

ēvolv²™



Your 7-day Meal Plan

A Guide to Starting Your Reboot



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Frequently Asked Questions

WHY FOLLOW A 7-DAY MEAL PLAN?

When you want to Reboot your health, it helps to have a plan so you don't have to think about all the details while you're making a shift in your habits. The 7-day Plan described in the following pages includes a wealth of information from what a typical day might look like during Phase 1 of your Reboot, including meal ideas, "biohacks" and more. It's important to remember that Phase 1 is the most intensive part of the program in order to MAXIMIZE your results as you begin your health journey. **This guide does not represent how you would eat during Phase 2 or Maintenance.**

WHY IS CLEAN EATING IMPORTANT?

Contrary to what we were told in the past, calorie-restriction, low-fat foods, starchy carbs and grains are not always beneficial. We now know that excess sugar is the real culprit in the current obesity epidemic. The good news is you can Reboot your fat-burning metabolism and support good gut health by eating well! When you eat well, you are providing your body with the right proportion of macronutrients (healthy fats, proteins, etc), a rich source of micro-nutrients (vitamins, minerals, etc), and supporting gut health so that the body can effectively fight inflammation. Inflammation and poor gut health can damage literally any part of the body, given enough time. Providing the right foundation of food is the key to better health long term. This is proven in the very latest research in human nutritional scientific studies.

The latest research shows this type of healthy eating may help the body:

- Lower inflammation
- Improve gut health (70% of your immune cells are located in your digestive tract)
- Enjoy sustained, healthy energy; better focus and mental clarity ("brain fog" lifted)
- Reboot your metabolism to fat-burning (reverse leptin resistance)
- Eliminate or reduce sugar/carb cravings (leptin imbalance creates false "hunger")
- No counting calories or going hungry! Eat delicious, satisfying real food whenever you want! Your body is the expert—a Reboot can flex with your needs.
- Unlike diets, a Reboot supports a friendly "listening" relationship with your body

WHAT'S A "REBOOT-FRIENDLY" MEAL?

Phase 1 meals support the body's reversal of leptin resistance. Meals are ideally:

- **High in Healthy Fats** (~50%-70%). Maximize your Omega 3 fat intake; minimize the Omega 6; NO trans fats.
- **High in Fiber** (10+ grams/serving). Found in plants like raw veggies, seeds, etc.
- **Moderate in Protein** (15%-30%). For women ~12-15 grams per serving, and for men ~15-20 grams (about the size of a deck of cards) per meal. If you are recovering from illness, or are more physically active, you may need up to 25% more. Your body can only metabolize a certain amount at a time, though, so more protein is not always better.
- **Very Low in Sugars** (<5 grams per serving). Eating very LOW sugars/simple carbohydrates is helpful during Phase 1. AVOID AT ALL TIMES synthetic sugars such as Aspartame or Sucralose (learn both brand and generic names for these). If needed, use only natural sweeteners that do NOT affect blood glucose (eg Swerve® or Stevia).
- **TIP:** To really Reboot your health, we recommend no alcohol for Phase 1, and moderate use thereafter if desired. Alcohol is toxin as well as a form of sugar and could throw off your body's efforts to Reboot.

WHAT IS "BIOHACKING?"

Finding ways to help your body perform its natural biological processes better, more efficiently, and/or faster.

WHY BIOHACK MY REBOOT WITH EXTRA PRODUCTS OR METHODS?

Because most people want to maximize their results! Or they lead a very busy lifestyle, and want to simplify things. There's nothing secret about healthy eating (you can "DIY" using the tips found on Track #3 starting on the next page), and you will start feeling better and getting healthier by just making some easy swaps and meal adjustments. But if you've ever struggled in the past, or you want a simpler, quicker, more convenient path, use our proven, cost-effective, expert-endorsed biohacks to multiply and magnify your efforts. They are scalable for all ages, genders, body types, and fitness levels, and you can use as many or as few as you like!



