

14 Day Reset

16 – 29th May 2022

Pampy, I don't really care for all the backing reasoning,
just tell me what to throw down and when?

Go straight to page 23
print out the menu choices (pg's 23-36),
get shopping and tick off your compliance.

Or, page 39 (one page only), gives you
bp's 14 reset simple repeatable reset schedule.

Let's reset!

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'Our 14 day plan'

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Part One – The three outcomes you can expect.

1. Gut healthy biome balance
2. Healthy 'fat-burning' ketosis.
3. Functional spinal mobility.

1) Gut healthy biome balance.

You have good and bad guys inside your gut, known as biomes.

You need some bad guys to maintain an optimum healthy balance.

Health problems can present when the bad buys overpower the good guys.

The typical western diet and lifestyle invite gut imbalance.

- ➔ The reset project restores your healthy gut balance.

A healthy gut balance supports,

- ✓ Good immune health – free from most viral illnesses,
- ✓ Endless waking cognitive & physical energy – free from fog-like lulls.
- ✓ Prime metabolic balance – meaning; your brain & gut balance will innately drive your ideal appetite – what to eat when to eat, and how much to eat.
- ✓ Your best weight (and shape) for life.

Sustained poor gut balance commonly leaves,

- ✓ Gut distress – pain, wind, bloating, irregular bowel movements, & bad breath.
- ✓ Inefficient metabolism – fluctuating energy (brain-fog, flagging exercise endurance).
- ✓ Ill-health – battling colds & flues, minor sniffles, & intermittent joint pain.
- ✓ Aging year to year increase in unnecessary weight.

The (Australian) western lifestyle invites the following list of gut-unfriendly choices.

➡ The reset recalibrates the gut and allows for intermittent practice.

- * Refined & natural sugar.
- * Food additives (flavours, colours, aromas).
- * Recreation & created (like-food)
- * Gluten-based carbohydrates.
- * Food choices with changed and altered net calories.
- * Sitting for extended periods.
- * Stress.
- * Poor sleeping patterns.
- * Alcohol.
- * Time-poor tiredness.

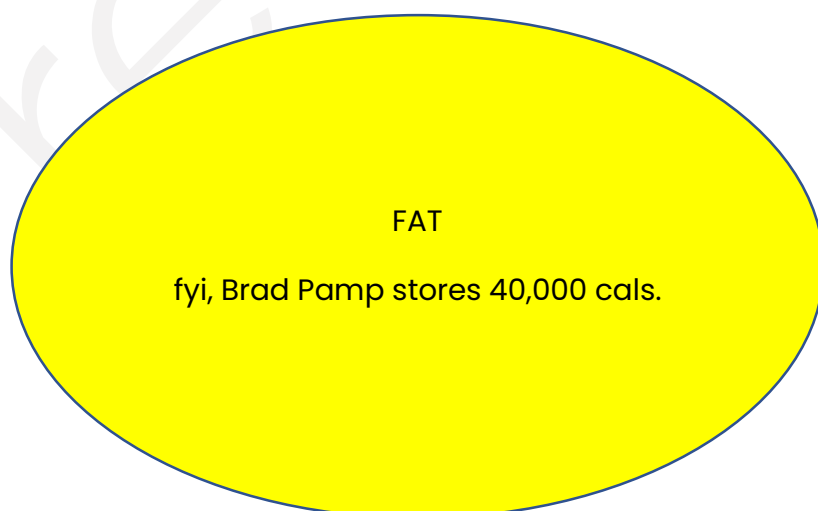
2) Healthy ketosis.

In the absence of available (blood & stored) glucose for energy, primarily due to lower dietary carbohydrate consumption, the brain orders the metabolism to break down additional stored fat (triglycerides) to message cells to produce more energy.

Ketosis is natural and healthy, providing endless energy and calibrating metabolism to leave optimum weight including the prime relative body fat ratio.

In simple terms, we have two primary energy tanks.

Stored fat is a better fuel source.



Some reasons it is better favouring (stored) fat over blood & stored glucose/ sugar.

Burning Fat	Burning Sugar
<ul style="list-style-type: none"> • A seemingly endless tank of enduring mental & physical energy – ideal for life and athletic pursuits. • Manages your ideal appetite – when what, and how much to eat. • Manages the ideal weight for life effortlessly. • Leaves little residual collective inflammation (leaving gut and functional health). • Supports excellent cardio-vascular health. • Athletes can perform longer and harder with less residual stress and faster recovery. 	<ul style="list-style-type: none"> • Great for short bursts of energy, typically resulting in an empty tank. • Innate sugar burning makes it challenging to switch to fat-burning dominance. • Leaves little sustained appetite satiation – leaving frequent hunger. • Can leave potentially damaging waste products.

➤ The reset drives healthy ketosis.

For me, the most significant advantage of living in a healthy ketosis state is,

The innate brain/metabolic influence on directing the proper appetite.

For example;

- If the person requires greater energy, the appetite will be drawn towards more food, including the right carbohydrates and the breakdown of greater stored fat.
- Alternatively, if the person is not living at over their ideal weight, the appetite will slow, drawn towards satiating good fats and away from sugar & carbs, and again, the breakdown of greater stored fat.

3) Hip & Back mobility.

Continued spinal mobility (spine & hips) is the key to life-long functional health.

What comes from healthy spinal mobility?

- ✓ Ease of movement.
- ✓ The optimum range of movement.
- ✓ Excellent balance & coordination.
- ✓ Free from function restrictions.
- ✓ Continued athletic performance.
- ✓ Less chance of injury.
- ✓ A confident mindset.

What restricts spinal mobility?

- ⊗ Sitting for long periods.
- ⊗ High inflammatory diet – sugar, gluten-based carbs, & excessive alcohol.
- ⊗ Aging.
- ⊗ Ill-managed injuries.
- ⊗ A sedentary lifestyle.

➔ The reset has you practising spinal & hip mobility daily (14 days).

Mobility choices;

- Practice and alternate the two (5-minute) reset routines (on weblink), or,
- Pilates,
- Yoga,
- Stretching,
- 21 days in april (strength routines) – <https://bp40plus.com.au/21-day-spinal-strength-project/>,
- Strength routines using bodyweight or loaded weights.
- Note – a spinal & hip mobility specific set is in addition to your regular aerobic activity.

Part Two – The four key components.

1. Time-restricted eating (zone).
2. Zero sugar & gluten-based carbs & the 'alternatives'.
3. The magic of MCT dietary fats.
4. Grease & oiling your central foundation.

