



Girl on a Mission

By Adina Kaplan

One challenge. One coach. Real change.



MEET THE COACH

Dalia Brunschwig is a Certified Integrative Nutrition Health Coach and the founder of Fully In Balance. She specializes in helping women maintain healthy eating within the rhythm of Jewish life, where *Yamim Tovim*, *simchos*, and Shabbos meals are constant.

Her 5-Day Reset program has helped hundreds of women break the cycle of running on sugar and caffeine. It's not a diet. It's a system reset—to eliminate inflammation, stabilize blood sugar, and clear out any toxicity that's been building up.



LAST WEEK

Aliza, a mother of five, wrote to us about her unhealthy eating habits. Her diet consists mostly of carbs, chocolate, and coffee, and she feels its effects daily.

This week, we're bringing in an expert.



THE CONSULTATION

Aliza introduces herself and gets straight to the point. She describes her situation—4+ cups of coffee a day, chocolate from morning to night, tried cutting back but can't sustain it.

"Honestly, that's normal," Dalia says. "That's just what happens without the right support."

She pauses. "Your blood sugar is spiking and crashing constantly. That's why you're craving these things."

Aliza goes quiet for a moment. "I know, I just can't seem to fix it."

"You already have the motivation," Dalia says. "You know this has to change. What you need now is someone to show you exactly what steps to take to make that change. And that's what I'm going to do."

"The 5-Day Reset is going to give you everything you need to stabilize your energy and keep the momentum going: Meal plans for all five days, recipes, a shopping list, a food journal, and—most importantly—a support group. You won't be figuring it out as you go."

Aliza exhales. "I already feel better just hearing that."

The Reset

Five days. Four things out.

Dairy, refined carbs, sugar, and caffeine. All of them, gone, for the duration of the reset.

"I know it's a lot," Dalia says. "But here's why. Each one of these drives inflammation, spikes your blood sugar, and keeps you locked in that cycle of craving and crashing. And most people are also carrying 5–10 lbs. (2–4 kilos) of toxic waste in the intestinal tract—stuff that's been sitting there, slowing everything down. Five days gives your body a real chance to clear it out."

And then there's the bigger picture.

"In the *frum* world, there's always something around the corner—a Yom Tov, a *simchah*, a Shabbos meal. But once you realize what your body is actually capable of, that becomes your motivation. When you feel this good, you won't want to stop."

But what can she actually eat?

"Real food," Dalia says. "Protein, healthy fats, vegetables. Meals that are seasoned and satisfying—not boring food."

"So I'm not just eating salad?" Aliza asks.

"Definitely not just salad."

BEFORE YOU START

Two things Dalia wants Aliza to hold onto going in:

First: "These five days are a gift you're giving yourself. Don't force it as a family project. They will get on board if they want indirectly, but this is for you."

Second: "Stop thinking about *how much* you're eating. Start thinking about *what* you're eating."

"I'd rather you eat a full avocado than a piece of cake. This isn't about eating less; it's not about counting calories. It's about giving your body what it actually needs," Dalia says.

THE PREP WEEK

The reset doesn't start on Day 1. It starts the week before.

A week ahead, Aliza gets everything—the suggested menu plan, shopping list, recipes, prep instructions, and answers to any questions, such as what she can swap to customize to her taste preferences, and where to find ingredients like fennel tea. By the time Sunday arrives, the hard decisions are already made. Day 1 is just following the plan.

"You need to cut down on coffee this week," Dalia tells her. "Four cups a day to zero overnight is going to knock you out. Go down to three, then two. Give your body a chance to adjust before the reset even begins."

Aliza nods slowly. "Okay. I can do that."

Day By Day

Dalia walks Aliza through a preview of the 5-day schedule.



1. Start your morning with lemon water

Half a lemon in warm water, before anything else. Supports digestion and gives your body a clean start to the day.



2. Eat every three hours

Three meals, snacks in between. Stabilizes blood sugar and breaks the cycle of starving, then overeating.



3. Prioritize movement

At least 30 minutes a day. Go for a walk in the morning to get it done, and set the tone for the rest of the day.



4. Stay hydrated

Drink 8 cups of water per day. Flushes out toxins.



5. Journal what you eat and how you feel

Headaches, bloating, energy dips, mood shifts. Your body is giving you information. Write it down.

YOU'RE NOT DOING THIS ALONE

Eliminating four things at once is hard. Dalia doesn't pretend otherwise.

"The first few days will be tough," she says. "Especially if you're used to reaching for coffee the second you feel a headache coming on."

Aliza laughs. "That's literally me."

"That's exactly why the group exists. Eighteen women from all over the world, all doing the reset together—same timeline, same goal."

"When you're on Day 2 with a caffeine headache and you want to quit, you open the group and you see someone else pushing through," Dalia says.

"That's what keeps you going."

No pressure, no judgment. "It doesn't need to be perfect, you just need to feel the progress," she adds. "There is a lot of flexibility, and I'm always available to answer any questions to make it work for you."

A SAMPLE MEAL PLAN

Here's what one day of Aliza's eating will actually look like:

Upon Waking: Lemon water

Breakfast: Apple overnight oats with almond milk, chia seeds, and cinnamon

Snack: Orange and walnuts

Lunch: Salad Niçoise

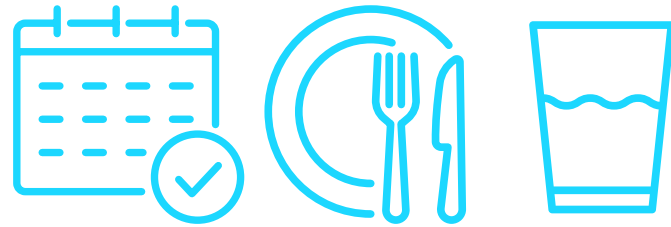
After lunch: Green tea

Snack: Celery Sticks and almond butter

Dinner: Lemon broccoli chicken with turmeric and cumin

After dinner: Fennel tea

Not exactly a sad salad diet.



