



The 30-Day Reset Journal

A 30-Day Guided Journal for
Reflection, Simplicity, and
Intentional Living

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30-Day Reset Journal

Introduction

“This reset is for reflection and education only—please consult your physician before making any significant changes to your diet or lifestyle.”

Welcome. This 30-day reset is a month-long conversation between you and your life. It is not a detox, a miracle plan, or a purity ritual. It is a pause on autopilot: a chance to feed your body simply, quiet the noise, and study how your choices are braided with your values.

You’ll eat whole foods, mostly plants, prepared with minimal fuss. You’ll set one or two daily anchors. You’ll write—briefly, honestly. And when you stumble (because humans do), you’ll learn.

Why a Reset?

A reset is a compassionate experiment. It gives your nervous system a predictable rhythm, your digestion fewer unknowns, and your mind a clean view of the habits that usually blur together. Thirty days is long enough to notice patterns and short enough to see the finish line from the start.

Psychologically, we’re aiming for three things:

1. **Clarity** — noticing what you actually want versus what a craving demands in the moment.
2. **Capacity** — proving to yourself you can make one aligned choice, then another.
3. **Coherence** — aligning what you eat and drink with what you say you value: nourishment, sustainability, and connection.

The Philosophy (Philosopher first, psychologist too)

Food is never just nutrients. It’s relationship—between you and your future self, your community, and the planet that grows your dinner. Choosing a whole-food, plant-based month is a way to practice *care* at three levels at once:

- **Personal health:** fiber-rich, minimally processed foods lower inflammation, steady energy, and simplify digestion.

- **Planetary health:** plants are lighter on land, water, and emissions; small changes scale when practiced together.
- **Mindful living:** fewer complicated ingredients, fewer complicated stories—more presence at the table.

This is not about superiority. It's about **experimenting** with congruence: Does eating this way feel truer to the kind of person you're becoming?

What's Included & What's Out

Included: whole fruits, vegetables, legumes, whole grains, nuts, seeds, herbs, spices, water, tea, black coffee.

Out for 30 days: alcohol, refined sugar, ultra-processed foods, animal products, and added oils.

Clear edges help your mind relax. When the rules are simple, energy can go toward *noticing*, not negotiating.

When You Slip: Failure Has a Reason

Let's be precise. In clinical recovery work, a drink after a period of abstinence is called a lapse or relapse—a setback to be addressed with care, not shame. In a **time-boxed challenge**, though, breaking a rule is—by the strict terms of the game—a *failure of the rule*. Both can be true.

What matters here is not punishment but **explanation**. Every failure has a reason. Reasons are not excuses; they are *data*. When you understand the reason, you gain leverage for the next choice.

Write it down. Rationalizations multiply in the head but struggle on paper. If you drink on Day 9 or decide that “a little artificial sweetener isn't so bad,” capture the chain:

- **Trigger:** What preceded the choice (feeling, place, person, time)?
- **Story:** What did you tell yourself? (e.g., “I deserve it,” “It's just this once,” “I can start over Monday.”)
- **Action:** What you did.
- **Aftermath:** How you felt 10 minutes, 2 hours, and the next morning.
- **Learning:** What tiny constraint or support would have helped?

If you decide the whole thing is “stupid,” have the courage to write **why**. What changed in you between accepting the challenge and rejecting it? Often it's one of three forces: **desire to change, ability to change, or comfort with where you are.**

The Desire–Ability–Comfort Check

On a 0–10 scale, mark each today:

- **Desire:** How much do I *want* this reset right now?
- **Ability:** Given my tools, time, and supports, how able do I feel to do it?
- **Comfort:** How comfortable am I with my current status quo?

Rule of thumb: When $\text{Desire} \geq \text{Ability}$ and Comfort is low, change moves. If Comfort is high, your mind will hire rationalizations to defend the status quo. If Ability is low, you'll see good intentions collapse under logistics. Adjust the *environment* and *supports* before you try to out-argue a craving.