1) Time-restricted eating (TRE).

Time-restricted eating: *the practice of consuming all daily calories within a defined and restricted window.*

Clear data shows most people benefit from a daily **6-8 hour** nourishing window.

An 8-hour window drives excellent health, with a **6-7 hour** window proving most beneficial.

Lowering beyond **6 hours** does not yield better health, data shows.

The typical Australian daily eating window is **13 hours**.

Some proven health benefits nourishing in a 6–8 hour daily window include:

- ✓ Blood glucose (sugar) stabilisation;
Leaving lower than 5.2% (HbA1c testing).
Sustained blood glucose lower than 5.2% typically presents excellent health, including prime (stored) fat-burning metabolism.
- ✓ Boost healthy ketone levels (typically 2-4 ppm via breath testing).
- ✓ Boost in Growth Hormone (HGH) for improved cellular repair.
- ✓ Gut biome recovery and repair.
- ✓ Stabilised and regularised appetite.
- ✓ Lowering inflammation, re-alkalising the optimum balance.
- ✓ Boost enduring cognitive sharpness.
- ✓ All the listed benefits support healthy aerobic cellular (fat-burning) health.

Why time-restricted eating yields a healthy return.

- Gut recovery from reduced digestive stress.
- Naturally lowers blood glucose which initiates ketone production.
- The proven time shapes appetite satiation (fuller for longer) and ideal food behaviour.

The ideal and proven 'resetting' time-related nourishing day.

1) **Reset 'kickstart'** practice around 6-7 am.

*The essential kickstart does not break ketosis or cause gut distress.

2) **The first meal is around 12 midday.**

3) **The last caloric intake (meal) is around 6-7 pm.**



It could be your lifestyle requirements, including parenting, working, exercising, home management, shopping, etc, will dictate a difference in the 'reset' time-restricted model.

Important!

You choose your best nourishing window based on your lifestyle.

It just happens that the reset model (Midday-6-8 pm) reports the most significant benefit and practicality.

e.g. 6 am to 1 pm could also work.

The introduction of the reset time-restricted eating model.

- Some people can effortlessly launch straight into the midday to 6-8 pm model.
- With the kick-starter practice, including, and when necessary, the healthy monounsaturated fat nut combo, lifestyle, energy balance, and cognitive clarity present an easy transition.
- Others, however, can find it more challenging when starting the reset TRE model.
- Big breakfast eaters, big eaters, heavy (hard) morning exercise practices and diets typically very high in carbohydrates can make the transition more challenging.

Consider the bridging practice listed below.

- Extend typical eating practice by 30 minutes each day until you reach the 6-8 hour window.
- e.g. current 'breakfast' is eaten at 6.30 am – consume this first daily meal at 7.00 am on day 1 of the reset and 7.30 am the next day...
- Or, practice the extended 30 minutes from the typical eating time for as long as it feels comfortable before increasing the fasting period a further 30 minutes.
- Continue increasing the extended time by 30 minutes, until comfortable, towards reaching the 16-17 hour fasting period.

Healthy ketosis is the most significant health benefit from TRE @ 6-8 hours.

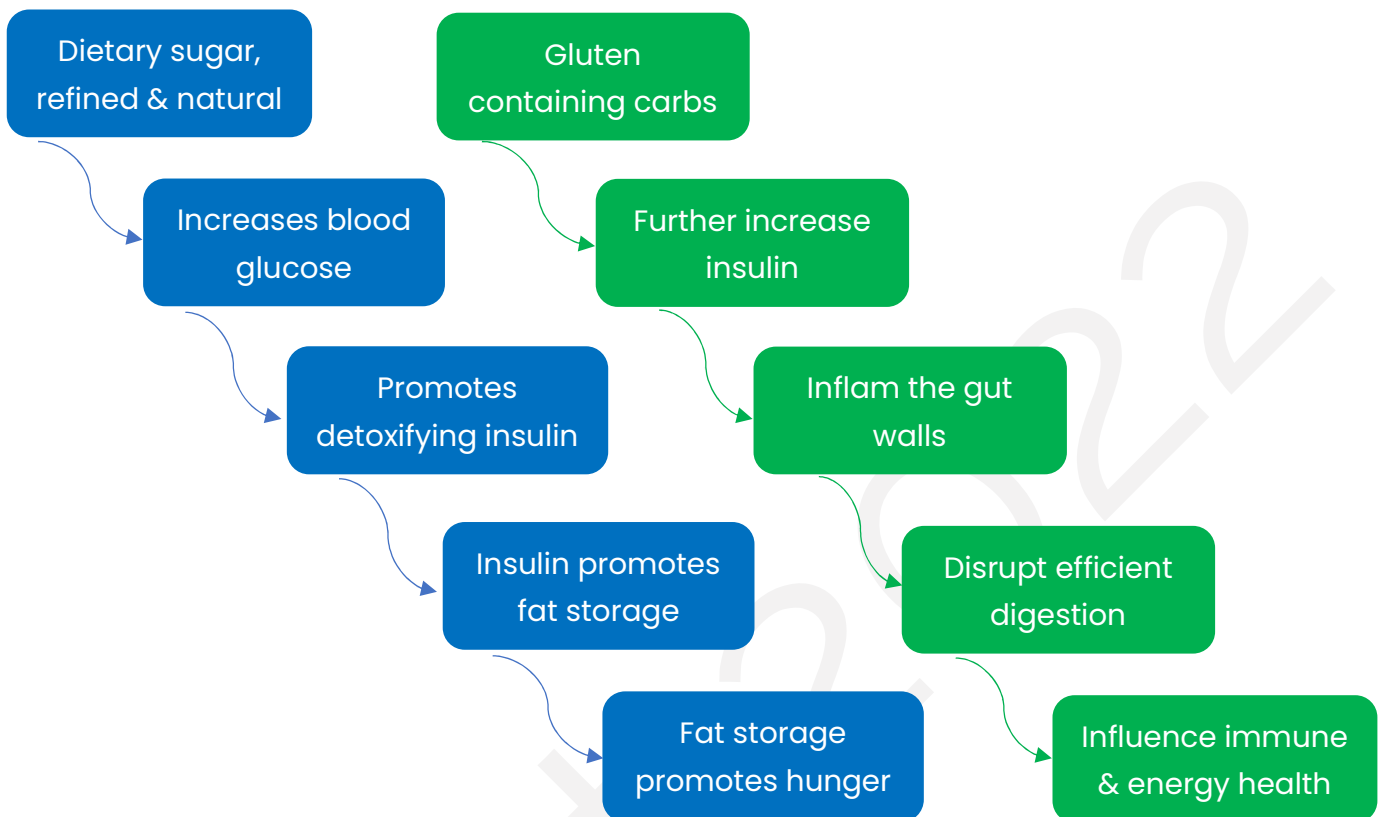
The breaking down of stored (and mostly unnecessary) fat as the prime fuel source is clear when practising the 6-8 hour time-restricted eating model.

