



THE 14-DAY

# Blood Sugar Detox

Your complete meal plan to clear excess stored glucose and restore the hypothalamus-pancreas connection — built for Walmart, Costco, and Whole Foods shoppers.

WALMART · COSTCO · WHOLE FOODS

## — INTRODUCTION

# Why the First 14 Days Are Your Highest-Impact Window

*The first 14 days are the period of greatest metabolic impact in your Glycemic Code journey.*

Years of exposure to refined carbohydrates and sugar have created a silent burden: excess glucose stored in muscle, liver, and adipose tissue that your A1C reflects — but doesn't fully explain. **The 14-Day Blood Sugar Detox** is designed to systematically begin clearing that overload through clean protein, healthy fats, and low-glycemic vegetables. No extreme dieting, no caloric deprivation, no hormonal disruption.

While you feed your body the nutrients in this guide, the NeuroGlic protocol audios are working in parallel — **reconnecting the circuit between your hypothalamus and your pancreas** that chronic stress and silent inflammation have degraded over the years. The 7-minute morning audio, taken before breakfast, prepares the nervous system to receive nutrients without a cortisol spike. The *Midnight Cortisol Reset* audio finalizes the cycle — lowering baseline cortisol during sleep and preventing the elevated fasting glucose pattern many users notice upon waking.

In the first 72 hours, a mild energy dip is normal as your body transitions. **By Day 4, most users report improved morning focus, reduced sugar cravings, and — for CGM users — a noticeably smoother post-meal glucose curve.** Use this guide as a structure, not a rigid rule. Consistency matters more than perfection.

## THE AUDIO PROTOCOL

- **7-min morning audio** — activates parasympathetic tone before your first meal
- **Midnight Cortisol Reset** — lowers cortisol during sleep, stabilizes fasting glucose
- Together, they restore the signal between your hypothalamus and pancreas

## THE NUTRITION PROTOCOL

- **Protein + healthy fats at breakfast** — no cortisol spike, sustained energy
- **Low-glycemic vegetables** — smooth post-meal glucose curve, less pancreatic load
- Every meal reinforces the signal restoration the audios begin each morning

## • BEFORE YOU START — QUICK SETUP CHECKLIST

- Access the **7-Minute Morning Activation** audio in your member area — have it ready before Day 1
- Access the **Midnight Cortisol Reset** audio — set it as your nightly alarm cue

## Daily Protocol Rules

- Complete the 7-minute audio BEFORE breakfast — every single day without exception**  
Your nervous system needs to be in parasympathetic mode before your first meal. Skipping this breaks the circuit.
- No fasted coffee — always after the audio + Step 1 hydration**  
Fasted caffeine spikes cortisol and triggers hepatic glycogenolysis, raising your fasting glucose before you eat a single calorie.
- Listen to the Midnight Cortisol Reset audio every night before sleep**  
Without this, morning cortisol resets incompletely — and elevated fasting glucose the next day is the result.
- No foods from the ELIMINATE list for 14 days — no exceptions, no cheat days**  
Each glucose spike interrupts the recalibration window. Fourteen days of clean inputs is what creates a measurable shift.
- Keep dinners light and finish eating at least 2 hours before bedtime**  
Evening glucose spikes elevate nighttime cortisol and interfere with the Midnight Reset audio's effectiveness.

## What to Expect — Three Phases

DAYS 1-3 · ADAPTATION

### The Clearing Phase

Mild energy dip is normal. Your body is switching from glucose-dependent to a more balanced fuel state. **Stay hydrated.** The dip passes by Day 3 for most people.

DAYS 4-7 · STABILIZATION

### The Shift Phase

Morning focus improves. Sugar cravings begin to drop. CGM users will see a **smoother post-meal curve**. The vagus nerve signal is strengthening.

DAYS 8-14 · RECALIBRATION

### The Consolidation Phase

Deeper sleep, reduced appetite for refined carbs, and — for many users — a **measurable drop in fasting glucose** compared to Day 1 baseline.

• INCLUDE EVERY DAY

- Eggs
- Chicken Breast
- Ground Turkey
- Salmon
- Tuna (canned in water)
- Shrimp
- Tilapia
- Avocado
- Extra Virgin Olive Oil
- Ghee Butter
- Almonds
- Walnuts
- Broccoli
- Spinach
- Zucchini
- Asparagus
- Cauliflower
- Green Beans
- Mushrooms
- Kale
- Cucumber
- Greek Yogurt (whole milk)
- Ceylon Cinnamon
- Turmeric

• ELIMINATE FOR 14 DAYS

- Refined Sugar
- White Bread
- White Rice
- Pasta
- Fruit Juice
- Soda
- Alcohol
- Ultra-processed Foods
- Breakfast Cereals
- French Fries
- Candy & Pastries

