



RESET SERIES
KICKSTART

IMPORTANT NOTICE

TERMS AND CONDITIONS

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TABLE OF CONTENTS

IMPORTANT NOTICE	2
WHO IS RAPID FITNESS?	4
THE RAPID RESET SERIES	5
WHATS INVOLVED?	6
GETTING STARTED	7
THE KICK START PLAN	9
A DAY IN YOUR LIFE ON KICK START	10
THE RULES OF KICK START	11
THE KICKSTART MORNING ROUTINE	13
BREAKFAST	14
LUNCH & DINNER	15
MEAL ADDITIONS	16
EXAMPLE WEEKLY MEAL PLAN	17
SHOPPING LIST FOR EXAMPLE MEAL PLAN	17
MEALS ON THE GO	18
RECIPE GOODNESS	19
BREAKFASTS	20
LUNCH & DINNER	24
THE KICKSTART EXERCISE RECOMMENDATIONS	28
FREQUENTLY ASKED QUESTIONS	29
SIGNING OFF	30

WHO IS RAPID FITNESS?

JAY HARRISON

Rapid Fitness founder Jay Harrison, is a Personal Trainer and Lifestyle Consultant and Strength & Conditioning Coach to some of New Zealand's leading sportspeople, including renowned golfers Lydia Ko and Michael Hendry.

Rapid Fitness has become a passion project for Jay and he's on a mission.

"Through the power of the internet and human connection we have an opportunity and an obligation to make a difference. We can do this on a scale we have never seen before and Rapid Fitness is our vehicle"

EXPERIENCE

- Founder of Rapid Fitness
- Head Trainer for Rapid Fitness
- Founder of Rapid Athlete
- Director of Strength & Conditioning for Rapid Athlete
- Bachelor of Sport and Exercise Science

CAM SMITH

Cam is the Co-Founder of Rapid Fitness and holds a Bachelor of Sport and Recreation Majoring in Exercise Science from AUT.

Cam's is a dedicated warrior to the cause of educating RF'ers toward a holistic and educated understanding of their health and nutrition.

His primary vision is to develop robust framework and community to support people on their journey to becoming fit and healthy.



Personally I have no desire to turn others or myself into ripped little nuggets. I want people to be fit, healthy and live a balanced lifestyle. Life is meant to be enjoyed and you should be able to live it to it's full potential.

"We are in a world where more people die of lifestyle related diseases more than any other cause. It's time we as people, start to become educated and empowered to make a change. I will do everything in my power to make sure Rapid Fitness becomes a vital tool in bringing people together and changing their lives for the good."

EXPERIENCE

- Co-Founder of Rapid Fitness
- Specialist in Nutrition
- Bachelor of Sport and Recreation Majoring in Exercise Science

THE RAPID RESET SERIES

Welcome to the Rapid Reset Series.

The series of programs are the result of our many years experience in health and sport science. If you follow our programs to the letter, you *will* get Rapid results that you couldn't imagine possible. We're really glad you're taking this important step towards healthier living and we're excited to help you reach your health and fitness goals on this life-changing journey.

Life doesn't wait and neither should you. If you're reading this, it's because you've already come to the conclusion that you need to make a positive change in your health. Perhaps you're sick of carrying extra weight, you get unwell often, or you're constantly tired and lethargic, or maybe you want to feel and look amazing – not just for a special occasion, but for life.

You know that you need to prioritise your health and there's no better time to start than right now. Take the first step to a new you on this Rapid Fitness journey and we will help create a better, healthier, more awesome you.

WHATS INVOLVED?

WHAT DOES THE RAPID RESET ENTAIL?

Rapid Reset is a progressive three-stage program, designed to help you lose weight fast and keep it off. If you've led an inactive life and neglected your diet, the programs could be a challenge – but that's even more reason to stick with the series and make positive changes in your life. Remember, health is wealth.

NO MUCKING AROUND – WE'RE TALKING RAPID RESULTS

You want results? You can get them. By utilizing the latest sport and exercise science, our programs are specifically designed to give you the fastest possible results. Individual results will vary with any program, but losses of 1% body-fat per week or more are common and some of our clients have lost between 7- 50+kg's of body-fat on this program series.

Every journey begins with one step. Through dedication and application there are no limits to the results you can achieve on this program series. We hope you will rise to the challenge of taking back your health. Enjoy the first step of the transformation as you watch a new you emerge.

KICK START

'Kick Start' is the first program, a 14-day nutrition plan designed to kick-start the metabolic process and form the healthy habits required to make our second program more effective. The primary focus at this stage is detoxification and nutrition, so you will not be exercising in this section of the plan.

R28

The second program in the Rapid Reset Series is 'R28'. A 28-day nutrition and exercise program with a unique multi-layered approach designed to force your body to use stored fat as energy. With some discipline, patience and persistence significant weight-loss can be achieved on this program.

LIVING WELL

If you're tired of yo-yo dieting and falling back into bad habits, this series is for you. It's essentially a lifestyle plan – that's how you maintain your achievements. The third and final program is called 'LIVING WELL' and is designed to maintain the results you have achieved, on the first two programs.

A NOTE ABOUT OUR PLANS

We recommend the use of wholesome nutritious food for all of our RF programs.

- Fresh fruit and vegetables – organic if possible
- Fresh meat and poultry – free range and organic if possible
- Fresh fish and seafood – non farmed if possible
- Organic oils

NZ CUSTOMERS

See our friends at 'Ruby's List' www.rubyslist.co.nz for free range and organic meats, you cant beat it! Check out their awesome "Kick Start" meat pack to help you get started.

GETTING STARTED

We know you are taking this seriously!