- Special note - The morning kick-starter does NOT disrupt healthy ketosis.
- Data shows it amplified healthy ketosis.

What can you expect from time-restricted eating employing the midday -7pm model for the first-timers?

- The bigger eaters, perennial morning eaters, the heavy carb diet consumers and harder trainers will typically feel empty and likely cranky around 10 am.
- Adaptation towards midday appetite satiation will typically take 3-5 days.
- You will adapt surprisingly quickly.
- The bridging strategy (selected nut combo) is critical.
- A second caffeinated drink around 10 am also improves adaptation.
- A larger final meal of the day, comprising the listed healthy choices, namely, monounsaturated fats, protein, and dietary fibre, lengthens appetite satiation. Please plan for your metabolic next day.
- The reset project is just 14 days.
- It is better to consume additional kickstart practice than falling into off-the-charts hunger and launching into carbohydrates (excessive carbohydrates/ sugars) before the first designated mealtime. This will break healthy ketosis and your ever-improving gut balance.

2) Zero sugar & gluten-based carbs & the 'alternatives'.



Is refined sugar truly that bad for you?

- Based on my findings over the past 30 years, I see little value in not only added (refined) sugar but also unnecessary natural sugars, including unseasonal fruit.
- While natural sugars (outside juicing) typically regulate excessive consumption of natural toxins and dietary fibre, the western diet is extraordinarily high in natural sugars, causing consumption beyond a healthy volume.
- The exposure and accessibility to refined sugar and gluten-based carbohydrates are dreadfully high across Australia.
- Australian ill-health statistics read appallingly.
- I believe it is the increase in dietary carbohydrate consumption across the past four decades causing the poor statistics.
- While some people are more tolerant of the carbohydrate influence and avoid unnecessary weight gain, this does not mean they will avoid other ill-health issues.

If the reset project offers you anything, it is a well-earned rest for your pancreas.

You will naturally feel fantastic for this reason alone.

What is Metabolic Syndrome?

The following preventable illness listed below now floods the Australian population.

Data shows that repeated carbohydrate consumption exposure contributes significantly to this ill-health.

- ⊗ Insulin resistance – diabetes and other blood sugar disorders.
- ⊗ High Blood Pressure – namely, cardiovascular disease.
- ⊗ Non-alcoholic liver disease – higher production of fat storage.
- ⊗ Higher triglycerides – inflammation and CV disease.
- ⊗ Additional & unnecessary body weight (fat) – only in extreme conditions is there human advantage towards carrying extra weight.

Gluten, gluten gluten.

Gluten is a protein found in barley, wheat & rye produce.

Do I suffer from celiac disease? – No.

Do I suffer from irritable bowel syndrome? – No.

Am I gluten intolerant – not that I know of.

Do I carry additional weight? – No.

So am I right to include gluten-based carbohydrates (barley, wheat & rye)? – No.

- Gluten, for near all people, is difficult to break down gastrically.
- Gluten digestion causes gut stress and inflammatory stress.
- In most, this stress is minimal, while in some, it is severe.

If you limit nearly all gluten for two weeks and then return to gluten, you will undoubtedly note the challenges of gluten digestion, regardless of your tolerance.

I suspect if Australian food regulation had not allowed the excessive shelving of gluten-based produce, like processed food, we Australians would be more tolerant of this protein.

Increasing exposure has caused increasing intolerance.

So what about legumes?

As in; beans, peas, chickpeas, soybeans and lentils.

- While legumes cause less insulin response than barley, wheat & rye produce, these choices can be gastrically brutal.
- While a small portion may well be tolerable, please avoid these choices throughout the reset - in the name of gut relief and recovery.
- Again, if your gut is less stressed, your collective health will thrive.

Rather than consuming (calorie empty but gut fulfilling) wheat flour-based bread, cereals, pasta, pastries, cakes & biscuits, and or legume choices,

Consider filling up with some of these ideas.

Zucchini noodles	Cauliflower rice	Sweet potato dice
Quinoa & lemon	Millet (awesome)	Amaranth
Oats	Eggplant noodles	Cabbage (grated)
Rice noodles	Fennel (chopped)	Pumpkin (mashed).

Near all these choices can be boiled, pan-fried, oven-baked, air-fried and when adding garlic, olive oil, sea salt, and a herb of choice (thyme, oregano, basil, mint, rosemary, sage) are sensationally tasty, gut healthy, insulin balanced, and fulfilling.

3) Why MCT fats are King!

The listed dietary fats are good and will significantly boost your best health.

- **Monounsaturated fats** – Olive oil, Pecan nuts, Avocado (and oil), Macadamia nuts, and Sesame seeds (and oil).
- **Polyunsaturated fats** – Sunflower seeds, Flax (linseeds), Walnuts, and the oiliest fish (tuna, mackerel, trout, salmon, sardines).
- **Saturated fat** – (true) butter, cream, palm oil, eggs, milk (free from A1 protein), cheese, pork (all red meat), and unprocessed cured meat.
- **MCT (Medium-chain triglycerides)** – Coconut, Coconut Oil, Goat's milk & cheese, Sheep's milk & cheese, MCT oil.

Healthy dietary fats benefits;

- ✓ Zero spike in insulin – so naturally lowering healthy blood glucose.
- ✓ Super low gut inflammatory food response.
- ✓ Enduring appetite suppression (food fulfilment),
- ✓ Booming healthy ketosis, leading you towards your best body fat ratio, and,
- ✓ Enduring cognitive and athletic energy.

Further to the apparent metabolic and gastric health, data support improved brain health management, ie. alzheimer's disease, dementia, epilepsy, and autism.

MCT fats amplify health benefits most.

- The best and most practical way to boost your MCT dose is supplementing in oil form.
- MCT oil is tasteless and is best included in your coffee or hot drink, salads or cooking at low heat.
- Experimentation has me knowing 1 tsp per day is ideal.
- More is not better, as my aching stomach made clear.
- I included two reputable choices on page 21.

Your improved collective health (including your ideal weight) will show noticeable and swiftly when replacing carbs, both starchy and simple, with healthy dietary fats, including supplemental MCT fats.

