



*"See beyond the chaos.
Own your inner
strength. Supercharge
your
performance.."*

Kate Thomas

Congratulations! **You've taken the exciting step to experience this 9 Day Reboot**

It is a fantastic way to reset your
body and your mindset.

Sometimes, you can feel a bit lost as
to what you can or can't eat...the
answer is there isn't anything you
CAN'T eat! The 9 Day Reboot is about
living well! Some structure, putting
good food, vitamins and nutrients
into our bodies and focusing on **YOU**.

We've pulled this get started guide
together to help you find your way.
It's in day order and here to help you
get the most out of your
programme.

Let's get started!

BEFORE YOU START

Get Organised.

- Read the booklet that comes with your pack.
- Aloe drinking gel the fridge
- Stock up on your free foods.
- Up your intake of water,
- Start to cut down on your vices

WATER INTAKE IS VERY IMPORTANT!

REDUCE YOUR INTAKE OF CAFFEINE TO IMPROVE THE EXPERIENCE

SET YOUR GOALS

Think about what **YOU** want, how
this programme will make you feel
and why it's important to you.

*Tip - Take your measurements &
take a few pictures before you start*



DAY 1 & 2: REST

SUPER GREEN SOUP

INGREDIENTS

2 red onions, 3 garlic cloves, 1 bunch of asparagus, 2 packets of stem broccoli, small bowl of frozen peas, basil and rosemary sprigs, reduced salt ham stock cube or reduced salt vegetable stock cube

METHOD

- Boil all together in a pan, then whizz!
- Season with black pepper

Super quick, super healthy and super tasty!
Can be eaten on any day of the 9 Day Reset



SPICY TOMATO SOUP

INGREDIENTS

Garlic, ginger, chilli, onion, carrot, tomatoes, red pepper, black pepper, herbs.

METHOD

Fry garlic, ginger and chilli in a splash of hot water to avoid sticking. Soften one small onion, add carrot (not on free list but is fine to have still on days 1&2)

Add fresh tomatoes and red pepper. Season with black pepper and herbs. Add boiling water and simmer for 10-15 minutes. Add spinach then blitz in blender

*No salt. No stock. Clean and filling





"Results day!! Wow this 9 Day Reboot programme is amazing. I really experimented with this. I lowered my exercise to very light. 30 mins of yoga a day was about it, plus one run and two games of 5-a-side.

I managed to lose 5.8 kg in weight.. But it's not really about losing the weight. It's about how it makes you feel. I feel I've got a clearer head, it's cleared a lot of toxins out of my body. I'm less bloated, tighter around the middle and feel fantastic! Super happy with the results!"



FREE FOODS

Steam, roast, grill, griddle, pan fry
(use water or 1 squirt spray oil),
Eat raw!

You can always season with black
pepper, cayenne, paprika, chilli,
herbs



MORE FREE FOODS

Soups, stews, salads – all free!

Cook up a batch to use for a few dinners



Clean eating
Clean living
Cleansing



DAY 3-8: RESET

TORTILLA

INGREDIENTS

Sweet potato, broccoli, mushrooms, peppers,
5 eggs, mozzarella (serves 2 people)

METHOD

Cook up all veg in oven or pan fry with splash of water or spray oil. Mix eggs in bowl then add to pan of vegetables. Allow bottom of tortilla to cook over hob. Pop under grill to cook top of tortilla. Sprinkle mozzarella over the top and pop back under grill for cheese to melt.

Have a side of free food veg to the side - Yum!!



CHICKEN BHUNA

INGREDIENTS

8 Boneless, skinless chicken thighs / breasts, 1 red, orange & green pepper, 40g root ginger, 2 medium onions, 4 garlic cloves, 2 tsp mild curry powder, 2tsp garam masala, ½ tsp hot chilli powder, 1tbsp sunflower oil, 400g tin chopped tomatoes, 600ml chicken stock made with stock cube, 1tbsp caster sugar, 2 tbsp cold water, 1tbsp cornflour (serves 4 people)

METHOD

§Pan fry chicken, onions, peppers, garlic in oil. Add ginger, curry powder, garam masala, chilli, sugar, stock & chopped tomatoes – simmer. Add cornflour to thicken. Garnish with coriander

BLUEBERRY PANCAKES

INGREDIENTS

2 bananas, 2 eggs, generous splash of almond, coconut or oat milk, handful of blueberries, scoop of vanilla ultra lite

METHOD

§Mash the bananas, beat the eggs and add to the bananas, add the milk and the ultra lite §powder and mix well. Add the blueberries to the mixture. Heat the pan with coconut oil / sunflower oil / spray oil. Pour mixture into pan slowly and cook pancakes.

