Oats

- ½ cup oats
- ¾ cup unsweetened almond milk
- ½ apple (sliced)
- ½ scoop vanilla protein powder
- Cinnamon to taste

Why it works: Complex carbs and protein keep blood sugar stable while easing hormonal fatigue.

290 kcal • Protein 22 g • Carbs 36 g • Fat 6 g

 LUNCH — Greek Chicken Pita Wrap

- 1 small whole-grain pita
- 80 g grilled chicken breast
- 1 tbsp tzatziki
- Lettuce & tomato slices

Why it works: The mix of lean protein, healthy fats, and probiotics supports satiety and digestive balance.

370 kcal • Protein 34 g • Carbs 33 g • Fat 9 g

 SNACK — Protein Berry Smoothie

- ¾ cup Greek yogurt
- ½ cup mixed berries
- Water or ice to blend

Why it works: A light pick-me-up that replenishes glycogen and provides antioxidants for recovery.

170 kcal • Protein 19 g • Carbs 17 g • Fat 2 g

 DINNER — Honey-Garlic Chicken with Quinoa & Spinach

- 100 g grilled chicken breast
- ½ cup cooked quinoa
- 1 cup sautéed spinach
- ½ tsp olive oil
- ½ tsp honey

Why it works: Balanced in flavor and macros, refuels muscles while maintaining digestive comfort.

430 kcal • Protein 30 g • Carbs 35 g • Fat 11 g

Routine Goals:

Add light activity after lunch; small movement supports digestion and helps sustain the “momentum” theme.



Days 6–7 | Ease & Balance

Focus: Give your body a gentle reset while maintaining rhythm. Meals are lighter but still nutrient-dense, supporting recovery and hormonal harmony.

🥗 BREAKFAST — Savory Avocado Toast with Egg Whites

1 slice whole-grain toast

½ avocado (mashed)

2 egg whites + 1 whole egg (fried or boiled)

Why it works: Healthy fats and protein keep appetite stable and fuel slow, sustained energy.

280 kcal • Protein 19 g • Carbs 16 g • Fat 15 g

🥗 LUNCH — Tuna & White Bean Salad

80 g tuna in water (drained)

¼ cup cooked white beans

1 cup greens (lettuce, spinach, arugula)

1 tsp olive oil + lemon juice

Why it works: High protein and fiber support gut health and provide fullness with minimal calories.

310 kcal • Protein 32 g • Carbs 18 g • Fat 9 g

🥛 SNACK — Greek Yogurt & Cacao Crush

¾ cup Greek yogurt

1 tsp unsweetened cacao

½ tsp honey

Why it works: Satisfies sweet cravings while adding antioxidants and protein for muscle recovery.

130 kcal • Protein 15 g • Carbs 10 g • Fat 2 g

🥢 DINNER — Vegetable Stir-Fry with Tofu

100 g light tofu

1 cup mixed vegetables (bell peppers, zucchini, broccoli)

1 tsp olive oil

Soy sauce to taste

Why it works: Plant protein and colorful veggies supply fiber, minerals, and balanced recovery fuel.

340 kcal • Protein 25 g • Carbs 30 g • Fat 10 g

Routine Goals: End the week with calm meals slower bites, warm foods, and early dinners help digestion reset for Week 3.



Batch Prep for Days 1–3

Proteins

- Grill 3 chicken breasts ($\approx$ 300 g) for wraps and bowls — store in airtight containers.
- Boil or steam 6–8 egg whites + 3 whole eggs for quick breakfasts or salad toppings.
- Cook 90 g shrimp and 100 g tofu ahead; reheat lightly to preserve texture.
- Prepare 1½ cups Greek yogurt portions for smoothies and snacks.
- Drain 2 cans of tuna in water — keep one sealed for freshness.

Carbs & Grains

- Cook 1½ cups brown rice and 1 cup quinoa (they'll last up to 3 days refrigerated).
- Batch-cook ½ cup oats overnight with almond milk for grab-and-go breakfasts.
- Slice 1–2 small whole-grain pitas or toasts and keep sealed to maintain freshness.

Veggies & Sides

- Roast a large tray of zucchini, broccoli, carrots, and bell peppers with 1–2 tsp olive oil.
- Sauté spinach and store in glass containers for easy reheating.
- Wash, dry, and portion greens and herbs (like lettuce, parsley, or arugula) for salads.
- Slice ½ avocado per day right before eating to prevent browning.

Fruits

- Slice and freeze ½ cup mixed berries per smoothie.
- Pre-cut 1–2 apples and brush with lemon to slow oxidation.
- Portion pineapple and peach slices in small containers for easy snacks.

Tips for Smooth Prep

- Keep cooked grains and proteins separate to stay fresh longer.
- Use glass or BPA-free containers to prevent sogginess.
- Reheat gently — avoid microwaving fish or tofu at high heat to maintain flavor.
- Label containers by day if that helps you stay consistent.



Batch Prep for Days 4–5

🍗 Proteins

- Grill or bake 3–4 small chicken breasts ($\approx$ 300–350 g) for pita wraps and dinner bowls.
- Hard-boil 4 eggs — use whites for breakfasts or salads.
- Mix $\frac{1}{2}$ scoop protein powder portions ahead in a jar for your overnight oats and smoothies.
- Portion $1\frac{1}{2}$ cups Greek yogurt into single-serving containers for smoothies and snacks.

🌾 Grains & Carbs

- Cook $1\frac{1}{2}$ cups quinoa — enough for two dinners and a lunch wrap base.
- Prepare 2–3 whole-grain pitas and store sealed at room temperature.
- Pre-mix overnight oats: combine oats, almond milk, protein powder, and cinnamon in jars; refrigerate for up to 3 days.
- Slice 2 small apples and store in lemon water to keep from browning.

🥬 Veggies

- Chop and store spinach, lettuce, tomato, zucchini, and broccoli in containers for easy sautéing or fresh use.
- Prepare a small batch of tzatziki (yogurt, cucumber, garlic, lemon) to pair with wraps.
- Steam or lightly sauté 2 cups spinach for dinners.

🍌 Fruits

- Freeze 1–2 cups berries for protein smoothies.
- Keep $\frac{1}{2}$ banana portions wrapped for quick blending.

🌿 Extras & Flavor

- Mix a small jar of honey-garlic glaze: 1 tbsp olive oil + 1 tbsp honey + garlic + soy sauce for chicken dinners.
- Pre-portion olive oil (1 tsp servings) in mini containers to avoid overuse.
- Keep lemon slices ready for wraps and salads.

💧 Storage Tips:

- Cooked quinoa and chicken stay fresh 3–4 days refrigerated.
- Overnight oats hold up to 2–3 days in sealed jars.
- Keep pita and tzatziki separate until serving to prevent sogginess.
- Smoothies blend best when fruit is frozen right before use.



Batch Prep for Days 6–7

🔍 Proteins

- Boil 4–6 eggs (use both whites and whole) for quick breakfast toast or salad add-ins.
- Prepare 1 block light tofu (≈ 200 g) — cube and lightly sauté or bake with soy sauce and garlic for easy reheating.
- Mix 2–3 servings Greek yogurt (¾ cup each) with cacao or honey for snacks.
- Drain 2 cans of tuna in water; store one unopened for freshness.
- Portion 80 g cottage cheese servings for dinner bowls.

🌿 Grains & Carbs

- Toast 2–3 slices of whole-grain bread ahead (store airtight).
- Cook ½ cup white beans for salads.
- Prepare 1 cup cooked quinoa for veggie bowls.
- Slice 1–2 small avocados right before serving to avoid browning.