4) Spinal mobility.

I take it you are sitting at this minute.

- So your hamstrings are shortened and switched off,
- Glute muscles offering zero foundation,
- Lower tummy muscles provide little engagement,
- Shoulders slightly rounded, and your
- Neck and chin slumped slightly forward.

Yuk!

It's estimated we Aussies sit about 105 hours per week.

So about 5460 hours a year, and about 110,000 hours over the next 20 years.

- Sitting naturally wastes bone and muscle integrity.
- Sitting can destroy your balance and coordination, your athletic interest and have you at the Physiotherapist every other week.
- If you're in your early 20's, and you're reasonably athletic, it doesn't really matter that you sit for up to 15 hours a day – at the moment.

Reset spinal mobility.

I need you to commit to a minimum of 5 minutes per day (14 days) towards your postural balance.

The key focus is your hips (bum muscles) and core (lower tummy muscles and lower back muscle groups).

In return for nailing my quick 5 minute sets, or pilates, yoga, dumbbell sets, here's what you'll receive;

- ✓ Confidence.
- ✓ Improved balance and coordination with all movements.
- ✓ Improved athletic performance.
- ✓ Improved bone (and joint) health.
- ✓ Improved muscle tone.

Check out the two videos on the reset weblink.

Part Three – Before starting.

1. Your fundamental meal principles.
2. Portion & volume control.
3. The critical dietary supplemental nutrients – you need before starting.

1) The fundamental meal principles.

While I listed meal ideas and the 'yes & no' lists, before choosing your meals within the time-restricted zone, ask yourself if your food & meal choices fall into the following categories.

- ☑ Whole authentic food in the most natural state (e.g. not juiced).
- ☑ Zero to minimal nutritional mismatched food (created or recreated food-like choices – particularly food-like choices with a change in the naturally expected caloric value).

e.g. avoid food-like choices labelled; lite, low-fat, low calorie, fat-free, protein backed, vitamin boosted, low-sugar, natural flavours, no-sugar, promoted by celebrities, a mascot and with a catchy 3-chord jingle.

- ☑ Mostly tolerant food – e.g. limiting typically intolerant food, regardless of diagnosis (e.g. gluten, lactose, lectin-containing choices, and legume options).
- ☑ Meals feature natural dietary fibre, vitamins & minerals, polyphenols (antioxidants), lean protein, quality nutritional fat (particularly MCT's), and just enough glucose (carbs) to maintain a healthy blood sugar balance.
- ☑ Low in sugar and zero added sugar.
- ☑ Food prepared by you (primarily).

The big ones.

Minimal sugar – refined and natural (fructose).
Minimal gluten (wheat, barley & rye produce).
Minimal poorly digested food (the listed nuts, seeds, vegetables, legumes & fruits).

2) Volume and portion control.

➡ *Providing you choose food from the meal ideas or approved list, volume does NOT matter.*

Considerations.

- ☑ Portion to satisfy your appetite for 5-7 hours from the first daily meal to the second, and for 16-17 hrs, including sleeping, from the final daily meal to the next day's first meal.
- ☑ Disregard caloric value – portion to satisfy your appetite.
- ☑ Do not count calories.
- ☑ Start with a slightly lower portion than you consider typical and build up (day to day) based on your hunger response.
- ☑ Remember, your hunger or appetite will likely change from day to day, and month to month.
Activity, seasons, stress, sleep quality, & cycles can change your appetite. Regardless, base your fitting portion on appetite satiation – not exact calories.

Since 1970, data shows most Australians (westerners) now consume far more calories than they need.

Accessible, highly manufactured, and affordable food-like choices (including carbohydrates simple and complex) distort the natural appetite into consuming more calories than needed.

Whole real food contains natural and biological necessary toxins, which self-regulate volume.

E.g. regardless of how good whole real food may taste, typically, it is not possible to overeat this food. Real food regulates food behaviour.

Manufactured food, or nutritional mismatched food, fails to self-regulate portion control, typically encouraging far greater volume than is necessary.

Consider eating;

- ✓ Slowly.
- ✓ With the addition of water (and a tiny pinch of himalyan salt).
- ✓ Including or concluding your meal with a caffeinated drink (including MCT oil).
- ✓ And brushing your teeth immediately after your last mouthful.

Repeatability

Please keep in mind the healthiest people on earth nourish with consistent meals.

Their meal choices are typically uncomplicated, seasonal, and similar day to day.

'practice'

the act of doing something again and again in order to learn or improve

Attention, Sugar feins!

Sweetening your experience.

Please consider a moderate addition (1/2 tsp) of the following choices if you genuinely require weaning off sugar.

- ✓ Stevia.
- ✓ Monk fruit.
- ✓ Allulose.
- ✓ Dark honey.

Sweeten your drink & food using these healthy (in moderation) choices.

These natural choices do not lead to ill-health as caused by refined sugar.

Preparing a weekly meal list and shopping routinely is best.

Planning takes out the guesswork and pre-programs your proper appetite.

3) You need these three essential reset supplemental food additions.

All three additions have been tried, tested, and proven – they work!

1. MCT oil.

2. Chaga Mushrooms Extract.

3. Supergreens (Alkalising) Drink – or alternative.

Purchase additions from most supermarkets, health food stores and online (as listed).

1) MCT Oil

⇒ **Extraordinary metabolic fat-burning booster.**

Some good MCT Oil choices.

Melrose Kick Start (the 250ml is more than enough for the 14-day reset).

<https://www.healthylife.com.au/shop/products/melrose-mct-oil-original?variant=40485426495675>

Woolies Juggernaut MCT Oil.

<https://www.woolworths.com.au/shop/productdetails/59915/coco-earth-juggernaut-mct-oil>

2) Chaga Mushroom Extract

- ⇒ **Proven leading immune-booster.**

Some good Chaga choices.

Nutra Mushrooms

Powdered form - https://naturamushrooms.com/products/chaga-mushroom-powder?variant=32204197167189¤cy=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&utm_campaign=gs-2020-07-27&utm_source=google&utm_medium=smart_campaign

Liquid form - https://naturamushrooms.com/products/chaga-dual-liquid-extract?variant=32849999691861¤cy=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&utm_campaign=gs-2020-07-27&utm_source=google&utm_medium=smart_campaign

3) Alkalisng drink

- ⇒ **The ultimate gut health alkalisng balancer.**

Some good choices

- ⇒ Supergreens (Synergy foods) - <https://www.woolworths.com.au/shop/productdetails/753944/synergy-natural-supergreens-powder>
- ⇒ Vital Greens - <https://www.woolworths.com.au/shop/productdetails/771831/vital-all-in-one>
- ⇒ Greens+
- ⇒ Peppermint or Spearmint Tea

Step 1

Morning Kick Start.