How To Use This Guide

There are 3 different “tracks” to choose from:

- 1. MAXIMIZE** Includes all recommended “biohacks” for people who want optimal results;
- 2. SIMPLIFY** Better for people with busy lifestyles, limited time, or if you’re new to this; or
- 3. 100% DIY (Do It Yourself)** Better health without the biohacks or time-saving products.



We hope you’ll take inspiration from the suggested dishes in these pages. For recipes and additional meal ideas, we invite you to join our Reboot Facebook community, where health experts and Rebooters like you are recipe-sharing and more! A browser search using the key words “Paleo” “Grain-free” “Keto” and/or “Low-carb” plus the title of the dish will also provide great recipes! Check the Foods List on Page 11 to be sure new recipes are Reboot-friendly.

Choose Your Track

Which option below suits your goals, preferences and lifestyle?

Hint: Use the checkboxes below to find the track that fits you best, or create your own track by customizing your meals & biohacks to suit your body’s unique needs! You can even vary from day to day as needed.

Maximize



- I want the best results for a healthy body in the least time.
- I’m OK with a little extra effort to get the best result.
- I like the convenience of having Reboot-friendly, perfectly-balanced meal replacement bars/shakes.
- I want a natural energy drink without all the sugar or caffeine jitters that gives me more energy, better focus, better sleep and less stress.
- I’m willing to strengthen my health with plant-based immune and inflammation support super-nutrients.
- I am ALL-IN about transforming my health/body now, and I want to know ALL the biohacks and benefits that will give the best result!

Simplify



- I’m busy and don’t have a lot of time for meal prep.
- I like saving money on my grocery bill.
- I’d like the convenience of Reboot-friendly meal replacement bars/shakes.
- I’m interested in a healthy Reboot-friendly alternative to soda or energy drinks.
- I can use help with stress management and sleep quality.
- I am too busy to get sick! I’d like to strengthen my health with immune and inflammation support ing super-nutrients.
- I want great results with the least amount of prep or effort.

100% DIY



- I enjoy cooking and have the time to shop, prep and cook healthy meals each day.
- The convenience of having Reboot-friendly perfectly balanced meal replacements is not important to me.
- I’m not interested in the benefits of an all-natural energy drink (without sugar or caffeine jitters) to give me added focus and energy, with better sleep and less stress.
- I would not like to strengthen my health and recovery with plant-based immune and anti-inflammation supporting super-nutrients.
- It’s okay with me if my results take longer or require more prep and planning.

DAY 1

Maximize

WAKE UP

- 16 oz Water
- 2 Limitless
- 2 Immūn
- 2 Balance



Simplify

- 16 oz Water
- 1 Limitless
- 1 Immūn
- 2 Balance



100% DIY

- 16 oz Water



BREAKFAST

Reboot Coffee

Blend 1 cup of fresh brewed coffee with 1-2 T unsalted grassfed butter (eg, Kerrygold) and MCT Oil. Add a pinch of cinnamon and enjoy. If desired, use Swerve® or Stevia to sweeten.



Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk in a shaker cup. Try adding things like berries, avocado, kale or spinach, Evolv Fix™ MCT Oil, or nut butters for variety and added nutrition & flavor.

Optional: Coffee or tea. Use whole milk or cream and only sweeten with Swerve® or Stevia.



Reboot-Friendly Homemade Meal

Tuscan Cauliflower Eggs Benedict
Optional: Coffee or Tea. If desired, use whole milk or cream and only sweeten with Swerve® or Stevia.



SNACK

16 oz Water

Note: Avoiding snacks in the early part of the day may help you maximize results. If you're getting hungry at this time, add more butter or MCT oil to your Reboot Coffee, or choose an Evolv LifeBar™.

Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor



Reboot-Friendly Snack

Example: 1/4 cup Almonds (raw)



LUNCH

Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk. Try adding fruits like Granny Smith apples (peeled), blueberries, raspberries, or strawberries (fruits count toward your daily servings); spinach or kale; avocado; organic spices like cinnamon, ginger or cayenne; organic nut butters; Evolv Fix™ or Evolv Fuel™; MCT Oil.