A Short Lesson in Critical Reasoning (without the chalk dust)

When your brain wants to bend a rule, it often uses the same moves philosophers warn us about. Catch them, kindly:

- **Motivated reasoning:** Starting with the conclusion you want (“I should have the drink”) and searching for evidence to justify it. *Counter-move:* Ask, “What evidence would convince me I’m wrong?”
- **Goal-post shifting:** Quietly changing the rule (“Only weekends count”) after you began. *Counter-move:* Keep the original rule visible. If you change it, **date** the change and give a reason.
- **False dichotomy:** “Either perfect or pointless.” *Counter-move:* Name the middle: “I broke a rule *and* I can learn and continue.”
- **Confirmation bias:** Noticing only data that supports quitting. *Counter-move:* Write one piece of evidence today that the reset helps, however small.

Practice (2 minutes): State a claim → offer evidence → explain the link. For example: *Claim:* “Skipping alcohol improved my sleep.” *Evidence:* “My sleep tracker shows 45 more minutes of deep sleep last night.” *Reasoning:* “Alcohol shortens deep sleep; my trend fits.”

Addiction, Craving, and Choice

Addictive loops aren't moral failures; they're efficient learning by a brain that loves reward and predictability. Cues (Friday night, a certain friend, the couch) trigger cravings; the behavior promises relief; the relief teaches your brain to repeat.

Three tools we'll use:

1. **Implementation intentions:** "If X cue happens, then I will do Y." Example: *If I'm offered a drink, then I'll ask for sparkling water with lime.*
2. **Urge surfing:** Notice the urge as a wave—rising, peaking, passing. Breathe for 90 seconds and watch it crest.
3. **Friction design:** Make aligned choices easier (pre-cook grains, put fruit in sight) and misaligned ones harder (don't keep alcohol or ultra-processed snacks at home).

Research on habits and relapse prevention backs these moves; experience does too. You'll test them here, in real life, and your notes will become your manual.

Common Concerns & Reassurances

- **Protein & energy:** Beans, lentils, tofu/tempeh, whole grains, nuts, and seeds cover you. Eat enough volume; add a handful of nuts or an extra cup of legumes if energy dips.
 - **Social situations:** Bring a dish. Order simply (beans, rice, veg). Practice a one-liner: "I'm doing a 30-day reset." Most people nod.
 - **Cost:** Staple plants are some of the cheapest calories on earth. Buy dry goods in bulk; cook once, eat twice.
 - **Time:** Batch cook. Choose a default breakfast and lunch. Save experiments for weekends.
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Prep Checklist

- **Pantry clear-out:** Remove or relocate alcohol, ultra-processed snacks, sweets, oils, and animal products.
- **Stock basics:** Oats, brown rice or quinoa, beans and lentils, frozen veg, fresh fruit, greens, potatoes, onions, garlic, spices.
- **Tools:** A pot with lid, sheet pan, knife, cutting board, storage containers, water bottle, journal + pen.
- **Defaults:** Pick 1 breakfast, 2 lunches, 2 dinners you could make half-asleep.

- **People:** Tell one ally what you're doing and how to help (text check-ins, walk instead of drinks, etc.).
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How This Journal Works

Each day has two brief pages:

- **Morning (2–4 minutes):** Intention, meal plan, one implementation intention, and the Desire–Ability–Comfort check.
- **Evening (3–5 minutes):** What I ate, how I felt, sleep/mood/energy notes, and—if needed—a **Slip Analysis** (trigger → story → action → aftermath → learning).

At the end of each week you'll complete a one-page **Reflection & Recalibration:** What helped? What hindered? What will I try next week?

Important: The rules are simple, but you are not. If you change a rule, write it down, date it, and say why. This keeps honesty close and shame far away.

A Word on Boundaries

The reset's edges aren't moral judgments; they are study conditions. If you choose to step outside them, call it what it is—a choice outside the experiment—and write what it taught you. Then step back in.

We begin not with certainty, but with curiosity. You don't have to promise transformation. You only have to keep showing up, pay attention, and write the truth of what you find.

Before You Begin

This journal is an experiment in reflection and choice. It is **not medical advice**.

- If you have a medical condition, take medications, or are pregnant or nursing, please check with your physician before beginning.
- If you live with allergies or specific dietary needs, partner with a registered dietitian or another trusted professional to adapt these guidelines.
- Nothing here diagnoses, treats, or cures disease. It's simply a structure to notice, learn, and practice.
- Your participation is your own responsibility—you get to decide what fits and what doesn't.

DAYS 1-7: ORIENTATION & GROUNDING

DAY 1

BEGIN WITH GRATITUDE

WFPB: Whole plant foods offer your body nutrients and fiber that animal products can't match.