Ideally: 5.30 – 7.00 am

The kick start practice does NOT break healthy ketosis.

- ✓ Wake to a 'small' glass of water (optional).

Your choice;

- ✓ Your 'typical' exercise practice, albeit, back off the higher intensity interest for the reset,
- ✓ A walk at a brisk but holding conversational pace is great,
- ✓ A short spinal mobility set (consider the two options posted on the weblink).
- ✓ Ideally, move rhythmically for 20 minutes (minimum) without stopping – at some point in the day.

The dietary kick start (note, alternatives to bp's reset model).

- Ideally, coffee (see alternatives), either black or one of the milk choices listed below, ½ tsp of Chaga Mushroom Extract, and a tsp of MCT Oil (repeat, one teaspoon, only).

Coffee: the more organic, the better.

- A typical 'shot' of coffee yields around 150mg of caffeine.
-

Some known coffee health benefits include;

- ✓ Promote healthy ketosis (promotion of stored fat for energy),
- ✓ Brain & cognitive health,
- ✓ Heart health,
- ✓ Liver health.

- ✓ Appetite suppression.
- Exceeding 300mg of caffeine per day has been shown to increase blood glucose and negate some health benefits.
- The reset allows for another kickstart drink before the first main meal – free from a shot of both Chaga & MCT Oil.

Note – my morning kick start choice (as seen on page 39) includes coffee (a shot), *goat's milk (frothed up), Chaga (Immune booster) $\frac{3}{4}$ tsp & MCT Oil 1 tsp, making it a fat-burning, appetite-suppressing bomb.

*Goat's milk, loaded with MCT's, offers a slight taste & smell change to regular milk.

Goat's milk foams easily to make a creamy cappuccino.

As I have typically exercised earlier in the morning, I will consume $\frac{1}{2}$ cup of salted macadamia & pistachios & a second coffee around 10 am.

Coffee alternatives: Black tea, Green tea, Herbal Tea (e.g. Peppermint, Chamomile, Spearmint, Ginger, & Lemon, or Psyllium Husk in Milk of choice.

☞ Include both Chaga & MCT Oil with your kick start choice.

Remember, MCT offers zero taste and Chaga brings a light nutty taste (yum).

Milk Choices.

The reset food choices promote;

- ✓ Lowering the lactose (sugar) value,
- ✓ Potentially gut destroying A1 proteins.
- ✓ The higher the MCT value, the better.

Milk choices are listed in the most beneficial 'resetting' order.

- 1) Goat's milk (high in MCT's).
- 2) 'Dash' of full cream.
- 3) A2 milk.
- 4) Butter (1 tsp).
- 5) Unsweetened Almond Milk.
- 6) Maca Milk.
- 7) Whole full-fat milk.
- 8) Coconut Oil.
- 9) Skim milk.
- 10) Long-life or powdered milk.

For those needing a kick start bite!

Bridging up to the 6-8 hour time-restricted window will often require a small but influential inclusion.

Consider $\frac{1}{4}$ - $\frac{1}{2}$ cup of the following choices.

- ✓ Balanced Almonds,
- ✓ Macadamia,
- ✓ Pecan, Walnuts, &
- ✓ Pistachio nuts,
- ✓ Sunflower seeds.
- ✓ Shredded coconut.

➡ These choices DO NOT break healthy ketosis.

After your kickstart practice, I recommend brushing your teeth and living a busy morning.

Kickstart coffee with Chaga & MCT's.

Optional: Bridging bite (e.g. nut mix).

Optional: Second coffee around 10 am.

Step 2a

The first main meal of the day.

Ideally: 12 Midday

Consider the fundamental meal principles (page 18).

Does your choice meet this description?

- ✓ Low if not zero in sugar (refined & natural).
- ✓ Low if not zero in gluten-based carbs.
- ✓ Low if not zero in production.
- ✓ Includes healthy fats, protein & dietary fibre.

Remember, you choose food type and volume.

Drink water to thirst.

Featured below are the four proven healthy meal pillars to base your choices.

Please tinker with the listed ingredients fitting your taste interests.

Enjoy;

- 1) A porridge-like choice.
- 2) An omelette-like choice.
- 3) A fulfilling salad-like choice.
- 4) A tropical-like choice.

Pampy's Porridge
A healthy cereal (porridge-like) mix.

Adding to a 1L container.

Purchase all ingredients from most supermarkets, including Woolies.

- ✓ Lucky Linseed (Flax) Meal 300g.
- ✓ Woolies Almond Meal 400g.
- ✓ Macros Maca Powder 100g.
- ✓ Woolies Shredded Coconut 250g
- ✓ Cooking Oats (or GF choice when appropriate) 500g
- ✓ Macros Cacao Nibs 250g (only throw in 50-75g)
- ✓ Woolies Californian Walnuts 190g (only throw in 100g)

Shake & mix thoroughly.

Avoid

- ⊗ Dried fruit.
- ⊗ Toasted muesli.
- ⊗ Chia seeds.
- ⊗ Weetabix.
- ⊗ Protein powder (shakes).
- ⊗ Toast; Jam, Honey.
- ⊗ Bagels.
- ⊗ Breakfast bars.

Do consider adding a small portion of psyllium husk or Metamucil.

Method

- ➡ 1/2 - 3/4 cup of mix to bowl, add 3/4 cup of water – more or less pending your microwave strength.

You are aiming for a porridge-like consistency.

This is an energy-rich choice, expanding when in your gut, so start with a more conservative portion and work up relative to your appetite response.

- ➡ Microwave for 2.00 minutes.

Consider adding either berries of choice (frozen works), banana (the greener, the better), 1 tbsp raw dark honey.

These additional considerations are additions only, so keep the portion conservative.

Tweak the ingredients to your liking by employing the fundamental principles. Note the gut-friendly options, quality dietary fats, zero sugar, and high tolerance (for most).

Super simple quick & easy version.

- ➡ Contain & Mix: 750g Cooking Oats, 350g LSA mix, 250g Shredded coconut.
- ➡ 1/2 cup of mix, 1/2 cup water, microwaved for 2 minutes, 1 tsp raw dark honey.
- ➡ Coffee or tea would complement nicely.

BP's Omelette-like Choice.
A healthy omelette-like creation.

