

Understanding The RESET 3-2-1 Framework

The science behind everything you're doing

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Before You Begin With SPARK™

If you have already read *Why Your Body Is Fighting You Now*, you already know everything in this guide — skip straight ahead to using SPARK.

If you haven't read it yet, read this first. What follows is a deliberately basic introduction to the RESET 3-2-1 framework — just enough to get you started with SPARK and understand what your score is actually measuring.

But I'd genuinely encourage you to take the time to read the full ebook when you can. I wrote it, and it tells this same framework through my own experience — coming through menopause myself, and applying RESET 3-2-1 to rebuild my own health from the inside out. That's the same journey that led me to design and build SPARK — the tool that now holds this entire framework together in one place. If any part of my story ends up sounding familiar to your own, understanding the framework — and actually living it day to day — tends to become far more natural. It stops being a set of rules you're following and starts being something you recognise in yourself.

What Is RESET 3-2-1?

Before I introduce you to Barry and Larry, let's answer the obvious question: what does "3-2-1" actually mean?

It's the simplest possible structure for a day:

3 meals · 2 snacks · 1 overnight fasting window

That's it. No forbidden foods, no complicated meal plans, no separate rules for weekdays and weekends. Just a rhythm — regular meals and snacks during the day, followed by a longer, uninterrupted stretch overnight with no food at all.

The reason this structure works is everything you're about to read below — Barry, Larry, insulin, and fat-burning windows all explain *why* this particular rhythm gets results. But it's worth saying plainly here: this isn't a fad structure I invented to sound catchy. It sits comfortably alongside what UK dietary guidance already recommends — regular balanced meals built around the Eatwell Guide's proportions of vegetables, protein, and wholegrain carbohydrates, sensible portion sizes, and alcohol kept within the UK's recommended

weekly limits. RESET 3-2-1 doesn't ask you to eat unusually — it asks you to eat on a rhythm that gives your body room to do what it's already designed to do.

Everything else in this guide — and everything SPARK scores and tracks — sits on top of this simple structure.

Why I Talk About "Barry" and "Larry"

In the Complete RESET Programme, I use two memorable characters to help you visualise what's actually happening inside your body — Barry and Larry. It's science and biology made simple, without needing a biology degree to follow along.

Once these two are familiar to you, something shifts. You stop seeing food choices as "good" or "bad," and start instinctively asking a different question: *how does this affect Barry and Larry?* A croissant isn't just a treat anymore — it's Barry getting triggered with nowhere for the fat to go. A glass of wine isn't just a glass of wine — it's Larry stepping away from fat-burning to deal with it first. That shift in thinking is where lasting change actually starts for me, and I see it happen for the women I work with too.

Here's who they are.

Meet Barry — Your Insulin

Barry runs your pancreas. Every time you eat, Barry releases insulin. Insulin's job is to direct glucose from food to wherever your body needs energy. Any glucose that isn't immediately needed goes one of two places: some is converted to fat and stored directly, and some goes to Larry, your liver, as a reserve fuel tank. Your body loves storing fat and hates giving it back.

Meet Larry — Your Fat-Burning Liver

Between meals, it's Larry's job to keep your blood glucose topped up by slowly releasing his glycogen reserves — around 400 calories worth. Anything above that gets converted to fat.

Larry can draw on both glycogen and fat at the same time — he isn't waiting for glycogen to run out first. The gatekeeper isn't whether glycogen is used up. It's whether insulin is low enough to let fat leave your fat cells at all. While insulin is elevated, even partially, that door stays more closed.

Low insulin — Larry burns fat. High insulin — Larry stores fat.

This is why the overnight fast matters — the longest window with no glucose signal, where insulin bottoms out and Larry gets his longest uninterrupted run.

This is also why grazing works against you. Every time you eat — even a small "just a taste" — Barry gets triggered and insulin rises again, however briefly. String enough of those small triggers through the day and Larry never gets a proper run at your fat stores, even if your total calories look fine on paper. The 3-2-1 structure exists precisely to give Barry clear, deliberate moments to do his job — and then get out of the way so Larry can do his.

When you control insulin, you control fat storage — and fat burning. That's the whole framework, in one sentence.

Why Muscle Matters

Stored fat is passive, like a garden shed. Muscle is more like a ship idling at port — even at rest, burning fuel to stay ready. More muscle means a permanently higher metabolism and a bigger glycogen buffer.

The Combination to Watch: Fat and Sugar Together

Fat and sugar eaten together — a croissant, a chocolate bar — is the biggest driver of fat storage. The sugar spikes insulin; the fat has nowhere to go but storage. Fat and protein together — avocado with tuna, eggs with salmon — barely raise insulin at all.

Why Alcohol Matters to Larry

Your liver treats alcohol as a toxin, and toxins take priority over everything else. The moment alcohol is detected, Larry stops what he's doing — including fat burning — to clear it. That's not permanent; once it's cleared, he goes back to normal. But the window of suppressed fat burning is real, roughly an hour per unit, and a nightly habit stacks those windows up — often right over the best hours of your overnight fast.

Why Fat Is the Number Worth Watching

Fat is the most calorie-dense nutrient there is — nine calories per gram, more than double protein or carbohydrate. That's a second, separate reason it's the number to track: it

moves your overall calorie picture more than anything else, and it's printed on nearly every label, so no weighing required.

So What Does This Mean Day to Day?

All of this physiology adds up to something very practical once you're inside SPARK.

- **Three meals, two snacks, one overnight fast** is the shape of every day — the exact rhythm that gives Barry clear moments to work and Larry his longest possible fat-burning window.
- **Points are how SPARK measures whether you're keeping that rhythm.** Food choices, portions, and movement all earn or cost points based on how much they support — or interrupt — what you've just read about.
- **500+ points a week** is the general target range that reflects consistent, sustainable alignment with the framework. It's not a daily pass/fail — some days will score higher, some lower, and the week is what matters.
- **A FAST day** is simply an occasional day where you extend the overnight window further, giving Larry an even longer uninterrupted run — a tool, not a requirement.
- **Protein** matters throughout, since it's the nutrient least likely to trigger Barry and most likely to support the muscle that keeps your metabolism working for you. If you haven't read the ebook, don't worry — SPARK's guidance will show you roughly how much protein fits your body and goals.

SPARK exists to do the counting so you don't have to hold all of this in your head. Every score, every trend, every pattern it shows you is really just Barry and Larry's story, told in numbers.

You don't need to memorise any of the science above to use SPARK well. But now, when you see your score, you'll know exactly what it's measuring — and why.