🥕 Veggies

- Roast or sauté a mix of bell peppers, zucchini, broccoli, and spinach (use 1 tsp olive oil).
- Wash and store greens (lettuce, arugula, herbs) in paper towel-lined containers to stay crisp.
- Chop garlic, onion, and parsley for quick stir-fry flavoring.

🍊 Fruits

- Portion ½ cup berries per day for yogurt snacks.
- Slice lemon and keep in fridge for dressings and water infusion.

🧂 Extras & Dressings

- Prepare 1–2 tsp soy sauce + sesame oil mix in a small jar for tofu stir-fry.
- Make a light lemon-olive oil vinaigrette for salads.
- Store honey (½ tsp portions) separately for yogurt mix-ins.

💧 Storage Tips:

- Tofu and cooked veggies stay fresh up to 3 days sealed airtight.
- Keep greens separate from sauces until serving.
- For extra freshness, line veggie containers with a dry paper towel to absorb moisture.
- Eat avocado and cut fruits fresh to prevent oxidation.



SHOPPING LIST

Proteins

- Chicken breast – 5–6 pieces (≈ 700–800 g)
- Shrimp – 1 pack (≈ 200 g)
- Tuna in water – 2 cans
- Eggs – 10–12 pieces
- Greek yogurt (low-fat) – 1.5 kg
- Cottage cheese or light lor – 250 g
- Tofu (light, firm) – 200 g
- Protein powder (vanilla/plain) – optional, 2–3 servings
- Kefir – 2 small bottles (≈ 500 ml total)

Grains & Carbohydrate Sources

- Brown rice – 1 pack (500 g)
- Quinoa – 1 pack (500 g)
- Bulgur – 1 small pack (250 g)
- Oats – 1 pack (500 g)
- Lentils (green or red) – 1 pack (500 g)
- White beans – 1 small pack (250 g)
- Whole-grain pita bread or toast – 3–4 pieces

Fruits

- Apples – 3
- Berries (fresh or frozen) – 2–3 cups
- Peach – 1–2
- Pineapple chunks – 1 small container
- Banana – 2
- Lemon – 3–4
- Avocado – 2–3



Vegetables & Greens

- Zucchini – 4
- Broccoli – 2 heads
- Spinach – 2 bunches
- Carrots – 3–4
- Bell peppers (mixed colors) – 4–5
- Lettuce or arugula – 1 large head
- Tomato – 3–4
- Cucumber – 2
- Garlic – 1 bulb
- Onion – 2–3
- Parsley – 1 bunch
- Asparagus – 1 small bunch
- Fresh herbs (dill, basil, or thyme) – optional

Healthy Fats & Nuts

- Olive oil – 1 bottle
- Walnuts – small bag (100 g)
- Almonds – small bag (100 g)
- Peanut butter (natural, no sugar) – 1 jar
- Honey – 1 small jar
- Tzatziki or Greek-style yogurt dip – 1 small container
- Soy sauce – 1 bottle
- Sesame oil – optional, small bottle

Pantry & Extras

- Salt, pepper
- Cinnamon
- Garlic powder
- Paprika or chili flakes
- Cumin
- Dried oregano or thyme
- Vinegar or lemon juice
- Optional: protein-friendly sweetener or stevia



Program Notes

This week is about stability and gentle progress. Your body has started adjusting to GLP-1 therapy appetite feels calmer, digestion steadier, and energy more predictable. Meals now include a touch more variety and texture to rebuild routine while keeping balance. You'll notice portions still modest, but flavors richer, this helps prevent monotony and supports long-term consistency.

If occasional nausea or fatigue appears, return to simple, warm meals like soups, eggs, or yogurt bowls, and eat slowly. Hydration remains key: sip water throughout the day instead of large gulps.

Behavioral Tips for Week 2 🧠

- Consistency beats perfection: your goal is rhythm, not restriction.
- Keep protein centered: it maintains lean muscle as your metabolism shifts.
- Include color: vegetables and fruits supply fiber and micronutrients that support hormone balance.
- Pause before seconds: your fullness signal often lags 10–15 minutes behind your bites.
- Pre-menstrual phase: if you feel hungrier, that's hormonal — lean into complex carbs and magnesium, not guilt.

Expected Results – Week 2 Snapshot 📈

Average weight change: 2–3 lbs (≈1–1.5 kg) — slower, steadier, mostly fat loss now.

You may also notice:

- Better morning energy
- Fewer sugar cravings
- Improved digestion rhythm
- Clearer hunger-fullness cues
- More stable mood and focus

The win this week isn't just loss it's trust.

You're learning that nourishment, not strictness, drives results.

Weekly Reflection & Progress Tracker

This week focused on consistency and curiosity, noticing how stability feels when things start to flow.

You've moved from adjusting to aligning.

Take a moment to reflect before stepping into Week 3.

Progress Check

Reflect with honesty, not judgment.

- Appetite: do your hunger cues feel clearer or still unpredictable?
- Energy: were mornings or afternoons steadier this week?
- Digestion: did fiber or hydration make a difference in comfort?
- Hydration: did you keep water nearby, sipping through the day?
- Movement: did your body respond differently to light exercise or walks?

Mind & Body Reflections

- When did eating feel easiest, structured or spontaneous meals?
- Any emotional shifts around food, fullness, or satisfaction?
- Which foods or habits made you feel grounded and energized?
- What did you learn about your rhythm this week?

Small Wins

Note 1–2 things that quietly worked.

Example: “I didn’t skip meals even when I wasn’t very hungry,” or “I added vegetables to every plate.”

Adjustments for Next Week

Pick 1–2 new tweaks to explore.

Example: “I’ll add a 10-minute morning walk,” or “I’ll keep snacks simple and planned.”

End-of-Week Reflection

“This week I noticed that...”

Maybe about how patience feels in your body, or how calm consistency changes your energy.

Keep it short. Keep it real.

VIVORO 90-DAY WEIGHT LOSS &
WELLNESS PROGRAM

Week 3: Establishing Rhythm

Fuel meets flow.

Authored by Nilsu Nam, BSc Nutrition and Dietetics
Clinical Dietitian | Specialist in GLP-1 Nutrition & Metabolic Therapy



Welcome to Week 3: Establishing Rhythm

You’ve built consistency, now it’s time to turn it into momentum.

Your body is adjusting beautifully: digestion feels calmer, energy lasts longer, and hunger cues are becoming clearer. This week is about fueling with purpose.

We’re adding gentle variety and slightly more complex carbs to keep your metabolism responsive and your hormones steady. Think of this phase as nourishment that supports your pace, not control, not restriction.

Stay steady, stay curious.
Your body’s learning that it can trust you now.

The Vivoro 6 Routine

Six principles to nourish your body and calm your mind.

- V** - **Vitality:** Fuel your body with real food and deep hydration.
- I** - **Intention:** Eat mindfully. Choose what serves you.
- V** - **Vigor:** Move daily; stretch, walk, breathe.
- O** - **Optimism:** Speak kindly to yourself.
- R** - **Resilience:** Stay steady through cravings and plateaus.
- O** - **Openness:** Stay curious and adaptable.





How This Plan Works

This week is about rhythm, knowing when to fuel, when to pause, and when to let your body rest. Your meals are balanced between nourishment and lightness, designed to keep you energized without slowing digestion. Every few days, your plan gently shifts, not to confuse your body, but to teach flexibility.

You'll notice your appetite becoming more intuitive, energy smoother, and digestion more reliable. If hunger rises this week, that's not regression — it's adaptation. Your metabolism is waking up again, learning efficiency over restriction.