Purchase all from most supermarkets, including Woolies.

- ✓ Eggs – organic free-range are best.
- ✓ Options: Olive Oil, Avocado Oil, Coconut Oil or organic butter.
- ✓ Options: Goats milk, A2 Milk, whole cream.
- ✓ Avocado.
- ✓ Goats cheese.
- ✓ Mushrooms.
- ✓ Basil, or any herb or spice (including chilli flakes).
- ✓ Baby tomatoes.
- ✓ Red onion or shallots.

✓ Sea salt.

- ☑ Eggs could lay claim to the most all-round nutritionally beneficial food choice

Method

- Whisk eggs, adding a little salt (or any herb or spice).
- Prepare a pan with a healthy fat choice – I typically go for coconut oil.
- Evenly Add your eggs to your hot pan.
- After 2-3 minutes, add your ingredients to half the pan, including the goat's cheese (or sheep's cheese).
- Flip and turn the omelette until golden and cooked.
- I like to add a dash of Olive oil when serving and further s'n'p or garnish.

Again portion your ingredients to your appetite and liking – it doesn't matter.

You can't get portioning wrong.

We employ time-restricted eating and all-natural food. Therefore, naturally, you will portion appropriately with your metabolism (the creation of energy) doing the rest. If you match coffee (and MCT oil) with this meal, you can lower your meal portion. Typically an appetite is satiated or more prolonged when matching lean protein/fat (e.g. eggs) MCT's and caffeine.

Tweak ingredients to your liking by employing the fundamental principles.

You can add or subtract whatever you like as long it meets the fundamental principles.

Super simple quick & easy version.

- Whisk 2-3 eggs & a dash of A2 milk, adding salt & pepper & microwaving for 2-3 minutes.
- Add and mix through ½ Avocado, a small handful of macadamia nuts, cherry tomatoes and a generous splash of olive oil.

☞ A water or coffee would complement.

BP's Protein Salad Choice.
A healthy salad-like creation.

Please choose your ingredients & volume.

Employ the fundamental principles.

For example:

- ✓ All green leaf – filler lettuce & herbs.
- ✓ Cabbage
- ✓ Alfa alfa
- ✓ Cucumber
- ✓ Carrots
- ✓ Shallots and red onion
- ✓ Celery – excellent
- ✓ Capsicum
- ✓ Fennel – superstar
- ✓ Olives
- ✓ Tomatoes
- ✓ Beets or radishes - grated
- ✓ Avocado
- ✓ Ginger
- ✓ Sauergraut

I strongly recommend these excellent inclusions.

- ✓ Goats cheese, Haloumi
- ✓ Red Salmon
- ✓ Tuna (in Olive oil)
- ✓ Chicken or turkey breast
- ✓ Lean cuts of red meat
- ✓ Egg
- ✓ Sea salt, ground pepper, olive oil, lemon or lime juice.

Vinaigrette – Olive Oil, Apple cider vinegar, Dijon mustard, lemon juice.

Method

Choose, prepare, and possibly contain your food, portioning to satiate your appetite.

The animal protein (low in saturated fat) does not need to dominate the meal.

Be sure to add a dash of good fat – Avocado oil, Olive Oil, Goats cheese or MCT oil.

Adding a dash of healthy sea salt to salad-like meals is also recommended.

Mix and mix ingredients daily, providing nutritional variety and culinary interest.

Meal caloric value and the balance of macronutrients (carb/fat/protein) are of zero importance.

If it is your appetite is satisfied halfway through your serving, finish your meal, containing for a future meal.

Go for it!

Pick a...

- ✓ Garden choice.
- ✓ Protein choice.
- ✓ Good fat choice.
- ✓ Seasoning choice.

- I strongly favour fermented food, including all kinds of vinegar.

Limit if not avoid.

The main reason for most of these food choices listed as 'limit, or ideally, avoid' relates to the demands placed on the gut and the digestive challenges.

- ⊗ Commerical grated cheese.
- ⊗ Commercial salad dressings.
- ⊗ Rice.
- ⊗ Lentils & whole chickpeas
- ⊗ (Excessive) Cous Cous & Quinoa (a little is OK).
- ⊗ Beans (kidney, cannellini, Red, Pinto & Soy) – unless pressure cooked and consumed in lower volume.
- ⊗ Corn.
- ⊗ Cashews & Peanuts.

Note – will eating this listed food cause you ill-health? In many cases, No. Any eating in moderation from time to time will likely be OK. But for now, choose other more tolerant options.

Super simple quick & easy version.

- ➡ Bowl and mix through; mixed leaf woollies mix, a handful of pistachios, sesame seeds, tinned red salmon, salt & pepper, and avocado oil dash.
- ✓ Remember, you can eat as much of these food choices as you like.
- ✓ Portion to suppress your appetite until your last meal @ 6-7 pm.

**BP's Fruity Yoghurt-like choice.
A healthy salad-like creation.**

Ingredients (choices).

- ✓ Coconut yoghurt (unsweetened).
- ✓ Natural Greek Yoghurt.
- ✓ Berries – all types of berries (Black, Blue, Straw, Cherries) – frozen choices work.
- ✓ Pear & Apple.
- ✓ Sunflower seeds.
- ✓ Linseeds (flax) seeds.
- ✓ Pepita Seeds.
- ✓ Pistacios.
- ✓ Macadmaias.
- ✓ Sesame seeds.
- ✓ Coconut, including the natural juice (enjoy the workout).
- ✓ Psyllium husk.
- ✓ Walnuts.
- ✓ Slivered almonds.
- ✓ Ground cinnamon.
- ✓ Chaga Mushroom extract.

Once again, you control the volume and portion.

Mix & match the listed choices.

The warmer months of the year favour this type of choice.

Linseeds (flax) are a superfood.

Super simple quick & easy version.

- ➔ Bowl & mix: Coconut (unsweetened) yoghurt, a handful of pecans & walnuts, sunflower seeds, and tbsp of psyllium husk.

Step 2b

Grazing choices when necessary.

Fuelling, if necessary, between meals one & two.

Reason

- ✓ Avoid overeating at the last meal of the day.
- ✓ Avoid being drawn to sub-optimal (usually sugar-laden) quick fix choices.
- ✓ Maintain prime cognitive function.
- ✓ Tide over the appetite without breaking healthy ketosis.
- ✓ You're bored.

Remember, if you are not hungry, don't eat!

