



Recharge Your Energy, Naturally

Your quiz results suggest your energy could use a reset — maybe you're feeling run down, hitting an afternoon slump, or struggling to bounce back after workouts or long days.

This protocol supports your energy at the root — not with quick fixes or stimulants, but with the natural power of fermented microgreens and gentle anti-inflammatories that nourish your body from the inside out.

Whether you're chasing deadlines or personal bests, this is for you.



Your 8-Week Energy Reset

Weeks 1–2

Take 1 Big Shot each morning with breakfast

Start your day with clean, bioavailable nutrients that fuel your metabolism, brain, and recovery.

Weeks 3–4

Add a second shot mid-afternoon if energy dips

This helps smooth out the crash and support sustained performance — whether at the desk or in the gym.

Weeks 5–8

Adjust based on your demands:

- 1 shot for maintenance
- 2 shots during periods of high stress, poor sleep, intense training or heavy workloads

What to Expect

- Fewer crashes, more steady energy
- Better focus and sharper mental clarity
- A more balanced, resilient mood
- Faster recovery after workouts or busy days
- Less reliance on caffeine or sugar to keep going

“I feel more balanced and energised, even on days when I train or don't sleep well.”



Everyday Habits That Maximise Your Results

- Eat protein-rich breakfasts to support muscle and energy metabolism
- Get sunlight within 30 mins of waking to set your body clock
- Stay hydrated — even mild dehydration can drain performance
- Move daily — even active recovery supports energy flow
- Cut caffeine after 2pm to protect sleep and long-term energy

After 8 Weeks: Keep Your Rhythm

Once your energy is back on track, keep supporting it:

A daily Big Shot helps maintain stamina, focus, and metabolic balance — no stimulants, no crash.

It's a smart choice for anyone with an active life — whether that means the gym, the trails, or simply showing up fully for work and life.

Final Word

This is your reset ritual — a daily habit that fuels your body, supports recovery, and helps you perform at your best, naturally.

One small shot. Big impact.

Start today, feel the shift — and power through whatever the day brings.

Love Tara & Paul xx