

# Reboot

THE CORE FUNCTIONS OF  
YOUR BODY THAT REGULATE

- Sleep
- Pain Sensation
- Efficient Fat Burning
- Recovery & Defense
- Hormones
- Energy
- Focus & Memory
- Mood, Anxiety & Stress
- Hunger

*Rebooting is the process of  
biohacking your body's biochemistry  
with nature's most powerful,  
scientifically-validated molecules to  
achieve best health outcomes.*



# Rebooting

## STARTS WITH A "GUT HEALTHY" FOOD PLAN

An unhealthy gut is the core cause of chronic inflammation, immunodeficiency, weight gain, poor sleep, brain fog, anxiety, hormone imbalance and almost every form of chronic disease. Science has finally broken the code for "Healthy Diet" and it's completely contrary to what we've been told in the past.

### BECAUSE FOOD MATTERS

In 1992 the US Department of Agriculture created its original Food Pyramid, as a guide to healthy eating. Over the next 20 years, the US experienced the biggest outbreak of obesity, diabetes and chronic illness the world had ever seen as we replaced healthy fats in our diets with carbs and sugars. This shifted our metabolisms from efficient fat burners to sugar burners.

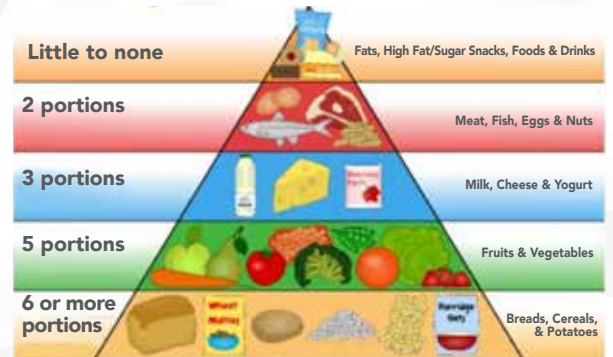
"90% of Americans have lost the ability to burn fat as their primary source of fuel." *Fat for Fuel, Dr. Joseph Mercola*



"All disease starts in the gut."

*Hippocrates,  
Father of  
Medicine*

A whole food "Gut Healthy" diet can help maximize the impact of Rebooting.



1992 USDA Food Pyramid

### THE KETOGENIC SHIFT

By 2015, science had reversed this hypothesis of a healthy diet by showing that good gut health and an efficient fat burning metabolism require a diet:

- High in healthy fats
- High in fiber
- Moderate in protein
- Low to no sugar
- Low in carbs (except high fiber veggies)

CHANGE YOUR LIFE, CHANGE THE WORLD™



**Our Buy 1 Nourish 2** model of social giving helped to provide advanced nutritional support to the world's most vulnerable children.

*So our proposition is simple. Choose to change your life and in doing so, you'll help us change the world.*



# Reboot

## FOOD GUIDE FOR "HEALTHY GUT" RESTORATION

The right ratio of healthy fat, protein and carb calories are important in a "Healthy Gut" Food Plan



### DAILY CALORIC INTAKE GUIDE:

50% or more from healthy fats	All fats contain 9 calories per gram
25-35% from proteins <i>(excess protein can convert into sugar in the body)</i>	All proteins contain 4 calories per gram
10-20% from carbs (see guide) <i>(eat at least 25 grams of fiber per day)</i>	All carbs contain 4 calories per gram

### IMPORTANT NOTES:

1. This is a guide to healthy gut restoration. Don't worry about counting calories. Just be aware of portions.
2. Fiber feeds friendly gut bacteria. Sugar feeds bad gut bacteria. The objective is to feed the good and starve the bad.
3. Everyone should do a 28 Day Reboot. Those losing weight should remain on the 28 day Reboot Food Plan until they reach their goal weight.

