



28 DAY NUTRITION

Reset Guise

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Overview

We are so proud of you for taking that first step in going after your health and fitness goals. We know how tough it can be just to get started, especially if you've been putting it off for a while or not knowing where to start, what to eat, how to train and who to turn to.

This 28 Day Nutrition Reset is designed to go alongside your 28 Day Reset Challenge at 23W but can be completed at any time. 23W advocates a balanced nutritional philosophy and prefers to teach our members flexible dieting approach to weight loss over the use of meal plans. However, we all must start some where. Meal plans are great training wheels to learn fundamentals. Our 28 day reset program is based on the fundamental principles of eating nutritious wholesome, unprocessed and unrefined foods.

This nutrition reset, is not a forever way of eating. It is designed around the latest research around our gut microbiome and gut health. The goals of this program are to restore the gut lining, by using foods to restore your gut bacteria and create a knock-on impact on your weight, skin, mood and immune system.

To successfully participate in this program, you will need to complete:

1. Take before and after pictures in accordance with our guidelines.
2. Completing weekly evaluations via our 23W check in system and ensure you have your measurements taken at the start and end by one of the 23W team.
3. Follow the nutrition protocols and/ or meal plan.

The goal of the 28-day reset is to realise how good the body is meant to feel, increase nutrient assimilation (absorption), help individual's overcome weight loss resistance by breaking through weight loss plateau, boosting the metabolism, resetting the body's ability to burn fat as fuel and specially target abdominal fat.

We have tried to include a heap of variety in this 28-Day Nutrition Reset Guide to give you lots of options. However, we know some people like to keep things simple. So, feel free to pick out meals that you particularly like and repeat them throughout the week - this also means less shopping and wastage!

You will be more likely make positive changes to your lifestyle if you can easily implement these changes into your routine, while changing everything all at once is less likely to lead to sustainable results. This nutrition protocol is also completely optional too, so do what works for you.

Now, let's begin....

Don't forget to share photos of your recipes with us on social media. Just use the hashtag #23w and tag us @23w and @ange__drake on Twitter and Instagram!

Limit of Liability and Disclaimer of Warranty

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Non-Negotiables: 28 Day Reset Principles

While this reset involves three key phases, it is important to note that there are some non-negotiables that we recommend that you follow across the 28 days. We consider these keystone habits, meaning that if followed, they make you more likely to make other positive changes in different areas of your life. These 10 guidelines are the same as those stepped out for you in your 28 Day Journal.

1. Nutrition demands: Understand your body type and how this can affect your nutrient profile for success. It is also a good idea to get to know your unique energy demands as eating too much or too little can affect your results and health in the long-term.

2. Meal Planning: Learn how to prepare simple, tasty and convenient meals. Eating simple food 80-90% of the time is the best way to get results as it stops you from making allowances that has you veering off course too regularly. Similar, portion control can easily be applied by eating proteins of a similar size to your palm, carbs of a similar size to a cupped handful and fats of equal size of your thumb. Including a little fun in your diet can also help you from going overboard and binging later on when they are around.

3. Enjoyment & Abundance: Think abundance not deprivation. Eat for enjoyment and understand how you might at times sabotage your own progress through restricting and binging.

4. Protein: Include a palm size of protein in every meal.

5. Veggies: Eat a variety of plants and fruits every day. Try to eat between 20-30 different varieties throughout the week. This is to ensure that our daily nutrition is packed with vitamins, mineral and fibre.

6. Carbohydrates: Carbs are not the enemy. Learn how to stack more carbs around your training times and chose your carbohydrate sources wisely.

7. Fats: Fats play an important role in regulating hormones so aim to include a variety of dietary fats in your diet. Understand that a diet too rich in fat can also very easily spill your caloric intake over, making weight loss difficult.

8. Water: Drink lots of water as this aids weight loss, higher energy levels, reduces overeating & craving and promotes a humming metabolism. Start each day with a glass of warm lemon or apple cider water- this will help you to start your day hydrated and maintain pH balance in the body.

9. Hormones: Look after your hormones by managing stress and getting 7-8 hours of sleep per night.

10. Pre-plan: Plan your foods in advance and know what you are going to eat ahead of time.

Our Three Phase Plan

There are three basic principles involved in our 28-Day Nutrition Reset.

It is important to think about this as a chance to expand your nutrition repertoire rather than being on a restrictive diet.

Week One - Gut Biome Phase One

Week 1 will be specifically designed to repair your gut lining and build a wide variety of different types of bacteria through plant variety and volume. During this time, we will be temporarily removing or limiting a few items. Do not worry these foods will be reintroduced.