The structure follows a 3-2-2 rhythm for natural balance:

- Days 1-3: Rhythm & Strength: steady meals that maintain control and support digestion.
- Days 4-5: Fuel & Flow: a touch more carbohydrates to re-ignite metabolism and prevent fatigue.
- Days 6-7: Reset & Recover: lighter meals to restore digestion and prepare for the next phase.

Your goal isn't to eat perfectly, it's to eat consistently, with attention. Small, regular meals, slow bites, and hydration will help your body stay in tune with its new rhythm.

🌸 Women's Health Tip

If you notice mood shifts or cravings mid-cycle, it's your hormones signaling, not sabotaging. Add magnesium-rich foods (like oats, lentils, or dark greens), rest when your body asks, and stay kind to yourself. Hormonal balance isn't about discipline, it's partnership.



WEEK 3 – STRUCTURED MENU (3–2–2 FORMAT)

Goal: Establish rhythm, fuel metabolism, and sustain energy while promoting fat loss.
 Meals this week balance structure with flexibility, slightly higher carbs and steady protein support hormone balance, recovery, and consistency.

Daily Nutrition Summary:
 Calories: 1,400–1,600 kcal
 Protein: 100–115 g
 Carbs: 120–145 g
 Fats: 40–50 g
 Fiber: 25–28 g
 Water: ≈ 3 L/day

Days 1–3 | Rhythm & Strength

- 🍽️ Breakfast – Greek Yogurt & Peach Crunch Bowl
- 🥗 Lunch – Mediterranean Chicken Bowl
- 🥛 Snack – Cottage Cheese & Kiwi Mix
- 🍴 Dinner – Shrimp & Vegetable Stir-Fry

Days 4–5 | Fuel & Flow

- 🍽️ Breakfast – Apple Cinnamon Protein Oats
- 🥗 Lunch – Chicken Burrito Bowl with Brown Rice
- 🥛 Snack – Greek Yogurt & Almond Butter Smoothie
- 🍴 Dinner – Honey-Soy Salmon with Sweet Potato & Broccoli

Days 6–7 | Reset & Recover

- 🍽️ Breakfast – Veggie Omelet with Whole-Grain Toast
- 🥗 Lunch – Tuna & Chickpea Salad
- 🥛 Snack – Kefir with Berries
- 🍴 Dinner – Lentil & Cottage Cheese Bowl with Spinach

Tip: This week is about trusting your hunger and rhythm. A slightly higher intake helps prevent metabolic slowdown while supporting energy and mood remember, consistency burns more fat than restriction ever will.

Days 1–3 | Rhythm & Strength

Focus:

Boost energy without losing control.

Meals are slightly higher in carbs and color — enough to reawaken metabolism, support hormones, and keep fat loss steady.

BREAKFAST — Greek Yogurt & Peach Crunch Bowl

1 cup (200 g) low-fat Greek yogurt

½ peach, sliced

1 tbsp rolled oats (10 g)

1 tsp crushed walnuts (5 g)

½ tsp honey

Why it works: The mix of light protein, slow carbs, and healthy fats fuels your morning metabolism without heaviness.

300 kcal · Protein 25 g · Carbs 30 g · Fat 8 g

LUNCH — Mediterranean Chicken Bowl

100 g grilled chicken breast

⅔ cup cooked bulgur or quinoa (100 g)

1 cup roasted zucchini & red peppers

1 tsp olive oil + lemon juice

Fresh parsley or oregano

Why it works: A colorful, anti-inflammatory bowl that balances lean protein and fiber-rich carbs to sustain energy through the day.

440 kcal · Protein 35 g · Carbs 40 g · Fat 12 g

SNACK — Greek Yogurt & Chia Mix

¾ cup (150 g) Greek yogurt

½ kiwi, chopped

1 tsp chia seeds

Why it works: Rich in probiotics and omega-3s — supports digestion, satiety, and blood sugar balance.

180 kcal · Protein 18 g · Carbs 13 g · Fat 6 g

DINNER — Shrimp & Vegetable Quinoa Stir-Fry

90 g shrimp

½ cup cooked quinoa

1 cup mixed vegetables (broccoli, carrots, snap peas)

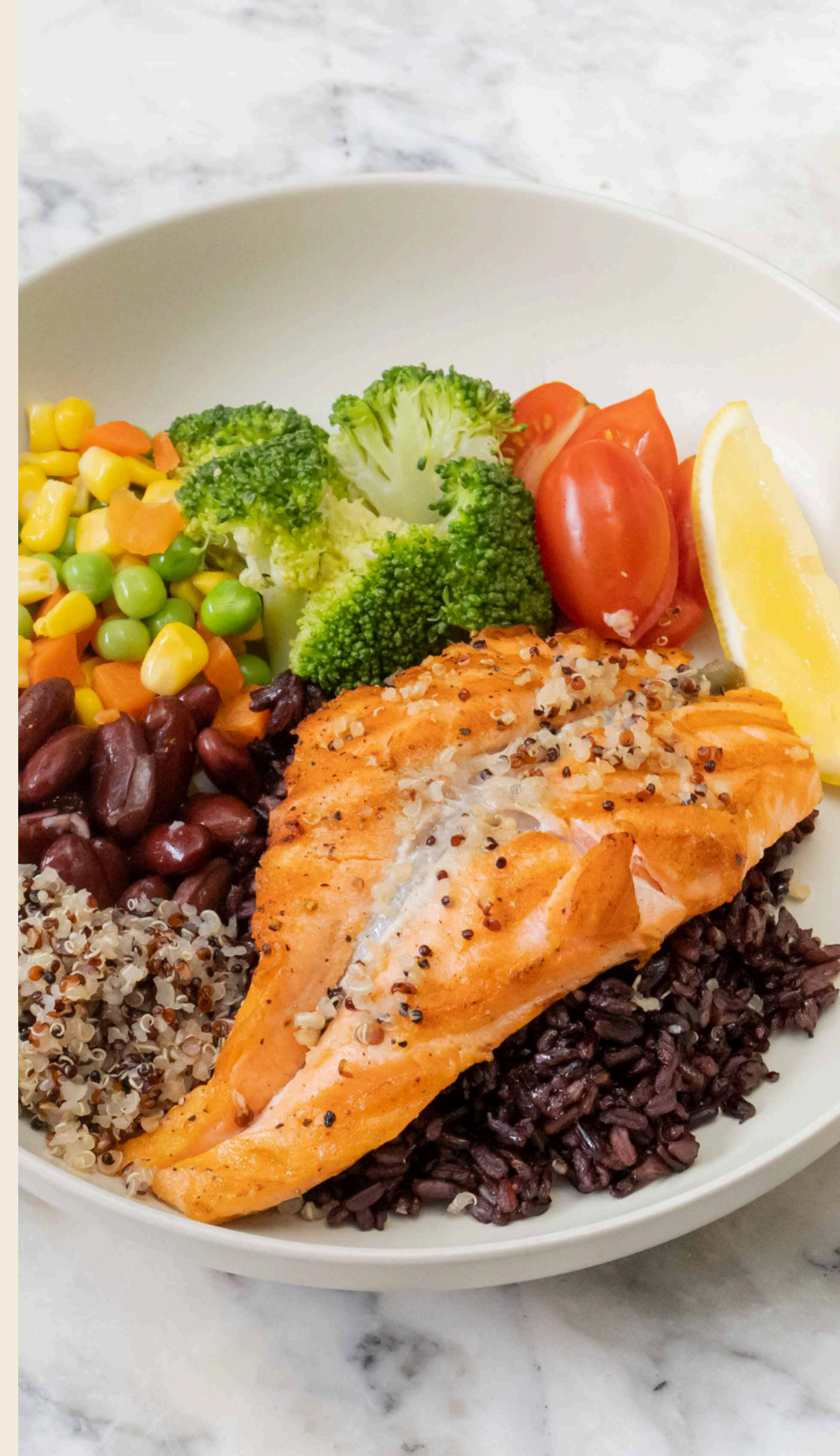
1 tsp olive oil + low-sodium soy sauce

Why it works: A protein-packed, light dinner that supports muscle recovery and metabolism overnight.

