

spring reboot 22

booklet



Pre & rehydrate properly.

Exercise daily.

Prepare gut-friendly meals.

Portion appropriately to suppress the enduring appetite.

Practice time-restricted eating.

Incorporate the listed dietary inclusions.

Watch the daily vlogs.

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The 14-day spring reboot menu is deliberately simple.

The healthiest nations typically repeat unprocessed and uncomplicated meals.

Minimal cooking skills are required, many meals are repeatable, and serving portions fit the individual.

The spring reboot lists some pre-prepared commercial choices for convenience.

Some people will choose to make all meals from scratch.

If you;

- Are open to all food tastes,
- Enjoy 'some' animal protein,
- Enjoy easily prepared meals,
- Can tolerate a 'little' gluten, and
- Thrive when following a guided list,

FOLLOW THE REBOOT MENU WITH BRAD PAMP AS LISTED....

If you;

- Require dietary considerations,

MAKE YOUR CHANGES WHILE MAINTAINING THE FUNDAMENTAL REBOOT PRINCIPLES....

Action...

- Flick through the menu to confirm your conformity (pg 4).
- Noting the shopping list (pg 18), purchase and prepare your culinary week.
- Plan your daily exercise (pg 5 exercise intensity rules).
- Watch the short daily vlogs** – I will reboot one day ahead of you, helping you prepare for the next day.

That's it!

A final note.

Pre-made choices – I have recommended some fitting pre-made options from the Fresh Food section at Woolies. While I know a self-made version would assure little additives, including preservatives, and be a better nutritional option, this year's reboot offers a more lifestyle-friendly practice.

When road testing of the spring reboot 22 menu, it proved 'most' people can tolerate the minimal additives, the trace gluten, and the minimal simple sugars.

Make all the listed meal choices from scratch if your time, resources, and interest allow.

Alcohol – the reboot lists 'absolute' dry days. However, typically I recommend a dry reboot.

If unsure of the listed choices, check with your doctor or health professional, or choose a proven alternative of similar nutritional value.

BP

Your spring reboot return.

The spring reboot is not a weight-loss program per se.

However, the spring reboot will;

- ☑ Reset your optimum digestive system,
- ☑ Restore your best healthy gut biome balance,
- ☑ Boost your healthy best ketosis (natural fat-burning).
- ☑ Balance your ideal blood glucose.
- ☑ Balance your hormonal-driven prime sleep patterns.
- ☑ Return your natural best-fitting food behaviour.

ACCORDINGLY, you will;

- ☑ You feel great!
- ☑ Feel lighter.
- ☑ Sleep soundly.
- ☑ Feel amped for summer.

MEAL PORTIONING

Keep it simple.

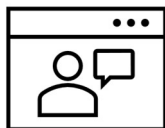
- ☑ Follow the listed food recommendations, changing within the principles fyi.
- ☑ Hydrate as listed before all meals.
- ☑ Portion to satisfy your 'enduring' appetite.
- ☑ Ideally, keep animal protein-listed meals to a 30% portion of the whole meal.
- ☑ Please include the listed healthy fats and the dietary minerals.
- ☑ Start with a slightly smaller portion of your regular serving and add calories if necessary.
- ☑ Consider the time-restricted eating section when portioning your evening meal.

Everyone will be satisfied with a different volume.

The food type and timing is vital.

BP

THE DAILY VLOGS EXPLAIN THE WHAT, WHY & HOW OF EACH DAY'S NOURISHING PRACTICE.



Your spring reboot meal planner.

Ideally, tick off your practice.

