

A close-up photograph of a person's hands holding a white ceramic mug. The hands are wrapped in a thick, beige-colored knitted sleeve. The background is a soft, out-of-focus light beige. A central white rectangular box contains text.

WELLNESS THAT FITS

BRAIN & ENERGY RESET

5-DAY NUTRITION RESET



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5-DAY NUTRITION RESET

For women who are tired of pushing through and ready to feel supported.
You don't need to overhaul your life.
You don't need more discipline.
You just need the right nourishment.

Hi, I'm Cassie, a dietitian and founder of Wellness That Fits, where I help high-achieving women with brain fog, mental fatigue, and low energy to restore focus, stabilize energy and mood, and protect the brain behind their success. Because success shouldn't cost you your health, your family, or yourself.

No quick fixes or fads—just science-backed nutrition that fits real life.



I created this reset to help nourish your brain and energy first to create the the conditions for less decision fatigue. Health can feel overwhelming when approached with an all-or-nothing mindset, but this guide will show you how to build healthy habits gradually—one manageable step at a time!





DAY 1: MEAL PREP 5 BREAKFASTS

LESS DECISION FATIGUE & LESS MORNING CHAOS

Today's Practice

Spend 10 minutes to prep your breakfasts for the reset days

- Recipes are found in the Meal Plan
- Raspberry Chia Protein Pudding (prep 3 jars)
- Blueberry Cheesecake Overnight Oats (prep 2 jars)
- Note: It's so easy to prep more if you need more for yourself or your family. You have all the ingredients out already anyway!

Other Quick Breakfast Examples (with Fiber + Protein):

- Blueberry + Spinach + Almond Milk + Protein Powder Smoothie
- Chia + Hemp hearts + Milk + Fruit + Oats = Overnight Oats
- Kefir + Piece of Fruit
- Sourdough Toast + Mayo + Avocado

Why This Helps

Meal prepping breakfast:

- Reduces decision fatigue
- Allows nourishment with fiber + protein to keep you full
- Leads to less sugar cravings later in the day
- Helps regulate blood sugar for less peaks and crashes

Keep it simple: Find 3-5 breakfasts that you make on repeat from week to week.





DAY 2: FERMENTED FOOD

REDUCE INFLAMMATION & IMPROVE GUT HEALTH

Today's Practice

Add 1 fermented food to your day.

- The Meal Plan has Blueberry Cheesecake Overnight Oats for breakfast which has Greek Yogurt.
- Note: Purchase yogurt with “live active cultures” and minimal sugar
- The Meal Plan also has kefir, or fermented milk, in the Raspberry Chia Protein Pudding. If you eat either of these daily, you are getting your fermented food in daily!

Other Fermented Food Examples:

- Kombucha
- Cottage Cheese (the brand “Good Culture” has live active cultures)
- Miso
- Kefir
- Kimchi
- Note: Fermented foods can be found in the refrigerated section.
- Note: packaging must say “Live Active Cultures”.

Why This Helps

Eating fermented foods daily has been shown to:

- Improve gut health and digestion
- Improve nutrient absorption
- Reduce inflammation

More variety = more support.





DAY 3: RETHINK CAFFEINE

STEADY ENERGY, NOT JITTERS

Today's Practice

- Keep 1–2 cups of coffee
- Swap one cup for green tea
- Have caffeine before noon to protect sleep

Why This Helps

Green tea contains L-theanine, which:

- Promotes calm focus
- Supports serotonin & dopamine
- Reduces the “wired but tired” feeling

This isn't about restriction—it's about balance.

Gentle Reminder

If coffee feels non-negotiable right now, that's okay.

Awareness alone is progress.





DAY 4: FEED YOUR BRAIN OMEGA-3S

SUPPORT YOUR BRAIN

Today's Practice

Add one omega-3 rich food today.

- Note: The Brain & Energy Reset Meal Plan has a salmon recipe for today!

Other Easy Options:

- Salmon (fresh, frozen, or canned)
- Tuna packet
- Sardines
- Chia seeds or ground flax
- Walnuts

No cooking masterpieces required.

Why This Helps

Omega-3s:

- Support brain cell communication
- Reduce inflammation
- Help the brain respond less reactively to stress

Think of this as giving your brain better building blocks.



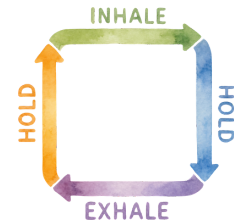


DAY 5: BREATHE BEFORE YOU EAT

SAFETY BEFORE NOURISHMENT

Before each meal or snack, pause for:

- 3–4 slow, deep breaths (box breathing)
- Inhale through the nose for 4 seconds, hold 4 seconds
- Exhale through the mouth for 4 seconds, hold for 4 seconds



Why This Helps

Eating while stressed sends danger signals to the brain.

Breathing first tells your nervous system:

“I’m safe enough to digest.”

This can:

- Improve digestion
- Reduce blood sugar spikes
- Lessen anxiety, irritability, and brain fog later

Make It Real-Life Friendly

- Do it while food is heating up
- Invite your kids to join
- Pair it with prayer or gratitude

Win the day if you remember even once.





CONTINUE YOUR MOMENTUM

WORK WITH CASSIE

If this challenge helped you see that your energy, brain fog, anxiety, and overwhelm could be biological, not personal, and you want:

- Personalized nutrition support for brain health & energy
- Nervous system regulation strategies
- Sustainable routines that fit real life

BOOK A DISCOVERY CALL

Let's build a plan that supports your nervous system—not someone else's rules.

[Click here to Book your Free Call.](#)