1. Eat an abundance of vegetables
2. Remove alcohol
3. Limit foods that may irritate the gut lining such as caffeine, dairy, beef and lamb

Note: it will be normal to experience some bloating in the first few days when you increase your fibre and you may experience some withdrawal symptoms when you remove coffee. Be patient as it takes time for your gut to adjust.

Week Two and Three - The Metabolism Phase 2

During week 2 and 3, we will focus on reintroducing certain foods and aim to increase the lean protein into the diet. You are also encouraged to add more prebiotics and probiotics to your diet and include foods that will help ramp up your metabolism. You can also start adding in dairy and coffee back into the diet if you removed it completely.

Week Four - The Finale Phase 3

For those wanting to experience fat loss, the last week of the program will help you to accelerate your results. In this phase we will aim to increase healthy fats, while reducing starchy carbohydrates.

How do I calculate my nutritional demands?

Everyone's nutritional demands are different. This is why following a generic meal plan can be fundamentally flawed. It is important that you take the time to work out your nutritional demands and eat according to your goals.

Step One: Calculate Basal Metabolic Rate:

$$\text{BMR (metric)} = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5$$

Step Two: Calculate the caloric value of you daily activity

Since you don't sit around all day without moving a muscle, you need to account for the calories burned during exercise and physical activity. Use the figures below to estimate your Total Energy Expenditure:

Sedentary = 1.2 (little or no exercise, desk job)

Lightly active = 1.375 (light exercise/sports 1-3 days/week)

Moderately active = 1.55 (moderate exercise/sports 6-7 days)

Very active = 1.725 (hard exercise every day, or 2 x day)

Extra active = 1.9 (hard exercise 2 or more times per day)

$$\text{_____ (BMR) X _____ (Activity Scale) = TEE}$$

Keep in mind that these numbers are only an estimate. Several factors can affect metabolic rate including age, genetics, certain medications, and body composition. Muscle is more metabolically active (burns more calories) than fat.

Step Three: Determine daily caloric targets by reviewing your goals

Weight loss: 1/2kg fat loss requires 3,500 calorie deficit across week. Therefore your goal is to consume 300-500 calories less than TEE per day

Maintenance: Consume calories at TEE
Muscle Gain: Consume 10-15% more calories than TEE.

****Take care not to slash too many calories, however, because you don't want to deprive your body of the nutrients it needs. Consuming fewer than 1,200 calories per day is not recommended.**

Step Four: Adjust meal plans

Review the total calories allocated in each meal plan. You may need to tweak recipes by halving or doubling quantities, adding snacks or removing them.

Frequently Asked Questions

Why should I follow this 23W 28 Day Reset Guide?

Think of this plan like a personal makeover for your gut. We are going to remove everything that causes irritation and inflammation in the first week, restore good gut bacteria and balance to create a knock-on effect to your weight, mood, sleep, mood and immune system. This is a great way to get the basic right.

The meal plans are also designed to increase the amount of food you are eating each week as a way of building your metabolism. It is expected that your body will start to crave more of the right types of food, decrease sugar craving while helping you to shred fat.

Am I expected to continue this diet?

Hell no! This is just our starting place. When you first start any new regime, it is important that you are successful. Otherwise you will become frustrated and more disillusioned by the journey. We also do not want to confuse you. In your next nutrition system, you will be learning how to follow a flexible approach to dieting.

How do I know if I am getting enough protein?

You should aim for at least 3-4 palm sized portions per day. Many people think that you need to be eating excessive amounts of protein to get results, but this is simply untrue. Eating more protein than required will only encourage fat loss to slow down. It is important to understand however, that if you are exercising and training more regularly than the average person, your protein demands are higher.

What if I feel unwell or become hungry on this diet?

You may experience some unpleasant symptoms in the first few days, especially as you reduce caffeine. If you still feel unwell after a week, let the 23W team know. Feeling hungry is a good sign! This is a signal that your metabolism is firing up and that you may need to be add more food to supplement this plan. Chat to the 23W team if you are finding sticking to the reset guide difficult or boost your meal plan with some additional food from the optional extra's list.

What if I have dietary requirements?

Never eat anything you are allergic to. If you need to include something specific in your diet, then do so. Even following some of the 23W 28 Day Reset Principles will help to restore you gut. If you cannot live without protein supplements for 28 days, you may include one serve per day, but you should not rely on these.

Should I track calories and macros on this diet?