<p>DAY 1</p> <input type="checkbox"/> Nuun Hydration <input type="checkbox"/> Exercise <input type="checkbox"/> Pampy's Porridge <input type="checkbox"/> Super Coffee <input type="checkbox"/> Red Salmon & Greens <input type="checkbox"/> Water & Psyllium H <input type="checkbox"/> Veg Stack & Haloumi <input type="checkbox"/> Supergreens	<p>DAY 2</p> <input type="checkbox"/> Nuun Hydration <input type="checkbox"/> Exercise <input type="checkbox"/> Pampy's Porridge <input type="checkbox"/> Super Coffee <input type="checkbox"/> Lentil Mix & Chicken <input type="checkbox"/> Water & Psyllium H <input type="checkbox"/> Nutr Yeast Broc'n' Broth <input type="checkbox"/> Supergreens	<p>DAY 3</p> <input type="checkbox"/> Nuun Hydration <input type="checkbox"/> Exercise <input type="checkbox"/> Pampy's Porridge <input type="checkbox"/> Super Coffee <input type="checkbox"/> Red Salmon & Greens <input type="checkbox"/> Water & Psyllium H <input type="checkbox"/> Veggies stack & Lamb <input type="checkbox"/> Supergreens	<p>DAY 4 (Dry)</p> <input type="checkbox"/> Nuun Hydration <input type="checkbox"/> Exercise <input type="checkbox"/> Pampy's Porridge <input type="checkbox"/> Super Coffee <input type="checkbox"/> Brown rice & Chicken <input type="checkbox"/> Water & Psyllium H <input type="checkbox"/> Omelette <input type="checkbox"/> Supergreens
<p>DAY 5 (Dry)</p> <input type="checkbox"/> Nuun Hydration <input type="checkbox"/> Exercise <input type="checkbox"/> TRE Rules <input type="checkbox"/> Super Coffee & Exceptions <input type="checkbox"/> Cous Cous, Avo, Beef <input type="checkbox"/> Water & Psyllium H <input type="checkbox"/> Reboot Soup <input type="checkbox"/> Glutathione (Supergreens)	<p>DAY 6 (Dry)</p> <input type="checkbox"/> Nuun Hydration <input type="checkbox"/> Exercise <input type="checkbox"/> TRE Rules <input type="checkbox"/> Super Coffee & Exceptions <input type="checkbox"/> Quinoa, Avo, Nut Mix <input type="checkbox"/> Water & Psyllium H <input type="checkbox"/> Coconut & Squash Curry <input type="checkbox"/> Glutathione (Supergreens)	<p>DAY 7 (Dry)</p> <input type="checkbox"/> Nuun Hydration <input type="checkbox"/> Exercise <input type="checkbox"/> TRE Rules <input type="checkbox"/> Super Coffee & Exceptions <input type="checkbox"/> Cous Cous, Avo & Chicken <input type="checkbox"/> Water & Psyllium H <input type="checkbox"/> Fennel Gratin & Whitefish <input type="checkbox"/> Glutathione & Dark Choc	<p>DAY 8</p> <input type="checkbox"/> Nuun Hydration <input type="checkbox"/> Exercise <input type="checkbox"/> TRE Rules <input type="checkbox"/> Super Coffee & Exceptions <input type="checkbox"/> Omelette <input type="checkbox"/> Water & Psyllium H <input type="checkbox"/> Sweet potato & Pork <input type="checkbox"/> Glutathione (Supergreens)
<p>DAY 9</p> <input type="checkbox"/> Nuun Hydration <input type="checkbox"/> Exercise <input type="checkbox"/> TRE Rules <input type="checkbox"/> Super Coffee & Exceptions <input type="checkbox"/> Tabouli Mix & Goats Ch <input type="checkbox"/> Water & Psyllium H <input type="checkbox"/> Roast Pumpkin & Nuts <input type="checkbox"/> Glutathione & Dark Choc	<p>DAY 10</p> <input type="checkbox"/> Nuun Hydration <input type="checkbox"/> Exercise <input type="checkbox"/> TRE Rules <input type="checkbox"/> Super Coffee & Exceptions <input type="checkbox"/> Cous Cous, Avo & Chicken <input type="checkbox"/> Water Bicarb soda/lemon <input type="checkbox"/> Choice <input type="checkbox"/> Glutathione (Supergreens)	<p>DAY 11</p> <input type="checkbox"/> Nuun Hydration <input type="checkbox"/> Exercise <input type="checkbox"/> TRE Rules <input type="checkbox"/> Super Coffee & Exceptions <input type="checkbox"/> Poke Bowl <input type="checkbox"/> Water Bicarb soda/lemon <input type="checkbox"/> Brushetta mix & Guaco <input type="checkbox"/> Glutathione	<p>DAY 12</p> <input type="checkbox"/> Nuun Hydration <input type="checkbox"/> Exercise <input type="checkbox"/> Pampy's Porridge <input type="checkbox"/> Super Coffee & Exceptions <input type="checkbox"/> Omelette <input type="checkbox"/> Water Bicarb soda/lemon <input type="checkbox"/> Fried rice super mix <input type="checkbox"/> Glutathione
<p>DAY 13</p> <input type="checkbox"/> Nuun & water hydration <input type="checkbox"/> Exercise <input type="checkbox"/> Pampy's Porridge <input type="checkbox"/> Super Coffee <input type="checkbox"/> Tabouli & Bacon <input type="checkbox"/> Water Bicarb soda/lemon <input type="checkbox"/> Brushetta mix & Guaco <input type="checkbox"/> Glutathione	<p>DAY 14</p> <input type="checkbox"/> Nuun Hydration <input type="checkbox"/> Exercise <input type="checkbox"/> Egg & Avo <input type="checkbox"/> Super Coffee & Exceptions <input type="checkbox"/> Tabouli & Haloumi <input type="checkbox"/> Water Bicarb soda/lemon <input type="checkbox"/> Roast Chicken & Veg <input type="checkbox"/> Glutathione		

(Ideal) Timing

- Mineral (nuun) hydration on waking – e.g. 5.00 am – 6.30 am.
- Exercise after mineral hydration – yes, drink (water) during exercise if necessary.
- Breakfast as soon as exercise finishes and during Time Restricted Eating: Zero food or Kickstarter practice.
- Coffee (or alternative) with or after breakfast.
- Lunch e.g. 12.30 – 1.30 pm
- Water, Psyllium, & Bicarb inclusion mid-afternoon.
- Dinner e.g. 5.30 pm – 7.30 pm.
- Evening alkalising/ glutathione around 8.30 pm – 9.30 pm.

