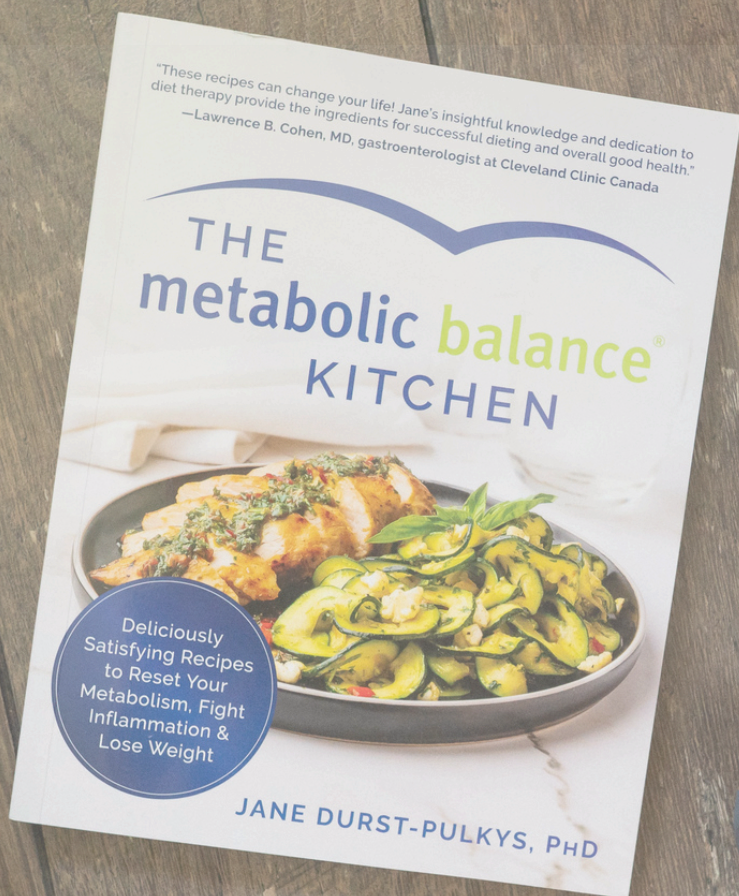


7-DAY METABOLIC RESET

STARTER GUIDE

The Essence of Vital Living

Structured nutrition, Movement, and Recovery support.



ABOUT VITALIAT

The Essence of Vital Living



Kristin Uppal, Metabolic Balance[®] Coach

"Your body is always communicating."

A More Sustainable Approach to Metabolic Health

Vitaliat was created to help people better understand what their body is communicating — and respond with clarity rather than restriction.

Through structured nutrition, metabolic education, movement, and personalized support, the goal is to help clients improve energy, blood sugar regulation, inflammation, body composition, and long-term wellness.

This guide introduces foundational principles used throughout the Vitaliat approach.



HOW THE RESET WORKS

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The Foundations of Metabolic Balance

Structure, blood sugar stability, protein balance, and recovery all work together to support metabolic health.

STRUCTURE

3 balanced meals
5 hours between meals
Consistent meal timing

BLOOD SUGAR

Supports stable energy
Helps reduce cravings
Improves metabolic flexibility

PROTEIN BALANCE

Supports muscle maintenance
Improves satiety
Supports hormone health

RECOVERY

Sleep supports regulation
Stress impacts metabolism
Nervous system support matters

Small daily rhythms create long-term metabolic change.



BLOOD SUGAR

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Why Blood Sugar Stability Matters

Blood sugar instability influences energy, cravings, hormones, inflammation, and recovery.

ENERGY

Stable blood sugar supports more consistent energy throughout the day.

CRAVINGS

Frequent spikes and crashes can increase hunger and food cravings.

HORMONES

Blood sugar impacts cortisol, insulin, and metabolic signaling.

RECOVERY

Stable blood sugar helps support sleep, inflammation, and nervous system regulation.

STRUCTURED MEALS

Insulin has time to regulate between meals.

FREQUENT SNACKING

Frequent snacking can keep insulin elevated.



The body functions differently when insulin has time to regulate.



PROTEIN

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Why Protein Matters

Protein supports blood sugar stability, muscle maintenance, satiety, recovery, and metabolic health.

MUSCLE SUPPORT

Supports lean muscle maintenance and physical recovery.

BLOOD SUGAR

Protein helps slow glucose spikes and support steadier energy.

SATIETY

Balanced protein intake helps support fullness and appetite regulation.

