

Phase Three



-The Optimum Alkalinity-

Purpose		(Key) Principle		Practice																														
Healthy inflammation status.		Increasing dark leafy greens.		Follow the listed plan.																														
Phase Three Duration (2 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 3 Plan		DTI Cardio		Box Breathing		Dry																												

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Phase Three Meal Compliance

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

The last 2 days of Reboot Pre-season...

- Many Australians live with unhealthy inflammation.
- Poor dietary choices, mental & emotional stress, a low priority for sleep, and a lack of rhythmic & continuous movement can increase inflammation to an unhealthy state.
- Phase 3 helps to lower inflammation.
- Phase 3 also completes your healthy platform in readiness for Phases 4 & 5 of your Reboot.
- Phase 3 will reinforce your prime gut health and enhance your bullet-proof immune system.
- Reboot history shows failure to complete Phases 1-3, dilutes the (long-term) benefit of Phases 4-5.
- Phase 3 (2 Days) lists a higher portion of green leafy choices.
- The listed choices will help prime your optimum healthy-best alkaline balance (7.4pH).

While it is difficult proving a change in 'blood' pH via food choices, green leafy options undoubtedly offer up:

- ✓ Easily absorbable vitamins A, C, K,
- ✓ Minerals, namely; potassium (critical for muscle function), and
- ✓ High functioning fibre,

Urine and saliva testing can show a healthy increase in alkalinity – as performed by Brad Pamp.

Phase 3 has you avoiding 'what we call' acid-forming foods.

Some of these foods are considered healthy; however, in preparation towards Phase 4, please avoid the listed acid-forming forms, mostly.

AVOID, for now: Milk, Seeds, (some) Nuts, Coffee, Alcohol, Bread, Pasta, (commercial) Cheese, and all food containing refined sugar.

Many 'Rebooters' have found Phase 3 the most challenging phase.



PHASE 3 - THE REBOOT#5 SOUP (see details in the menu).

Ideally, I'd love you allocating the time towards preparing and enjoying the gut-healthy-as-all-hell 'Reboot Soup'.



This meal truly sets up your prime gut & immune health for Phases 4-5.

SPECIAL NOTE; VOLUME: Many people will require '**more**' **significant** portions towards satisfying their sustained satiation – from the Phase 3 listed meals.

Please load up (on the listed food). Choose from the food list and completely disregard total calories and the macronutrient balance – for now.

Eat enough food to guarantee hunger suppression for at least 6-8 hours post-consumption.

Breakfast

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"/> Pear <input type="checkbox"/> Apple <input type="checkbox"/> Banana <input type="checkbox"/> Orange <input type="checkbox"/> Kiwi Fruit <input type="checkbox"/> Berries <input type="checkbox"/> Coconut Yogurt <input type="checkbox"/> Ground Cinnamon <input type="checkbox"/> Walnuts 	<ul style="list-style-type: none"> • Choose fruits from the list. • Bowl yourself a fruit salad (a typical size bowl), adding 2-3 heaped tbsp Coconut Yogurt. • Add ground cinnamon to taste and a small handful of walnuts. 	<ul style="list-style-type: none"> ✓ Fruits bring critical antioxidants, significantly supporting our quest for optimal fat-burning (Reboot Phase 4-5). ✓ The selected food in Phase 3 offers up energy-boosting

<input type="checkbox"/> Green Tea	<ul style="list-style-type: none"> Green Tea, and or a herbal tea like; Peppermint, Ginger & Lemon, or Chamomile. 	vitamins A, C, & E, along with the mineral selenium (critical towards thyroid function – fat metabolism).
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In short: A fruit salad with coconut yogurt and 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
<input type="checkbox"/> Fresh Kale <input type="checkbox"/> Sea Salt <input type="checkbox"/> Olive Oil	<ul style="list-style-type: none"> Pull apart fresh Kale. Place on an oven tray. Liberally drizzle Olive Oil. Generously add sea salt. Cook @ 180' for 15 minutes, only. Contain once cooled – and there's your take-away snack. 	Hello Kale; <ul style="list-style-type: none"> ✓ Vitamin A (important for eye and bone health and a strong immune system), vitamin C (aids in cold and chronic disease prevention), and vitamin K (good for blood clotting and bone building). ✓ Folate, a B vitamin that's key for brain development. ✓ Alpha-linolenic acid, an omega-3 fatty acid.

In short: Kale Chips – you may be thirsty – this is a good thing.

