

PickAReset

Refeed Meal Ideas + Kitchen Checklist

Simple, satisfying plates designed to support your eating window, steady energy and recovery after a fast.

How to break a fast

- Start with water, bone broth or herbal tea to rehydrate and wake up digestion.
- Eat protein first (eggs, fish, tofu or lean meat) to anchor blood sugar.
- Add healthy fats (avocado, olive oil, tahini) before complex carbs.
- Wait 20–30 minutes before introducing fiber-heavy vegetables or whole grains.
- Avoid refined sugar, fried foods and heavy oils in the first meal.

Meal ideas

Grilled chicken, rice & broccoli

Simple grilled chicken thigh or breast with steamed rice and broccoli, dressed with olive oil and fresh lemon. A balanced, easy-to-find plate.

Scrambled eggs with spinach & toast

Fluffy scrambled eggs with lightly sautéed spinach and a slice of whole-grain toast. Quick, affordable and gentle after a fast.

Tuna & white bean salad

Canned tuna and white beans tossed with tomato, cucumber, red onion and a lemon vinaigrette. Protein-rich and pantry-friendly.

Turkey & vegetable soup

A comforting bowl of turkey, carrots, celery, potato and onion in a light broth. Great for rehydration and easy digestion.

Peanut butter oatmeal with banana

Rollled oats topped with peanut butter, sliced banana and a sprinkle of chia seeds. A satisfying refeed or lighter eating-window meal.

Salmon, avocado & leafy greens

Pan-seared salmon over mixed greens with avocado, cucumber and a lemon-olive oil dressing. Rich in omega-3s and gentle on digestion.

Vegetable omelet with goat cheese

Two eggs with spinach, tomatoes and mushrooms, topped with soft goat cheese and a side of sprouted-grain toast.

Lentil, roasted root & tahini bowl

Warm lentils with roasted carrots, beets and sweet potato, drizzled with tahini, lemon and fresh herbs.

Beef & broccoli stir-fry over rice

Thinly sliced beef and broccoli sautéed with garlic and ginger, served over regular white or brown rice.

Baked fish with sweet potato & green beans

Lightly seasoned white fish baked with sweet potato wedges and steamed green beans, finished with a squeeze of lemon.

Kitchen checklist

Keep these staples on hand so you can build a balanced refeed plate in minutes.

- Proteins: eggs, salmon, cod, chicken thighs, grass-fed beef, tofu, tempeh
- Healthy fats: extra-virgin olive oil, avocado, tahini, nuts, seeds
- Gentle carbs: sweet potato, quinoa, sprouted grains, lentils, cauliflower rice
- Gut-friendly extras: bone broth, miso, ginger, garlic, leafy greens, herbs
- Hydration: filtered water, herbal tea, electrolytes (no added sugar)

Build your plate

Protein	Healthy fat	Gentle carb	Gut-friendly extra
Eggs or fish	Avocado or olive oil	Sweet potato or quinoa	Leafy greens or herbs
Tofu or tempeh	Tahini or nuts	Lentils or sprouted grains	Miso or bone broth
Chicken or beef	Seeds	Cauliflower rice	Ginger or garlic

PickAReset.com · Wellness guidance, not medical advice. Consult your healthcare provider before beginning any fasting or nutrition protocol.