Enjoy!



THAI STYLE PORK

INGREDIENTS

Pork or turkey mince, shallot or small onion, garlic, spring onion, red chilli, green beans, long stemmed broccoli, soy sauce, rice (basmati/brown/long grain), kecap manis (or mix tomato ketchup with soy sauce)

METHOD

Pan fry mince, shallot, spring onion, chilli, green beans, broccoli, garlic until browned. Add soy sauce and kecap manis

Serve!



CHICKEN KATSU CURRY

INGREDIENTS

1st chicken escalope's:

Low cal oil spray, 2 large chicken breasts, 50ml low fat yoghurt (milk works as well if you don't have plain yoghurt), 50g panko breadcrumbs – if you can't get panko breadcrumbs - see below for how to make your own, 1 tsp oregano, 1 mustard powder, Sea salt and pepper.

Katsu Sauce:

1 tsp olive oil/vegetable oil, 1 onion, 2 large carrots (about 250g), 100g button mushrooms, 3 large garlic cloves, 30g fresh root ginger, 1tbsp medium curry powder, 500ml chicken stock, 1 tsp honey, 1 tbsp soy sauce, Salt and pepper to season. Serve with some steamed rice and/or some Asian greens.

METHOD

Panko breadcrumbs - blitz 1 to 2 slices of bread in blender and spread across a baking tray. Pop them in the oven for 10 to 15 mins until they are dried out. Preheat the oven to 200oC. Spritz a baking tray with the oil, lay a chicken breast on a board and slice into it from the side to make 2 thinner chicken fillets Flatten the chicken fillets with a rolling pin or meat tenderiser until they are about 5mm thick. Put the yogurt (milk) and breadcrumbs in separate dishes. Season the breadcrumbs and add the oregano and mustard powder. Dip the chicken into the yoghurt (milk) making sure its evenly coated then press into the panko breadcrumb mix until they are well covered. Pop onto the baking tray and cook for 15 to 20 minutes until the chicken is cooked through and the coating has turned light brown. Put the chicken to the side whilst you prep the ingredients for the katsu sauce. Once sauce ready, put chicken in the oven.

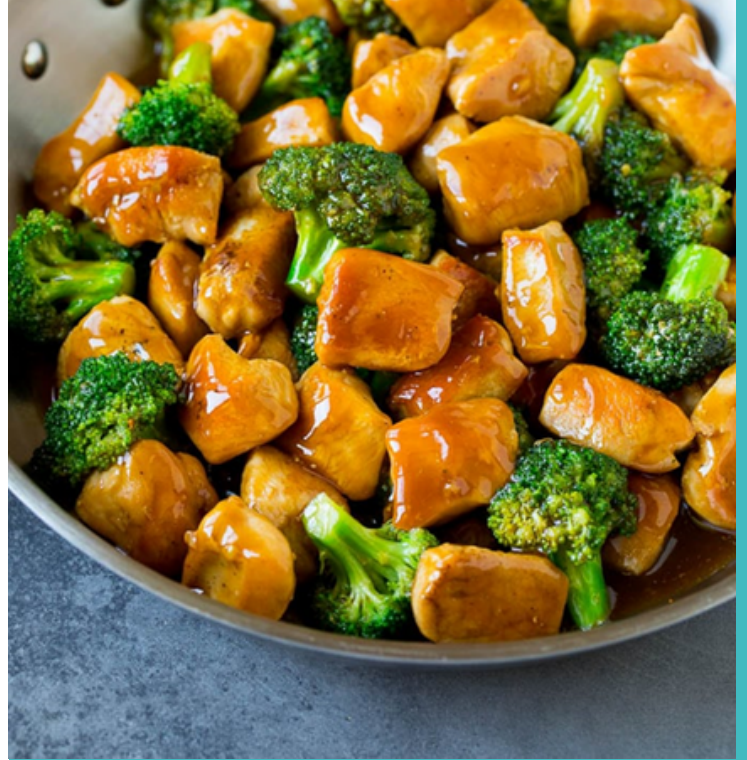
GINGER CHICKEN

INGREDIENTS

1kg pack boneless skinless chicken thighs, 1 thumb-size piece of fresh ginger, 4 garlic cloves, finely chopped, 1 tsp mild chilli powder, 15g pack fresh coriander, juice of 1 lime, 2 tbsp sunflower oil, 2 medium onions, 1 tsp ground turmeric, 400ml can reduced fat coconut milk, 1 fresh red chilli, deseeded and sliced, 1 chicken stock cube

