



*A SEVEN DAY MEAL PLAN FOR FAST RESULTS*

# The Smart Servings 7-Day Reset

A structured 7-day reset  
focused on protein,  
portions, and  
consistency



# Hi, I'm Violet Burgess

## Smart Servings Coach

I lost 60 pounds and kept it off. Not by finding the perfect diet — but by figuring out why the ones I tried kept failing me.

Over the years I've worked with enough people to know that most of us aren't lacking willpower. We're lacking a system that actually fits real life. One that doesn't require perfection, eliminate entire food groups, or fall apart the moment the weekend hits.



This 7-day reset is where I start everyone. It's structured enough to create momentum, simple enough to actually follow, and designed to transition naturally into the full Smart Servings plan when you're ready.

The next seven days won't fix everything. But they will show you what's possible when you stop negotiating with yourself and just follow a plan that works.

*Violet*

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# My Reminder



*My habits can support my  
comfort or my goal. I  
always have a choice.*

*Violet*

# Fast Weight Loss

The goal of this 7-Day Reset is not to rush weight loss or expect perfection. Sustainable weight loss always comes from building habits you can continue long term. But sometimes seeing a little faster progress in the beginning can be incredibly motivating.

It can help reduce cravings, build momentum, and remind you that your body is capable of change when you give it structure and consistency.

This plan is built around roughly 1200 calories per day using mainly whole foods, balanced protein, vegetables, and simple meals designed to help you stay full and get through your day.

You can follow the exact meals in the guide or swap in different protein servings from the approved list – keeping the structure, timing, and routine consistent for the full seven days.

One of the biggest things that will help your results is learning to “shut down the kitchen” after dinner. Late-night eating is often where mindless calories and cravings start to creep in.






The more consistent you are with your evening routine, the easier the next morning becomes. And if you falter at some point during the week, don't turn it into a reason to quit. Just keep going. One meal or one evening does not erase your progress.

You are capable of doing harder things for short periods of time. That's what this week is about – creating enough structure to help your body and brain settle down. Most people notice after seven days that their hunger starts to feel more manageable, cravings become quieter, and they begin to think, “Maybe I actually can do this.”

# Step 1 - Understanding The Smart Servings Whole Foods List

Foods are grouped by their dominant macronutrient. Most whole foods contain a mix of protein, carbohydrates and fat – but for simplicity each food is placed in the category where it does the most work. Each category has an assigned average calorie content.

## The 4 Food Categories:

-  Protein – 150 calories per serving · avg. 20g protein The foundation of every meal. Prioritize protein first.
-  Vegetables – 25 calories per serving · 1 cup raw or ½ cup cooked  
Technically a carbohydrate but given their own category because they are non-negotiable. High volume, high nutrients, very low calories. Build Lunch and Dinner with them.
-  Healthy Fats – 100 calories per serving Keep meals satisfying and support hormonal health. Essential – not optional.
-  Carbohydrates – 80 calories per serving Whole minimally processed carbs.
-  Extras – Any foods that fall outside the whole food list are referred to as extras. Use Google to find their estimated calorie count and add this to your daily calorie total.

You do not need to be precise – you need consistent portions.

**A note on protein bars and shakes:** These vary widely. Aim for under 200 calories and at least 15g protein. Count as 1 Protein serving.

