

21-Day:
Clean Fuel
Reset

THE DOMYN3 F.I.T. METHOD



DOMYN3 Inc

21-Day: Clean Fuel Reset

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CHALLENGE OVERVIEW + RULES

What This Is:

A **21-day whole-food, meatless reset** built to simplify fuel, reset defaults, and expose what changes when comfort isn't available. The goal is **evidence-stacking**: proof we can lead ourselves.

Length: 21 Days

Two Lanes (Choose One)

Lane A — Meatless (Standard): No meat (beef, pork, poultry, fish/seafood). Eggs/dairy allowed.

Lane B — Plant-Only (Optional): No meat + no eggs/dairy.

Either lane works. The win is **whole food + consistency**, not dietary perfection.

Non-Negotiables

1. **Whole foods only** (single-ingredient foods as your base).
2. **No meat** for 21 days.
3. **No ultra-processed foods** (chips, candy, pastries, boxed meals, sugary cereal, etc.).
4. **No sugar drinks** (soda, sweet tea, energy drinks).
5. **Daily journal** (2 minutes minimum).
6. **Failure plan:** If you miss, **resume at the next meal**. No spirals.

Whole Food Filter (Fast Test)

- If it **grew** or was **harvested**, it's usually in.
- If it has **10+ ingredients** or you can't pronounce half of them, it's usually out.

SUCCESS MARKERS (BEFORE/AFTER PROOF)**Day 0 Baseline (10 minutes)**

Choose **simple + repeatable** markers. Don't overcomplicate.

Physical markers (choose 3-4):

- Morning weight (optional): ____
- Waist measurement (navel): ____
- Resting heart rate (morning): ____
- Blood pressure (optional): ____
- Sleep (hours + quality 1-10): ____
- Digestion comfort (1-10): ____
- Joint aches/inflammation (1-10): ____
- Skin clarity (1-10): ____

Mind/Performance markers (choose 3-4):

- Energy (1-10): ____
- Mental clarity / brain fog (1-10): ____
- Mood / irritability (1-10): ____
- Cravings intensity (1-10): ____
- Midday crash frequency (Y/N): ____
- Training note (effort/recovery): ____

Day 21 After (Repeat the Same Markers)

Your win is comparison:

- "What changed when fuel got simple?"
- "What did I prove about myself?"

DAILY JOURNAL (2-MINUTE MINIMUM)

Daily Check-In (AM or PM)

Date: _____ **Day #:** ____ **Lane:** A / B

1. **Fuel integrity:** On plan / Off plan
2. **Energy (1–10):** ____
3. **Clarity (1–10):** ____
4. **Cravings (1–10):** ____
5. **Digestion (1–10):** ____
6. **Body signal (one sentence):**
“Today my body is telling me: _____”
7. **Micro-win (leadership proof):**
“I led myself when: _____”

WEEKLY CHECKPOINTS (DAYS 7/14/21)**End of Week Reflection (complete on Day 7, 14, 21)****A) What changed in my body signals?**

Energy / cravings / sleep / digestion / aches / mood

B) What patterns showed up?

When do I reach for comfort? What triggers it?

C) What did I prove about myself this week?

(Identity evidence, not outcome hype.)

D) One standard I'm raising next week:**Community Check-In Hub (RECOMMENDED)**

I love hearing from people who are getting it done and your check-ins motivate me. So don't be shy. Drop by the Hub on Facebook and post along the way: big days, tough days, wins, struggles... all of it. Let's keep each other moving.

[The F.I.T. Method Challenge Series Hub](#)

Post title format:

[21 Day Fuel Reset | Week One/Two/Three | City/State]

- Done
- Noticed
- Adjusting
- Win

THE FOOD SYSTEM (SIMPLE STRUCTURE)

Plate Template (No Macros Needed)

- **Half plate:** vegetables
- **Quarter plate:** protein (beans, lentils, tofu/tempeh; + eggs/Greek yogurt if Lane A)
- **Quarter plate:** whole carbs (rice, potato, oats, quinoa, fruit)
- **Add:** healthy fat (olive oil, avocado, nuts/seeds)

Two Emergency Meals (Week 1)

Emergency Meal #1: Black beans + microwave rice + salsa + avocado

Emergency Meal #2: Oats + nut butter + banana + cinnamon (or Greek yogurt + berries)

