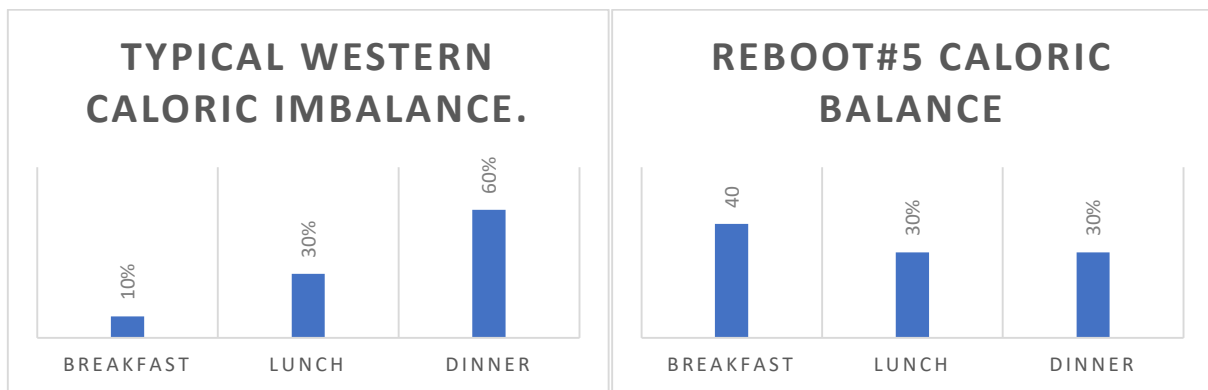


REBOOT# 5

CALORIC RE-BALANCE

Typical Australian food culture leads to increased caloric meal portions from waking start to finish.

- Some metabolic changes can be;
- Heavy digestion causing sleeping challenges.
- At the lowest BMR (Basal Metabolic Rate) we're faced with the highest caloric energy.
- With excessive, unnecessary energy, storage in the form of fat is heightened.



- ✓ For the last period of the Reboot, consider changing your daily caloric balance.
- ✓ Ideally, your breakfast will yield your most significant caloric portion, with lunch and dinner similar and just below the caloric portion of your breakfast.
- ✓ Eat the meal as listed and chosen by you.
- ✓ Reduce the 'dinner' portion relative to your breakfast portion.

Some people will not find this easy.

Practice.