420 kcal · Protein 36 g · Carbs 35 g · Fat 10 g

Routine Goals:

Keep timing steady, eat slowly, and notice natural hunger cues. Don't rush meals, rhythm matters more than restriction.



Days 4–5 | Fuel & Flow

Focus:
 Refeed with purpose, these days bring back steady carbs to recharge energy, support hormones, and keep metabolism efficient. Fueling isn’t losing progress; it’s making fat loss sustainable.

 BREAKFAST — Apple Cinnamon Protein Oats

- ½ cup oats (40 g)
- ¾ cup unsweetened almond milk
- ½ apple, grated
- ½ scoop vanilla protein powder (~15 g)
- Dash of cinnamon

Why it works:A balanced mix of slow carbs and protein to refuel muscles and stabilize blood sugar.
 310 kcal • Protein 25 g • Carbs 38 g • Fat 6 g

 LUNCH — Chicken Burrito Bowl with Brown Rice

- 100 g grilled chicken breast
- ½ cup cooked brown rice
- ½ cup black beans
- 1 cup lettuce, tomato & corn
- 1 tsp olive oil + lime juice

Why it works: High in protein and fiber, this bowl boosts glycogen stores while keeping digestion light.
 460 kcal • Protein 38 g • Carbs 45 g • Fat 11 g

 SNACK — Greek Yogurt & Almond Butter Smoothie

- ¾ cup Greek yogurt
- ½ banana
- 1 tsp almond butter
- Water or almond milk to blend

Why it works: Combines protein and healthy fats to curb cravings and maintain satiety during longer afternoons.
 230 kcal • Protein 20 g • Carbs 18 g • Fat 8 g

 DINNER — Honey-Soy Salmon with Sweet Potato & Broccoli

- 100 g baked salmon
- ½ medium sweet potato (100 g), roasted
- 1 cup steamed broccoli
- ½ tsp olive oil + ½ tsp honey

Why it works: This dinner balances omega-3s and slow carbs, helping hormones stay stable and muscles recover.
 460 kcal • Protein 34 g • Carbs 35 g • Fat 13 g

Routine Goals: Hydrate well, especially around workouts. Enjoy the variety, this small boost keeps your body responsive, not resistant.



Days 6–7 | Reset & Recover

Focus: Ease digestion and restore balance. Meals are lighter and simpler, designed to give your metabolism a short rest while keeping protein steady. This phase resets energy before a new cycle begins.

🥞 BREAKFAST — Veggie Omelet with Whole-Grain Toast

2 egg whites + 1 whole egg
½ cup spinach + ½ cup mushrooms
1 slice whole-grain toast
1 tsp olive oil

Why it works: Protein and fiber support satiety while keeping digestion light; a calm, nourishing start to the day.

310 kcal • Protein 23 g • Carbs 18 g • Fat 14 g

🥗 LUNCH — Tuna & Chickpea Salad

80 g tuna in water
¼ cup cooked chickpeas (40 g)
1 cup mixed greens (lettuce, tomato, cucumber)
1 tsp olive oil + lemon juice

Why it works: A lean-protein meal rich in fiber and minerals that gently restores glycogen while easing digestion.

330 kcal • Protein 31 g • Carbs 17 g • Fat 10 g

🥛 SNACK — Kefir & Berries

1 cup plain kefir
½ cup berries

Why it works: Probiotics and antioxidants support gut balance and reduce inflammation, perfect for recovery days.

170 kcal • Protein 12 g • Carbs 15 g • Fat 4 g

🍴 DINNER — Lentil & Cottage Cheese Bowl with Spinach

¼ cup cooked lentils (45 g)
80 g light cottage cheese
1 cup sautéed spinach & zucchini
1 tsp olive oil

Why it works: A simple, protein-rich meal that keeps the gut light while supporting overnight muscle repair.

420 kcal • Protein 34 g • Carbs 30 g • Fat 11 g

Routine Goals: Slow down and eat without distractions. Prioritize hydration, stretching, and early sleep. Listen; your body's recovery signals guide the next step.



Batch Prep for Days 1–3

🍖 Proteins

- Grill or bake 3 chicken breasts ($\approx$ 100 g each) — use for salads or bowls.
- Steam or sauté 250 g shrimp — ideal for quick stir-fries.
- Portion Greek yogurt into 3 servings (200 g each) for easy breakfasts or snacks.
- Boil 2 eggs — optional protein boost for busy mornings.

🥬 Veggies & Carbs

- Roast 1 tray of zucchini, red peppers, and cherry tomatoes with olive oil and herbs.
- Cook $1\frac{1}{2}$ cups ($\approx$ 250 g) bulgur or quinoa — store plain to mix with lunches or dinners.
- Steam 1 cup broccoli or carrots for variety.

🍏 Fruits

- Slice 2 peaches or kiwis; store in glass jars or containers.
- Wash 1–2 cups berries for yogurt bowls or smoothies.
- Peel and freeze 1 banana for a quick, protein-rich shake.

🥛 Extras & Storage

- Prepare 3 small jars with 1 tsp chia seeds each for yogurt or snack mix-ins.
- Portion 2–3 tsp crushed walnuts in separate containers.
- Keep cooked and fresh ingredients in separate containers; assemble before serving for best texture.

📦 Storage Tips

- Keep cooked chicken and shrimp in sealed glass containers for up to 3 days in the fridge.
- Store grains and veggies separately to avoid sogginess; mix right before serving.
- Wash and fully dry fruits before storing; line containers with paper towel to prevent moisture buildup.
- Freeze yogurt portions or smoothie bananas if prepping ahead for the week.
- Label lids with prep dates to make rotation easier.



Batch Prep for Days 4–5

🍗 Proteins

- Grill or bake 3–4 small chicken breasts ($\approx$ 300–350 g) for pita wraps and dinner bowls.
- Hard-boil 4 eggs — use whites for breakfasts or salads.
- Mix $\frac{1}{2}$ scoop protein powder portions ahead in a jar for your overnight oats and smoothies.
- Portion $1\frac{1}{2}$ cups Greek yogurt into single-serving containers for smoothies and snacks.

🌾 Grains & Carbs

- Cook $1\frac{1}{2}$ cups quinoa — enough for two dinners and a lunch wrap base.
- Prepare 2–3 whole-grain pitas and store sealed at room temperature.
- Pre-mix overnight oats: combine oats, almond milk, protein powder, and cinnamon in jars; refrigerate for up to 3 days.
- Slice 2 small apples and store in lemon water to keep from browning.

🥬 Veggies

- Chop and store spinach, lettuce, tomato, zucchini, and broccoli in containers for easy sautéing or fresh use.
- Prepare a small batch of tzatziki (yogurt, cucumber, garlic, lemon) to pair with wraps.
- Steam or lightly sauté 2 cups spinach for dinners.

🍌 Fruits

- Freeze 1–2 cups berries for protein smoothies.
- Keep $\frac{1}{2}$ banana portions wrapped for quick blending.

🌿 Extras & Flavor

- Mix a small jar of honey-garlic glaze: 1 tbsp olive oil + 1 tbsp honey + garlic + soy sauce for chicken dinners.
- Pre-portion olive oil (1 tsp servings) in mini containers to avoid overuse.
- Keep lemon slices ready for wraps and salads.