Spring reboot meals & inclusions as they appear in the daily menu lists.

Again, the listed choices are what Brad Pamp will consume during the reboot.

Please feel free to design your user-friendly menu based on the reboot principles.

nuun mineral supplement (see weblink).

Optimal hydration balance is critical for good health (see vlog#1).

Proper hydration drives digestion, metabolism, cognitive and physical energy, and prime sleep.

H₂O + (the right fitting) minerals = best hydration.

Sodium bicarbonate, Magnesium, Potassium & Calcium matched with water drive the best hydration balance.

Studies show that sub-optimal hydration can boost the appetite toward consuming more calories than is needed.

Nuun mineral supplements, like other alternatives, help optimal cellular hydration.

Dose: 1 tablet in 250ml water.

On waking & mid-afternoon.

Further: I recommend a 'small' glass of water before lunch & dinner.

DRINKING TO THIRST – while the reboot has you consuming a glass of mineral-loaded water on waking and throughout the afternoon and a small glass with each meal, avoid forcing further unnecessary water consumption. Be guided by thirst. A larger person exercising in warmer conditions will likely feel the need to consume far greater liquid than a smaller female living in a cooler climate.

Alternatives: A small pinch of pink Himalayan Salt in waer, 1/4 tsp bicarb soda into 375ml water – adding a slice of lemon, Hydrolyte tablets, GU Drink tabs.



exercise intensity (see weblink).

- If you exercise regularly (daily), carry on. The reboot menu will fit your active needs.

Portion from the listed food choices to satisfy your appetite – disregarding the counting of calories. Consume fitting calories to fuel your activity, recover optimally, and to suppress your hunger for 5-7 hours post-meal.

For those training heavily, the time-restricted eating period may not be possible. Continue with breakfast (Pampy's Porridge) as listed on days 1-4.



- If you haven't exercised for a period, I strongly recommend policing the DTI effort calculation (see link below) when exercising daily throughout the reboot.

DTI (Default Training Intensity) - (<https://bp40plus.com.au/training-intensity/>).

DTI = exercising at a 'your' conversational, rhythmic effort. About your 6.5/10 effort rating.

A controlled and easier intensity will typically suppress the appetite. More challenging workouts will typically boost the need for sweeter, more processed food choices - this is a poor result.

Considerations: Move at your controlled conversational pace throughout the reboot. It should feel comfortable. I strongly recommend walking as a returning exercise discipline. However, any rhythmic & continuous activity is ideal.

pampy's porridge.

Ingredients

Adding to a 4L 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.
- Quick Oats (or GF choice when appropriate) 500g.
- Macros Cacao Nibs 50g.
- Woolies Californian Walnuts 50g.

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

- ➔ 1/3 - 3/4 cup of mix to the bowl, and add 1/3 - 3/4 cup of water, depending on your microwave strength.
- ➔ Microwave for 2.00 minutes.



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.

Pampy's porridge offers a gut-friendly, fat-boosting, energy-driving day starting fuel.

- Consider adding either berries of choice (frozen works), banana (the greener, the better), or 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).

Alternatives.

- ➔ Contain & Mix: 750g Quick Oats, 350g LSA mix, 250g Shredded coconut.
- ➔ GF Oats, adding coconut, LSA mix, berries, dash of honey.
- ➔ Quick Oats & berries.

super coffee (see weblink, MCT & Chaga)

Reboot Super Coffee.

- Add to your coffee shot (~ 150mg caff),
- ½ tsp MCT Oil,
- ¾ Tsp Chaga Extract,
- Goats Milk to taste (easily frothed),
- Ground cinnamon.

Please note – alternatives to coffee & caffeine are listed below.

Some coffee health benefits (in moderation).

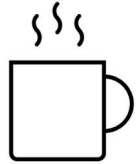
- ✓ Promote healthy ketosis (promotion of stored fat for energy),
- ✓ Brain & cognitive health,
- ✓ Heart health,
- ✓ Liver health.
- ✓ Appetite suppression.

Exceeding 300mg of caffeine daily has been shown to increase blood glucose and negate some health benefits.

See inclusion links & the daily vlogs for further confirming health benefits.

Why MCT (Oil)?

- ✓ 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.
- ➔ My data and observation show that MCT inclusion is most beneficial when over 50 years. I will continue to practice MCT inclusion.



Why Chaga?

Data shows a likely,

- ✓ Super immune booster.
- ✓ Help in balancing blood glucose
- ✓ Help in inflammation.

Why Goats Milk?

- ✓ High in healthy MCT's.
- ✓ Lower in sugar
- ✓ High in Calcium.

Alternatives: Black tea, Green Tea, Masala Tea, and a dash of MCT, Milk of choice; ideally, A2, or boiling water & a slice of lemon/lime.

No, you do not need to drink coffee in the reboot program. Please choose an alternative listed above.

red salmon & green mix

Ingredients

- Tinned Red Salmon
- Spinach leaves
- Cucumber
- Avocado
- Snap peas
- Red onion
- Red Capsicum
- Alfalfa sprouts
- Sunflower seeds
- Goats cheese
- Olive Oil
- Lemon (fresh)
- Tiny pinch of sea salt

Method

- ✓ The volume is your choice.
- ✓ Mix your salad to taste & add the red salmon.

