

# BODY LIFE REBOOT RESET

A 31-day journey to holistic wellness

*Sally-Ann*  
CREED®

# Welcome

## Congratulations! You've taken the first step in your wellness journey.

Sally-Ann Creed's **31 day Body Reboot Life Reset** programme focuses on clean eating, removing foods that place a burden on our 'detox' systems, movement and mental health. It's designed to not only help you feel fabulous, but to greatly improve your overall well-being too by rejuvenating your body and mind!

Inside this booklet you will find a 31-day eating plan, four week exercise plan and a mental health challenge and checklist, along with other helpful resources including interesting articles, recipes and supplement guides to support you along this journey.

No two people are alike, and this journey is about changing lifestyle habits that you can sustain into the future. If you do it right, it will leave you feeling fabulous - your energy levels will soar, and your skin will radiate. You will feel fabulous both inside and out.

This time round, we're offering all Body Reboot Life Reset participants **20% off all Sally-Ann Creed products for the month of January 2025.** Simply enter the code **REBOOT25** at checkout and we'll take 20% off all Sally-Ann Creed products in your basket!

Let's get started!

*\*Disclaimer: If your healthcare provider has recommended that you should not attempt a ketogenic diet, please use the LCHF options in our eating plans. If you are pregnant, breastfeeding, diabetic or living with a kidney impairment, we would advise not to participate in this journey unless cleared by your medical practitioner.*

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# How to navigate this guide

## **Nutrition**

We have included two options for this journey.

A Ketogenic (KETO) and a Low Carb High Fat (LCHF) option.

## **Which journey should you choose?**


**Option 1:** The Ketogenic (KETO) Eating Guide

**Option 2:** The Low Carb High Fat (LCHF) Eating Guide


The first 3 days of the eating plan is what we call a 'keto-kickstart'. In today's modern society, most individuals' primary energy source is glucose derived from carbs and other starchy foods. If we reduce the amount of carbs we consume, our bodies produce energy from different sources such as proteins and fats. When our body burns fat for energy, it turns these lipids (fat) into ketones namely, acetoacetate (AcAc) and beta-hydroxybutyrate (D-BHB), which the brain and body prefer as an energy source relative to glucose.

After this 3-day keto kickstart, we enter a 28-day eating program with your daily meal recommendations for either the Keto Guide or LCHF Guide, depending on which you are following for the remainder of the program. We are the first to acknowledge that we are all human, and have therefore coined the term "live a little" meals, where you're able to let your hair down and enjoy 1 meal per week that is not strictly according to the plan, but remember to return back to the plan with your next meal to help keep you on track.

# How to navigate this guide

If you have chosen the Keto Eating Guide, follow the daily meal suggestions while excluding the LCHF items listed in green. If you have selected the LCHF Eating Guide, look out for the 'LCHF' logo (  ) as these are additional food items added to the 'base' food items to assist in increasing your daily carbohydrate intake, and therefore prevent you from remaining in a ketogenic state.

This journey is about balance, sustainability and eating in a healthy, sensible way. Should you feel your body needs additional sustenance between meals and / or beyond the recommended food items, we encourage you to honour those needs - this is not a starvation diet but rather a healthful guide in accordance to the LCHF way. Should you need a light snack between meals you could try our Sally-Ann Creed [Skinny Collagen Soup](#) or [Sipping Bone Broth](#).

We have also included a handy shopping list so that you can prepare ahead of the journey. There are many items on the shopping list that are available at your local Sally-Ann Creed stockist as well as on our [online shop](#) or physical store in Westlake, Cape Town. These items will be indicated with a shopping cart icon. 

# How to navigate this guide

## Supplementation Support

We have included some helpful supplements that will support you along this journey. There are two supplement guides, one for the three day Keto Kickstart and a second for the 28 day Reboot Guide.

## Movement

We believe that wellness is a holistic journey and movement is essential for our wellbeing. Week 1 and week 3 focus on high intensity and strength training, while week 2 and week 4 focus on mobility. Each daily routine is only 30 minutes and the exercises are all body-weight based, which can be done anywhere. We recommend that you include two additional days of outdoor activity, which could be a 20 - 30minute walk/jog/run/cycle/swim, anything to get your body moving in nature.

The movement programme is designed for your current fitness level and pace.

- **Easy = Beginner:** You will be completing the full circuit of each exercise 1x per session
- **Medium = Intermediate:** You will be completing the full circuit of each exercise 2x per session
- **Advanced = Experienced:** You will be completing the full circuit of each exercise 3x per session

The first week you begin the programme, select for your current fitness level. The following week, when you repeat the programme again, try to increase the level (and number of circuits you do)

# How to navigate this guide

## Mental Health

As the saying goes, 'It takes 21 days to form a new habit' while entrenching one can take a little longer. For the Reboot, Reset program we have included a Weekly Mental Health checklist, which will help you to reflect and assess where your mental space is along your journey. We have then also included a Mental Health Challenge and a meditation guide. These have been designed and included for you to implement small changes in your daily routine to help improve your outlook and mental well-being.

## Some further goodies you will find in this booklet...

- Delicious Sally-Ann Creed recipes suitable for your meal plan
- Worksheets to help you set your goals and track your progress
- Gratitude journaling space

We've created a handy Printouts section of the guide so you can print out and keep track of your progress through this journey to wellness.

We're so excited to be taking this journey together! Enjoy it and don't forget to check in every Saturday and let us know how it's going!

All our love,  
Roxy & the Sally-Ann Creed team

\*Disclaimer: The reader assumes full responsibility for consulting a qualified physician or licensed healthcare practitioner regarding health conditions or concerns, and before starting the below diet and / or health program. The writers and publishers of this booklet are not responsible for any adverse reactions, effects, or consequences resulting from the use of any guides, recipes or suggestions herein or hereafter. If your healthcare provider has recommended that you should not attempt a ketogenic diet, please use the LCHF options in our eating plans. If you are pregnant, breastfeeding, diabetic or living with a kidney impairment, we would advise not to participate in this journey unless cleared by your medical practitioner. Please read our full disclaimer on page 8

# The (not so) fine print

This information is not meant to prevent, diagnose, treat or cure any disease. Nor does it take the place of professional medical advice. If professional assistance is needed, a qualified physician or licensed health care practitioner should be consulted.

