

reboot#20

summer 2025/26

nov 11-23

Your Complete Reboot Guide

How it works!

- Flick through this **menu** and tick your choices (pages 3-16)
- Check out the day-to-day shopping lists (pages 17-19)
- Be sure to track your compliance on the **personal online tracker** (weblink).
- Note the activity component (page 20)
- Follow Brad Pamp on '**instagram**' for daily updates.

Further

- Check out the common questions on the weblink – re, portioning, fasting & making like-for-like meal changes.
- The undeniable key to the program's success is **preparation**.
- Choose, shop, prepare, track & enjoy!

Brad Pamp

DAY 1

☐ Breakfast:

FASTING (Coffee + MCT oil accepted, Tea, Green tea)

☐ Lunch – Complete protein:

Grilled Chicken & Quinoa Salad

- **Ingredients:** Chicken breast, quinoa, baby spinach, cherry tomatoes, avocado, lemon dressing.
- **Prep:** Grill chicken, cook quinoa, toss all with dressing.
- **Macros:** ~50% P / 30% C / 20% F

☐ Lunch – Veg:

Chickpea & Quinoa Power Bowl

- **Ingredients:** Cooked chickpeas, quinoa, baby spinach, cherry tomatoes, avocado, lemon dressing.
- **Prep:** Toss all together, drizzle dressing.
- **Macros:** ~45–50% P / 30% C / 20% F

☐ Dinner – Complete protein:

Lemon Herb Baked Salmon with Sweet Potato Mash

- **Ingredients:** Salmon fillet, lemon, herbs, sweet potato, broccoli.
- **Prep:** Bake salmon, steam broccoli, mash sweet potato.
- **Macros:** ~50% P / 30% C / 20% F

☐ Dinner – Veg:

Lentil & Veggie Bake with Sweet Potato Mash

- **Ingredients:** Cooked lentils, tomato, zucchini, herbs, sweet potato, broccoli.
- **Prep:** Bake lentil mix, serve with mash and broccoli.
- **Macros:** ~45–50% P / 30% C / 20% F

DAY 2

☐ Breakfast - Complete protein

- Boiled Eggs + Avocado Slices

☐ Breakfast - Veg

- Veg – Smashed Avo, Roast Cherry Tomatoes & Hemp Seeds on Sourdough

☐ Lunch – Complete protein: Turkey & Brown Rice Burrito Bowl

- **Ingredients:** Lean turkey mince, brown rice, corn, black beans, tomato salsa.
- **Prep:** Sauté mince with spices, layer with rice, beans, salsa.
- **Macros:** ~50% P / 30% C / 20% F

☐ Lunch – Veg: Black Bean Burrito Bowl

- **Ingredients:** Black beans, brown rice, corn, tomato salsa, avocado.
- **Prep:** Combine warm rice and beans, top with salsa and avo.
- **Macros:** ~45–50% P / 30% C / 20% F

☐ Dinner – Complete protein: Beef & Veggie Stir-Fry with Basmati Rice

- **Ingredients:** Lean beef strips, mixed veggies, soy sauce, garlic, basmati rice.
- **Prep:** Stir-fry beef and veggies, serve with rice.
- **Macros:** ~50% P / 30% C / 20% F

☐ Dinner – Veg: Tofu & Veggie Stir-Fry with Basmati Rice

- **Ingredients:** Firm tofu, mixed veggies, soy sauce, garlic, basmati rice.
- **Prep:** Pan-fry tofu, stir-fry veggies, combine.
- **Macros:** ~45–50% P / 30% C / 20% F

DAY 3

☐ Breakfast:

FASTING (Coffee + MCT oil accepted, Tea, Green tea)

☐ Lunch – Complete protein:

Tuna & Brown Rice Salad Bowl

- **Ingredients:** Canned tuna in spring water, brown rice, cucumber, tomato, olive oil.
- **Prep:** Mix tuna with rice and chopped veggies, drizzle oil.
- **Macros:** ~50% P / 30% C / 20% F

☐ Lunch – Veg:

Edamame & Brown Rice Salad Bowl

- **Ingredients:** Edamame, brown rice, cucumber, tomato, olive oil.
- **Prep:** Toss all together and season.
- **Macros:** ~45–50% P / 30% C / 20% F

☐ Dinner – Complete protein:

Roast Chicken with Veggies & Green Beans

- **Ingredients:** Chicken thigh, carrot, pumpkin, green beans, olive oil.
- **Prep:** Roast chicken and veg, steam beans.
- **Macros:** ~50% P / 30% C / 20% F

☐ Dinner – Veg:

Roast Vegetable & Chickpea Tray Bake

- **Ingredients:** Pumpkin, carrot, onion, chickpeas, olive oil.
- **Prep:** Toss and roast all together.
- **Macros:** ~45–50% P / 30% C / 20% F

DAY 4

☐ Breakfast – Complete protein

Boiled Eggs + Avocado Slices

☐ Breakfast - Veg

- Veg – Smashed Avo, Roast Cherry Tomatoes & Hemp Seeds on Sourdough

☐ Lunch – Complete protein: Egg & Avocado Protein Wrap

- **Ingredients:** Eggs, wholegrain wrap, spinach, avocado, tomato.
- **Prep:** Scramble eggs, wrap with ingredients.
- **Macros:** ~50% P / 30% C / 20% F

☐ Lunch – Veg: Falafel & Hummus Wrap

- **Ingredients:** Falafels, wholegrain wrap, spinach, hummus, tomato.
- **Prep:** Warm falafels, wrap with ingredients.
- **Macros:** ~45–50% P / 30% C / 20% F

☐ Dinner – Complete protein: Grilled Lamb with Roasted Veg & Couscous

- **Ingredients:** Lamb loin, zucchini, capsicum, couscous.
- **Prep:** Grill lamb, roast veg, cook couscous.
- **Macros:** ~50% P / 30% C / 20% F

☐ Dinner – Veg: Grilled Halloumi with Roasted Veg & Couscous

- **Ingredients:** Halloumi, zucchini, capsicum, couscous.
- **Prep:** Grill halloumi, roast veg, serve with couscous.
- **Macros:** ~45–50% P / 30% C / 20% F

DAY 5

- ☐ **Breakfast:**
FASTING (Coffee + MCT oil accepted, Tea, Green tea)

- ☐ **Lunch – Complete protein:**
Chicken & Veggie Soup with Wholegrain Toast
 - **Ingredients:** Chicken breast, carrot, celery, onion, stock, toast.
 - **Prep:** Simmer ingredients until tender, serve with toast.
 - **Macros:** ~50% P / 30% C / 20% F

- ☐ **Lunch – Veg:**
Lentil & Veggie Soup with Wholegrain Toast
 - **Ingredients:** Brown lentils, carrot, celery, onion, stock, toast.
 - **Prep:** Simmer ingredients, serve with toast.
 - **Macros:** ~45–50% P / 30% C / 20% F

- ☐ **Dinner – Complete protein:**
Grilled Fish with Brown Rice & Steamed Veg
 - **Ingredients:** White fish fillet, brown rice, broccoli, beans.
 - **Prep:** Grill fish, steam veg, cook rice.
 - **Macros:** ~50% P / 30% C / 20% F

- ☐ **Dinner – Veg:**
Grilled Tempeh with Brown Rice & Steamed Veg
 - **Ingredients:** Tempeh, brown rice, broccoli, beans.
 - **Prep:** Grill tempeh, steam veg, cook rice.
 - **Macros:** ~45–50% P / 30% C / 20% F

DAY 6

☐ Breakfast - Complete protein

- Boiled Eggs + Avocado Slices

☐ Breakfast - Veg

- Veg – Smashed Avo, Roast Cherry Tomatoes & Hemp Seeds on Sourdough

☐ Lunch – Complete protein: **Beef & Beetroot Salad with Feta**

- **Ingredients:** Roast beef slices, beetroot, rocket, feta, balsamic dressing.
- **Prep:** Assemble salad and drizzle dressing.
- **Macros:** ~50% P / 30% C / 20% F

☐ Lunch – Veg: **Roast Veg & Chickpea Salad with Tahini Dressing**

- **Ingredients:** Roast veg, chickpeas, rocket, tahini dressing.
- **Prep:** Assemble and drizzle dressing.
- **Macros:** ~45–50% P / 30% C / 20% F

☐ Dinner – Complete protein: **Turkey Meatballs with Tomato Sauce & Pasta**

- **Ingredients:** Lean turkey mince, tomato passata, wholegrain pasta.
- **Prep:** Bake meatballs, simmer sauce, combine.
- **Macros:** ~50% P / 30% C / 20% F

