

## How to Reset

Eliminate harmful habits with a 3 day reset to refocus or get started on the WillPowder's way to thrive. Our 3 day reset will help you to: break your sugar addiction; clean and detox your liver; start new habits and introduce or reintroduce intermittent fasting.

### Why Reset?

Your WillPowders' journey is a personal one and finding your WillPowders' way could be about finding that hormonal sweet spot or mental clarity, to losing weight or finding your long lost energy. Whatever it might be, our reset will help you get off the starting block and help you find your way back to optimum health.

WillPowders' founder, Davinia Taylor explains how we have been conditioned to crave ultra processed foods and how we have been locked into a cycle of habitual food abuse, resulting in feeling a bit sub par. In her videos (below), she takes you through the science behind how our brains have the power to completely derail us and how, with a little know how, we can rewire our brain chemistry, feel full for the first time and say no to highly inflammatory and damaging ingredients.

### What is a Reset?

A reset is a retraining of your brain which has been conditioned to crave carbs and sugar. In this reset, we will introduce you to a new type of brain fuel, which will give you control to nourish your body the right way.

We're going to tell you what to eat, what to avoid, how to move, how to improve your sleep, and your general mood and well-being.

This reset is only 3 days, but it is 3 days that will completely change your brain chemistry, change how you feel about food and most importantly, yourself. It's time for a bit of YOU!

Remember, fail to prepare and prepare to fail, so make sure you stock up and get ready to feel amazing! You'll find comprehensive shopping lists below to help you succeed. Watch the video below for more information...

## Before you get started...

Now, before you dive head first into all the reset information, we would advise that you watch the day 1, 2 and 3 videos first, where Davinia walks your through the 3 day reset. You will find these further down the page. This way, you'll know what to expect and how you are going to use the products on the shopping lists, which are below.

After each video, you will find a helpful condensed step by step guide that you can refer back to throughout your reset journey.

We've also created a downloadable version that you can print off or simply refer back to with ease.