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# Help is at hand

## The guide

- Eat protein first with all meals
- Drink 1500-2000 ml of water every day
- Avoid refined sugars
- Avoid highly processed foods
- Avoid alcohol for the duration of the 31 days
- Focus on fibre rich foods that are suitable for low-carb living
- Prepare all meals yourself. You know what's in the food you cook
- Dried herbs and spices are allowed

### Portion sizes



#### Fist

1 serving carb



#### Palm

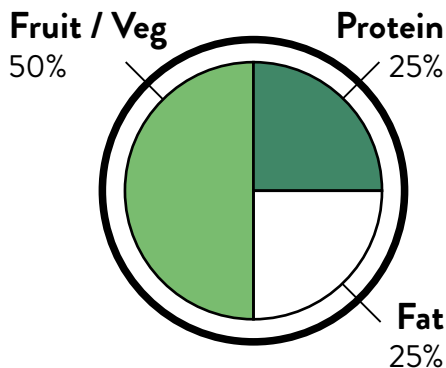
30g protein



#### Cupped hand

1 serving fruit/veg

### Plate Percentage



## The key



Buy  
online



Low-carb



Carb-free



Ketogenic



Low carbohydrate,  
high fat option



Click to view  
our recipe

# Help is at hand

## How will I know that I'm in ketosis?

Ketosis is defined as a natural metabolic process that involves the production of energy from the breakdown of fat into ketone bodies. Signs that suggest you are in ketosis include fatigue, bad breath, dry mouth, weight loss, flu-like symptoms, and decreased hunger and thirst.

### Here are 8 common symptoms of ketosis:

<b>Bad breath</b>	Experiencing a fruity almost metallic taste in the mouth? This is due to ketones being released during the adaptation phase and will go away once you reach ketosis, when your body uses ketones as the primary source of energy.
<b>Frequent urination</b>	You might initially experience more urination than usual. This is because salt and water are being excreted because you are not eating carbohydrates, which hold water. This will settle as you adapt to ketogenic diet lifestyle.
<b>Dry mouth</b>	Feeling “cotton mouth” or dry mouth? This is because you are excreting more fluids than usual. Hydrate well by drinking the recommended amount of water and replacing electrolytes with ProHydrate+.
<b>Rapid weight loss</b>	You might find that you lose a lot of weight quite quickly. This will occur from the water being excreted as well from when our body starts using fat as the main energy source from the lack of carbohydrates consumed.
<b>Lower hunger</b>	You will feel much less hungry and more satiated. When you are in ketosis, your body will produce ketones, which, research suggests, may affect hormone levels in your body, helping to reduce appetite.
<b>Increased energy</b>	You might initially feel very tired but once your body is in ketosis you will have much more energy. Ketones are an extremely potent fuel source for your brain, so when you're in ketosis, you'll feel super energised.
<b>“Keto flu”</b>	The keto flu is a collection of symptoms experienced by some people when they first start the keto diet. This drastic carb reduction can come as a shock to the body and may cause withdrawal-like symptoms.
<b>Use of Keto strips</b>	If you want confirmation, use Keto strips to confirm. A positive result from the ketone urine strips will mean that your body is in ketosis. You can purchase these from Takealot, Clicks, Discem or other online health stores.

**KEEP  
TRACK**

**OF YOUR  
PROGRESS**

# Keep track of your progress

**Your Goal:**

**Keto Kickstart start date:** \_\_\_\_\_

Day 1	Day 2	Day 3
-------	-------	-------

**28-Day Reboot start date:** \_\_\_\_\_

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28

# Week 1 check-in



Scan me to check-in online

## How are your energy levels?

Fatigued  1  2  3  4  5  6  7  8  9  10 Energised

Notes: \_\_\_\_\_

## How have you been sleeping?

Restless  1  2  3  4  5  6  7  8  9  10 Peacefully

Notes: \_\_\_\_\_

## Do you feel like you're on track?

Nope  1  2  3  4  5  6  7  8  9  10 Totally

Notes: \_\_\_\_\_

## How is your mental well-being?

Not great  1  2  3  4  5  6  7  8  9  10 Optimistic

Notes: \_\_\_\_\_

# Week 2 check-in



Scan me to check-in online

## How are your energy levels?

Fatigued  1  2  3  4  5  6  7  8  9  10 Energised

Notes: \_\_\_\_\_

\_\_\_\_\_

## How have you been sleeping?

Restless  1  2  3  4  5  6  7  8  9  10 Peacefully

Notes: \_\_\_\_\_

\_\_\_\_\_

## Do you feel like you're on track?

Nope  1  2  3  4  5  6  7  8  9  10 Totally

Notes: \_\_\_\_\_

\_\_\_\_\_

## How is your mental well-being?

Not great  1  2  3  4  5  6  7  8  9  10 Optimistic

Notes: \_\_\_\_\_

\_\_\_\_\_

# Week 3 check-in



Scan me to check-in online

## How are your energy levels?

Fatigued  1  2  3  4  5  6  7  8  9  10 Energised

Notes: \_\_\_\_\_

## How have you been sleeping?

Restless  1  2  3  4  5  6  7  8  9  10 Peacefully

Notes: \_\_\_\_\_

## Do you feel like you're on track?

Nope  1  2  3  4  5  6  7  8  9  10 Totally

Notes: \_\_\_\_\_

## How is your mental well-being?

Not great  1  2  3  4  5  6  7  8  9  10 Optimistic

Notes: \_\_\_\_\_

# Week 4 check-in



Scan me to check-in online

## How are your energy levels?

Fatigued  1  2  3  4  5  6  7  8  9  10 Energised

Notes: \_\_\_\_\_

\_\_\_\_\_

## How have you been sleeping?

Restless  1  2  3  4  5  6  7  8  9  10 Peacefully

Notes: \_\_\_\_\_

\_\_\_\_\_

## Do you feel like you're on track?

Nope  1  2  3  4  5  6  7  8  9  10 Totally

Notes: \_\_\_\_\_

\_\_\_\_\_

## How is your mental well-being?

Not great  1  2  3  4  5  6  7  8  9  10 Optimistic

Notes: \_\_\_\_\_

\_\_\_\_\_



# All done! How'd that go?

## How are you feeling after the program?

Awful  1  2  3  4  5  6  7  8  9  10 Great

Notes: \_\_\_\_\_  
\_\_\_\_\_

## Did you achieve your goal?

Not yet  Mostly  Yes!

Notes: \_\_\_\_\_  
\_\_\_\_\_

## Will you keep going on this journey?

It's not for me  I'll keep trying  Absolutely

Notes: \_\_\_\_\_  
\_\_\_\_\_

**SOME  
HELP**

**ALONG  
THE WAY**

# Blood Tests

Blood tests are important. They provide invaluable insight into what our bodies need to perform at its best. Our registered dietitian will be able to give you blood request forms from either PathCare, Lancet or Ampath Laboratories.