This lunch provides a high nutrient, easily digested, anti-inflammatory booster.

Alternatives: Woolies, Macro Organic Veggie & Baby leaf Salad bowl, adding a protein choice; chicken, beef, pork, cheese, nut mix, tofu, and feel free to include a vinegarett.



water & psyllium husk

Processed food, alcohol, stress, poor sleep, air-conditioning, and a sedentary lifestyle can negatively impact the digestive system and optimum metabolism.

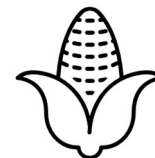
The entire reboot menu works towards optimising gut health, digestion and metabolism.

Psyllium husk supports the process.

When: At some point in the afternoon or just before a meal.

Method: A small glass, 1 tsp psyllium husk into water, and dash (only) pineapple juice.

Choice: adding 1/4 tsp bicarb soda & a slice of lemon amps up the cleansing practice.



Alternatives: Metamucil.

veggie stack, haloumi & aioli

Ingredients

- Cauliflower
- Broccoli
- Zucchini
- Asparagus
- Red Onion
- Haloumi
- Egg
- Dijon mustard
- Lemon juice
- Sea salt
- Minced garlic
- Olive oil or Avocado oil.

Method

- ✓ The volume is your choice – there is no ideal limit.
- ✓ Mix your veggies to your choice, adding the halloumi & aioli sauce.

Cut & bowl your chosen veggies.

Liberally drench with Olive Oil & sea salt.

I prefer cooking with an air-fryer [14-18 mins @ 180].

Or, Oven-bake @ 15-20 @ 200, or panfry in butter, garlic & sea salt.

Pan fry your haloumi.

Aioli: Whisk or blend until thick; 1 egg, 1 tsp Dijon mustard, 2 tsp lemon juice, ½ tsp sea salt, ½ tsp minced garlic, ½ cup Olive oil or avocado oil.

Alternatives: Veggies of choice (frozen if need be), cheese of choice (Feta, Goats Cheese, Sheeps Cheese etc), Heinz Seriously Good Aioli (I will use this aioli choice).

Note – the reboot features some veggie-based meals (and days). Veggie, only, days, boost nutrients, cleans the gut, and typically improves the sleep. Give it a crack!

supergreens (see weblink)

OK, while I know most people don't find the supergreens (or other alkalising choice) taste appealing, supergreens remain in the reboot.

Some known reasons why supergreens features in the reboot.

- ✓ B vitamin super blast.
- ✓ Gut-health balance, helps to balance inflammation.
- ✓ High in absorbable antioxidants, boosting the immune system.
- ✓ An appetite suppressant – ATT: bigger eaters – consume immediately after your 'first' serving.
- ✓ Lowers and balances blood glucose.



Dose: 1 tsp into boiling water.

Alternatives: Green tea, Vital Greens, Spirulina.

➔ *Supergreens play a critical role in the reboot (body re-charging) menu.*

lentil salad & chicken

Ingredients

- Woolies Lentil Salad (Salad Servers).
- Chicken breast.

Method

- ✓ The volume is your choice.
- ✓ Mix your lentil portion with your chicken serving.

Ideally, panfry (and contain) your chicken breast cooked in a little butter, sea salt & a dash of garlic. Add to your lentil salad portion.



Alternatives: Make your lentil salad -

<https://www.youtube.com/watch?v=NvTC3EQTcag>

Protein choice: BBQ Chicken, Pork, Lamb, Beef, Fish, Cheese, Egg, Tofu, Nut Mix.

Nutritional Yeast, Broccoli & Egg in Broth

Ingredients

- Nutritional Yeast
- Broccoli
- Goats cheese
- Ghie – Grass fed.
- Bone Broth.
- Eggs
- Garlic

Of the many health benefits from nutritional yeast, some are;

- High in B12
- High in dietary fibre (digestive aid)
- Lowers blood glucose
- Boost immune.

Method

- ✓ The volume is your choice.
- ✓ Recommended portions below are served for one.



2 cups of broccoli in olive oil, garlic & salt, air-fried, baked or pan-fried, e.g 10-15min @ 180°.

2 Whipped eggs pan-fried on high in 1 tsp of Ghie.

Scramble and add 1/3 cup of nutritional yeast (I favour the Bragg brand) after 30 seconds and continue to scramble.

Add 2 cubes of (broken) goat's Cheese.

Add broccoli to a pot with 1 cup broth on medium heat.

Add a further 1/3 cup of nutritional yeast and stir until it thickens.

Plate broccoli, serving with the eggs.

Alternatives: Broccoli, scramble eggs, nut mix, salt and a cheesy sauce.

campbells bone broth (see weblink)

Again, great for gut health balance and the associated health benefits.

Dose: 1 cup served hot.

