

The Biologix 12-Week Reset Plan™

Confidence • Energy • Results that Last

Built for busy professionals in their 30s–50s. Evidence-informed. Practical. Ad-safe.

Disclaimer: Educational guide only — not medical advice. Consult your clinician before making significant changes to your diet, training, or supplements.

Welcome & How to Use

This program is a practical, step-by-step system to reset your body composition, energy, and daily habits in 12 weeks. Each week has a clear focus with actions you can actually do even with a busy schedule.

Lifestyle change is the foundation. At BiologixSupply.com, you'll also find optional research tools that some people use to support appetite control, recovery, or appearance. This guide stays lifestyle-first and mentions those tools only as optional enhancements.

Your Core Targets (Evidence-Informed)

- Protein: 0.7–1.0 g per lb bodyweight (1.6–2.2 g/kg) daily to support lean mass.
- Fiber: 25–38 g/day (or ~14 g per 1,000 kcal).
- Hydration: ~3.7 L/day (men) • ~2.7 L/day (women) from food + fluids.
- Movement: 150–300 min/wk moderate cardio (or 75–150 min vigorous) + 2–3 strength sessions.
- Steps: Work toward 8,000–12,000/day. Improve gradually (+1,000/day each week until sustainable).
- Sleep: 7+ hours/night with a consistent schedule and wind-down routine.

Simple Nutrition Setup

Pick one method and stick with it for the first 4 weeks before adjusting.

- Method A — Plate Method: ½ plate veggies/fruit • ¼ plate protein (palm to palm-and-a-half) • ¼ plate carbs (1–2 cupped hands) • 1–2 thumb-sized portions of healthy fats.
- Method B — Protein-First: Set protein goal, split over 3–4 meals, then fill remaining calories with carbs/fats you enjoy while hitting your fiber target.

Starting calorie guide (adjust later): Bodyweight (lb) × 12 for a modest deficit. Adjust by ±200 kcal after 2 weeks if your weight trend stalls or energy dips. Healthy loss pace: ~0.5–2.0 lb/week depending on starting size.

Grocery Staples (Mix & Match)

- Proteins: chicken, turkey, lean beef (93%+), eggs/egg whites, Greek yogurt, cottage cheese, tofu/tempeh, fish (salmon, tuna, cod).
- Carbs: rice/quinoa, potatoes/sweet potatoes, oats, whole-grain pasta/wraps, beans/lentils, fruit, high-fiber tortillas.
- Fats: olive/avocado oil, avocado, nuts & nut butters, chia/flax seeds, 70%+ dark chocolate.
- Veggies: leafy greens, crucifers (broccoli/cauli), peppers, onions, tomatoes, cucumbers, carrots.

Strength & Conditioning Program (12 Weeks)

Train 2–3×/week on non-consecutive days. Warm up 5–8 minutes (light cardio + dynamic mobility). Use a controlled tempo and full range of motion. When you can perform the top of the rep range with good form, increase load by ~2–10%. Consider a deload in Week 8 (reduce volume by ~30%) if joints or recovery feel strained.

Workout A

- Goblet Squat or Leg Press — 3×8–12 (RPE 7–8; leave 2–3 reps in reserve)
- DB Bench Press or Push-Ups — 3×8–12
- One-Arm DB Row or Seated Row — 3×8–12
- Romanian Deadlift — 3×8–12
- Plank or Dead Bug — 3×30–45 sec

Workout B

- Split Squat or Reverse Lunge — 3×8–12/side
- Lat Pulldown (or banded alternative) — 3×8–12
- DB Shoulder Press — 3×8–12
- Hip Thrust or Glute Bridge — 3×8–12 (pause at top)
- Carry (Farmer's or Suitcase) — 3×30–60 sec

Cardio & NEAT

- Build to 150–300 minutes/week of moderate cardio (brisk walking, easy cycling).
- Or 75–150 minutes/week vigorous (jogging, intervals). Keep most sessions conversational (Zone 2).
- Steps: Start from your current average; add ~1,000/day weekly until 8,000–12,000/day feels sustainable.
- Optional: 1–2 short HIIT sessions (8–10 minutes) if fully recovered.

The 12-Week Roadmap

Week 1 — Baseline & Setup

- Log steps for 7 days; take an honest snapshot of sleep, snacks, and stress.
- Protein at every meal; prep 2 easy go-to breakfasts and 2 lunches.
- Do Workout A once; add two 20–30 min brisk walks.
- Mindset: pick a compelling reason ('Why now?'). Write it in your notes.

Week 2 — Morning Momentum

- High-protein breakfast daily (shake + oats, or eggs + Greek yogurt).
- Do 2 strength sessions (A & B).
- Add +1,000 steps/day vs last week.
- Hydration cue: 1 glass on waking, 1 with each meal.

