



THE 7-DAY RESET PROTOCOL

Every meal, every formula, every hour of a full week — written out in advance, with one shopping list that covers all of it. No deciding at 6 p.m. with the fridge open and

- All seven days written out hour by hour
- The printable Saturday shopping list
- The Sunday prep hour, step by step
- A swap page for every meal, for the days that go sideways

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 arthritis or any other 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

- A joint that is hot, red and suddenly swollen.
- Pain that is severe, or clearly worse week after week.
- Fever alongside joint pain.
- A joint that locks, gives way, or will not bear weight.

None of those are a stiff morning, and none of them are a job for a recipe.

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 Infusion (No. 01)		5 min
07:40 — Overnight oats, made last night (No.		0 min
12:30 — Sardine & greens bowl (No. 07)		10 min
16:00 — Walnut & berry plate (No. 13)		2 min
19:00 — Omega traybake (No. 09)		30 min
21:30 — Golden Turmeric Formula (No. 04)		6 min

The traybake makes four portions. You are cooking once for Monday, Tuesday lunch and Thursday.

DAY 2 – TUESDAY

FORMULA FACTS		Tuesday
Day 2, hour by hour		
AMOUNT PER SERVING		
07:00 — The Wake-Up Infusion		5 min
07:40 — Kefir & berry glass (No. 17)		3 min
12:30 — Cold traybake, dressed (No. 06)		3 min
16:00 — Tart cherry shot (No. 03)		2 min
19:00 — Lentil & vegetable stew (No. 27)		30 min
21:30 — Evening ginger steep (No. 11)		8 min

The stew makes six. Freeze four portions today — they are 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 Infusion		5 min
07:40 — Anti-inflammatory porridge (No. 14)		8 min
12:30 — Big green salad with grain pot (No.		6 min
16:00 — Walnut & berry plate		2 min
19:00 — Ten-minute fish supper (No. 40)		10 min
21:30 — Golden Turmeric Formula		6 min

Twenty-nine minutes of hands-on cooking all day. This is the day people quit — which is why it is the lightest one.

DAY 4 – THURSDAY

FORMULA FACTS		Thursday
Day 4, hour by hour		
AMOUNT PER SERVING		
07:00 — The Wake-Up Infusion		5 min
07:40 — Batch baked oats (No. 43)		0 min
12:30 — Mackerel pâté with flatbread (No. 22)		4 min
16:00 — Cherry & ginger tonic (No. 12)		4 min
19:00 — Stew from the freezer		8 min
21:30 — Simple bedtime milk (No. 42)		3 min

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

DAY 5 – FRIDAY

FORMULA FACTS		Friday
Day 5, hour by hour		
AMOUNT PER SERVING		
07:00 — The Wake-Up Infusion		5 min
07:40 — Turmeric scrambled eggs (No. 25)		6 min
12:30 — Miso & ginger broth with grains (No.		5 min
16:00 — Walnut & berry plate		2 min
19:00 — Eating out — see the ordering page		—
21:30 — Evening ginger steep		8 min

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 Infusion		5 min
08:40 — Chia pudding, made Friday (No. 28)		0 min
13:00 — Anchovy & tomato pasta (No. 33)		12 min
16:00 — Post-walk recovery glass (No. 37)		2 min
19:00 — Slow-cooked beef & barley (No. 38)		20 min
21:30 — Golden Turmeric Formula		6 min

Shopping day. The list is on page 6 — 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 Infusion		5 min
08:40 — Batch baked oats		0 min
11:00 — The Sunday prep hour — see page 12		60 min
13:00 — Leftover beef & barley		8 min
16:00 — Cherry & ginger tonic		4 min
19:00 — The weekly reset soup (No. 45)		25 min

One hour of prep buys back four days. Grain pot, berry bags, overnight oats, curcumin paste.

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

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- 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

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