No, it is not necessary. It is more important that you are preplanning and recording your food. After a week, if you are not feeling or seeing any changes, chat to the 23W team. In our level two nutrition system you will be taught about calories and macro tracking.

Can I eat prebiotics and probiotics?

Yes, these are great to have in the diet all the time. But if you are not used to including these in your diet, add them slowly as too much of a good thing can cause an over growth. This is why it is important to eliminate some foods at week 1.

What are the benefits of eliminating caffeine and alcohol?

Alcohol can damage the mucus in our small intestine, stopping us from absorbing the nutrients from our food and it affects our mood and skin the day after. Caffeine is a stimulant that raises our stress hormone and sugar levels in our blood. If you are unable to go without caffeine, try cutting back.

Frequently Asked Questions (cont.)

How many meals per day is optimal?

Meal frequency is how often you are eating on any given day. Most people are told to eat three square meals consisting of breakfast, lunch and dinner. For some people, three meals per day works quite well. These people are able to utilize the meal for energy, repair, brain function, movement, etc. And the rest of the food that is not used, is stored as muscle and liver glycogen. Yet, for others, who may not be able to store glycogen very well, more meals may be necessary. If you have blood sugar issues, low thyroid, fatigue, constipation, sleep issues, etc. You may do better on 6 or so small meals/day.

Example: if you are currently eating three large meals/day and find you have blood sugar issues, weight issues and energy issues try eating three smaller meals along with 2-3 snacks. You may find that consuming the same number of calories but eating smaller meals helps with your energy level, blood sugar control and weight issues. Sometimes just adjusting your meal frequency can be the trick to helping you feel better.

What if fall off track or have an event that makes it impossible to adhere to the diet?

Start back on it when you can. You will still reap some of the benefits with 80% adherence. But remember to get awesome results be awesome, to get average results, be average.

How can I measure the impact of this diet?

Ask yourself how do you feel? How is your energy levels? Are you sleeping well? Do your clothes feel looser? Do you have better clarity in thought?





Week One

INTRODUCTION AND MEAL PLAN



Week 1: Gut Biome Phase One

In week one we are going to be focusing on removing foods that could cause gut inflammation and including foods that help to balance hormones and increase metabolism.

Our primary goal of the first week, is to get you assimilating (absorbing) as many nutrients as possible and put your body in the more efficient place to be operating well.

To do this we encourage you to include in Week 1:

1. Carrots or carrot salad:

An excellent hormonal balancing strategy to reduce excess estrogen. The fibres of the carrot attached to any unused endotoxins and help flush them out of the body. Carrots are also good for detoxification and for bowels. Many women find this simple carrot salad or raw carrots are awesome for reducing PMS symptoms such as headaches, cravings, and bloating.

2. Dietary Fats and Saturated fats (i.e. Coconut oil and olive oil):

Healthy dietary fats are essential for optimal hormone production and balance within the body and are therefore essential for the muscle building and fat burning processes. This includes coconut oil, olive oils, oily fish, nuts and seeds. You should stay clear of trans artificial fats that is found in packaged foods and fast food. Coconut oil in particular, increases metabolism. Even just a small amount will increase the body's ability to oxidise fat by stopping the anti-thyroid effect of polyunsaturated fatty acids while increasing thermogenesis. Coconut oil is also considered anti-inflammatory and anti-fungal.

3. Salt:

May consider salt bad in their diet, the reverse is of good quality rock or sea salt. Salt helps to decrease cortisol, inflammation and bloating, while being highly thermogenic, assist with quality sleep and improves metabolism. When you eat a diet low in processed food, it is important to add salt to your meals, especially if you train frequently. Salt can also help improve magnesium absorption and prevents constipation.



Week 1: Gut Biome Phase One (cont.)

4. Ripe tropical fruit:

Watermelon, pineapple, paw-paw, papaya, rockmelon, honey-dew, cantaloupe, cherries, grapes, lychees and plums are an example of fruits that are packed with mineral and vitamins that helps the body to thrive. These fruits contain simple sugars that are easily metabolised without the release of insulin. They increase metabolic rate and decrease stress hormones, making them the key to a fast, efficient metabolism and improved health.

5. Bone broth:

Bone broth is made from stewing grass-fed bones in filtered water (with a few added vegetables for increased nutrients) for 12- 24 hours. Bone broth is great for gut health, immunity, skin, joints, inflammation and is packed full of vitamins and minerals that are prothyroid and aids hormonal balance. This is best made by roasting bones for 1/2 hour first to enrich the flavours then place in a large pot with carrots, bay leaves, celery, onions, garlic and 3/4 cup of vinegar (to draw out the minerals from the bones) then let it simmer. Then strain out bones and veggies and put in fridge and return later to scoop off the fat that has set on top. Bone broth is best consumed in the mornings or added to meals.

