

# WARLESEA

## FEEL GREAT IN 6 DAYS: Your Kickstart to Balanced Energy, Better Habits & Lasting Results



*A companion guide to help you get the most out of your 6-Day Feel Great Sampler.*

WARLESEA.COM



*Hi beautiful soul.*

Welcome to your Feel Great in 6 Days journey. I'm so proud of you for choosing YOU. Whether you're here to boost your energy, tame those cravings, or simply feel more in control of your health—this workbook is your step-by-step guide.

Over the next 6 days, you'll be supported with simple wellness tips, meal guidance, habit tracking, and mindset shifts that align with the Unicity Feel Great System.

My goal? To help you feel more grounded, energized, and in tune with your body—without extremes, shame, or overwhelm. Let's do this together.

**Let's do this together,**

*Warlessea*



*Before you dive in, a little legal love!*

## **DISCLAIMER**

This workbook is intended for educational and informational purposes only. The contents of this guide, including but not limited to any meal plans, exercise suggestions, or supplement references, are not intended to diagnose, treat, cure, or prevent any disease. This is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or health goal.

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# HOW THE FEEL GREAT SYSTEM WORKS

The Feel Great System is a two-product combo designed to support your metabolism, blood sugar balance, energy, and overall well-being—without dieting or complicated routines.



## Unimate

A yerba mate drink that supports mental clarity, mood, and satiety. It helps extend your fasting window, curb cravings, and give you clean energy without the crash.

**Take it first thing in the morning (or at the start of your fast) to stay focused and satisfied.**

## Balance

A pre-meal drink rich in fiber and plant compounds. It helps slow down carbohydrate absorption, stabilize blood sugar, and keep you fuller for longer.

**Take it 10–15 minutes before your largest meal or any high-carb meal.**



***When used together, Unimate and Balance support your body's natural GLP-1 production—helping you feel full, energized, and in control throughout the day.***



# CREATE YOUR FLEXIBLE DAILY TIME MAP

Fasting doesn't need to follow a strict clock—it's about giving your body a break from constant digestion and allowing hormones like insulin and GLP-1 to rebalance.



**Wake up**

Drink Unimate with water (no sugar or creamers)



**Stay in fasted state**

Delay your first meal (aim for 14–16 hours of fasting)



**Stay hydrated**

Drink water, herbal teas, or black coffee



**First meal (break-fast)**

Take Balance 10–15 mins before this meal



**Last meal of day**

(Optional: Take Balance again before this if it's carb-heavy)



**Resume Fasting**

After dinner, begin your next fasting window

*Examples:*

**16:8 Fasting → Fast from 8PM to 12PM, eat between 12–8PM**

**14:10 Fasting → Fast from 8PM to 10AM, eat between 10AM–8PM**



Track your own flow using the Daily Tracker pages, included at the end of this PDF and ready for you to print.

# GROCERY LIST FOR INSULIN RESISTANCE SUPPORT

Focus on low-glycemic, high-fiber, whole foods to stabilize blood sugar and reduce insulin spikes:

## ✓ Stock Up On:

**Proteins:** *Chicken, turkey, eggs, salmon, sardines, tofu*

**Non-starchy veggies:** *Spinach, kale, zucchini, broccoli, bell peppers, celery, cucumbers*

**Healthy fats:** *Avocados, olive oil, nuts, seeds*

**Low-glycemic fruits:** *Berries, green apples, grapefruit*

**Whole grains (in moderation):** *Quinoa, oats, brown rice*

**Dairy alternatives:** *Unsweetened almond, coconut, or cashew milk*

## ✗ Limit or Avoid:

**White bread, pasta, pastries**

**Sweetened beverages**

**Fried foods**

**Candy and processed snacks**

**Fruit juices**



# UNDERSTANDING YOUR PROTEIN, FIBER, AND FAT NEEDS

Before diving into the meal plans, it's important to understand how protein, fiber, and fat contribute to your overall health, especially when managing insulin resistance. Here's a breakdown to help you tailor your meals to your individual needs:

## Protein

Protein is essential for building and repairing tissues, supporting immune function, and maintaining muscle mass.

**Recommended Intake:** The Recommended Dietary Allowance (RDA) for protein is 0.36 grams per pound of body weight. *For example, a 150-pound person would need about 54 grams of protein daily.*

**Increased Needs:** Individuals who are physically active, older adults, or those aiming to build muscle may benefit from higher protein intake, up to 0.6–0.8 grams per pound of body weight.