💧 Storage Tips:

- Cooked quinoa and chicken stay fresh 3–4 days refrigerated.
- Overnight oats hold up to 2–3 days in sealed jars.
- Keep pita and tzatziki separate until serving to prevent sogginess.
- Smoothies blend best when fruit is frozen right before use.



Batch Prep for Days 6–7

🥩 Proteins

- Boil 4–5 eggs (2 egg whites + 1 whole per serving) for quick breakfasts.
- Drain and portion 2 cans tuna (in water) — store in glass jars for salads.
- Prepare 250 g light cottage cheese (or lor peyniri) for dinners or snacks.

🥬 Veggies & Carbs

- Sauté 1 tray spinach, mushrooms, and zucchini — store in airtight containers.
- Cook 1 cup ($\approx$ 180 g) lentils and $\frac{1}{2}$ cup ($\approx$ 100 g) chickpeas for lunch/dinner bowls.
- Toast 2–3 slices of whole-grain bread; keep refrigerated or freeze for longer storage.

🍏 Fruits

- Wash and portion 1–2 cups berries for kefir or yogurt.
- Slice 1 apple or pear for light snacks — add lemon juice to prevent browning.
- Keep 1–2 bananas ripe on the counter for flexibility (snack, shake, or breakfast add-in).

🗑️ Extras & Storage

- Portion kefir into 2 cups (250 ml each).
- Mix olive oil, lemon juice, and soy sauce in small jars — ready-to-use dressings.
- Pre-fill a few small jars with chia seeds or nuts for easy snack add-ins.

📦 Storage Tips

- Store cooked proteins and grains in separate glass containers — keeps texture and freshness up to 3 days.
- Leafy greens and berries should be washed, fully dried, and kept in paper towel-lined containers to stay crisp.
- Keep cottage cheese or yogurt sealed and refrigerated; consume within 3–4 days.
- Freeze cooked lentils, chickpeas, or shrimp portions if prepping for the full week — thaw overnight in the fridge.
- Label and date containers to track freshness easily.



SHOPPING LIST

Proteins

- Chicken breast — 700–800 g
- Shrimp — 250–300 g
- Salmon — 200 g
- Tuna (in water) — 2 cans
- Eggs — 6–8 total
- Greek yogurt (low-fat) — 1.2–1.5 kg
- Cottage cheese — 250 g
- Protein powder (vanilla or unflavored) — ~50 g (3 scoops)
- Kefir (plain) — 2 cups (≈ 500 ml)

Grains & Carbohydrate Sources

- Oats — 250 g
- Bulgur or quinoa — 300 g
- Brown rice — 250 g
- Whole-grain toast/pita/bread — 3–4 slices or 2 pita
- Sweet potato — 2 medium (≈ 400 g)
- Couscous (optional swap for quinoa) — 100 g
- Black beans — 1 cup cooked or 1 can
- Lentils — 150–200 g dry (≈ 2 cups cooked)
- Chickpeas — 100 g dry (≈ 1 cup cooked)

Fruits

- Peaches — 2
- Apples — 2
- Kiwi — 2
- Bananas — 2–3
- Berries (blueberries, strawberries, or mixed) — 2–3 cups
- Pineapple — ¼ small or ½ cup chunks (optional)
- Lemons — 2–3 (for dressing & flavor)



Vegetables & Greens

- Zucchini — 3 medium
- Broccoli — 2 heads (≈ 600 g)
- Spinach — 2 cups fresh or 1 pack frozen
- Red peppers — 2 medium
- Mushrooms — 200 g
- Cherry tomatoes — 250 g
- Carrots — 2 medium
- Lettuce — 1 head
- Mixed greens — 1 large bag (≈ 150 g)
- Snap peas or green beans — 1 cup (optional)

Healthy Fats & Nuts

- Olive oil — 250 ml bottle (you'll use ~6–8 tsp/week)
- Almond butter — 3–4 tbsp
- Crushed walnuts — 3 tbsp
- Chia seeds — 3 tbsp
- Honey — small jar (you'll use 2–3 tsp total)

Pantry & Extras

- Low-sodium soy sauce — small bottle
- Cinnamon — for oats & yogurt bowls
- Dried herbs (oregano, parsley, thyme)**
- Salt & pepper**
- Tzatziki or Greek yogurt-based sauce (optional for wraps)**



Program Notes

This week builds on everything you’ve established; structure, awareness, and consistency, but adds rhythm. You’re no longer adjusting; you’re moving with your body instead of against it.

Meals include more color, texture, and slow carbs to keep energy steady and metabolism responsive. If hunger feels stronger, that’s progress, your metabolism is waking up, and your body is ready to use the fuel efficiently.

Stay tuned into your cues: eat when you’re genuinely hungry, stop when comfortably full, and hydrate throughout the day.

Behavioral Tips for Week 3 🧠

- Fuel with intention: carbs are added to support your energy, not to stall fat loss.
- Stay consistent: keep meal timing steady even on rest days; routine sustains metabolism.
- Mindful pace: eat slower than you think you need to — digestion improves, and fullness registers faster.
- Balance movement: light strength sessions or walks complement your energy rhythm without overtraining.
- Cycle awareness: if you’re in your luteal phase, your body naturally craves more carbs — listen, don’t restrict.
- Hydrate often: water helps move nutrients efficiently and keeps your metabolism active.

Expected Results – Week 3 Snapshot 📊

- Steadier energy levels, fewer dips between meals.
- Continued fat loss at a sustainable pace ($\approx$ 1–2 lb/week).
- Improved digestion, lighter bloating, and clearer hunger cues.
- Better workout recovery and reduced fatigue.

Progress this week isn’t about eating less, it’s about fueling smart. When your body feels safe, it lets go of what it doesn’t need.



Weekly Reflection & Progress Tracker

This week was about flow, learning how fuel, rhythm, and balance work together. You've likely felt more natural hunger, smoother energy, and stronger focus. This is your metabolism responding, not rebelling. Before stepping into Week 4, take a quiet moment to notice the patterns forming.

Progress Check

Reflect through how you felt, not just numbers.

- Appetite: did hunger feel more stable or unpredictable?
- Energy: did your meals keep you fueled without crashes?
- Digestion: any improvements in comfort, regularity, or bloating?
- Hydration: were you consistent with water or tea throughout the day?
- Exercise: did you notice better strength or recovery during workouts?

Mind & Body Reflections

- Which meals made you feel the most energized and satisfied?
- Did mindful eating help reduce overeating or cravings?
- Were there moments you noticed your hunger shifting naturally with your cycle?
- How did your body respond to having slightly more carbs and variety?

Small Wins

Write down 1–2 things you're proud of.

Example: "I noticed I wasn't scared to eat carbs," or "I finally felt steady energy all day."

Adjustments for Next Week

Set gentle goals for refinement, not perfection.

Example: "I'll focus on adding a walk after dinner," or "I'll slow down when I eat breakfast."

End-of-Week Reflection

"This week I realized that..."

(Complete the sentence. Maybe it's about trust, timing, or learning to eat with confidence again.)

VIVORO 90-DAY WEIGHT LOSS &
WELLNESS PROGRAM

Week 4: Balance & Restore

Steady energy, nourished muscles,
and calm digestion, the final stretch is
about strength in balance.

Authored by Nilsu Nam, BSc Nutrition and Dietetics
Clinical Dietitian | Specialist in GLP-1 Nutrition & Metabolic Therapy



Welcome to Week 4: Balance & Restore

By now, your body has found its rhythm, meals feel familiar, digestion smoother, energy more predictable. This week focuses on balance: nourishing enough to recover, but not losing the momentum you’ve built.

