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| 6 – Week Reboot Plan |
| WEEK 4 |
| MONDAY – Fats, Exercise, Spine, Brain.  |
| Breakfast | **Lunch** | **Dinner** |
| Choose your own breakfast using Key Principles, orChoose from the six breakfast ideas listed. Mark your choice below. | Choose your own lunch using Key Principles, orChoose from the six lunch ideas listed. Mark your choice below. | Choose your own dinner using Key Principles, orChoose from the twenty-seven lunch ideas listed. Mark your choice below. |
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| Exercise | **Spinal Strength** | **Gut Reboot** | **Brain**  |
| 20 minutes (minimum) - ……. minutes of R&C DTI effort, whatever you like! [Walk, Run, X-Trainer, Stepper, Cycling, Swim]List your choice.  | 2 Sets of 10 (15 seconds rest)List your ‘starting’ level (1-5) | List if you choose 1 of the 10 gut balance superstars (listed). | PZIZZ ‘NAP’ to be used, if, you’re; tired, slept poorly, feeling cranky, craving sugar, or feeling a little fluey. PZIZZ ‘FOCUS’ to be used if you need a brain amp up. Mark if you used PZIZZ today.  |
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| TUESDAY – Fats. |
| Breakfast | **Lunch** | **Dinner** |
| Choose your own breakfast using Key Principles, orChoose from the six breakfast ideas listed. Mark your choice below. | Choose your own lunch using Key Principles, orChoose from the six lunch ideas listed. Mark your choice below. | Choose your own dinner using Key Principles, orChoose from the twenty-seven lunch ideas listed. Mark your choice below. |
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| Exercise | **Spinal Strength** | **Gut Reboot** | **Brain**  |
| Rest, or, R&C of your interest. List your choice.  | Rest, or, SS set. Mark your commitment.  | List if you choose 1 of the 10 gut balance superstars (listed). | PZIZZ ‘NAP’ to be used, if, you’re; tired, slept poorly, feeling cranky, craving sugar, or feeling a little fluey. PZIZZ ‘FOCUS’ to be used if you need a brain amp up. Mark if you used PZIZZ today.  |
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| WEDNESDAY – Fats, Exercise, Spine, Brain.  |
| Breakfast | **Lunch** | **Dinner** |
| Choose your own breakfast using Key Principles, orChoose from the six breakfast ideas listed. Mark your choice below. | Choose your own lunch using Key Principles, orChoose from the six lunch ideas listed. Mark your choice below. | Choose your own dinner using Key Principles, orChoose from the twenty-seven lunch ideas listed. Mark your choice below. |
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| Exercise | **Spinal Strength** | **Gut Reboot** | **Brain**  |
| 20 minutes (minimum) - ……. minutes of R&C, whatever you like! List your choice.  | 2 Sets of 10 (15 seconds rest)List your ‘starting’ level (1-5) | List if you choose 1 of the 10 gut balance superstars (listed). | PZIZZ ‘NAP’ to be used, if, you’re; tired, slept poorly, feeling cranky, craving sugar, or feeling a little fluey. PZIZZ ‘FOCUS’ to be used if you need a brain amp up. Mark if you used PZIZZ today.  |
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| THURSDAY – Fats. |
| Breakfast | **Lunch** | **Dinner** |
| Choose your own breakfast using Key Principles, orChoose from the six breakfast ideas listed. Mark your choice below. | Choose your own lunch using Key Principles, orChoose from the six lunch ideas listed. Mark your choice below. | Choose your own dinner using Key Principles, orChoose from the twenty-seven lunch ideas listed. Mark your choice below. |
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| FRIDAY – Fats, Exercise (?), Spine, Brain.  |
| Breakfast | **Lunch** | **Dinner** |
| Choose your own breakfast using Key Principles, orChoose from the six breakfast ideas listed. Mark your choice below. | Choose your own lunch using Key Principles, orChoose from the six lunch ideas listed. Mark your choice below. | Choose your own dinner using Key Principles, orChoose from the twenty-seven lunch ideas listed. Mark your choice below. |
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| Exercise | **Spinal Strength** | **Gut Reboot** | **Brain**  |
| Rest, or 20 minutes (minimum) - ……. minutes of R&C, whatever you like! List your choice.  | 2 Sets of 10 (15 seconds rest)List your ‘starting’ level (1-5) | List if you choose 1 of the 10 gut balance superstars (listed). | PZIZZ ‘NAP’ to be used, if, you’re; tired, slept poorly, feeling cranky, craving sugar, or feeling a little fluey. PZIZZ ‘FOCUS’ to be used if you need a brain amp up. Mark if you used PZIZZ today.  |
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| SATURDAY – Fats, Exercise, Spine, Brain.  |
| Breakfast | **Lunch** | **Dinner** |
| Choose your own breakfast using Key Principles, orChoose from the six breakfast ideas listed. Mark your choice below. | Choose your own lunch using Key Principles, orChoose from the six lunch ideas listed. Mark your choice below. | Choose your own dinner using Key Principles, orChoose from the twenty-seven lunch ideas listed. Mark your choice below. |
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| Exercise | **Spinal Strength** | **Gut Reboot** | **Brain**  |
| Rest, or 40 minutes (minimum) - ……. minutes of R&C, whatever you like! List your choice.  | 3 Sets of 10 (15 seconds rest)List your ‘starting’ level (1-5) | List if you choose 1 of the 10 gut balance superstars (listed). | Shouldn’t need it.  |
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| SATURDAY – Fats. |
| Breakfast | **Lunch** | **Dinner** |
| Choose your own breakfast using Key Principles, orChoose from the six breakfast ideas listed. Mark your choice below. | Choose your own lunch using Key Principles, orChoose from the six lunch ideas listed. Mark your choice below. | Choose your own dinner using Key Principles, orChoose from the twenty-seven lunch ideas listed. Mark your choice below. |
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| Exercise | **Spinal Strength** | **Gut Reboot** | **Brain**  |
| Rest, or R&C of whatever you like! List your choice.  | Rest | List if you choose 1 of the 10 gut balance superstars (listed). | Shouldn’t need it.  |
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