☐ Dinner – Veg: **Lentil Meatballs with Tomato Sauce & Pasta**

- **Ingredients:** Lentils, tomato passata, wholegrain pasta.
- **Prep:** Form and bake balls, simmer sauce, combine.
- **Macros:** ~45–50% P / 30% C / 20% F

DAY 7

☐ Breakfast - Complete protein

- Boiled Eggs + Avocado Slices

☐ Breakfast - Veg

- Veg – Smashed Avo, Roast Cherry Tomatoes & Hemp Seeds on Sourdough

☐ Lunch – Complete protein:

Chicken Caesar Salad (Lightened Up)

- **Ingredients:** Grilled chicken, cos lettuce, light dressing, croutons.
- **Prep:** Toss salad, top with chicken.
- **Macros:** ~50% P / 30% C / 20% F

☐ Lunch – Veg:

Chickpea Caesar Salad (Lightened Up)

- **Ingredients:** Chickpeas, cos lettuce, light dressing, croutons.
- **Prep:** Toss salad, top with chickpeas.
- **Macros:** ~45–50% P / 30% C / 20% F

☐ Dinner – Complete protein:

Baked Chicken Thighs with Roast Pumpkin & Greens

- **Ingredients:** Chicken thighs, pumpkin, green beans, olive oil.
- **Prep:** Roast all on one tray.
- **Macros:** ~50% P / 30% C / 20% F

☐ Dinner – Veg:

Baked Tofu with Roast Pumpkin & Greens

- **Ingredients:** Tofu, pumpkin, green beans, olive oil.
- **Prep:** Roast all on one tray.
- **Macros:** ~45–50% P / 30% C / 20% F

DAY 8

☐ Breakfast:

FASTING (Coffee + MCT oil accepted, Tea, Green tea)

☐ Lunch – Complete protein:

Grilled Chicken & Hummus Pita Pocket

- **Ingredients:** Chicken breast, wholegrain pita, hummus, baby spinach, tomato, and cucumber.
- **Prep:** Grill chicken, slice and fill pita with hummus and salad.
- **Macros:** ~50% P / 30% C / 20% F

☐ Lunch – Veg:

Falafel & Hummus Pita Pocket

- **Ingredients:** Falafel balls, wholegrain pita, hummus, baby spinach, tomato, cucumber.
- **Prep:** Warm falafel, fill pita with hummus and salad.
- **Macros:** ~45–50% P / 30% C / 20% F

☐ Dinner – Complete protein:

Baked Barramundi with Roast Veggies & Quinoa

- **Ingredients:** Barramundi fillet, zucchini, capsicum, pumpkin, quinoa.
- **Prep:** Bake fish, roast veg, cook quinoa.
- **Macros:** ~50% P / 30% C / 20% F

☐ Dinner – Veg:

Baked Tofu with Roast Veggies & Quinoa

- **Ingredients:** Tofu, zucchini, capsicum, pumpkin, quinoa.
- **Prep:** Bake tofu, roast veg, cook quinoa.
- **Macros:** ~45–50% P / 30% C / 20% F

DAY 9

- ☐ **Breakfast:**
FASTING (Coffee + MCT oil accepted, Tea, Green tea)
- ☐ **Lunch – Complete protein:**
Lean Beef & Veggie Burrito Wrap
 - **Ingredients:** Wholegrain wrap, lean beef mince, lettuce, tomato, salsa.
 - **Prep:** Cook beef with spices, fill wrap with fresh ingredients.
 - **Macros:** ~50% P / 30% C / 20% F
- ☐ **Lunch – Veg:**
Black Bean & Veggie Burrito Wrap
 - **Ingredients:** Wholegrain wrap, black beans, lettuce, tomato, salsa.
 - **Prep:** Warm beans, fill wrap with salad and salsa.
 - **Macros:** ~45–50% P / 30% C / 20% F
- ☐ **Dinner – Complete protein:**
Grilled Steak with Roast Potato & Greens
 - **Ingredients:** Lean steak, potato, green beans, olive oil.
 - **Prep:** Grill steak, roast potato, steam greens.
 - **Macros:** ~50% P / 30% C / 20% F
- ☐ **Dinner – Veg:**
Grilled Portobello Mushrooms with Roast Potato & Greens
 - **Ingredients:** Large portobello mushrooms, potato, green beans, olive oil.
 - **Prep:** Grill mushrooms, roast potato, steam greens.
 - **Macros:** ~45–50% P / 30% C / 20% F