MINDFULNESS:

Before eating, take three deep breaths and notice your gratitude for the food.
(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 1-7: ORIENTATION & GROUNDING

DAY 2

CLEAR THE DECKS

WFPB: Removing processed foods helps your taste buds reset — you'll start craving freshness.

MINDFULNESS:

Look at your plate. Identify at least three colors and imagine their journey from soil to table. (Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 1-7: ORIENTATION & GROUNDING

DAY 3

HYDRATION RESET

WFPB: Water-rich fruits and vegetables hydrate you as effectively as drinking water.

MINDFULNESS:

Sip water slowly, imagining it nourishing every cell. (Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 1-7: ORIENTATION & GROUNDING

DAY 4

PROTEIN PEACE OF MIND

WFPB: Beans, lentils, tofu, and quinoa easily meet daily protein needs without cholesterol.

MINDFULNESS:

Notice how your body feels after a plant protein-rich meal. (Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 1-7: ORIENTATION & GROUNDING

DAY 5

EAT THE RAINBOW

WFPB: Different colors in plants signal unique antioxidants and healing compounds.

MINDFULNESS:

Pick one colorful food and really taste it — sweetness, bitterness, texture. (Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 1-7: ORIENTATION & GROUNDING

DAY 6

FIBER IS YOUR FRIEND

WFPB: Only plants contain fiber — it feeds your gut microbes and supports immunity.

MINDFULNESS:

Eat slowly, imagining your gut community celebrating the meal. (Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 1-7: ORIENTATION & GROUNDING

DAY 7

FIRST CHECK-IN

WFPB: One week in — your palate may already be shifting toward natural sweetness.

MINDFULNESS:

Reflect on the biggest change you've noticed so far. (Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 8-14: DEEPENING THE RESET

DAY 8

ENERGY WITHOUT STIMULANTS

WFPB: Balanced plant meals stabilize blood sugar for steady energy.

MINDFULNESS:

Notice your natural energy curve today without judgment.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 8-14: DEEPENING THE RESET

DAY 9

OIL-FREE FOR THE WIN

WFPB: Skipping added oils reduces calorie density and supports heart health.

MINDFULNESS:

Taste vegetables roasted without oil — notice the pure flavor.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE

 1L  2L  3L

MEAL LOG

REFLECTION

DAYS 8-14: DEEPENING THE RESET

DAY 10

PLANT-BASED CALCIUM

WFPB: Greens, beans, and fortified plant milks provide plenty of calcium without dairy.

MINDFULNESS:

Give thanks to the leafy greens on your plate.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 8-14: DEEPENING THE RESET

DAY 11

SEASONAL EATING

WFPB: Eating in season supports local farmers and increases nutrient freshness.

MINDFULNESS:

Notice the smells and textures of a seasonal fruit or vegetable.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 8-14: DEEPENING THE RESET

DAY 12

THE SATIETY SECRET

WFPB: Whole foods fill you with volume, fiber, and nutrients — no calorie counting needed.

MINDFULNESS:

Pause halfway through your meal and notice if you're satisfied.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 8-14: DEEPENING THE RESET

DAY 13

GROCERY AS SELF-CARE

WFPB: Shopping the produce section first ensures plants dominate your basket.

MINDFULNESS:

Handle a fruit or vegetable mindfully before placing it in your cart.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 8-14: DEEPENING THE RESET

DAY 14

SECOND CHECK-IN

WFPB: Two weeks in — digestion, skin, and energy often show improvement.

MINDFULNESS:

Write three changes you've observed in your body or mood.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE

 1L  2L  3L

MEAL LOG

REFLECTION

DAYS 15–21: INTEGRATION & CONFIDENCE

DAY 15

EAT THE WHOLE GRAIN

WFPB: Brown rice, oats, quinoa, and farro offer sustained energy and minerals.

MINDFULNESS:

Chew your grains slowly, noticing the earthy flavors.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 15-21: INTEGRATION & CONFIDENCE

DAY 16

MINDFUL SNACKING

WFPB: Fresh fruit, nuts, or hummus keep hunger at bay without processed junk.

MINDFULNESS:

Notice the difference between hunger and craving.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 15-21: INTEGRATION & CONFIDENCE

DAY 17

PLANT OMEGA-3S

WFPB: Flax, chia, hemp, and walnuts nourish your brain and reduce inflammation.