### Tips to Increase Protein Intake:

- \* Add a serving of lean meats, poultry, or fish.
- \* Include plant-based proteins like legumes, tofu, or tempeh.
- \* Incorporate dairy or dairy alternatives rich in protein, such as Greek yogurt or fortified plant-based yogurts.
- \* Use protein supplements like shakes or bars, if necessary.
- \* Consider collagen peptides, which can be easily added to yogurt, soup, or smoothies to boost protein intake.



# UNDERSTANDING YOUR PROTEIN, FIBER, AND FAT NEEDS

## Fiber

Fiber aids in digestion, helps regulate blood sugar levels, and promotes satiety.

### Recommended Intake:

- Women under 50: 25–28 grams per day
- Men under 50: 31–34 grams per day
- Women 51 and older: 22 grams per day
- Men 51 and older: 28 grams per day

### Tips to Increase Fiber Intake:

- \* Include more whole grains like oats, quinoa, or brown rice.
- \* Add a variety of vegetables to meals and snacks.
- \* Snack on fruits, especially those with edible skins and seeds.
- \* Use protein supplements like shakes or bars, if necessary.
- \* Incorporate legumes such as beans, lentils, and chickpeas.
- \* Use seeds like chia or flaxseeds in smoothies, or salads.



# UNDERSTANDING YOUR PROTEIN, FIBER, AND FAT NEEDS

## Fat

Fats are essential for absorbing fat-soluble vitamins, providing energy, and supporting cell function.

**Recommended Intake:** The 2020–2025 Dietary Guidelines for Americans recommend that total fat should constitute 20% to 35% of your daily calories, with saturated fat limited to less than 10% of daily calories.

### Tips for Healthy Fat Intake:

- \* Opt for unsaturated fats found in foods like avocados, nuts, seeds, and olive oil.
- \* Limit saturated fats by reducing intake of high-fat meats, full-fat dairy products, and processed foods.
- \* Avoid trans fats, often found in baked goods and fried foods.

By understanding and adjusting your intake of protein, fiber, and fats, you can better manage insulin resistance and support overall health.





# 6-DAY MEAL PLAN WITH DIETARY ALTERNATIVES

Each day features a main meal plan along with tailored alternatives to accommodate specific dietary restrictions. Nutritional estimates are provided for each meal.

## Day 1

**Meal 1:** Scrambled eggs with spinach and avocado slices

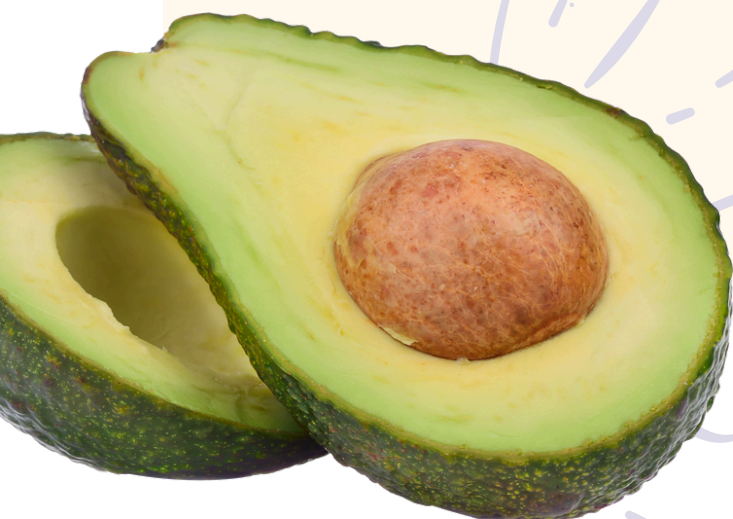
*Protein: 14g | Fiber: 5g*

**Meal 2:** Grilled chicken over quinoa and roasted vegetables

*Protein: 35g | Fiber: 8g*

### *Alternatives:*

- **Vegetarian:** Use tofu scramble instead of eggs.
- **Dairy-Free:** Ensure no dairy is used in preparation.
- **Nut-Free:** No changes needed.
- **Gluten-Free:** No changes needed.