DAY 10

☐ Breakfast:

FASTING (Coffee + MCT oil accepted, Tea, Green tea)

☐ Lunch – Complete protein:

Tuna & Avocado Wholegrain Sandwich

- **Ingredients:** Wholegrain bread, canned tuna, avocado, lettuce, tomato.
- **Prep:** Mix tuna with avo, spread on bread, add salad.
- **Macros:** ~50% P / 30% C / 20% F

☐ Lunch – Veg:

Chickpea & Avocado Wholegrain Sandwich

- **Ingredients:** Wholegrain bread, smashed chickpeas, avocado, lettuce, tomato.
- **Prep:** Smash chickpeas with avo, spread on bread, add salad.
- **Macros:** ~45–50% P / 30% C / 20% F

☐ Dinner – Complete protein:

Chicken & Veggie Stir-Fry with Soba Noodles

- **Ingredients:** Chicken breast, soba noodles, mixed veggies, soy sauce.
- **Prep:** Stir-fry chicken and veggies, toss with noodles.
- **Macros:** ~50% P / 30% C / 20% F

☐ Dinner – Veg:

Tofu & Veggie Stir-Fry with Soba Noodles

- **Ingredients:** Firm tofu, soba noodles, mixed veggies, soy sauce.
- **Prep:** Stir-fry tofu and veggies, toss with noodles.
- **Macros:** ~45–50% P / 30% C / 20% F

DAY 11

- ☐ **Breakfast:**
FASTING (Coffee + MCT oil accepted, Tea, Green tea)

- ☐ **Lunch – Complete protein:**
Grilled Chicken & Sweet Potato Salad
 - **Ingredients:** Chicken breast, roasted sweet potato, rocket, red onion, balsamic.
 - **Prep:** Grill chicken, roast sweet potato, toss salad.
 - **Macros:** ~50% P / 30% C / 20% F

- ☐ **Lunch – Veg:**
Roasted Sweet Potato & Lentil Salad
 - **Ingredients:** Cooked lentils, roasted sweet potato, rocket, red onion, balsamic.
 - **Prep:** Toss all ingredients together.
 - **Macros:** ~45–50% P / 30% C / 20% F

- ☐ **Dinner – Complete protein:**
Turkey & Veggie Cottage Pie
 - **Ingredients:** Lean turkey mince, mixed veggies, mashed potato.
 - **Prep:** Sauté mince and veggies, top with mash, bake.
 - **Macros:** ~50% P / 30% C / 20% F

- ☐ **Dinner – Veg:**
Lentil & Veggie Cottage Pie
 - **Ingredients:** Brown lentils, mixed veggies, mashed potato.
 - **Prep:** Simmer filling, top with mash, bake.
 - **Macros:** ~45–50% P / 30% C / 20% F

DAY 12

☐ Breakfast:

FASTING (Coffee + MCT oil accepted, Tea, Green tea)

☐ Lunch – Complete protein:

Egg & Spinach Frittata with Salad

- **Ingredients:** Eggs, spinach, onion, tomato, mixed salad.
- **Prep:** Whisk eggs, bake with veggies, serve with salad.
- **Macros:** ~50% P / 30% C / 20% F

☐ Lunch – Veg:

Chickpea & Spinach Frittata (Vegan)

- **Ingredients:** Chickpea flour, spinach, onion, tomato, mixed salad.
- **Prep:** Make chickpea batter, bake with veggies, serve with salad.
- **Macros:** ~45–50% P / 30% C / 20% F

☐ Dinner – Complete protein:

Beef & Barley Stew

- **Ingredients:** Lean beef, barley, carrot, celery, stock.
- **Prep:** Simmer all until tender.
- **Macros:** ~50% P / 30% C / 20% F

☐ Dinner – Veg:

Lentil & Barley Stew

- **Ingredients:** Lentils, barley, carrot, celery, stock.
- **Prep:** Simmer all until tender.
- **Macros:** ~45–50% P / 30% C / 20% F

DAY 13

☐ Breakfast:

FASTING (Coffee + MCT oil accepted, Tea, Green tea)

☐ Lunch – Complete protein:

Grilled Chicken Tabbouleh Bowl

- **Ingredients:** Chicken breast, bulgur wheat, parsley, tomato, lemon dressing.
- **Prep:** Grill chicken, toss with tabbouleh salad.
- **Macros:** ~50% P / 30% C / 20% F

