

10 DAY RESET

NUTRITION GUIDE

Neuroscience · Philosophy · Metacognition

MAAT SYSTEM

Introduction

Welcome to the MAAT 10-Day Reset Program!

At MAAT we understand that true high performance is not built through external discipline alone — it is built by recalibrating the nervous system, rewriting limiting beliefs, and nourishing the body with intention. This guide integrates applied neuroscience, practical philosophy, and metacognition to transform not just what you eat, but how you relate to energy, focus, and sustainable well-being.

Over 10 days, every meal has a purpose: reduce inflammation, balance cortisol, improve cognitive function, and restore real energy — not the artificial kind that comes from caffeine and urgency.

"This is not a diet. It is rebuilding the platform from which you operate."

The 3 MAAT Reset Principles

Applied Neuroscience	Every food was selected to support neurotransmitter production (dopamine, serotonin, GABA), reduce chronic cortisol and optimize prefrontal function — the center of judgment, planning and decision-making.
Practical Philosophy	Inspired by Stoicism, this reset invites you to observe your habits without judgment, act with intention, and distinguish what is in your control — including what you put on your plate.
Food Metacognition	Each day includes a 2-minute micro-practice to observe how you feel before and after eating. This awareness is the foundation of sustainable change.

What to Eat on the Reset

The MAAT Reset is based on high-nutrient-density foods that regulate both the hormonal and nervous systems. No caloric restriction — intelligent selection.

PROTEINS

- Salmon and oily fish (anti-inflammatory omega-3)
- Pasture-raised chicken and turkey
- Organic eggs
- Legumes: lentils, chickpeas, black beans
- Fermented tempeh and tofu

VEGETABLES

- Dark leafy greens (spinach, kale, arugula)
- Broccoli, cauliflower, Brussels sprouts
- Butternut squash, sweet potato
- Cucumber, celery, carrots, beets
- Asparagus, artichokes, avocado

HEALTHY FATS

- Extra virgin olive oil
- Whole avocado
- Walnuts, almonds, chia seeds
- Organic coconut butter
- Ghee (clarified butter)

ELIMINATE

- Refined sugar and artificial sweeteners
- White flour and processed grains
- Alcohol (all 10 days)
- Conventional dairy (except ghee)
- Refined vegetable oils (canola, corn, soy)

10-Day Meal Plan

Each day is organized around a metacognitive theme that guides not just what you eat, but how you relate to yourself that day.

DAY 1

CLARITY

Breakfast	Power Green Smoothie	Spinach, cucumber, ginger, lemon, hemp protein
Lunch	Salmon Salad with Tahini Vinaigrette	Grilled salmon, arugula, avocado, sunflower seeds
Dinner	Rosemary Chicken with Steamed Broccoli	Organic breast, broccoli, olive oil, garlic

Daily Practice: Before each meal, take 3 deep breaths. Observe your real hunger level (1-10 scale).

DAY 2

PRESENCE

Breakfast	Chia Bowl with Mixed Berries	Chia seeds, coconut milk, strawberries, blueberries, walnuts
Lunch	Red Lentil Soup with Turmeric	Red lentils, carrot, turmeric, ginger, bone broth
Dinner	Salmon with Coconut-Cilantro Sauce	Salmon fillet, coconut milk, cilantro, lime, zucchini

Daily Practice: Eat without screens. Chew each bite 20 times. Notice textures, flavors, sensations.

DAY 3

ENERGY

Breakfast	Veggie Scrambled Eggs	Organic eggs, bell peppers, spinach, avocado, pink salt
Lunch	Quinoa Bowl with Chicken & Roasted Vegetables	Quinoa, chicken, butternut squash, peppers, tahini
Dinner	Lettuce Tacos with Grass-fed Beef	Minced beef, avocado, red onion, cilantro, lime

Daily Practice: After lunch, walk for 10 minutes. Notice how movement affects your mental energy.

DAY 4

RESTORATION

Breakfast	Anti-Inflammatory Turmeric Smoothie	Coconut milk, turmeric, black pepper, ginger, banana, protein
Lunch	Mediterranean Salad with Sardines	Sardines in olive oil, tomato, cucumber, olives, arugula
Dinner	Slow Chicken Thighs with Kale & Chickpeas	Chicken thighs, kale, chickpeas, rosemary, lemon

Daily Practice: Write a note on how you feel today vs. Day 1. What has changed in your energy?

DAY 5

FOCUS

Breakfast	Nut & Seed Parfait	Coconut yogurt, mixed nuts, pumpkin seeds, cinnamon
Lunch	Lettuce Wraps with Tuna & Avocado	Tuna in water, avocado, celery, mustard, romaine leaves
Dinner	Baked Salmon with Asparagus & Sweet Potato	Salmon, asparagus, roasted sweet potato, olive oil, garlic

Daily Practice: Identify one limiting belief about your eating. Where does it come from? Is it really yours?

DAY 6

BALANCE

Breakfast	Persian Herb Omelette	Eggs, parsley, cilantro, walnuts, spring onion, turmeric
Lunch	Beef Stew with Root Vegetables	Grass-fed beef, beets, carrot, celery, broth
Dinner	Lamb Meatballs with Cucumber Salad	Minced lamb, mint, garlic, cucumber, coconut yogurt, tomato

Daily Practice: Take a 5-minute pause before dinner. Write 3 things you are grateful for today.