Reboot-Friendly Homemade Meal

Autumn 3-Bean Soup topped with sour cream, feta cheese, chives, and avocado (large bowl), and 16 oz water or Evolv Fix™



Reboot-Friendly Homemade Meal

Autumn 3-Bean Soup topped with sour cream, feta cheese, chives, and avocado (large bowl), and 16 oz water or tea



SNACK

Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor you like!



Reboot-Friendly Snack

1/2 cup hummus with raw veggies (broccoli), or an Evolv LifeBar™



Reboot-Friendly Snack

1/2 cup hummus with raw veggies (broccoli)



DINNER

Reboot-Friendly Dinner

Grilled Kebabs & Quinoa, Zucchini and Chickpea Salad; 16 oz water or Evolv Fix™



Reboot-Friendly Dinner

Grilled Kebabs with Quinoa, Zucchini Chickpea Salad; 16 oz water or Fix™



Reboot-Friendly Dinner

Grilled Kebabs & Quinoa, Zucchini Chickpea Salad; 16 oz water or tea



EVENING

- 16 oz Water
- 1 Limitless
- 1 Immūn
- 2 Balance



- 16 oz Water
- 1 Limitless
- 1 Immūn
- 2 Balance



- 16 oz Water and/or Chamomile Tea



*Important: stop eating 3 hours before bedtime

DAY 2

Maximize

WAKE UP

- 16 oz Water
- 2 Limitless
- 2 Immün
- 2 Balance



Simplify

- 16 oz Water
- 1 Limitless
- 1 Immün
- 2 Balance



100% DIY

- 16 oz Water



BREAKFAST

Reboot Coffee

Blend 1 cup of fresh brewed coffee with 1-2 T unsalted grassfed butter (eg, Kerrygold) and MCT Oil. Add a pinch of cinnamon and enjoy. If desired, use Swerve® or Stevia to sweeten.



Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk in a shaker cup. Try adding things like berries, avocado, kale or spinach, Evolv Fix™ MCT Oil, or nut butters for variety and added nutrition & flavor.

Optional: Coffee or tea. Use whole milk or cream and only sweeten with Swerve® or Stevia.



Reboot-Friendly Homemade Meal

Reboot Pancakes topped with whipped cream & berries

Optional: Coffee or tea with cream.



SNACK

16 oz Water

Note: Avoiding snacks in the early part of the day may help you maximize results. If you're getting hungry at this time, add more butter or MCT oil to your Reboot Coffee, or choose an Evolv LifeBar™.

Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor



Reboot-Friendly Snack

Organic hard-boiled egg



LUNCH

Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk. Try adding fruits like Granny Smith apples (peeled), blueberries, raspberries, or strawberries (fruits count toward your daily servings); spinach or kale; avocado; organic spices like cinnamon, ginger or cayenne; organic nut butters; Evolv Fix™ or Evolv Fuel™; MCT Oil.



Reboot-Friendly Homemade Meal

Zesty Lime, Shrimp, Avocado Salad

16 oz water or Evolv Fix™



Reboot-Friendly Homemade Meal

Zesty Lime, Shrimp, Avocado Salad

16 oz water or tea



SNACK

Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor you like!



Reboot-Friendly Snack

Celery Sticks with Peanut Butter or Cream Cheese or an Evolv LifeBar™



Reboot-Friendly Snack

Celery Sticks with Peanut Butter or Cream Cheese



DINNER

*Important: stop eating 3 hours before bedtime

Reboot-Friendly Dinner

PIZZA with Cream Cheese or Cauliflower Grain-free Crust) and 16 oz water or Fix™



Reboot-Friendly Dinner

PIZZA! PIZZA! with Grain-free Crust and 16 oz water or Fix™



Reboot-Friendly Dinner

PIZZA! PIZZA! with Grain-free Crust and 16 oz water or tea



EVENING

- 16 oz Water
- 1 Limitless
- 1 Immün
- 2 Balance



- 16 oz Water
- 1 Limitless
- 1 Immün
- 2 Balance



- 16 oz Water and/or Chamomile Tea



DAY 3

Maximize

Simplify

100% DIY

WAKE UP

- 16 oz Water
- 2 Limitless
- 2 Immün
- 2 Balance



- 16 oz Water
- 1 Limitless
- 1 Immün
- 2 Balance



- 16 oz Water



BREAKFAST

Reboot Coffee

Blend 1 cup of fresh brewed coffee with 1-2 T unsalted grassfed butter (eg, Kerrygold) and MCT Oil. Add a pinch of cinnamon and enjoy. If desired, use Swerve® or Stevia to sweeten.



Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk in a shaker cup. Try adding things like berries, avocado, kale or spinach, Evolv Fix™ MCT Oil, or nut butters for variety and added nutrition & flavor.

Optional: Coffee or tea. Use whole milk or cream and only sweeten with Swerve® or Stevia.



Reboot-Friendly Homemade Meal
Scrambled Eggs with Avocado, and Havarti and Cottage Cheese Salad
Optional: Coffee or tea with whole milk or cream, Swerve® or Stevia.



SNACK

16 oz Water

Note: Avoiding snacks in the early part of the day may help you maximize results. If you're getting hungry at this time, add more butter or MCT oil to your Reboot Coffee, or choose an Evolv LifeBar™.

Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor



Reboot-Friendly Snack

1/3 cup Pistachios



LUNCH

Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk. Try adding fruits like Granny Smith apples (peeled), blueberries, raspberries, or strawberries (fruits count toward your daily servings); spinach or kale; avocado; organic spices like cinnamon, ginger or cayenne; organic nut butters; Evolv Fix™ or Evolv Fuel™; MCT Oil.



Reboot-Friendly Homemade Meal

Zucchini Ribbons with parmesan cheese.

16 oz water or Evolv Fix™



Reboot-Friendly Homemade Meal

Zucchini Ribbons with parmesan cheese.

16 oz water or tea



SNACK

Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor you like!



Reboot-Friendly Snack

Green Granny Smith Apples with Cheese or an Evolv LifeBar™



Reboot-Friendly Snack

Green Granny Smith Apples with Cheese



DINNER

*Important: stop eating 3 hours before bedtime

Reboot-Friendly Dinner

Tasty Tex-Mex Stuffed Peppers and 16 oz water or Evolv Fix™



Reboot-Friendly Dinner

Tasty Tex-Mex Stuffed Peppers
16 oz water or Fix™



Reboot-Friendly Dinner

Tasty Tex-Mex Stuffed Peppers
16 oz water or tea



EVENING

- 16 oz Water
- 1 Limitless
- 1 Immün
- 2 Balance



- 16 oz Water
- 1 Limitless
- 1 Immün
- 2 Balance



- 16 oz Water and/or Chamomile Tea



DAY 4

Maximize

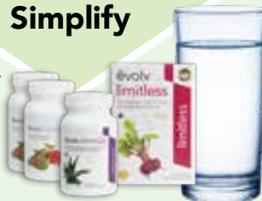
WAKE UP

- 16 oz Water
- 2 Limitless
- 2 Immün
- 2 Balance



Simplify

- 16 oz Water
- 1 Limitless
- 1 Immün
- 2 Balance



100% DIY

- 16 oz Water



BREAKFAST

Reboot Coffee

Blend 1 cup of fresh brewed coffee with 1-2 T unsalted grassfed butter (eg, Kerrygold) and MCT Oil. Add a pinch of cinnamon and enjoy. If desired, use Swerve® or Stevia to sweeten.



Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk in a shaker cup. Try adding things like berries, avocado, kale or spinach, Evolv Fix™ MCT Oil, or nut butters for variety and added nutrition & flavor.

Optional: Coffee or tea. Use whole milk or cream and only sweeten with Swerve® or Stevia.



Reboot-Friendly Homemade Meal

Shredded Carrot Savory Pancakes

Optional: Coffee or tea with whole milk or cream, Swerve® or Stevia.