Simply complete this form and email it to [dietitian@sallyanncreed.co.za](mailto:dietitian@sallyanncreed.co.za) and we will email you the required form that you can take to your nearest laboratory where they will draw and analyse your blood. Each test's cost is presented below, and payment is for your account – either cash or medical aid.

Please choose the test(s) you require:

- Vitamin B12 (+-R225)
- Vitamin D(+-R350)
- Homocysteine(+-R275)
- HbA1C (+-R260)
- Fasting Glucose(+-R55)
- Fasting Insulin (+-R225)
- Total Lipogram (cholesterol) (R330-R420)

First Name: ..... Last Name: .....

Email address: .....

Telephone No: .....

ID No: ..... Date of birth: .....

Gender: .....

Address: .....

.....

Please feel free to attach any further bloods you may want to receive and our dietitian will get ahold of you.

# Naughty & nice list

Allowed	Avoid
<b>PROTEINS</b>	
Beef Lamb Oily fish Chicken Eggs Bacon	Commercial cold cuts Marinated meats with sugary sauces Fish fingers Crumbed chicken Processed meats
<b>OILS AND FATS</b>	
Extra virgin olive oil 🛒 Avocado oil Macadamia oil 🛒 Organic coconut oil 🛒 Butter	Sunflower oil Flaxseed oil Soya oil Grapeseed oil Corn oil Trans fats
<b>FRUITS AND VEGETABLES</b>	
Avocado Leafy greens Celery, asparagus, marrows Leeks Eggplant Cherry tomatoes Blackberries Watermelon Kiwi	Potatoes Corn Dried Fruits



**Don't forget:**

You can reference Sally-Ann Creed's Green list [here](#)

# Naughty & nice list

Allowed	Avoid
<b>NUTS AND SEEDS</b>	
Walnuts 🛒 Almonds 🛒 Chia Seeds 🛒 Unsweetened nut butter 🛒	Trail mixes with dried fruits Sweetened nut butter
<b>DAIRY PRODUCTS</b> ( <i>occasionally</i> )	
Feta cheese Cheddar cheese	Milk Full-fat yoghurt Ice-cream
<b>SWEETENERS</b>	
Keto Sweet 🛒 Bio-sweet 🛒 Erythritol 🛒 Xylitol 🛒	Fructose Syrups (maple / honey) Sugar (brown / white) Agave



**Don't forget:**

You can reference Sally-Ann Creed's Green list [here](#)

# Naughty & nice list

## Allowed

## Avoid

### CONDIMENTS

Lemon butter sauce  
Mayonnaise (*homemade*) 🍴  
Garlic  
Tomato sauce (*homemade*)  
Balsamic vinegar  
Dried herbs and spices 🛒

Barbecue sauce  
Tomato sauce (*store-bought*)  
Mayonnaise (*store-bought*)  
Honey mustard sauce

### DRINKS

Water  
Homemade almond milk  
Homemade bone broth  
Rooibos Collagen tea 🛒  
Honeybush Collagen tea 🛒  
Black coffee 🛒  
Unflavoured sparkling water

Sugar-containing carbonated drinks  
Fruit juices  
Juice concentrates  
Lemonade  
Alcohol



#### Don't forget:

You can reference Sally-Ann Creed's Green list [here](#)

# Counting Carbs

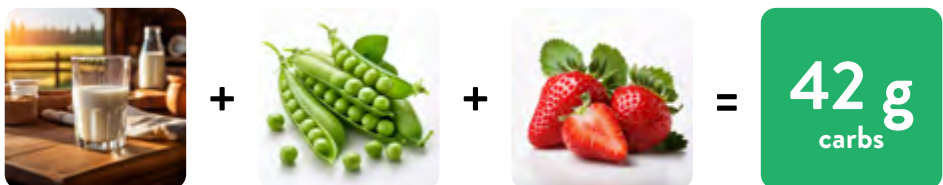
When you're going full keto, or even just going low carb, it's important that you're able to keep track of any carbs that you consume. Keto does not mean that you're consuming ZERO carbs, but just limiting them to 50 g per day.

Having said that, we advise that you get those carbs from starchy vegetables, berries and dairy, and NOT from traditional starch (bread, rice, potatoes, etc), other fruits or sugar.

<b>Dairy</b> 1 serving = ~12 g carbs	<b>Starchy Vegetables</b> 1 serving = ~15 g carbs	<b>Fruit</b> 1 serving = ~15 g carbs
250 ml whole milk 175 ml full-fat yoghurt 100 ml Bulgarian yoghurt	<b>250 ml (1 cup) of:</b> Yellow pumpkin Butternut Mixed vegetables Bean sprouts Peas Onion Beetroot	<b>Low GI:</b> 100 g blueberries 100 g blackberries 100 g raspberries 100 g cranberries 100 g gooseberries 300 g strawberries

So when you're calculating your daily intake, you can make informed decisions that will keep you in ketosis, or limit your carb intake ensuring your body burns the right fuel.

**For example:**



A visual equation showing the combination of three items: a glass of milk, a pod of peas, and strawberries. The items are arranged horizontally with plus signs between them, followed by an equals sign and a green box containing the text "42 g carbs".

**THINGS  
YOU'LL**

**NEED  
TO BUY**



# Shopping List

Below is your shopping list for each of the 4 weeks. It comprises your pantry items, fresh produce, and your protein. A point worth mentioning, some meals include leftovers from the day before. You will also find budget-friendly options for certain food items. As the week passes, do a brief inventory check to see what you need to buy, and what can be used from the previous week.

Where possible, a link to the recipe has been included from our website. These ingredients do not form part of the shopping list, these can be adjusted according to preferences. Take a look at the recipe beforehand, to prevent your journey from becoming monotonous.

The 28-day plan is predominantly LCHF. However, if you wish to remain in ketosis, avoid purchasing the items in italics. These may be included for the LCHF pioneers.

Don't forget to use your **REBOOT25** code when purchasing from our website, and you'll get 20% off all Sally-Ann Creed products!