Week 3 — Fiber & Veggies

- Hit 2 cups veggies/day (add a salad or roast a tray of veggies).
- 2–3 strength sessions; cardio total ≥ 90 min.
- Plan 3 protein-forward dinners this week.
- Check hunger patterns; add berries/beans for fiber if needed.

Week 4 — Hydration & Consistency

- Keep hydration habit (on waking + with meals).
- Steps toward an 8k daily average.
- Refine sleep routine: screens off 60 minutes before bed.
- Dining out once? Go protein + veg + potato/rice; sauces on side.

Week 5 — Strength Emphasis

- Hit fiber target (25–38 g/day).
- Aim for 3 strength sessions if recovered.
- Cardio total ≥ 150 min, mostly Zone 2.
- Evaluate progress trend; consider ± 200 kcal adjustment if stalled.

Week 6 — Sleep Upgrade

- Make wind-down non-negotiable; aim for 7–8 hours.
- Maintain training consistency (2–3 sessions).
- Audit liquid calories and late-night snacks.
- If appetite is difficult, consider higher-fiber meals earlier in the day.

Week 7 — Aerobic Base

- Add one 30–40 min steady Zone 2 session.
- Steps drifting toward 10k/day if feasible.
- Keep protein goal; plan 1 meatless high-protein meal (tofu/edamame).
- Optional: Swap one lift variant to refresh joints (e.g., goblet \rightarrow leg press).

Week 8 — Deload (If Needed)

- Reduce lifting volume ~30% if sore or fatigued; maintain steps/cardio.
- Reinforce sleep routine; morning sunlight + walk if possible.
- Keep protein high; hydrate well.
- Mindset check-in: write 3 wins from the past 7 weeks.

Week 9 — Re-Acceleration

- Resume progressive overload; nudge weights up where form is solid.
- Consider 1 short HIIT finisher (8–10 min) once this week.
- Dial in meal timing around training (protein pre/post).
- Revisit grocery staples; restock for simplicity.

Week 10 — Travel & Dining Out

- Use hotel-gym version of Workout A/B or bodyweight circuit (below).
- Airport plan: yogurt + fruit, jerky + nuts, high-fiber wrap with chicken.
- Cap alcohol to 1–2 drinks on occasion; alternate with water.
- Keep steps steady; even short walks add up.

Week 11 — Plateau Busters

- Add +500–1,000 steps/day OR trim 150–200 kcal/day — not both.
- Verify sleep ≥ 7 h; troubleshoot stress with a 5-minute walk/journal.
- Swap movement variations to keep joints happy.
- Check protein at each meal; add a shake if needed.

Week 12 — Maintenance Rehearsal

- Hold weight within ± 1 lb this week while keeping habits.
- Document your go-to breakfasts, lunches, and 3 dinner templates.
- Set your next 12-week goal (fat loss, recomposition, performance).
- If exploring advanced support, see [BiologixSupply.com](https://biologixsupply.com) bundles.

Sample Meal Plans (Examples)

These are sample days to illustrate structure. Adjust portion sizes to match your calorie needs while keeping protein high and fiber rich.

Meal	1,800 kcal Day	2,200 kcal Day	2,600 kcal Day
Breakfast	Greek yogurt (200 g) + berries + oats; 2 eggs	Protein shake + oats + banana; 2 eggs	Egg scramble (3 eggs + veggies) + Greek yogurt + toast
Lunch	Chicken bowl: rice, veggies, avocado, salsa	Turkey wrap (high-fiber) + side salad + olive oil	Salmon, potatoes, broccoli, olive oil
Snack	Cottage cheese + pineapple	Protein shake + nuts	Greek yogurt parfait + granola
Dinner	Tofu/edamame quinoa bowl + greens + tahini	Lean beef + sweet potato + green beans	Chicken thigh + rice + big salad
Targets	~140–170 g protein; ≥25 g fiber	~170–200 g protein; ≥30 g fiber	~190–220 g protein; ≥35 g fiber

Tip: Swap in meatless options (tofu, tempeh, beans) to increase fiber and satiety while keeping protein high.

Weekly Habit Tracker (Print or Fill)

Use one row per day. Check off your habits and jot quick notes.

Day	Protein @ Each Meal	Fiber Hit (25–38 g)	Steps Hit	Strength (Y/N)	Cardio Minutes	Sleep ≥7 h	Hydration	Notes
Mon								
Tue								
Wed								
Thu								
Fri								
Sat								
Sun								

Progress Log (use weekly):

Week	Weight	Waist	Chest	Hips	Thigh	Avg Sleep (h)	Energy (1–10)	Notes
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

Travel & No-Equipment Workouts

If you're away from your usual gym, use these quick circuits. Keep the effort moderate; stop sets 1–2 reps before failure.

