



**FIRE Diabetes In 40 Days**  
- Your Online Journey to Reverse Diabetes -

## **PROGRAMME: WEEK 2**

### **DAYS 8-14**

All you have to do this week is to prepare and eat the food we prescribed. And to provide the team with feedback so that we can support you adequately.

This week we will discuss another 7 F-words in the process to FIRE Diabetes in 40 Days

<b>8</b>	<b>Saturday</b>	<b>Full Speed Ahead:</b> Achieving Optimal Ketosis
<b>9</b>	<b>Sunday</b>	<b>Food Flu:</b> - Deeper into ketosis
<b>10</b>	<b>Monday</b>	<b>Fat Fairy Tale:</b> False Science Exposed
<b>11</b>	<b>Tuesday</b>	<b>Fat Surprise:</b> Surprising Cholesterol Facts
<b>12</b>	<b>Wednesday</b>	<b>Fat Facts:</b> What are fats and why does it matter?
<b>13</b>	<b>Thursday</b>	<b>Fluids are Foods, too:</b> What to drink, and why (Live online discussion at 20h00 South African Time (GMT +2h))
<b>14</b>	<b>Friday</b>	<b>Funding your food:</b> Low budget healthy eating