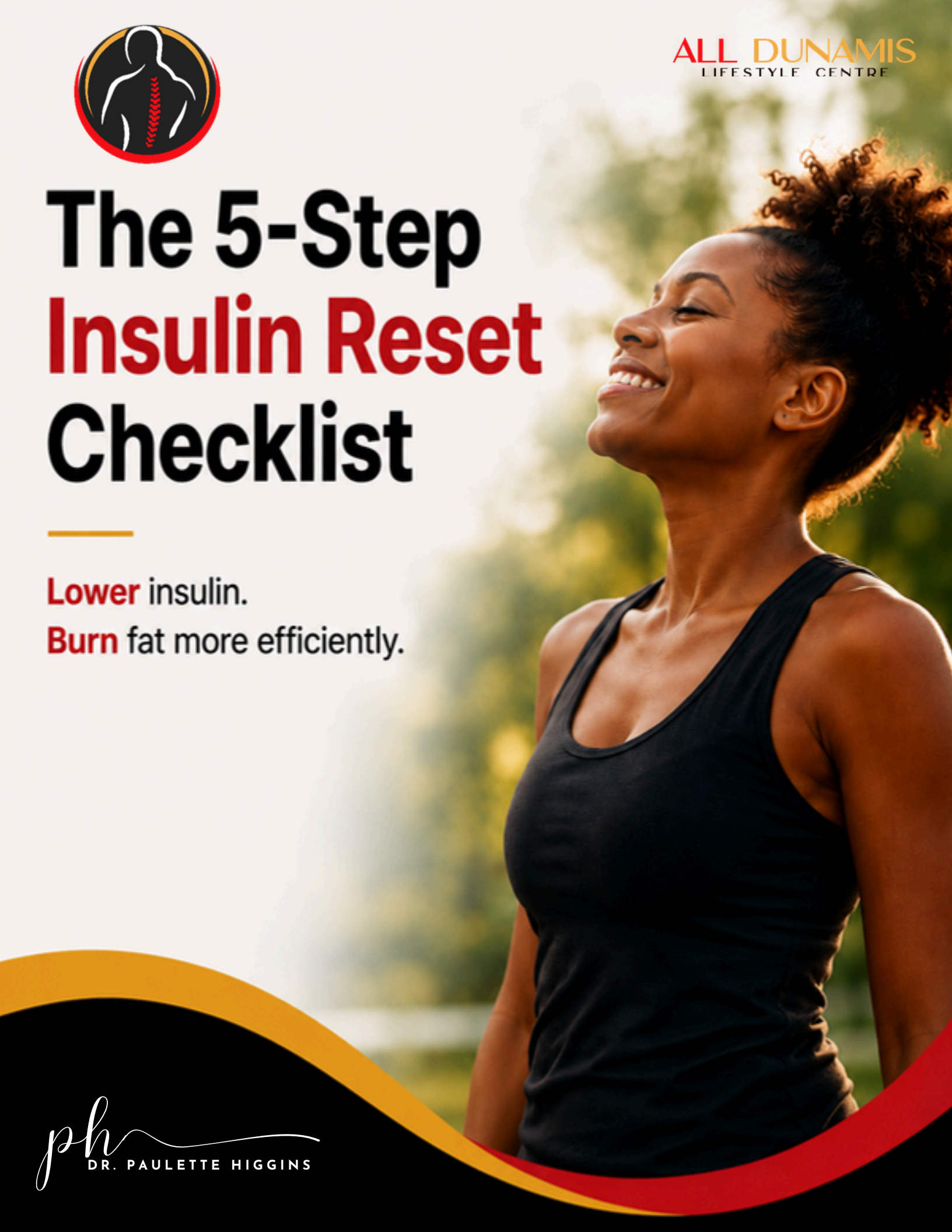
ALL DUNAMIS
LIFESTYLE CENTRE

# The 5-Step Insulin Reset Checklist

**Lower** insulin.
**Burn** fat more efficiently.



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# WHEN DOING "EVERYTHING RIGHT" STILL ISN'T WORKING

You've  cut calories, tracked macros, exercised more—and still can't seem to shift the scale. Why? Because when insulin stays elevated, your body may have a harder time accessing stored fat for fuel, making fat loss feel frustratingly slow.

Imagine eating satisfying meals without constantly thinking about your next snack. Imagine fewer cravings, steadier energy, and finally making progress with that stubborn belly fat.

You don't need to starve yourself. You need to help your metabolism work more efficiently.

Use this checklist daily for the next 7 days and pay attention to what begins to change.

**Results You May Notice**

- More consistent energy between meals
- Fewer cravings and less snacking
- Better appetite control
- Clothes beginning to fit differently
- Improved metabolic flexibility and 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.

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# THE 5-STEP INSULIN RESET CHECKLIST

- [ ] Skip: white bread, pasta, cereal, granola bars
- [ ] Swap in: quinoa, sweet potatoes, veggies, berries, oats
- [ ] Build each meal around: tofu, nuts, avocado omega-3 fish ex: salmon or trout (Add carbs last, if needed)
- [ ] Stick to 3 proper meals with breakfast (not dinner) being your largest meal
- [ ] Leave 4–6 hours between each meal
- [ ] Drink water, or herbal tea if hungry between meals
- [ ] Walk 10–15 minutes after each meal
  (This improves insulin sensitivity)
- [ ] Strength train 2–4x/week, as appropriate for your health and fitness level
- [ ] Get 7–9 hours of sleep in a cool, dark room
- [ ] Ditch screens 1 hour before bed