THRIVE with Coach Phil

# GREEN REBOOT

## HEAVY MENTAL CLEANSE & NUTRIENT BOOST PROGRAM



Copyright © All rights reserved worldwide.

YOUR RIGHTS: This book is restricted to your personal use only. It does not come with any other rights.

LEGAL DISCLAIMER: This book is protected by international copyright law and may not be copied, reproduced, given away, or used to create derivative works without the publisher's expressed permission. The publisher retains full copyrights to this book.

The author has made every reasonable effort to be as accurate and complete as possible in the creation of this book and to ensure that the information provided is free from errors; however, the author/publisher/reseller assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein and does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

Any perceived slights of specific persons, peoples, or organisations are unintentional.

The purpose of this book is to educate and there are no guarantees of income, sales or results implied. The publisher/author/reseller can therefore not be held accountable for any poor results you may attain when implementing the techniques or when following any guidelines set out for you in this book.

Any product, website, and company names mentioned in this report are the trademarks or copyright properties of their respective owners. The author/publisher/reseller are not associated or affiliated with them in any way. Nor does the referred product, website, and company names sponsor, endorse, or approve this product.

COMPENSATION DISCLOSURE: Unless otherwise expressly stated, you should assume that the links contained in this book may be affiliate links and either the author/publisher/reseller will earn commission if you click on them and buy the product/service mentioned in this book. However, the author/publisher/reseller disclaim any liability that may result from your involvement with any such websites/products. You should perform due diligence before buying mentioned products or services.

This constitutes the entire license agreement. Any disputes or terms not discussed in this agreement are at the sole discretion of the publisher.

# Seven Day Green Protocol

The 7 day GREEN REBOOT program is designed to clear out any hormonal storage with a focus on heavy metals and estrogen as well as reboot your digestive system. It also aims to boost your vitamin and mineral levels.

Eliminating heavy metals and excess estrogen from your body can lead to numerous health benefits. Heavy metals such as lead, mercury, and cadmium can accumulate in your body over time, leading to toxic effects that impair your immune function, disrupt hormonal balance, and increase oxidative stress. By detoxifying your system from these harmful substances, you can improve your overall health, enhance your energy levels, and reduce the risk of chronic diseases. Moreover, balancing estrogen levels can help alleviate symptoms associated with hormonal imbalances, such as fatigue, mood swings, and weight gain.

Improving your digestive system is another crucial aspect of this detox program. A healthy digestive system ensures efficient nutrient absorption, which is vital for maintaining optimal health. When your digestion is functioning well, it can help prevent issues like bloating, constipation, and indigestion. Additionally, a well-functioning gut is essential



for a robust immune system and can play a significant role in mental well-being. By rebooting your digestive system, you'll not only feel lighter and more comfortable, but you'll also support your body's natural ability to produce energy and regenerate.

Boosting your vitamin and mineral levels naturally through this reboot program can lead to enhanced vitality and better overall health. Vitamins and minerals are essential for numerous bodily functions, including energy production, immune defence, and cellular repair. When your body receives an adequate supply of these nutrients, it can operate more efficiently, leading to increased energy, improved skin health, and a stronger immune system. By focusing on nutrient-dense foods and natural supplementation during this reboot, you'll ensure that your body is well-equipped to handle the demands of daily life and maintain optimal health.

In the end, we are reprogramming your body to function better and become a fat-burning machine. By clearing away any "blockages" and restoring your internal environment, this reboot program will jumpstart your journey to a more energetic and happier life. You'll experience improved metabolic function, enhanced energy levels, and a renewed sense of well-being, setting the foundation for long-term health and vitality.



# The Plan - week 1

**Vegetable juice detox:** the first week consists of consuming 4-5 vegetable shakes of approx. 400-500mls per day at regular intervals

You must also drink at least 3 litres of water. Add these to your water (alternate day by day) to give your digestion a boost and provide flavour to your water:

- *Fresh Mint leaves:* improves bile flow and increase function of the salivary glands. Mint leaves also contain properties that produce digestive enzymes that help absorb vitamins and nutrients
- *Lemon & Lime:* these again boost digestion, create digestive enzymes as well as boost the immune system
- *Ginger Root:* has antiviral and anti-inflammatory properties and helps with flatulence and indigestion. Dice some ginger to a half inch size and add to your water – prepare the night before and let it sit through the night so that the water absorbs most of the nutrients
- *Cucumber Slices:* can help remove toxins and improve digestion. It is a nice cool and refreshing taste
- *Cloves:* can protect the stomach from parasites and aid digestion. Add 4-5 cloves to your bottle



