

Phase One -Gut Cleanse-

Purpose	(Key) Principle	Practice																																			
Clean out gastric congestion.	Increase healthy dietary fibre.	Follow the listed plan.																																			
Phase One Duration (Days)																																					
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Food	Movement	Mind Set	Alcohol																																		
Phase 1 Plan	DTI Cardio	Box Breathing	Dry																																		

Breakfast

TOD: Ideally, 6,00 am -7.30 am, and directly after morning exercise.

Ingredients	Method	FAQ's
<p>The Reboot Mix</p> <ul style="list-style-type: none"> <input type="checkbox"/> Quick Oats. <input type="checkbox"/> Slivered Almonds. <input type="checkbox"/> Chia Seeds. <input type="checkbox"/> Linseeds (Flax). <input type="checkbox"/> Ground Cinnamon. <input type="checkbox"/> Banana. <input type="checkbox"/> Mixed Berries. <input type="checkbox"/> Raw Honey. <input type="checkbox"/> Coffee, Tea, Green Tea. <input type="checkbox"/> Peppermint or Ginger Tea. 	<p>1L Container.</p> <ul style="list-style-type: none"> • 750gr Quick Oats. • 100gr Chia Seeds. • 100gr Linseeds. • 60gr Slivered Almonds. • Tspn Ground Cinnamon. <p>You are mixing the ingredients thoroughly.</p> <p>Your breakfast</p> <ul style="list-style-type: none"> • Bowling ½ cup of the reboot mix, adding ¾ cup of water. • Microwaving for 2 minutes on high. • Adding, either, ½ banana or ½ cup of mixed berries along with an optional dash of raw honey. 	<ul style="list-style-type: none"> ✓ Gut-friendly lower GI response – despite some carbs. ✓ High in healthy (gut cleaning) fibre. ✓ Low in gut irritation. ✓ Higher satiation (hunger satisfaction) from a lower caloric volume. ✓ Slower and stable energy release. ✓ Lower pancreatic (insulin) stress. ✓ Healthy ratio of minerals, namely; potassium (aiding glucose balance, digestion & the lowering of the blood pressure.

Coffee (zero sugar) black or white, Black Tea (black or white), or Herbal Tea (e.g Green) as listed.

In short: A small bowl of the reboot cereal mix, a little fruit and a coffee or tea.

Mid-morning – optional.

Strongly recommended if you typically eat/ drink more heavily later in the evening.

TOD: 10.00 am -Midday.

Ingredients/ Choices	Method	FAQ
<ul style="list-style-type: none"> <input type="checkbox"/> Apple. <input type="checkbox"/> Pear. <input type="checkbox"/> A Carrot with (plain) Hummus. <input type="checkbox"/> ½ cup Sunflower Seeds. <input type="checkbox"/> ½ cup Shredded Coconut. <input type="checkbox"/> 3 small Dates. <input type="checkbox"/> ½ Avocado, 1/3 Tomato on a Corn Thin, adding a dash of pepper. 	<ul style="list-style-type: none"> • Before choosing any one of the listed options, consume a glass of water (adding the tiniest pinch of pink Himalayan salt). • Gassed water is recommended. • Comply with the listed (smaller) food volume. 	<ul style="list-style-type: none"> ✓ The mid-morning snack aims to reduce the hunger later in the evening; before, during, and after the evening meal. ✓ The listed choices are high in fibre and are low [slower] on the Glycemic Index (the speed of energy release). ✓ Maintaining proper cellular hydration is also critical in lowering (unnecessary) hunger.

In short: A glass of water (salted) and a small snack.

Lunch

TOD: Ideally, 12.30 – 1.30 pm, and directly after lunchtime exercise.

Ingredients/ Choices	Method	FAQ's
<ul style="list-style-type: none"> <input type="checkbox"/> Brown Rice (microwaved version is OK). <input type="checkbox"/> Fresh or Tinned Tuna, Salmon (unflavoured), or <input type="checkbox"/> Chicken breast. <input type="checkbox"/> Baby Spinach leaves, Mint Leaves. <input type="checkbox"/> Lemon, Lemon Juice. <input type="checkbox"/> Ground Pepper. <input type="checkbox"/> Sultana's. <input type="checkbox"/> Walnuts. <input type="checkbox"/> Sea Salt. 	<p>Pre-preparing your lunch.</p> <ul style="list-style-type: none"> • Contain: ½ cup brown rice, or a microwaved choice (1 small cup). • Contain: 1 cup baby spinach & mint leaves. • Add a pinch of sea salt. <p><u>Contain:</u> Pan-fried Salmon 150g, or</p> <ul style="list-style-type: none"> • 150g Chicken Breast, or • Tinned Tuna, Salmon 100-150g. 	<ul style="list-style-type: none"> ✓ Brown rice is low GI, high in digestive boosting fibre & muscle balancing magnesium. ✓ Dark green leaf lower inflammation, aid digestion, is high in antioxidants and should feature in all diet's year-round. ✓ Salmon offers heart-healthy omega-3 fats, rebuilding amino acids, &