## REBOOT25

### 3-Day Keto-kickstart

- 6 Eggs
- 900 g Oily fish (*Salmon, pilchards, sardines, trout, mackerel, fresh or tinned*)
- 4 cups Berries
- Salad greens
- Cucumber
- Tomatoes
- Mixed vegetables (*avoid starchy vegetables like carrots, potatoes, beets, parsnips etc.*)

# Shopping List

## 28-Day Body Reboot

### Week 1

#### Pantry Items

- 1 bag Big Banting loaf
- 250g butter
- 250ml lemon juice
- 250ml Apple cider vinegar
- 500ml Olive oil
- 1l Almond milk / non-dairy alternative
- 1 tin onion and tomato mix
- 1 tin tuna
- seeds
- 250g Pumpkin seeds

#### Fresh produce

- 400g spinach
- 800g roast vegetables
- 1 butternut
- 3 tomatoes
- 1 lettuce
- 1 cucumber
- 1 avocado
- 500g cauliflower
- 1 cup berries
- 1 punnet button mushrooms
- 2 mushroom steaks
- 500g green beans
- 250g Stir-fry vegetables
- 12 sprigs sparagus
- 250g pumpkin
- 1 eggplant
- 3 carrots
- 250g Broccoli (whole or pre-cut)

#### Protein

- 18 free-range large eggs
- 400g organic beef mince
- 240g free-range chicken
- 100g chicken liver
- 480g Salmon or tinned fish (mackerel or sardines)
- 200g bacon
- 200g beef sausage
- 120g beef steak
- 240g pork chops
- 60g Goats or feta cheese

# Shopping List

## 28-Day Body Reboot Week 2

### Pantry Items

- 1 Big Banting loaf
- 1 tin tuna
- 1 jar anchovies (*sardines*)
- Mackerel - 1 tin

### Fresh produce

- 6 tomatoes
- 2 bags or 2 heads lettuce
- 1kg cauliflower
- fresh rocket
- 1 avocado
- 250g broccoli
- 250g bushrooms
- 250g green beans
- 400g spinach
- 1 cucumber
- 500g sweet potato
- 4 sprigs asparagus
- 5 baby marrows
- 1 eggplant
- 250g pumpkin

### Protein

- 200g bacon
- 12 free-range large eggs
- 90g free-range chicken
- 360g pork chops
- 240g / 2 fillets wild-caught oily fish
- 90g pork belly
- 100g steak
- 200g chicken livers
- 200g beef sausage
- 250g marrow bones
- 120g salmon or tinned fish  
(mackerel or sardines)
- 60g Goats or feta cheese

# Shopping List

## 28-Day Body Reboot Week 3

### Pantry Items

- 1 bag Big Banting Loaf
- Turmeric
- Cayenne pepper
- 1 tin onion and tomato
- Coconut oil

### Fresh produce

- 1 avocado
- 1 head of lettuce
- 1 cucumber
- 250g roast vegetables
- 250g butternut
- 200g spinach
- 1 cup berries
- 1 tart green apple
- 200g sweet potato
- 200g broccoli
- 250g stir-fry vegetables
- 1 eggplant
- 250g cauliflower
- Fresh rocket
- Watercress

### Protein



- 6 eggs
- 100g beef steak
- 2 free-range chicken fillets
- 90g chicken livers
- 2 pork chops
- 100g hake
- 400g free-range beef mince
- 120g salmon

# Shopping List

## 28-Day Body Reboot

### Week 4

#### Pantry Items

-  Pumpkin seeds
- 1 tin coconut cream
-  Walnuts
- 2 tins tuna
- 1 tin sardines

#### Fresh produce

- 2 avocados
- 1 bag lettuce
- 1 bag Spinach
- 1 head of cauliflower
- 1 head of red cabbage
- 1 punnet cherry tomatoes
- 100g berries
- 1 cucumber
- 3 medium tomatoes
- 300g baby marrow or zucchini for noodles
- Watercress
- 1 bunch asparagus
- 250g mushrooms
- 250g cauliflower
- 1 head broccoli
- 2 bell peppers
- 1 pineapple

#### Protein

- 18 free-range eggs
- 240g salmon
- 2 chops of your choice
- 400g organic beef mince
- 2 free range chicken pieces
- 60g bacon
- 2 hake fillets
- 150g free-range beef

**3  
DAY**

**KETO  
KICKSTART**

# Helpful supplements



## Pure Hydrolysed Collagen

Promotes the feeling of fullness

Take 1 - 2 scoops per day in a hot / cold beverage



## Pure Whey Isolate

Boost your protein intake, and curb cravings

1 scoop per day



## L-glutamine Powder

Assists with curbing cravings during the reboot

1 tsp 1 - 3x per day before food with water, or as directed by your healthcare provider



## Milk Thistle Premium

A liver cleanser to assist the body to rid itself of toxins

Take 1 capsule 1-3 times per day, or as directed by your healthcare provider.



## MaxiMSM Powder

A natural anti-inflammatory that improves muscle recovery

Take ½ tsp daily in water, increasing to 1 tsp twice daily. Best taken on an empty stomach.



## Scorbi-Cee

Antioxidant to manage cell damage caused by poor eating

Take ¼ tsp in a drink 2-3 times daily, or as prescribed by your healthcare provider.



## MCT Oil

Helps with ketone production to boost energy levels

Use ½ to 3 Tbsp, start with ½ Tbsp. May be used in coffee, smoothies or salad dressing.

# 3-day Keto Kickstart



**The 3 Day Keto-Kickstart Tip:**

Use the Sally Ann Creed® MCT oil or MCT oil powder to promote ketosis and provide a healthy boost in energy levels during these 3 days.

**This meal plan is for the the first 3 days of your programme.**

## Breakfast

Choose one of the following options:

- 2 eggs
- a piece of oily fish and ¼ cup of blueberries or raspberries
- a piece of free-range chicken and ½ avocado

and

1 cup of green or black tea

500ml water

## Lunch

Choose one of the following options:

- 125g–150g oily fish
- 1 Tin of sardines (120g)
- ½ tin of salmon (100g) and a green leafy salad.
- palm-sized grass-fed beef, cooked in fat or butter

and

½ cup fresh berries

500ml water

## Dinner

Choose one of the following options:

- 125g–150g oily fish, a green salad with ½ cup of steamed vegetables (avoid starchy vegetables)
- Palm size meat choice (cooked in 1 tbsp fat), 1 cup steamed vegetables (avoiding starchy vegetables)

and

¼ cup of berries

500ml water



**28  
DAY**

**BODY  
REBOOT**

# Helpful Supplements



## Pure Hydrolysed Collagen

Promotes the feeling of fullness

Take 1 - 2 scoops per day in a hot / cold beverage



## Pure Whey Isolate

Boost your protein intake, and curb cravings

1 scoop per day



## Berberine Complex

Improves glucose uptake, while promoting weight loss

1 capsule 3x per day, after food



## L-glutamine Powder

Curbs cravings during the reboot

1 tsp 1 - 3x per day before food with water, or as directed by your healthcare provider



## Milk Thistle Premium

A liver cleanser to rid your body of toxins

Take 1 capsule 1 - 3x per day, or as directed by your healthcare provider



## Vitamin D3 1000IU

Promotes weight loss by having an appetite suppressing effect

Take 1 capsule daily at mealtimes, or as directed by your healthcare provider



## Omega-3 Solution

Improves joint function and decreases inflammation

Take 1 - 3 softgels per day with food, or as directed by your healthcare provider



## Chelated Magnesium Premium

Promotes good sleep

Take 1-2 capsules per day, after a meal



## Magnesium Citrate Powder


An alternative to the Chelated Magnesium Premium.

