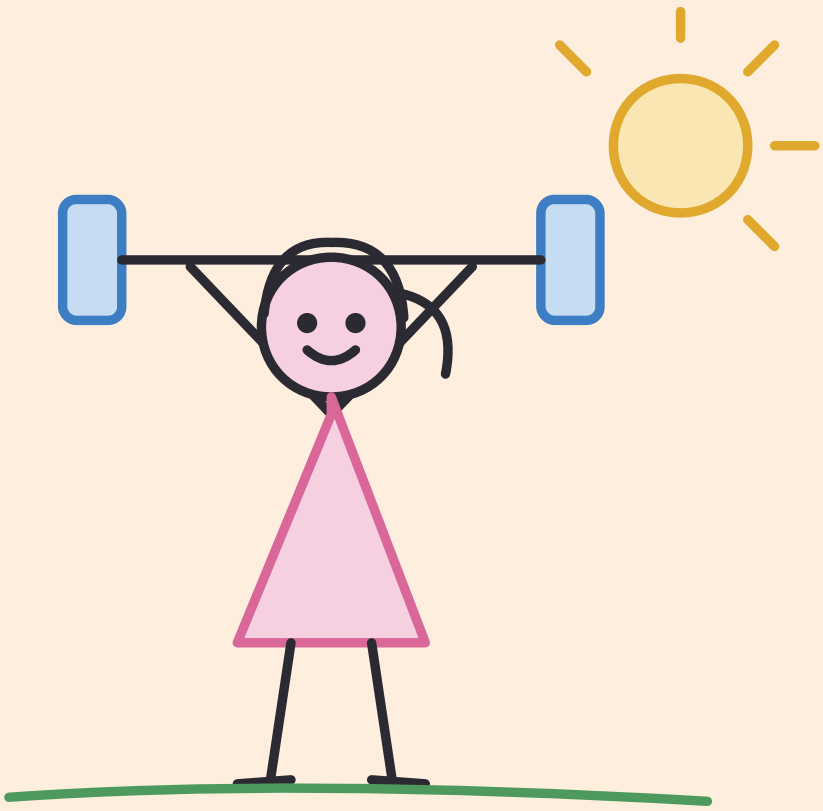
ReShape Method · Ipswich & Colchester

Your first 4 weeks

Plan + recipes

One simple plan. Meals built on protein, fibre and good fats.



Inside: how to use this pack · the base plan · your group's add-on · 10 recipes · snacks · shopping list · when to see your GP

How to use this pack

Base plan + your group = your 4 weeks

1. Find your group. It's your lowest group score from the check-in in the ReShape app.
2. Do the base plan. Everyone does this, whatever their group.
3. Add your group's focus. Find your letter in "Your group add-on".
4. Eat from the recipes. Every recipe has 20 g or more of protein, plus veg or fibre.
5. Bad week? Just do the base. That counts.
6. Week 4: redo your check-in in the app and see what moved.

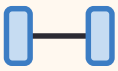
Your focus in one line

Group	Your focus
A · Glucose Control	Protein first, fewer snacks
B · Permission & Storage	Eat enough, no crash diets
C · Stress & Survival	Calm mornings, protect sleep
D · Growth & Repair	Lift heavier, sleep on time
E · Metabolic Rate	Don't eat too little
F · Hunger Signalling	Fixed meal times, slow eating
G · Reproductive Axis	Track your cycle, strength for bones

The base plan (everyone)

About an hour of training a week, a daily walk, and protein at every meal.

Week	Food	Movement	Rest
1	Protein breakfast (see recipes)	2 strength sessions of 25 min	10 min of daylight each morning; coffee before 12
2	Protein at every meal	Add a 10-min walk after your biggest meal	Screens off 30 min before bed
3	Full plate: protein, veg, carbs, healthy fat	Add a little weight to your lifts	No alcohol on weeknights
4	Keep weeks 1–3 going	Keep progressing	Redo your check-in in the app



Strength session · 25 min

3 rounds of 8–12 reps. Pick a weight where the last 2 reps feel hard. Rest 60–90 seconds.

1. Squat to a chair
2. Dumbbell hip hinge (flat back)
3. Press-up against a bench or wall
4. Dumbbell row
5. Farmer's carry: walk holding two heavy weights



Your protein portion

A palm-size portion or bigger at each meal: roughly 25–30 g of protein.

- 3 eggs
- 200 g Greek yoghurt
- 1 chicken breast
- 1 tin of tuna
- 1 salmon fillet
- 200 g firm tofu

Bad week? Just do the base. That counts.

Your group add-on

Add one focus a week on top of the base plan. Only do your own group.

