

REBOOT | REFRESH | RETHINK  
YOUR LIFE!

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Improve  
your  
energy -  
weight -  
attitude



Each day you make a choice when you wake up on how you are going to live your life. Each moment of the day, you can rethink your thoughts!

### **MEAL PLAN:**

***Breakfast:*** Oatmeal with fruit (banana or apple suggested), flavor with cinnamon.

***Lunch:*** Hearty vegetable salad with hummus (substitute chicken or fish for a 'better' choice. Oil free dressing or see recipe for hummus salad for other options.

***Dinner:*** Rice made with vegetable stock. Esselstyn Reboot Salad (Recipe included).