- ·If you are hungry you are allowed to consume 2 snacks of a handful of nuts and seeds (almonds, walnuts & pumpkin seeds are preferable)

- Consume a multivitamin in the morning or after workout

- Consume 10,000iu of vitamin D3 with a tablespoon of olive oil in the morning

- Consume Omega 3 (2 capsules – must be high quality) and a probiotic sachet with every shake

- Take a magnesium supplement with your last shake (in the evening) or with a herbal tea 30 minutes before bed (better option)

## To make the shakes follow the below guidelines:

- ***Choose your base:*** water – for a change you could do coconut water for one/two shakes (last of the day)
- ***Choose your body:*** the main vegetable content options are: kale, spinach, bok choy, broccoli, cauliflower, green beans, *(all of those need to be lightly sautéed/cooked before blending)* other raw main vegetables = avocado, lettuce.
- ***Add some extra power:*** Matcha, super green powder, chia
- ***Add some texture and taste:*** celery, olive oil, nuts, seeds, etc
- ***Add some spice for life:*** mint, turmeric, cinnamon, ginger, garlic, etc



# Sample Schedule

| DAY ONE | DAY TWO | DAY THREE | DAY FOUR |
|---|---|---|---|
| 6AM<br>Avocado<br>Broccoli Shake | 6AM<br>Kale Cucumber<br>Mint Shake | 6AM<br>Broccoli Boost<br>Soup | 6AM<br>Broccoli Boost<br>Soup |
| 9AM<br>Avocado<br>Broccoli Shake | 9AM<br>Kale Cucumber<br>Mint Shake | N/A | 9AM<br>Dr Green Rocket<br>Shake |
| 12PM<br>Green Cleaner<br>Shake | 12PM<br>Melon &<br>Coconut Mojito<br>Shake | 12PM<br>Beetroot<br>Coconut Shake | 12PM<br>As-power-gus<br>Soup |
| 3-4PM<br>Green Cleaner<br>Shake | 3-4PM<br>Melon &<br>Coconut Mojito<br>Shake | 3-4PM<br>Beetroot<br>Coconut Shake | Snack of nuts |
| 6-8PM<br>As-power-gus<br>Soup | 6-8PM<br>As-power-gus<br>Soup | 6-8PM<br>Broccoli Boost<br>Soup | 6-8PM<br>Spinach<br>Chocolate<br>Shake |



# Sample Shake & Soup Recipes

## Green Cleaner Shake

Think of this smoothie as a hug from the inside out. It looks and tastes good, and is packed with vitamins A, B, C, and E, plus iron and potassium.

**Ingredients:**

- 1 x Apple diced
- 30 grams Kale (cooked)
- 2 x Kiwi Fruit (skin on, washed, diced)
- 2 x tbsp Parsley
- 1/2 Avocado (stoned and flesh scooped from skin)
- 4 x tbsp chilled water plus handful of crushed ice

**MIX IT UP:**

- Blend the diced apple, cooked kale and diced Kiwi into the blender
- Add the parsley, and avocado and blend
- Add the water and crushed ice and blend again until smooth
- Pour into a glass and serve immediately



# Melon & Coconut Mojito Shake

This fresh and fruity smoothie will bring back happy memories of summer days along with benefits of providing potassium, magnesium, amino acids and much more...

**Ingredients:**

- 20 grams Spinach (lightly sautéed/cooked)
- 50 grams Coconut flesh
- 200mls chilled water
- 100 grams Watermelon
- 1 x tbsp Chopped Fresh Mint
- Juice of 1/2 a lime
- Ice to serve (optional)



**GET TO BLENDING:**

- Put the spinach, coconut, and water into a blender, and blend until smooth
- Add the watermelon, mint, lime juice, and blend until smooth and creamy.
- Pour over ice (if using) and serve immediately - garnish with mint leaves

**BOOST:**

- Add a teaspoon of spirulina for an further micronutrient and protein boost

# Dr Green Rocket Shake

Get ready to blast off with my Dr. Green Rocket shake – a vibrant blend of powerful ingredients that's sure to fuel your day with a burst of green goodness!

