



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

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FUTURE PLANNING

- F-word Checklist -



FUTURE PLANNING

A few F-words to take in consideration to plan the next phase of your FIRE Diabetes journey

FUTURE PLANNING

- Set time aside each week to plan food preparation, fasting, fitness and fun, etc.

FOOD: KEEPING TO THE GREEN LIST

- Compile a meal plan for the week
- Cook in bulk try cooking up large batches of low carb meals and freeze them
- Make sure there are no temptations in the house
- Use the leftovers from my dinners for lunch
- Have low carb fruits or vegetables to hand or freeze low carb meals or soups for when I have no time
- Eggs are not only packed full of healthy fats and other important nutrients, they are also one of the most versatile ingredients and make the perfect low carb snack.
- Plastic containers: Try filling small plastic containers with low carb snacks such as nuts, seeds, peanut butter, 85%+ dark chocolate or my hard-boiled eggs. Large plastic containers are great for taking low carb salads or leftovers with me on the go.
- Treat myself with snacks, e.g. making up variations of cold keto plates such as meat, cheese, olives and pickled or raw veggies

FLUIDS

- Drink 3 litres of water / tea / rooibos per day

FINE FOODS

- Take my recommended supplements in the recommended dosages (Vit D3, Magnesium, Zinc, Baking soda, Cinnamon, MCT oil, etc.)

FITNESS

- Do my 6-minute exercises 4 times per day
- Take 3 deep breaths per hour



FASTING

- 23-hour fast on a Monday, Wednesday and Friday until I've reached my target weight
- 72-hour fasting once a month until I've reached your target weight
- Plan and prepare my "fast foods" during fasting

FRAME OF MIND

- Sleep 7 hours per night
- Plan and have fun
- Have at least one belly laugh per day
- Eat at a table with my family or friends
- Encourage myself continuously to be victorious
- Make an explicit effort to be grateful for my food and other things

FAITH

- Spend 15 minutes in uninterrupted prayer/meditation per day

FAT EMPEROR

- Track my progress, e.g. by measuring my weight, blood sugar, ketones, mood, sleep, exercise, etc.

FAMILY, FRIENDS AND FELLOW WORKERS

- Gather a strong support team around myself to encourage me on the journey
- Identity someone that I can support on their FIRE Diabetes journey