Lunch

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

Ingredients/ Choices	Method	FAQ's
<input type="checkbox"/> Baby spinach leaves <input type="checkbox"/> Mint leaves <input type="checkbox"/> Green beans <input type="checkbox"/> Broad beans <input type="checkbox"/> Asparagus <input type="checkbox"/> Dried cranberries <input type="checkbox"/> Avocado <input type="checkbox"/> Mixed beans	<ul style="list-style-type: none"> Pre-preparing your lunch is best. Contain; 'Your' ideal salad using the ingredients listed. The more ingredients you use, the better. 	<ul style="list-style-type: none"> ✓ The foods listed are considered 'Superfoods'. ✓ The prime (lean) protein comes from Egg & Cottage Cheese. ✓ Disregard your meal volume – load up! You will not add unnecessary

<ul style="list-style-type: none"> <input type="checkbox"/> Egg <input type="checkbox"/> Cottage Cheese <input type="checkbox"/> Olive Oil <input type="checkbox"/> Quinoa 	<ul style="list-style-type: none"> • Disregard volume – portion according to your hunger. 	<p>weight (fat) consuming these foods.</p> <ul style="list-style-type: none"> ✓ Don't forget to drizzle a little (XV) Olive Oil.
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In short: A gut healthy, alkaline-forming superfood loaded salad.

Mid-afternoon

TOD: 3.00pm – 4.00 pm

Ingredients	Method	FAQ's
<ul style="list-style-type: none"> <input type="checkbox"/> Dark Chocolate 	<ul style="list-style-type: none"> • The better the quality, the better. • Do not consider a sugar-loaded, highly preserved, cheaper version. 	<ul style="list-style-type: none"> ✓ In small quantity & quality, 'DARK' chocolate is an excellent immune-boosting antioxidant hit, can lower (bad) LDL cholesterol, and lower higher blood pressure.

In short: Dark chocolate.

Dinner

TOD: 6.00pm – 7.30 pm

Ingredients	Method	FAQ's
<ul style="list-style-type: none"> <input type="checkbox"/> Garden Veggies – your choice, including root veg; sweet potato or potato. <input type="checkbox"/> Pea & Mint dip, or <input type="checkbox"/> Guacamole 	<ul style="list-style-type: none"> • E.g. Steam your chosen garden veggies – adding a generous dob of real butter, sea salt and ginger (jarred). • E.g Oven bake your root veg – tray, olive oil, seas salt, 180' for 30 mins. <p>Complete the meal with either a generous serving of guacamole or pea dip.</p> <p>Pea & Mint Dip</p> <ul style="list-style-type: none"> • 2 cups frozen peas • 1 clove garlic 	<ul style="list-style-type: none"> ✓ Research clearly shows avoiding animal protein 1/7 is a healthy practice. Call it the servicing of your gut. ✓ There is plenty of animal protein coming up, so, for now, Phase 3, please avoid animal protein for your evening meal – other than the Reboot Soup. ✓ Have a crack at the pea dip.

	<ul style="list-style-type: none"> • 2 tbsp Extra Virgin Olive Oil • 2 tbsp fresh mint • 2 tbsp Tahini • 2 tsp lemon zest • Sea salt & pepper to taste <p>Defrost peas. Blend to smooth paste.</p>	<ul style="list-style-type: none"> ✓ Again, your meal volume is of no significance. Eat to avoid hunger.
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The REBOOT SOUP – the ultimate Phase 3 meal.

Dinner, Lunch.

<ul style="list-style-type: none"> <input type="checkbox"/> 1 Chicken Breast (thinly sliced). <input type="checkbox"/> 4 Cups Chicken Broth <input type="checkbox"/> 1 Large Red Chilli, chopped. <input type="checkbox"/> 2 tsp Minced Ginger <input type="checkbox"/> 3 Sticks Celery, chopped. <input type="checkbox"/> 1 Large White Potato (or Sweet Potato) chopped. <input type="checkbox"/> 2 Parsnips, diced. <input type="checkbox"/> 2 Carrots, diced. <input type="checkbox"/> 1 Large Onion, chopped. <input type="checkbox"/> 1 tbs Minced Garlic <input type="checkbox"/> 1 tbs Olive Oil 	<ul style="list-style-type: none"> • 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. <p>** Given Phases 1-3 does not focus on lowering carbs (and calories) per se, the bigger eaters may wish to consider adding 1/2 cup barley or egg noodles.</p>	<ul style="list-style-type: none"> ✓ 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.
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In short: Veggies of choice & Pea dip, The Reboot Soup.

After Dinner

TOD: 8.00pm – 10.00 pm

Ingredients	Method	FAQ's
<ul style="list-style-type: none"> <input type="checkbox"/> Supergreens, or <input type="checkbox"/> Vital Greens, or <input type="checkbox"/> Spirulina 	1 heaped tsp into boiling water.	You will not enjoy this component of REBOOT#5.

		<p>Unfortunately, the (gut) health benefits of Supergreens are too significant to leave out.</p> <p>This evening practice is the final piece in prepping towards phase 4. Just do it!</p>
<p>In short: A hot 'green' drink.</p>		

FYI – Brad Pamp's Phase 3 (2 Days).

B: The fruit salad as listed, Green Tea.

MM: Kale chips – lots of them.

L: Large size bowl: The salad as listed.

A: Dark Lindt chocolate - a few pieces.

D: Veggie stack & Pea Dip, The Reboot Soup (Night 10).

AD: Supergreens.

PHASE 3: 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: Rythmic & Continuous (Walking, Running, Cycling [Indoors], Swimming, Gym Cardio Machines [Rowing, Stepper, X-Trainer, Versa Climber]).