

REBOOT#5 PROGRAM

The Reboot 'Progressive' Cereal Reboot Mix



- BP's self-selected cereal mix.
- Shop the listed ingredients, containing & mixing, prepare 'n' enjoy.
- Gut healthy and easily digested, promotes fat-metabolism, and satisfies the appetite.

Free from preservatives, food enhancers, added sugar, a mascot, and a 3-chord jingle.

All dry ingredients are mixed in a 1L Cereal Tupperware Container.

Note: Exact portions are not critical, but the Quick (Cooking) Oats holds the most significant portion.

Reboot Phase 1	Reboot Phase 2	Reboot Phase 3
<p>The Reboot Mix</p> <ul style="list-style-type: none"> <input type="checkbox"/> Quick Oats – 750 g <input type="checkbox"/> Slivered Almonds – 100g <input type="checkbox"/> Chia Seeds 60g <input type="checkbox"/> Linseeds (Flax) 60 g <input type="checkbox"/> Ground Cinnamon – tsp <p>Additions – to taste</p> <ul style="list-style-type: none"> <input type="checkbox"/> Banana – ½, or <input type="checkbox"/> Mixed Berries – ½ cup, and or, <input type="checkbox"/> Raw Honey - tsp 	<p>The Reboot Mix (Additions)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Quick Oats – 750g <input type="checkbox"/> Slivered Almonds 100g <input type="checkbox"/> Chia Seeds – 60g <input type="checkbox"/> Linseeds (Flax) – 60 g <input type="checkbox"/> Ground Cinnamon tpn <input type="checkbox"/> Shredded Coconut – 100g <input type="checkbox"/> Sunflower Seeds – 60g <p>Additions – to taste</p> <ul style="list-style-type: none"> <input type="checkbox"/> Banana, or <input type="checkbox"/> Mixed Berries, or <input type="checkbox"/> Watermelon – ¾ cup, or <input type="checkbox"/> Raw Honey - tsp (Raw, dark, unpreserved, and unsweetened honey is critical in Phase 2) 	<p>The 'Ultimate' Reboot Mix.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Quick Oats – 750g <input type="checkbox"/> Slivered Almonds – 100g <input type="checkbox"/> Chia Seeds – 60g <input type="checkbox"/> Linseeds (Flax) – 60g <input type="checkbox"/> Ground Cinnamon - tsp <input type="checkbox"/> Shredded Coconut -100g <input type="checkbox"/> Sunflower Seeds – 60g <input type="checkbox"/> Goji berries – 60 g <input type="checkbox"/> Walnuts (crushed) 60g <input type="checkbox"/> Cacao Nibs – 60g <p>Additions – to taste</p> <ul style="list-style-type: none"> <input type="checkbox"/> Raw Honey, or <input type="checkbox"/> Natural Yogurt - tbsps

Cooking

- ✓ ½ - ¾ Cup Reboot Mix bowled.
- ✓ ¾ Cup of Water,
- ✓ Microwaved for 2 minutes on high.
- Add or subtract liquid to reach a classic porridge consistency.
- ✓ Additions to taste.
- If choosing milk, reduce Reboot Mix by ¼ cup.