

zest4life

Autumn Body Reset Programme



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INTRODUCTION

LEARN THE RULES

TASTE THE RECIPES

FEEL THE BENEFITS

WELCOME

WELCOME TO THE AUTUMN BODY RESET PROGRAMME!

This programme is designed to reset your metabolism and reboot your body!

This food plan has been designed by experienced Nutritionists to achieve the following results:

- Re-establish healthy habits
- Reset your metabolism for fat burning
- Support fat loss and improve body composition
- Restore energy levels
- Boost your immune system
- Oh, and lose weight / inches at the same time!

The recipes have been designed with the following principles in mind:

- Low carbohydrate (different to NO carbs)
- Blood sugar balancing
- Good quality proteins
- Good fats e.g. avocado, nuts
- High nutrient density
- Easy to prepare; 15–20 mins max
- All gluten free and minimum dairy

WELCOME

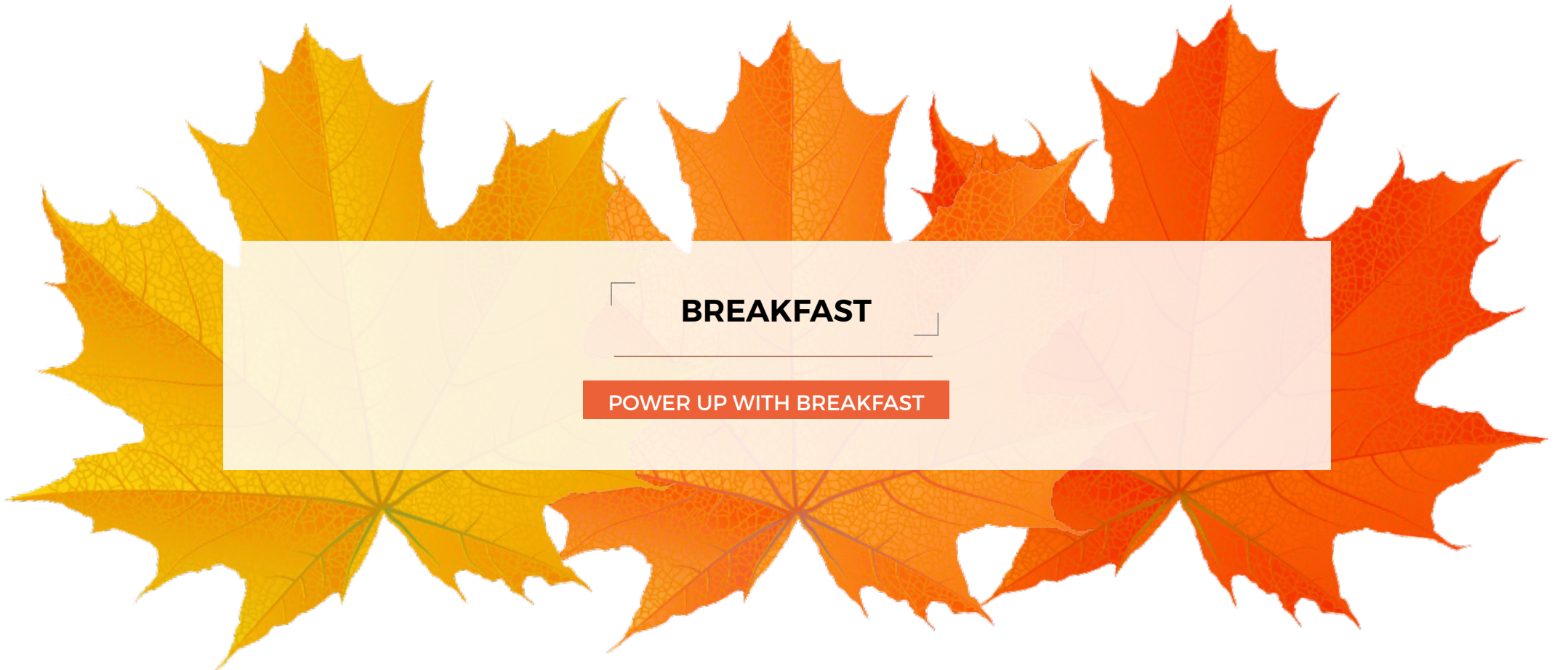
Here are the 6 simple rules and guidelines.

- Do not skip meals – aim for 3 main meals and 1–2 snacks/day
- Eat every 3–4 hours, no long gaps between eating
- Always include protein with every meal / snack
- Aim to follow the food plan at least 80% of the time
- Drink minimum of 2 litres of water a day
- Limit or eliminate alcohol, caffeine, sugar, artificial sweeteners

All recipes apart from the soups serve 1 person, unless otherwise stated.

**WORK HARD & BE
PROUD OF WHAT
YOU ACHIEVE**

OK, LET'S DO THIS!



BREAKFAST

POWER UP WITH BREAKFAST

BREAKFAST

OATS INTRODUCTION

Oats are such a versatile food, and can help you to stay fuller for longer, as it's a slow releasing carbohydrate.

You can also mix and match toppings and fillings to ensure that you get a good balance of healthy fats, protein and at least a portion of fruit to set you up for the day.