SNACK

16 oz Water

Note: Avoiding snacks in the early part of the day may help you maximize results. If you're getting hungry at this time, add more butter or MCT oil to your Reboot Coffee, or choose an Evolv LifeBar™.

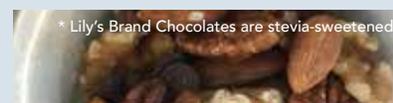
Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor



Reboot-Friendly Snack

Raw nuts/seeds & Lily's Choc. Chips



LUNCH

Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk. Try adding fruits like Granny Smith apples (peeled), blueberries, raspberries, or strawberries (fruits count toward your daily servings); spinach or kale; avocado; organic spices like cinnamon, ginger or cayenne; organic nut butters; Evolv Fix™ or Evolv Fuel™; MCT Oil.



Reboot-Friendly Homemade Meal

Bacon, Avocado and Tomato Lettuce Wrap

16 oz water or Evolv Fix™



Reboot-Friendly Homemade Meal

Bacon, Avocado and Tomato Lettuce Wrap

16 oz water or tea



SNACK

Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor you like!



Reboot-Friendly Snack

Red & Yellow Bell Peppers with Cream Cheese Dip or a LifeBar™



Reboot-Friendly Snack

Red & Yellow Bell Peppers with Cream Cheese Dip



DINNER

*Important: stop eating 3 hours before bedtime

Reboot-Friendly Dinner

Healthy Low-Carb Make-Ahead Lasagna and Green Salad and 16 oz water or Fix™



Reboot-Friendly Dinner

Low-Carb Make-Ahead Lasagna and Green Salad and 16 oz water or Fix™



Reboot-Friendly Dinner

Low-Carb Make-Ahead Lasagna and Green Salad and 16 oz water or tea



EVENING

- 16 oz water
- 1 Limitless
- 1 Immün
- 2 Balance



- 16 oz water
- 1 Limitless
- 1 Immün
- 2 Balance



- 16 oz water and/or Chamomile Tea



DAY 5

Maximize

Simplify

100% DIY

WAKE UP

- 16 oz Water
- 2 Limitless
- 2 Immün
- 2 Balance



- 16 oz Water
- 1 Limitless
- 1 Immün
- 2 Balance



- 16 oz Water



BREAKFAST

Reboot Coffee

Blend 1 cup of fresh brewed coffee with 1-2 T unsalted grassfed butter (eg, Kerrygold) and MCT Oil. Add a pinch of cinnamon and enjoy. If desired, use Swerve® or Stevia to sweeten.



Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk in a shaker cup. Try adding things like berries, avocado, kale or spinach, Evolv Fix™ MCT Oil, or nut butters for variety and added nutrition & flavor.

Optional: Coffee or tea. Use whole milk or cream and only sweeten with Swerve® or Stevia.



Reboot-Friendly Homemade Meal

Black Bean stuffed Avocado topped with Pico de Gallo and Lime Juice

Optional: Coffee or tea with whole milk or cream, Swerve® or Stevia.



SNACK

16 oz Water

Note: Avoiding snacks in the early part of the day may help you maximize results. If you're getting hungry at this time, add more butter or MCT oil to your Reboot Coffee, or choose an Evolv LifeBar™.

Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor



Reboot-Friendly Snack

Grain-free Cheesy Bread & Butter



LUNCH

Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk. Try adding fruits like Granny Smith apples (peeled), blueberries, raspberries, or strawberries (fruits count toward your daily servings); spinach or kale; avocado; organic spices like cinnamon, ginger or cayenne; organic nut butters; Evolv Fix™ or Evolv Fuel™; MCT Oil.



Reboot-Friendly Homemade Meal

Large Spinach Salad with Fresh Mint drizzled with Olive Oil and Lemon

16 oz water or Evolv Fix™



Reboot-Friendly Homemade Meal

Large Spinach Salad with Fresh Mint drizzled with Olive Oil and Lemon

16 oz water or tea



SNACK

Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor you like!



