

THE REBOOT#5 PROGRAM – THE REBOOT SOUP.

Phase Three/ Days 9-10 of the Reboot Program will finalise our gut health balance stabilisation.

But before we launch into the most crucial Phase Four, let's finish the Phase with the ultimate in gut healthy meals.



It's simple enough to cook up and tastes a treat!

Bon Appetite.

The REBOOT SOUP – the ultimate Phase 3 meal.

Dinner, Lunch.

- 1 Chicken Breast (thinly sliced).
- 4 Cups Chicken Broth
- 1 Large Red Chilli, chopped.
- 2 tsp Minced Ginger
- 3 Sticks Celery, chopped.
- 1 Large White Potato (or Sweet Potato) chopped.
- 2 Parsnips, diced.
- 2 Carrots, diced.
- 1 Large Onion, chopped.
- 1 tbs Minced Garlic
- 1 tbs Olive Oil

- Heat oil, garlic, ginger, chilli & onion on the stove.
- Once softened, add stock, all veggies and the chicken.
- Bring to the boil, stirring occasionally.
- Simmer until the chicken is cooked through and the potato is soft.

** Given Phases 1-3 does focus on lowering carbs (and calories) per se, the 'bigger' eaters may wish to consider adding 1/2 cup of barley or egg noodles.

- ✓ This meal culminates the extraordinary health value of Phases 1-3.
- ✓ Your metabolism & appetite is now primed for Phases 4-5.
- ✓ Consume until your appetite is satisfied – portion size is irrelevant.