We know you have got this, otherwise you wouldn't be here.

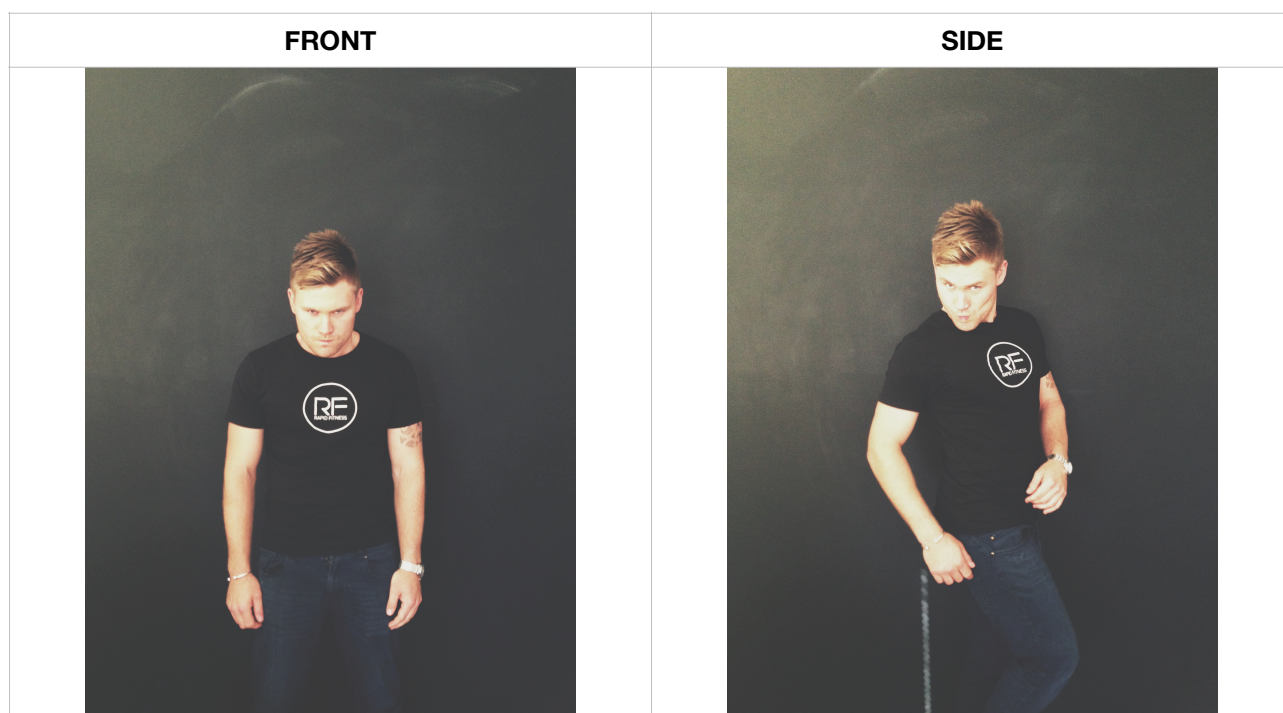
So, lets make sure you can look back on your progress and celebrate your transformation.

You can do this by taking Before and Afters and recording your measurements.

BEFORE AND AFTERS

You **must** get some before and after shots. In a few weeks time you will be looking back at your success and celebrating your transformation.

We suggest taking personal shots so you can see all of your body changes. Then take some public shots you might like to share.



What do you think of Cam's before and after?

Notes:

- Feel free to send them in to us, we love to celebrate the success of our RF'ers.
- Click [here](#) to check out some of the amazing transformations.

TAKING YOUR MEASUREMENTS

Take your baseline measurements before you begin Kick Start and every week there after.
Record your results in a dairy to keep track of your progress.

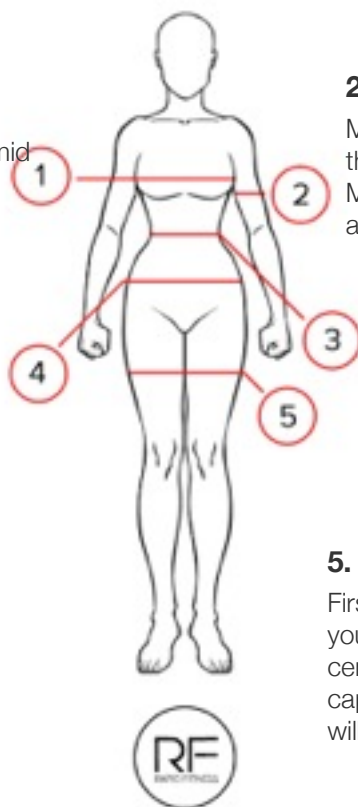
MEASUREMENT GUIDE

1. CHEST

Measure the circumference of your chest.
Ensure the tape is level and is positioned mid bust.

4. HIP

Measure the circumference of the widest part of your hips. Ensure the tape is level.



2. ARMS

Measure half way down the outside of your arm, from the top of your shoulder to the tip of your elbow.
Mark this spot then measure the circumference of the arm, ensure the tape is level.

3. WAIST

Evenly measure the circumference of your waist. The tape should start at the belly button and measure around your entire waist.

5. THIGH

Firstly sit down and mark the crease at the top of your thigh. Then measure half way between the centre of the crease to the top centre of the knee cap. You will mark halfway and this point is where you will measure the circumference of your your thigh.

MEASUREMENT TABLE

	PRE KICK START		END OF WEEK 1		END OF WEEK 2	
DATE						
WEIGHT						
CHEST						
ARMS						
WAIST						
HIPS						
THIGH						

THE KICK START PLAN

The 14-day Kick Start is our simple introductory program designed to kick-start the metabolic process 'Ketosis'. It also helps to instill the essential habits required to make the second program more effective.

