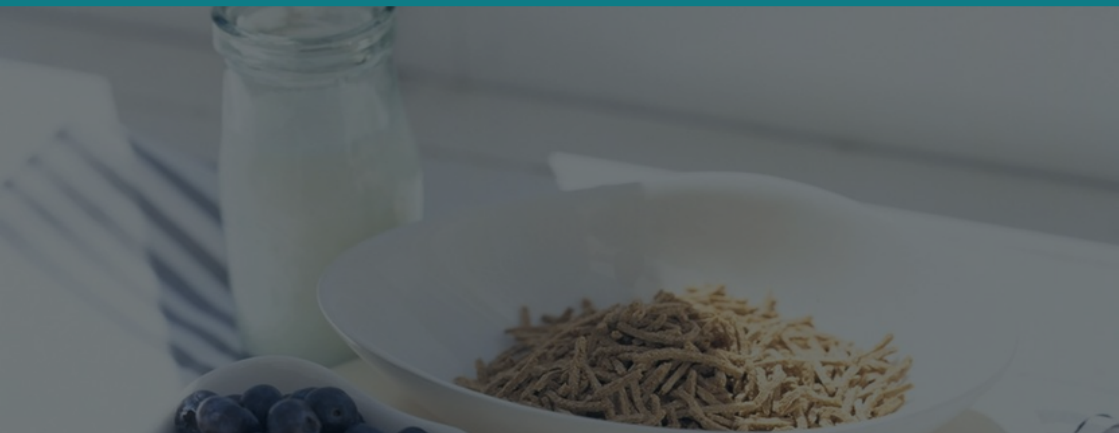




THE 7-DAY BACK RESET

Every meal, every formula, every glass of water for a full week — written out in advance, with one shopping list that covers all of it. Including the two days you will want to

- All seven days written out hour by hour
- The printable Saturday shopping list
- The Sunday prep hour, step by step
- The daily hydration target, measured

7 DAYS PLANNED · 21 MEALS · 1 SHOPPING LIST

READ THIS FIRST

This guide is educational content about food. It is not medical advice, not a diagnosis, and not a treatment for any condition. It does not replace medication, and nothing in it should cause you to stop or change a prescription.

INTERACTIONS THAT MATTER

- Turmeric and ginger can increase the effect of blood thinners such as warfarin. Culinary amounts are not supplement doses, but the interaction is real. Every affected formula in this guide is marked.
- Tart cherry juice carries a meaningful amount of natural sugar. If you manage diabetes, treat it as juice, not as medicine.
- Ginger can lower blood pressure slightly, which matters if you already take something that does the same.
- If you are pregnant, breastfeeding, or preparing for surgery, ask before adding concentrated turmeric of any kind.

WHEN TO STOP READING AND CALL A DOCTOR

- Numbness in the saddle area — between the legs, or around the back passage.
- Any change in bladder or bowel control.
- Weakness in a leg or foot, or a foot that drags.
- Pain that began after a fall, a crash or a significant impact.
- Unexplained weight loss, night sweats or fever alongside back pain.
- Pain that is significantly worse at night and does not ease with position.

None of those are a stiff morning, and none of them are a job for a recipe. Some of them are an emergency — the guide names which.

WHAT IS IN HERE

The shopping list

One page, one shop, the whole week.

The Sunday prep hour

Four tasks that overlap and cover four days.

Seven days, hour by hour

Every meal, every formula, every prep time.

The swap page

A replacement for every meal, for the days that go sideways.

Eating out

What to order on Friday without making it a thing.

Day 8

What to keep and what to drop.

THE SHOPPING LIST

One shop on Saturday covers all seven days. Quantities are for one person; double them for two.

PRODUCE

- Ginger, a large hand
- Lemons ×6
- Onions ×3, carrots ×4, celery ×1 head
- Broccoli ×1, bag of spinach
- Frozen mixed berries 800 g
- Frozen spinach or kale 500 g

PROTEIN

- Salmon or mackerel fillets ×4
- Tinned sardines ×3
- Smoked mackerel ×2
- Eggs ×6
- Red lentils 300 g

CUPBOARD

- Rolled oats 500 g
- Ground turmeric 100 g
- Black peppercorns
- Extra virgin olive oil 500 ml
- Walnuts 200 g
- Ground flaxseed 200 g
- Barley or brown rice 300 g
- Tinned tomatoes ×2

CHILLED

- Plain yoghurt 500 g
- Kefir 500 ml
- Milk of your choice
- Unsweetened tart cherry juice 1 litre

THE SUNDAY PREP HOUR

- Grain pot on (No. 32) — 30 minutes unattended.
- Curcumin paste (No. 18) while it cooks — two weeks of turmeric in a jar.
- Ten berry freezer bags (No. 24).
- Three overnight oats jars (No. 05).
- Traybake vegetables cut into the tin, covered, ready for Monday.

DAY 1 – MONDAY

FORMULA FACTS		Monday
Day 1, hour by hour		
AMOUNT PER SERVING		
07:00 — The Wake-Up Glass (No. 01)		2 min
07:40 — Magnesium morning oats (No. 02)		0 min
10:30 — Water — 300 ml		1 min
12:30 — The desk jar (No. 19)		3 min
16:00 — Seeds and berries		2 min
19:00 — Magnesium evening bowl (No. 07)		9 min

Water target today: 1.5 litres across the five marked points. The oats for tomorrow go in the fridge tonight.