Take 1 tsp in a glass of water with a meal, or 1 hour before bed to assist with sleep

# 28-day Body Reboot Week 1


## Day 1

**Breakfast:** 2-3 eggs prepared with oil/fat. Spinach and rocket as a 'bed' for the eggs.

2 slices big banting loaf 



**Lunch:** Minced meat patty (lamb, beef, or pork)  with 2 cups salad. Use herbs & seasoning.

**Dinner:** 2 grilled pieces chicken, 1 cup steamed veg with 2 Tbsp melted butter as a sauce.


1 cup steamed butternut 

## Day 2


**Breakfast:** 6 chicken livers sauteed with butter, 3 slices of tomato, 1 cup of lettuce

1 slice big banting loaf  

**Lunch:** Salmon (fresh/tinned), ½ avocado, 2 cups green salad with lemon juice & 2 Tbsp olive oil

**Dinner:** Minced meat patty (lamb/beef/pork) , ½ cup cauliflower rice, 1 cup green steamed vegetables

## Day 3

**Breakfast:** Smoothie , Almond or other plant-based milk (unsweetened), 1 scoop pure hydrolysed collagen, ½ cup frozen berries. Keto sweet (optional)


**Lunch:** 2-egg omelette, 2 Tbsp bacon bits, 4 chopped mushrooms, handful of chopped spinach, ¼ avocado

**Dinner:** Salmon (fresh/tinned), grilled with 2 Tbsp butter, 2 cups grilled green beans OR 2 cups green salad with lemon juice and olive oil

## Day 4


**Breakfast:** 100g grilled sausage OR Meatballs  (100g or 7 meatballs ~1 Tbsp each), 1-egg omelette . ½ cup onion and tomato sauteed with butter.

**Lunch:** 1 can of tinned tuna (in brine) with green salad, 2 Tbsp homemade mayonnaise

4 seed crackers  


**Dinner:** grilled or roasted chicken, 1 cup stir-fried vegetables and olive oil drizzled

## Day 5

**Breakfast:** 2 eggs, 4 strips of bacon, grilled. Steamed asparagus with fresh rocket 


**Lunch:** Salmon, grilled with butter, 2 cups green salad with cherry tomatoes. Topped with olive oil and lemon juice or apple cider vinegar. ½ cup blueberries

**Dinner:** Rump or sirloin steak, grilled. 1 cup vegetables, grilled in the remaining steak juices.


1 cup pumpkin, steamed and grilled with the vegetables 

## Day 6

**Breakfast:** 3 eggs, scrambled with butter on a slice sauteed eggplant and sliced tomato


**Lunch:** Large mushroom, grilled with pumpkin seed pesto 

**Dinner:** 2 lamb chops with 1 cup vegetables. Can use pan juice as sauce.

1 cup carrots steamed 

## Day 7

**Breakfast:** Asparagus wrapped in bacon and placed under the grill to crisp up - or just steamed without the bacon, served with 2 poached eggs.

**Lunch:** 1-2 lamb / pork chops with steamed, wilted spinach and ¼ cup cauliflower mash 

**Dinner:** Salmon fried with butter or baked in the oven with a green salad, olive oil and lemon juice.

# 28-day Body Reboot Week 2

## Day 8

**Breakfast:** Crispy bacon, 2 scrambled eggs, 2 tomato slices wrapped in lettuce leaves.

**Lunch:** Chopped or shredded chicken thigh and a Seattle salad 🍴

**Dinner:** 2 roasted lamb chops on 1 cup cauliflower mash, topped with pan juices and fresh rocket

## Day 9

**Breakfast:** Bacon with ½ avocado, 2 tablespoons goat cheese and homemade mayonnaise 🍴

**Lunch:** Fresh fish of your choice (*salmon, yellowtail, or hake*), grilled, steamed broccoli, sautéed tomato rounds and drizzled butter. 1 cup steamed cauliflower LCHF

**Dinner:** Pork belly, roasted with crispy crackling, 1 cup steamed vegetables, topped with pan juices

## Day 10

**Breakfast:** 3 scrambled eggs, bacon, ½ cup mushrooms, sautéed in butter. 1 slice big banting loaf LCHF

**Lunch:** Salmon, grilled and topped with rocket and tomato slices, ½ sliced avocado

**Dinner:** Steak, grilled with butter, steamed green beans and topped with pan juices

## Day 11

**Breakfast:** Poached eggs with 2 sautéed chicken livers on a bed of baby spinach. 2 slices big banting loaf LCHF

**Lunch:** Tuna, green salad, homemade mayonnaise. 4 seed crackers LCHF

**Dinner:** 2 chops (*pork / lamb*), grilled. 1 cup of green vegetables. 1 cup sweet potato fries LCHF

## Day 12

**Breakfast:** Eggs, scrambled with steamed asparagus and a seasoned butter sauce.

**Lunch:** Anchovies / sardines (*tinned*), green salad with cherry tomatoes. Topped avocado & lemon dressing 🍴

**Dinner:** Lamb chops, steamed baby marrow and roasted eggplant with lettuce and cherry tomatoes.

## Day 13

**Breakfast:** Grilled sausage with fresh rocket and mushrooms. 2 slices big banting loaf LCHF

**Lunch:** Mackerel seared with green salad. Topped with avocado and lemon dressing 🍴

**Dinner:** Roasted marrow bones with coconut oil-roasted vegetables. 1 cup mashed pumpkin LCHF

## Day 14

**Breakfast:** Liver with onions, mushrooms, sautéed with butter and garlic on a bed of baby spinach

**Lunch:** Green salad with cherry tomatoes, 2 boiled eggs, chopped. Topped with olive oil and apple cider vinegar or mayonnaise

