

14-Day Low-Carb Comfort Reset

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A simple Comfort Mind Body workbook for choosing a realistic low-carb starting point without fear, hunger, or extreme rules.

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This Is Not A “No-Carb” Challenge

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This reset is a calm two-week experiment. The goal is not to remove every carb. The goal is to notice which carb habits affect hunger, cravings, energy, digestion, and weight progression.

A person can use this workbook to:

- Choose a realistic carb starting point.
- Build filling low-carb meals.
- Protect protein and fiber.
- Track hunger, energy, sleep, and digestion.
- Adjust after 14 days instead of changing everything at once.

Anna’s Note: Low-carb should make meals easier to build, not make normal foods feel dangerous.

Start With The Easiest Repeatable Change

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1. Swap one sugary drink.
2. Reduce refined snacks.
3. Resize bread, rice, pasta, or potato portions.
4. Test gentle or moderate low-carb for 14 days.
5. Consider very low-carb or keto only with caution.

Bottom line: The lowest carb target is not always the best target. The best target supports energy, hunger, digestion, and consistency.



Pick A Low-Carb Level That Fits Real Life

STARTING STYLE

BEST FOR

FIRST FOCUS

Gentle
lower-carb

Beginners, busy
people, active people

Fewer sugary drinks
and refined snacks

Moderate
low-carb

People who want
more structure

Protein, vegetables,
smaller starch
portions

Keto-style

People who prefer
stricter rules or have
guidance

Very low carbs,
careful planning

Not sure yet

Anyone
overwhelmed

Start with drinks and
breakfast protein

Worksheet Prompt:

My starting approach for the next 14 days is: _____



Keto Ideas That Feel More Modern And Sustainable

Use these as inspiration, not strict rules.

Best 2026 keto-inspired ideas:

- **Protein-first keto:** build meals around eggs, fish, poultry, tofu, Greek yogurt, cottage cheese, or lean meats.
- **Fiber-protected keto:** add greens, avocado, chia, flaxseed, mushrooms, zucchini, broccoli, cauliflower, and berries in portions.
- **Mediterranean-style keto:** use olive oil, salmon, sardines, herbs, salads, avocado, eggs, and non-starchy vegetables.
- **Keto-ish meals:** keep carbs lower without forcing full ketosis.
- **Low-carb comfort swaps:** cauliflower rice, zucchini noodles, egg wraps, lettuce wraps, shirataki noodles, and protein bowls.
- **GLP-1-aware meals:** smaller, nutrient-dense meals with protein and fiber first.
- **Strength-supporting keto:** avoid cutting food so low that workouts, recovery, or muscle maintenance suffer.
- **Label-smart keto:** check low-carb packaged foods for calories, fiber, sweeteners, and serving size.

Sushi's Note:

Keto does not need to mean butter coffee and bacon all day. A better version still needs protein, fiber, plants, and common sense.



Build A Meal That Feels Filling

Formula:

Protein + non-starchy vegetables + healthy fat + optional smart carb + low-calorie drink

Examples:

- Eggs + spinach + avocado + berries
- Salmon + roasted broccoli + olive oil dressing
- Chicken salad bowl + greens + salsa + small bean portion
- Tofu stir-fry + vegetables + cauliflower rice
- Greek yogurt + chia + berries

Prompt:

Three meals that feel realistic for this week:

- 1.
- 2.
- 3.



Simple Foods To Keep Ready

Sections:

- Protein:

Eggs, Greek yogurt, cottage cheese, chicken, turkey, fish, tofu, tuna, salmon.

- Vegetables:

Leafy greens, broccoli, cauliflower, zucchini, peppers, mushrooms, cucumbers.

- Low-carb extras:

Avocado, olive oil, nuts, seeds, chia, flaxseed, salsa, mustard, herbs.

- Flexible carbs:

Berries, beans, lentils, oats, potatoes, whole grains in portions.

- Drinks:

Water, sparkling water, unsweetened tea, black coffee.



Do Not Cut Everything. Start Here.

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HABIT

Soda or sweet tea

Sweet coffee drink

Chips or crackers

Dessert every night

Large pasta/rice portions

Weekend alcohol extras

BETTER FIRST SWAP

Sparkling water or unsweetened tea

Smaller size or less syrup

Protein snack or portioned snack

Greek yogurt with berries

Smaller portion plus extra protein and vegetables

Drink limit and water between drinks

Anna's Tip: A daily habit matters more than a dramatic rule. Start with what repeats most often.



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Low-Carb Should Not Become Low-Fiber

Why it matters:

Low fiber can make hunger, constipation, and cravings harder. A low-carb plan should still protect digestion.

Fiber-friendly low-carb choices:

- Leafy greens
- Broccoli
- Cauliflower
- Avocado
- Chia seeds
- Flaxseed
- Berries
- Mushrooms
- Zucchini
- Small portions of beans or lentils if they fit

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Prompt:

My fiber anchor this week: _____



Track The Signals That Matter

Create a 14-day checkbox tracker with columns:

Day | Protein | Fiber | Water | Walk | Sleep | Hunger | Energy | Digestion | Notes

Use 1-5 rating circles for:

- Hunger
- Energy
- Cravings
- Digestion

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Week 1 Reset Plan

Week 1: Awareness And Easy Swaps

Day 1: Track normal meals and drinks.

Day 2: Replace one sugary drink.

Day 3: Add protein to breakfast.

Day 4: Build one low-carb plate.

Day 5: Add a fiber anchor.

Day 6: Walk after one meal.

Day 7: Review hunger, energy, cravings, and digestion.

Reflection:

What felt easiest? _____

What felt too strict? _____

What should stay next week? _____



Week 2 Reset Plan

Week 2: Consistency And Small Adjustments

Day 8: Repeat the easiest breakfast.

Day 9: Plan one low-carb lunch.

Day 10: Check oils, sauces, nuts, and cheese portions.

Day 11: Add strength or a longer walk.

Day 12: Plan a flexible meal.

Day 13: Prepare for the weekend.

Day 14: Review the full pattern.

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One adjustment for the next two weeks: _____



If Low-Carb Feels Hard, Check This First

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WHAT IS HAPPENING

Hunger all day

Low energy

Constipation

Weight stalls

Cravings

Feeling restricted

CHECK FIRST

Protein, fiber, meal size

Calories, sleep, carb target

Fiber, water, vegetables

Portions, oils, weekends, alcohol

Sleep, stress, under-eating

Add flexible meals or use gentle low-carb

Sushi's Note:

The plan does not always need to get stricter. Sometimes it needs to get clearer.



The Best Low-Carb Plan Is The One That Can Be Repeated

Low-carb can be useful, but it should not become a punishment plan. The goal is to lower the carb habits that make progress harder while keeping enough protein, fiber, energy, comfort, and flexibility to keep going.

The low-carb habit I can repeat on a normal day is: _____

Read the full guide:

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