Your metabolism thrives when it feels supported, not deprived.

That means steady meals, good sleep, hydration, and giving your body permission to rest when needed.

Think of this week as refueling your engine, not slowing it down, but keeping it powerful.

The Vivoro 6 Routine

Six principles to nourish your body and calm your mind.

- V - **Vitality:** Fuel your body with real food and deep hydration.
- I - **Intention:** Eat mindfully. Choose what serves you.
- V - **Vigor:** Move daily; stretch, walk, breathe.
- O - **Optimism:** Speak kindly to yourself.
- R - **Resilience:** Stay steady through cravings and plateaus.
- O - **Openness:** Stay curious and adaptable.





How This Plan Works

This final week is designed to help you maintain progress while restoring balance.

Your body now adapts efficiently, hunger signals are clearer, energy more even, and recovery smoother. Meals are high in protein and moderate in carbs to refuel muscles, stabilize hormones, and prevent fatigue. Light evening meals and steady hydration keep digestion calm and sleep deeper.

The structure follows a 3-2-2 rhythm for natural balance:

- Days 1-3: Rhythm & Strength: reinforce consistency with balanced, energizing meals.
- Days 4-5: Rebalance & Restore: support recovery and hydration with anti-inflammatory foods.
- Days 6-7: Grace & Grounding: gentle meals that calm the system and prepare for long-term balance.

Remember, you're not "finishing" a diet. You're learning how to fuel a life that feels steady, light, and strong.

🌸 Women's Health Tip

Around this point in your cycle, your body may need a little extra rest and nourishment. If energy dips or mood shifts appear, it's often hormonal, not a setback. Add iron-rich foods like lentils, spinach, or chicken, and don't fear healthy carbs such as oats or sweet potato. They help stabilize serotonin and energy while supporting recovery.



WEEK 4 – STRUCTURED MENU (3–2–2 FORMAT)

Goal: Maintain momentum while easing into long-term balance.
 Meals are still light and protein-centered, but this week introduces more color and texture to prevent adaptation and support metabolism.

Daily Nutrition Summary:
 Calories: 1,300–1,500 kcal
 Protein: 100–110 g
 Carbs: 100–125 g
 Fats: 40–45 g
 Fiber: 25–28 g
 Water: ≈ 2.5–3 L/day

Days 1–3 | Rhythm & Strength

- 🍳 Breakfast: Scrambled Eggs with Spinach & Toast
- 🥗 Lunch: Lemon-Garlic Chicken with Quinoa & Roasted Veggies
- 🥛 Snack: Greek Yogurt with Blueberries
- 🍴 Dinner: Baked Cod with Steamed Broccoli & Olive Oil

Days 4–5 | Rebalance & Restore

- 🍳 Breakfast: Protein Overnight Oats with Almond Butter
- 🥗 Lunch: Mediterranean Tuna Salad Bowl
- 🥛 Snack: Kefir with Strawberries
- 🍴 Dinner: Chicken & Lentil Soup with Vegetables

Days 6–7 | Grace & Grounding

- 🍳 Breakfast: Veggie Omelet with Avocado Toast
- 🥗 Lunch: Shrimp & Rice Bowl with Greens
- 🥛 Snack: Cottage Cheese with Pineapple
- 🍴 Dinner: Roasted Vegetable Quinoa Bowl

Tip: Keep portions consistent but enjoy the added variety, the goal this week isn't restriction, it's rhythm.
 Your body is learning to maintain energy and fat loss naturally.

Days 1–3 | Rhythm & Strength

Focus:

Build consistency with energizing, light meals that fuel metabolism and stabilize mood.
Keep meals simple but protein-rich, your goal is flow, not perfection.

 BREAKFAST — Scrambled Eggs with Spinach & Toast

- 2 egg whites + 1 whole egg
- 1 cup fresh spinach (sautéed lightly in ½ tsp olive oil)
- 1 slice whole-grain toast
- Sprinkle of pepper or herbs (optional)
- Why it works:** A balanced, steady-energy start, protein keeps you full, spinach adds iron, and carbs provide gentle fuel.
- 280 kcal • Protein 23 g • Carbs 20 g • Fat 10 g

 LUNCH — Lemon-Garlic Chicken with Quinoa & Roasted Veggies

- 120 g grilled chicken breast
- ½ cup cooked quinoa
- 1 cup roasted zucchini, carrots & bell peppers
- 1 tsp olive oil + lemon juice
- Why it works:** High-protein and high-fiber to keep blood sugar even and reduce mid-day cravings.
- 390 kcal • Protein 36 g • Carbs 34 g • Fat 12 g

SNACK — Greek Yogurt with Blueberries

- ¾ cup low-fat Greek yogurt
- ½ cup fresh or frozen blueberries
- Dash of cinnamon (optional)
- Why it works:** A probiotic, antioxidant-rich pick-me-up that supports digestion and keeps energy steady.
- 150 kcal • Protein 14 g • Carbs 15 g • Fat 3 g

 DINNER — Baked Cod with Steamed Broccoli & Olive Oil

- 120 g baked cod fillet
- 1 cup steamed broccoli + ½ cup carrots
- 1 tsp olive oil + lemon juice
- Why it works:** Lean protein and fiber support overnight digestion and muscle repair without feeling heavy.
- 330 kcal • Protein 30 g • Carbs 18 g • Fat 11 g

Routine Goals:

Eat slowly, avoid multitasking while eating, and aim for consistent meal timing (≈ every 4–5 hours).
Hydrate throughout the day to reduce fatigue and bloating.



Days 4–5 | Rebalance & Restore

Focus:

Boost energy while keeping digestion calm.

This midweek rhythm brings a touch more carbs to fuel workouts and mental focus — all within balance.

🥣 BREAKFAST — Protein Overnight Oats with Almond Butter

½ cup oats

¾ cup unsweetened almond milk

½ scoop vanilla protein powder

1 tsp almond butter

¼ sliced banana (optional for sweetness)

Why it works: A slow-digesting breakfast that balances protein, complex carbs, and healthy fats — keeps cravings quiet for hours.

310 kcal · Protein 25 g · Carbs 35 g · Fat 8 g

🥗 LUNCH — Mediterranean Tuna Salad Bowl

100 g tuna in water

½ cup cooked chickpeas

1 cup mixed greens (lettuce, cucumber, tomato)

1 tsp olive oil + lemon juice

Why it works: A fiber-rich, high-protein meal that supports fullness and hormone balance through steady energy release.

370 kcal · Protein 33 g · Carbs 28 g · Fat 10 g

🥛 SNACK — Kefir with Strawberries

1 cup plain kefir

½ cup sliced strawberries

Why it works: Probiotics + natural sweetness = happy gut and calm afternoon hunger.