# 6-DAY MEAL PLAN WITH DIETARY ALTERNATIVES

*These meal plans are designed to be flexible and accommodating to various dietary needs while supporting insulin resistance management.*

## Day 2

**Meal 1:** Greek yogurt with chia seeds and mixed berries

*Protein: 20g | Fiber: 10g*

**Meal 2:** Baked salmon with sautéed kale, roasted sweet potato

*Protein: 30g | Fiber: 7g*

### *Alternatives:*

- **Vegetarian:** Replace salmon with grilled tofu or tempeh.
- **Dairy-Free:** Use coconut or almond-based yogurt.
- **Nut-Free:** Use seed-based toppings instead of nuts.
- **Gluten-Free:** Ensure all ingredients are gluten-free.





# 6-DAY MEAL PLAN WITH DIETARY ALTERNATIVES

*These meal plans are designed to be flexible and accommodating to various dietary needs while supporting insulin resistance management.*

## Day 3

**Meal 1:** Egg muffins with bell peppers, spinach, and turkey

*Protein: 18g | Fiber: 3g*

**Meal 2:** Ground turkey lettuce wraps with avocado and roasted cauliflower

*Protein: 28g | Fiber: 6g*

### *Alternatives:*

- **Vegetarian:** Omit turkey or use plant-based sausage, lentils or mushrooms.
- **Dairy-Free:** Use dairy-free cheese or omit cheese.
- **Nut-Free:** No changes needed.
- **Gluten-Free:** Ensure all ingredients are gluten-free.



# 6-DAY MEAL PLAN WITH DIETARY ALTERNATIVES

*These meal plans are designed to be flexible and accommodating to various dietary needs while supporting insulin resistance management.*

## Day 4

**Meal 1:** Protein smoothie with almond milk, banana, spinach, chia seeds, and protein powder

*Protein: 25g | Fiber: 8g*

**Meal 2:** Grilled shrimp with stir-fried zucchini noodles, garlic, and olive oil

*Protein: 30g | Fiber: 5g*

### *Alternatives:*

- **Vegetarian:** Replace shrimp with tofu, tempeh, or legumes.
- **Dairy-Free:** No changes needed.
- **Nut-Free:** No changes needed.
- **Gluten-Free:** Ensure all ingredients are gluten-free.



# 6-DAY MEAL PLAN WITH DIETARY ALTERNATIVES

*These meal plans are designed to be flexible and accommodating to various dietary needs while supporting insulin resistance management.*

## Day 5

**Meal 1:** Cottage cheese or tofu scramble with sautéed greens and sliced avocado

*Protein: 20g | Fiber: 6g*

**Meal 2:** Baked chicken thighs with roasted broccoli and mashed cauliflower

*Protein: 35g | Fiber: 7g*

### *Alternatives:*

- **Vegetarian:** Replace chicken with tofu, tempeh, or legumes.
- **Dairy-Free:** Avoid using butter.
- **Nut-Free:** No changes needed.
- **Gluten-Free:** Ensure all ingredients are gluten-free.





# 6-DAY MEAL PLAN WITH DIETARY ALTERNATIVES

*These meal plans are designed to be flexible and accommodating to various dietary needs while supporting insulin resistance management.*

## Day 6

**Meal 1:** Oatmeal with ground flaxseed, almond milk, and blueberries

**Protein:** 12g | **Fiber:** 9g

**Meal 2:** Turkey burger (no bun) with lettuce, tomato, pickles, and roasted asparagus

**Protein:** 30g | **Fiber:** 5g

### *Alternatives:*

- **Vegetarian:** Use a plant-based burger patty.
- **Dairy-Free:** Use vegan cheese.
- **Nut-Free:** No changes needed.
- **Gluten-Free:** Ensure patty is gluten-free.



## MOVE YOUR BODY: LIGHT, JOYFUL ACTIVITY

Daily movement supports digestion, blood sugar, and mood—even in short bursts!

**Choose 15–30 minutes of joyful motion :**



Brisk neighborhood walk



Dance to your favorite playlist



Chair stretches or yoga



Step in place while watching TV

*No gym required. Just move how you love to move!*

*Set your timer and move. No excuses!*



Check out this gentle walking workout you can follow along with—perfect after eating and a great way to support digestion.

