

The Rules

Phase 1: Reset

GREEN CATEGORY

Common healthy foods and drinks.
These do not need to be earned.



Vegetables, mushrooms, fruit, fish, herbs and spices, salt, healthy fats, condiments



Water (*still or carbonated*), black coffee and tea

YELLOW CATEGORY

Foods that in nature would require effort to find or make.
Earn these by sticking to your healthy habits.



Eggs



Meat, poultry



Nuts

RED CATEGORY

Unhealthy foods you should avoid.
Earned cheats allow you one meal or snack with no restrictions.



Grains, rice, potatoes, legumes, dried fruit, seed oils, artificial additives, sugary snacks & drinks, dairy, fruit juice, alcohol

HEALTHY HABITS

Complete these activities to earn food for next day's menu.
Whatever happens, **ONLY EAT FOODS YOU HAVE EARNED**

Every time you complete one of the healthy activities below, you earn the next food (in order):



DRINK WATER

Have six big glasses of water during the day. One with each meal, two between meals and one in the evening.



GO TO BED ON TIME

You earn nuts if you went to bed by 10:30 the day before. If you can't sleep, read a book or catch up with your partner.



TAKE A WALK

Take a 30 minute walk (preferably at the same time every day to help build the habit). Don't spread out your walk across the day.

Note: for a change of pace, feel free to swap your walk for another low intensity exercise. Suggested exercises are cycling, skating, swimming, golf, yoga, dancing, physical work or playing with your children.


















FRIDAY BONUS: WEEKEND CHEAT
















Each Friday afternoon, look back on your week. If you collected all available foods from Monday to Friday, you are allowed one cheat for the weekend. A cheat allows you one meal or snack with no restrictions. Enjoy!

Print and cut the schedules below and use them to note down the foods you have earned.
















You earn food for the following day. So if you take a walk on Monday, check a food on Tuesday's line. This way, each line shows the foods available for that day's menu. We recommend you start your Reset activities on a Sunday (with the first healthy menu following on Monday).





Always check the "go to bed on time" and "drink water" habits first thing in the morning. Did you go to bed by 10:30 last night? Did you drink 6 glasses of water? Then you earn a food for tomorrow's menu. This prevents you from having to wait until late in the evening before you can start planning tomorrow's meals. On the first day of your Reset phase, these two are on us.

Reset Phase Week 1	1 	2 	3 
Monday	X	X	
Tuesday			
Wednesday			
Thursday			
Friday			
	Whenever you have earned all available foods from Monday to Friday, you earn a cheat for the weekend. A cheat allows you one meal or snack with no restrictions. Enjoy!		
Saturday			
Sunday			
          			

Reset Phase Week 2	1 	2 	3 
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
	Whenever you have earned all available foods from Monday to Friday, you earn a cheat for the weekend. A cheat allows you one meal or snack with no restrictions. Enjoy!		
Saturday			
Sunday			
          			

When you do a Reset phase, you should commit to doing it for at least two weeks to allow your body time to adapt to its new input. After that, it's up to you. Do you generally feel energized and healthy? Then it's time to move on to the Balance phase. Are you still often tired or moody? Then it may be better to extend your Reset phase for another week and check again.

Reset Phase Week 3	1 	2 	3 
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
	Whenever you have earned all available foods from Monday to Friday, you earn a cheat for the weekend. A cheat allows you one meal or snack with no restrictions. Enjoy!		
Saturday			
Sunday			
          			

Reset Phase Week 4	1 	2 	3 
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
	Whenever you have earned all available foods from Monday to Friday, you earn a cheat for the weekend. A cheat allows you one meal or snack with no restrictions. Enjoy!		
Saturday			
Sunday			