**Ingredients:**

- 25 grams Rocket
- 1 x tablespoon of Chopped Fresh Mint
- 200mls chilled water
- 50 grams Blueberries
- 1/2 x tablespoon Chlorophyll Powder
- Juice of 1/2 a lime/lemon
- 2.5cm Piece of fresh Ginger (peeled & chopped)
- 4-5 Ice Cubes

**BLEND IT:**

- Put the rocket, mint, and water into a blender, and blend until smooth
- Add the blueberries, chlorophyll powder, lime/lemon juice, ginger and ice cubes then blend it again until smooth and creamy

- Feel free to play with the portion size of ingredients to match your tastes and preferred liquid consistency



# As-power-gus Soup

Prepare to delight your taste buds with our Asparagus Power Soup – a creamy, nutrient-packed blend of fresh asparagus, perfect for a hearty and health-boosting meal that keeps you energised all day long!

**Ingredients:**

- 1 kg Fresh Asparagus (tough ends trimmed)
- 2 tablespoons Olive Oil
- Himalayan Pink Salt & Black Pepper
- 1 medium Yellow Onion (peeled & diced)
- 1 medium Sweet Potato (peeled & diced)
- 1 clove Garlic (peeled & chopped)
- 3 cups (750mls) vegetable stock
- 1 cup (250mls) water
- other dry spices to taste

**LETS GET COOKING:**

- **Prep:** Trim tough ends of asparagus and peel stalks if thick. Cut stalks into 1-inch pieces and set aside tips for garnish

- **Cook:** Heat oil in a large pot (able to hold at-least 1.5 litres) over medium-high. Add asparagus pieces, cook for 5 minutes. Add onions and cook for 5 more minutes. Add potatoes and a good pinch of salt, cook for 10 minutes, then add garlic and cook for 30-60 seconds until good aroma



## LETS GET COOKING CONTINUED:

- **Simmer:** Pour in stock and water, bring to a boil, then reduce to medium-low and simmer for 10 minutes or until vegetables are tender

- **Blend:** Puree soup in batches until smooth, keep the fibre and lumps for texture (or strain using a sieve if you prefer)

- **Reheat:** Pour pureed soup back into pot, adjust thickness with stock if needed, and reheat gently over low heat

- **Serve:** Sauté or steam reserved asparagus tips for 30 seconds. Ladle soup into bowls, garnish with asparagus tips, chopped nuts (if using), and chives. Serve immediately

- **Store:** Keep soup in an airtight container in the fridge for up to 5 days. Store asparagus tips separately.

- **Portion** = 5-6 servings



# Broccoli Boost Soup

Get ready to savour our vibrant Broccoli Boost Soup – a creamy, nutrient-rich blend of fresh broccoli that promises to nourish your body, invigorate your senses, and satisfy your hunger throughout the day!

It's simple to prepare with just 7 ingredients and 20 minutes needed, from start to finish.

**Ingredients:**

- 1 tablespoon Butter
- 1 Yellow Onion chopped
- 3 cloves Garlic minced
- 12 cups Broccoli Florets (approx. 2 large heads of broccoli)
- 6 cups (approx. 1,200mls) Vegetable Broth
- 1 Avocado (peel & pit removed)
- Salt, Pepper and any additional Dry Spices to taste

**LETS GET COOKING:**

- **Prep:** In a large pot (at least 1.5ltr), melt the butter, and then add the onion and garlic. Sauté until softened, about 5 minutes.

- **Cook:** Then add the broccoli and the broth and bring to a boil over high heat. Reduce heat to medium/low and cook with the lid on for about 5-7 minutes until the broccoli is fork tender.



## LETS GET COOKING CONTINUED:

- Remove from the heat and add the avocado to the pot.
- **Blend:** “Mash” the contents of the pot before placing contents into the blender. Puree soup in batches until smooth, keep the fibre and lumps for texture (or strain using a sieve if you prefer)
- **Season:** Taste and add more salt, pepper and or dry spices as you blend each batch, if needed.
- **Reheat:** Pour pureed soup back into pot, adjust thickness with stock if needed, and reheat gently over low heat
- **Store:** Keep soup in an airtight container in the fridge for up to 5 days. Store asparagus tips separately.
- **Portion** = 5-6 servings



# Integrating Exercise into Your Reboot Plan

As you embark on this detox journey, incorporating exercise is essential to maximise the benefits and enhance your overall well-being. Regular physical activity not only supports your body's detoxification processes but also boosts your mood, improves energy levels, and aids in maintaining a healthy weight. However, it's important to listen to your body and avoid overexertion during this period of rejuvenation.