DAY 2 – TUESDAY

FORMULA FACTS		Tuesday
Day 2, hour by hour		
AMOUNT PER SERVING		
07:00 — The Wake-Up Glass		2 min
07:40 — Kefir and seed glass		3 min
10:30 — Water — 300 ml		1 min
12:30 — Sardine and greens bowl		10 min
16:00 — Post-sitting reset tonic (No. 33)		4 min
19:00 — Lentil and spinach stew		30 min

The stew makes six. Freeze four portions today — Thursday, Saturday and two lunches next week.

DAY 3 – WEDNESDAY

FORMULA FACTS		Wednesday
Day 3, hour by hour		
AMOUNT PER SERVING		
07:00 — The Wake-Up Glass		2 min
07:40 — Overnight oats with seeds		0 min
10:30 — Water — 300 ml		1 min
12:30 — The desk jar		3 min
16:00 — Seeds and berries		2 min
19:00 — Ten-minute fish supper		10 min

Twenty-five minutes of hands-on cooking all day. This is the day people quit, so it is the lightest one.

DAY 4 – THURSDAY

FORMULA FACTS		Thursday
Day 4, hour by hour		
AMOUNT PER SERVING		
07:00 — The Wake-Up Glass		2 min
07:40 — Batch baked oats		0 min
10:30 — Water — 300 ml		1 min
12:30 — Mackerel pâté with flatbread		4 min
16:00 — Post-sitting reset tonic		4 min
19:00 — Stew from the freezer		8 min

The shortcut day, on purpose. Nothing takes longer than ten minutes.

DAY 5 – FRIDAY

FORMULA FACTS		Friday
Day 5, hour by hour		
AMOUNT PER SERVING		
07:00 — The Wake-Up Glass		2 min
07:40 — Turmeric scrambled eggs		6 min
10:30 — Water — 300 ml		1 min
12:30 — Anti-spasm broth (No. 14)		6 min
16:00 — Seeds and berries		2 min
19:00 — Eating out — see the ordering page		—

Friday is planned to survive a restaurant. The ordering page tells you what to choose without making it a thing.

DAY 6 – SATURDAY

FORMULA FACTS		Saturday
Day 6, hour by hour		
AMOUNT PER SERVING		
08:00 — The Wake-Up Glass		2 min
08:40 — Chia pudding, made Friday		0 min
11:00 — Shopping — the list is on page 6		45 min
13:00 — Anchovy and tomato pasta		12 min
16:00 — Walk, then the reset tonic		20 min
19:00 — Slow-cooked beef and barley		20 min

Shopping day. One shop covers the whole of next week too.

DAY 7 – SUNDAY

FORMULA FACTS		Sunday
Day 7, hour by hour		
AMOUNT PER SERVING		
08:00 — The Wake-Up Glass		2 min
08:40 — Batch baked oats		0 min
11:00 — The Sunday prep hour — page 12		60 min
13:00 — Leftover beef and barley		8 min
16:00 — The Sunday seed mix (No. 41)		10 min
19:00 — The weekly reset soup		25 min

One hour of prep buys back four days: grain pot, seed mix, overnight oats, desk jars.

THE SWAP PAGE

Every meal has a replacement with the same job in the day. Nothing here is compulsory.

- Any breakfast → kefir & berry glass (No. 17), three minutes.
- Any lunch → miso & ginger broth (No. 20) with the grain pot.
- Any dinner → ten-minute fish supper (No. 40).
- Any evening formula → simple bedtime milk (No. 42) if you are on blood thinners.
- A whole day → the freezer stew, and start again tomorrow. One missed day is one missed day.

THE LEFTOVERS MAP

Nothing in this week is cooked once. Here is where every batch reappears.

- Monday's traybake (No. 09) → Tuesday lunch, cold and dressed.
- Tuesday's stew (No. 27) → Thursday dinner, and two lunches next week from the freezer.
- Sunday's grain pot (No. 32) → the base of Wednesday and Friday lunch.
- Saturday's beef and barley (No. 38) → Sunday lunch, no cooking at all.
- Anything left on Sunday → the weekly reset soup (No. 45).

EATING OUT ON FRIDAY

- Order the fish if it is there. It usually is.
- Ask for olive oil and lemon instead of the dressing.
- Vegetables as a side, not a garnish.
- One drink, with water alongside, and eat first.
- Do not explain any of this to the table. It is dinner, not a protocol.

DAY 8

Two habits are worth keeping past the week, and five are optional. Keep the evening formula and the Sunday hour — those two carry most of the result. Everything else is preference.

BEFORE YOU GO

One change at a time. The most common way this fails is doing all of it in week one and none of it in week three. Pick the single formula that fits your evening and make it until you stop thinking about it — then add the next.

YOUR REFUND, PLAINLY

Sixty days, no questions, no form. Email accesssupport.ai@gmail.com and it is done. You keep the guide.

LEGAL

© 2026 The Spine Kitchen. Educational content about food — not medical advice, not a diagnosis, not a treatment, and not a supplement. This is an independent publication and is not affiliated with, endorsed by or sponsored by any supplement brand. Payments processed by Digistore24. Results vary from person to person. If joint pain is severe or worsening, please see a doctor.