

THE REBOOT#5 PROGRAM

TOP 5 Q'S & WHAT IF...



1. I haven't lost weight?

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

A slight weight loss (to date) is ideal.

Typically, when lowering calories significantly and increasing exercise too hard too soon, most can expect the slowing of (basal) metabolic rate, damper the motivation to exercise and drive up the appetite towards all the wrong choices.

More on this crucial process later in the reboot post outs.

Be patient with your weight change.

Significant and long-lasting healthy changes will happen later in the program – as by design.

The Reboot#5 philosophy.

- 1) Set up a healthy gut,
- 2) Lower dietary carbohydrates,
- 3) (Typically) Reduce day to day caloric value.

We are leaving healthy ketosis!

2. I eat a healthy vegan diet. I can't see many choices for me!

Is this 'reboot thing' for me?

I know many people, including elite athletes, who thrive on enjoying a whole vegan diet.

A well-balanced vegan diet undeniably works for some.

Balancing the ideal bespoke vegan diet requires expertise. I am not an expert in this field.

Again, I stress, I know some people hold their best health practising vegan principles.

So, what then?

The Reboot menu promotes an abundance of vegetables with little restraint on volume.

In Phases 1 & 5, complex carbohydrates are also on offer.

Replacing the listed (reboot) animal protein choices with near-complete protein choices like; e.g.

Tofu, Tempeh, Quinoa, Amaranth, Buckwheat, Seeds, Lentils, Spelt, Millet, Ezekiel Bread, Barley, and Adamame, are up to the individual.

3. *I don't have the time?*

Reboot practice requires an increased priority for food preparation.

Prioritising the time towards meal choices, shopping (particularly during pandemics), preparing, and containing your meals need practice.

If you want to take all thinking out of the equation, check out the – FYI, 'Brad Pamp's Reboot Menu' listed at the end of each phase.

4. *Does this really work?*

Yes, the menu is perhaps somewhat different from your everyday choices or the western world diet. With patience, you'll experience significant results in Phases 4&5 and when finishing.

Undoubtedly, enlisting the support of partners, family members, and closer friends improves compliance.

Oh, and the program itself by design; drip-feeding phases and day to day post outs typically increases enthusiasm and commitment.

5. *You've listed choices but left out some somewhat obvious good choices; can I include known good choices.*

Yes.

- ✓ All unprocessed animal protein is typically good to go.
- ✓ All vegetables are good to go.
- ✓ All herbs & spices are good to go.

Simple Rules.

- Reduce simple & (listed) complex carbs where listed.
- Lower your portion size.

And, importantly,

If the food you are contemplating eating meets the following criteria, it's out!

- Red and yellow colours make up the branding.
- It's promoted with a catchy upbeat jingle in a major key; typically, in the key of E, G, or D.
- The food labelling tells you how good it is for you.
- The food itself features a colour you haven't seen before.
- It is promoted by a celebrity, namely an actor or athlete, or someone who offers no real reason to be famous.
- Labelling uses words like: fat-free, sugar-free, low-cal, lite, slimming, or shredded.
- The wrapper fold mask's the ingredients.
- After opening, it is still edible after 8 days.
- It tastes better in 8 days.
- You can buy the food at a petrol station.

And, 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.