HORMONES

Amino acids support hormone production and metabolic signaling.

MIXING PROTEINS

- more digestive demand
- slower nutrient breakdown
- harder metabolic regulation

vs

ONE PROTEIN SOURCE

- simpler digestion
- steadier blood sugar
- improved nutrient absorption

Simplicity helps the body function more efficiently.



HEALTHY FATS

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Why Fat Quality Matters

Different fats influence inflammation, hormones, digestion, satiety, and metabolic signaling differently.

FAT SOURCE	BEST USE	METABOLIC SUPPORT
Extra Virgin Olive Oil	Finishing meals	Inflammation + hormone support
Avocado Oil	Cooking	Blood sugar + satiety support
Coconut Oil	High-heat cooking	Quick energy + stable fuel source
Flax Seeds / Flax Oil	Used strategically	Digestion + fibre support
Ghee	Cooking variety	Satiety + meal satisfaction

Different fats create different signals in the body.



SLEEP & RECOVERY

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Recovery Is Part of Metabolic Health

Sleep, stress, and nervous system health influence metabolism, cravings, inflammation, and energy.

SLEEP

- Supports blood sugar regulation
- Helps regulate hunger hormones
- Supports recovery + repair

STRESS

- Chronic stress increases cortisol
- Elevated cortisol impacts metabolism
- Increased cravings + fatigue

NERVOUS SYSTEM

- The body functions differently when it feels safe
- Regulation supports digestion + recovery
- Recovery influences inflammation

RECOVERY

- Consistent sleep schedule
- Gentle movement
- Recovery between stressors
- Balanced routines

Signs your
body may need
more recovery

- Energy crashes
- Cravings
- Poor sleep
- Wired but tired
- Brain Fog
- Stress Sensitivity

Recovery is not separate from health — it is part of it.



FIRST 7 DAYS

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What To Expect In The First 7 Days

Small changes in structure, hydration, nutrition, and movement can influence how the body feels and responds.

YOU MAY NOTICE

- More stable energy
- Reduced cravings
- Improved digestion
- Better hunger awareness
- Better hydration

THIS IS NORMAL

- Temporary fatigue
- Mild headaches
- Temporary cravings
- Increased hunger initially
- Changes in digestion

The body often needs time to adjust to new rhythms.



DAILY FOUNDATIONS

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Simple Daily Rhythms Matter

Consistent daily habits help support blood sugar stability, recovery, energy, and long-term metabolic health.

DAILY FOUNDATIONS

- Protein at meals
- Hydration
- Structured meal timing
- Daily movement
- Sleep consistency
- Recovery time
- Nervous system support
- Balanced routines

Small consistent actions often create the biggest long-term changes.

Consistency matters more than perfection.



MOVEMENT GUIDELINES

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Supporting Strength & Recovery

Consistent movement supports metabolic health, blood sugar regulation, recovery, mood, and long-term wellness.

DAY	FOCUS
Day 1	Strength Training
Day 2	Cardio / Elevated Heart Rate
Day 3	Pilates, Yoga, or Mobility
Day 4	Strength Training
Day 5	Cardio / Elevated Heart Rate
Day 6	Strength Training
Day 7	Active Recovery + Walking

DAILY MOVEMENT GOALS

- Aim for 8,000–10,000 steps daily
- Aim for approximately 40 minutes of movement daily
- Recovery and consistency matter as much as intensity
- Choose movement that feels supportive and sustainable



IMPORTANT INFORMATION

The Essence of Vital Living

Wellness Education & Coaching Disclaimer

Please review the following before beginning any nutrition, movement, or wellness program.

Vitaliat provides wellness education and lifestyle coaching intended to support general health and wellness. This guide is not intended to diagnose, treat, prevent, or cure medical conditions.

Please consult with your physician or qualified healthcare provider before beginning any nutrition, movement, supplement, or lifestyle program.

Movement, nutrition, and wellness recommendations should always be adapted to your personal health history, injuries, medications, and individual needs.

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The goal is sustainable wellness — not perfection.



YOUR RESET JOURNEY

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Sustainable Wellness Starts Here

This guide is not about perfection or restriction.

It is about helping the body feel more supported, regulated, and resilient through simple daily structure.

Small consistent choices often create the most sustainable long-term change.

CONTINUE YOUR VITALIAT JOURNEY

30-Day Reset
Personalized Coaching
Metabolic Health Support

The goal is not temporary change — it is long-term vitality.