**CLICK TO WATCH WALKING WORKOUT**

## DAY 1 FEEL GREAT TRACKER



**Sleep Quality:**



Great



Good



Okay



Not good



Awful



**Water Intake:**



*\*Goal: 8 - 10 cups*



**Unimate - Time Taken:** \_\_\_\_\_

**Balance - Time Taken:** \_\_\_\_\_



**Fasting - Time Ended:** \_\_\_\_\_

*\*Goal: 14-16 hours of fasting*



**Meal 1 - Time & Notes:** \_\_\_\_\_

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**Meal 2 - Time & Notes:** \_\_\_\_\_

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**Fasting - Time Started:** \_\_\_\_\_



**Today's Mood:**



Great



Good



Okay



Not good



Awful

**Reflections:**

## DAY 2 FEEL GREAT TRACKER



**Sleep Quality:**



Great



Good



Okay



Not good



Awful



**Water Intake:**



*\*Goal: 8 - 10 cups*



**Unimate - Time Taken:** \_\_\_\_\_

**Balance - Time Taken:** \_\_\_\_\_



**Fasting - Time Ended:** \_\_\_\_\_

*\*Goal: 14-16 hours of fasting*



**Meal 1 - Time & Notes:** \_\_\_\_\_

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**Meal 2 - Time & Notes:** \_\_\_\_\_

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**Fasting - Time Started:** \_\_\_\_\_



**Today's Mood:**



Great



Good



Okay



Not good



Awful

**Reflections:**



## DAY 3 FEEL GREAT TRACKER



**Sleep Quality:**



Great



Good



Okay



Not good



Awful



**Water Intake:**



*\*Goal: 8 - 10 cups*



**Unimate - Time Taken:** \_\_\_\_\_

**Balance - Time Taken:** \_\_\_\_\_



**Fasting - Time Ended:** \_\_\_\_\_

*\*Goal: 14-16 hours of fasting*



**Meal 1 - Time & Notes:** \_\_\_\_\_

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**Meal 2 - Time & Notes:** \_\_\_\_\_

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**Fasting - Time Started:** \_\_\_\_\_



**Today's Mood:**



Great



Good



Okay



Not good



Awful

**Reflections:**

## DAY 4 FEEL GREAT TRACKER



**Sleep Quality:**



Great



Good



Okay



Not good



Awful



**Water Intake:**



*\*Goal: 8 - 10 cups*



**Unimate - Time Taken:** \_\_\_\_\_

**Balance - Time Taken:** \_\_\_\_\_



**Fasting - Time Ended:** \_\_\_\_\_

*\*Goal: 14-16 hours of fasting*



**Meal 1 - Time & Notes:** \_\_\_\_\_

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**Meal 2 - Time & Notes:** \_\_\_\_\_

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**Fasting - Time Started:** \_\_\_\_\_



**Today's Mood:**



Great



Good



Okay



Not good



Awful

**Reflections:**

## DAY 5 FEEL GREAT TRACKER



**Sleep Quality:**



Great



Good



Okay



Not good



Awful



**Water Intake:**



*\*Goal: 8 - 10 cups*



**Unimate - Time Taken:** \_\_\_\_\_

**Balance - Time Taken:** \_\_\_\_\_



**Fasting - Time Ended:** \_\_\_\_\_

*\*Goal: 14-16 hours of fasting*



**Meal 1 - Time & Notes:** \_\_\_\_\_

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**Meal 2 - Time & Notes:** \_\_\_\_\_

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**Fasting - Time Started:** \_\_\_\_\_



**Today's Mood:**



Great



Good



Okay



Not good



Awful

**Reflections:**

## DAY 6 FEEL GREAT TRACKER



**Sleep Quality:**



Great



Good



Okay



Not good



Awful



**Water Intake:**



*\*Goal: 8 - 10 cups*



**Unimate - Time Taken:** \_\_\_\_\_

**Balance - Time Taken:** \_\_\_\_\_



**Fasting - Time Ended:** \_\_\_\_\_

*\*Goal: 14-16 hours of fasting*



**Meal 1 - Time & Notes:** \_\_\_\_\_

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**Meal 2 - Time & Notes:** \_\_\_\_\_

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**Fasting - Time Started:** \_\_\_\_\_



**Today's Mood:**



Great



Good



Okay



Not good



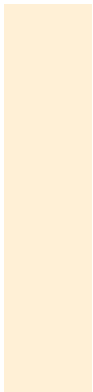
Awful

**Reflections:**

## WELL DONE, FRIEND!

You've just gifted your body 6 days of nourishment, intention, and powerful self-care.

Be proud of what you accomplished, no matter how it looked. Progress isn't always loud—sometimes, it's a quiet shift in how you feel.



**Keep showing up for yourself.  
Keep choosing better.  
Keep going.**

You deserve to feel great—for life.

**Keep thriving,**

*Warlessea*