A · Glucose Control

1. Protein and veg first, carbs last
2. 3 meals, 4–5 hours apart. Hungry? Protein, not a cereal bar
3. Swap juice, smoothies and fizzy drinks for water
4. Walk 10 minutes after every main meal

B · Permission & Storage

1. Don't cut calories. Normal amount, protein every meal
2. Oily fish twice a week. Olive oil and nuts daily
3. 7+ hours in bed every night
4. Only if hunger is steady: drop one treat a day, never a meal

C · Stress & Survival

1. Breakfast within 2 hours of waking. No coffee on an empty stomach
2. Breathe in for 4, out for 8. 2 min, 3 times a day
3. Slept under 6 hours? Walk instead of a hard class
4. Write tomorrow's to-do list on paper before bed

D · Growth & Repair

1. Same bedtime every night, give or take 30 min
2. Go heavier: the last 2 reps should feel hard
3. No alcohol on at least 3 nights
4. A protein meal within 2 hours after training

Your group add-on (continued)

E · Metabolic Rate

1. No very-low-calorie days. 3 meals with protein
2. Dairy, fish or eggs every day (they contain iodine)
3. 1–2 Brazil nuts a day (selenium). No more than 2
4. 3+ signs (cold, tired, thinning hair)? Ask your GP for a thyroid blood test

On thyroid medication? Take it the way your pharmacist told you. Food and coffee can affect it.

F · Hunger Signalling

1. Eat at the same times every day
2. Sit at a table. Take 20 minutes. Fork down between bites
3. Beans, lentils or oats every day, plus 2 fists of veg
4. Fixed bedtime, 7–8 hours in bed

G · Reproductive Axis

1. Track your cycle, sleep, mood and flushes on your phone
2. Potassium foods daily: veg, beans, potatoes, bananas. Plenty of water
3. Weigh only 3 mornings a week. Look at the weekly average
4. Flushes or sleep still bad? Take your tracker to your GP and ask about HRT

One focus a week.
Small steps, every week.

Week 4: redo your check-in in the ReShape app and compare your scores.

Recipes: breakfasts

Protein numbers are approximate and depend on the brands you buy.

1. Greek yoghurt power bowl

Serves 1 · 5 minutes · about 25 g protein · Good for A, B, F

- 200 g 0% Greek yoghurt
- 80 g berries, fresh or frozen
- 1 tbsp chia seeds
- 15 g walnuts, chopped
- Pinch of cinnamon

Spoon the yoghurt into a bowl. Top with berries, chia, walnuts and cinnamon.

2. Spinach and feta egg muffins

Makes 6 (eat 3) · 25 minutes · about 21 g protein per 3 · Good for A, C, D

- 6 eggs
- 50 g feta, crumbled
- 2 handfuls spinach, chopped
- 1 red pepper, diced
- Salt and pepper

1. Heat the oven to 190°C (170°C fan). Grease a 6-hole muffin tin.
2. Whisk the eggs. Stir in the spinach, pepper and feta. Season.
3. Pour into the tin. Bake 18–20 minutes until set.
4. Keeps 3 days in the fridge. Great for busy mornings.

3. Overnight protein oats

Serves 1 · 5 minutes the night before · about 25 g protein · Good for A, F

- 40 g oats
- 150 g 0% Greek yoghurt
- 100 ml milk
- 1 tbsp chia seeds
- ½ apple, grated, and cinnamon

Mix everything in a jar. Leave in the fridge overnight. Eat cold.

Recipes: lunches

4. Salmon, quinoa and greens bowl

Serves 1 · 15 minutes · about 34 g protein · Good for B, D, G

- 1 salmon fillet (about 120 g), or a tin of salmon
- 80 g cooked quinoa (a ready pouch is fine)
- 50 g edamame beans
- Spinach, ½ cucumber, cherry tomatoes
- 1 tsp olive oil, squeeze of lemon

1. Bake the salmon at 200°C (180°C fan) for 12 minutes, or use tinned.
2. Put the quinoa, edamame and veg in a bowl.
3. Flake the salmon on top. Add the oil and lemon.

5. Chicken and white bean soup

Serves 4 · 40 minutes · about 29 g protein per bowl · Good for E, F

- 500 g boneless chicken thighs, diced
- 2 tins cannellini beans, drained
- 1 onion, 2 carrots, 2 celery sticks, chopped
- 2 garlic cloves, crushed · 1 litre chicken stock
- 2 handfuls spinach · 1 tbsp olive oil

1. Soften the onion, carrot, celery and garlic in the oil for 8 minutes.
2. Add the chicken and cook for 5 minutes.
3. Add the stock and beans. Simmer for 20 minutes.
4. Stir in the spinach. Freezes well, so make it on Sunday.