## 28 DAY "HEALTHY FAT" REBOOT FOOD GUIDE

HEALTHY FATS	PROTEIN	FRUITS & VEGETABLES	HEALTHY SNACK OPTIONS
<p><b>FOODS:</b> Almond Butter, Almonds, Avocado, Cheese (any variety), Coconut Milk (whole unsweetened), Cream, Cream Cheese, Ghee, Half &amp; Half, Whole Milk, 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</p> <p><b>OILS:</b> Avocado Oil, Coconut Oil, Flaxseed Oil, Grapeseed Oil, Olive Oil, Walnut Oil</p>	<p><b>ANIMAL SOURCES:</b> Beef, Buffalo Cheese (any variety) Chicken, Crab Eggs (whole), Fish Lamb, Milk (whole) Pork, Poultry Salmon, Scallops Shrimp, Turkey Venison, Wild Game</p> <p><b>VEGETABLE SOURCES:</b> Edamame, Pea Protein Garbanzos/ Chick Peas Tempeh (grain-free) Quinoa</p>	<p><b>FRUITS:</b> (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)</p> <p><b>VEGETABLES:</b> (unlimited daily servings) Arugula, Asparagus, Bamboo Shoots, Basil, Bell Peppers, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Chives, Collard Greens, Cucumber, Daikon, Dill, Eggplant, Endive, Escarole, Fennel, Garlic, Ginger, Grape Leaves, Green Beans, Hearts of Palm, Herbs, Jicama, Jalapeños, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Onions, Parsley, 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</p>	<p><b>SNACK IDEAS:</b> Babaganouj, Berries &amp; Yogurt, Celery &amp; Nut Butter Cheese &amp; Green Apple Hard Boiled Eggs Hummus &amp; Cucumbers Lily's Dark Chocolate bars (stevia-sweetened) Nuts (any plain raw or salted) Sauerkraut (Bubbie's brand) Seeds (any plain raw or salted)</p> <p><b>EXTRAS:</b> 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</p>

After 28 Day Reboot you can add these options for healthy gut maintenance (or after weight goals are achieved)

ADDITIONAL VEGETABLES	ADDITIONAL FRUITS	ADDITIONAL GRAINS
Acorn Squash, Artichokes, Beans (~3/4 C per serving), Butternut Squash, Carrots, Cassava, Cowpeas, Leeks, Lentils, Okra, Parsnip, Pickles, Pumpkin, Split Peas, Sweet Potato, Turnip, Winter Squash, Yam, Yuca	Apple, Apricot, Canteloupe, Cherries, Dragonfruit, Grapefruit, Honeydew, Kiwi, Mango, Nectarine, Orange, Passionfruit, Peach, Pear, Persimmon, Plum, Pomegranate, Tangerine, Watermelon	Barley, Brown Rice, Buckwheat groats (kasha), Bulgar Wheat, Millet, Oats (steel cut), Rye, Semonlina (whole grain dry), Tapioca, AkMak Crackers, Breads (Ezekiel or other whole grain), Hot Cereals, Pastas (whole grain), Tortillas (whole grain), Wasa Crackers








# HOW TO USE THE Reboot

Food Plan and supplements to achieve your optimal health goals!



Staying compliant with the Reboot Food Plan is not always convenient, so Evolv developed a line of keto friendly "whole food" products to help you achieve your goals.

## FAT BURNER REBOOT — Drink 16oz water with each LifeBar.\*

Convenient Economical Effective	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner*</b>
	 or 	 Optional Fix		 Optional Fix	Follow the Reboot Food Guide



## TOTAL REBOOT — Combining keto friendly "whole food" products with nature's most powerful rebooting molecules.

<b>Wake Up</b>	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner*</b>	<b>Before Bed</b>
	 or 	Choose from healthy snack options		 Optional Fix	Follow the Reboot Food Guide	



## INTEGRATIVE HEALTH REBOOT —

<b>Wake Up</b>	<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner*</b>	<b>Before Bed</b>
	Follow the Reboot Food Guide	Choose from healthy snack options	Follow the Reboot Food Guide	Choose from healthy snack options	Follow the Reboot Food Guide	



## SPORTS PERFORMANCE REBOOT —

<b>30 minutes before event</b>	<b>During</b>	<b>For workout or event</b>	<b>After</b>
 To enhance nitric oxide production and immune support	 For immediate and sustainable ATP production and electrolyte support	 To reduce inflammation and speed up recovery	



### ADDITIONAL TIPS:

- Vacation Meals** – After your Reboot, you can have one vacation day per week. Eat whatever you want, but try not to be abusive. It takes continued days of poor food choices to start compromising a healthy gut and efficient fat burning metabolism. Enjoy!
- What to Avoid** – Be careful to avoid grains and alcohol during your Reboot. They easily convert to sugar in the body.
- Partner Up** – Find an accountability partner, do it together and HAVE FUN!

IF YOU ARE PLATUEING BEFORE GOAL WEIGHT IS ACHIEVED TRY:

- Eating More Fat**
- Intermittent Fasting**
- Getting More Sleep (At least 8 hours)**
- High Intensity Workouts**

