

• The answer I give every client — 4 years, clinic-tested


Your body doesn't need a diet. It needs a **food schedule.**


Your body changed. Your food schedule should too.


You can't eat at 50 the way you did at 20 — your body runs on a different clock now. Random meals keep the weight stuck; a real-food schedule built for the body you have *today* is what finally moves it. No crash diets. No calorie math. No guessing what's for dinner.

See the Meal Plans →

Start My Intake

 Root-Cause Approach

 Real, Whole Foods

 Jamaican Roots

26

DAY STRUCTURE

4

DAILY MEAL RHYTHMS

52+

THERAPEUTIC FOODS

1

CLEAR DOORWAY

WHY THE OLD WAY STOPPED WORKING

It's not you. Your **body changed.**

The foods and habits that were fine at 25 are the ones holding the weight on now. Here's what shifted — and why a *schedule*, not another diet, is the fix.



Your Engine Slowed

Your body burns fewer calories at rest than it did a decade ago. Eating the same way now stores what it used to burn off. The fix isn't less food — it's the right food, timed right.



All-Day Grazing

Snacking from morning to night keeps insulin working all day, so the body never gets the signal to release what it has stored. A set eating window gives that signal back.



No Eating Window

Meals scattered across all hours leave the body no time to rest and repair. A clear daily schedule — meals in, rest between — is what finally lets the weight move.

What's inside your **plan**

Not a rigid diet — a rhythm you can actually live. Every plan is built around four working parts.



Daily Meal Rhythm

A simple flow of tonic, meals, and rest windows so your body always knows what's coming next.



Therapeutic Food Library

Swap-friendly lists of foods chosen to support metabolism, digestion, and steady energy.



Batch-Cook Simplicity

Cook once, eat right all week. Prep maps keep the plan realistic for a busy life.



Hydration & Tonics

Water rhythm plus traditional herbal tonics to support cleansing and curb false hunger.

One day, mapped for you

Here's a sample rhythm from a Mayan weight management plan — real food, real structure. Your personalized plan is tailored to your body, preferences, and goals.

ON WAKING



Morning Tonic

Warm lemon & ginger water with a pinch of sea salt

Why: gently wakes digestion and supports the body's natural morning cleanse.

BREAKFAST



Steady-Energy Bowl

Callaloo & egg with avocado, or steel-cut oats with cinnamon, flax & berries

Why: fiber + protein designed to hold blood sugar even through the morning.

MIDDAY



Rooted Plate

Grilled fish or beans over greens, with roasted root veg & herb dressing

Why: the biggest, most nourishing meal placed when the body burns best.

AFTERNOON



Cleansing Tonic

Hibiscus or bitters tea · a small handful of seeds or fruit if needed

Why: traditional herbs used to support the liver and steady the afternoon dip.

DINNER



Light & Early

Vegetable & pea soup, or steamed veg with a lean protein — kept light

Why: an earlier, lighter dinner gives the body a longer overnight rest window.

THE METHOD

The 5-part rhythm

Every Mayan weight management journey follows the same rooted arc.

1

Reset

Clear the load and calm inflammation with clean, simple foods.

2

Rebuild

Restore steady energy with nourishing, blood-sugar-friendly meals.

3

Rhythm

Lock in the daily flow so eating well becomes automatic.

4

Reduce

Let the body release what it no longer needs, at its own pace.

5

Reinforce

Make it a lifestyle you keep — with support that stays.

CHOOSE YOUR PATH

Four ways to start

Every path includes a personalized weight management meal plan. Choose the level of guidance that fits where you are right now.

ENTRY

Reset Plan

A clean, focused starting point to break the stall and feel the difference fast.

- ✓ Personalized reset meal plan
- ✓ Core food & tonic guide
- ✓ Simple daily rhythm

Start Reset →

View Details

SIGNATURE

MOST CHOSEN

Signature Plan

The complete weight management system — plan, library, and structured guidance.

- ✓ Full personalized plan
- ✓ Therapeutic food library
- ✓ Batch-cook & hydration maps
- ✓ Structured check-in rhythm

Start Signature →

View Details

HIGH-TOUCH

Concierge Plan

Closer guidance and hands-on support as your plan evolves with your body.

- ✓ Everything in Signature
- ✓ Priority practitioner support
- ✓ Ongoing plan adjustments

Start Concierge →

View Details

PREMIUM

VIP Transformation

The full transformation experience — deepest support for a lasting change.

- ✓ Everything in Concierge
- ✓ Full transformation roadmap
- ✓ Highest level of guidance

Start VIP →

View Details

YOU'RE NOT ALONE

Support that walks it with you

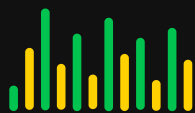
The reason most plans fail isn't the food — it's doing it alone. Every Mayan plan pairs your personalized meals with steady coaching and check-ins, so the days you feel like quitting are the days you feel most held. Rooted structure, real accountability, one clear next step at a time.

Start My Intake →

AI VOICE COACH — LIVE NOW

Talk to Coach Prince

Prefer to talk to a person? Call [470-684-4813](tel:470-684-4813)



Coaching Support Included

Guidance that stays with you between meals

YOUR FIRST STEP

Ready to let the **weight** move?

Tell us where you are. We'll point you to the right plan and get your personalized rhythm started.


First Name

Your first name

Email

you@email.com

Your Main Goal

Select one... 

[Get My Weight Management Plan →](#)

We'll take you to a short intake to personalize your plan. Live healthy, be healthy.

MAYAN BOTANICALS

[Reset Plan](#) [Signature Plan](#) [Concierge Plan](#) [VIP Transformation](#)

Live healthy, be healthy.

These meal plans are educational and rooted in traditional food wisdom. They are not medical advice and are not intended to diagnose, treat, cure, or prevent any disease. Individual results vary. Always consult your physician before changing your diet, especially if you are managing a health condition, are pregnant, or take medication.

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