

The (5-day) Tune-Up Project.

The key principles.

- ✓ Time-restricted eating (12 midday – 7.00 pm).
- ✓ Zero consideration for caloric value.
- ✓ Near zero (refined) sugar.
- ✓ High dietary fibre.
- ✓ Prioritise hydration.
- ✓ Practice meal choices.

STEP 1 – On waking; mineral load with hydrolyte

(1 tablet).

STEP 2 – Ideally, a 20–30-minute brisk walk.

STEP 3 – Coffee Or Tea (or Herb Tea) adding MCT Oil (1/2 tsp). Include a 1/3 cup of salted macadamia or almonds to avoid hunger if necessary.

STEP 4 – Mid-morning –boiling water & fresh slice of lemon or lime.

STEP 5 – Lunch – Midday.

Combine:

- A Woolies pre-made salad.
- Healthy dietary fat.
- Protein choice.
- Adding sea salt/ pepper is a good fit.

STEP 6 – Mid-afternoon; a further hydrolyte (1 tablet).

STEP 7 – Dinner – 7.00 pm.

Keep it simple.

Phase 1 – Choose your veggies (bake, air fry etc).

Phase 2 – Add your healthy fat.

Phase 3 – Add your protein.

STEP 8 – After dinner – Supergreens (1 tbsp in boiling water) or Peppermint tea.

STEP 9 – Brush your teeth – ideally, with bi-carb soda.

STEP 10 – Plan and perhaps pre-prepare tomorrows lunch & dinner.

- Ideally, practice a dry five days.
- However, wine with dinner is OK – but stay within the 7-hour calorie window.

Shopping List – Woolies.

- Hydrolyte tablets – pharmacy section.
- MCT Oil – health food section.
- Coffee, Tea, or Herbal Tea (e.g. Peppermint)

Pre-prepared salad mixes – fresh food section.

- Tabouli Mix.
- Saffron Rice Mix.
- Cous Cous Mix.
- Green Leaf Mix.
- Quinoa Mix.
- Bean Mix.

Best Fats – Fresh foods & Baking section.

- Avocado.
- Haloumi or Goats Cheese.
- Almonds.
- Macadamias (salted).
- Sunflower seeds, Pepita seeds.
- Olive Oil, Avocado Oil, or Coconut Oil, or Butter.

Protein Choices – fridge section.

- Red Meat.
- Chicken.
- Fish.
- Eggs.
- Tofu.
- BBQ Chicken.

Vegetables – fresh food section.

- Whatever you enjoy.

Minerals, Herbs & Spices – Salt & Fresh Food section.

- Bicarb Soda.
- Sea Salt
- Himalayan Pink Salt.
- Pepper
- Herbs – Coriander, Basal etc.

Tick off your daily compliance.

Day 1	Day 2	Day 3	Day 4	Day 5

On finishing; pick out the practice working best for you – REPEAT.