Foods to reduce:

In week one, we also ask you to remove a couple of items from your diet. This is to help reset the gut, decrease inflammation and then allow them to be re-introduced in later weeks. These foods include:

Protein powders: This includes whey, casein and pea. Most protein powders are very processed with unnecessary additives. You are able to re-introduce these in week 3 and 4 if you like, but it is good to get out of the habit of over-relying on them and replacing them with real food.

Beef and Lamb: Muscle meat is very high in the amino acids tryptophan and cysteine that produces inflammation, promotes stress in the body and increases the degeneration that occurs with ageing. This can lead to poor metabolism by reducing thyroid activity and slowing fat burning. These will be re-introduced in week 3 and 4.

Dairy and caffeine: Dairy and coffee are actually pro-metabolic! So, we will not be removing them for long- only for one week. These foods can cause inflammation, so the aim to remove them for the week to allow the gut lining to heal.



7 Day Meal Plan

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday Calories: 1525 Fats: 62g Carbs: 129g Protein: 100g	Coconut Burcher Muesli	1 x Carrot	Chicken and Cauliflower Tabbouleh	Tropical Fruit Salad 150g Approx.	Salmon Poke Bowl
Tuesday Calories: 1525 Fats: 62g Carbs: 129g Protein: 100g	Coconut Burcher Muesli	1 x Carrot	Chicken and Cauliflower Tabbouleh	Tropical Fruit Salad 150g Approx.	Salmon Poke Bowl
Wednesday Calories: 1459 Fats: 65g Carbs: 126g Protein: 100g	Protein Breakfast Bowl	Carrot Salad	Baked Fish and Brown Rice	Tropical Fruit Salad 150g Approx.	Pork Mexican Bowl
Thursday Calories: 1459 Fats: 65g Carbs: 126g Protein: 100g	Protein Breakfast Bowl	Carrot Salad	Baked Fish and Brown Rice	Tropical Fruit Salad 150g Approx.	Pork Mexican Bowl
Friday Calories: 1325 Fats: 47g Carbs: 119g Protein: 117g	Mushroom Omelette	Carrot Salad	Jamaican Jerk Chicken	Tropical Fruit Salad 150g Approx.	Turkey Rainbow Salad
Saturday Calories: 1325 Fats: 47g Carbs: 119g Protein: 117g	Mushroom Omelette	Carrot Salad	Jamaican Jerk Chicken	Tropical Fruit Salad 150g Approx.	Turkey Rainbow Salad
Sunday Calories: 1493 Fats: 65g Carbs: 143g Protein: 111g	Fluffy Coconut Pancakes	Carrot Salad	Jamaican Jerk Chicken	Tropical Fruit Salad 150g Approx.	Turkey Rainbow Salad

7 Day Meal Plan (vegetarian)

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday Calories: 1351 Fats: 55g Carbs: 134g Protein: 91g	Sweet Potato and Kale Frittata	1 x Carrot	Tofu and Cauliflower Tabbouleh	Tropical Fruit Salad 150g Approx.	Tempeh Poke Bowl
Tuesday Calories: 1351 Fats: 55g Carbs: 134g Protein: 91g	Sweet Potato and Kale Frittata	1 x Carrot	Tofu and Cauliflower Tabbouleh	Tropical Fruit Salad 150g Approx.	Tempeh Poke Bowl
Wednesday Calories: 1490 Fats: 57g Carbs: 189g Protein: 70g	Protein Breakfast Bowl	1 x Carrot	Coconut Lentil Curry	25g Almonds	Hawaiian Buddha Bowl
Thursday Calories: 1490 Fats: 57g Carbs: 189g Protein: 70g	Protein Breakfast Bowl	1 x Carrot	Coconut Lentil Curry	25g Almonds	Hawaiian Buddha Bowl
Friday Calories: 1461 Fats: 59g Carbs: 167g Protein: 77g	Mushroom Omelette	1 x Carrot	Teriyaki Stir Fry	25g Almonds	Veggie Mexican Bowl
Saturday Calories: 1461 Fats: 59g Carbs: 167g Protein: 77g	Mushroom Omelette	1 x Carrot	Teriyaki Stir Fry	25g Almonds	Veggie Mexican Bowl
Sunday Calories: 1629 Fats: 78g Carbs: 191g Protein: 71g	Fluffy Coconut Pancakes	1 x Carrot	Teriyaki Stir Fry	25g Almonds	Veggie Mexican Bowl



