

ēvolv² Reboot!

LOSE FAT FOR GOOD RECOMMENDED REBOOT FOODS

Visit www.evolvhealth.com/reboot for more information on leptin and fat-burning!

REBOOT PHASE (DAYS 1-14)

Keep in mind these are food **GUIDELINES!** Your own body's needs may vary slightly from what is suggested. Still hungry? Add another snack from the approved list. Not hungry at all? Don't feel like you have to eat a snack just because it's suggested here. **A program must be sustainable to work, and learning to listen to and respect your own body's needs is key.**

PROTEIN	FATS/OILS	FRUITS & VEGETABLES	OTHER
<p>ANIMAL: Beef Buffalo Cheese (any variety) Chicken Crab Eggs (whole) Fish Hot Dogs (all beef, no added nitrates) Lamb Milk (whole) Pork Poultry Salmon Scallops Shrimp Turkey Venison Wild Game</p> <p>PLANT-BASED: Beans (serving size ~1/2-3/4 C cooked) Edamame Garbanzos/Chick Peas Pea Protein Tempeh (grain-free) Quinoa</p>	<p>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</p> <p>OILS: Avocado Oil, Coconut Oil, Flaxseed Oil, Grapeseed Oil, Olive Oil, Walnut Oil</p>	<p>FRUITS: (2 servings daily except where indicated) Avocados (more than 2 servings allowed), Berries (any), Granny Smith Apples, Lemons (and juice), Lime (and juice), Tomatoes (more than 2 servings allowed)</p> <p><i>Blueberry Pomegranate LifeBars do NOT count as a serving of fruit. Enjoy anytime!</i></p> <p>VEGETABLES: (unlimited daily servings)</p> <p>A - D: Arugula, Asparagus, Bamboo Shoots, Basil, Bell Peppers, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Chives, Collard Greens, Cucumber, Daikon, Dill</p> <p>E - G: Eggplant, Endive, Escarole, Fennel, Garlic, Ginger, Grape Leaves, Green Beans</p> <p>H - P: Hearts of Palm, Herbs, Jicama, Jalapeños, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Onions, Parsley</p> <p>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</p>	<p>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)</p> <p>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</p>

AVOID, FOR OPTIMAL RESULTS:

- **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 and brown sugar, high fructose corn syrup, molasses, honey, dextrose, maltodextrin, artificial sweeteners, most fruits. Excess sugar promotes inflammation, 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).

Join the Reboot Email List for support, recipe ideas, and more! Details on back.



RECOMMENDED FOODS, CONTINUED

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IMPACT PHASE OPTIONAL FOODS (DAYS 15-28)

The main difference between the Impact and Reboot Phases is the "Vacation Meal" and an expanded optional food list. All of the Reboot foods can still be enjoyed — the following are the ADDITIONAL foods you can add to the list of Reboot Phase recommendations. You can add up to two "Vacation Meals" per week, and be sure to share your results with us by entering our "My Story" Contest! As with Phase 1, do your best to follow our suggestions while adapting it to what works for you!

VACATION MEAL GUIDELINES (VACATION MEALS ARE OPTIONAL!):

- **Eat Up to 2 Vacation Meals per week.** You can enjoy them both on the same day, or skip them altogether.
- **Trust your desires.** Your Vacation Meals are a chance to satisfy your wants without sacrificing your health. These are not cheat meals! They are a key part of maintaining long-term healthy habits.
- **Don't skip meals** in order to "prepare" or "save up" for your Vacation Meal to justify overeating at one sitting.
- **Don't overdo it.** "Vacation" applies to WHAT you eat, not how much. Moderation is still key!
- **Don't keep leftovers,** or tempt fate by keeping any Vacation food hanging around the rest of the week.
- **Remember gratitude.** Being thankful and truly present with your food will allow you to be more satisfied by it.
- **Have fun!** This is your vacation, enjoy it! Eat to the point of satisfaction and then stop. You'll relish next time!

VEGETABLES	FRUITS	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 FOODS (use whole-grain varieties): AkMak Crackers Breads (Ezekiel or other whole grain) Evolv Shakes Hot Cereals Pastas (whole grain) Tortillas (whole grain) Wasa Crackers



BE ON AUTOSHIP WITH NEXT MONTH'S KIT OR PACK* TO STAY ON TRACK WITH YOUR HEALTH GOALS!



* Chocolate or Vanilla Shake & Blueberry-Pomegranate or Dark Chocolate LifeBar flavor options available on some Packs. Visit www.evolvhealth.com/packs or your Evolv Shopping Cart for details.



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