

The 3-Day Keto Reset Protocol

The 3-Day Keto Reset Protocol

Day 1: Dopamine Detox

- Bulletproof Coffee 2.0
- Anchor habit while reviewing meal plan

Day 2: Metabolic Priming

- Satiety Shot: Bone broth + coconut oil + turmeric

Day 3: Hormone Harmonizing

- Sleep Elixir: Almond milk + cream + cinnamon + nutmeg

Neuroscience Strategy:

- Habit stacking, dopamine reward cycles, inflammation management

Ascension Plan:

- Week 1: Repeat favorite day
- Week 2: Add one new recipe
- Week 3: Begin macro cycling.

Ready to transcend the plateau-without fasting?