

# A Clear 30-Day Slim-Down Plan

You Can Follow Step by Step

*Wake up knowing exactly what to do.*

## 30-DAY SLIM-DOWN PLAN

Day 1 ✓	Day 2 ✓	Day 3 ✓	Day 4 ✓	Day 5 ✓	Day 6 ✓	Day 7 ✓
Day 8 ✓	Day 9 ✓	Day 10 ✓	Day 11 ✓	Day 12 ✓	Day 13 ✓	Day 14 ✓
Day 15 ✓	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30					

*Demi F.O.*

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# How to Use This Plan

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This is your daily action map for the next 30 days. Every single day is laid out clearly — what to do in the morning, midday, and evening. No guessing. No confusion. Just open this page, find your day, and follow the checklist.

Each day combines three things:

**The Stress-Storage Reset practices** — from your main guide — the morning drink, the evening sequence, and the weekly rituals.

**The daily habits** — from Bonus 1 — the small automatic actions that keep your body in fat-release mode.

**The eating guidance** — from Bonus 2 — the meal timing and food principles that support the reset.

## THE ONE RULE

*You do not need to complete every single item every single day. Aim for 80% — if you tick 8 out of 10 items on any given day, that is a successful day. Perfection is not the goal. Consistency is. A consistent 80% over 30 days will transform your body.*

## WEEK 1 — Days 1 to 7

Foundation: Establishing the daily rhythm

DAY  
1

- Morning: Ginger-lemon drink + 10 deep breaths before leaving house
- Midday: Eat lunch before 3pm — include one vegetable
- Evening: Evening zobo/hibiscus tea + write 3 good things before sleep

DAY  
2

- Morning: Ginger-lemon drink + 20-minute walk in morning light
- Midday: Drink 3 glasses of water before 2pm
- Evening: Stop eating by 8pm. Dim screens after 8pm

DAY  
3

- Morning: Ginger-lemon drink + phone face-down until after drink
- Midday: Eat a protein with your lunch (eggs, fish, beans, or chicken)
- Evening: 10-minute stretching before bed + in bed by 10:30pm
- Weekly extra: Weekly salt foot soak (20 minutes) — do today

DAY  
4

- Morning: Ginger-lemon drink + eat breakfast within 90 minutes of waking
- Midday: Stand and breathe for 90 seconds — set alarm every 90 minutes
- Evening: Evening wind-down tea + write 3 good things

DAY  
5

- Morning: Ginger-lemon drink + 10 deep breaths
- Midday: No eating after 8pm tonight — prepare an early dinner
- Evening: Gentle stretching + dim lights by 8pm

DAY  
6

- Morning: Ginger-lemon drink + 20-minute walk
- Midday: Add one extra vegetable to every meal today
- Evening: Evening tea + write 3 good things + in bed by 10:30pm
- Weekly extra: Weekly reflection: write down 3 things that went well this week

DAY  
7

- Morning: Ginger-lemon drink + sit quietly for 5 minutes before the day begins
- Midday: Drink 6+ glasses of water today — track each one
- Evening: Early light dinner before 7pm. Full wind-down sequence
- Weekly extra: Weigh yourself (Wednesday rule: same time, same conditions)

## WEEK 2 — Days 8 to 14

*Building Momentum: Deepening the habits*

DAY  
8

- Morning: Ginger-lemon drink + 20-minute walk + phone-free for first 30 minutes
- Midday: Largest meal at lunch — resist the urge to eat heavily at dinner
- Evening: Evening tea + 3 good things + in bed by 10:30pm

DAY  
9

- Morning: Ginger-lemon drink + eat breakfast even if not very hungry
- Midday: Snack on groundnuts or banana between meals if gap exceeds 5 hours
- Evening: Stop eating by 8pm. 10-minute stretch before bed

DAY  
10

- Morning: Ginger-lemon drink + 10 deep breaths + phone face-down
- Midday: Add extra vegetables to lunch — aim for half your plate to be vegetables
- Evening: Wind-down tea + write 3 good things
- Weekly extra: Weekly salt foot soak today

DAY  
11

- Morning: Ginger-lemon drink + 20-minute walk
- Midday: Drink water before each meal — one full glass before breakfast, lunch, dinner
- Evening: Gentle stretch + dim lights by 8pm + in bed by 10:30pm

DAY  
12

- Morning: Ginger-lemon drink + 10 deep breaths
- Midday: Practice the 4-7-8 breathing if you feel stressed today (inhale 4, hold 7, exhale 8)
- Evening: Early dinner before 7:30pm. Full evening wind-down sequence

DAY  
13

- Morning: Ginger-lemon drink + 20-minute walk
- Midday: No soft drinks or sugary beverages today — only water, zobo, or ginger tea
- Evening: Wind-down tea + 3 good things + in bed by 10:30pm
- Weekly extra: Weekly reflection: notice what feels different in your body from Week 1

DAY  
14

- Morning: Ginger-lemon drink + sit quietly — review your Week 2 progress
- Midday: Drink 8 glasses of water today
- Evening: Light dinner only — soup or vegetables, small portion
- Weekly extra: Weigh yourself — same day, same time as Week 1

## WEEK 3 — Days 15 to 21

*Deepening: Pushing further, sleeping better*

DAY  
15

- Morning: Ginger-lemon drink + 20-minute walk + 10 deep breaths — all three
- Midday: Try one new cortisol-cooling food from the main guide today
- Evening: Wind-down tea + 3 good things + in bed by 10:30pm

DAY  
16

- Morning: Ginger-lemon drink + phone face-down for first hour of morning
- Midday: Eat breakfast — make it protein-rich today (eggs or beans)
- Evening: Dim lights at 8pm + gentle stretch + in bed by 10:30pm