# SMART SERVINGS *WHOLE FOODS LIST*

Protein	Vegetables	Healthy Fats	Carbohydrates
<p><i>1 serving = 150 calories 20g protien (average)</i></p> <p><b>Poultry</b></p> <ul style="list-style-type: none"> <li>Chicken, lean ground, 3 oz.</li> <li>Chicken, skinless, 3 oz.</li> <li>Eggs, 2-3 large</li> <li>Egg whites, 5 large</li> <li>Turkey, lean ground, 3 oz.</li> <li>Turkey, skinless, 3 oz.</li> </ul> <p><b>Fish</b></p> <ul style="list-style-type: none"> <li>Cod, 3 oz.</li> <li>Haddock, 3 oz.</li> <li>Halibut, 3 oz.</li> <li>Tuna, 1 can in water</li> <li>Salmon 3 oz.</li> <li>Sardines 3 oz.</li> </ul> <p><b>Shellfish</b></p> <ul style="list-style-type: none"> <li>Lobster/crab, 3 oz.</li> <li>Scallops, 3 oz./5 large</li> <li>Shrimp, 3 oz./12 large</li> </ul> <p><b>Beef</b></p> <ul style="list-style-type: none"> <li>Beef, lean, ground, 3 oz.</li> <li>Filet mignon, 3 oz.</li> <li>Lamb, 3 oz.</li> <li>Sirloin, 3 oz.</li> </ul> <p><b>Pork</b></p> <ul style="list-style-type: none"> <li>Lean ham, 3 oz.</li> <li>Tenderloin, 3 oz.</li> <li>Veal Cutlet, 3 oz.</li> <li>Pork Rib chop, 3 oz.</li> </ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>Cottage cheese, plain, 3/4 cup</li> <li>Greek yogurt, plain, 1 cup</li> </ul> <p><b>Vegetarian</b></p> <ul style="list-style-type: none"> <li>Edamame, 1 cup cooked</li> <li>Tempeh, 1/2 cup</li> <li>Tofu, plain, 1 cup</li> <li>Vegetarian Protein Crumbles, 1 cup</li> </ul> <p><b>Protein Products</b> (should be under 200 calories ea.)</p> <ul style="list-style-type: none"> <li>Sugar Free Protein Powder 1 scoop</li> <li>Sugar Free Protein Bar, cookie or chips</li> </ul>	<p><i>1 serving = 1 cup raw, 25 calories (average)</i></p> <ul style="list-style-type: none"> <li>Asparagus</li> <li>Bean sprouts</li> <li>Bell peppers</li> <li>Broccoli</li> <li>Cabbage (all)</li> <li>Carrots (raw)</li> <li>Cauliflower</li> <li>Celery root</li> <li>Chard (all)</li> <li>Chayote</li> <li>Collards</li> <li>Cucumbers</li> <li>Dill Pickles</li> <li>Fennel</li> <li>Green onions</li> <li>Kale</li> <li>Kohlrabi</li> <li>Mushrooms</li> <li>Okra</li> <li>Onions</li> <li>Hot peppers</li> <li>Radish</li> <li>Rhubarb</li> <li>Sauerkraut</li> <li>Spinach</li> <li>Turnips</li> <li>Yellow squash</li> <li>Zucchini</li> <li>Beans (green &amp; wax) Lima</li> <li>Brussels sprouts</li> <li>Eggplant</li> <li>Heart of palm</li> <li>Jicama</li> <li>Leeks</li> <li>Rutabaga</li> <li>Snow peas</li> <li>Snap Peas (raw)</li> <li>Spaghetti squash</li> <li>Tomato</li> <li>1/2 cup Tomato sauce</li> </ul>	<p><i>1 serving = 100 calories (average)</i></p> <p><b>Oils</b></p> <ul style="list-style-type: none"> <li>(olive, avocado, canola) 1 Tbsp</li> <li>Flax seed oil (cold) 1 Tbsp</li> <li>Grapeseed oil (cooking) 1 Tbsp</li> </ul> <p><b>Spreads</b></p> <ul style="list-style-type: none"> <li>Butter, 1 Tbsp.</li> <li>Mayonnaise, regular, 1 Tbsp.</li> <li>Nut butters, all natural, 1 Tbsp.</li> <li>Cream (light or heavy), 1 oz.</li> <li>Full-fat salad dressings (= 2g carb) 1 Tbsp</li> <li>Half &amp; half creamer, 1 oz.</li> <li>Coconut milk canned, 1/4 cup</li> </ul> <p><b>Nuts &amp; Seeds</b></p> <ul style="list-style-type: none"> <li>Almonds, 13 whole</li> <li>Cashews, 10 whole</li> <li>Macadamia nuts, 5 whole</li> <li>Pecan halves, 10</li> <li>Pistachio nuts, 25 kernels</li> <li>Pumpkin seeds, 2 Tbsp.</li> <li>Sunflower seeds, 2 Tbsp.</li> <li>Walnuts halves, 7</li> </ul> <p><b>Pitted Fruits</b></p> <ul style="list-style-type: none"> <li>Avocado, 1/4 medium</li> <li>Black olives, 15 medium</li> <li>Green olives, 15 medium</li> <li>Olive tapenade, 2 Tbsp.</li> </ul> <p><b>Cheese</b></p> <ul style="list-style-type: none"> <li>Crumbled soft cheese, 1 oz, bleu, feta, cream</li> <li>Hard cheese, 1 oz./1 slice, Cheddar Swiss etc.</li> </ul>	<p><i>1 serving = 80 calories (average)</i></p> <p><b>Starchy Vegetables &amp; Legumes</b></p> <ul style="list-style-type: none"> <li>Beets, 1 cup sliced</li> <li>Carrots cooked, 1 cup</li> <li>Black beans, 1/2 cup</li> <li>Butternut squash, 1 cup cubed</li> <li>Chickpeas, 1/2 cup</li> <li>Corn, 1/2 cup</li> <li>Green peas, 2/3 cup</li> <li>Kidney beans, 1/2 cup</li> <li>Lentils, 1/2 cup</li> <li>Potato, 1/2 medium</li> <li>Pure Canned Pumpkin, 3/4 cup</li> <li>Sweet potato, small</li> </ul> <p><b>Whole Grains, Cereals, Pasta</b></p> <ul style="list-style-type: none"> <li>Brown rice, 1/2 cup cooked</li> <li>Quinoa, 1/2 cup cooked</li> <li>Steel-cut oats, 1/2 cup cooked</li> <li>Whole grain bread, 1 slice</li> <li>Rye bread, 1 slice</li> <li>Whole wheat pasta, 1/2 cup</li> </ul> <p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>Apple, 1 medium</li> <li>Berries (all) 1 cup</li> <li>Cantaloupe, 1/4 medium</li> <li>Cherries, 15 whole</li> <li>Grapefruit, 1/2 large</li> <li>Grapes, 3/4 cup</li> <li>Orange, 1 medium</li> <li>Peach, 1 medium</li> <li>Pear, 1 medium</li> <li>Pineapple, 1 cup chunks</li> <li>Watermelon, 1 cup chunks</li> </ul>