160 kcal · Protein 12 g · Carbs 18 g · Fat 4 g

🍴 DINNER — Chicken & Lentil Soup with Vegetables

80 g shredded chicken breast

½ cup cooked lentils

1 cup mixed vegetables (carrots, zucchini, celery)

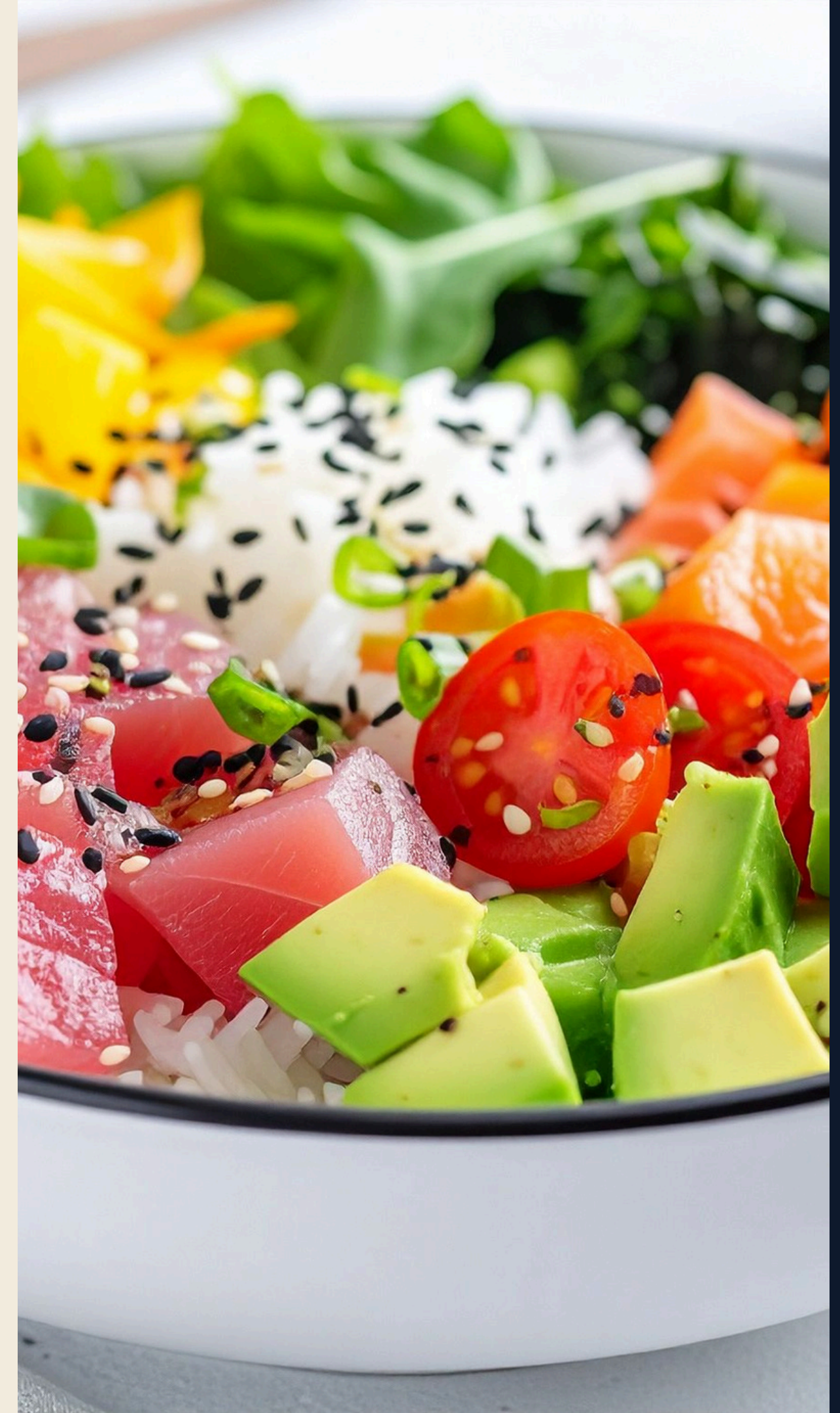
1 tsp olive oil + herbs

Why it works: Nourishing, warming, and high in protein — great for digestion and evening satiety.

420 kcal · Protein 35 g · Carbs 30 g · Fat 11 g

Routine Goals: Pause before meals, take three slow breaths to shift from autopilot to mindful eating.

Keep caffeine earlier in the day to preserve deep sleep and hormone rhythm.



Days 6–7 | Grace & Grounding

Focus: Ease into the weekend with nourishing meals that balance calm and energy.

This phase keeps protein high but allows a bit more comfort and flexibility — your body knows the rhythm now.

🍳 BREAKFAST — Veggie Omelet with Avocado Toast

2 egg whites + 1 whole egg

½ cup diced vegetables (bell pepper, zucchini, or spinach)

½ slice avocado (~50 g)

1 slice whole-grain toast

½ tsp olive oil for cooking

Why it works: A blend of protein, fiber, and healthy fats that stabilizes morning energy and supports hormonal balance.

320 kcal • Protein 22 g • Carbs 22 g • Fat 14 g

🥗 LUNCH — Shrimp & Rice Bowl with Greens

90 g shrimp

½ cup cooked brown rice

1 cup mixed greens (arugula, lettuce, cucumber)

1 tsp olive oil + lemon juice

Why it works: Light but energizing, lean seafood provides iodine and omega-3s for metabolism and mood support.

370 kcal • Protein 30 g • Carbs 34 g • Fat 10 g

🥛 SNACK — Cottage Cheese with Pineapple

¾ cup light cottage cheese

¼ cup pineapple chunks

Why it works: Protein and natural enzymes (bromelain) from pineapple promote digestion and recovery.

160 kcal • Protein 16 g • Carbs 13 g • Fat 3 g

🍴 DINNER — Roasted Vegetable Quinoa Bowl

½ cup cooked quinoa

1 cup roasted vegetables (zucchini, carrot, eggplant, peppers)

80 g light tofu or chickpeas

1 tsp olive oil

Why it works: A plant-forward dinner that restores glycogen, improves fiber intake, and leaves you feeling light but full.

420 kcal • Protein 30 g • Carbs 38 g • Fat 11 g

Routine Goals: Let meals slow down this weekend chew longer, notice fullness sooner.

End each day with a short walk or stretch to release tension and improve sleep quality.



Batch Prep for Days 1–3

🍖 Proteins

- Grill or bake 3 chicken breasts (≈120 g each) for lunches and dinners.
- Boil 4 eggs — keep peeled in an airtight container (good for omelets or quick snacks).
- Prepare 2 portions of baked cod or white fish (store in separate containers).
- Cook 1 batch of lentils (≈1½ cups cooked) for soups and veggie bowls.

🥬 Veggies & Sides

- Roast 1 large tray of mixed vegetables (zucchini, carrots, bell peppers, broccoli) with olive oil and herbs.
- Steam extra broccoli and spinach to use across breakfasts and dinners.
- Cook 1 cup quinoa and ½ cup brown rice — store separately to mix and match.

🍓 Fruits & Add-ons

- Wash and portion blueberries and strawberries (½-cup portions).
- Slice 1–2 peaches or apples; store with a few drops of lemon juice to prevent browning.
- Portion out small servings of nuts (10 almonds per snack).

🍹 Extras

- Mix lemon-garlic dressing (olive oil, lemon juice, oregano) — keeps 4–5 days refrigerated.
- Prepare overnight oats jars ahead with dry ingredients (oats, chia, protein powder) — add milk before bed.

📦 Storage Tips

- Keep cooked proteins and grains refrigerated for up to 3 days.
- Store roasted vegetables in shallow containers — cool fully before sealing.
- Freeze any extra fish or lentil soup portions for later weeks.
- Always reheat meals gently; high heat can dry out lean proteins.



Batch Prep for Days 4–5

Proteins

- Grill 2–3 chicken breasts (≈100 g each) with lemon, garlic, and herbs for wraps and soups.
- Cook 2 servings of tuna or prep canned tuna in containers with lemon and olive oil for quick assembly.
- Boil or steam 1 cup lentils — use half for soup, half for salads.

Grains & Legumes

- Cook 1 cup quinoa or bulgur for side dishes.
- Roast 1 medium sweet potato — slice and store in airtight containers (great reheated).
- Keep ½ cup cooked chickpeas ready for salads.

