



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

PROGRAMME: WEEK 1

DAYS 1-7

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

1	Saturday	Figuring Out Diabetes It's the insulin-resistance, stupid
2	Sunday	False Friends Carbohydrates, Sugars, Starches & Sweeteners
3	Monday	
4	Tuesday	Fat Is Fuel Fuel me up, Scotty!
5	Wednesday	Fears & Fallacies The FIRE Diet Is Safe And Effective
6	Thursday	Fish, Feathers & Fillet What Are Proteins And What Are They Good For? Weekly Live Online Discussion @20h00 (GMT +2h)
7	Friday	Foodie's Delight