



Phase Four

-Prime Glucose Balance 4.9-

Purpose										(Key) Principle										Practice														
Blood Glucose: 4.9% (HbA1c).										Promote stored fat for energy.										Follow the listed plan.														
Phase Four Duration (11 Days)																																		
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
Food										Movement										Mind Set					Alcohol									
Phase 4 Plan										DTI Cardio/ Strength										Box Breathing					Dry – 1-3 SD									

Phase Four Meal Compliance – FYI.

Meal - Day	1	2	3	4	5	6	7	8	9	10	11
Breakfast	✓										
Mid-Morning											
Lunch											
Mid-Afternoon											
Dinner											
Post-Dinner											

Let's burn!

The prime purpose of Phase 4 is to promote stored body fat as your favoured energy source.

If your health would benefit from losing 'unnecessary' body fat, you can expect fat loss.

Fat loss aside, most Rebooters experience extraordinary health benefits following the Phase 4 principles.

The Phase 4 menu and the accompanying 'easier' DTI exercise principles will leave your blood glucose, measured via the HbA1c test, around 4.6 – 5.1%.

4.6 -5.1% denotes the optimum fat-burning zone.



Note: If you did not have the opportunity of pre-reboot testing (with Brad Pamp), Brad will cover blood glucose testing & the importance in a post on day 20.

We focus on 'lowering' your dietary carbohydrates relative to your portion of 'leaner' protein and good fat. Commercially labelled diets like the Keto Diet, The Atkins Diet, and The Paleo Diet employ similar macronutrient ratio's.

The Phase 4 menu will leave your appetite satiated longer on fewer calories.

Please consider smaller (starting) meal portions. The Hunger Games Laws are now more fitting than ever.

We will now consume a higher relative ratio of 'good' healthy fats. Relax, this is a good thing!

Some health benefits from prioritising good dietary fats, over empty nutrient carbohydrates, bad fats, and excessive protein, are;

- ✓ Enduring fullness from fewer calories,
- ✓ Changing food behaviour, believing fewer calories be needed for survival,
- ✓ Zero spike in blood glucose – a prime cause of storing unnecessary body fat, and
- ✓ The production of critical hormones like Testosterone and Estrogen.

Our total fat consumption will sit around 20-25% of our total calories. It need not be higher.

 Don't be alarmed, but know, Phase 4 will reduce near all complex starchy choices, simple (healthy) carbs like fruits, and near-all refined sugar.

In the absence of dietary carbohydrates and blood glucose favoured for energy, your body will break down stored fat into blood ketones - these ketones (fat) now becoming your prime energy source.

We are;

- 1) Changing your metabolic pathways (favouring stored fat over sugar),
- 2) Changing your brain chemistry and food behaviour.

By the phase end, your innate appetite should have little interest in refined sugar, alcohol for the sake of alcohol, excessive and low-nutrient carbohydrates, over-eating, and 'sometimes' food.

The 'Phase Four' Key Benefits.



1. **Burning away unnecessary body fat.**

- Your brain will now balance your ideal weight.
- If your health would benefit from carrying less weight, expect a metabolic boost in fat-burning ketosis.
- If you are currently living at your ideal weight, your appetite will innately dictate your caloric portions. Meaning, somedays you'll feel like more food, e.g, greater exercise, or you're losing too much weight too quickly.

2. **Increasing sustained waking mental energy.**

- Expect to beat your alarm on less sleep.
- Expect greater prolonged mental focus.

3. **Lowering blood pressure and (bad) LDL cholesterol risk.**

- Lowering your 'higher' blood pressure is vital towards better health and reducing your ill-health risk.
- I look forward to seeing the lowering of 'higher' LDL Cholesterol.

4. **Moving longer and faster.**

Attention enduring athletes;

- Expect to move faster and longer free from fatigue and the need for carbohydrate top-ups.
- Expect to recover faster from more arduous workouts.



1. **Attention: SUGAR FEINDS.**

- If you've seemingly forever had an affiliation with either complex starchy carbs or simple sugary carbs, you may find Phase 4 your most challenging, but you will benefit most.
- Suppose your innate hard-to-satisfy appetite is drawn towards simple sugars, and you bear the consequent additional body fat, I need your strict dietary compliance – NO SUGARY tasting food for this phase.

- Changing your brain chemistry is most critical. ZERO SUGAR.

Carbohydrate Intolerance (CI) –34% of the Australian population are genetically carbohydrate (sugar) intolerant.

The result of CI;

Carb (sugar) consumption > increase in blood sugar (glucose) > the brain detects toxic and potentially dangerous blood glucose > the pancreas releases insulin > insulin transports sugar to the liver > the liver converts this potential energy into stored energy (fat) > the brain fires the hunger reflex > the appetite drives further carb (sugar) interest...

- To ease your 'weaning' experience, feel free to use sugar replacement's (Stevia, Natvia, Monkfruit, Sucralose) in your hot drinks. While this practice is not ideal, research indicates synthetic alternatives in 'small' amounts do not negatively influence good gut health.
- Alternatively, a small bowl of berries will also usually lessen your cravings.

 2. **Attention:** FASTING; ZERO EVENING MEAL - Phase 4, Days 6 & 8 (Reboot Days 16 & 18).

- We are '**fasting**' from lunch through to breakfast on these listed days.
- Please consider consuming a more significant (listed) volume at lunch on these days.
- Your day ending drink remains.

Why Intermittent Fasting?

- ✓ Promote ketone (stored fat) energy fuel and burn away unnecessary weight,
- ✓ Improve cognitive function,
- ✓ Improve gut function,
- ✓ Lower inflammation, and
- ✓ Change (improve) food behaviour (re fine-tune the ideal portion and caloric meal value).

The common phase four experience.

Note: The following signs & symptoms are a good experience.

Thirst! Yes, drink water regularly, but please consider the tiniest pinch of pink Himalayan salt in each glass. The super small inclusion of Na⁺ ensures optimum hydration and efficient digestion.

Lethargy! Typically around days 4-6, you might fall a little flat or harbour a light headache. Exercise at DTI only, consider a small ½ cup of berries, drink further salted water, and practice box-breathing.

Difficulties in sleeping! While you may not log your usual 6-8 hours, you will not wake to feel tired or sleep-deprived. Allow 2-3 nights for adaptation. The OTC Herbal Supplement, Valarian Forte, could be a good option.

Constipation! Your movements will typically slow – this is not a problem. Your stools will also be a lighter shade and will float (a good sign). Be sure to re-employ the daily psyllium husk as listed.

Bad breath! This is ketones at work and is a good sign. Sugar-free mints are a good idea for the adaptive 3-4 day period.

The Hunger Game Laws are most critical during Phase Four.

Start with considerably lower portions.

The result of reboot completion is leaving your metabolism tolerant of 'sometimes' food.

Alcohol, sweeter refined food, footy food, and big eats are metabolised more efficiently.

ALL listed food can be purchased from leading supermarkets: e.g. Woolies, Coles, IGA.

Breakfast – Choice One (Egg, Avo, Feta on Toast).

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

Ingredients	Method	FAQ's
<ul style="list-style-type: none"> <input type="checkbox"/> Egg. <input type="checkbox"/> Avocado. <input type="checkbox"/> Feta (crumbed). <input type="checkbox"/> Extra-Virgin Olive Oil. <input type="checkbox"/> (Macro) Linseed Sunflower low-carb loaf. <input type="checkbox"/> Sea Salt. <input type="checkbox"/> Fresh Lemon. <p>Coffee, Tea, Green Tea, Herbal Tea.</p> <p>Day to Day Alternatives, FYI:</p> <p>Instead of;</p> <p>Egg: <i>Lean Bacon (3/4 Palm-size), Smoked Salmon.</i></p> <p>Feta: <i>Cottage Cheese, Halloumi Cheese.</i></p> <p>Avo: <i>(Crushed) Macadamia nuts.</i></p> <p>Lemon: <i>Lime, Vinegarette.</i></p> <p>Adds: <i>Fresh Basil, Alfa-Alfa, Corriander.</i></p> <p><i>*No one should be made to eat Rocket leaf.</i></p> <p>Bread: <i>Cloud Bread, Keto Bread.</i></p> <p>Pepper: <i>Sesame Seeds.</i></p>	<ul style="list-style-type: none"> • Fry 1 Egg (coconut oil or non-stick pan). • Toast 1 slice of Linseed Bread. • ½ Avocado. • Tsp Feta (crumbed). • Plate – adding a little olive oil, sea salt and fresh lemon. <p>Hot drink of choice.</p> <p>Alternative to the Linseed Loaf - Easy-to-make Cloud Bread</p> <ul style="list-style-type: none"> • 3 separated eggs whites whisk it for 1-2 minutes. • Add 1 tbsp sugar replacement like Natvia. • Add 1 tbsp cornflour. • Whisk it until you reach thickness. • Bake it in a preheated oven for 30mins @ 250 F. • Youtube: Search: Keto Bread. 	<ul style="list-style-type: none"> ✓ Pre-hydrate: Start all Phase 4 meals with a glass of water – with a recommended tiniest pinch of Himalayan salt. ✓ Schedule 5-10 minutes for meal prep & consumption. ✓ NOTE: With your interest, the BP Reboot Cereal mix returns as an option in Phase Five. <p>VOLUME: Please remember I have upped the (good) fat portion and thus the caloric value.</p> <p>You will NOT require large western portions to satisfy your appetite.</p>

In short: Egg, Avo, Feta on Toast – Coffee... and you'll need additional water.

Breakfast – Choice Two (Mushies & Greens).

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

Ingredients	Method	FAQ's
-------------	--------	-------

Attention; Re your Volume.

Mushies & Greens is super tasty and energy-packed. Therefore most people require only a small portion to satisfy their appetite for beyond 6 hours – particularly when adding caffeine.

Please employ a lighter starting portion, perhaps containing extra for a later time (meal).

Remember, you can always increase the portion size next meal pending your 'appetite' response.

<ul style="list-style-type: none"> <input type="checkbox"/> Mushrooms. <input type="checkbox"/> Green Beans. <input type="checkbox"/> Snow peas. <input type="checkbox"/> Haloumi. <input type="checkbox"/> Garlic. <input type="checkbox"/> Butter. <input type="checkbox"/> Sea Salt. <input type="checkbox"/> Fresh Lemon. <input type="checkbox"/> Corriander. <p>Coffee, Tea, Green Tea, Herbal Tea.</p> <p>Possible additions;</p> <ul style="list-style-type: none"> • Slivered almonds, • Sundried tomatoes. • Sesame Seeds (toasted). 	<ul style="list-style-type: none"> • Add 1 tbsp of real salted butter, • 1 tsp of minced garlic, sea salt, to a frying pan on mid-heat. • After ending green beans & snow peas, and microwaving for 1 minute, add to the frying pan. • Add chopped mushrooms and diced halloumi to the frying pan. • Allow cooking for 6 minutes or until all food is softened. • Bowl, and add freshly squeezed lemon & coriander. 	<ul style="list-style-type: none"> ✓ Start with a relatively even mix of all contents. ✓ Mushrooms are a rich, low-calorie source of fibre, protein, and antioxidants. ✓ They may also mitigate the risk of developing serious health conditions like Alzheimer's, heart disease, cancer, and diabetes. ✓ They're also excellent sources of the super-powerful mineral, Selenium.
--	---	--

In short: Mushies, Greens, Garlic & Butter.

Mid-morning – optional (FYI – most REBOOTERS (in Phase 4) depress their appetite until well after lunch; hence, they do not need or seek additional mid-morning food).

TOD: 10.00 am -Midday.

Ingredients/ Choices	Method	FAQ
<ul style="list-style-type: none"> <input type="checkbox"/> Choice: Coffee, Tea, Green Tea, Herbal Tea. 		<ul style="list-style-type: none"> ✓ While considered mostly healthy for most people,

		<p>milk, full-milk is not free to load up during the Reboot.</p> <ul style="list-style-type: none"> ✓ E.g. if you choose a cappuccino and feel the need and interest for a second coffee, I recommend a black second version. ✓ Also, I recommend considering a 'dash, only, of full-cream instead of milk – in Phase 4. ✓ For the super-brave: a bullet-proof style coffee: A shot or two of coffee, blending 1 tsp of real butter and a dash of coconut oil.
--	--	---

In short: Caffeine.

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"/> Greek Salad. <input type="checkbox"/> Chicken Breast, <input type="checkbox"/> Red meat, <input type="checkbox"/> Egg, <input type="checkbox"/> White Fish, <input type="checkbox"/> Shell Fish, <input type="checkbox"/> Vinaigrette. <input type="checkbox"/> Plain yogurt. <p>Possible additions and changes to your Greek-like Salad throughout Phase 4.</p> <ul style="list-style-type: none"> ✓ Pepita seeds. ✓ Sunflower seeds. ✓ Sundried tomatoes. 	<p>STEP 1 – Greek Salad.</p> <ul style="list-style-type: none"> • Greek Salad (Supermarket ready), or • Make and contain your Greek Salad (Red Onion, Olives, Feta, Capsicum [Red & Green], Cucumber, Celery, Fresh Herbs) and a dressing: Olive Oil, Red wine vinegar, lemon juice, SnP. • There are various Greek Dressing on the shelves (e.g. Birch & Waite Greek Lemon Dressing). <p>STEP 2 – Protein (mix it up).</p>	<p>Remember the Hunger Games Laws (for the Reboot#5 Program).</p> <ul style="list-style-type: none"> • For the most part; repeat reboot meals (give or take) day to day, • Possibly lower your meal volume, which allows for hunger depression for 6-8 post-consumption. • The lower the portion, the better – again – providing you leave your hunger at bay. <i>#nohangry</i>

<ul style="list-style-type: none"> ✓ Roasted capsicum (yum). ✓ Walnuts. ✓ Pine nuts. ✓ Broad beans (superstars). ✓ Halloumi. ✓ Lite Parmesan. ✓ Chives, Dill, Parsley Shallots. ✓ Red pepper flakes. ✓ Chilli Flakes. 	<ul style="list-style-type: none"> • Prepare and contain your protein choice. <p>Mix your lunch.</p> <ul style="list-style-type: none"> • FYI - Add a dob of natural yogurt, OR, better still. • Add a dob of coconut yogurt. 	<p>Protein Portion: Start with 'about' 100-150 gr, about a palm-size (not a Fijian hand).</p>
--	--	---

In short: A leaner protein choice and your Greek-style Salad. Additional water and possible coffee with interest.

Mid-afternoon – optional (repeat – optional).

The main reason for an afternoon snack is to avoid overeating at dinner time.

TOD: 3.00pm – 4.00 pm

Ingredients	Method	FAQ's
<ul style="list-style-type: none"> <input type="checkbox"/> Pepita Seeds (toasted). <input type="checkbox"/> Almonds. <input type="checkbox"/> Shredded Coconut. <input type="checkbox"/> Sunflower seeds. 	<ul style="list-style-type: none"> • Pan fry (non-stick pan) some pepita seeds – let them cool and throw them in a sandwich bag. • 1/3 Cup Almonds. 	<ul style="list-style-type: none"> ✓ Don't eat if you are not hungry. ✓ Only eat if you are starving. ✓ Question your hunger by firstly consuming a glass of water, waiting 5 minutes, get busy, then, and only then, ask yourself, do I really need to eat?

In short: Pepita seeds (toasted).

Dinner

TOD: 6.00pm – 7.30 pm

Ingredients	Method	FAQ's
Phase Four Dinner Practice.	STEP 1 – Prepare your protein.	Alcohol.

<p>STEP 1 – Choose your Protein.</p> <p>Best Phase Four Choices.</p> <p>Fish: Salmon, Tuna, Sardines, White, Ling.</p> <p>Lean Red Meat: Eye fillet, Sirloin, Scotch Fillet, T-Bone, Rump.</p> <p>Pork Choices; including (Leaner) Bacon cuts,</p> <p>Poultry; Turkey, Chicken Breast, Fowl.</p> <p>STEP 2 – Choose your Meal Filler.</p> <p>Best Phase Four Choices.</p> <ul style="list-style-type: none"> • *Cauliflower Rice. • *Zucchini Pasta. • *Mashed Turnips – please try – Youtube, Search: Mashed Turnips. • Broccoli Rice. • *Mashed Sweet potato. • Eggplant. • Sauerkraut. • Egg Noodles. <p>*Must try's.</p> <p><i>*How to make: please YT the listed options above.</i></p> <p><i>*Use real salted butter when making the Filler options listed above.</i></p> <p><i>*Most options can be purchased ready to go from leading supermarkets.</i></p> <p>STEP 3 – Choose your side vegetables.</p> <p>Best Phase Four Choices.</p>	<p>Portion: 100-150 grams (Palm size).</p> <p>E.g. Pan-fried in a little coconut oil is typically best.</p> <p>STEP 2 – Prepare your filler.</p> <p>Portion: 2-3 to 1 cup.</p> <p>e.g. Cauliflower Rice</p> <ul style="list-style-type: none"> • Blend or grate cauliflower, • Pan fry on med heat in coconut oil – 10 mins, • Add a tiny bit of salt & or Soy Sauce. • Contain or eat immediately. <p>STEP 3 - Choose your accompanying vegetables.</p> <p>Portion: It doesn't really matter. Steaming is best; adding a little butter, salt, and herbs is super tasty.</p> <p>STEP 4 - With your interest, consider a little Aioli.</p> <ul style="list-style-type: none"> • ¾ cup full-cream mayonnaise. • 3 cloves garlic, minced. • 1 ½ tbsp lemon juice. • ¾ tsp sea salt. • ½ tsp ground black pepper. <p>❖ Mix mayonnaise, garlic, lemon juice, salt, and pepper in a bowl. Cover and refrigerate for at least 30 minutes before serving.</p>	<p>While practising a dry reboot is an excellent idea for many, feel free to enjoy 1-3 standard drinks (2/7). Understanding sugar drinks, beer, and white wine are best avoided – during the Reboot.</p> <p>Vodka, Gin, Brandy, Whisky are best during the Reboot FYI.</p>
--	---	--

<ul style="list-style-type: none"> • Broccolini. • Zucchini • Squash • Cauliflower 	<p>Or, Guacamole (Reboot#5 version).</p> <ul style="list-style-type: none"> • 2/3 Avocado. • 1 tsp Sour Cream. • 1/5 Red Onion. • 10 Salted Macadamia (Crushed). • Corriander. • Dash Sea Salt. • Sprinkle Chilli flakes. <p>❖ Bowl contents, mash with a fork, and don't forget the chilli flakes, you softy.</p>	
--	--	--

In short: Strips of Eye Fillet, Zucchini pasta & Broccolini, SnP, Aioli.

After Dinner

TOD: 8.00pm – 10.00 pm

Ingredients	Method	FAQ's/ ACT'S
<ul style="list-style-type: none"> • Green Drink, Fresh Lemon in Boiling water, Herbal Tea, or, • If you feel you're not passing regularly, refer back to the Psyllium Husk. 		<ul style="list-style-type: none"> ✓ Remember to brush your teeth immediately after your evening meal. ✓ Practise a round or two of Box Breathing. ✓ Prepare tomorrow's meals. ✓ Read if you're hungry. It's easier to eat and watch tv than it is to eat and read.

In short: A hot 'green' drink.

FYI – Brad Pamp's Phase 4 (11 Days).

B: Alternate between Egg & Avo/ Mushies & Green.

MM: Coffee

L: Greek Salad (Woolies) + Chicken or Egg, or both.

MA: Pepita seeds (toasted) or Almonds.

D: Cauliflower Rice, Atlantic Salmon, Broccolini, Homemade Aioli.

AD: Alt; Psyllium Husk/ Supergreens.

PHASE 4: EXERCISE

Continue practising DTI-model aerobic action.

Frequency: As often as your schedule allows – Daily is best.

Intensity: DTI (Conversational-based effort).

Time: 15min + (more is better).

Type: Rhythmic & Continuous (Walking, Running, Cycling [Indoors], Swimming, Gym Cardio Machines [Rowing, Stepper, X-Trainer, Versa Climber]).

See Exercise additions below.



Please consider the postural strength exercises below.

- Strength training (even just a little) will undoubtedly add value to your current structural, functional and even behavioural good health.
- Free of Gym options – I've listed my quick and easy top 4 movements.

#	Movement	Sets	Reps	Rest	Load
1	Push Ups (Feet or knees).	3	10	10 secs	You
2	Supine Leg Rotations (Relax your neck).	3	20	20 secs	You
3	Side Drops – drop the hips to the floor and back).	2L, 2R	10	5 secs	You
4	Supermans (Alternating)	3	20	20 secs	You