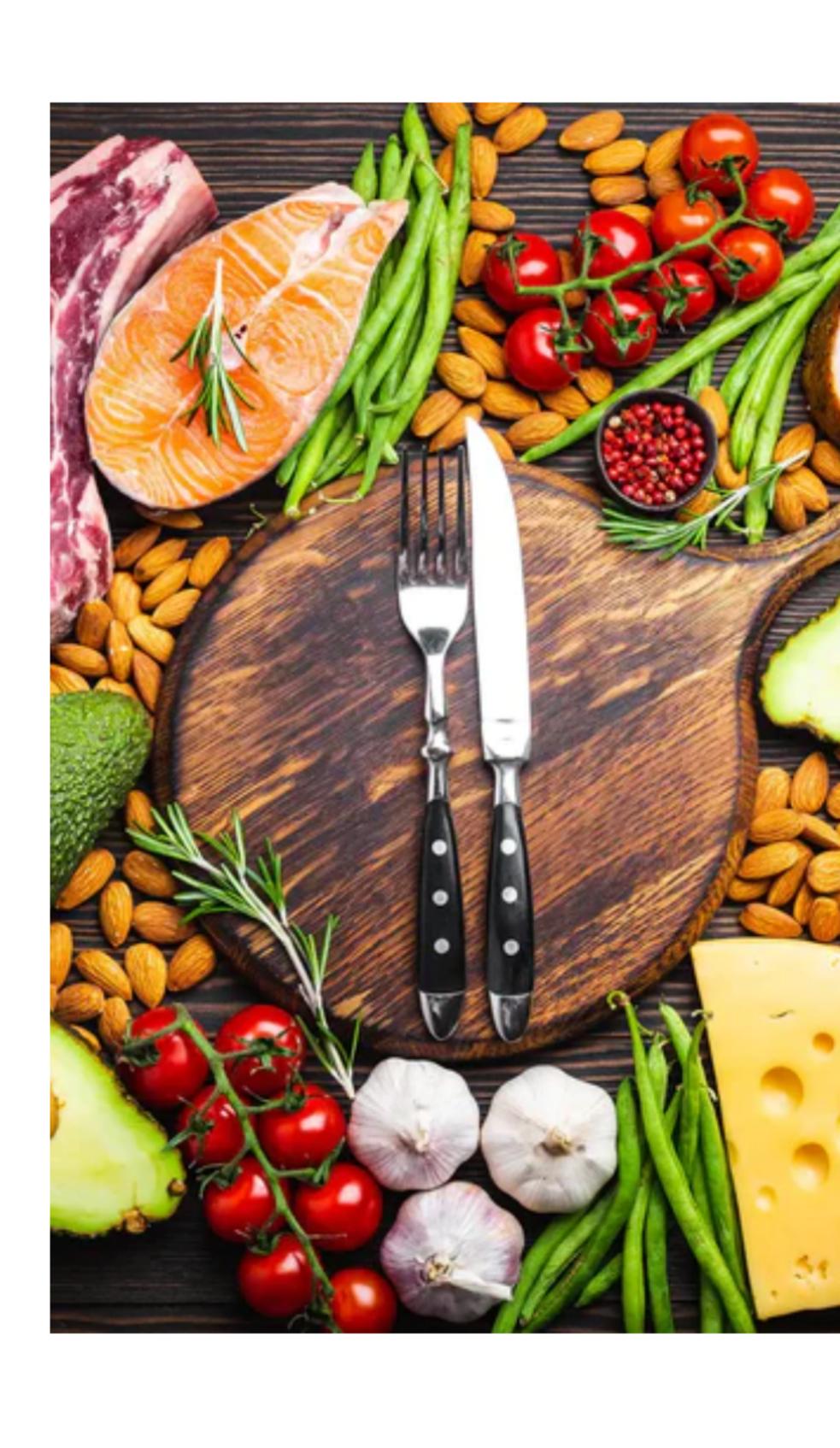
## Your WillPowders' Shopping List

- Collagen MCT Powder
- MCT Oil (for experienced Hackers find out what type of Hacker you are by taking a look at our How To Guides
- Spice
- Calm ElectroTide
- Rise & Shine Insulin Support
- Protein Powder

We have two bundles available to help you fulfil this shopping list: Our original Reset Bundle for our regular customers who might already have some our products in stock, or our Reset Plus Bundle, for those customers who are new to the WillPowders' way. Earn over 2000 Good Fat Club Points when you buy our Reset Plus Bundle, save 15% on your next order and receive a free whizzer worth £24.

Remember, these products will last you for over a month and in some cases longer. Think of this purchase as an investment in your health.





## **Shopping List** Continued...

### For all three days:

- Molksan
- Aloe Vera
- Raw Organic Apple Cider vinegar
- Organic Tea or coffee
- Nuts Kimchi
- Celtic Sea Salt
- Extra Virgin Olive Oil
- White Rice

Bone Broth

- Rocket Avocados
- **Puds** 
  - Organic Dark Chocolate Organic Full Fat Greek Yoghurt

#### Day 1 Sourdough Bread

- Organic Cheese
- Mushrooms

Grass Fed Steak

- Organic Eggs
- Organic Chicken (thighs are more nutritious)

## Organic Chicken thighs

Day 2

- Organic Flaked Salmon
- Day 3

- Fish fillet of your choosing Organic Lamb steak
- The 10 best organic food suppliers in the UK

Organic Online Food Suppliers

# Day 1

### The Morning (when you wake up) Step 1: Stir 1 cap of Molkosan and 3 caps of Aloe Vera into a glass of water and drink.

Step 2: Mix one sachet of ElectroTide into a glass of water, drink and pop the kettle on. Step 3: Get ahead of the cravings with a WillPowders' tea or coffee. Have as many as you

want throughout the day. Mid-Morning

# Step 1: Prepare some organic scrambled eggs and organic cheese, cooked in butter on

and avocado if you like.

sourdough toast. Alternatively, make yourself a WillPowders' Protein Shake with water. Enjoy another WillPowders' tea or coffee if you want. Lunch time

Step 1: Drink a capful of raw, organic apple cider vinegar and take some Insulin Support.