**Dinner:** Salmon/fish cakes with parsley, dried herbs & spices and a green salad. 1 cup mashed sweet potato LCHF

# 28-day Body Reboot Week 3

**For the next 3 days (15,16 & 17) the keto-kickstart will be repeated**

## **Breakfast**

Choose one of the following options:

- 2 eggs
- a piece of oily fish and ¼ cup of blueberries or raspberries
- a piece of free-range chicken and ½ avocado

and

1 cup of green or black tea

500ml water

## **Lunch**

Choose one of the following options:

- 125g–150g oily fish
- 1 Tin of sardines (120g)
- ½ tin of salmon (100g) and a green leafy salad.
- palm-sized grass-fed beef, cooked in fat or butter

and

½ cup fresh berries

500ml water

## **Dinner**

Choose one of the following options:


- 125g–150g oily fish, a green salad with ½ cup of steamed vegetables (avoid starchy vegetables)
- Palm size meat choice (cooked in 1 tbsp fat), 1 cup steamed vegetables (avoiding starchy vegetables)

and


¼ cup of berries

500ml water

## **Day 18**

**Breakfast:** Eggs, scrambled with ½ avocado. *2 slices big banting loaf.* 

**Lunch:** Steak with a green salad.

**Dinner:** Chicken thigh and leg and 1/2 cup of steamed vegetables. *1 cup butternut, roasted.* 

## **Day 19**



**Breakfast:** Chicken liver, sauteed with butter, salt, pepper, a pinch of turmeric & cayenne pepper served on a bed of baby spinach. ¼ cup of berries.

**Lunch:** Lamb/pork chops, sauteed in coconut oil with stewed tart green apple (make sauce), a green salad.

**Dinner:** Baked hake with a small sweet potato, roasted with olive oil and ½ cup steamed broccoli.

## **Day 20**



**Breakfast:** Stir-fry vegetables in coconut oil or butter, scrambled eggs with a piece of chicken.

**Lunch:** Healthy liver pate  with raw vegetable crudites for dipping. *4 seed crackers* 

**Dinner:** Mince beef patties with roast veg of your choice

## **Day 21**

**Breakfast:** Smoked salmon with avocado and a scrambled egg. Rocket and watercress on the side.

**Lunch:** Healthy liver pate (leftover)  with raw vegetable crudites for dipping. *4 seed crackers* 

**Dinner:** Mince beef patties with roasted vegetables of your choice

# 28-day Body Reboot Week 4

## Day 22

**Breakfast:** Scrambled eggs with butter with ½ avocado, sliced on a bed of lettuce

**Lunch:** Baby spinach leaves with fresh or canned salmon, grilled with olive oil and 1 tablespoon of pumpkin seeds sprinkled on top.

**Dinner:** Lamb or pork chops with cup cauli mash 🍴 and red cabbage slaw with homemade mayonnaise

## Day 23

**Breakfast:** Boiled eggs (2-3), cherry tomatoes and ¼ cup of blueberries

**Lunch:** Tuna salad stuffed in tomatoes with homemade mayonnaise.

**Dinner:** Meatballs 🍴 on zucchini noodles with buttery cream sauce (coconut cream)

## Day 24

**Breakfast:** Tomato and mushroom omelet with watercress

**Lunch:** Salmon salad

**Dinner:** ¼ Chicken (leg & thigh) with asparagus and mushrooms

## Day 25

**Breakfast:** Power Smoothie 🍴

**Lunch:** Boiled eggs on a bed of greens with cucumber and cherry tomatoes

**Dinner:** Green salad with flaked tuna some walnuts olive oil and lemon juice

## Day 26

**Breakfast:** Fried eggs with bacon and a side of greens

**Lunch:** Mince patties in a lettuce bun with avocado and a side salad

**Dinner:** Hake fillets with cauliflower rice, broccoli and bell pepper, roasted with olive oil

## Day 27

**Breakfast:** 2 Egg muffins

**Lunch:** Salmon, poached or steamed and avocado, sliced with a green salad

**Dinner:** Beef kebabs, grilled with bell peppers, sauteed broccoli florets and a few pineapple pieces

## Day 28

**Breakfast:** Scrambled eggs with mushrooms, pepper and tomato and a fried onion. 2 pancakes 🍴 LCHF

**Lunch:** Sardines with homemade mayonnaise ½ an avocado and 4 seed crackers 🍴 LCHF

**Dinner:** Cabbage Carbonara 🍴

**QUESTIONS**

**ANSWERS**

# Questions and answers





## What happens if I get constipated?

Often when lowering the carb content of your diet, you tend to lower your fibre intake, which may lead to constipation (difficulty or decrease in the usual number of stools) you may use Skinny Fibre and Psyllium Husks, which will provide you roughage to naturally ease the constipation. It is important to ensure that you drink sufficient amounts of fluid when increasing your fibre intake.

## How long will I experience halitosis?

Halitosis is the term used to describe bad breath. Within the low-carb community - it may be referred to as keto breath. This is a by-product of the body burning fat for energy and producing ketones. It may clear within a few days or a week. It is important to ensure you drink sufficient water during this period - aim for 1.5-2 litres per day. Remember to brush your teeth twice per day, in the morning and evening. Try using a fluoride-free toothpaste and sugar-free gum during the day, or whenever necessary.

## What can I do to prevent fatigue during this period?

The conversion of fat into energy takes more time than the usual carbs. We recommend using MCT oil  and MCT oil powder  to boost your energy levels during this 31-day reboot phase. These will provide a quick energy boost when you are feeling sluggish. Other options include: adequate sleep, caffeine, replacement of electrolytes. Our Sports Recovery Drink  and our ProHydrate+  are fantastic tools to keep your body hydrated and performing at its peak.



# Questions and answers

## **Will this eating pattern influence my cholesterol levels?**

Cholesterol levels may be slightly elevated as you will be consuming more saturated fat than starch. After the 31-day reboot when consuming a more varied eating pattern and increasing fibre intake, this will assist with normalizing cholesterol levels. It is important to remember that this might not be the case for every individual. We recommend Berberine 🛒 & Milk Thistle 🛒 to help.

## **How to re-introduce fibre after 31 days?**

Abruptly introducing high amounts of fibre can cause discomfort in the gut such as cramps, bloating and flatulence. The rule to follow is go low and go slow. Start with one meal containing a high fibre food item. Progress to two meals and so on. Always take in sufficient fluids (1½-2 litres per day) and keep active to help the gut along. Probiotics are a great way to help your body cope with fibre when it's being reintroduced. 🛒

## **Why should I use MCTs or Ketones during the 3-day keto-kickstart?**

MCTs convert into ketones - which is the prominent energy source for the body. This will assist with maintaining energy levels during the keto-kickstart. Alternatively, using exogenous ketones can also contribute to boosting energy levels.