# THE FOOD PLAN WEEK 1 -EXAMPLE

Meal Time	Food Choice	Portion	Calories
Breakfast	Greek yogurt or cottage cheese 1 cup berries	1 protein 1 carb	230
Mid-Morning	2 eggs or protein shake	1 protein	150
Lunch	2 cups veg 3 oz fish or chicken 1 serving feta or other cheese low fat dressing	1 protein 1 fat 2 veg	300
Mid-Afternoon	1 protein bar	1 protein	150
Dinner	2 cups roasted veg 6 ounces cooked meat, fish or tofu 1 T oil or butter	2 veg 2 protein 1 fat	450
Evening Snack	sugar free jello		
		Total calories	1280

Protein Servings - 5

Veg Servings - 4

Fat Servings - 2

Carb Servings - 1

- eat every 3 hours to stay ahead of hunger
- drink 8 glasses of water
- have at least .5 teaspoon of salt
- optional - use BCAA + electrolyte in the afternoon (helps with fatigue and hunger)

This structure stays the same all week. Swap any protein, vegetable, fat, or carb for another from the whole foods list — the portions and timing are what matter, not the specific foods.

*print this out for your fridge*

# Keeping it Simple For 7 Days

The biggest reason people fall off a meal plan isn't lack of motivation. It's overcomplication. The moment food prep feels like a part-time job, your brain starts looking for an exit.

Simple is not a compromise. Simple is what works.

**Pick 2 proteins and rotate them.** Cook a batch of chicken and have a can of tuna in the cupboard. That covers most of your week without thinking about it. Have boiled eggs ready for a mid-morning snack..

**Pick 3 or 4 vegetables and keep them washed and ready.** Broccoli, spinach, and bell peppers cover every meal. Pre-wash them Sunday night and they're ready to grab all week.

**Breakfast is the same every day.** You don't need variety at 7am. Greek yogurt and berries, a protein shake. Pick one and repeat it. Decision fatigue is real — save your choices for later in the day.

**Lunch is dinner leftovers or a simple salad with protein.** Cook a little extra at dinner and pack it for lunch the next day. One cook, two meals.

**Keep your snack simple and consistent.** One protein bar or shake, same time every day. No decisions.

*The goal this week isn't to be a meal prep expert. It's to remove every decision you don't need to make so you can save your energy for the moments that actually require it.*

# Steps to Build Your Routine

## 1. Decide Before the Day Starts

One of the easiest ways to fall off track is making food decisions emotionally throughout the day. Decide ahead of time what you are eating and when. Follow the structure as closely as possible for the next seven days. Less negotiating means less stress and fewer impulsive choices.

## 2. Expect Your Brain to Resist

You will probably start hearing thoughts like:

- “This is too restrictive.”
- “Maybe I should try something else.”
- “One treat won’t matter.”
- “I’ll start again tomorrow.”

This is normal. Your brain prefers familiar habits because they feel comfortable and automatic. The goal is not to never have these thoughts. The goal is to stop obeying every thought you have.

## 3. Keep Reminding Yourself What Actually Works

Weight loss does not require perfection, detoxes, or magic tricks. The process is simple even when it feels difficult:

1. Eat mainly whole foods
2. Prioritize protein
3. Stay in a calorie deficit consistently



#### 4. Drink More Water Than You Think You Need

Mild dehydration can feel like hunger, cravings, or low energy. Keep water nearby all day. Tea, sparkling water, or other low-calorie drinks can also help, especially in the evenings when snacking habits tend to show up.

#### 5. Protect Your Energy This Week

Try not to overload yourself with extra commitments, emotional drama, or exhausting schedules if possible. Building new habits takes mental energy. Give yourself permission to simplify other areas of your life while you settle into this routine.

#### 6. Create an Evening Plan

Most overeating happens at night, not because of true hunger, but because the day is winding down and habits take over. Don't wait until cravings hit to figure out what you'll do.

Make a plan ahead of time:

- Drink tea after dinner
- Brush your teeth early
- Go for a walk
- Watch a show without snacks
- Read
- Work on a hobby
- Take a bath or shower
- Go to bed earlier

Your goal is to “shut down the kitchen” after dinner as often as possible.





"You just did 7 days. You know the system works. The full Smart Servings plan is where you take that and make it yours — for good!"

**SMART SERVINGS WEIGHT LOSS SYSTEM**