There is no exercise in this phase of the program as your primary focus here is nutrition.

The core framework of this program is a unique macronutrient formula we have devised to help Kick Start the metabolic process Ketosis. Although good wholesome food makes up the foundation of this program we do recommend some supplementation.

The supplements we recommend in the program are what we consider 'essential' supplements. Supplements that bring essential vitamins and nutrients to our diet that are difficult to get from our food.

THE KICK START OVERVIEW

This is what your next 14-days will look like

DAY	DETAIL	NOTES
PREP	Day 1 The Kick Start Fast ~ Format 1	The first fast: The essentials, lemon water and/or coconut water....and that's it.
1	Day 2 of Kick Start ~ Format 2	The first day of the Kick Start ketogenic food regime
2	Day 3 of Kick Start ~ Format 2	High Fat, moderate protein, low carb = weight loss!
3	Day 4 of Kick Start ~ Format 2	Let the food do the work
4	Day 5 of Kick Start ~ Format 2	TRUST the food
5	Day 6 of Kick Start ~ Format 2	Love the genius of your body!
6	Day 7 of Kick Start ~ Format 2	Low intensity exercise only this week folks!
7	Day 8 The Kick Start Fast ~ Format 1	The second fast: The essentials, lemon water and/or coconut water.....and thats it
8	Day 9 of Kick Start ~ Format 2	Back on the food wagon
9	Day 10 of Kick Start ~ Format 2	1kg of body fat loss = 9000kcal or 18 INTENSE workouts
10	Day 11 of Kick Start ~ Format 2	Stick to the plan Stan!
11	Day 12 of Kick Start ~ Format 2	How is your progress to date? Tell us on FB
12	Day 13 of Kick Start ~ Format 2	Almost there....well done!
13	Day 14 of Kick Start ~ Format 2	Get ready for R28! You get a FREE meal tomorrow, enjoy!
14	FREE DAY	You have 1-FREE meal today. Eat what you like without question! R28 starts tomorrow!

Note: See formats 1 & 2 below

A DAY IN YOUR LIFE ON KICK START

Here is what daily routine will look like on Kick Start.

There are 2 different formats utilized in Kick Start

Format #1: The Kick Start Fast

Format #2: The Kick Start ~ Stage 1 Ketosis

FORMAT #1: THE KICK START FAST

#	DETAIL
1	<p>Upon rising complete your 'Kick Start Morning Routine'</p> <p>Please note Taking the B vitamin complex, magnesium and chromium on an empty stomach may upset your stomach.</p> <p>If you have a sensitive stomach we recommend excluding these essentials for the fast day. Excluding them will not hinder your progress.</p>
2	<p>Commence your alkalizing water fast</p> <p>Please note:</p> <p>You can have coconut water until 12:00pm on the fast day with a max of 2 x coconut waters (no more then 800ml in total)</p> <p>You can have freshly squeezed lemon in your water all day.</p> <p>You can take up to three serves of coconut oil during your fast day.</p> <p>You can drink green and herbal tea as per your fluid guidelines</p>

FORMAT #2: THE KICK START ~ STAGE 1 KETOSIS

#	DETAIL
1	Upon rising complete your 'Kick Start Morning Routine'
2	<p>Construct your Breakfast</p> <ul style="list-style-type: none">• Keep this meal very simple• The more simple the faster this program works• You can mix proteins here i.e.. 1/2 a serve of two proteins to make a whole
3	5hr mini fast
4	<p>Construct your Lunch</p> <ul style="list-style-type: none">• Keep this meal very simple• The more simple the faster this program works• You can mix proteins here i.e.. 1/2 a serve of two proteins to make a whole
5	5hr mini fast
6	<p>Construct your Dinner</p> <ul style="list-style-type: none">• Keep this meal very simple• The more simple the faster this program works• You can mix proteins here i.e.. 1/2 a serve of two proteins to make a whole
7	2.5HR FAST BEFORE BED ~ NO SNACKING

THE RULES OF KICK START

1. THREE MEALS PER DAY

Breakfast, Lunch and Dinner. **No** snacking.

2. MINIMUM 5 HOURS BETWEEN MEALS

You must have at least five hours between meals. You can wait longer if you wish, but no less.

3. LAST MEAL BEFORE 9PM

This is important because HGH is released at night (during your REM Sleep Cycle) and eating too late will interfere with that process. However, even if you are running late, you **must not** skip this meal

Note: Do not go to sleep for 2.5hrs after your last meal, allow for adequate digestion of your meal before you sleep.

4. HYDRATION IS KEY

Your body will be dropping fat fast. Your energy may feel low, you may get headaches and feel rather lethargic. As your body metabolizes stored fat, toxins are released into your system to be excreted, Hydration helps with the cleansing process.

To ensure adequate absorption of nutrients from your meals we recommend **not** drinking water during meals. Water intake shall be restricted to 30min before meals and 30mins after meals.

We recommend a **minimum** water allowance of 2.5litres per day with an optimal goal of 3litres.

We recommend the following fluids **ONLY**

- Pure dew ultra-distilled mineral water
- Sparkling mineral water
- Filtered tap water
- Herbal teas
 - Green - up to 2 per day max (The caffeine in Green Tea can stimulate an insulin response, which can lower your glucose metabolic response, which does not aid with your weight loss.
 - Peppermint, chamomile and white tea.
- Coffee 1 x black coffee per day max (Coffee stimulates an insulin response)

(NB: If you're craving coffee consider drinking Dandelion Coffee, which has a similar taste to coffee, but is caffeine free and offers a myriad of health benefits and is a diuretic, which means it assists the body in detoxification.)