**LET'S  
GET**

**YOU  
MOVING**

To make exercise convenient, we've broken them down. Weeks 1 & 3 are high intensity & strength training, and weeks 2 & 4 are focused on mobility. You've got 30 minutes of exercise per day, so they're short enough to fit into your schedule, and long enough to make an impact. You can choose Easy, Medium, or Advanced – so push yourself and let's hit those goals!

You can keep track of your progress by ticking off your workouts below:

		Easy	Medium	Advanced
<b>Week 1</b>	Day 1 - workout			
	Day 2 - outdoor activity			
	Day 3 - workout			
	Day 4 - outdoor activity			
	Day 5 - workout			
<b>Week 2</b>	Day 1 - workout			
	Day 2 - outdoor activity			
	Day 3 - workout			
	Day 4 - outdoor activity			
	Day 5 - workout			
<b>Week 3</b>	Day 1 - workout			
	Day 2 - outdoor activity			
	Day 3 - workout			
	Day 4 - outdoor activity			
	Day 5 - workout			
<b>Week 4</b>	Day 1 - workout			
	Day 2 - outdoor activity			
	Day 3 - workout			
	Day 4 - outdoor activity			
	Day 5 - workout			




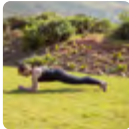
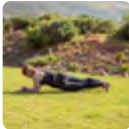

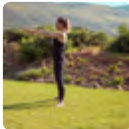

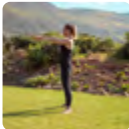

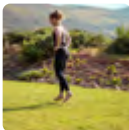
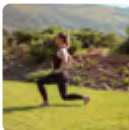




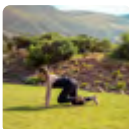




# Fitness week 1 – strength

## Warm up 5 minutes

Walk / jog / skip / jumping jacks / star jumps / high knees

Complete each exercise for 45 seconds and rest for 15 seconds

Depending on how strong you feel, you can then repeat the set according to these levels.

		Easy	Medium	Advanced
Push-ups				(x1) (x2) (x3)
Plank & side to side				(x1) (x2) (x3)
Wide leg squats				(x1) (x2) (x3)
Left & right leg lunges				(x1) (x2) (x3)
Clean and press				(x1) (x2) (x3)
Glute kick back				(x1) (x2) (x3)
<b>5 minute cool down:</b> Childs pose Downward dog Pigeon				(x1) (x2) (x3)













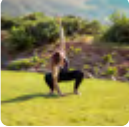







# Fitness week 2 – mobility

## Warm up 5 minutes

Walk / jog / skip / jumping jacks / star jumps / high knees

Complete each exercise for 45 seconds and rest for 15 seconds

Depending on how strong you feel, you can then repeat the set according to these levels.

				Easy	Medium	Advanced	
Hand walk-outs					x1	x2	x3
Deep squats					x1	x2	x3
Superman lunge arm reach					x1	x2	x3
Cat Cow					x1	x2	x3
Squat with reach					x1	x2	x3
Shoulder circles					x1	x2	x3
<b>5 minute cool down:</b> Childs pose Downward dog Pigeon					x1	x2	x3


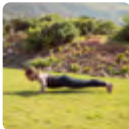


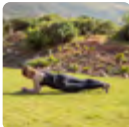

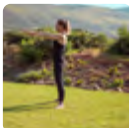

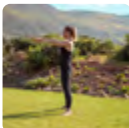

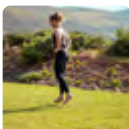





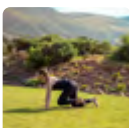



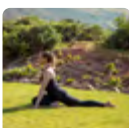
# Fitness week 3 – strength

## Warm up 5 minutes

Walk / jog / skip / jumping jacks / star jumps / high knees

Complete each exercise for 45 seconds and rest for 15 seconds

Depending on how strong you feel, you can then repeat the set according to these levels.

		Easy	Medium	Advanced
Push-ups	  	x1	x2	x3
Plank & side to side	  	x1	x2	x3
Wide leg squats	  	x1	x2	x3
Left & right leg lunges	  	x1	x2	x3
Clean and press	  	x1	x2	x3
Glute kick back	  	x1	x2	x3
<b>5 minute cool down:</b> Childs pose Downward dog Pigeon	  	x1	x2	x3





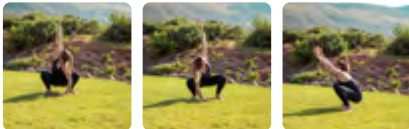
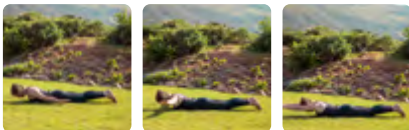

# Fitness week 4 – mobility

## Warm up 5 minutes

Walk / jog / skip / jumping jacks / star jumps / high knees

Complete each exercise for 45 seconds and rest for 15 seconds

Depending on how strong you feel, you can then repeat the set according to these levels.

		Easy	Medium	Advanced
Hand walk-outs		x1	x2	x3
Deep squats		x1	x2	x3
Superman lunge arm reach		x1	x2	x3
Cat Cow		x1	x2	x3
Squat with reach		x1	x2	x3
Shoulder circles		x1	x2	x3
<b>5 minute cool down:</b> Childs pose Downward dog Pigeon		x1	x2	x3

**TAKE CARE  
OF YOUR**

**MENTAL  
HEALTH**



# Stay positive

As the saying goes ‘it takes 21 days to form a new habit’. And we know forming and entrenching one takes a little longer than that, so begin your day one today.

Don’t try and do everything at once, striving for perfection will certainly set yourself up for failure. Be realistic and take the first steps. You could start by selecting two of the below to implement into your daily routine each week. At the start of a new week select two more to add to your routine. Challenge yourself to stay on course, but don’t be so hard on yourself if you don’t at first succeed.

**If nothing changes, nothing changes. So try make small changes that make bigger changes.**

“The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.”