MINDFULNESS:

Pause to appreciate the complexity of these tiny seeds.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 15-21: INTEGRATION & CONFIDENCE

DAY 18

FOOD AS ACTIVISM

WFPB: Every plant-based meal reduces greenhouse gases and saves water.

MINDFULNESS:

Think about the ripple effect of today's meals.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 15-21: INTEGRATION & CONFIDENCE

DAY 19

CAFFEINE CHECK

WFPB: Plant-based diets naturally boost energy; try reducing coffee reliance. Notice your alertness before and after your morning beverage.

MINDFULNESS:

**Notice your alertness before and after your morning beverage.
(Thoughts? Notes?)**

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 15–21: INTEGRATION & CONFIDENCE

DAY 20

COOKING CONFIDENCE

WFPB: Simple cooking methods — steaming, baking, sautéing in broth — keep food whole.

MINDFULNESS:

**Enjoy the aromas in your kitchen while cooking.
(Thoughts? Notes?)**

HOW IS YOUR MOOD TODAY?

WATER INTAKE

 1L  2L  3L

MEAL LOG

REFLECTION

DAYS 15-21: INTEGRATION & CONFIDENCE

DAY 21

THIRD CHECK-IN

WFPB: Three weeks in — this is often when the reset feels like a lifestyle. Reflect on your confidence with WFPB eating.

MINDFULNESS:
Reflect on your confidence with WFPB eating.
(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 22–30: SUSTAINABILITY & FUTURE VISION

DAY 22

REDUCING FOOD WASTE

WFPB: Using stems, peels, and leftovers reduces waste and saves money.

MINDFULNESS:

Notice the beauty in imperfect produce.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 22–30: SUSTAINABILITY & FUTURE VISION

DAY 23

BATCH COOKING EASE

WFPB: Cooking grains and beans in bulk saves time during the week.

MINDFULNESS:

Feel the relief of having nourishing food ready.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 22–30: SUSTAINABILITY & FUTURE VISION

DAY 24

EATING OUT MINDFULLY

WFPB: Most restaurants offer plant-based swaps — just ask.

MINDFULNESS:

**Notice the flavors and textures at a restaurant without rushing.
(Thoughts? Notes?)**

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 22–30: SUSTAINABILITY & FUTURE VISION

DAY 25

HERBS & SPICES AS MEDICINE

WFPB: Turmeric, cinnamon, garlic, and ginger add both flavor and healing properties.

MINDFULNESS:

Smell your spices before using them.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE

 1L  2L  3L

MEAL LOG

REFLECTION

DAYS 22–30: SUSTAINABILITY & FUTURE VISION

DAY 26

LISTENING TO YOUR BODY

WFPB: Over time, your body guides you toward the foods that serve you best.

MINDFULNESS:

Eat one meal in complete silence today.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE

 1L  2L  3L

MEAL LOG

REFLECTION

DAYS 22–30: SUSTAINABILITY & FUTURE VISION

DAY 27

SHARING THE TABLE

WFPB: Sharing plant-based meals builds connection and normalizes healthy eating.

MINDFULNESS:

Notice the conversations that happen over shared food.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION

DAYS 22–30: SUSTAINABILITY & FUTURE VISION

DAY 28

FOOD & JOY

WFPB: Plant-based eating isn't restrictive — it's abundant and vibrant.

MINDFULNESS:

Savor a food today purely for pleasure.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE

 1L  2L  3L

MEAL LOG

REFLECTION

DAYS 22–30: SUSTAINABILITY & FUTURE VISION

DAY 29

LOOKING BACK, LOOKING FORWARD

WFPB: Your reset is proof that you can choose health and alignment every day.

MINDFULNESS:

Write down the habits you'll keep moving forward.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE

    1L     2L     3L

MEAL LOG

REFLECTION

DAYS 22–30: SUSTAINABILITY & FUTURE VISION

DAY 30

CELEBRATING THE JOURNEY

WFPB: This isn't the end — it's the start of a more examined way of eating.

MINDFULNESS:

Celebrate yourself with a nourishing meal and gratitude.

(Thoughts? Notes?)

HOW IS YOUR MOOD TODAY?

WATER INTAKE



MEAL LOG

REFLECTION



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