5. NEVER SKIP MEALS

Never skip meals! Without protein and fat in your system, your body cannot adequately burn fat.

6. SLEEP

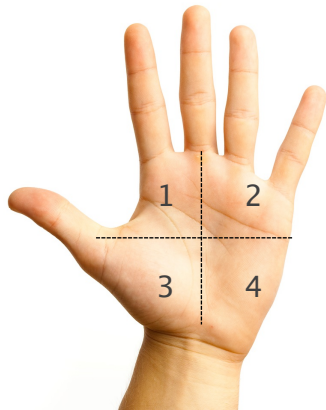
Ideally try and get 8hrs sleep each night. You also need to try and have lights out by 10:30pm.

Our body releases a hit of cortisol (stress hormone) at 11:00pm, this is why some people can struggle to get to sleep if they are up late.

Cortisol can promote weight gain, particularly around the abdomen. Excess cortisol can also stall your progress on your weight loss journey.

7. SERVING SIZE GUIDELINE

To keep serving size guidelines simple we use the 'Palm' scale.



THE PALM SCALE

A simple reference for serving size

- $\frac{1}{4}$ palm = 1
- $\frac{1}{2}$ palm = 1 + 2
- $\frac{3}{4}$ palm = 1 + 2 + 3
- Full palm = 1 + 2 + 3 + 4

8. THE KICKSTART ESSENTIALS

These are the essential supplements we recommend for Kick Start

LIFEFOODS COLD PRESSED VIRGIN COCONUT OIL (NOT HIGH HEAT COOKING OIL)

- Boosts metabolism
- Controls weight
- Eases digestion
- Curbs sugar cravings
- Supports immunity

NUZEST GOOD GREEN STUFF

- Alkalizing
- Super Food
- Nutrient rich
- High in antioxidants

SOLGAR VITAMIN B-COMPLEX

- Increases energy and vitality
- Helps reduce stress and depression
- Helps regulate the nervous system

SOLGAR MAGNESIUM

- Helps regulate blood glucose
- Helps with migraines, insomnia and depression
- Helps regulate blood pressure
- Helps prevent cardio vascular disease

SOLGAR CHROMIUM PICOLINATE

- Aids metabolism
- Helps reduce food cravings
- Helps regulate fat and cholesterol
- Helps prevent cardio vascular disease

THE KICKSTART MORNING ROUTINE

Taking your daily essentials correctly is important, please follow our guide as closely as possible to get the most out of your essentials and to get the most from your Kick Start journey

STEP 1: PRE BREAKFAST ROUTINE

This is the first phase of your Kick Start daily morning routine.

THE CLEANSE
Upon rising, scrub the tongue with a 'tongue scrub'. This removes a toxic film, which accumulates when we sleep.
ALKALIZE
Consume 1/2 a glass of water with the juice of a freshly squeezed grapefruit or lemon and ginger
Consume 1/2 a glass of water with 1 tsp of Spirulina or Barley Grass powder.
You may choose to consume 1 tsp of Good Green Stuff (GGS) instead of the Barley grass or Spirulina. But this must be consumed in your post Breakfast Routine as the lemon can affect the probiotics in GGS
NOTE: SIT FOR 30min BEFORE CONSUMING BREAKFAST

STEP 2: POST BREAKFAST ROUTINE

This is the second phase of your Kick Start daily morning routine.

ESSENTIALS INTAKE
Consume these at once with only enough water to assist in getting the essentials down. <ul style="list-style-type: none">• 1-Serve of vitamin B~complex• 1-Serve of magnesium• 1-Serve of chromium picolinate• If you choose to alkalise with Good Green Stuff (GGS) then consume 1 tsp of GGS with 1/2 a cup of water.

COCONUT OIL

Coconut oil is to be taken twenty minutes before your **lunch** and **dinner** only.

If you are struggling with sugar cravings between meals a serve of coconut oil can be used to help deal with your craving.

Coconut oil can also significantly reduce appetite and help you to feel full quickly.

You can either take it straight off the spoon or you can liquefy the coconut oil.

To liquefy, mix 1-2 tbsp. of coconut oil in a mug and add hot water or herbal tea, stir to melt and drink.

BREAKFAST

Create your breakfast from the following ingredients.

Weigh ingredients before cooking.

FAT OPTIONS – CHOOSE 2		SERVE
Flaxseed oil		2tbsp
Fish oil		2tbsp
Hemp seed oil		2tbsp
Avocado		½
Coconut cream		4tbsp
Butter		2tbsp
PROTEIN OPTIONS – CHOOSE 1	1 x PROTEIN SERVE	MIXING TWO PROTEINS
Eggs	2-3	2 eggs
Cured salmon	¾ palm or 100g	1/3 palm
Bacon / Ham	2 Rashers or 4 streaks	1 Rashers or 2 streaks
Fresh fish	¾ palm or 100g	1/3 palm or 50g
Full fat sausage (i.e. Chorizo)	1 Sausage or 100g	Half Sausage or 50 grams
Clean Lean Protein	2 Scoops	1 Scoops
Full cream Greek Yoghurt (5g of sugar or less per 100gm)	160mls	80ml
CHO OPTIONS – CHOOSE 1		SERVE
Chia seeds		2tbsp
LSA		2tbsp
Unsweetened Almond milk		150ml
COMBINE 1.25 CUPS - MAX		SERVE
Kale		N/A
Spinach		N/A
Mixed berries - blue berries, black berries and raspberries		Limit to one cup
Red or white onion		N/A
Capsicum – Green or Red		N/A
Mushrooms		N/A
Zucchini		N/A
EXAMPLE A. THE KICKSTART SMOOTHIE See recipe inspiration P. 23	EXAMPLE B. PALEO BREKKIE <ul style="list-style-type: none"> • 2 x eggs • ½ an avocado • 50gms or 1/3 of a palm of cured salmon/bacon • 1.25 cups of spinach INSTRUCTIONS Prepare 2 poached eggs on a wilted bed of spinach and cured salmon topped with sliced avocado. Season with Himalayan rock salt & fresh ground pepper	EXAMPLE C. THE RAPID WAFFLES BY JESS GRAY Click here

LUNCH & DINNER

Create your lunch and dinner from the following ingredients.