Alternatives: make your own broth -

<https://www.youtube.com/watch?v=rhpgp776J0I&t=8s>



Or, enjoy a delicious cup of supergreens.

veggie stack & lamb

Ingredients

- Cauliflower
- Broccoli
- Zucchini
- Asparagus
- Eggplant
- Red Onion
- Lamb

Method

- ✓ The volume is your choice.
- ✓ Mix your veggies to your choice, adding the lamb.

Cut & bowl your chosen veggies.

Liberally drench with Olive Oil & add sea salt.

I prefer cooking with an air-fryer [14-18 @ 180].

Or, Oven bake @ 15-20 @ 200, or panfry in butter.

Panfry your lamb, adding a little chopped rosemary & sea salt.

I favour an aioli sauce (Make your own, or Heinz version).

Alternatives: Veggies of choice (frozen if need be), Protein; Pork, Chicken, Fish, Tofu, Tempeh, Nut mix.



fruit, coconut yoghurt & cinnamon (alt to Pampy's Porridge)

Ingredients

- Pear
- Apple
- Berrie mix (black, blue, straw)
- Slivered almonds
- Sunflower seeds
- (unsweetened) Coconut yoghurt
- Ground cinnamon

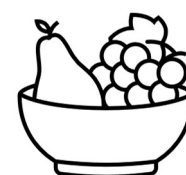
Alternative to Pampy's Porridge, fyi: Days 12-14.

Method

- ✓ The volume is your choice.

Portion your fruit, nuts & seeds, 1-2 heaped tbsp coconut yoghurt and a generous covering of ground cinnamon.

Alternatives: Berries & Natural yoghurt, including ground cinnamon.



chicken & brown rice

Ingredients

- Chicken breast
- Brown rice
- Capsicum mix (green, red, yellow)
- Avocado
- Broad beans

Method

- ✓ The volume is your choice.

I typically favour quickly heated 'rice in a bag' choices. Brown rice & the basmati gluten-free versions work best.

Add your veggies and your chicken breast.

Consider a balsamic dressing.

	<p>While you can make your own balsamic or vinaigrette, as featured in reboot 2021, I will be purchasing a Woolies version low in sugar.</p> <p>Alternatives: Protein & your choice of veggies.</p>
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omelette

<p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eggs <input type="checkbox"/> Whole cream <input type="checkbox"/> Goats cheese <input type="checkbox"/> Avocado <input type="checkbox"/> Sundried tomatoes <input type="checkbox"/> Sea salt 	<p>Method</p> <ul style="list-style-type: none"> ✓ The volume is your choice, but consider this meal's higher, more keto nature. Typically your appetite will be well satisfied on a lower portion than normal. <p>Whisk eggs, cream & sea salt, adding to hot buttered fry pan. Add the goat's cheese, avocado & sundried tomatoes after a minute or two. Flip, plate and consider adding balsamic vinegar.</p> <p>Alternatives: Mushrooms, slivered almonds, macadamias.</p>
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Time-restricted eating (TRE)

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

Clear data shows many benefits 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 – changing food behaviour.
- ✓ Lowering inflammation.
- ✓ 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 (e.g. burning stored fat as the prime energy source).
- The proven time shapes appetite satiation (fuller for longer) and ideal food behaviour.

The ideal and proven 'resetting' time-related nourishing day – THE REBOOT RULES.

- 1) Wake, mineral inclusion, and then KICKSTART SUPER COFFEE (e.g. super coffee [or alternative as listed] & perhaps a handful of salted macadamia nuts) around 6-7 am.

*The essential kickstart does not break healthy 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 'reboot' time-restricted eating model.

Important!

You choose your best nourishing window based on your lifestyle.

It just happens that the reboot model (Midday-6-8 pm) shows the most significant benefit and practicality. e.g. 6 am to 1 pm could also work for you.

The introduction of the reboot 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 daily 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 reboot 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. Morning strenuous exercise should include a full breakfast – avoiding the TRE model.
- 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, monounsaturated fats, protein, and dietary fibre, lengthens appetite satiation.
- 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.



cous cous, avo & beef

Ingredients

- Cous Cous – woollies version
- Avocado
- Beef
- Balsamic vinegar.

Method

- ✓ The volume is your choice.

Cous Cous Woolies pre-made mix.
Adding avocado, sea salt, the beef, which I typically pre-prepare & contain and a dash of balsamic vinegar.

Alternatives: Cook up your cous cous, it's easy.
Brown rice, Tabouli mix, etc.

bicarb soda/ lemon

Ingredients

- ½ tsp bicarb soda
- Dash of lemon.


Enjoy of an afternoon.

Bicarb soda or sodium bicarbonate is a product most of us consume in some way or another over our lifetime.


Data shows that a small inclusion (1/3 – ½ tsp) into boiling water with a dash of fresh lemon can offer the following health benefits.