Week One

RECIPES



Bone Broth (Optional)

Ingredients:

1kg organic or pasture-raised chicken carcass
4 liters water
1 tbsp sea salt
4 stalks celery, chopped
2 carrots, chopped
3 spring onions, chopped
2 tbsp lemon juice
2 tbsp raw apple cider vinegar



Serves 10-12



70



20g



3g



10g

1. Add all ingredients to a slow cooker.
2. Cook on high for 3 hours then on low for 5 more hours. If water evaporates, add enough water to top off the slow cooker so it remains full.
3. Strain out the meat and bones using a slotted spoon. Store broth in the fridge for up to a week. Or freeze for longer use.
4. Once set, skim and discard the fat on top. It will “gel” once refrigerated for a few hours — this is a good sign and indicates a high gelatin content.
5. Use in recipes as needed or drink by itself.

Protein Breakfast Bowl

Ingredients:

4 boiled eggs
100g smoked salmon
2 cup spinach
1/2 can black beans, drained
1/2 tsp. chili powder
1/2 tsp. ground cumin
1/2 medium avocado, halved and sliced
1/2 cup cherry tomatoes, sliced
Salt and pepper to taste



Serves 2



329



27g



16g



18g

1. Heat small pan and add remaining 1 teaspoon oil. Add beans, chili powder, and cumin.
2. Cook, stirring occasionally, until heated through, about 2 minutes. Taste and add salt if desired.
3. Transfer to bowl and assemble ingredients.
4. Add cherry tomatoes and avocado slices. (I like to add a pinch of salt to each).
5. Top with assorted toppings, such as pepitas and lime and serve.

Coconut Bircher Muesli



Ingredients:

1 cup rolled oats
1 cup almond milk
1/2 apple finely julienned
(cut into matchsticks)
1/2 tsp vanilla essence
2 tbsp. linseeds
4 tbsp. almonds roughly
chopped
4 tbsp. coconut yoghurt
2 tsp. choice of nut butter
1/2 seasonal berries to serve

1. Place all ingredients except for the coconut yoghurt into a bowl or jar and mix together well.
2. Store in the refrigerator overnight.
3. Before eating, mix through coconut yoghurt and top with seasonal fruit of choice and a drizzle of nut butter.



Serves 2

kCal

578

Protein

17g

Carbs

52g

Fat

33g

Plant Based Protein Bowl

Ingredients:

200g block extra-firm tofu
2 eggs
1/2 tsp. olive oil
2 medium clove garlic, minced
1 tsp. dried oregano
1 tsp. cumin
1/2 tsp. ground turmeric
1 can black beans, drained
1/2 tsp chili powder
1/2 teaspoon ground cumin
1/2 medium avocado,
halved and Sliced
1/2 cup cherry tomatoes, sliced
Salt and pepper to taste



Serves 2



331



22g



25g



18g

1. Drain the tofu and set it on a large cutting board. Mash with a potato masher. Set a large pan over medium heat.
2. When hot, add 2 teaspoons olive oil. Add garlic, oregano, cumin, turmeric, salt, and pepper. Cook, stirring frequently, until fragrant – about 1 minute.
3. Add tofu and stir well to incorporate spices and garlic. Cook, stirring occasionally, until heated through, about 5 minutes. Place tofu into bowl
4. Return pan to burner. Add remaining 1 teaspoon oil. Add beans, chili powder, and cumin. Cook, stirring occasionally, until heated through, about 2 minutes. Taste and add salt if desired.
5. Finish assembling the breakfast bowl by adding cherry tomatoes and avocado slices. Top with assorted toppings such as pepitas and lime juice and serve.

Mushroom Omelette

Ingredients:

2 chopped spring onions
1/4 fresh red chilli
1 cup spinach
4 x button mushrooms,
Tamari sauce
Coconut oil for cooking
2 large eggs + 1 egg white



Serves 1



250



29g



11g



11g

1. Whisk your eggs. Chop the chilli and spring onions and mix into your egg.
2. Heat a pan or wok, add the oil and pour in your egg mix to cover the base.
3. Cook chopped mushrooms in a little water in a side pot, add spinach to wilt slightly.
4. Once softened add onto one half of the omelette. Fold your omelette in half, to with little tamari and salt/pepper.