Reboot-Friendly Snack

Organic Full-Fat Cottage Cheese with Berries or a LifeBar™



Reboot-Friendly Snack

Organic Full-Fat Cottage Cheese with Berries



DINNER

*Important: stop eating 3 hours before bedtime

Reboot-Friendly Dinner

Spicy Latin-inspired Coconut Chicken and 16 oz water or Fix™



Reboot-Friendly Dinner

Spicy Latin-inspired Coconut Chicken and 16 oz water or Fix™



Reboot-Friendly Dinner

Spicy Latin-inspired Coconut Chicken and 16 oz water or tea



EVENING

- 16 oz water
- 1 Limitless
- 1 Immün
- 2 Balance



- 16 oz water
- 1 Limitless
- 1 Immün
- 2 Balance



- 16 oz water and/or Chamomile Tea



DAY 6

Maximize



16 oz Water
2 Limitless
2 Immün
2 Balance

WAKE UP

Simplify



16 oz Water
1 Limitless
1 Immün
2 Balance

100% DIY



16 oz Water

Reboot Coffee

Blend 1 cup of fresh brewed coffee with 1-2 T unsalted grassfed butter (eg, Kerrygold) and MCT Oil. Add a pinch of cinnamon and enjoy. If desired, use Swerve® or Stevia to sweeten.



BREAKFAST

Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk in a shaker cup. Try adding things like berries, avocado, kale or spinach, Evolv Fix™ MCT Oil, or nut butters for variety and added nutrition & flavor.

Optional: Coffee or tea. Use whole milk or cream and only sweeten with Swerve® or Stevia.



Reboot-Friendly Homemade Meal

Overnight Steel-Cut Oats with Lily's Chocolate, Cinnamon & Berries

Optional: Coffee or tea with whole milk or cream, Swerve® or Stevia.



16 oz Water

Note: Avoiding snacks in the early part of the day may help you maximize results. If you're getting hungry at this time, add more butter or MCT oil to your Reboot Coffee, or choose an Evolv LifeBar™.

SNACK

Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor



Reboot-Friendly Snack

1/2 Cup of Cashews (ideally raw)



Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk. Try adding fruits like Granny Smith apples (peeled), blueberries, raspberries, or strawberries (fruits count toward your daily servings); spinach or kale; avocado; organic spices like cinnamon, ginger or cayenne; organic nut butters; Evolv Fix™ or Evolv Fuel™; MCT Oil.



LUNCH

Reboot-Friendly Homemade Meal

Large Asparagus Chopped Salad with Avocado and Radishes

16 oz water or Evolv Fix™



Reboot-Friendly Homemade Meal

Large Asparagus Salad with Tomato, Avocado, Cukes and Radishes

16 oz water or tea



Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor you like!



SNACK

Reboot-Friendly Snack

Guacamole with Colorful Raw Vegetables or a LifeBar™



Reboot-Friendly Snack

Guacamole with Colorful Raw Vegetables



DINNER

*Important: stop eating 3 hours before bedtime

Reboot-Friendly Dinner

Scallops in Brown Butter, Lemon & Capers with Green Salad; 16 oz water or Fix™



Reboot-Friendly Dinner

Brown Butter Scallops, Lemon, Capers, Green Salad; 16 oz water or Fix™



Reboot-Friendly Dinner

Brown Butter Scallops with Lemon, Capers, Green Salad; 16 oz water/tea



EVENING

16 oz water
1 Limitless
1 Immün
2 Balance



16 oz water
1 Limitless
1 Immün
2 Balance



16 oz water and/or Chamomile Tea



DAY 7

Maximize

WAKE UP

- 16 oz Water
- 2 Limitless
- 2 Immün
- 2 Balance



Simplify

- 16 oz Water
- 1 Limitless
- 1 Immün
- 2 Balance



100% DIY

- 16 oz Water



BREAKFAST

Reboot Coffee

Blend 1 cup of fresh brewed coffee with 1-2 T unsalted grassfed butter (eg, Kerrygold) and MCT Oil. Add a pinch of cinnamon and enjoy. If desired, use Swerve® or Stevia to sweeten.



Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk in a shaker cup. Try adding things like berries, avocado, kale or spinach, Evolv Fix™ MCT Oil, or nut butters for variety and added nutrition & flavor.

Optional: Coffee or tea. Use whole milk or cream and only sweeten with Swerve® or Stevia.



Reboot-Friendly Homemade Meal

Low-carb Apple-Spice Pumpkin Bread with Butter or Cream Cheese

Optional: Coffee or tea with whole milk or cream, Swerve® or Stevia.



SNACK

16 oz Water

Note: Avoiding snacks in the early part of the day may help you maximize results. If you're getting hungry at this time, add more butter or MCT oil to your Reboot Coffee, or choose an Evolv LifeBar™.

Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor



Reboot-Friendly Snack

Avocado, Egg & Smoked Salmon



LUNCH

Reboot Shake

Blend 1 packet Evolv Shake™ with whole milk, water, or other non-dairy milk. Try adding fruits like Granny Smith apples (peeled), blueberries, raspberries, or strawberries (fruits count toward your daily servings); spinach or kale; avocado; organic spices like cinnamon, ginger or cayenne; organic nut butters; Evolv Fix™ or Evolv Fuel™; MCT Oil.



Reboot-Friendly Homemade Meal

Apple-Bacon Coleslaw Chop Salad

16 oz water or Evolv Fix™



Reboot-Friendly Homemade Meal

Large Asparagus Salad with Tomato, Avocado, Cukes and Radishes

16 oz water or tea



SNACK

Evolv LifeBar™ with 16oz Water

Any Regular or Seasonal flavor you like!



Reboot-Friendly Snack

Babaganoush with Olives & Fresh Vegetables or a LifeBar™



Reboot-Friendly Snack

Babaganoush with Olives & Fresh Vegetables



DINNER

*Important: stop eating 3 hours before bedtime

Reboot-Friendly Dinner

Low-Carb Chicken Parmesan with Green Beans; 16 oz water or Evolv Fix™



Reboot-Friendly Dinner

Low-Carb Chicken Parmesan with Green Beans; 16 oz water or Fix™



Reboot-Friendly Dinner

Low-Carb Chicken Parmesan with Green Beans; 16 oz water or tea



EVENING

- 16 oz water
- 1 Limitless
- 1 Immün
- 2 Balance



- 16 oz water
- 1 Limitless
- 1 Immün
- 2 Balance



- 16 oz water and/or Chamomile Tea



Reboot Phase 1 Quick Guide

The meal suggestions in the previous pages and the foods list below are guidelines to help your body maximize your Reboot. Still hungry? Add another snack from the approved list. Not hungry at all? Don't eat a snack just because it's suggested here. Your body's needs are key!

PROTEIN	FATS/OILS	FRUITS & VEGETABLES	OTHER
ANIMAL SOURCES: Beef Buffalo Cheese (any variety) Chicken Crab Eggs (whole) Fish Lamb Milk (whole) Pork Poultry Salmon Scallops Shrimp Turkey Venison Wild Game VEGETABLE SOURCES: Edamame Garbanzos/Chick Peas Pea Protein Tempeh (grain-free) Quinoa	FOODS: Almonds Almond Butter Avocado Butter Cheese (any variety) Coconut Milk (whole unsweetened) Cream Cream Cheese Ghee Half & half Milk (whole) Nut Butters (no sugar added) Nuts (any plain raw or salted) Olives Plain yogurt (whole) Seeds (any plain raw or salted) Sour Cream (whole) Whipping Cream OILS: Avocado Oil, Coconut Oil, Flaxseed Oil, Grapeseed Oil, Olive Oil, Walnut Oil	FRUITS: (2 servings daily except where indicated) Avocados (more than 2 servings allowed), Berries (any kind - limit 2-4 servings per week), Granny Smith Apples, Lemons (and juice), Lime (and juice), Tomatoes (more than 2 servings allowed) <i>LifeBars do NOT count as a serving of fruit.</i> VEGETABLES: (unlimited daily servings) A - D: Arugula, Asparagus, Bamboo Shoots, Basil, Bell Peppers, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Chives, Collard Greens, Cucumber, Daikon, Dill E - G: Eggplant, Endive, Escarole, Fennel, Garlic, Ginger, Grape Leaves, Green Beans H - P: Hearts of Palm, Herbs, Jicama, Jalapeños, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Onions, Parsley R - Z: Radishes, Radicchio, Seaweed, Shallots, Snap Beans, Snap Peas, Snow Peas, Sorrel, Spaghetti Squash, Spinach, Sprouts (any variety), Summer Squash, Swiss Chard, Thyme, Turnip Greens, Wheat Grass, Zucchini	SNACK IDEAS: Babaganouj Berries & Yogurt Celery & Nut Butter Cheese & Green Apple Hard Boiled Eggs Hummus & Cukes Lily's Dark Chocolate bars (stevia-sweetened) Nuts (any plain raw or salted) Sauerkraut (Bubbie's brand) Seeds (any plain raw or salted) EXTRAS: Almond Milk (unsweetened) Balsamic Vinegar Bragg's Liquid Aminos Salad Dressing (full fat, no sugar or unapproved oils) Coffee (in moderation) Hemp Milk (unsweetened) Hot Sauce (no sugar) Nutritional Yeast Salsa (fresh) Sea Salt Spices