PROTEIN

Choose 1 option;

- ¾ of a palm of beef
- ¾ of a palm of lamb
- ¾ of a palm of venison
- ¾ of a palm of chicken
- ¾ of a palm of fish
- ¾ of a palm of salmon
- ¾ of a palm of tempeh or tofu

Notes:

- ¾ of a palm is roughly 100-120g
- Choose organic, free range meat when and where possible
- Fatty cuts are recommended
- Weigh ingredients before cooking

FATS

Choose 2 options to add to food;

- 4tsp. of oil: Coconut oil, olive oil, flaxseed oil or hemp seed oil
- ½ Avocado
- 2-3tbsp of butter
- 2tbsp of full fat goats feta
- 4tbsp of coconut cream or milk

VEGETABLES

1 serving of vegetables is 2.5 cups from the selection below. Mix with abundance

- | | |
|---|---|
| <ul style="list-style-type: none"> • Green beans • Beet greens • Asparagus • Bok Choy • Borage • Broccoli • Brussel sprouts • Cabbage – red and green • Celery • Capsicum • Mushrooms • Egg Plant (Limit to one cup) | <ul style="list-style-type: none"> • Watercress • Rocket • Kale • Cos lettuce • Spinach • Mung bean sprouts • Onion • Zucchini (Limit to one cup) • Cauliflower • Snow peas • Sprouts • Cucumber |
|---|---|

MEAL ADDITIONS

Here are additions to your Kick Start plan

CONDIMENTS, SAUCES, NUTS AND OILS
CONDIMENTS
<ul style="list-style-type: none">• Salt (We recommend Himalayan rock salt)• Black pepper• All dried herbs (basil, rosemary, oregano etc.)• Chili powder or dried flakes (limited amounts)• Curry or mustard powders only (limited amounts)• Pure spices (paprika, turmeric, cinnamon)• Basil Pesto• Parmesan (2tbsp max)
SAUCES
<ul style="list-style-type: none">• Up to 2tbsp of high fat, no carb mayonnaise per day• Vinegar (limited) – including balsamic, apple cider vinegar• Oyster sauce (2tbsp max)• Fish sauce• Tamari sauce• Soy sauce
NUTS - TO BE USED AS ADDITIONS IN COOKING (MAX 4TBSP)
<ul style="list-style-type: none">• Macadamia• Almonds or 1/4 cup ground almonds or almond meal• Walnuts• Brazil• Pecans• Pine Nuts• Pumpkin seeds

EXAMPLE WEEKLY MEAL PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Paleo Breakfast	Breakfast Smoothie	Omelette with spinach & mushrooms	Protein Waffle or Pancake with warmed berries	Paleo Breakfast	Freakin Easy Frittata with avocado	Breakfast Smoothie
LUNCH	Steak with mash, garlic butter and green beans	Roast chicken salad with mayo	Mediterranean lamb with feta, tzatziki and greens	Freakin Easy Frittata with avocado	Stuffed Chicken wrapped in bacon with salad greens	Moroccan chicken kebabs with coleslaw	Bacon and egg salad
DINNER	Roast chicken with roasted Rapid vegetables	Bunless beef burgers with guacamole	Stuffed chicken wrapped in bacon on cauliflower mash	Chicken mince stirfry served with buttery cabbage	Steak with cauliflower mash and salad	Spaghetti' and meatballs low carb zoodle	Lemon mustard chicken with green beans and broccoli

SHOPPING LIST FOR EXAMPLE MEAL PLAN

BREAKFAST	
• 10 Eggs	• 2 Cups spinach
• 6 Rashers bacon	• 3 Scoops Clean Lean Protein
• 2 Avocados	• 2 Cups mixed berries
• 1 Carton unsweetened almond milk	• 1 Zucchini
• 2 Cans coconut cream	• 100gm Butter
• 1 Capsicum	• 1 Spring onion
• 6 Mushrooms	• Greek Yoghurt
LUNCH & DINNER	
• 200g Steak	• 1 Green or red cabbage
• 300g Chicken	• 1 Iceberg lettuce
• 200g Beef mince	• 3 Capsicums (2 red)
• 1 Whole chicken	• 4 Onions
• 100g Chicken mince	• 100g Butter
• 5 Rashers bacon	• 100ml Beef stock
• 200g Feta	• 1 Head of garlic
• 3 Eggs	• 2 Lemons
• 4 Cups salad greens	• 1 Cucumber
• 1 Large cauliflower	• Fresh ginger
• 2 Heads of broccoli	• Corriander
• 300g Green beans	• Basil
• 4 Zucchini	• 3 Avocados
PANTRY STAPLES	
• Olive Oil	• Spices (paprika, turmeric, cumin,
• Oyster Sauce	• Worcestershire sauce
• Full fat, low carb mayo	• Sesame oil
• Mustard	• Tamari
• Dried herbs (oregano, mixed herbs, basil, coriander)	

MEALS ON THE GO

These meals can replace breakfast, lunch or dinner if you get stuck. Good options for a worst case scenario.

