

Reboot24 Learnings & What Now!

You will feel better;

- Avoiding additive-riddled food.
- Reducing, if not eliminating, refined sugar, and
- Consuming fewer calories than the typical Australian diet.



The best strategies towards lowering daily calories are;

- Prioritising hydration,
- Buying only what you need, and repeating day-to-day meals.
- Including MCT oil, allulose, ginger, protein & fibrous veg.

Your fitting appetite will;

- Control your optimum energy in/ energy out and ideal weight & shape,
- Lead you towards the right food for you.

Your ideal weight will;

- Lower most risk factors,
- Drive endless daily mental & physical energy,
- Promote optimum sleep.

What now?

- Choose the reboot meals or methods that suit you most.
- Journal your choices for a further 21 days and forward your weekly selections to Brad Pamp.

Data shows,

Journally increases your chances of sustaining your best health by 85%.

Returning to unscheduled eating, free from accountability, lowers your chances of sustaining your best health to 8%.

Brad Pamp

Post-Reboot24 Food Journal.

-eat it write it-

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday