



Phase Five

-Macronutrient Balance-

Purpose	(Key) Principle	Practice																																
Default – Fewer calories.	Ultimate PRO/CHO/FAT Balance.	Follow the listed plan.																																
Phase Five Duration (14 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 5 Plan					DTI Cardio/ Strength					Box Breathing					Dry – 1-3 SD																			

Phase Five Meal Compliance

Meal	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Breakfast	✓													
Mid-Morning														
Lunch														
Mid-Afternoon														
Dinner														
Post-Dinner														

The final Reboot#5 Phase,

Phase Five relaxes the lower-carb portion and slowly re-introduces the right carbs for you right now.

Phase Five will practice a somewhat more sustainable, more lifestyle-friendly menu yet still drive fat-burning. You have set up your fat-burning metabolism, now tolerant of higher carb portions.

While we are re-introducing the right volume of healthy carbs, are we still working towards consuming the lowest possible caloric volume while suppressing (but satisfying) your appetite.

Continue to question your hunger – particularly between meals. Is it, you are indeed; bored or stressed, thirsty, or actually in need of calories.

Good healthy fats continue in Phase Five. Smaller (good fat) portions leave higher satiation. Please don't be afraid of good fats when consumed in an appropriate moderation.

Feel free to enjoy alcohol in moderation and as listed.

P5 Mindset – Box Breathing should now feel rhythmic and easier. And the benefits being clear.

*If you are using the free App (Box Breathing Assistant) consider increasing your splits, e.g. from 5 seconds intervals up to 7 seconds intervals.

ATTENTION – 2 PHASE FIVE INCLUSIONS

#1: FASTING (3 Evening Meals)

ATTENTION: **FASTING**

Phase 5: Days 2, 6, 10 (Reboot#5 Days: 23, 27, 31) = ZERO EVENING MEAL.

- We are '**fasting**' from lunch through to breakfast on the listed days.
- Please consider consuming a 'greater' volume (protein, fats & fibre) at lunch on these days.
- Your day ending drink (e.g. Green, Psyllium, Herbal) remains.

Why?

Fasting drives a similar metabolic effect to the (longer DTI) enduro-training session. You leave your metabolism no other option but to break down stored fat (ketones) as your preferred fuel source. Once you light your fat-burning fire, you'll feel great, physically and cognitively, and for those in need of weight loss, this will further promote this process. Fasting can also reset appetite moderation.

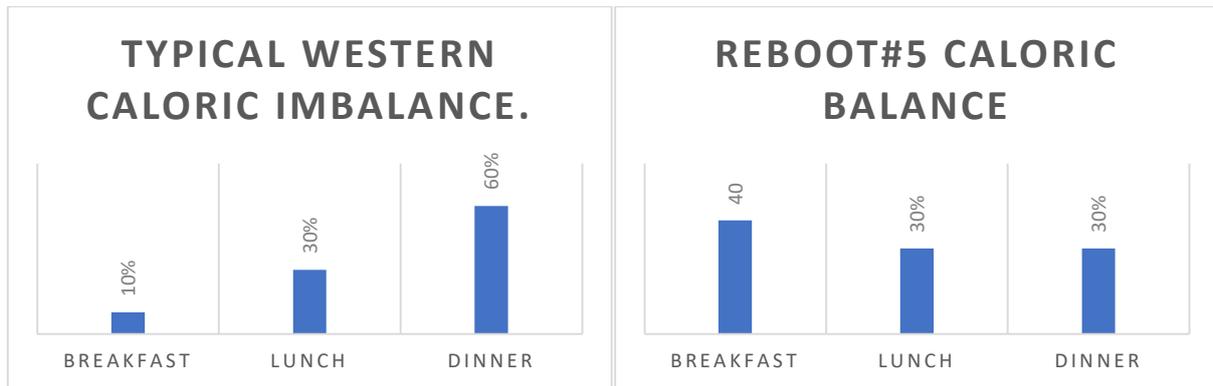
 [See Fasting FAQ's video.](#)

#2: CALORIC RE-BALANCE

ATTENTION: **CALORIC BALANCE**

Phase 5: Days 11, 12, 13, 14 (Reboot#5 Days: 32, 33, 34, 35) = Est. Caloric meal value;

Breakfast: 40%, Lunch 30%, Dinner 30%.



Consider your daily caloric balance.

Ideally, your breakfast will yield your most considerable caloric portion, with lunch and dinner similar and just below the caloric portion of your breakfast.

Why?

- Your basal metabolism is highest 6 am – 2pm. Fuel up when your energy demands are highest.
- Ideally, it's better to limit (heavier) digestion for optimal sleep.
- A lower evening meal drives a higher (sleeping) fat-burning metabolism.



[See Caloric Re-Balance Video.](#)

And finally; The Common P5 Experience.

Weight-Loss - If you have unnecessary weight to lose, you can expect noticeable weight loss throughout the final period of the Reboot. Now is the right time to drop excessive fat. You will continue to lose the weight you deem unhealthy well after the Reboot is finished.

Habit – Many now find choosing (good) food choices innate. Typically, good patterns evolve in the final phase of the Reboot. The typical appetite is also now more moderate.

Sleep – While many now are sleeping more soundly, commonly, less sleep is required to feel refreshed.

Right'o, let's play...

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
Choice One		
<p>The 'Ultimate' 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"/> Shredded Coconut. <input type="checkbox"/> Sunflower Seeds. <input type="checkbox"/> Goji berries. <input type="checkbox"/> Walnuts (crushed). <input type="checkbox"/> Cacao Nibs, <input type="checkbox"/> Raw Honey. <input type="checkbox"/> Natural Yogurt. <input type="checkbox"/> Coffee, Tea, Green Tea. <input type="checkbox"/> Peppermint or Ginger Tea. 	<p>1L Mixing Container.</p> <ul style="list-style-type: none"> • 500gr Quick Oats. • 100gr Chia Seeds. • 100gr Linseeds (Flax). • 100 gr Slivered Almonds. • Tspn Ground Cinnamon. • 150gr Shredded Coconut • 100 gr Sunflower Seeds • 100 gr Goji berries. • 50 gr Cacao Nibs. • 100 gr Walnuts (crushed). <p>You are mixing the ingredients thoroughly.</p> <p>Your breakfast</p> <ul style="list-style-type: none"> • Bowling ½ - ¾ cup of the reboot mix, adding ¾ - 1 cup of water. • Microwaving for 2 minutes on high – or towards an even porridge-like consistency. • Optional: Adding, either, ½ banana or ½ cup of mixed berries, along with an optional dash of raw honey. <p>Coffee (zero sugar) black or white [cap], Black Tea (black or</p>	<ul style="list-style-type: none"> ○ Enter the DaddyMach of self-made Cereal Mixes. ○ This mix has everything you need to remain healthy, energetic, lean, and happy. ○ This megamix ticks the hunger satiation box, offers a killer taste, and is super easy to prep. ○ I will be disappointed if you don't give this superweapon a crack. ○ Remember, you don't need buckets to hit the spot – The Hunger Games Laws prevail.

	white), or Herbal Tea (e.g Green) as listed.	
Choice Two		
<input type="checkbox"/> Egg. <input type="checkbox"/> Wholemeal bread (e.g. Burgan Wholemeal & Seeds, or Soy-Linseed). <input type="checkbox"/> Pea dip. <input type="checkbox"/> Avocado. <input type="checkbox"/> Macadamia Nuts. <input type="checkbox"/> Fresh Lemon. Pea Dip <input type="checkbox"/> 1 Cup Frozen Peas (thawed) <input type="checkbox"/> Garlic – 1 clove. <input type="checkbox"/> 1 Tbsp XV Olive Oil. <input type="checkbox"/> 5 Fresh Mint leaves. <input type="checkbox"/> ½ Tsp Tahini. <input type="checkbox"/> Lemon Zest. <input type="checkbox"/> Salt & Ground Pepper. Hot drink to interest.	<ul style="list-style-type: none"> • 1-2 Eggs (fried – coconut oil or non-stick pan). • 1 slice Wholemeal toast. • A light spread of Pea Dip. • 1/4 Avocado. • 20gr Macadamia (crushed). • Fresh Lemon. • Optional – I also fancy a dash of Soy Sauce – or – balsamic vinegar. <p>Plate and enjoy.</p> <p>Pea Dip</p> <ul style="list-style-type: none"> • Blend ingredients to reach a paste. 	<p>Very much a Keto-style meal.</p> <p>This meal favours someone with;</p> <ul style="list-style-type: none"> ✓ A genetically slow metabolism, ✓ A tendency to favour sweeter choices, ✓ Gains weight more easily, ✓ Is caught thinking of food in between meals.
Hard Core Rebooters, only.		
<input type="checkbox"/> Eggs (boiled). <input type="checkbox"/> S'n'P. <input type="checkbox"/> Almonds (Salted). <input type="checkbox"/> Cottage Cheese. <input type="checkbox"/> Carrot.	<ul style="list-style-type: none"> • 2-3 Eggs – boiled. • Add salt & pepper to taste. • 1/3 Cup of 'salted' Almonds. • 1 Carrot. • ½ Cup Cottage Cheese. <p>Tea of Coffee – Black.</p>	<ul style="list-style-type: none"> ✓ For those interested in taking it to another level - towards single figure body fat %. ✓ Combine with both aerobic training and strength (weight) training.
<p>In short: I would think a small bowl of The Ultimate Reboot Mix be a good choice.</p>		
<p>Mid-morning – zero food.</p> <p>TOD: 10.00 am -Midday.</p>		
Ingredients/ Choices	Method	FAQ

<input type="checkbox"/> Choice: Coffee, Tea, Green Tea, Herbal Tea.	<ul style="list-style-type: none"> • Black coffee is often best. 	<ul style="list-style-type: none"> ✓ An additional hot drink. ✓ It would be unusual to need/want smoko food now in Phase Five.
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In short: Caffeine.

Lunch – Routine is King; Accountability continues...

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

Ingredients/ Choices	Method	FAQ's
<p>1. Make'nTake Choices.</p> <p>Contain or buy prepared.</p> <p>Lunch Meal Filler.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cous Cous Salad. <input type="checkbox"/> Lentil Salad. <input type="checkbox"/> Garden Salad. <input type="checkbox"/> Greek Salad. <p>(Protein) Adds.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Red or Pink Salmon. <input type="checkbox"/> Tuna – avoid flavoured choices. <input type="checkbox"/> Chicken breast. <input type="checkbox"/> Lean cuts of red meat. <input type="checkbox"/> Egg. <input type="checkbox"/> Tofu. <input type="checkbox"/> Halloumi. <p>Jazz up choices.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Vinegarette. <input type="checkbox"/> Balsamic vinegar. <input type="checkbox"/> Lemon juice. <input type="checkbox"/> Sea Salt. <p>2. Food Hall Grabs</p>	<p>Choice 1: Make'n'Take Choices.</p> <p>Mix your filler ($\frac{1}{2}$ - $\frac{2}{3}$ cup) & protein (palm-size, e.g. 100-150 gr), and jazz it up for your interest (1 Tbsp).</p> <p>Step 1 – Choose your 'filler'. Step 2 – Choose your protein. Step 3 – Optional; Jazz it up.</p> <p>Or,</p> <p>Choice 2: Food Hall Choices.</p> <ul style="list-style-type: none"> • The most significant benefit of the Reboot#5 listed Food Hall choices is never lining up. • If you're still in doubt about Reboot qualification, avoid all the outlets serving 'yellow' food. • In my experience, personally and from the last 15 years of Reboot Programs, mineral (gassed) or soda water boosts food volume 	<p>And, for the last time;</p> <p>The Hunger Games Laws.</p> <p>Most people do not need the volume or portion size of the typical western diet.</p> <ol style="list-style-type: none"> I. Prepare a smaller meal than you would normally. II. Pre-hydrate. III. Add sea salt. IV. Eat slowly. V. Clean up immediately. VI. Clean your mouth – brush your teeth or enjoy a cleansing hot lemon drink. VII. Get busy (particularly mentally). <p>If you could not reach 6-8 hours before hunger pangs, prepare more food tomorrow.</p>

<ul style="list-style-type: none"> <input type="checkbox"/> Sushi: Best; Brown Rice, Salmon, Tuna, Avocado, Soy Sauce. <input type="checkbox"/> Grilled Fish & Salad. <input type="checkbox"/> Poke Bowl; Salmon, Gilled Chicken or Tofu. <input type="checkbox"/> Sandwich: Chicken & Salad. <input type="checkbox"/> Vietnamese Paper Rolls. <input type="checkbox"/> Tabbouli & Mixed Beans. <input type="checkbox"/> Bento Box: Grilled chicken or Salmon – limiting Temura. <p>3. Damn it; I forgot my lunch, or, I'm just too busy, I'll graze today.</p> <ul style="list-style-type: none"> ▪ Avoid grazing on nuts like: cashews, macadamias, & peanuts. While these choices are healthy in moderation, they are high in energy and generally morish. ▪ Also, avoid dried fruit. Dried fruit, particularly prunes, produce a whopping spike in blood glucose. <p>Better (I forgot my lunch) grazing choices are;</p> <ul style="list-style-type: none"> <input type="checkbox"/> ½ cup of shredded coconut and keep water close by. <input type="checkbox"/> Organic Traditional Biltong – CLICK <input type="checkbox"/> Ricotta with Carrots and Celery. 	<p>satisfaction more than water alone.</p> <p>Choice 3: I forgot my lunch, and I am too busy to get out – I will graze today.</p> <p>See the recommended list to the left.</p>	
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<ul style="list-style-type: none"> <input type="checkbox"/> Mozzarella Sticks (2) with black coffee. <input type="checkbox"/> 3/4 Cup Edamame. 		
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In short: Step 1, 2, 3.

Mid-afternoon – optional: consume only to avoid; pre-dinner snacking, overeating at dinner, and very much, post-dinner craved choices.

TOD: 3.00pm – 4.00 pm

Ingredients	Method	FAQ's
See BP Approved snacks from previous Phases.		

In short: Hot drink/ Lemon.

Dinner – NOTE THE PHASE 5 FASTING NIGHTS.

Again, keep meals simple, repeatable, and avoid 'commercial' sauces (see home-made choices).

TOD: 6.00pm – 7.30 pm

Ingredients	Method	FAQ's
<p>STEP 1 – Choose your protein.</p> <p>The rules are simple;</p> <ul style="list-style-type: none"> <input type="checkbox"/> All animal and non-animal protein sources are go. <input type="checkbox"/> If you choose options higher in saturated fat (e.g. bacon), your portion size must be smaller than a typical western portion. <input type="checkbox"/> No pre-cooked or preserved food. 	<p>Step 1 – Choose Protein.</p> <ul style="list-style-type: none"> • About 100-150 gr (palm-size) of protein. <p>Step 2 – Choose Filler.</p> <ul style="list-style-type: none"> • About ½ - ¾ Cup Filler. <p>Step 3 – Choose added Flavour.</p> <ul style="list-style-type: none"> • As listed. 	<p>Alcohol.</p> <ul style="list-style-type: none"> ✓ While dry is a great idea throughout the Reboot, feel free to enjoy 1-3 standard drinks (2/7). ✓ Understanding sugar drinks, beer, and white wine are best avoided – during the Reboot. <p>Fennel – Reboot priority.</p> <ul style="list-style-type: none"> ✓ A Superfood. ✓ High in absorbable fibre, potassium, folate,

- No food with altered or manufactured; taste, smell, or colour.

STEP 2 – Choose your filler.

Either:

Carbohydrates, Fibrous or a little of both.

Step 1A options: Carbohydrates.

Low GI Carb (CHO) Choices
1/2 – 2/3 Cup (they're back).

a) Ideal CHO Choices.

Root-Veg mash choices;

- ✓ Potato.
- ✓ Sweet Potato.
- ✓ Turnips.
- ✓ Beets.
- ✓ Radishes.
- ✓ Fennel.
- ✓ Quinoa.

Compulsory (Phase 5) Reboot Meal:

Key ingredient: **Fennel**

Search: Fennel Recipes.

FYI – [CLICK](#)

b) Good CHO Choices.

- ✓ Pumpkin.
- ✓ Cous Cous.
- ✓ Brown Rice.
- ✓ Barley.
- ✓ Egg Noodles.

Step 1B options: Fibrous.

Best Choices.

vitamin C, vitamin B-6, and phytonutrients.

Root Veg Fillers.

- ✓ Below the ground root-veg are (soil) loaded with mega minerals.
- ✓ Mashing any root veg with garlic, sea salt, olive oil and lemon typically works.

Some **non-animal higher protein** sources:

- ✓ Pulses
- ✓ Soya Beans
- ✓ Quinoa
- ✓ Seeds.

Sauces/ Dips.

See Reboot#5 link (VLOG) for 4 Sauce/Dip choices.

<ul style="list-style-type: none"> ✓ Cauliflower Rice. ✓ Zucchini Pasta. ✓ Broccoli Rice. ✓ Eggplant. ✓ Sauerkraut. <p>Chop, Blend, Grate, Cook, add; butter, salt, garlic or ginger.</p> <p>STEP 3 – Choose to add further Flavour via Sauces, Dips, Herbs, Spices etc.</p> <p>Best Choices.</p> <ul style="list-style-type: none"> • Salt'n'Pepper. • Soy Sauce. • Vinaigrette. • Balsamic Vinegar. • Coriander, Mint, Shallots, Chilli. • The 4 Sauces – available on the Reboot#5 Program link (VLOG section – stay tuned). 		
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In short: Protein, Filler, added Flavour.

After Dinner

TOD: 8.00pm – 10.00 pm

Ingredients	Method	FAQ's
<ul style="list-style-type: none"> • Green Alkalising Drink. • Red Wine. • Herbal Tea. • Hot Lemon Drink. 		<p>Alcohol: it's all about balance and tolerance.</p> <p>If you;</p> <ol style="list-style-type: none"> 1. Practice the Reboot Dietary Principles; namely; the food choices and the hunger games laws, <p>And,</p>

		<p>2. You move a bit – e.g. 30 minutes of daily yak pack pace!</p> <p>Then,</p> <p>Enjoy a drink or two.</p>
<p>In short: Your choice.</p>		

FYI – Brad Pamp's Phase 5 (14 Days).

B: Definitely; The Ultimate Reboot Mix.

MM: Coffee.

L: Lentil Salad or Tabbouli Salad with Red tinned Salmon or 1-3 Eggs.

MA: A mouthful or two of shredded coconut.

D: Red meat 1/7, Poultry 2/7, Fish 4/7, Mixed fillers, Herbs & Spices.

AD: Alt; Supergreens and Red Wine (Shiraz) 2/7.