Celery

Carrots

Walnuts

Blanched Almond

Pistachios

Boiled egg

Alkalising green drink

Herbal tea

Avocado and sea salt

Cottage cheese

Shredded Coconut

Unsweetened Hommus

Coffee (consider Chaga extract or dash of MCT's oil).

Step 2c

The last meal of the day.

Ideally: 6–7 pm

yes & no choices at a glance.

Yes

Oils	Fruit	Veggies
<ul style="list-style-type: none"> ✓ Olive Oil ✓ Coconut Oil ✓ Macadamia Oil ✓ MCT Oil ✓ Avocado Oil ✓ Walnut Oil ✓ Sesame Oil ✓ Red Palm Oil 	<ul style="list-style-type: none"> ✓ All berries ✓ Pear ✓ Apple ✓ Green banana ✓ Kiwi ✓ Avocado ✓ Coconut ✓ Sundried tomato 	<ul style="list-style-type: none"> ✓ All green leaf ✓ Cauliflower ✓ Broccoli ✓ Broccolini ✓ Brussel Sprouts ✓ Bok Choy ✓ Cabbage ✓ Swiss chard (superfood) ✓ Watercress ✓ Collards ✓ Kale ✓ Radish ✓ Celery ✓ Onions ✓ Leeks ✓ Fennel (superfood) ✓ Chives ✓ Carrot ✓ Artichokes (superfood) ✓ Beets ✓ Okra ✓ Asparagus ✓ Sweet potato ✓ Spinach (superfood) ✓ Parsely ✓ Mint ✓ Mushrooms (superfood). ✓ Turnips
<p>Sweeteners</p> <ul style="list-style-type: none"> ✓ Stevia ✓ Inulin ✓ Monk Fruit ✓ Erythitol ✓ Raw honey 	<p>Noodle choices</p> <ul style="list-style-type: none"> ✓ Cappello fettuccine ✓ Shirataki noodles ✓ Cauliflower rice ✓ Zucchini noodles ✓ Carrot noodles ✓ Sweet potato noddles 	
<p>Nuts & Seeds (like)</p> <ul style="list-style-type: none"> ✓ Macadamia ✓ Walnuts ✓ Pine nuts ✓ Pecans ✓ Brazil nuts ✓ Coconut ✓ Chestnuts ✓ Linseeds ✓ Psyllium 	<p>Diary options</p> <ul style="list-style-type: none"> ✓ Goats milk ✓ A2 Milk – whole ✓ Ghee ✓ Goat butter ✓ Coconut yoghurt ✓ Organic heavy cream ✓ Halloumi ✓ Goats cheese (superfood) ✓ Cheese – soft. 	
<p>Olives</p> <ul style="list-style-type: none"> ✓ All of them 	<p>Alcohol</p>	

<p>Kinds of vinegar</p> <ul style="list-style-type: none"> ✓ All of them <p>All herbs & spices</p> <ul style="list-style-type: none"> ✓ Ground cinnamon ✓ Garlic ✓ Ginger ✓ Salt ✓ Pepper <p>Flours</p> <ul style="list-style-type: none"> ✓ Coconut ✓ Almond ✓ Hazelnut ✓ Cloud bread <p>Dark Chocolate High cocoa %.</p>	<ul style="list-style-type: none"> ✓ Champagne ✓ Red wine ✓ Aged spirits ✓ Gluten-free beer <p>Fish</p> <ul style="list-style-type: none"> ✓ White fish ✓ Salmon ✓ Tuna ✓ Prawns ✓ Crab ✓ Lobster ✓ Oysters ✓ Sardines (superfood) ✓ Anchovies <p>Fermented food</p> <ul style="list-style-type: none"> ✓ Sauerkraut ✓ Miso soup (real) ✓ Natural yoghurt ✓ Kimchi ✓ Tempeh ✓ Apple cider vinegar 	<ul style="list-style-type: none"> ✓ Pumpkin ✓ Capsicum <p>Poultry</p> <ul style="list-style-type: none"> ✓ Chicken ✓ Turkey ✓ Eggs ✓ Duck ✓ Quail <p>Red meat</p> <ul style="list-style-type: none"> ✓ Beef ✓ Lamb ✓ Pork ✓ Venison ✓ Wild game
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no

<p>All manufactured highly processed food-like choices</p> <p>Nutritionally mismatched food</p> <ul style="list-style-type: none"> ⊗ Calorie change ⊗ Colour change ⊗ Flavour change ⊗ Smell change <p>Refined starchy foods</p> <ul style="list-style-type: none"> ⊗ Pasta ⊗ Rice ⊗ Potatoes ⊗ Milk ⊗ Bread ⊗ Corn chips ⊗ Pastry 	<p>Nuts & seeds</p> <ul style="list-style-type: none"> ⊗ Pumpkin seeds ⊗ Chia ⊗ Peanuts ⊗ Cashews ⊗ Goji berries <p>Milk products</p> <ul style="list-style-type: none"> ⊗ Sweetened yoghurt ⊗ Frozen yoghurts ⊗ Most commercial cheeses ⊗ Grated cheese ⊗ Protein powders ⊗ Ricotta <p>Grains</p> <ul style="list-style-type: none"> ⊗ Buckwheat 	<p>Oils</p> <ul style="list-style-type: none"> ⊗ Soy ⊗ Corn ⊗ Peanut ⊗ Safflower ⊗ Vegetable ⊗ Canola <p>Veggies (at least moderate)</p> <ul style="list-style-type: none"> ⊗ Peas ⊗ Corn ⊗ Legumes ⊗ Green beans ⊗ Beans ⊗ Tofu ⊗ Chickpeas ⊗ Edamame ⊗ Soy protein
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<ul style="list-style-type: none"> ⊗ Biscuits ⊗ Commerical cereals ⊗ Sugar ⊗ Agave ⊗ Splenda ⊗ All soft drinks & juices ⊗ Maltodextrin <p>Other</p> <ul style="list-style-type: none"> ⊗ Cured meats ⊗ Commerical sauces & dressings 	<ul style="list-style-type: none"> ⊗ Barley ⊗ Corn ⊗ Spelt ⊗ Cornstarch ⊗ Popcorn <p>Promotion</p> <ul style="list-style-type: none"> ⊗ Pitched by elite athlete ⊗ Comes with a 3-chord jingle ⊗ Sponsors fast things ⊗ Uses words like shredded, cut, & ripped ⊗ Animal mascot 	<ul style="list-style-type: none"> ⊗ Lentils <p>Fruit</p> <ul style="list-style-type: none"> ⊗ Banana ⊗ Mango ⊗ Watermelon ⊗ Rockmelon ⊗ Grapes ⊗ Dried fruit
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What the...