METHOD

Slice each chicken thigh into 2 or 3 large chunks, then put in a bowl with the ginger, garlic, chilli powder, half the coriander, lime juice and 1 tbsp of the oil. Stir well, then cover and leave in the fridge to marinate until ready to cook. For the best flavour, do this in the morning or, better still, the night before. Peel and quarter the onions, then very finely chop them in a food processor; for a curry you want the onion really fine. Heat the remaining oil in a wok or large frying pan, then add the onion and stir-fry for about 8 mins until soft. Stir in the turmeric and cook for 1 min more, stirring well. Tip in the chicken mixture with the marinade and cook over a high heat until the chicken changes colour. Pour in the coconut milk, add the chilli and stock, then cover and simmer for 20 mins until the chicken is tender.



SWEET AND SOUR CHICKEN

INGREDIENTS

1 x 425g/15oz can pineapple chunks in natural juice, 2 tbsp cornflour, 2 tbsp dark soy sauce, 2 tbsp white wine vinegar, 2 tbsp soft light brown sugar, 2 tbsp tomato ketchup, ½ tsp dried chilli flakes, 2 boneless, skinless chicken breasts, 2 tbsp sunflower oil, 1 medium onion, cut into 12 wedges, 2 peppers, red, green, orange or yellow, deseeded and cut into chunks of about 3cm/ 1¼in, 1 x 225g/8oz can water chestnuts, 2 garlic cloves, peeled and crushed, 25g/1oz piece fresh root ginger, peeled and finely grated, freshly ground black!

METHOD

To make the sauce, drain the pineapple in a sieve over a bowl and keep all the juice – you should have about 150ml/5fl oz. Put the cornflour in a large bowl and stir in three tablespoons of the pineapple juice to make a smooth paste. Add the remaining juice and 150ml/5fl oz water, then stir in the soy sauce, vinegar, sugar, ketchup and chilli flakes until thoroughly combined. Set aside. Cut each chicken breast into eight or nine even pieces. Heat a tablespoon of the oil in a large non-stick frying pan or wok and stir-fry the onion and peppers for two minutes over a high heat. Drain the water chestnuts and cut them in half horizontally.

Add the remaining oil and the chicken to the pan and stir-fry for two minutes until coloured on all sides. Add the garlic, ginger, pineapple chunks and water chestnuts and fry for 30– 60 secs. Give the cornflour and pineapple mixture a good stir and add it to the pan with the chicken and vegetables. Stir well, season with some ground black pepper and bring to simmer. Cook for 4–6 minutes until the sauce is thickened and glossy and the chicken is tender and cooked throughout, turning the chicken and veg few times. Serve with a small portion of rice.



"Totally amazed by 9 Day Reboot, so many centimetres less in 9 days, as well as 5kg!

I did very little exercise due to work schedules, mainly walking and the occasional swim. I feel totally energised, more toned and much more healthy!"



MEALS UNDER 600 CALORIES

Omelettes,
tortilla wrap pizzas,
baked beans,
salmon and stir fry veg,
sticky BBQ pork,
sweetcorn fritters

200 CALORIE PROTEIN BASED MEALS / SNACKS

Sometimes you may prefer a meal/snack instead of the Forever Lite Ultra Shake

The following ideas are perfect replacements for when you are doing the 9 Day Reboot



OATCAKES

2 oatcakes

1 tablespoon of peanut butter

APPROX 187 Calories



AVOCADO AND EGG

1 slice wholegrain bread

¼ avocado, smashed

1 hard boiled egg

APPROX 234 Calories

BANANA RICE CAKES

2 brown rice cakes

1 tablespoon of peanut butter

½ small banana

APPROX 191 Calories



CHICKEN SALAD

4oz skinless grilled chicken

2 cups of chopped lettuce

1/3 cup chopped carrots

1/3 cup chopped cucumber

1/4 cup chopped red onion

5oz goats cheese

Sprinkle of raspberry vinegar

APPROX 250 Calories



HAM AND MUSHROOM FRITTATA

1/2 tsp olive oil

40g diced chestnut mushrooms

25g diced ham

40g spinach

2 medium eggs, beaten

1tbsp grated cheddar

APPROX 203 Calories

FOREVER PRO X2 DESSERT

150g low-fat Greek or soya yoghurt

1/2 Forever PRO X2 bar, crumbled

APPROX 198 Calories