<p>Ideally, consume a small glass before every reboot meal.</p>	<ul style="list-style-type: none"> ✓ Drive optimal cellular hydration. ✓ Help establish prime stomach biome balance. ✓ Control ideal pH (slightly alkaline is said to be best) – the typical Australian diet & lifestyle leaves an acidic status. ✓ Promote digestive & kidney health. <p>Alternative: Boiling water & a dash of fresh lemon.</p>
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the reboot soup (est. reboot 2012)

<p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Chicken Breast (thinly sliced). <input type="checkbox"/> 4 Cups Chicken Broth <input type="checkbox"/> 1 Large Red Chilli, chopped. <input type="checkbox"/> 2 tsp Minced Ginger <input type="checkbox"/> 3 Sticks Celery, chopped. <input type="checkbox"/> 1 Large White Potato (or Sweet Potato) chopped. <input type="checkbox"/> 2 Parsnips, diced. <input type="checkbox"/> 2 Carrots, diced. <input type="checkbox"/> 1 Large Onion, chopped. <input type="checkbox"/> 1 tbs Minced Garlic <input type="checkbox"/> 1 tbs Olive Oil 	<p>Method</p> <ul style="list-style-type: none"> ✓ The volume is your choice. <ul style="list-style-type: none"> • Heat oil, garlic, ginger, chilli & onion on the stove. • Once softened, add stock, all veggies and the chicken. • Bring to a boil, stirring occasionally. • Simmer until the chicken is cooked through and the potato is soft. <p>Consider adding barley or brown rice.</p> <p>The ultimate in gut cleansing.</p> <p>Alternatives: Any soup high in ginger.</p> <div style="text-align: right;">  </div>
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glutathione


<p>Ingredients</p> <p>1 capsule, daily.</p> <p>I say, best taken with Supergreens (boiling water).</p>	<p>Data shows the following health benefits.</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Metabolic energy boosting. <input checked="" type="checkbox"/> Detoxifies liver. <input checked="" type="checkbox"/> Strengthening the immune system. <input checked="" type="checkbox"/> Improves sleep. <input checked="" type="checkbox"/> Improves mental focus & clarity. <p>I have practised glutathione supplementation for three years and strongly believe in its benefits.</p> <p>It appears to be best when cycled in for 2-weeks every six months.</p> <p>Consult your Doctor if you are unsure of this inclusion.</p> <div style="text-align: right;">  </div>
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quinoa, avo, nut mix


<p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> Quinoa Woolies pre-made mix. <input type="checkbox"/> Avocado. <input type="checkbox"/> Halloumi. <input type="checkbox"/> Nut (& seed) mix: Almonds, 	<p>Method</p> <ul style="list-style-type: none"> ✓ The volume is your choice. <p>Panfry the nut and seed mix until lightly toasted.</p> <p>Also, panfrying the halloumi until golden brown.</p> <p>Add to Woolies pre-made Quinoa mix & avocado.</p> <p>Add balsamic vinegar.</p>
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<p>Macadamia, Walnuts, Peacans, Sunflower seeds, Pepita.</p>	<p>Alternatives: Make your own Quinoa salad.</p> <p>Ultimately, we're leaving little gut stress & healthy fat-burning ketosis. Again, consume a portion to satiate 'your' enduring appetite.</p>
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coconut & squash curry

<p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 tbsp Olive Oil <input type="checkbox"/> 500g butternut squash <input type="checkbox"/> 100g chopped onions \ 4 tbsp mild curry pasta <input type="checkbox"/> 400g chopped tomatoes <input type="checkbox"/> 400g full coconut milk <input type="checkbox"/> 400g lentils <input type="checkbox"/> 200 bag baby spinach <input type="checkbox"/> 150ml coconut yogurt 	<p>Method</p> <p style="text-align: center;">✓ The volume is your choice.</p> <p>Chop & microwave (soften) the squash, say 10 minutes in high. Cook (boil) the lentils & panfry the onions in olive oil until cooked. Add all the ingredients along with the paste & coconut milk. Stir and allow to simmer for 20 minutes. Enjoy with a large dollop of yogurt.</p> <p>Alternatives: All veggies, cous cous, rice, curry of choice.</p> <div style="text-align: right;">  </div> <p>The health benefits of herbs & spices. Long have earthly herbs & spices been associated with good health. The two dominant benefits are, 1) the retuning of the digestive tract, and 2) the metabolic boost from spices. The healthiest nations use herbs & species liberally.</p>
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fennel gratin & whitefish

<p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4 large fennel bulbs <input type="checkbox"/> Pinch grated nutmeg <input type="checkbox"/> 1 large garlic clove, crushed <input type="checkbox"/> 200ml double cream <input type="checkbox"/> 50g parmesan 	<p>Method</p> <p style="text-align: center;">✓ The volume is your choice.</p> <p>Heat oven to 180C and put a pan of salted water on to boil. Trim the fennel tops, then cut them into wedges. Boil for 5-6 mins & drain. Arrange in an ovenproof dish, season and sprinkle with nutmeg. Stir the garlic into the cream and pour over the fennel. Top with the Parmesan, then bake for 20 mins until golden. Add your whitefish.</p> <p>Alternative: youtube search, fennel recipe. All is fennel is good.</p> <p>Fennel is King. If you've practised the reboot in the past, you will know we always throw in a 'fennel' feature meal.</p> <div style="text-align: right;">  </div>
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Let me be clear; fennel is a health-boosting superstar. From improving metabolism, and digestion to lowering inflammation & blood pressure, fennel should be included in your culinary week.

