



7-Day Nutrition Reset

Small Tweaks That Actually Stick

By *Tweaksly*

WWW.TWEAKSLY.COM

Welcome to Tweaksly

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This guide is not a diet, a cleanse, or a rigid plan. It's a practical reset designed to help you make small nutrition tweaks that improve digestion, energy, and clarity—without overwhelm.



Why Small Tweaks Work

Most nutrition plans fail because they demand perfection. Tweaksly is built on a different idea: meaningful change happens when small improvements stack over time. This 7-day reset helps you focus on what actually moves the needle first.

The 4 Tweaks That Matter

-  **1. Hydration:** Proper hydration supports digestion, energy, and appetite regulation.
-  **2. Fiber:** Fiber feeds your gut and supports regular digestion.
-  **3. Protein Balance:** Adequate protein supports fullness and blood sugar stability.
-  **4. Ultra-Processed Foods Awareness:** Fewer additives = less digestive stress.

Your 7-Day Nutrition Reset

- Day 1 Add one full glass of water before your first meal.
- Day 2 Add one fiber-rich food (vegetable, fruit, or whole grain).
- Day 3 Balance one meal with protein, fiber, and healthy fats.
- Day 4 Swap one ultra-processed food for a simpler alternative.
- Day 5 Slow down one meal and eat without distractions.
- Day 6 Support your gut with fermented or prebiotic foods.
- Day 7 Reflect on what felt easiest—and repeat it.



The Balanced Plate Method

A balanced plate doesn't require tracking or restriction. Aim for:

- $\frac{1}{2}$ plate: vegetables or fiber-rich carbs
- $\frac{1}{4}$ plate: protein
- $\frac{1}{4}$ plate: healthy fats or complex carbs

This simple visual helps guide meals without stress.



What to Do After the Reset

The goal isn't to do everything—it's to keep what works. From here, explore Daily Tweaks on Tweaksly for simple habits you can apply each day, or dive deeper into gut health, smart food swaps, and supplement education.



Ready for more daily tweaks?

Want help staying consistent?

You can sign up to receive one Daily Tweak each day — short, practical, and easy to apply.

- No spam.
- No pressure.

Just simple guidance to help you eat better, one tweak at a time.

Sign up for Daily Tweaks at Tweaksly.com



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