☐ Lunch – Veg:

Chickpea Tabbouleh Bowl

- **Ingredients:** Chickpeas, bulgur wheat, parsley, tomato, lemon dressing.
- **Prep:** Toss chickpeas with tabbouleh.
- **Macros:** ~45–50% P / 30% C / 20% F

☐ Dinner – Complete protein:

Grilled Fish Tacos with Slaw

- **Ingredients:** White fish, corn tortillas, cabbage slaw, avocado.
- **Prep:** Grill fish, assemble tacos with slaw and avo.
- **Macros:** ~50% P / 30% C / 20% F

☐ Dinner – Veg:

Black Bean Tacos with Slaw

- **Ingredients:** Black beans, corn tortillas, cabbage slaw, avocado.
- **Prep:** Warm beans, assemble tacos.
- **Macros:** ~45–50% P / 30% C / 20% F

DAY 14

☐ Breakfast:

FASTING (Coffee + MCT oil accepted, Tea, Green tea)

☐ Lunch – Complete protein:

Turkey & Veggie Lettuce Cups

- **Ingredients:** Turkey mince, lettuce cups, carrot, cucumber, soy sauce.
- **Prep:** Cook mince with soy, serve in lettuce cups with veg.
- **Macros:** ~50% P / 30% C / 20% F

☐ Lunch – Veg:

Tofu & Veggie Lettuce Cups

- **Ingredients:** Crumbled tofu, lettuce cups, carrot, cucumber, soy sauce.
- **Prep:** Sauté tofu with soy, serve in lettuce cups with veg.
- **Macros:** ~45–50% P / 30% C / 20% F

☐ Dinner – Complete protein:

Roast Chicken with Brown Rice & Greens

- **Ingredients:** Chicken thigh, brown rice, green beans, olive oil.
- **Prep:** Roast chicken, steam beans, cook rice.
- **Macros:** ~50% P / 30% C / 20% F

☐ Dinner – Veg:

Roast Cauliflower Steaks with Brown Rice & Greens

- **Ingredients:** Cauliflower, brown rice, green beans, olive oil.
- **Prep:** Roast cauliflower, steam beans, cook rice.
- **Macros:** ~45–50% P / 30% C / 20% F

