

Phase Two



-The Gut Stabilisation-

Purpose	(Key) Principle	Practice																																																																
Optimise gut microbiomes.	Load up healthy probiotic food.	Follow the listed plan.																																																																
Phase Two Duration (4 Days)																																																																		
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>32</td><td>33</td><td>34</td><td>35</td> </tr> </table>																																1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
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Food								Movement								Mind Set								Alcohol																																										
Phase 2 Plan								DTI Cardio								Box Breathing								Dry – 1-3 SD																																										

Phase Two Meal Compliance

Meal	Day 1	Day 2	Day 3	Day 4
Breakfast	✓			
Mid-Morning				
Lunch				
Mid-Afternoon				
Dinner				
Post-Dinner				

Play on...

- Following on from Phase One and your gut cleanout, now in Phase Two, we rebuild your best gut balance.
- Your optimum gut biome balance plays a significant role in driving your prime fat-burning metabolism and your prime mental health. The gut is said to be our second brain. Put rubbish in, get rubbish out!
- While Reboot Phases 4 & 5 typically drive the magic of weight-loss, Phase 2 prepares the metabolism for long-term behavioural and consequent body weight changes.
- Please note the subtle changes (additions) in some meals and the inclusion of high'er' probiotic food choices.
- You are welcome, but not encouraged, to consume alcohol as listed: 1-3 standard drinks across the 4-day phase.
- Please continue practising 'The Hunger Games Laws'.
- Perform ALL your exercise 'easily'.
- Oh, and, yes, more DTI (easy) exercise is typically better if you don't experience a boost in your appetite.

The typical Phase Two experience.

1. *'I haven't lost weight.'*

Key point: We do not want to lose considerable weight too early in the Reboot Program.

Just a little weight loss (to date) is ideal.

*If you lower calories too little and increase exercise too hard too soon, your (basal) metabolic rate will slow, and your appetite (for all the wrong choices) will spike.

At this point in the Reboot; we have cleaned out your gut, and

- 1) Lowered your total carbohydrates,
- 2) Lowered your total calories,
- 3) Exercised at your 'easy' intensity, only.

We are setting up your prime fat-burning metabolism for Phases 4&5.

2. *'I'm Time-poor'*

Yes, the Reboot practice requires an increased priority for food preparation.

Prioritising the time to acknowledge your best meal choices, shopping (particularly during pandemics), preparing, and containing your meals needs practice.

3. *'This is all a bit odd'*

Yes, the menu is perhaps somewhat different from your everyday choices or the western world diet. With patience, you'll see how the Reboot will play out in Phases 4&5.

And yes, enlisting the support of partners, family members, and closer friends makes compliance far more manageable.

What if...

I'm going out for dinner: Enjoy a Reboot listed snack choice and pre-hydrate before going out. Keeping your appetite at bay is vital.

Avoid bread, ideally, avoid alcohol; however, a social and polite wine may well be appropriate. Choose the fish of the day and steamed veg, and avoid dessert. Enjoying some post-dinner cheese is OK.

I'm going to the footy with my mates: Again, reach fullness before leaving for the game with Reboot food choices and hydrating appropriately. Be open, and tell your mates you are practising BP's Reboot Program. Explain it runs 35-Days, only. If you must drink, sit on drinks longer than you typically would.

I'm on the road, and McDonald's is my only food option: A grilled chicken wrap (avoid the sweeter choices) and a coffee.

I didn't have the time to prepare my lunch, and I'm in a food hall: Tuna and or Salmon brown rice Sushi, or, Garden Salad (Chicken e.g), option from a 'healthier' outlet.

It's day 4, and I feel like giving up: The Reboot program is a Test Match. Please be patient and accept the Reboot model is periodised to have you at your best at program end (Day 35). If you're considering pulling the pin, contact BP.

I don't have time for lunch: Increase your breakfast portion, remain busy throughout the day, hydrate before your dinner, enjoy your dinner, brush your teeth immediately after dinner, and read yourself to sleep.

I find the meal choices boring: The prime purpose of the Reboot is the re-calibration of your metabolism – this is your yearly service. The menu is not designed to dazzle your taste buds but a return to simple food as nature intended. 35 Days is the calculated length of the Reboot.

ALL the recommended food can be purchased from leading supermarkets: Woolies, Coles, IGA.

Breakfast

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

Ingredients	Method	FAQ's
<p>The Reboot Mix (Additions)</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"/> Shredded Coconut <input type="checkbox"/> Sunflower Seeds <input type="checkbox"/> Banana. <input type="checkbox"/> Mixed Berries. <input type="checkbox"/> Watermelon 	<p>1L Container.</p> <ul style="list-style-type: none"> • 750gr Quick Oats. • 100gr Chia Seeds. • 100gr Linseeds. • 60gr Slivered Almonds. • Tspn Ground Cinnamon. • 150gr Shredded Coconut • 50 gr Sunflower Seeds <p>You are mixing the ingredients thoroughly.</p>	<ul style="list-style-type: none"> ○ Please add Coconut & Sunflower seeds to your Reboot mix – both being Superfoods. ✓ Coconut is rich in healthy fibre and notably high in MCT (Good fat). MCT's help drive your enduring fat-burning metabolism. ✓ While loaded with minerals (and Vitamin B), Sunflower seeds also offer up a great source

<ul style="list-style-type: none"> <input type="checkbox"/> Raw Honey (Raw, dark, unpreserved and unsweetened honey is critical in Phase 2) <input type="checkbox"/> Coffee, Tea, **Green Tea. <input type="checkbox"/> Peppermint or Ginger Tea. 	<p>Add the additions to your existing mix.</p> <p>Your breakfast</p> <ul style="list-style-type: none"> • Bowling ½ cup of the reboot mix, adding ¾ - 1 cup of water. • Microwaving for 2 minutes on high. • Adding, either, ½ banana or ½ cup of mixed berries, 60 gr watermelon, along with an optional dash of raw honey. <p>Coffee (zero sugar) black or white, Black Tea (black or white), or Herbal Tea (e.g Green) as listed.</p> <p>**Try flipping out one of your coffees for Green Tea (in this Phase 2).</p>	<p>of lean protein and healthy fats, and hence, a near-zero spike in insulin (lowering your blood glucose).</p> <ul style="list-style-type: none"> ○ Consider watermelon as your accompanying fruit of choice – also being high on the probiotic food list. ○ Banana's are also an excellent probiotic choice. <p>As a ½ cup of Reboot mix offers a slightly higher caloric value, consider a somewhat lower (volume) starting point – 2/5 cup.</p>
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In short: A small bowl of the reboot cereal mix, a little fruit and a coffee or tea (Green 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"/> 1/4 Cup Pistachio Nuts <input type="checkbox"/> 1/3 cup Unsweetened natural yogurt, a small portion of almonds & flaxseeds. 1/3 cup Coconut yogurt + walnuts & ground cinnamon. <input type="checkbox"/> Miso Soup – purchased from a Japanese food outlet only. 	<ul style="list-style-type: none"> • Before choosing any of the listed options, consume a glass of water (adding the tiniest pinch of pink Himalayan salt). • I recommend gassed water. • Comply with the listed (smaller) food volume. 	<ul style="list-style-type: none"> ✓ The mid-morning snack aims to reduce hunger later in the evening, before, during, and after the evening meal. ✓ The new probiotic choices improve gut health. ✓ Both choices are well-combined with tea or coffee. ✓ No packet-based (highly preserved and enhanced Miso soup options).

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"/> Woolies Lentil Salad, or <input type="checkbox"/> Woolies Quinoa Tabbouli Salad, or <input type="checkbox"/> Woolies Bean Medley <input type="checkbox"/> Tinned Fish; Tuna (in Brine, Olive Oil), Pink or Red Salmon, or <input type="checkbox"/> Lean Chicken breast, or <input type="checkbox"/> Lean cuts of red meat. <input type="checkbox"/> Natural yogurt. <input type="checkbox"/> Lemon. <input type="checkbox"/> Sea Salt. 	<p>Pre-preparing your lunch.</p> <p>Contain your 1 cup salad of choice (a mix of the listed salads is also a good choice).</p> <p>Contain your 100gr (palm size) protein choice.</p> <p>Contain 1 Tbsn of natural yogurt.</p> <p>Bowl, adding a little fresh lemon juice and sea salt.</p>	<ul style="list-style-type: none"> ✓ Lentils & Chickpeas are probiotic superfoods. ✓ Balancing your gut biome (bacteria) will help you in Phase 4 when we lower fibre and dietary carbs while slightly increasing good nutritional fats. ✓ We are improving your digestive efficiency and brain health.

In short: A high probiotic salad choice, lean protein and natural yogurt.

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"> ✓ Typical, your hunger is depressed at this time – particularly following a high probiotic lunch. ✓ You may experience a little gas which will usually pass in 24 hours.

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: Lean cuts of Chicken, Red or Pink Meat. <input type="checkbox"/> Bok Choy, Cabbage, Water Spinach, Snow peas, Broccolini, Shallots, Corriander. <input type="checkbox"/> Fresh Garlic & Ginger. <input type="checkbox"/> Peanuts. <input type="checkbox"/> Woolies: Campbells Bone Broth 500ml, or <p>** Youtube: Search: 'How to make Bone Broth'</p>	<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). • 100gr (palm size) protein choice – pan frying in a little coconut oil. • Listed vegetables (volume to appetite) cooked near through (steamed or microwaved). • Pan both your protein & vegetables, adding 1/5 cup peanuts, 2-3 cloves of garlic, ½ a golf ball of ginger and 2/3 cup of bone broth. • Add chopped coriander. • Allow simmering on a lower heat (e.g. 1/6) for 20 minutes. ❖ Change up your protein & vegetable choices over the three evenings during Phase 2. 	<p>Alcohol –I would prefer lower gut stress at this time; however, you are permitted 1-3 standard across Phase 2.</p> <ul style="list-style-type: none"> ○ Ideally, if you choose to drink, Vodka or Gin mixed with Soda water, Mint leaves, and a dash of fresh lemon is best. ✓ Fresh vegetables drive optimum gut health. ✓ Garlic & ginger lift immune health. ○ We can't have you falling sick (upper respiratory illness) during the Reboot. This will negatively throw out your appetite and metabolism. ✓ Bone broth offers vital amino acids, gut stabilisation, and skin health. ✓ Brush your teeth on finishing your evening meal.
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In short: A 'small' protein choice, some veggies (herbs) and bone broth.

After Dinner

TOD: 8.00pm – 10.00 pm

Ingredients	Method	FAQ's
<ul style="list-style-type: none"> <input type="checkbox"/> Raw honey (e.g. Egmont Manuka Honey – Woolies), or, Health food store – the darker, the more organic, the better. <input type="checkbox"/> Fresh lemon, 	<ul style="list-style-type: none"> • 1 tsp raw honey in a cup of boiling water, • Adding a slice of lemon and the smallest pinch of pink Himalayan salt. 	<ul style="list-style-type: none"> ✓ This end of the day drink adds to the good gut health already provided, and, ✓ Signifies to your brain (appetite) that you are done for the day – period/

<input type="checkbox"/> Water		
<p><i>In short:</i> A warm drink.</p>		

Additions FYI,

- ❖ Freshly created food choices like; Kefir, Kombucha, Kimchi, Tempeh, and Sauerfraut can undoubtedly improve gut health.
- ❖ Remember to err on the side of lower caloric meals, firstly. Lower your typical portion size, hydrate appropriately, and consider adding or lowering the next meal portion size based on your response as listed in the Hunger Games.

FYI – Brad Pamp's Phase 2 Choices.

B: 2/3 cup BP's (newly added) Cereal Mix, ½ Banana, Dash of Raw Honey; Coffee (Cap)

MM: ¼ Cup Pistachios

L: Medium size bowl: Woolies Lentil Salad, Strips of Red meat, Natural yogurt, Lemon, Salt.

A: Zip.

D: A different lean protein choice each night (beef, pork, chicken), Listed Veggies, in bone broth (typically, Campbells).

AD: Raw honey + lemon hot drink.