Salad Niçoise

Serves 1

2 handfuls (3.5 oz/100g) mixed greens or lettuce
1½ cups cooked green beans
2 eggs
1 cup cherry tomatoes
½ can (2.5 oz/71g) tuna in water, drained
2 tablespoons olive oil

Dressing

1 tablespoon fresh lemon juice
2 tablespoons olive oil
¾ teaspoon Dijon mustard
Salt and pepper

1. Boil eggs until hard-boiled, about 10–12 minutes. Cool and quarter.
2. Boil green beans, about 5–7 minutes. Drain and cool.
3. Cut cherry tomatoes in half.
4. Mix dressing ingredients in a jar. Shake well.
5. Place greens on a plate. Add cooled green beans on top.
6. Top with eggs, tomatoes, and tuna.
7. Drizzle dressing. Toss gently.

THE SEND OFF

Before they hang up, Dalia leaves Aliza with a clear picture of what the next two weeks look like.

"This week is prep: plan your meals, do your shopping, start cutting down on coffee. Then Sunday, the reset starts. Five days. Follow the plan, check in with the group, track how you feel. That's it. You've got this."

After the call, I check in with Aliza.

"I'm excited," she says. "I feel like I'm in good hands. Seeing the actual menu and hearing about the planning made it feel real—and a lot less stressful."

NEXT WEEK: Aliza starts the reset. Will she survive the caffeine withdrawal? Can she stick to the plan? We'll find out.

WANT TO WORK WITH DALIA?

Dalia works with women through her signature Balance Redefined program, her 5-Day Resets, and one-on-one coaching, building habits that actually hold up in a Jewish home.

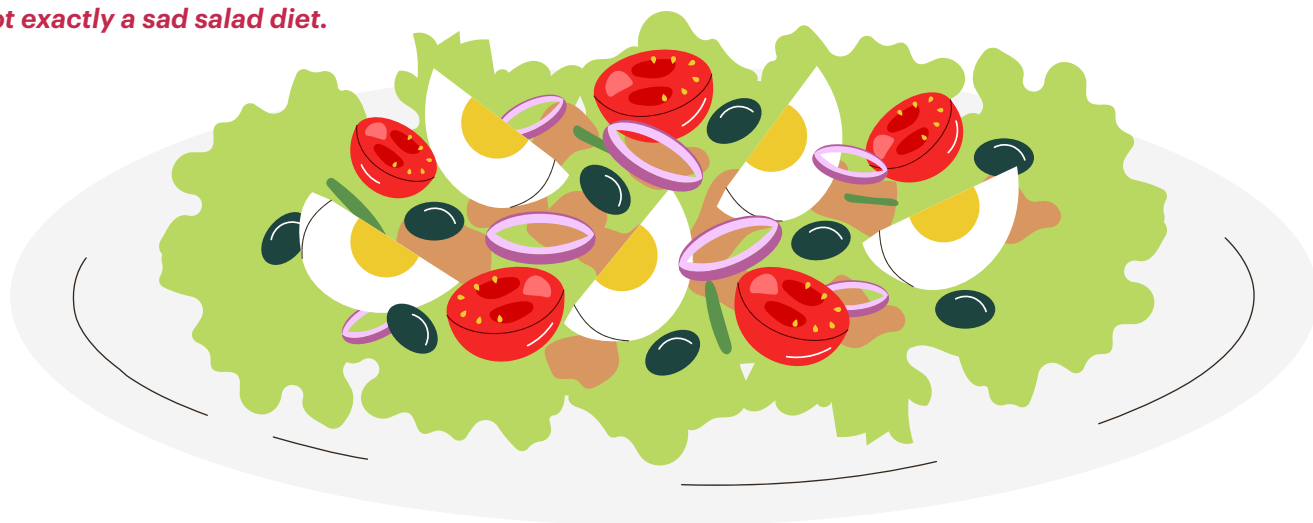
Find out more about her next reset starting after Shavuot.

hello@fullyinbalance.com
www.fullyinbalance.com

► Do you have a kitchen or food-related goal you're struggling with? Maybe you want to finally organize your pantry, get your kids to eat vegetables, or master a new skill.

Are you a coach, nutritionist, or expert who helps people with food, cooking, or kitchen management and would like to be featured in an upcoming challenge?

Write to us at whisk@amimagazine.org
Let's tackle it together.



STICKY DATE CHICKEN

BY SINA MIZRAHI | YIELDS 6 SERVINGS

The silan adds the perfect touch of sweetness against the savory spices. This will become your favorite way to roast a chicken. Enjoy!

MARINADE

- 3/4 cup Heaven & Earth Date Syrup, divided
- 1/4 cup olive oil
- 2 teaspoons paprika
- 2 teaspoons granulated garlic
- 2 teaspoons granulated onion
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper

CHICKEN

- 3 onions, sliced
- 3 cloves garlic
- 6 to 8 chicken pieces, bone-in and skin-on

DIRECTIONS

1. Preheat oven to 400°F.
2. In a small bowl, combine 1/2 cup silan and the marinade ingredients. Place the onions, garlic, and chicken in a baking dish. Massage the marinade into the chicken.
3. Cover tightly and bake for 45 minutes.
4. Uncover, drizzle the remaining 1/4 cup silan, and bake for an additional 45 minutes, or until deeply golden and tender.

For more great recipes visit Kosher.com