

HOW IT WORKS!



Everything you need to know about living, eating and moving with System Oz.



Morning Routine

- Wake up at the same time every day
- Schedule your day hour by hour
- Start your morning with an Oztube meditation
- Do a fasted exercise routine



Eat between 10am - 6pm every day!

- Make your first meal brunch
(Eat greens, beans and protein at brunch & dinner)
- You can sub 1/2 cup of grains for beans at one meal.
- Add Omega-3 booster to non-fish meals
- No added sugar
- Take one day off per week! Cheat Day!



Find recipe and snack ideas at doctoroz.com/system-oz



Sleep, destress and connect!

- Cut caffeine after 3 p.m.
- Schedule a socially distant outdoor date with a friend
- Zoom an accountability partner once a week
- Turn off social media by 5 p.m.
- Use a blue light blocker on your phone and computer



Build up Your Immunity

- Take 1,200 IU of Vitamin D per day
- Take a multivitamin with 8mg of Zinc
- Stand up every 30 minutes for 5 minutes



You can drink!

- Try a wine spritzer...or two!