REAL PEOPLE, REAL RESULTS

"I did several Reboots back to back and lost a total of 70 lbs. I'm healthier than ever!"

— Alyce S., WA

For Best Results, Avoid:

- **No skipped meals.** Even if we are not counting calories to lose fat, we still need them to fuel daily activity.
- **No low-fat or reduced-fat substitution.** Healthy dietary fat is one of the keys to Rebooting leptin. Stick to whole fats where indicated.
- **No excess protein.** Maintain 4-6 oz per meal or 12-18 oz per day at most. Excess may convert to sugar.
- **No added sugars.** Avoid table, powdered, white & brown sugar, corn syrup, molasses, honey, dextrose, maltodextrin, artificial sweeteners, & most fruits. Excess sugar promotes inflammation and leptin resistance.
- **No grains or alcohol.** Avoid wheat, millet, rye, oats, rice, spelt, barley, canned goods with added sugar, and all alcoholic beverages (converts to sugar in the blood).

The Evolv products and Reboot program are not intended to cure, treat, heal, or diagnose any disease, illness or medical condition. Consult your health care provider before beginning this or any nutritional or exercise program.

Recommended Reboot Products & BioHacks

Want to simplify and maximize your results?

Try customizing your Reboot with one of our premade Reboot Kits!

Click on any Kit image below or visit evolvhealth.com/reboot for details.



THE FAT-BURNER REBOOT

Core nutritional support when you want to target fat-burning! A convenient, tasty, powerful set of nutritional products designed to help your body address inflammation and leptin resistance, naturally and effectively.



INTEGRATIVE HEALTH REBOOT

For targeted integrative, immune, digestive, hormonal and natural inflammation support to help the body address overall well-being, comfort, and digestive support, or to target these issues ongoing.



SPORTS PERFORMANCE REBOOT

For the best workouts! Combines a powerful proprietary drink mix with nutritional ingredients scientifically shown to offer clean energy with support for endurance, hydration, recovery and inflammatory defense.



Biggest Savings and Support!

TOTAL REBOOT KIT

This is a total integrative package for immune, digestive, hormonal and inflammation support coupled with fat burning products. Perfect for those ready to help the body address overall well-being, comfort, and fat burning efforts or to target these issues ongoing.

- Combines good nutrition and convenience with science-driven products to support the body with:
- Better recovery and defense
- Sustainable methods for healthy weight management
- Restore gut health
- Reactivating your immune system
- Addressing the risk factors for inflammation
- Balancing cortisol and supporting happy hormones
- Regaining leptin sensitivity
- Providing cleaner eating options using the money you would have used on bad habits before!

SBP

Ready to help others get healthy while helping even more children in need?

Ask the person who gave you this brochure to tell you about becoming a Social Business Partner.