CAFE OPTIONS

- Salmon 1/2 palm on a bed of spinach or side salad
- 1 x Frittata - vegetable or meat fillings
- 2 x Poached eggs on a bed of veggies (above ground, no potatoes, kumara, carrots or sweet potato)
- 1 x Chorizo's, diced into a salad, do not consume carb dense foods i.e toast, fruit, or below ground vegetables with this meal
- Full fat Greek yogurt, with a handful (3/4 of a cup) of mixed berries
- Any Salad with meat or seafood w 1- 2tbsp of Mayo or dressing of your choice

SUPERMARKET

- 1 x Half an apple with 3 tbsp. of almond butter.
- 2 x Hand-ful's of Almonds, Brazil Nuts or Walnuts (Mixed is ok)
- 2 x Cooked chicken drumsticks and a handful of roasted tamari or pumpkin seeds

Deli Salad - mix together the following:

- Choose a meat (100g) from the following: Roast beef, Ham, chicken or Turkey
- A pre packaged salad topped with feta (Max 50g) from the deli

RESTAURANT OR TAKEWAYS

- Meat of your choice - 100g or 3/4 palm size i.e steak, chicken, turkey or pork, do not cut fat off the meat, serve with a side of above ground veggies (dressing is fine)
- Greek or Cesar Salad
- Roasted meats - 100g or 3/4 size with pork crackle - 1 small Kumara **only**
- Grilled seafood 100g or 3/4 palm size with a side of salad and dressing
- Burger option:
 - Choose burger of your choice
 - Ask to replace buns with lettuce (Cos Lettuce)
 - Do not worry about portion sizes.



RECIPE GOODNESS

PLEASE NOTE:

Inside these recipes we have used a few ingredients for taste and garnishing such as **carrot**, these are not to be used as base meal ingredients.

BREAKFASTS

1. KICKSTART SMOOTHIE - SERVES ONE

Our staple smoothie - with a few add-ins we use to change it up every now and then!

INGREDIENTS

- 150ml Almond milk
- 4tbsp Coconut cream (organic is the best as it is much creamier and thicker)
- 2 Raw eggs or 2 scoops of Clean Lean Protein
- 0.25 or 1/4 of a cup of Mixed Berries
- 1 cup of spinach
- 1-2 tsp GGS (Nuzest Good green stuff)
- This is our go to smoothie - below are add ins that create different flavours or use different supplements/ super-foods :
 - 1 tbs Kimmithgone Hemp seed oil
 - 1 tbs Chia
 - 1/4 cup Full fat greek yoghurt
 - 1 tsp Maca
 - 1 tbs Cacao
 - 1 scoop of Nuzest Natural Vanilla protein
 - 1/2 scraped vanilla bean

INSTRUCTIONS

STEP 1

(Pretty much the only step)

Prep all of your ingredients and place in a smoothie container or bowl and blend, blend blend, depending on how pulpy or smooth you like your smoothies!

2. FREAKIN' EASY FRITTATA - SERVES ONE

If your anything like us at RF, we like to keep things simple when it comes to food, thats why our recipe is easy and fast, no mucking round with this one.

You got your best buds, bacon & egg - winner right there already, add a bit of greenery and your set, perfect for breakfast or lunch.

This really is a FREAKIN' easy Frittata - take a look..

INGREDIENTS

- 2 Rashers of free range bacon
- 2 Free range eggs
- 2 Slices of red onion, chopped
- 1/4 Palm full of spring onion
- 1/2 Zucchini grated
- S + P to taste
- A few shredded leaves of coriander
- 1/4 to 1/2 Avo
- Almond milk (unsweetened) to bind with eggs - optional

INSTRUCTIONS

STEP 1 Crack your egg's into a small mixing bowl with your S + P and almond milk, if you're using it. Whisk together with a fork until combined.

STEP 2 Place your bacon pieces into a frying pan and fry them baby's up until crispy! Once cooled slightly, chop them into smaller bite sized pieces and set aside.

STEP 3 Take your veggies (except the avo, he comes in later) and slice 'n' dice them into small pieces, grate your zucchini and mix together in a small bowl. You can do this step whilst your waiting for your bacon to cook, if your pushed for time.

STEP 4 Pour your egg mixture into your frying pan and set on an element heated to medium. Let cook for a couple of minutes and sprinkle over your bacon and mixed veggies.

STEP 5 You want to leave this cooking for about 3-5 minutes until the base has set and only the egg on top is left uncooked. Once done, place under the grill set at 200c and cook the top for around 5 minutes until the egg is ready and you have a nice crispy golden top.

STEP 6 Whilst your wee Frittata is finishing up, you can whip up a quick Avocado mash. All you need is a mixing bowl, a fork, some S + P and your set. Mash away until you have your desired texture. We chose chunky. You can also add a little lemon juice for a bit of acidity if you like that kinda thing - we do!

Once your Frittata is ready, flip em' out onto a board, cut into slices and serve with your Avo mash on top! If you aren't a big fan of zucchini, you can switch this out for sliced leek or spinach, and if bacon isn't your thing, Salmon or leftover chicken is perfect!

3. GRILLED ASPARAGUS, PARMA HAM & POACHED EGG - SERVES TWO

INGREDIENTS

- 6 Asparagus
- 2 Free Range eggs
- 2 tsp white vinegar or lemon juice
- 4-5 slices parma ham (replace with smoked salmon if you don't like ham)

INSTRUCTIONS

STEP 1

Place Asparagus in hot pan with a little coconut oil and keep turning to colour evenly and cooked season with salt and pepper.