	<ul style="list-style-type: none"> • Either a fresh lemon or lemon juice, walnuts (1/4 cup) & sultana's (1/5 cup). <p>Mix at lunchtime.</p>	<p>selenium associated with continued good brain health.</p> <ul style="list-style-type: none"> ✓ Walnuts could well be the healthiest nut!
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In short: A little brown rice, protein (fish) and green leaf.

Mid-afternoon

TOD: 3.00pm – 4.00 pm

Ingredients	Method	FAQ's
<ul style="list-style-type: none"> <input type="checkbox"/> Water <input type="checkbox"/> Fresh lemon <input type="checkbox"/> Optional – a tiny pinch of sea salt. 	<ul style="list-style-type: none"> • Boiled water is best. • Carbonated water is second. • Tap water, while certainly OK, is third. 	<ul style="list-style-type: none"> ✓ Lemons are high in vitamin C and offer excellent gut cleansing, along with reducing hunger: the soluble pectin fibre expands in the stomach, leaving the feeling of fullness for longer. ✓ Also, maintaining your optimum hydration is during this first phase is key.

In short: A glass of water.

Dinner

TOD: 6.00pm – 7.30 pm

Ingredients	Method	FAQ's
<ul style="list-style-type: none"> <input type="checkbox"/> Protein choices: Fish, Poultry, Egg – keeping it fresh and simple. <input type="checkbox"/> Vegetable choices: Broccoli, Zucchini, Cauliflower, Squash, Eggplant, Capsicum, Green Beans, Brussel Sprouts, Spinach. <input type="checkbox"/> Tinned Bean Mix. <input type="checkbox"/> Sauce choices: Tomato based, Pesto, Butter/Garlic/Lemon/Salt, Tahini, Curried Coconut. 	<ul style="list-style-type: none"> • Before preparing your meal, start with a glass of water (a tiny pinch of pink Himalayan salt if desired). • Cook your palm-size protein choice (2 -eggs) however you wish. • Vegetables are best steamed, adding a tbsn of butter & sea salt. • Throw ½ cup of mixed beans over your veggies. • Plate and add your sauce if desired. 	<ul style="list-style-type: none"> ✓ Fresh vegetables drive optimum gut health. ✓ Packed with antioxidants, fibre, & minerals, they are the cornerstone of phase one. ✓ The lean protein choices are 'somewhat' gut-friendly and limit insulin production. ✓ Enhancing flavour (if required) via a small volume sauce changes food behaviour –

	<ul style="list-style-type: none"> • A freshly made; Tomato, Pesto or simple Butter/Salt & Garlic choice should be simple enough to prepare, or, • Tahini: ¼ cup Tahini, 1 tbsp apple cider vinegar, 3, tbsp water, ½ tspn garlic powder, SnP to taste. • Curried Coconut: 1/4 cup almond butter, 1 tspn curry powder, 7 tbspn coconut milk, ½ tspn garlic powder, SnP to taste. 	<p>improving ‘good’ food appreciation.</p> <p>✓ Brush your teeth on finishing your evening meal.</p>
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In short: A small protein choice, some veggies, and a tasty sauce.

After Dinner

TOD: 8.00pm – 10.00 pm

Ingredients	Method	FAQ's
<input type="checkbox"/> Psyllium Husk <input type="checkbox"/> Water	<ul style="list-style-type: none"> • Mix 1 tspn of Psyllium Husk in Water. 	<ul style="list-style-type: none"> ✓ While this phase 1 feature is NOT considered a culinary delight, it is essential within the opening phase. ✓ High in clean gut-friendly fibre, this is the pipe cleaner phase one needs in completing each day.

In short: A small glass of psyllium husk.

FYI – Brad Pamp’s Phase 1 (4 Days).

B: BP’s Cereal Mix, ½ Banana, Dash of Raw Honey; Coffee (Cap)

MM: Apple

L: Bowl of Brown Rice, Red Salmon (tinned), Chopped Spinach leaves, Lemon, Salt.

A: Boiling water, freshly squeezed lemon.

D: Chicken Breast, Steamed Veggies (Butter, Garlic, Sea Salt), Mixed Beans, Pesto Sauce.

AD: Psyllium Husk