THE ZERO-SPIKE MEAL FORMULA

**Protein**  
palm-sized portion

+

**Vegetable**  
half the plate

+

**Healthy Fat**  
thumb-sized

= Zero-Spike Meal



## Week 1 — The Clearing Phase

Days 1 to 4 · Your body begins clearing excess stored glucose

| DAY 01 · Monday |   |
|-----------------|---|
| BREAKFAST       | Scrambled eggs with sliced avocado and sautéed spinach<br>⚡ AFTER 7-MIN AUDIO |
| LUNCH           | Grilled chicken breast with steamed broccoli and olive oil                    |
| DINNER          | Ground turkey sautéed with zucchini, garlic, and olive oil                    |

| DAY 02 · Tuesday |   |
|------------------|---|
| BREAKFAST        | 3-egg omelet with spinach and sliced mushrooms<br>⚡ AFTER 7-MIN AUDIO |
| LUNCH            | Salmon salad with cucumber, mixed greens, and olive oil               |
| DINNER           | Baked tilapia fillet with asparagus and lemon                         |

| DAY 03 · Wednesday |  |
|--------------------|--|
| BREAKFAST          | Whole-milk Greek yogurt with chia seeds and almonds<br>⚡ AFTER 7-MIN AUDIO |
| LUNCH              | Grilled turkey bowl with cauliflower rice and broccoli                     |
| DINNER             | Shrimp sautéed in olive oil with green beans and garlic                    |

| DAY 04 · Thursday |   |
|-------------------|---|
| BREAKFAST         | Fried eggs with avocado slices, sea salt, and black pepper<br>⚡ AFTER 7-MIN AUDIO |
| LUNCH             | Grilled chicken breast with cucumber and cherry tomato salad                      |
| DINNER            | Baked salmon with sautéed spinach and garlic                                      |

### 💡 DAYS 1-4 · THE ADAPTATION WINDOW

A mild energy dip in the first 72 hours is normal — your body is transitioning from glucose-dependency. **Stay hydrated** with water, unsweetened green tea, and electrolyte water (lemon or sea salt). By Day 4, most users report noticeably improved morning clarity and the first signs of reduced sugar cravings.

| DAY 05 · Friday |  |
|-----------------|--|
| BREAKFAST       | Egg white omelet with chopped kale and cottage cheese<br>⚡ AFTER 7-MIN AUDIO |
| LUNCH           | Canned tuna in water with sliced cucumber, olive oil, and fresh lemon        |
| DINNER          | Ground turkey with grilled cauliflower and turmeric                          |

| DAY 06 · Saturday |   |
|-------------------|---|
| BREAKFAST         | Scrambled eggs with smoked salmon and chives<br>⚡ AFTER 7-MIN AUDIO |
| LUNCH             | Grilled chicken bowl with fresh spinach, avocado, and pumpkin seeds |
| DINNER            | Grilled salmon fillet with asparagus and extra virgin olive oil     |

| DAY 07 · Sunday |   |
|-----------------|---|
| BREAKFAST       | 3-egg omelet with mashed avocado, sea salt, and black pepper<br>⚡ AFTER 7-MIN AUDIO |
| LUNCH           | Large salad with grilled chicken, mixed greens, cucumber, olives, and olive oil     |
| DINNER          | Grilled shrimp with sautéed green beans, garlic, and fresh lemon                    |



### Week 1 Complete — The Shift is Underway

By Day 7, here is what most users are experiencing:

- ✓ Improved morning mental clarity
- ✓ Noticeably reduced sugar cravings
- ✓ Deeper and more restful sleep
- ✓ Smoother post-meal glucose curve (CGM users)
- ✓ Reduced urgency upon waking
- ✓ Lower cortisol spike pattern in the morning

#### 📊 WEEK 1 CHECK-IN

If you have a CGM, compare your post-meal glucose curve from Day 7 to Day 1. The peak should be lower and the recovery faster. If you test fasting glucose manually, take a reading before Day 8 breakfast and compare to your Day 1 baseline. **Any downward movement is a confirmed signal that the protocol is working.**



## Week 2 — The Recalibration Phase

Days 8 to 14 · The nervous system begins its deepest reset

| DAY 08 · Monday |  |
|-----------------|--|
| BREAKFAST       | 3-egg omelet with mashed avocado and sea salt<br>⚡ AFTER 7-MIN AUDIO |
| LUNCH           | Grilled tilapia with oven-roasted broccoli and olive oil             |
| DINNER          | Ground turkey with zucchini noodles and natural tomato sauce         |

| DAY 09 · Tuesday |   |
|------------------|---|
| BREAKFAST        | Greek yogurt with ground flaxseeds and Ceylon cinnamon<br>⚡ AFTER 7-MIN AUDIO |
| LUNCH            | Tuna salad with mixed greens, avocado, and lemon vinaigrette                  |
| DINNER           | Baked salmon with sautéed mushrooms and spinach                               |

| DAY 10 · Wednesday |  |
|--------------------|--|
| BREAKFAST          | Scrambled eggs with mushrooms, spinach, and goat cheese<br>⚡ AFTER 7-MIN AUDIO |
| LUNCH              | Chicken bowl with cauliflower rice, green beans, and turmeric                  |
| DINNER             | Shrimp in olive oil with asparagus and roasted garlic                          |

| DAY 11 · Thursday |  |
|-------------------|--|
| BREAKFAST         | Omelet filled with turkey, spinach, and cherry tomatoes<br>⚡ AFTER 7-MIN AUDIO |
| LUNCH             | Roasted chicken breast with kale salad, cucumber, and lemon                    |
| DINNER            | White fish fillet (tilapia or cod) with steamed broccoli                       |