Ultimately, I don't care how you include fennel into tonight's meal.

dark chocolate

Yes, chocolate, dark chocolate, good quality dark chocolate.

Why?

- ✓ Immune boosting, thank you, antioxidants.
- ✓ Cognitive boost, &
- ✓ Stabilising blood pressure.



The reason your brain will typically prevent overconsumption of dark chocolate, as opposed to milk chocolate, is primarily the (refined) sugar portion. The natural toxins in 'good' dark chocolate self-regulate volume – STOP – you've had enough, you are satisfied. Your blood glucose has reached its limit, and stop eating now.

sweet potato & pork

Ingredients

- Sweet potato
- Olive Oil
- Sea Salt
- Pork
- Asparagus

Method

- ✓ The volume is your choice.

Again, please consider the higher caloric value per mouthful. After pre-hydrating, start with a smaller starting portion than usual.

Chop the sweet potato into chips, liberally covering in olive oil and sea salt, and oven-baking for 30 minutes @ 180'. Feel free to sprinkle with your favourite dried herbs.

Panfry your asparagus in coconut oil or real butter (or ghee).

Cook your pork serving, however.

Plate & remember to serve a smaller portion than usual.

Alternatives: Any oven-baked veggies with any protein choice.

Don't be apprehensive about healthy carb portions. By complying with spring reboot 22, I know you are exercising 'at least' 30 minutes every day.

Regular exercise typically thrives with some dietary (low GI) carbs.

tabouli mix & goats cheese

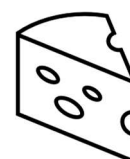
Ingredients

- Tabouli mix – Woolies premade.
- Goats Cheese
- Lemon

Method

- ✓ The volume is your choice.

Serve the Woolies Tabouli mix, adding the goat's cheese and a generous fresh lemon addition.



	<p>Why 'goat's' cheese?</p> <ul style="list-style-type: none"> ✓ Data shows that it is more easily digested, improving the gut balance. ✓ Less influence on blood glucose, and, ✓ While loaded with healthy MCT's (medium chain triglycerides), goats produce drives nutritional fat-burning ketosis. <p>Oh, and it tastes great!</p> <p>Alternatives: Any fresh salad-based mix (making your own tabouli as we've done in previous reboots) with your choice of healthy cheese.</p>
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roasted pumpkin & nut mix

<p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pumpkin <input type="checkbox"/> Nuts & Seeds: <input type="checkbox"/> Almonds, Macadamia, Brazil, Pecan, Cashews, Sunflower seeds, Petita. <input type="checkbox"/> Aioli 	<p>Method</p> <ul style="list-style-type: none"> ✓ The volume is your choice. <p>Chop the pumpkin, lather with olive oil, heavy on the sea salt and roast for 30 minutes @ 180'.</p> <p>Panfry your nut & seeds mix, adding a little rosemary, salt and brown sugar. Bowl your ingredients and add an aioli sauce.</p> <p>Alternatives: Veggies, nuts & sauce of choice (e.g, balsamic, aioli, vinaigrette).</p>
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poke bowl

<p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tuna <input type="checkbox"/> Brown rice <input type="checkbox"/> Avocado <input type="checkbox"/> Cucumber <input type="checkbox"/> Carrot <input type="checkbox"/> Edamame <input type="checkbox"/> Red onion <input type="checkbox"/> Soy Sauce <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Honey 	<p>Method</p> <ul style="list-style-type: none"> ✓ The volume is your choice. <p>Serve the tuna, veggies on warm brown rice, adding a little soy sauce, freshly squeezed lemon, mayonnaise and tiny dash of honey.</p> <p>Alternatives: Any fresh veggies, clean fish, served on brown rice & a fresh sauce (low in sugar) of your choice.</p>
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Bruschetta

<p>Ingredients</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fresh, heavy, well-seeded bread. <input type="checkbox"/> Tomato <input type="checkbox"/> Red Onion <input type="checkbox"/> Basil <input type="checkbox"/> Avocado 	<p>Method</p> <ul style="list-style-type: none"> ✓ The volume is your choice. <p>Oven-bake the zucchini drizzled in olive oil & salt.</p> <p>Toast the bread, coating with oven-baked garlic and again drizzling in olive oil.</p> <p>After spreading the avocado, place the chopped tomato, onion & basil and drizzle balsamic vinegar.</p>
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<input type="checkbox"/> Zucchini <input type="checkbox"/> Balsamic vinegar	<p>Once again, the volume is your choice on this day.</p> <p>Bread: In previous reboot programs, we've avoided all bread. In further testing, most people appear to tolerate a little gluten, particularly when combined with healthy seeds. Please favour heavier high fibre and healthy fats bread.</p> <p>Alternative: GF bread, cloud bread (as featured in last year's reboot).</p>
fried rice super mix	
<p>Ingredients</p> <input type="checkbox"/> Brown rice <input type="checkbox"/> Bacon <input type="checkbox"/> Egg <input type="checkbox"/> Nuts – hazel, almond, macadamias <input type="checkbox"/> pistachios <input type="checkbox"/> Shallots <input type="checkbox"/> Cucumber <input type="checkbox"/> Capsicum <input type="checkbox"/> Baby tomatoes <input type="checkbox"/> Soy sauce <input type="checkbox"/> Sultana	<p>Method</p> <p>Cook or heat your rice. Add the listed ingredients, portioning to your liking. Include the bacon & egg. Add the soy sauce. Portion to satisfy your enduring appetite.</p> <p>Alternatives: Cous Cous, Quinoa, Cauliflower rice, Zucchini pasta.</p> <p>☞ Including a red wine could be nice.</p> 