GROCERY LIST (STAPLES + OPTIONS)**Base Staples**

- Oats, quinoa, brown rice, whole grain bread/wraps
- Lentils (dry/canned), chickpeas, black beans, kidney beans
- Olive oil, lemon/lime, garlic, onions
- Spices: salt, pepper, cinnamon, cumin, chili, curry, paprika
- Veg: spinach, peppers, broccoli, carrots, cucumbers, tomatoes, cabbage
- Fruit: bananas, apples, berries (fresh/frozen)

Protein Options

- Tofu/tempeh
- (Lane A) eggs, Greek yogurt, cottage cheese

Convenience Helpers (still clean)

- Frozen veggie mix
- Microwave rice (check ingredients)
- Salsa (check added sugar), or make your own from the recipe list (preferable)

EMERGENCY PLAN (RESUME-NO SPIRAL)

If You Go Off Plan

Rule: If you miss, you **resume at the next meal.**

No shame. No compensation. No “starting over.” Just leadership.

Repair Prompt (2 minutes):

1. What happened? (facts only) _____
2. What’s my next clean decision? _____
3. What friction do I remove tomorrow? _____

WEEKLY LESSON (WEEK ONE – THREE)**Week 1 — Reset the Default****A) Defaults Are Just Paths We Keep Walking**

Most of us don't choose our habits, we inherit them. We eat what's easy, crave what's engineered, and repeat what's familiar. Over time, "familiar" starts to feel like "normal." In Scripture language, that's a *path*. You walk it long enough and you don't need motivation anymore you just do it. That's what makes defaults powerful. They don't ask permission, they run automatically.

This is why a reset matters. Not because food is evil, but because patterns are loud. If we don't interrupt the path, the path keeps deciding for us. Week One is simply stepping off the worn trail long enough to see where it's been taking us.

B) Remove the Easy Button and the Truth Shows Up

Comfort hides patterns. Convenience covers weakness. When the easy option is always available, we can pretend we're "fine." But remove it and whatever has been leading us comes out. Cravings get loud. Excuses multiply. Mood starts negotiating. That's not failure. That's exposure.

This is the point of the reset: to pull the covers back. The challenge isn't mainly the food. The challenge is the leadership required when comfort isn't available. When the old defaults can't run the show, we see the real system we've been living under. And once we can see it, we can change it.

C) Reset Happens Through Replacement and Repetition

Defaults don't change because we feel inspired. They change because we install a new standard and repeat it until it becomes normal. Scripture calls it "put off / put on." That's replacement language. Not guilt or self-loathing. A swap. A new operating system.

That's why this challenge works: it simplifies the input so we can read the signal. Daniel ran this exact kind of test—clean fuel, clear outcomes. Same principle here. By week three, the win isn't just feeling better. The win is proof: "I can lead myself." That proof becomes an internal standard you can return to long after the 21 days are over.

Week 2 — Evidence Stacking

A) Evidence Stacking Builds Identity

Identity isn't what we say we are. It's what our actions keep proving. Every time you choose clean fuel when nobody's watching, you cast a vote for the kind of person you're becoming. One decision won't change your life, but repeated decisions will. That's evidence stacking: small wins that pile up until your brain stops debating and starts believing.

Week Two is where this gets real, because the novelty wears off. The body is adjusting, cravings might still show up, and the old habits start calling your name again. This is the week you stop chasing motivation and start collecting proof. Not proof for other people, proof for you.

B) Patterns Reveal the Real Leader

When life gets busy, we don't rise to our goals, we fall to our patterns. Week Two exposes what actually leads us under pressure: appetite, mood, convenience, stress, or standards. That's why journaling matters here. Being honest is the only way forward. If the same breakdown keeps happening at the same time of day, that's not random. That's a system.

The point isn't to judge yourself. The point is to locate the leak. Once you can name the pattern, you can design around it. And when you design around it, discipline stops being a fight and starts being a rhythm.

C) Raise the Standard by Removing Friction

Most people fail clean eating for one reason: they leave too many decisions unplanned.

Willpower isn't a strategy. Systems are. Week Two is about tightening the environment so the right decision becomes the easy decision. That means pre-deciding meals, keeping emergency options ready, and removing the trigger foods that keep recruiting you back to the old default.

This is where real leadership shows up. You don't wait until you're tempted to decide who you are, you decide in advance. Then you let your actions match the standard until it becomes your new normal.