# Helpful mindfulness tips

1. Live in the present moment (forget “if only” and “one day when...”).
2. Find moments to smile, laugh & have fun.
3. Practice prayer and meditation daily.
4. Forgive those who have hurt you.
5. Minimise social media and TV usage—set a daily limit and stick to it.
6. Avoid alcohol and excess caffeine.
7. Give a friend or loved one a quick ring to tell them you care.
8. Limit your cell phone use - set a daily limit and reduce the number of times you reach to pick up and check your notifications.
9. Delay the desire for instant gratification.
10. Be mindful when in the moment.
11. Name 3 things you are grateful for daily.
12. Do something to ‘fill your cup’ each day—don’t feel guilty about it.
13. Put measures in place to simplify your life.
14. Establish healthy boundaries. Stop saying YES when you actually want to say NO.
15. Soak in the moments of today—they will never be lived again.
16. Don’t try to survive the work week ahead, live it, embrace it, enjoy it. Over 70% of your week is spent at work. Change your mind set about your work day.

# A mental health checklist

It is important to check in with yourself regularly to ensure your overall health and wellbeing is on track. Life is busy and it is easy to get into a certain groove that tends to leave some areas out of sync.

Have you checked in with yourself this week? Can you answer YES to all (or any) of these questions below? If not, take a look at these areas that may need a little more attention.

1. Have you connected with friends and/or family this week?
2. Have you been outside this week, enjoyed the sunshine and been in nature?
3. Have you been spending a lot of time on social media or watching the news this week?
4. Do you feel 'on top' of planning for the week ahead?
5. Are you managing to fit in your time to exercise?
6. Have you set aside time for self-care this week?
7. Have you been getting enough sleep?
8. Has your eating been on track?
9. Have you managed to avoid drinking alcohol?
10. Have you been able to replace negative thinking with a positive thinking approach?
11. Have you added a daily gratitude to your gratitude list this week?

# Why meditate?



It's no surprise that many of us are struggling with elevated levels of stress thanks to the Covid pandemic, alongside the usual stressors of life. If you currently count yourself among the highly stressed, you may want to investigate the benefits of meditation, a simple practice that can help to restore a sense of peace and tranquility.

*"Meditation is like a gym in which you develop the powerful mental muscles of calm and insight."* – Ajahn Brahm

## **What is meditation?**

While meditation has been proven difficult to define – it encompasses a range of different practices across numerous traditions – it is most commonly associated with the pursuit of inner peace.

*"Meditation doesn't promise to solve your problems, and there's no guarantee of everlasting happiness. Life, with all its challenges and uncertainty, will still carry on. What meditation can do is change how you choose to relate to, react to, and view the circumstances happening around you. It offers a pocket of stillness amid all the outer chaos."* (Headspace.com)

Types of meditation include guided, transcendental, vipassana, zen, body scan, kundalini, loving-kindness and mindfulness.

# Why meditate?

High levels of stress can have a serious impact on the immune system. In a 2013 review of 209 studies that investigated mindfulness-based therapy (MBT), the authors found that, “MBT is an effective treatment for a variety of psychological problems, and is especially effective for reducing anxiety, depression, and stress.”

Mayo Clinic also lists a number of emotional benefits linked to meditation, including gaining a new perspective on stressful situations, building skills to manage your stress, reducing negative emotions and focusing on the present.

## **Mindfulness meditation**

This technique has become increasingly popular, no doubt in large part due to the speed of modern life. According to the American Psychological Association (APA), mindfulness meditation has two distinct components.

Attention “is about tuning into your experiences to focus on what’s happening in the present moment. It typically involves directing your awareness to your breath, your thoughts, the physical sensations in your body and the feelings you are experiencing.” Acceptance “involves observing those feelings and sensations without judgment. Instead of responding or reacting to those thoughts or feelings, you aim to note them and let them go.”

## **Ready to get started?**

All you need to kickstart your meditation practice are comfortable clothes and a quiet spot away from too many distractions. Although, that said, given that meditation can be practised almost anywhere, these are really just nice-to-haves.

# Why meditate?

There are multiple online resources available for anyone wishing to start a meditation practice. Headspace and Calm are two popular apps which are great places to start.

If you're eager to give mindfulness meditation a go, but you're not quite ready to commit to a paid subscription, there are also several worthwhile free apps out there, including these five, which are all available for download on iOS and Android.

- Aura
- Smiling Mind
- Insight Timer
- MyLife Meditation
- UCLA Mindfulness

## **Supplements to improve stress management:**

Magnesium is an essential nutrient required for the maintenance of some of the most basic functions of life. Research also suggests that it could be an important way to treat anxiety naturally. Try our Chelated Premium Magnesium. These supplements should be taken 30 minutes to 1 hour before bed, to promote a good night's rest.

Omega-3 Solution is an extra-pure pharmaceutical grade, wild caught fish oil with a powerful action that may assist in calming and improving mood levels. At over 80% active, Sally-Ann Creed Omega-3 Solution, which is free from mercury, PCBs, DDT and dioxins, is one of the strongest oils available in South Africa.

# Gratitude Journalling

Journalling is a wonderful way to ponder life events and catch up on your goals. It's also a fantastic way to consider all the good things that are in your life, and push all the negativity that can add unnecessary stress to your day. Here are some wonderful gratitude journalling tips from our 31-day Body Reboot Life Reset programme booklet that you can share with your friends and family.

## **Mindfulness meditation**

- What's something that you're grateful to have today, that you didn't have a year ago?
- List 3 things that you love about yourself, and why.
- Write about your happiest memory.
- Write something about your body or health that you're grateful for.
- Open the door or window and look outside. What's something you're grateful for outside?
- Write about an accomplishment you're proud of.
- Open your phone or photo album and find a photo that you like. Why are you grateful for this photo? What are you grateful for in the photo?
- What do you like about your job?
- Write the top 5 things in your life that cause you stress. For each stress factor, write what you can do to change it or manage it better.
- Name 3 things that you can start doing today to express your gratitude to others? (helping, volunteering, donating, etc). Try to start doing these in the next few days.
- Spend 5 minutes focusing on your 5 senses and write down how you can be more mindful of each.
- How do you show gratitude for your friends, and or family?
- List 5 things you love about your home, or surroundings.
- Write about something good that has happened to you today.
- Are you happy with how your day turned out? How can you improve tomorrow?

# You did it!

**Well done on completing the programme.**

We hope you found it beneficial.

Body Reboot Life Reset was born out of a desire to start fresh – a clean start to the year, and we hope it's benefitted you as much as it has us. If you found this useful, please don't hesitate to share this booklet with your friends and family. It's a free resource from us to you, and can be done whenever you feel like you need a little reset.

Have a wonderful 2024!

All our love  
The Sally-Ann Creed team