Shopping

<p>Inclusions</p> <input type="checkbox"/> Mineral Supps - Nuun <input type="checkbox"/> MCT Oil - Melrose Kickstart <input type="checkbox"/> Chaga Extract - Nutra <input type="checkbox"/> Supergreens - Synergy <input type="checkbox"/> Glutathione - NOW <input type="checkbox"/> Bone Broth - Campbells <input type="checkbox"/> Dark Chocolate - Lindt <input type="checkbox"/> Bicarb Soda - McKenzies <input type="checkbox"/> Nutritional Yeast - Bragg <input type="checkbox"/> Psyllium Husk - Macro <p>Breakfast</p> <input type="checkbox"/> Coffee, Tea etc <input type="checkbox"/> Goats Milk (Alt) <input type="checkbox"/> Cooking (quick) Oats <input type="checkbox"/> Linseed meal <input type="checkbox"/> Almond Meal <input type="checkbox"/> MacaPowder <input type="checkbox"/> Cacao Nibs <input type="checkbox"/> Walnuts <input type="checkbox"/> LSA Mix <input type="checkbox"/> Honey <input type="checkbox"/> Berries <input type="checkbox"/> Fruit (Choice) <input type="checkbox"/> Coconut Yogurt <input type="checkbox"/> Ground Cinnamon	<p>Protein</p> <input type="checkbox"/> Red Salmon (tinned) <input type="checkbox"/> Tuna in Olive Oil (tinned) <input type="checkbox"/> Whitefish <input type="checkbox"/> Chicken Breast <input type="checkbox"/> BBQ Chicken <input type="checkbox"/> Eggs <input type="checkbox"/> Beef <input type="checkbox"/> Lamb <input type="checkbox"/> Pork <input type="checkbox"/> Bacon <input type="checkbox"/> Haloumi <input type="checkbox"/> Cheese (Tasty) <input type="checkbox"/> Full cream <input type="checkbox"/> Parmesan <input type="checkbox"/> Goats Cheese <p>Nuts & Seeds</p> <input type="checkbox"/> Macadamia <input type="checkbox"/> Hazel <input type="checkbox"/> Pecan <input type="checkbox"/> Pistachios	<p>Vegetables</p> <input type="checkbox"/> Green leaf (choice) <input type="checkbox"/> Basil, Corriander <input type="checkbox"/> Snap peas <input type="checkbox"/> Broad Beans <input type="checkbox"/> Edamame <input type="checkbox"/> Asparagus <input type="checkbox"/> Capsicum <input type="checkbox"/> Cucumber <input type="checkbox"/> Broccoli <input type="checkbox"/> Cauliflower <input type="checkbox"/> Eggplant <input type="checkbox"/> Zucchini <input type="checkbox"/> Shallots <input type="checkbox"/> Red Onion <input type="checkbox"/> Pumpkin <input type="checkbox"/> Squash <input type="checkbox"/> Sweet potato <input type="checkbox"/> Lemon/Lime <input type="checkbox"/> Avocado <input type="checkbox"/> Ginger <input type="checkbox"/> Celery <input type="checkbox"/> Parsnips <input type="checkbox"/> Carrots <input type="checkbox"/> Fennel <input type="checkbox"/> Baby tomatoes	<p>Additions</p> <input type="checkbox"/> Sunflower seeds <input type="checkbox"/> Sundried tomato (Oil) <input type="checkbox"/> Olive Oil <input type="checkbox"/> Sea Salt <input type="checkbox"/> Chicken Broth <input type="checkbox"/> Minced garlic <input type="checkbox"/> Garlic <input type="checkbox"/> Heavy seeded bread <input type="checkbox"/> Butter <input type="checkbox"/> Nutmeg <input type="checkbox"/> Soy Sauce <input type="checkbox"/> Sultanas <input type="checkbox"/> Curry powder <input type="checkbox"/> Coconut milk <p>Woolies pre-made Mixes</p> <input type="checkbox"/> Lentil Mix <input type="checkbox"/> Cous Cous Mix <input type="checkbox"/> Quinoa Mix <input type="checkbox"/> Tabouli Mix <input type="checkbox"/> Green leafy Salad mix <input type="checkbox"/> Brown Rice (packets) <input type="checkbox"/> Basmati GF Rice (packets)
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Your additions...