Fluffy Coconut Pancakes

Ingredients:

2 large eggs
1 tsp. vanilla extract
2 tbsp. coconut flour
1/2 banana
1 tbsp nut butter



Serves 1

kCal

407

Protein

18g

Carbs

35g

Fat

30g

1. Whisk all ingredients until smooth.
2. Let the mixture stand for 3 minutes to allow coconut flour to absorb liquid.
3. Heat a fry pan with a little coconut oil and cook each pancake for about 3-5 min per side.
4. Top with blueberries, shredded coconut, nuts or nut butter.

Sweet Potato and Kale Frittata

Ingredients:

6 large eggs
1/2 cup milk
1 tsp. kosher salt
1/2 tsp. Freshly ground pepper
500g. sweet potatoes
2 tbsp. olive oil
2 cups. firmly packed
chopped kale
1/2 small Red Onion
2 clove garlic
60g feta cheese



Serves 3

kCal

451

Protein

20g

Carbs

40g

Fat

24g

1. Preheat oven to 180 degree. Whisk together eggs and next 3 ingredients.
2. Sauté sweet potatoes in 1 tablespoon hot oil in a 10-inch ovenproof non-stick pan over medium heat 8 to 10 minutes or until potatoes are tender and golden; remove and keep warm.
3. Sauté kale and next 2 ingredients in remaining 1 tablespoon oil for 3 to 4 minutes or until kale is wilted and tender; stir in potatoes.
4. Pour egg mixture evenly over vegetables and cook 3 more minutes. Sprinkle egg mixture with feta cheese.
5. Bake at 180 degrees 10 to 14 minutes or until set.

Peri Peri Fish and Rice

Ingredients:

1 tbsp olive oil
1 tbsp peri peri seasoning
1 tbsp rice wine vinegar
1 tbsp lemon juice
1 tsp smoked paprika
2 seabass fillets (around 120-150g)
1 capsicum
1 cup cooked rice
Salt and pepper to taste



Serves 2



325



34g



26g



9g

1. Preheat your oven to 200 degrees Celsius.
2. In a bowl, combine the olive oil, peri peri seasoning, white wine vinegar, lemon juice, black pepper and paprika.
3. Place your sea bass fillets, skin-side down, on a large piece of tin foil and spoon the spice mix from the bowl over the fillets. Add capsicum on top.
4. Pull the sides of the foil up around each fish fillet to make an individual parcel.
5. Bake in the oven for 10 minutes until the fish is cooked and it flakes easily when pressed.
6. Serve with cooked rice.

Turkey Rainbow Salad

Ingredients:

2 cups mixed leafy greens
10 snow peas
1 medium carrots
1 raw beetroot
1/2 head broccoli
1 cup pumpkin (butternut or jap)
1 tbsp sun flower seeds
1 tbsp pepita seeds
1 tsp dukkha
1 tbsp. extra virgin olive oil
2 tbsp. fresh lemon juice
300g turkey minute steaks



Serves 2



521



57g



58g



13g

1. Heat oven to 180 degrees. Chop pumpkin into small pieces and lay at on oven tray.
2. Drizzle with coconut or olive oil and season with salt and pepper. Cook in oven for 30-40 mins then cool.
3. Place leafy greens in large bowl and top and tail snow peas then chop in half and chop broccoli finely, then add to bowl. Clean and grate carrot and beetroot and add to bowl.
4. Combine dukkha, olive oil and lemon juice in jar and shake. Taste and season with salt and pepper accordingly.
5. Cook the minute steaks on the BBQ or in a non-stick pan.
6. Split salad between three bowls or a bowl and a container for lunch. Pour dressing over the bowl(s), finish by scattering the seeds over both bowl(s) and container.

Teriyaki Tofu Stir Fry



Ingredients:

200g firm tofu
1 cup chopped asparagus
1 cup chopped carrots
1 tbsp. tamari, or soy sauce
1/2 cup chopped spring onions
1 tsp. red chili sauce (optional)
1 tsp. coconut oil
1 tbsp. tamari, or soy sauce
1 tbsp. sesame oil
1 tbsp. rice vinegar
1 clove garlic, minced
1/2 tbsp. ginger, freshly grated
1/4 cup coconut sugar, or maple syrup
2 tsp corn starch
1/2 cup water
1 cup quinoa, cooked (or brown rice)

1. Cut the tofu into 1/2- inch cubes and pan fry on medium-high heat in a non-stick pan with 1 tsp cooking oil. Cook until golden brown on most sides (be sure not to burn the tofu). If you find that the tofu is sticking to the pan, add a little more oil.
2. Once the tofu is done, add 1 tbsp. Tamari (or soy sauce) and toss once more. Set the tofu aside in a bowl.
3. Whisk all the sauce ingredients in a small bowl and set aside.
4. Prep any veggies. For asparagus, trim the bottom of the spears and cut them into 2-inch long pieces.
5. Heat 1 tsp cooking oil on medium-high heat. Add in the diced veggies and sauté until cooked through, but still slightly crispy.
6. Combine tofu, veggies and cooked quinoa in a bowl before eating.