Hotel Room Circuit (20 minutes)

- 5 rounds (EMOM style): 45 sec work / 15 sec rest
- • Bodyweight Squats
- • Push-Ups (elevate hands if needed)
- • Glute Bridge
- • Plank

Stairwell Session (15–20 minutes)

- Brisk stair climbs 1–2 floors up + walk down (repeat)
- Every 3 minutes: 10 bodyweight lunges/side + 10 wall push-ups

Dining Out & Smart Swaps

- Scan menus for protein anchors (steak, chicken, fish, tofu) + veggies + potato/rice.
- Ask for sauces/dressings on the side; choose grilled, baked, steamed.
- Airport staples: Greek yogurt + fruit; jerky + nuts; salads with chicken; high-fiber wraps.
- Alcohol: keep for special occasions; alternate with water; avoid sugary mixers.
- Dessert strategy: share, choose fruit-forward options, or plan it in and adjust portions earlier.

Plateau Busters (Checklist)

- Scale trend flat ≥ 2 weeks? Add 500–1,000 steps/day OR reduce 150–200 kcal/day (not both).
- Hunger at night? Front-load protein & fiber; add a high-protein evening snack (e.g., Greek yogurt).
- Low energy? Audit sleep, stress, hydration; consider a deload week; don't slash carbs too low.
- Joint niggles? Swap movements (goblet \rightarrow leg press), adjust range, reduce tempo or load.

Optional Research Tools — Overview (Educational Only)

Some individuals explore research tools alongside lifestyle change. The following categories are provided for educational context only. Always follow laws and consult a qualified clinician for personal guidance.

Appetite & Metabolic Support

Used by some to help manage appetite and improve adherence to a calorie deficit when combined with diet and exercise.

- Semalor™ (GLP-based) — often used to support appetite control and satiety while building consistent nutrition habits.
- Velatix™ (Dual-agonist class) — explored for metabolic support and weight-management frameworks.
- Retalynt™ (Multi-agonist class) — researched for comprehensive metabolic effects; lifestyle foundation remains essential.

Lifestyle pairing: high-protein meals, daily steps, 2–3×/wk strength training, sleep ≥7 hours.

Recovery & Soft-Tissue Support

Explored for supporting recovery signals and connective tissue resilience in research contexts.

- NotionVault™ (BPC-157 class) — referenced in preclinical literature for soft-tissue support concepts.
- ThermaBind™ (TB-500 class) — explored for recovery pathways and tissue dynamics.

Lifestyle pairing: progressive overload with good form, adequate protein, hydration, and sleep.

Skin, Hair & Appearance Support

- Curessin™ (GHK-Cu class) — often studied topically for skin quality and appearance; sometimes discussed in hair contexts.

Lifestyle pairing: nutrient-dense diet, sun protection, and consistent sleep.

Note: BiologixSupply.com provides research-grade options aligned to these categories. This plan does not prescribe use; it remains educational, with lifestyle as the core intervention.

Optional Non-Peptide Supplements (Evidence-Based)

- Protein powder (whey/casein or plant): convenient way to reliably hit protein targets.
- Creatine monohydrate (3–5 g/day): well-researched for strength and training volume over time.
- Caffeine (~3 mg/kg pre-workout): supports performance; avoid late-day to protect sleep.
- Vitamin D or others only if deficient — check with your clinician.

FAQs

- Q: How fast should I lose weight?
A: Sustainable range is ~0.5–2.0 lb/week depending on starting point. Focus on habits over the scale.
- Q: Do I need to track calories?
A: Not necessarily. Use the Plate Method or Protein-First approach and adjust portions based on your 2-week trend.
- Q: What if I miss workouts?
A: Repeat the previous week's plan and move forward. Consistency beats perfection.
- Q: Can I do this if I travel often?
A: Yes — build hotel-room workouts and airport food strategies into your routine.

References & Evidence Snapshots

- Protein requirements & resistance training adaptations: Modern position stands and meta-analyses suggest ~1.6 g/kg/day is a common plateau for maximizing lean mass support during training.
- Physical Activity Guidelines: 150–300 min moderate cardio (or 75–150 vigorous) + 2+ strength sessions weekly.
- Sleep: Adults should obtain ≥7 hours of sleep/night; consistency matters for weight control and performance.
- Dietary Fiber: Adequate Intake ≈ 14 g/1,000 kcal; commonly framed as 25–38 g/day for adults.
- Steps & health: Observational data link higher daily steps with reduced mortality risk; benefits evident around ~7k–10k+ steps/day.

This summary is provided for educational context and does not replace individualized medical guidance.

Your Next Step

You've built a lifestyle foundation that lasts. Keep the habits that worked best, set your next 12-week target, and — if you choose to explore advanced research support — visit BiologixSupply.com to learn about 3-, 6-, and 12-month options that map to this plan.