### 📖 DAYS 8-11 · DEEPENING THE RESET

In Week 2, the audios work at greater neural depth. Many users begin noticing a **spontaneous reduction in refined carbohydrate appetite** and deeper, more restorative sleep — direct signals that nighttime cortisol is being regulated and the vagus nerve tone is increasing. Stay consistent: the autonomic nervous system responds to repeated patterns.

| DAY 12 · Friday |  |
|-----------------|--|
| BREAKFAST       | Scrambled eggs with smoked salmon, capers, and lemon<br>⚡ AFTER 7-MIN AUDIO        |
| LUNCH           | Grilled chicken salad with avocado, cherry tomatoes, and Dijon mustard vinaigrette |
| DINNER          | Ground turkey with sautéed red bell pepper, onion, and cumin                       |

| DAY 13 · Saturday |   |
|-------------------|---|
| BREAKFAST         | Egg pancakes with spinach and cottage cheese<br>⚡ AFTER 7-MIN AUDIO |
| LUNCH             | Grilled salmon over fresh spinach with sesame seeds and olive oil   |
| DINNER            | Grilled shrimp with roasted cauliflower and fresh herbs             |

| DAY 14 · Sunday — Completion Day 🏆 |  |
|------------------------------------|--|
| BREAKFAST                          | Whole egg omelet with avocado, sea salt, and black pepper<br>⚡ AFTER 7-MIN AUDIO |
| LUNCH                              | Protein bowl: grilled chicken, green beans, broccoli, and extra virgin olive oil |
| CELEBRATION DINNER                 | Baked salmon with asparagus and lemon — you completed 14 days                    |

DAY 14 COMPLETE — WHAT HAPPENS NEXT

### The Detox Is the Beginning, Not the End

The 14-day window cleared the metabolic overload and began recalibrating the hypothalamus-pancreas circuit. **Continue the morning protocol and nighttime audio.** Next week, take your fasting glucose reading and compare it to your Day 1 baseline. Any downward movement confirms the circuit is cleaner than when you started.

**THIS WEEK**

Compare fasting glucose to your Day 1 baseline reading

**CONTINUE DAILY**

Morning audio + Step 1 hydration + Midnight Reset

**MONTH 1 GOAL**

ATC retest with your doctor — 90-day reflection point

**KEEP GOING**

Maintain the 14-day food principles as your new baseline

📅 AFTER DAY 14

The protocol does not end at Day 14 — it enters maintenance mode. The same meal structure, the same audio routine. The difference is that now your system has a cleaner baseline to build from. **Each additional week of consistency compounds the result.**

GOLDEN NIGHT RULE — EVERY SINGLE NIGHT

🌙 **The Midnight Cortisol Reset**

Before sleeping, listen to "The Midnight Cortisol Reset" audio. It works while you sleep: reducing baseline cortisol, stabilizing fasting glucose overnight, and preparing your nervous system for the next morning's protocol. **Without it, the regeneration cycle is incomplete.** This audio is not optional — it is the other half of the system.

• YOUR DAILY PROTOCOL AT A GLANCE

| TIME OF DAY      | ACTION   |
|------------------|--|
| Upon Waking      | <b>Step 1 Hydration:</b> Warm water + ½ lemon OR a pinch of sea salt — before anything else                |
| Before Breakfast | <b>Step 3:</b> 7-minute Neuro-Activation audio with headphones — eyes closed, spine upright                |
| Breakfast        | First meal of the day — <b>protein + healthy fat only</b> , after the audio. No fasted coffee before this. |
| With Every Meal  | Berberine HCl + Banaba Leaf Extract + Chromium Picolinate (from the Grocery List guide)                    |
| Evening Meal     | Light dinner, finished at least <b>2 hours before bedtime</b> . Protein + vegetables only.                 |
| Before Sleep     | <b>Midnight Cortisol Reset</b> audio — non-negotiable, every night for 14 days                             |

• 14-DAY GROCERY STAPLES

PROTEINS

- Eggs (2 dozen/week)
- Chicken breast
- Ground turkey
- Salmon (fresh or frozen)
- Canned tuna in water
- Shrimp
- Tilapia or cod
- Greek yogurt (whole milk)

VEGETABLES

- Broccoli
- Spinach (baby spinach bag)
- Zucchini
- Asparagus
- Cauliflower (fresh or frozen)
- Green beans
- Mushrooms
- Kale & cucumber

FATS & PANTRY

- Avocados (4-6/week)
- Extra virgin olive oil
- Ghee butter
- Almonds & walnuts
- Ceylon cinnamon
- Turmeric & garlic
- Sea salt (Celtic or Himalayan)
- Organic lemons

The information in this guide is for educational and wellness purposes only. Always consult a qualified healthcare professional before starting any dietary protocol, particularly if you manage a diagnosed metabolic condition or take blood sugar medications. — **NeuroGlic · GlycemiCode · The 14-Day Blood Sugar Detox**