

Checklist HEALTH-RESET 2.0



Your list:

- A digital kitchen scale and a digital bathroom scale
- Before picture (dressed, men preferably shirtless) front/side/back/face and a zoomed in picture of specific problem areas, e.g. the skin
- Daily weighting, please see weighing schedule in the (digital) reset booklet so you can shift when you are at a standstill for a few days.
- Measure yourself at the start, then once a week, refer to measuring plan in the (digital) reset booklet.
- Download the FatSecret app to count your kcal.
- Upload: minimum of 3500 kcal, maximum 5000 kcal (with FatSecret app)
- Phase 2: eat an average of 700 calories, NEVER less than 500 calories a day.
- If you work out, we might increase your calories after consultation, only from the allowed list.
- No eating after 7 pm.
- In phase 2 you will use: 2x a Grissini breadstick or 1 Wasa cracker, obligatory 2x 1 piece a day as a snack (not to be combined with lunch or dinner). You use this because the body needs a chewing sensation. In phase 3 NO breadsticks & crackers.
- Take metabolism accelerator Enerxan, 1 tablet twice a day and at least half an hour before breakfast and lunch.
- Read all product labels and check the list of ingredients for sugar. If sugar is not an ingredient, but is mentioned in the nutritional chart, then it's ok.
- Maltodextrine = sugar. There are more than 24 aliases for sugar, so pay attention!
- Shower with grease-free shower gel (no oil)
- Do not use cremes or foundation, only mineral make-up powder.
- Vaseline is allowed (does not penetrate the skin).

GOOD LUCK!



Shopping list:

- Grease-free shower gel
- Grissini breadsticks or Wasa crackers
- Kikkoman soy sauce red cap (green = sugar)
- Sugar free tomato paste
- Sugar and aroma free organic tea
- Herbamare herb salt
- Baking sheet
- Vaseline
- Mineral make-up

 *Jezelf Helpen*
- voor een betere levensstijl -