Step 2: Make and enjoy an organic chicken sandwich on sourdough. You can add rocket

#### Late Afternoon Step 1: If you're opting for another WillPowders' tea or coffee, mitigate insomnia by taking 1 Calm tablet. Alternatively, if you're still feeling snacky in the afternoon, make a protein

shake with milk, or drink a tbsp of MCT Oil. Dinner

Step 2: Prepare and enjoy a grass fed steak, rocket, mushrooms or potatoes. Step 3: For something sweet, make a protein shake.

Step 1: Eat a spoonful of kimchi before you start eating.

# Bedtime

Step 1: If you feel bloated, make another Molkosan and Aloe Vera drink. Step 2: Make a Spiced latte with a teaspoon of honey.

Step 3: Take 3 Calm tablets to support a restful night and 3 Rise & Shine tablets to support your liver.

(cruciferous is best and a hormone regulator).

Day 2

# Morning

Repeat Steps 1, 2 and 3 from day 1.

Have as many WillPowders' tea or coffees throughout the day as you need. Mid morning

#### Step 1: Drink bone broth with a sprinkling of sea salt and 1 large scoop of MCT Keto Creamer. Alternatively, have a protein shake with water. Step 2: For a snack, eat activated nuts

little bit of olive oil.

Lunch Step 1: Prepare and enjoy 2 boiled eggs, flaked salmon, smashed avocado drizzled with a

### **Late Afternoon** Step 1: If you're opting for another WillPowders' tea or coffee, mitigate insomnia by taking 1

Calm tablet. Alternatively, if you're still feeling snacky in the afternoon, make a protein shake with milk, or drink a tbsp of MCT Oil. Dinner

Step 1: Prepare and enjoy some chicken thighs, white rice cooked in bone broth and veg

Step 2: Finish with some dark chocolate or mix some protein powder into some full fat Greek

yoghurt.

## Bedtime Repeat steps 1, 2 and 3 from day 1.

Day 3

# **Late Afternoon**

### Repeat steps 1, 2, and 3 from days 1 and 2. Have as many WillPowders' tea or coffees throughout the day as you need.

Morning

Mid Morning

Alternatively, have a protein shake with water.

Step 1: Drink bone broth with a sprinkling of sea salt and 1 large scoop of MCT Keto Creamer.

### Step 2: For a snack, eat activated nuts Lunch

broth rice.

Step 1: Prepare and enjoy a beef or lamb salad with rocket, avocado and leftover bone

### Calm tablet. Alternatively, if you're still feeling snacky in the afternoon, make a protein shake with milk, or drink a tbsp of MCT Oil.

Dinner Step 1: Prepare and enjoy a fillet of fish, bone broth rice, veg or salad.

Step 1: If you're opting for another WillPowders' tea or coffee, mitigate insomnia by taking 1

### Step 2: Finish with a protein shake, dark chocolate or full fat Greek yoghurt with protein powder Bedtime

Repeat steps 1, 2 and 3 from days 1 and 2.



## • If you do eat carbs, opt for sourdough bread or crackers and white rice. Try and save them for the evening when you want to induce a

**Top Tips** 

carb coma to support sleep. Check out our carb blog for further tips and tricks. • Pop some Insulin Support and Rise & Shine if you eat carbs, or fall off the wagon.

Have as many WillPowders' teas and coffees, Protein Powder and

MCT Oil as you need to keep you satiated and away form ultra

processed food and rubbish carbs.

measuring and blending.

- Don't be afraid of good fat. Check out our fat blogs for further support. Try and move after you've eaten - 10 squats alone will help your body send the nutrients in your food to the right place. • Grab yourself a WillPowders' Scoop and Whizzer for accurate

### for a healthy brain, gut and body, so go you! You can either repeat this 3 day reset, sort of have it on a loop, or refer to

community. #FFS

the 2 week reset in It's Not Diet.

What's Next?

Well, firstly, congratulations on taking control! If you have managed to successfully complete our 3 day reset, you have set the wheels in motion

We have a plethora of WillPowders' recipes that can support you in mixing it up, keeping you satiated and on your way to becoming fat adapted and in fine fettle.

Remember, if you fall off the wagon, you are not a failure and you now have the tools to get back on the "healthy" horse. For support in your WillPowders' journey, check out our blogs and join our For Fat's Sake group on Facebook. Here you will find likeminded people at all stages in their own personal journey, and who have created the most incredible WillPowders'