Serves 2



554



27g



72g



22g

Jerk Chicken



Ingredients:

2 tsp. ground all spice
1 tsp. chilli flakes
1 tsp. dried thyme
1 whole fresh red chilli, seeded, chopped
1 clove(s) fresh garlic, peeled
1/2 tbsp. fresh ginger, grated
2 Spring onions, chopped
300g skinless chicken thigh
1 cup cooked rice
1 tsp olive oil
1/2 canned red kidney beans, rinsed, drained.
1 medium fresh lime, cut into wedges, to serve
1 tbsp. fresh coriander, to serve
1 tomato
1 whole fresh red chilli, extra, thinly sliced to serve
Salt and pepper to taste

1. Using a food processor, process the allspice, chilli flakes, sugar, thyme, chopped fresh chilli, garlic, ginger and chopped spring onions until a chunky paste form.
2. Cut 2 deep slashes to the thighs on the smooth side of the chicken. Place chicken in a ceramic or glass dish. Rub spice mixture over chicken and into slashes.
3. Cover and place in the fridge for 1 hour or overnight to marinate.
4. Preheat oven to 240°C. Line a large shallow baking tray with foil. Lightly spray foil with oil. Place the chicken in a single layer on the foil. Lightly spray with oil. Sprinkle with the salt.
5. Bake for 35 minutes or until lightly charred and cooked through.
6. Chop the tomato into cubes, assemble rice, bean and chicken. Serve with lime wedges and coriander.



Serves 2

kCal

356

Protein

34g

Carbs

38g

Fat

9g

Pork Mexican Bowls

Ingredients:

250g lean pork mince
300g sweet potato, cut into cubes
1 tbsp. extra virgin olive oil
1 tsp. each of cinnamon, chilli flakes, smoked paprika, ground cumin, ground coriander seed, dried oregano
Himalayan salt and pepper
1 small red onion
1/2 red capsicum
2 cups kale leaves
1/2 lime
1/4 red cabbage
1 bunch broccoli
Pumpkin & sunflower seeds
1/2 avocado
4-6 sprigs coriander



Serves 2



575



36g



60g



25g

1. Roast sweet potato in a medium oven for 30-45 minutes.
2. Heat olive oil in a large wok. Add spices followed by mince.
3. Dice red onion and capsicum, then add to the cooking mince.
4. Cook for around 8 minutes until protein is cooked through.
5. Strip kale off stalks and chop into small pieces. Add to bowl with juice of one lime, 1 tbsp olive oil and 3-5 grinds of Himalayan salt. Massage for around 30 seconds.
6. Slice cabbage and broccoli then add to kale. Cut avocado into chunks and remove from peel.
7. Add all ingredients to the bowl and scatter with seeds and a dash of apple cider vinegar.

Hawaiian Buddha Bowl

Ingredients:

300g Tempeh
• BBQ Sauce (around 1/4 cup)
• 1 cup cooked quinoa
• 1/2 red onion
• 1 cup pineapple, cubed
• 1 capsicum, sliced
• 1 zucchini, cut in half moons



Serves 2



463



22g



73g



10g

1. Drain, cut and marinate tofu in BBQ sauce.
2. Meanwhile, sauté red capsicum and zucchini in a non-stick fry pan. Set aside once cooked.
3. Then cook tofu until crispy.
4. Distribute all ingredients in a bowl.