Week 3 — Internal Standard

A) Internal Standard Beats External Pressure

By Week Three, the loud cravings usually quiet down and what's left is the real test. *Do we need pressure to stay aligned, or do we have an internal standard?* External pressure can produce temporary results with a deadline, a challenge, or a coach watching. But the goal isn't to behave for 21 days. The goal is to build a standard that holds even when nobody is counting.

This is where the reset becomes ownership. You start recognizing what "clean" feels like in your body with clarity, steadier energy, lighter digestion, calmer mood. That's feedback in real life. An internal standard is simply this: you know what alignment feels like now, so going back to chaos doesn't feel normal anymore.

B) Authority Shows Up as Weight, Not Noise

Real authority doesn't need to announce itself. It has weight because it's consistent. By Week Three, you're not trying to prove anything. You're simply becoming the kind of person who does what they said they would do. That consistency carries into everything else: decision-making, discipline, mood, even how you show up with people.

This is why the "before/after" matters. Not because you're chasing a transformation photo, but because evidence gives weight. You can point to real data like sleep, aches, clarity, cravings, digestion and say, "This is what happens when I lead myself." Authority is built when you live in a way that produces repeatable outcomes.

C) The Finish Is a Handoff, Not a Finish Line

Most people treat the end of a challenge like a finish line, then they go celebrate by undoing it. Week Three is different. Week Three is a handoff. You take what you learned and decide what stays. Because the goal was never just a clean streak. The goal was to reset your default and walk away with a stronger internal standard.

So, we finish with two decisions: **what becomes non-negotiable** and **what returns with boundaries**. That's how you keep the benefits without living in extremes. You don't need perfection. You need a standard you respect and a plan you can repeat.

RECIPES: BREAKFAST**1) Overnight Oats (2 servings)****Ingredients**

- Rolled oats — 1 cup
- Milk or milk alternative — 1½ cups
- Chia seeds — 2 tbsp
- Berries — 1 cup
- Cinnamon — to taste
- Optional: nuts, honey (if you allow it), pinch of salt

Steps

1. Mix oats, milk, chia, cinnamon (and salt if using).
 2. Refrigerate overnight (or 4+ hours).
 3. Top with berries and nuts.
-

2) Apple-Cinnamon Oatmeal (2 servings)**Ingredients**

- Rolled oats — 1 cup
- Water or milk — 2 cups
- Apples — 2, diced
- Cinnamon — to taste
- Optional: walnuts, chia/flax

Steps

1. Simmer oats in water/milk until thick.
 2. Stir in apples during the last 5 minutes.
 3. Top with cinnamon and walnuts
-

RECIPES: BREAKFAST**3) Chia Pudding (2 servings)****Ingredients**

- Chia seeds — ¼ cup
- Milk or milk alternative — 1 cup
- Vanilla — optional
- Fruit — for topping

Steps

1. Mix chia + milk + vanilla.
 2. Refrigerate 2–4 hours (or overnight).
 3. Top with fruit.
-

4) Veggie Egg Scramble (Lane A) (1–2 servings)**Ingredients**

- Eggs — 3–4
- Spinach — 1–2 handfuls
- Bell pepper — ½–1
- Onion — ¼–½
- Olive oil — 1 tsp
- Salt/pepper — to taste
- Optional: salsa, avocado

Steps

1. Sauté onion + pepper in olive oil until soft.
2. Add spinach until wilted.
3. Add eggs and scramble. (top with avocado and/or salsa)

RECIPES: BREAKFAST**5) Sweet Potato Breakfast Bowl (2 servings)****Ingredients**

- Sweet potatoes — 2, cubed
- Olive oil — 1 tsp
- Cinnamon — to taste
- Greek yogurt (Lane A) or plant yogurt — ½–1 cup
- Berries — ½–1 cup
- Nuts/seeds — optional

Steps

1. Roast sweet potato cubes at 400°F for 25–30 minutes.
 2. Bowl it up: sweet potato + yogurt + berries + cinnamon.
 3. Add nuts/seeds.
-

6) Smoothie Bowl (1–2 servings)**Ingredients**

- Frozen berries — 1½ cups
- Banana — 1
- Spinach — 1 handful
- Milk/alt — ½–¾ cup (use less for thicker blend)
- Chia/flax — 1 tbsp (optional)

Steps

1. Blend until thick.
 2. Pour into bowl and top with fruit/seeds.
-

RECIPES: BREAKFAST/LUNCH**7) Avocado Toast + Tomatoes (2 servings)****Ingredients**