DAY 1 – Shopping Lists Complete – Lunch & Dinner: ☐ Chicken breast (2) ☐ Quinoa (1 cup) ☐ Baby spinach (2 cups) ☐ Cherry tomatoes (1 punnet) ☐ 1 avocado ☐ 1 lemon ☐ Salmon fillet (1) ☐ Sweet potatoes (2 medium) ☐ Broccoli (1 head) ☐ Mixed herbs Vegetarian – Lunch & Dinner: ☐ Cooked chickpeas (1 can) ☐ Quinoa (1 cup) ☐ Baby spinach (2 cups) ☐ Cherry tomatoes (1 punnet) ☐ 1 avocado ☐ 1 lemon ☐ Brown lentils (1 can) ☐ Zucchini (2) ☐ Sweet potatoes (2 medium) ☐ Broccoli (1 head) ☐ Mixed herbs	DAY 2 – Shopping Lists Complete – Lunch & Dinner: ☐ Lean turkey mince (300 g) ☐ Brown rice (1 cup) ☐ Corn kernels (1 cup) ☐ Black beans (1 can) ☐ Tomato salsa ☐ Lean beef strips (300 g) ☐ Mixed stir-fry vegetables (4 cups) ☐ Soy sauce ☐ Garlic (2 cloves) Vegetarian – Lunch & Dinner: ☐ Black beans (2 cans) ☐ Brown rice (1 cup) ☐ Corn kernels (1 cup) ☐ Tomato salsa ☐ Firm tofu (300 g) ☐ Mixed stir-fry vegetables (4 cups) ☐ Soy sauce ☐ Garlic (2 cloves)	DAY 3 – Shopping Lists Complete – Lunch & Dinner: ☐ Canned tuna (2 tins) ☐ Brown rice (1 cup) ☐ Cucumber (1) ☐ Tomato (2) ☐ Olive oil ☐ Chicken thighs (2) ☐ Carrots (2) ☐ Pumpkin (1 small) ☐ Green beans (200 g) Vegetarian – Lunch & Dinner: ☐ Edamame beans (2 cups) ☐ Brown rice (1 cup) ☐ Cucumber (1) ☐ Tomato (2) ☐ Olive oil ☐ Chickpeas (1 can) ☐ Carrots (2) ☐ Pumpkin (1 small) ☐ Onion (1)
DAY 4 – Shopping Lists Complete – Lunch & Dinner: ☐ Eggs (4) ☐ Wholegrain wraps (2) ☐ Baby spinach (2 cups) ☐ 1 avocado ☐ Tomato (2) ☐ Lamb loin chops (2) ☐ Zucchini (2) ☐ Capsicum (2) ☐ Couscous (1 cup) Vegetarian – Lunch & Dinner: ☐ Falafels (6–8 pieces) ☐ Wholegrain wraps (2) ☐ Baby spinach (2 cups) ☐ Hummus (100 g) ☐ Tomato (2) ☐ Halloumi cheese (200 g) ☐ Zucchini (2) ☐ Capsicum (2)	DAY 5 – Shopping Lists Complete – Lunch & Dinner: ☐ Chicken breast (2) ☐ Carrot (2) ☐ Celery sticks (2) ☐ Onion (1) ☐ Chicken stock (1 L) ☐ Wholegrain bread (4 slices) ☐ White fish fillet (2) ☐ Brown rice (1 cup) ☐ Broccoli (1 head) ☐ Green beans (200 g) Vegetarian – Lunch & Dinner: ☐ Brown lentils (1 can) ☐ Carrot (2) ☐ Celery sticks (2) ☐ Onion (1) ☐ Vegetable stock (1 L) ☐ Wholegrain bread (4 slices) ☐ Tempeh (300 g)	DAY 6 – Shopping Lists Complete – Lunch & Dinner: ☐ Sliced roast beef (200 g) ☐ Beetroot (2) ☐ Rocket leaves (2 cups) ☐ Feta cheese (50 g) ☐ Balsamic dressing ☐ Lean turkey mince (300 g) ☐ Tomato passata (1 cup) ☐ Wholegrain pasta (2 cups) Vegetarian – Lunch & Dinner: ☐ Chickpeas (1 can) ☐ Assorted roast veg (4 cups) ☐ Rocket leaves (2 cups) ☐ Tahini dressing ☐ Brown lentils (1 can) ☐ Tomato passata (1 cup) Wholegrain pasta (2 cups)

☐ Couscous (1 cup)	☐ Brown rice (1 cup) ☐ Broccoli (1 head) ☐ Green beans (200 g)	
DAY 7 – Shopping Lists Complete – Lunch & Dinner: ☐ Chicken breast (2) ☐ Cos lettuce (1) ☐ Caesar dressing (light) ☐ Wholegrain croutons (1 cup) ☐ Chicken thighs (2) ☐ Pumpkin (1 small) ☐ Green beans (200 g) ☐ Olive oil Vegetarian – Lunch & Dinner: ☐ Chickpeas (1 can) ☐ Cos lettuce (1) ☐ Caesar dressing (light) ☐ Wholegrain croutons (1 cup) ☐ Tofu (300 g) ☐ Pumpkin (1 small) ☐ Green beans (200 g) ☐ Olive oil	DAY 8 – Shopping Lists Complete – Lunch & Dinner: ☐ Chicken breast (2) ☐ Whole grain pita (1) ☐ Hummus ☐ Baby Spinach leaves (1 cup) ☐ Tomato (2) ☐ Cucumber ☐ Barramundi fillet (4) ☐ Zucchini ☐ Capascicum pumpkin ☐ Quinoa Vegetarian – Lunch & Dinner: ☐ Falafel balls (2) ☐ Whole grain pita (1) ☐ Hummus ☐ Baby Spinach leaves (1 cup) ☐ Tomato (2) ☐ Cucumber ☐ Tofu (4) ☐ Zucchini ☐ Capascicum pumpkin ☐ Quinoa	DAY 9 – Shopping Lists Complete – Lunch & Dinner: ☐ Lean beef mince (300 g) ☐ Wholegrain wraps (2) ☐ Lettuce (1) ☐ Tomato (2) ☐ Tomato salsa ☐ Lean steak (2) ☐ Potatoes (2 medium) ☐ Green beans (200 g) ☐ Olive oil Vegetarian – Lunch & Dinner: ☐ Black beans (1 can) ☐ Wholegrain wraps (2) ☐ Lettuce (1) ☐ Tomato (2) ☐ Tomato salsa ☐ Portobello mushrooms (2 large) ☐ Potatoes (2 medium) ☐ Green beans (200 g) ☐ Olive oil
DAY 10 – Shopping Lists Complete – Lunch & Dinner: ☐ Canned tuna (2 tins) ☐ Avocado (1) ☐ Wholegrain bread (4 slices) ☐ Lettuce (1) ☐ Tomato (2) ☐ Chicken breast (2) ☐ Soba noodles (2 serves) ☐ Mixed stir-fry vegetables (4 cups) ☐ Soy sauce Vegetarian – Lunch & Dinner: ☐ Chickpeas (1 can) ☐ Avocado (1)	DAY 11 – Shopping Lists Complete – Lunch & Dinner: ☐ Chicken breast (2) ☐ Sweet potatoes (2 medium) ☐ Rocket (2 cups) ☐ Red onion (1) ☐ Balsamic dressing ☐ Lean turkey mince (300 g) ☐ Mixed vegetables (2 cups) ☐ Potatoes (2 medium) Vegetarian – Lunch & Dinner: ☐ Brown lentils (1 can) ☐ Sweet potatoes (2 medium)	DAY 12 – Shopping Lists Complete – Lunch & Dinner: ☐ Eggs (4) ☐ Baby spinach (2 cups) ☐ Onion (1) ☐ Tomato (2) ☐ Mixed salad (2 cups) ☐ Lean beef (300 g) ☐ Barley (1 cup) ☐ Carrots (2) ☐ Celery (2 sticks) ☐ Beef stock (1 L) Vegetarian – Lunch & Dinner: ☐ Chickpea flour (1 cup) ☐ Baby spinach (2 cups)