STEP 2

Place a pot of boiling water onto the heat with 2tsp of white vinegar or lemon juice and bring to a rolling boil. Swirl the water around until it looks like a whirlpool in the centre, crack the eggs into a small bowl or dish 1 at a time and tip into the centre (by the time you do the second the first egg should have moved slightly to the side of the pot).

STEP 3

Poach to desired remove from the water and place onto a piece of paper towel folded in half to let excess water drain off. Season with salt and pepper.

STEP 4

Take asparagus out of the pan and place it in the centre of the plate. On top of that place 4-5 pieces of parma ham on top, take the eggs and place on top of the ham. Drizzle with Olive or Avocado Oil.

4. CARBLESS BUBBLE AND SQUEAK - SERVES TWO

INGREDIENTS

- 1 Cup cabbage shredded
- 1 Onion finely sliced
- 1 Clove Crushed Garlic
- 4 Button Mushrooms sliced
- 3 Free range eggs
- ¼ Cup cold water
- 2 Slices bacon sliced in to small batons
- 1 Grated courgette
- ½ Red capsicum sliced

INSTRUCTIONS

STEP 1

Place 2 tsp coconut oil into a pan and let melt. Then add bacon and mushrooms at the same time and let brown. Add onion, cabbage and garlic and keep stirring.

STEP 2

Add the courgettes and capsicum to pan whilst stirring occasionally.

STEP 3

In a bowl mix 3 eggs with water to loosen, pour into the veggie mix and continuously keep stirring until the egg is cooked. Serve.

LUNCH & DINNER

1. MOROCCAN MARINATED VENISON - SERVES FOUR

Instead of your usual chicken breast, beef steak or baked fish, we had a go at cooking with Venison.

Our venison came from our good mates at Ruby's list: <https://www.rubyslist.co.nz>

This recipe is wicked for those cold winter nights - impress your lovely lady or your hungry man-beast with this Moroccan-inspired dish.

- 8 Small Venison tenderloins from Ruby's List
- 2 Tbs Worcestershire sauce
- 1 tsp Pepper
- 1 tsp Cloves
- 1 star Anise
- 1 tbs chopped Rosemary
- 1/2 C Red wine (full bodied with spicy notes is best)
- Juice from 1 Orange
- 1 tsp Thyme
- 1 Clove of garlic - crushed
- 1/4 Cup mixed nuts
- Green veg of your choice - we used Green beans and Broccoli

INSTRUCTIONS

STEP 1

Measure out all of your spices and herbs and juice your orange. Place all of your ingredients aside from the venison and veg into a saucepan and let simmer until reduced by half and the liquid is flavoursome.

STEP 2

Once the liquid is ready, strain and set aside to cool. Place your tenderloins in a dish, once cooled pour the marinade over your venison, Cover and leave to marinate for at least half a day or even better - over night. (The longer the better with venison)

STEP 3

Once your meat has had time to marinate and soak up all of the flavours and liquid, take them from the fridge and let them sit at room temperature for around half an hour. This will ensure the meat cooks evenly. Oil a pan and heat to medium. Cook each tenderloin for 2-3 minutes per side. The second side may not need as long.

STEP 4

Once your tenderloins have cooked, make sure to rest them under a foil blanket for around 10 minutes so that the juices can redistribute back into the meat.

STEP 5

Whilst your meat is resting, prep your veg. Chop and steam until just tender.
Toss through your mixed nuts and add salt and pepper.

STEP 7

Serve your mixed veggies, nuts and venison just as they are, season with extra salt and pepper if needed and drizzle with a little orange juice and olive oil.

2. BACON, TOASTED NUT & FETA STUFFED CHICKEN BREAST - SERVES FOUR

- 500grams Ruby's List/Mahy Farms Chicken Breast (skin on or off)
- 2 Strips of Ruby's List/Mahy Farms Bacon - cut into 4 pieces
- 1/4 C Pine nuts
- 1/4 C Walnuts
- 60 grams of Goats fet
- 4 tbs Grated parmesan
- 1/2 tsp Nutemg
- Juice from 1/2 a lemon
- 1tsp thyme (fresh or dried)
- 2tbs Hempseed oil
- 1 clove of garlic - crushed
- Salt and pepper to taste
- Your choice of fresh veg

INSTRUCTIONS

STEP 1

Pre heat your oven to bake at 180c/350f.

Toast your nut's over a low-medium heat until golden and place in a mortar and pestle to crush lightly into small chunks.

STEP 2

Place your nut's into a mixing bowl and add your crumbled feta, nutmeg, lemon juice, thyme, hemp oil, crushed garlic and salt and pepper. Mix and mash until you have a chunky filling.

STEP 3

Set aside your filling mix and grab your chicken breast's. You can either remove your skin's like we did, or keep em' on, it really doesn't matter. With each chicken breast you need to slice them in half through the middle, leave a little join at the end so the top isn't completely detached. Place your chicken breast's onto a baking tray lined with foil and layer across 1 piece of bacon and then the filling on top evenly between them. Fold over the top half and season with salt and pepper and sprinkle over your parmesan. Drizzle with a little extra oil if you wish. Place in the oven for around 45 minutes or until juices run clear when tested with a knife.

STEP 4

Once your chicken is cooked, remove from the oven and set aside to let the meat rest with a foil cover for 10 minutes.

STEP 5

In the mean time you can prep and cook your Veg. You can use any veg you like but we chose baby carrots, brocolli and green beans. Steam for around 5 minutes or until just tender.