Vegetables

- Chop and portion salad greens (lettuce, tomato, cucumber) — store with a paper towel to stay crisp.
- Roast 1 tray of mixed vegetables (asparagus, zucchini, peppers) for reheating at dinner.
- Dice celery, carrot, and onion mix for the lentil soup base.

Fruits & Snacks

- Slice apples and store in lemon water to keep fresh.
- Portion out strawberries for kefir snacks (½ cup per serving).
- Prepare single-serve nut butter packs (1 tsp each).

Extras

- Make a small jar of yogurt dressing with olive oil, garlic, and lemon for quick drizzling.
- Prep overnight oat jars with dry ingredients to save morning time.

Storage Tips

- Lentil soup and roasted veggies keep up to 3 days in sealed glass containers.
- Quinoa and sweet potato hold best refrigerated, reheated with a drizzle of water or olive oil.
- Wrap sandwiches or pitas in parchment, not plastic, to prevent sogginess.



Batch Prep for Days 6–7

🍗 Proteins

- Cook 2 servings of shrimp (≈90 g each) — store with lemon juice and olive oil.
- Prepare 2–3 boiled eggs (great for breakfast or topping salads).
- Portion 160 g light tofu or cottage cheese for easy dinners and snacks.

🌾 Grains & Legumes

- Cook 1 cup quinoa or brown rice; portion into two containers for bowls.
- Roast or steam 1 small batch of mixed beans or chickpeas (optional for variety).

🥬 Vegetables

- Roast 1 tray of colorful veggies (zucchini, carrots, bell peppers, eggplant).
- Slice avocado halves fresh before serving, but store the other half in a sealed bag with a drizzle of lemon juice.
- Prep greens (spinach, rocket, or lettuce) washed and dried — store in a paper-lined container.

🍌 Fruits & Snacks

- Cut ½ pineapple into chunks and refrigerate in small containers (for cottage cheese snack).
- Wash strawberries or other berries for quick pairing with yogurt.
- Portion small amounts of nuts or seeds (1 tbsp servings) for flexibility.

🧴 Extras

- Mix a light soy-lime dressing (soy sauce + lime juice + olive oil) for shrimp bowls.
- Prepare small cups of yogurt-based dip for veggies or toast.

📦 Storage Tips

- Keep cooked proteins refrigerated up to 3 days; seafood should be eaten first.
- Store avocado and fresh greens separately to avoid moisture.
- Roasted veggies keep best in glass containers — reheat in the oven for texture.
- Freeze any leftover quinoa or beans for later use.



SHOPPING LIST

Proteins

- Chicken breast — 6 pieces (≈700–800 g total)
- Shrimp — 180 g
- Cod or white fish — 200 g
- Light cottage cheese (or lor) — 300 g
- Eggs — 10
- Tuna (in water) — 2 cans
- Light tofu (optional alt.) — 160 g
- Kefir — 1 L
- Greek yogurt (low-fat) — 1.5 kg
- Protein powder (vanilla, optional) — small scoop portion (2–3 servings)

Grains & Carbohydrate Sources

- Quinoa — 1½ cups (dry)
- Brown rice or bulgur — 1 cup (dry)
- Lentils (green or red) — 1½ cups (dry)
- Chickpeas (cooked or canned) — 1 can
- White beans — ½ cup (dry or 1 small can)
- Oats — 1½ cups
- Whole-grain bread or pita — 2–3 slices/pieces
- Sweet potato — 2 medium

Fruits

- Blueberries — 1 cup
- Strawberries — 1½ cups
- Peach — 1–2
- Apple — 2–3
- Pineapple — ½–1
- Kiwi — 1–2
- Lemon — 2–3
- Avocado — 2



Vegetables & Greens

- Zucchini — 3
- Broccoli — 2 heads
- Carrots — 4
- Bell peppers — 3
- Spinach — 2 cups (fresh or frozen)
- Asparagus — 1 bunch
- Lettuce or mixed greens — 1 large bag
- Tomato — 3–4
- Cucumber — 2
- Eggplant — 1
- Onion — 2
- Garlic — 1 bulb

Healthy Fats & Nuts

- Avocados — 2 medium
- Olive oil — 1 small bottle
- Almonds — ½ cup
- Walnuts — ½ cup
- Chia seeds — ½ cup
- Nut butter (almond or peanut) — small jar
- Flaxseeds (optional) — ¼ cup

Pantry & Extras

- Olive oil — 1 small bottle
- Honey — small jar
- Soy sauce — 1 bottle
- Nut butter (almond or peanut) — small jar
- Chia seeds — ½ cup
- Walnuts — ½ cup
- Almonds — ½ cup
- Spices: cinnamon, oregano, paprika, black pepper, turmeric, garlic powder
- Salt (preferably sea salt or Himalayan)



Program Notes

This week marks the transition from adaptation to confidence.
Your body has learned its rhythm, now the focus shifts to balance, recovery, and sustainability.
Meals are colorful, energizing, and steady in portion size to maintain fat loss while protecting lean mass.

If appetite feels more stable, that’s progress.
Use it to practice mindful flexibility, enjoy variety, but stay within structure.
If fatigue appears, it may signal that your body needs rest, not restriction.

Listen first, adjust second.

Behavioral Tips for Week 4 🧠

- Honor hunger cues: you’ve built awareness — now use it. Eat when you’re truly hungry, pause when satisfied.
- Keep protein consistent: aim for a source in every meal; it’s your metabolism’s anchor.
- Hydrate intentionally: aim for 2.5–3 L/day, especially after caffeine or workouts.
- Balance energy, not just calories: choose carbs with fiber and fats that support hormones.
- Reflect before reacting: cravings at this stage are often emotional, not physical.

Expected Results – Week 4 Snapshot 📊

- Weight loss slows slightly — around 1–2 lb (0.5–1 kg) this week, but body composition improves.

You’ll likely feel:

- More consistent energy throughout the day
- Improved digestion and regularity
- Clearer hunger–fullness awareness
- Stronger sense of control and confidence

Remember: this final week isn’t the finish line, it’s the foundation.
The habits you’ve built here are what keep the results alive long after the program ends.



Weekly Reflection & Progress Tracker

This month was about rediscovering balance, between nourishment and patience, effort and ease. You’ve moved from learning structure to living it. Now, it’s not about “doing the plan right,” but about noticing how right it already feels. Take a quiet moment; reflect, breathe, and honor what has shifted beneath the surface.

 Progress Check

No need for numbers — focus on patterns.

- Energy: do you feel steadier, clearer, more sustained through the day?
- Digestion: has your body found its own rhythm — less bloating, more comfort?
- Appetite: are hunger and fullness starting to feel natural again?
- Cravings: do they still feel urgent, or more manageable now?
- Sleep & stress: have evenings softened a bit — fewer spikes, more calm?

 Mind & Body Reflections

- Which meals or habits helped you feel most like yourself?
- When did food feel like care, not control?
- What surprised you — about your body, your focus, or your moods?
- Did you notice what happens when you rest instead of restrict?

 Small Wins

Write down the quiet victories, the kind that build roots.
Example: “I trust my hunger now.” “I enjoy planning meals instead of avoiding them.” “I realized how much better I feel when I eat slowly.”

 Looking Ahead

Set gentle intentions for the next phase, nothing forced.
Example: “I’ll stay consistent with my protein goals.” “I’ll focus on strength, not just the scale.” “I’ll continue choosing nourishment that feels good long after the meal.”

 End-of-Week Reflection

“This month, I learned that...”
(complete the sentence — maybe it’s about rhythm, patience, or trust. keep it honest, even if it’s messy.)