☐ Wholegrain bread (4 slices) ☐ Lettuce (1) ☐ Tomato (2) ☐ Firm tofu (300 g) ☐ Soba noodles (2 serves) ☐ Mixed stir-fry vegetables (4 cups) ☐ Soy sauce	☐ Rocket (2 cups) ☐ Red onion (1) ☐ Balsamic dressing ☐ Brown lentils (1 can) ☐ Mixed vegetables (2 cups) ☐ Potatoes (2 medium)	☐ Onion (1) ☐ Tomato (2) ☐ Mixed salad (2 cups) ☐ Brown lentils (1 cup) ☐ Barley (1 cup) ☐ Carrots (2) ☐ Celery (2 sticks) ☐ Vegetable stock (1 L)
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DAY 13 – Shopping Lists	DAY 14 – Shopping Lists	Additions
Complete – Lunch & Dinner: ☐ Chicken breast (2) ☐ Bulgur wheat (1 cup) ☐ Parsley (1 bunch) ☐ Tomato (2) ☐ Lemon (1) ☐ White fish fillets (2) ☐ Corn tortillas (4) ☐ Cabbage (¼ head) ☐ Avocado (1) Vegetarian – Lunch & Dinner: ☐ Chickpeas (1 can) ☐ Bulgur wheat (1 cup) ☐ Parsley (1 bunch) ☐ Tomato (2) ☐ Lemon (1) ☐ Black beans (1 can) ☐ Corn tortillas (4) ☐ Cabbage (¼ head) ☐ Avocado (1)	Complete – Lunch & Dinner: ☐ Turkey mince (300 g) ☐ Lettuce (1 head) ☐ Carrot (2) ☐ Cucumber (1) ☐ Soy sauce ☐ Chicken thighs (2) ☐ Brown rice (1 cup) ☐ Green beans (200 g) ☐ Olive oil Vegetarian – Lunch & Dinner: ☐ Firm tofu (300 g) ☐ Lettuce (1 head) ☐ Carrot (2) ☐ Cucumber (1) ☐ Soy sauce ☐ Cauliflower (1 head) ☐ Brown rice (1 cup) ☐ Green beans (200 g) ☐ Olive oil	

Reboot Activity

F	Frequency	• All 14 days – mark on your tracker
I	Intensity	• Cardio – your relative 50-70% of your maximal sustained effort • Strength – your relative 40 – 80% of your maximal strength
T	Type	• Cardio – rhythmic & continuous movements – e.g. walking, jogging, swimming, rowing, X-Trainer • Strength – BP Body weight routine (see link), EP Body Weight routine (see link) • BP Dumbbell Routine (see link), EP Dumbbell Routine (see link)
T	Time	• Cardio – 15+ mins • Strength – 10+mins

Brad Pamp