**Exercise Guidelines:**

- **Walking:** At a minimum, aim to walk for 30-60 minutes both in the morning and in the evening. Walking is a gentle yet effective way to keep your body active without placing undue stress on your system. It helps stimulate circulation, supports lymphatic drainage, improves mitochondrial fat burning efficiency and promotes mental clarity

- **Mindful Movement**: Pay close attention to how you feel during and after exercise. This detox is about nurturing your body, so focus on mindful movements that make you feel good. Activities like yoga, stretching, or light resistance training can be beneficial if they feel right for you



- **Hydration:** Ensure you stay well-hydrated, especially when exercising. Proper hydration supports your detox efforts and keeps your body functioning optimally

- **Rest and Recovery:** Balance your physical activities with adequate rest. Listen to your body's signals and take breaks when needed. Restorative practices like meditation or deep breathing can help you stay in tune with your body's needs

By integrating these exercise habits into your daily routine, you'll not only enhance the effectiveness of your reboot but also set the stage for a healthier, more balanced lifestyle moving forward. Remember, the goal is to support your body's natural processes and promote a state of overall well-being. Embrace this time to reconnect with your body, nurture your health, and pave the way for sustained vitality.

Embark on this journey with a sense of purpose and mindfulness, and you'll soon reap the rewards of a revitalised body and mind. Enjoy the process, stay committed, and celebrate the positive changes you're making for a healthier, happier you.



# The Plan - week 2 & beyond

Congratulations on completing the 7-day reboot! You've taken an important step toward revitalising your body and setting the foundation for a healthier lifestyle. Now, it's time to transition from the REBOOT phase to establishing long-term, sustainable dietary habits that will support your lean and energetic body and mind, so you can thrive.

Following the completion of the reboot shakes and soup plan, we introduce the BE-LEAN Diet Plan. This nutritional strategy, designed and followed by Coach Phil, optimises the body, aids in defying aging, and promotes overall health and vitality.

## Key Principles of the BE-LEAN Diet Plan:

- **Balanced Nutrient Intake:** Ensure your meals are well-balanced, including lean proteins, healthy fats, and fibrous carbohydrates. This helps maintain energy levels, support muscle function, and regulate hormones

- **Emphasise Whole Foods:** Focus on consuming whole, unprocessed foods. Fresh vegetables, fruits, whole grains, nuts, seeds, and lean meats should form the core of your diet



- **Hydration:** Continue to drink plenty of water throughout the day. Staying hydrated is essential for digestion, metabolism, and overall health
- **Portion Control:** Be mindful of portion sizes to avoid overeating. Eating smaller, more frequent meals can help keep your metabolism active and maintain steady energy levels
- **Limit Processed Foods and Sugars:** Reduce or eliminate processed foods and added sugars. These can disrupt your metabolic processes and contribute to weight gain and health issues
- **Mindful Eating:** Practice mindful eating by paying attention to your hunger and fullness cues. Eating slowly and savouring your food can help prevent overeating and improve digestion
- **Consistency:** Consistency is key. Aim to maintain these healthy eating habits daily to support your body's functions and promote longevity

It's important to recognise that this phase is not just about following a diet but creating sustainable nutritional habits that will serve you for life. You have reset your dietary patterns and internal operating system through the detox, and now is the crucial time to build on that foundation. By adopting the BE-LEAN Diet Plan, you will reinforce these positive changes and ensure that you continue to feel energised, healthy, and resilient.



## Your Next Steps:

- **Plan Your Meals:** Take time each week to plan your meals and snacks according to the BE-LEAN principles. This will help you stay on track and make healthier choices
- **Stay Accountable:** Consider keeping a food journal or working with a coach or accountability partner to help you stay committed to your new eating habits. This is what our CLUB THRIVE membership is perfect for - providing accountability and support to help you all the way
- **Stay Active:** Complement your diet with regular physical activity. Exercise and good nutrition work together to enhance your overall well-being. Our CLUB THRIVE membership has excellent workout that change and progress to give you the best results

By following the BE-LEAN Diet Plan, you are investing in your health and future. Embrace these new habits, and you will continue to see improvements in your energy levels, mood, and overall quality of life.

Let's continue this journey together, and make every meal a step towards you unlocking your full potential and truly THRIVING.