DAY 7

DEPTH

Breakfast	Maca & Cacao Smoothie	Almond milk, maca, pure cacao, banana, chia seeds
Lunch	Buddha Bowl with Marinated Tempeh	Tempeh, brown rice, edamame, carrot, miso-ginger dressing
Dinner	Masala Scallops with Sautéed Vegetables	Scallops, masala spice blend, zucchini, peppers, lemon

Daily Practice: Mid-reset reflection: What sabotage pattern have you noticed? When does it appear?

DAY 8

RENEWAL

Breakfast	Spinach & Raspberry Shake	Baby spinach, frozen raspberries, pea protein, ginger
Lunch	Kale Cobb Salad with Chicken	Kale, grilled chicken, hard-boiled egg, avocado, turkey bacon
Dinner	Creamy Mushroom Herb Soup	Mixed mushrooms, coconut cream, thyme, garlic, vegetable broth

Daily Practice: Prepare dinner with full intention. No distractions. Cooking as active meditation.

DAY 9

INTEGRATION

Breakfast	Sweet Potato Toast with Poached Egg	Sliced sweet potato toast, poached egg, avocado, microgreens
Lunch	Thai Coconut Salmon Curry	Salmon, coconut milk, red curry paste, bok choy, lime
Dinner	Chicken Shakshuka with Eggs & Asparagus	Chicken, spiced tomato sauce, eggs, asparagus, parsley

Daily Practice: Write the 3 most important changes you have noticed in these 9 days. Which will you keep?

DAY 10

TRANSFORMATION

Breakfast	Celebration Bowl: Açai with Protein	Açai, hemp protein, gluten-free granola, fresh fruit
Lunch	Smoked Salmon Salad with Citrus Vinaigrette	Smoked salmon, arugula, orange, fennel, avocado, lemon
Dinner	Scallops with Lemon-Caper Vinaigrette	Seared scallops, capers, lemon, olive oil, microgreens

Daily Practice: Celebrate. Write a letter to your future self describing who you are when operating from well-being.

Essential Recipes

Power Green Smoothie

Day 1

INGREDIENTS

- 1 cup baby spinach
- ½ cucumber, chopped
- 1 cm fresh ginger
- Juice of 1 lemon
- 1 tbsp hemp protein
- 1 cup coconut water or cold water
- Ice to taste

PREPARATION

1. Place all ingredients in blender.
2. Process 60 seconds until smooth.
3. Serve immediately to preserve nutrients.

Salmon with Coconut-Cilantro Sauce

Day 2

INGREDIENTS

- 2 salmon fillets (150g each)
- 1 can coconut milk (400ml)
- 1 bunch fresh cilantro
- Juice of 2 limes
- 2 garlic cloves
- Sea salt and black pepper
- 1 tbsp coconut oil

PREPARATION

1. Season salmon with salt, pepper and lime juice.
2. Heat oil in pan over medium-high heat.
3. Sear salmon 3 min each side. Remove and set aside.
4. In same pan, sauté garlic. Add coconut milk.
5. Reduce 3 minutes, add chopped cilantro and serve over salmon.

Quinoa Bowl with Chicken & Roasted Vegetables

Day 3

INGREDIENTS

- 1 cup cooked quinoa
- 150g grilled chicken breast
- 1 cup butternut squash, roasted
- 1 red bell pepper, roasted
- 2 tbsp tahini
- Lemon juice, salt, cumin

PREPARATION

1. Roast vegetables at 200°C for 20 minutes with olive oil.
2. Cook quinoa per instructions (1:2 ratio with water).
3. Grill chicken with spices 6 min each side.
4. Build bowl: quinoa base, vegetables, sliced chicken.
5. Finish with tahini thinned with lemon and water.

Creamy Mushroom Herb Soup

Day 8

INGREDIENTS

- 400g mixed mushrooms (crimini, shiitake, oyster)
- 1 can coconut cream
- 1 liter low-sodium vegetable broth
- 4 garlic cloves
- Fresh thyme, rosemary
- Olive oil, salt, pepper

PREPARATION

1. Sauté garlic in olive oil until golden.
2. Add mushrooms and sauté 5 minutes on high heat.
3. Pour in broth and simmer 10 minutes.
4. Add coconut cream and herbs. Cook 5 more minutes.
5. Blend $\frac{3}{4}$ of soup and mix back for creamy-rustic texture.

Tips for Success

TIP 1

Prepare in Advance

Dedicate 1-2 hours on Sunday to prep base proteins and vegetables. When the executive brain is busy, automatic habits take over. Set up the environment so the right choice is the easiest one.

TIP 2

Listen to Your Body, Not the Clock

Eat when you are genuinely hungry (3-4 on a 1-10 scale). Elevated cortisol blocks hunger signals. If you have no morning appetite, that is okay — your body is learning to regulate its metabolic rhythm.

TIP 3

Strategic Hydration

Drink 500ml of water upon waking before any food. Add a pinch of sea salt and lemon juice to activate the digestive system and replenish overnight electrolytes.

TIP 4

Food Emergencies

Always have available: hard-boiled eggs, avocado, mixed nuts, canned tuna. When hunger becomes urgent, the primitive brain seeks fast glucose. Having reset-friendly options eliminates friction.

TIP 5

The Metacognitive Practice is Non-Negotiable

The 2-minute daily reflection is not supplementary — it is the core of the system. Without observation, there is no real change. The brain repeats what it does not observe.

**"Well-being is not a destination. It is the platform from which you operate.
MAAT helps you build it."**

MAAT

Stoicism & Well-being

Your transformation begins from within.

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