I know some foods listed that you may consider a healthy option.

For example, beans, corn, fruit, fruit juice, low-calorie bread, some nightshade veggies, and peanuts.

These foods, while for most, consumed in moderation, will not cause ill-health.

However, data shows, in varying degrees, they either;

- a) spike blood glucose and insulin, or
- b) cause some gut (wall) stress.

Therefore, the reset project, 14 days, strongly recommends listed alternatives.

Your simple approach.

be creative

Step 1 Choose your protein	Step 2 Choose your filler	Step 3 Choose your nutrients	Step 4 Choose your additions
<p>e.g.</p> <ul style="list-style-type: none"> ○ Red, White, Pink meat. ○ Egg. ○ Healthy cheeses. <p>About 30% of your portion.</p>	<p>e.g.</p> <ul style="list-style-type: none"> ○ Zucchini pasta. ○ Cauliflower rice. ○ Sweet potato dice. ○ Grated radish. ○ Fennel Chips. ○ Millet. ○ Silverbeet (superfood). <p>e.g. prep, adding olive oil, salt, chilli flakes and air fry (or oven bake) for 10–15 minutes on 180°.</p> <p>About 40% of your portion.</p>	<p>Whatever veggies you like – load up.</p> <p>Again, e.g. combining in olive oil, avocado oil, salt, pepper, garlic, thyme, oregano, butter, or chilli flakes.</p> <p>Oven baking, air frying, panfrying, or even microwaving.</p> <p>Give the listed fermented choices a trial.</p> <p>Again, no portion limit.</p> <p>About 30% of your portion.</p>	<p>e.g.</p> <ul style="list-style-type: none"> ○ Vinaigrette ○ Ginger ○ Garlic ○ Butter ○ Lemon & Lime ○ Oils, e.g. Olive oil, Avocado. ○ Herbs & spices <p>⊗ Avoid additional sugar, commercial sauces and dressings.</p>

- ✓ Practice, tinker, change, trial and listen to your body and mind.
- ✓ If you need more food, healthy food, food associated with wellness and natural fat-burning, please portion accordingly.
- ✓ If you are unsure of your food choices, consult Brad Pamp.
- ✓ Check out Brad's daily video messages, which will include his meal choices.

Step 2d

Alkalisating finish to your culinary day.

Most Aussies are living in a sub-optimal acidic state.

To assure your best health, a slightly alkaline balance is best.

Enter: a day ending gut alkalisating hit.

Choices: 1 tsp in water (boiling) is often best.

- Super greens
- Vital Greens
- Greens+
- Peppermint or Spearmint Tea.

Step 3

Spinal Mobility

- ✓ 5 minutes daily.
- ✓ In addition to your aerobic sessions.

Your choices;

- The two 5-minute video sessions- <https://bp40plus.com.au/14day-reset-2022/>
- 21 days in april session – 21 x 10-minute dumbbell sessions – <https://bp40plus.com.au/21-day-spinal-strength-project/>

- Pilates
- Yoga
- Gym workouts
- Stretching routines.

Reset training & exercise considerations.

- Ideally, stick to your regular routine.
- If you walk, run, ride, row, swim, keep it going.
- If you train more strenuously, please adjust meal volume to meet your satisfied appetite.
- Preferably police a more conversational intensity instead of thumping harder, more strenuous sessions.
- If you have not exercised regularly more recently for some time, walking is the best reset option.
- Walk for as long as your lifestyle will allow.
- Walking itself regulates the appropriate intensity making it an excellent choice for the reset.

Any further training questions, please give me a call.

BP

bp's 14 day snap shot

5.00 - 6.30 am – Wake.

A small glass of water.

Exercise (Ride; Stationary or outside, Run, Bushwalk with the dog)+ Mobility set.

7.00 am – Coffee with goat's milk, ½ tsp chaga, 1 tsp MCT oil & a dash of ground cinnamon.

½ cup of mixed salted macadamia & pistacios.

9.30 am – Coffee with A2 milk.

Midday – mix & create; eggs, avocado, goat's cheese, walnuts, sundried tomatos, sunflower seeds, salt, olive oil.

Either; Omelette or a microwaved mash-up.

3 pm – Handful of pecans & halloumi cheese (panfried & contained).

6.30 pm – rotation,

- Mix up the protein (red meat, chicken, salmon),
- Mix up the filler (zucchini noodles, cauliflower rice, quinoa, diced eggplant – always drenched in olive or avocado oil, salt, chilli flakes, basil, dill, oregano, mint etc, and usually air-fried or alternatively, pan-fried (typically in butter, garlic & salt).
- Mix up the veggies (sweet potato, broccoli, cauliflower, asparagus, whatever) – cooked with (lots of) butter, garlic, herbs & spices and again, air-fried, baked, pan-fried or at the very least, microwaved.

Volume & portioning – pending my exercise output, I usually serve a larger portion of the selected food than most people. In fact, some days, I eat a portion for two during the reset.

8 pm – 1 heaped tbsp Supergreens in boiling water.

8.15 pm – Brush my teeth.

repeat x 14

you may experience the following

I'm struggling, hunger-wise, bridging up to my first meal (at midday)!

Consider;

- the additional selected nut mix at the kickstart.
- An additional coffee (no milk) around 10 am.
- A larger portion for your last (dinner) meal.
- Additional water with a pinch of pink Himalayan salt.
- Push through – practice typically takes 3–5 days to settle.

I'm not sleeping my typical 8 hours!

This is usually a good sign – a sign of fat adaptation.

With stored fat now used for fuel, this process occurs during the fasting period – while sleeping. This typically transfers towards waking early but being fired up and ready to go, free from tiredness.

Consider higher portions of tryptophan foods for dinner.

E.g.

- Turkey
- Milk
- Tuna
- Seeds

The taking out the gluten-based carbs is harder than I thought!

Yes, the western culinary world is saturated with gluten-based food.

Please understand the reset project is just 14 days – stay the distance.

Consider consuming more good fat (as listed) to redirect your appetite from frequent hunger.

It would be easier if the family was involved, or my partner!

Yes, you're right! Please encourage those close to you to give the 14-day project a crack – there are no side effects.

Your Reset Scoreboard.

Tick em off.

TOD – time of day.

Reset Day	Kick Start (including MCT & Chaga).	Exercise (Type; Aerobic, Mobility) & TOD.	1st meal of the day. Type & TOD.	Grazing choices, if any!	Last meal of the day. Type & TOD.
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					