



EXPLODE

HEALTHY WEIGHT SUCCESS

Fiber + Flavor
Craving Reset

GLENDA HILL



WELCOME

Explode Fiber + Flavor Reset: Five-Day Guide to Healthy Weight Success

Hello, I'm Glenda Hill, your guide on this enlightening path to a healthier lifestyle. I'm thrilled to share this companion resource with you, designed to complement the podcast episode "Unique Fiber and Flavor Explode Good Healthy Weight Success." You can listen or replay it here: [link].

Cravings may speak loudly, but they don't have the final say—God does. This is where your breakthrough begins. Over the next five days, you'll embark on a rejuvenating journey to reset your taste buds, stabilize your energy, and quiet the noise of cravings with two powerful tools: fiber and flavor.

This is not a diet plan, it's a spark for lasting transformation. Each day, you'll delve into scriptural insights, personal reflections, and practical steps to realign your eating habits with both your health and faith aspirations.

Five days of focused, intentional practice are all it takes to embrace this empowering truth: **Fiber fills. Flavor fulfills.**

It's a doable journey, one that promises not to overwhelm but to inspire and uplift. Lean in, commit, and witness the remarkable changes that unfold within your mind and body.

Let's begin.

DAY 1

CRAVINGS START IN THE BRAIN

“Be transformed by the renewing of your mind.” (Romans 12:2)

Your cravings are not random—they’re messages from your brain. What voice is louder right now: hunger, habit, or hope?

Write down one craving pattern you want God to reset

Set Your Meal Intention

What’s my goal for this meal?

- Nourishment
- Comfort
- Energy Boost
- Social Connection

Reflection: How can I align this meal with my health + faith goals today?

DAY 2

FIBER FILLS

“He fills the hungry with good things.” Luke 1:53

Fiber isn't a diet trick—it's God's built-in appetite control.

Identify one whole-food fiber source (beans, oats, greens, apples) to add today

IDENTIFY BARRIERS

What makes it hard to choose fiber + flavor?

Lack of time

Convenience food nearby

No fresh produce in the house

Emotional stress

Reflection: What small adjustment could remove one of these barriers tomorrow?

DAY 3

FLAVOR FULFILLS

"Let your moderation be known to all." Philippians 4:5

Flavor doesn't have to shout. God gave herbs, citrus, and gentle spices to refresh, not overwhelm

Try one "flavor booster" today with less seasoning than usual.

Set Your Meal Intention

What's my goal for this meal?

Practice moderation in seasoning

Natural sweetness

Nutty flavor

Clean & fresh

Reflection: Which new phrase will I speak over myself today?
Example: Instead of "I'm picky" → "I'm adventurous with food."

DAY 4

MODERATION

*“A man without self-control is like a city broken into.”
Proverbs 25:28*

Over-seasoned food often leaves us thirsty and restless.
Moderation makes space for discernment.

Are you drinking liquids to tolerate the food?

FIBER + FLAVOR DAILY CHECK-IN

What fiber + flavor did I add today?

Fresh greens / Whole fruit

Gentle spices like cinnamon, cumin, and paprika

Fresh herbs like basil, mint, and cilantro

Citrus zest or juice—like lemon on greens or lime on beans.

*Reflection: How did this change my energy or
cravings?*

DAY 5

SATISFIED BY SIMPLICITY

“How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!” (Psalm 119:103)

Your taste buds aren’t fixed—they can be retrained. Just as the Spirit renews our minds, He can reset our palates.

How will I remind myself this is retraining, not deprivation?

Set Your Meal Intention

My goal for this meal is:

- Training my palate
- Satiety with fiber
- Flavor with balance
- Break one barrier

Reflection: How can I align this meal with my health + faith goals today?

REFLECTIONS

This journey explodes into joy—it's about joyful progress. By busting myths, retraining cravings, and leaning on God's design, you now eat and drink with confidence.

"Whether you eat or drink, or whatever you do, do all to the glory of God"
1 Cor. 10:31

CHALLENGES ENCOUNTERED

What lie or myth about food have I let go of?

LESSONS LEARNED

What truth will I carry forward from these 5 days?

PLANNING AHEAD:

Diets end. Willpower fails. But Spirit-led stewardship transforms. Success in weight and health is not just physical—it's spiritual.

Verses to Look Up:

James 1:17 • Genesis 1:29 • Ezekiel 47:12 • 2 Cor. 5:17 • Isaiah 55:2

A RESET THAT LASTS

Congratulations!—you’ve completed the 5-day Reset —and that is no small victory.

I’d love to continue this journey with you.

If you want more, join my email community for more **resources**, fresh **encouragement**, and exclusive **tools** to keep you strong in body, mind, and spirit.

www.glendahill.com

Listen or replay the full podcast episode *“Fiber And Flavor Explode Good Healthy Weight Success”*



LISTEN TO FULL EPISODE