

RESET
REHAB + PERFORMANCE

FREE GUIDE · RESET NUTRITION

THE PROTEIN-FIRST PLAYBOOK

Your numbers, your protein list, and meals that work

FREE

01 — START HERE

THE PROTEIN-FIRST PLAYBOOK

Fat loss that lasts isn't about willpower. It's a simple system: protein at every meal, real strength training, enough steps, and a plan for weekends.

YOUR NUMBERS IN 2 MINUTES

STEP	HOW
Maintenance	Body weight (lb) × 14 if you sit most of the day, × 15 if you're on your feet
Fat-loss target	Maintenance minus 300–500 calories
Protein	About 0.7 g per pound of goal body weight, split over 3–4 meals
Steps	Your current average + 1,000. Build to 8,000+
Weigh-ins	Every morning. Only the 7-day average counts

THE ONE RULE

Every meal starts with a protein. Then vegetables. Then everything else.

02 — PROTEIN MADE EASY

YOUR PROTEIN LIST

PROTEIN	SERVING	PROTEIN
Chicken breast	6 oz cooked	~50 g
Lean ground beef 93/7 or turkey	6 oz cooked	~42 g
Pollo asado / carne asada (lean)	6 oz	~45 g
Fish: tilapia, salmon, shrimp	6 oz	~38-42 g
Eggs + egg whites	2 eggs + 1 cup whites	~38 g
Greek yogurt, plain	1 cup	~22 g
Cottage cheese, low-fat	1 cup	~26 g
Whey or protein shake	1 scoop	~24 g
Beans (frijoles) + rice	1 cup each	~15 g
Tofu or tempeh	6 oz	~20-30 g

MEALS THAT WORK

MEAL	WHAT TO EAT	PROTEIN
Breakfast	Huevos a la mexicana: 2 eggs + 1 cup whites, peppers, onion, salsa, 2 corn tortillas	~40 g
Breakfast	Greek yogurt bowl: 1 cup yogurt, berries, 1 scoop protein mixed in, cinnamon	~45 g
Lunch	Burrito bowl: 6 oz chicken, ½ cup rice, ½ cup black beans, pico, lettuce, salsa	~55 g
Lunch	Turkey wrap: 5 oz deli turkey, high-fiber tortilla, veggies, mustard + side of fruit	~40 g
Dinner	Carne asada plate: 6 oz lean steak, grilled peppers and onions, 2 corn tortillas, nopales	~48 g
Dinner	Sheet-pan salmon: 6 oz salmon, potatoes, green beans	~40 g
Snack	Cottage cheese + fruit, or a protein shake + an apple	~25 g
Snack	Jerky (2 oz) + baby carrots, or 2 hard-boiled eggs + string cheese	~20-25 g

03 — REAL LIFE

EATING OUT WITHOUT GUILT

WHERE	THE PLAY
Mexican restaurant	Fajitas or carne asada plate. Corn tortillas over flour. Pass on the chips or take one handful.
Burger spot	Single patty, or double with no bun. Side salad or fruit instead of fries.
Pizza night	2 slices + a big salad first. Thin crust, add chicken.
Fast food	Grilled chicken sandwich or bowl. Water or diet soda.
Drinks	Each drink is 100–200+ calories. Pick your moments and alternate with water.

Talk to your doctor before changing how you eat if you have a medical condition, take medications that affect blood sugar or blood pressure, are pregnant, or have a history of disordered eating. This guide is education, not medical or nutrition therapy. Results vary.

RELIEF IS STEP ONE

Feeling better comes first. Strength is what keeps it from coming back. The 12-week program takes you from relief to real strength in four phases.

PLAN	WHAT YOU GET	PRICE
SELF-GUIDED	The full 12-week Block 01 guide, video library, and tracking tools	\$147 one time
CUSTOM	Programming tailored to you, weekly guidance and adjustments	\$133 / month
DOCTOR-LED	Weekly meeting with Dr. Urrutia, personalized progressions	\$333 / month

START THE PROGRAM

Go to resethybridrecovery.com/nutrition to see the full 12-week plan and choose your level of support.

"Movement is medicine. We don't have weak bodies. We have weak systems."

Dr. Jonathan Urrutia, DC · Founder, RESET

RESET

REHAB • RECOVER • TRAIN

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