STEP 6

Serve your chicken over your steamed veg, sprinkle with a few extra pine and walnuts and devour!

3. SALMON SALAD / TAKE TWO - SERVES TWO

We love our greens! Enjoy this lil beaut! Your measurements will need to reflect the food table or menu you are given.

INGREDIENTS

- Smoked salmon
- Avocado
- Sprouts
- Lemon
- Celery
- Lettuce
- Snow peas
- Carrot (As a garnish)

INSTRUCTIONS

STEP 1

Chop up your veggie's however you wish, we diced our avo and celery and grated our carrot. We left our snow peas whole and beans were halved. It's up to you whether you eat your beans raw or slightly cook them. We blanched ours in a pot of boiling water for a minute or so, to soften them just a tad.

STEP 2

Mix all of your ingredients into a salad bowl and drizzle over your lemon juice, or lime if you prefer. Mix through. Done.

4. STEAMED SNAPPER FILLET WITH SAUTÉED CABBAGE - SERVES TWO

INGREDIENTS

- 1x200-250g Fillet of Snapper (Terakihi/Blue Cod/John Dory or other white fish)
- Juice of ½ Lemon
- Bunch of chopped Coriander (use parsley if you don't like coriander)
- ½ Chilli finely sliced
- ¼ Savoy Cabbage Finely Sliced
- 1 Onion finely sliced
- 3 cloves crushed Garlic
- 2tsp Coconut oil

INSTRUCTIONS

STEP 1

Pre heat oven to 200C on roast or bake function.

STEP 2

Lay a piece of tinfoil down, shiny side up. On top of that, place a piece of baking paper slightly smaller than the tinfoil. Place fish on paper and season with salt and pepper, flake coriander and chilli on top of the fish.

STEP 3

Drizzle lemon juice over the fish, Pick up the excess paper and foil from both sides of the fillet and fold together 3 or 4 times. Fold each of the ends 3-4 times up towards the top. Place on a baking tray and into the oven for 10-12mins.

STEP 4

Place coconut oil into a hot pan and allow to melt. Place onion and cabbage into pan and then the garlic on top. Start to stir (placing the garlic on top and stirring it in stops it from burning, as the cabbage and onion take some of the heat away from the pan before the garlic comes into contact with it)

STEP 5

Season with salt and pepper.

STEP 6

Remove the fish from the oven, carefully open the tinfoil parcel (unfold ends first to allow steam to escape). Plate cabbage onto a plate and add the fish on top, drizzle with Olive oil and serve.

THE KICKSTART EXERCISE RECOMMENDATIONS

Due to the nature of Ketogenic adaptation we do not recommend exercise in the Kick Start program. If you **must** incorporate exercise we recommend the following.

WALKING:

Walking and low intensity physical activity on your days off will help with your energy. It will revitalize and energize you.

FLEXIBILITY:

We strongly advise you to complete one or two 20-minute stretching sessions a week (on your rest days ideally) or even attend a yoga class. Keeping mobile will benefit your body by decreasing chance of injury and improve body alignment whilst still burning through calories.

FREQUENTLY ASKED QUESTIONS

What is Ketosis?

- Ketosis is a state of elevated levels of ketone bodies in the body
- Ketone bodies are derived from fatty acids when carbohydrate intake is low
- A ketogenic diet is a macro nutrient profile high in fat, with moderate protein and low carbohydrate.
- This macronutrient profile provides, perfect conditions for achieving ketosis.

The benefits of Ketosis

- Rapid fat loss (Of course)
- Ketosis has been scientifically proven to be more beneficial at improving body composition than low fat, calorie restricted diets
- Ketosis has been scientifically proven to improve certain metabolic markers such as HBA1C, HDL and lower triglyceride levels
- Studies show ketogenic diets improve type two diabetes and also reduce the risk of high risk heart disease patients
- Improved mental alertness
- Reduced inflammatory response
- Improved energy

Low Energy

My energy is low and I am getting occasional headaches. Is this normal?

Yes, this is completely normal. As ketosis kicks in, headaches can be a common experience in the first 1-3 days. Your body will release waste and toxins (which are stored in fat cells and organs) into the bloodstream which can contribute to headaches, low energy and irritability in the transition phases of these processes. Don't give up! We recommend drinking lots of water, doing some gentle exercise such as yoga or a walk. Rest assured – the will pass and your energy levels will come back better than ever.

Also, add Himalayan rock salts to your food for additional mineral intake.

Why does the program include fasting days?

We utilize fasting in Kick Start to initiate Ketosis.

The outcomes listed below are some of the benefits of fasting

- Promotes cleansing and detoxification
- Metabolic resetting
- Fasting rests the digestive system
- Improves fat metabolism
- Resolves inflammatory diseases and allergies
- Boosts immunity
- Improved appetite control
- Improved blood glucose regulation
- Decreases blood pressure

MEDICAL NOTICE ABOUT FASTING

Please consult with your medical doctor if you are unsure if fasting is right for you.

Although most people can fast, there are a few who should not;

- People with eating disorders such as anorexia or bulimia
- Pregnant women
- Children and adolescents
- Elderly
- Type I & II Diabetes (Please discuss with your Doctor before fasting)
- Kidney dysfunction
- Coronary heart disease
- Gout

Do we count calories in Kick Start?

No, the unique formula we utilise in Kick Start does not require the counting of calories.

However, it is important to exercise portion control. On page 12 you will find our serving size 'guide'.

SIGNING OFF

Ok, so that's Kick Start, our introduction Reset program.

We are 100% confident, if you follow our program completely, you will get **exactly** what you set out to achieve! Its science and it works!

Wishing you every success and amazing health!

Jay & Cam