DAY  
17

- Morning: Ginger-lemon drink + 20-minute walk
- Midday: Practice saying no to one thing today that you would normally say yes to
- Evening: Wind-down tea + write 3 good things
- Weekly extra: Weekly salt foot soak today — add an extra 5 minutes

DAY  
18

- Morning: Ginger-lemon drink + 10 deep breaths
- Midday: Eat your most vegetable-heavy meal of the entire 30 days today
- Evening: Early dinner + full wind-down sequence

DAY  
19

- Morning: Ginger-lemon drink + phone-free morning
- Midday: Drink water before every meal and every snack today
- Evening: Wind-down tea + 3 good things + in bed by 10pm tonight

DAY  
20

- Morning: Ginger-lemon drink + 20-minute walk
- Midday: No eating after 7:30pm tonight (slightly earlier target this week)
- Evening: Stretch + write down something you are grateful for about your body
- Weekly extra: Weekly reflection: write a letter to your body — 3 sentences

DAY  
21

- Morning: Ginger-lemon drink + sit quietly for 10 minutes
- Midday: Drink 8 glasses of water — carry a bottle and track each one
- Evening: Lightest dinner of the week — soup or vegetables only
- Weekly extra: Weigh yourself — same time, same conditions

## WEEK 4 — Days 22 to 30

*Integration: Making it permanent*

DAY  
22

- Morning: Ginger-lemon drink + 20-minute walk + 10 deep breaths
- Midday: Eat breakfast within 60 minutes of waking (tighter than the 90-minute rule)
- Evening: Wind-down tea + 3 good things + in bed by 10pm

DAY  
23

- Morning: Ginger-lemon drink + phone face-down for first 30 minutes
- Midday: Prepare your lunch at home today if possible — more control over ingredients
- Evening: Dim lights at 8pm + gentle stretch

DAY  
24

- Morning: Ginger-lemon drink + 20-minute walk
- Midday: Stand and breathe every 90 minutes all day — set your alarm
- Evening: Wind-down tea + write 3 good things + in bed by 10:30pm
- Weekly extra: Weekly salt foot soak — make it a ritual you enjoy

DAY  
25

- Morning: Ginger-lemon drink + 10 deep breaths
- Midday: Eat your largest meal at lunch — resist a heavy dinner
- Evening: Early dinner before 7pm. Full wind-down sequence

DAY  
26

- Morning: Ginger-lemon drink + 20-minute walk
- Midday: Today: no processed food of any kind — whole foods only
- Evening: Wind-down tea + write 3 good things
- Weekly extra: Weekly reflection: write down what has changed since Day 1

DAY  
27

- Morning: Ginger-lemon drink + phone-free morning
- Midday: Practice the 4-7-8 breath at every moment of stress today
- Evening: Gentle stretch + dim lights + in bed by 10pm

DAY  
28

- Morning: Ginger-lemon drink + 20-minute walk + 10 deep breaths
- Midday: Drink 8 glasses of water + add lemon or cucumber to one glass
- Evening: Wind-down tea + write 3 good things + in bed by 10pm

DAY  
29

- Morning: Ginger-lemon drink + sit quietly — reflect on 30 days completed
- Midday: Eat your best, most nourishing meal of the entire 30 days — celebrate yourself
- Evening: Full wind-down sequence + write a letter: Dear Body, thank you for...
- Weekly extra: Final weigh-in — same time, same conditions. Record and celebrate.

DAY  
30

- Morning: Ginger-lemon drink + 20-minute walk — the first day of the rest of your life
- Midday: Begin the Monthly Maintenance Protocol from your main guide
- Evening: Wind-down tea + write 3 things you are proud of from these 30 days
- Weekly extra: Day 30 complete. You did it.

## Your 30-Day Results Tracker

Record your measurements here. Weigh in once per week — same day, same time. Also note non-scale victories: energy levels, sleep quality, how clothes fit, your mood. These often appear before the scale moves.

	DATE	WEIGHT	ENERGY (1–10)	SLEEP (1–10)	CLOTHES FIT	MOOD (1–10)
<b>START</b> (Day 1)						
<b>WEEK 1</b> (Day 7)						
<b>WEEK 2</b> (Day 14)						
<b>WEEK 3</b> (Day 21)						
<b>FINISH</b> (Day 30)						

### NON-SCALE VICTORIES TO WATCH FOR

*Sleep becoming deeper and more restorative. • Waking without the heavy, grey feeling. • Cravings reducing noticeably. • Clothes fitting differently — especially around the waist. • Energy staying steady in the afternoons. • Feeling more like yourself.*

## What Happens Next

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Completing 30 days is not the end. It is the beginning of a new normal for your body. Your cortisol rhythm has been reset. Your body has learned a new baseline. Fat Protection Mode has deactivated. The weight is releasing.

From Day 31 onward, you move into the Monthly Maintenance Protocol from your main Stress-Storage Reset guide. The key practices to continue daily are:

- ✓ The morning ginger-lemon drink — every day, indefinitely.
- ✓ The evening wind-down sequence — at least 5 nights per week.
- ✓ Stop eating by 8pm — most nights.
- ✓ One 20-minute morning walk — most mornings.
- ✓ The monthly weigh-in and monthly reset ritual.

### IF THE WEIGHT STOPS MOVING

*If you reach a plateau after Day 30, do not panic. Return to the main guide and read Part 5 (The #1 Mistake). A plateau is not failure — it is your body recalibrating. Continue the practices. The body will release again.*

*You did something most women never do: you stayed consistent.*

You followed a method that respects your body instead of fighting it. You gave your body the message it had been waiting to hear. That is not a small thing. That is everything.

With love for your healing,

***Demi F.O. — Mama Wellness Africa***