- Whole grain bread — 2–4 slices
- Avocado — 1–2
- Tomato — 1, sliced
- Olive oil — drizzle
- Salt/pepper — to taste
- Optional: lemon juice, red pepper flakes

Steps

1. Toast bread.
 2. Mash avocado with salt/pepper (and lemon if desired).
 3. Top with tomato + olive oil drizzle.
-

8) Chickpea “Tuna” Lettuce Wraps (2–3 servings)**Ingredients**

- Chickpeas — 2 cans, drained/rinsed
- Celery — 1–2 stalks, diced
- Red onion — a little, diced
- Mustard — 1–2 tsp
- Lemon juice — ½ lemon
- Olive oil — 1 tsp
- Salt/pepper — to taste
- Romaine leaves — for wrapping

Continued....

RECIPES: LUNCH**Steps**

1. Mash chickpeas with a fork.
 2. Mix everything and season.
 3. Scoop into romaine leaves.
-

9) Quinoa Black Bean Bowl (2 servings)**Ingredients**

- Cooked quinoa — 2 cups
- Black beans — 1 can, drained/rinsed
- Corn — ½–1 cup
- Salsa — ½ cup
- Lime — ½
- Optional: avocado, cilantro

Steps

1. Combine quinoa + beans + corn.
 2. Add salsa + lime.
 3. Top with avocado/cilantro.
-

10) Greek-Style Salad + Protein (2 servings)**Ingredients**

- Cucumber, tomato, red onion
- Olives (optional)
- Chickpeas — 1 can

Continued...

RECIPES: LUNCH

- Olive oil + lemon juice
- Salt/pepper
- Optional (Lane A): feta

Steps

1. Chop veggies.
 2. Add chickpeas.
 3. Dress with olive oil + lemon + seasoning.
-

11) Hummus Veggie Wrap (2 servings)**Ingredients**

- Whole grain wraps — 2
- Hummus — 4–6 tbsp
- Spinach
- Cucumber + peppers
- Optional: shredded carrots, avocado

Steps

1. Spread hummus.
 2. Load veggies.
 3. Roll and go.
-

RECIPES: LUNCH**12) Lentil Soup (4 servings)****Ingredients**

- Lentils — 1½ cups (dry)
- Carrots — 2, diced
- Celery — 2 stalks, diced
- Onion — 1, diced
- Garlic — 2–3 cloves (or garlic powder)
- Broth/water — 6 cups
- Spices: salt, pepper, cumin/paprika (optional)

Steps

1. Sauté onion/carrots/celery 5 minutes (optional but better).
2. Add lentils + broth + seasoning.
3. Simmer 25–35 minutes until tender.

13) Sweet Potato + Bean Chili (4 servings)**Ingredients**

- Sweet potato — 1 large, cubed
- Black beans — 1 can
- Kidney beans — 1 can
- Diced tomatoes — 1–2 cans
- Onion — 1
- Chili spices: chili powder, cumin, paprika, salt/pepper

Continued...

RECIPES: LUNCH/DINNER**Steps**

1. Sauté onion. Add sweet potato + tomatoes.
 2. Add beans + seasoning.
 3. Simmer 25–30 minutes until sweet potato is soft.
-

14) Leftover Power Plate (1 serving)**Ingredients**

- Any leftovers (beans, rice, veggies, soup, etc.)
- Extra vegetables (fresh or frozen)
- Olive oil drizzle or avocado
- Fruit on the side

Steps

1. Reheat leftovers.
2. Add extra veg.
3. Add a fat (olive oil/avocado).
4. Add fruit and move on.

Rule: lunch is not a performance. It's fuel.

15) Sheet Pan Veggies + Tofu (3–4 servings)**Ingredients**

- Broccoli, zucchini, peppers, onion (or any mix)
- Tofu — 1 block, cubed
- Olive oil — 1–2 tbsp

Continued...

RECIPES: DINNER

- Salt/pepper + spices (paprika, garlic powder)

Steps

1. Toss everything in olive oil + spices.
 2. Roast at 425°F for 25–30 minutes.
 3. Serve over rice or quinoa.
-

16) Stir-Fry + Rice (3 servings)**Ingredients**

- Mixed veggies (fresh or frozen)
- Garlic + ginger (optional)
- Olive oil — 1 tbsp
- Soy sauce/tamari — to taste
- Cooked rice — 2–3 cups
- Optional: tofu, sesame seeds

Steps

1. Sauté veggies in olive oil.
 2. Add soy/tamari.
 3. Serve over rice.
-

17) Lentil “Bolognese” (4 servings)**Ingredients**

- Lentils — 1 cup dry (or 2–3 cups cooked)
- Crushed tomatoes — 1 large can

Continued...