6. Lentil, egg and feta salad jar

Serves 1 · 10 minutes · about 26 g protein · Good for A, F

- 150 g cooked green lentils (a pouch is fine)
- 1 boiled egg, chopped · 50 g feta, crumbled
- ½ red onion, cherry tomatoes, cucumber, rocket
- 1 tsp olive oil, 1 tsp vinegar

Layer the dressing first, then lentils, veg, egg and feta. Shake into a bowl at lunchtime.

Recipes: dinners

All four work for the whole family. Kids can have extra rice or potatoes.

7. One-tray chicken, sweet potato and broccoli

Serves 2 · 35 minutes · about 38 g protein · Good for A, D, G

- 2 chicken breasts
- 1 large sweet potato, cubed
- 1 head of broccoli, in florets
- 1 tbsp olive oil, 1 tsp smoked paprika, salt, pepper

1. Heat the oven to 200°C (180°C fan).
2. Toss the sweet potato in half the oil and paprika. Roast 15 minutes.
3. Add the chicken and broccoli with the rest of the oil. Roast 20 more minutes, until the chicken is cooked through.

8. Turkey and bean chilli

Serves 4 · 40 minutes · about 34 g protein per bowl · Good for A, C, F

- 500 g lean turkey mince (5% fat)
- 2 tins kidney beans, drained · 1 tin chopped tomatoes
- 1 onion, 1 red pepper, 2 garlic cloves, chopped
- 2 tsp chilli powder (less for kids), 1 tsp cumin, 1 tbsp olive oil

1. Fry the onion, pepper and garlic in the oil for 5 minutes.
2. Add the mince and brown it.
3. Add the spices, tomatoes and beans. Simmer 25 minutes.
4. Serve with rice, a jacket potato or salad. Freezes well.

Recipes: dinners (continued)

9. Baked cod with lentils and spinach

Serves 1 · 20 minutes · about 38 g protein Good for E, G

- 1 cod fillet (about 150 g)
- 125 g cooked puy lentils (a pouch is fine)
- 2 handfuls spinach
- 1 garlic clove, lemon, 1 tsp olive oil

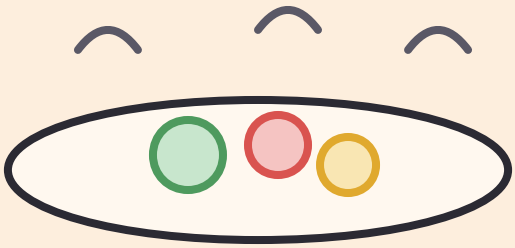
1. Bake the cod at 200°C (180°C fan) for 12–15 minutes.
2. Warm the lentils with the garlic and oil. Stir in the spinach until it wilts.
3. Top with the cod and a squeeze of lemon. White fish contains iodine.

10. Tofu and veg stir-fry (vegetarian)

Serves 1 · 20 minutes · about 29 g protein Good for B, G

- 200 g firm tofu, cubed and patted dry
- 50 g edamame beans · 1 pack stir-fry veg
- 1 tbsp soy sauce, 1 tsp sesame oil, ginger, garlic
- 60 g brown rice (dry weight)

1. Cook the rice.
2. Fry the tofu in the oil until golden, about 8 minutes.
3. Add the veg, edamame, garlic and ginger for 4 minutes.
4. Add the soy sauce. Serve on the rice.



Snacks and shopping list

Only snack if you're truly hungry between meals, and make it protein.

Snack	Protein (approx.)
150 g cottage cheese with cucumber sticks	16 g
80 g edamame beans and 1 boiled egg	15 g
150 g Greek yoghurt with a few berries	15 g
2 slices of ham or turkey rolled round cucumber	10 g

Weekly shopping list

- ☐ Eggs (12)
- ☐ 0% Greek yoghurt (1 kg)
- ☐ Cottage cheese, feta, milk
- ☐ Chicken breasts and thighs
- ☐ Lean turkey mince
- ☐ Salmon and cod (fresh or frozen)
- ☐ Firm tofu
- ☐ Tinned beans, lentil pouches, chopped tomatoes
- ☐ Oats, quinoa, brown rice
- ☐ Frozen berries, apples, bananas, lemons
- ☐ Spinach, broccoli, peppers, sweet potatoes, onions, carrots, cucumber
- ☐ Frozen edamame beans
- ☐ Walnuts, chia seeds, Brazil nuts
- ☐ Olive oil, spices, soy sauce, stock

When to see your GP

This is a starting plan, not medical treatment. Your check-in scores come from your answers, not a blood test.



See your GP if you have

- Very heavy or unusual bleeding
- Any bleeding after menopause
- Three or more thyroid signs (always cold, tired, thinning hair, dry skin)
- Symptoms that are new or severe

Check with your GP before big changes to how you eat if you take diabetes medication, take thyroid medication, are pregnant, or have had an eating disorder.

On HRT? Keep taking it as prescribed.

Questions? Book a free chat with a coach

reshape.fit/booking