RECIPES: DINNER

- Onion + garlic
- Italian seasoning
- Whole grain pasta or zucchini noodles

Steps

1. Sauté onion/garlic.
 2. Add lentils + tomatoes + seasoning.
 3. Simmer 20–30 minutes. Serve over pasta/zoodles.
-

18) Veggie Curry (4 servings)**Ingredients**

- Chickpeas — 1 can
- Coconut milk — 1 can
- Curry powder — 1–2 tbsp
- Mixed veggies
- Salt/pepper
- Rice for serving

Steps

1. Simmer veggies + chickpeas with coconut milk and curry seasoning.
 2. Cook 15–20 minutes.
 3. Serve over rice.
-

RECIPES: DINNER**19) Black Bean Tacos (3 servings)****Ingredients**

- Black beans — 1 can
- Corn tortillas
- Cabbage or lettuce
- Salsa
- Lime
- Optional: avocado

Steps

1. Warm beans with a little seasoning if desired.
 2. Assemble tacos: tortilla + cabbage + beans + salsa + lime.
 3. Add avocado if you have it.
-

20) Stuffed Bell Peppers (4 servings)**Ingredients**

- Bell peppers — 4
- Cooked rice/quinoa — 2–3 cups
- Beans — 1 can
- Diced tomatoes — 1 can
- Spices + salt/pepper

Steps

1. Mix rice + beans + tomatoes + seasoning.
2. Stuff peppers.
3. Bake at 375°F for 30–35 minutes.

RECIPES: DINNER/ADD-ON**21) Roasted Veg + Tahini Bowl (2 servings)****Ingredients**

- Roasted veggies (any mix)
- Quinoa/rice — 2 cups cooked
- Tahini — 3 tbsp
- Lemon juice — ½ lemon
- Water — to thin
- Salt/pepper

Steps

1. Mix tahini + lemon + a little water until smooth.
2. Build bowl: grain + veg + drizzle sauce.
3. Season to taste.

ADD-ON RECIPE — Your Clean Salsa (Packet-Ready)**Ingredients**

- Roma tomatoes — **5–6**, deseeded
- Onion — **1 medium**
- Jalapeño — **1** (deseed for mild) add another if you like the spice
- Olive oil — ½ **tbsp**
- Lemon juice — ½ **lemon**, squeezed
- Cilantro — to taste
- Garlic powder — to taste
- Salt + pepper — to taste

Continued...

Steps

1. Deseed tomatoes and jalapeño (optional for heat control).
2. Chop all the ingredients and put in a large bowl.
3. Taste and adjust salt, pepper, cilantro, and garlic powder.

Optional upgrade (for a richer, saucier salsa):

- Add **3–4 extra Roma tomatoes**, cover in olive oil, cut in half, and place under a broiler or on a grill until soft and roasted.
- Blend the roasted tomatoes into a puree, then add to the salsa.

FINAL REVIEW (DAY 21)

Day 21 “After” Snapshot

Re-take the same markers from Day 0.

Big question:

“What changed when fuel got simple and I led myself?”

Your Post-21 Standard (Write It)

My non-negotiables moving forward:

1. _____
2. _____
3. _____

My moderation items (limits):

1. _____
2. _____

In Closing

It’s our hope at **DOMYN3** that somewhere in these 21 days you found a piece of yourself you’ve been missing.

Because this challenge—like every challenge we build—isn’t about food. It’s about **choosing action** and proving we can lead ourselves when comfort isn’t available. Growth doesn’t happen in the comfortable places. It happens outside them.

Gold isn’t refined in comfort. It’s refined in fire. The heat brings the impurities to the surface. The goldsmith skims them off, checks the purity, and if it’s not right—back into the fire it goes. That cycle repeats until the gold is usable.

That’s what this was: a refining process. Not to shame you—**to sharpen you**. To show you what’s in you, and what still needs to come out. Keep what you learned. Keep the standard you built. And when it’s time to grow again—don’t avoid the fire. Step into it on purpose.

Zero Excuses. Full Effort.

~Todd