Veggie Mexican Bowl

Ingredients:

1 can chickpeas
400g sweet potato, cut into cubes
1 tbsp. extra virgin olive oil, plus a little extra to run into kale
1 tsp. each of cinnamon, chilli flakes, smoked paprika, ground cumin, ground coriander seed, dried oregano
1 red onion and 1/2 red capsicum
2 cups kale leaves & 1 bunch broccoli
1/2 lime and 1/4 red cabbage
Pumpkin & sunflower seeds
1/2 avocado and 4-6 sprigs coriander
Salt and pepper to taste



Serves 2



356



34g



38g



9g

1. Roast sweet potato in a medium oven for 30-45 minutes
2. Drain chickpeas. Dice red onion and capsicum, then add to the cooking mince.
3. Cook for around 8 minutes until protein cooked through.
4. Strip kale off stalks and chop into small pieces.
5. Add to bowl with juice of one lime, 1 tbsp olive oil and 3-5 grinds of Himalayan salt. Massage for around 30 seconds.
6. Slice cabbage and broccoli, then add to kale. Cut avocado into chunks and remove from peel
7. Add all ingredients to the bowl and scatter with seeds and a dash of apple cider vinegar.

Tempeh Poke Bowl

Ingredients:

300g tempeh
1 cup cooked white or brown rice
1/2 head of chopped broccoli
1/2 cup edamame beans
1 tbsp. cup sesame seeds
1/2 cup grated carrot
1/2 cup diced cucumber
1/2 cup pickled vegetable of choice
Chopped spring onions, soy sauce, chilli sauce and rice wine vinegar



Serves 2



486



19g



78g



13g

1. Cook salmon on a lined oven tray with a little salt and oil.
2. Chop veggies and cook rice. Combine rice, veggies, and top with fish. Season with soy sauce, hot sauce and a splash of rice vinegar.
3. Sprinkle on sesame seeds and enjoy.

Salmon Poke Bowl

Ingredients:

2 x salmon fillets (120-150g each)
1 cup cooked white or brown rice
1/2 head of chopped broccoli
1/2 cup edamame beans
1 tbsp. cup sesame seeds
1/2 cup grated carrot
1/2 cup diced cucumber
1/2 cup pickled vegetable of choice
Chopped spring onions, soy sauce,
chilli sauce and rice wine vinegar



Serves 2

kCal

453

Protein

38g

Carbs

33g

Fat

18g

1. Cook salmon on a lined oven tray with a little salt and oil.
2. Chop veggies and cook rice.
3. Combine rice, veggies, and top with fish.
4. Season with soy sauce, hot sauce and a splash of rice vinegar.
5. Sprinkle on sesame seeds and enjoy.

Coconut Lentil Curry

Ingredients:

1 tbsp coconut oil
1 onion, thinly sliced
1 thumb ginger
2 garlic cloves
100 g red lentils, rinsed
250 ml vegetable stock
1 tsp. cumin
1 tsp. chilli powder
1 tsp. garam masala
200 g chopped tomatoes
200 ml light coconut milk



Serves 2

kCal

486

Protein

19g

Carbs

78g

Fat

13g

1. Heat the coconut oil in a large pan on a medium heat and add the onions and cook for around 10 minutes until softened.
2. Add the garlic and ginger and cook for further 2 minutes.
3. Add all of the remaining ingredients and mix through.
4. Reduce the heat to low, cover and simmer for 30 minutes stirring occasionally.
5. Remove the lid and simmer for a final 15 minutes.



Week Two

INTRODUCTION AND MEAL PLAN



Week 2: The Metabolism Phase Two

Awesome work for getting this far!

It is time to reflect on how you are feeling. Are you feeling less bloated, gassy and more energised? Are you hungry? Being hungry is a good sign that your metabolism is working.

But be mindful if you think you are also undereating and have less energy. This week we are entering into Phase 2 to get your metabolism working for you! Remembering that our focus from week one continues as we try to develop a flourishing gut lining and optimise bodily functioning.

This week we are encouraging you to include:

1. Eating an abundance of vegetables:

Veggies are filled with vitamins and minerals and a good rule is to eat 'a rainbow' of colours. In particular, enjoy an abundance of fruit vegetable (such as pumpkin, zucchini, capsicum, eggplants and tomatoes) and root vegetables (those that grow below the ground). These vegetables contain lower levels of anti-metabolic substances. Be mindful of the quantity of cruciferous vegetables (brussel sprouts, broccoli, cabbage, etc) and above ground vegetables (spinach, kale, lettuce, etc) consumed. This is because these vegetables contain higher internal toxins to fight off bugs, insects and birds. It is important to note that these components found in above ground and cruciferous veggies may not trigger everyone's gut the same. But it is good to be mindful when you are eating them so that you can pick up on an irritation or symptoms that may be present.

Some of these include:

- a. Oxalates: found in leafy greens, nuts, grains and soy. Can inhibit calcium absorption.
- b. Pyridoxine Glucoside: Can reduce bioavailability of some nutrients.
- c. Lectins: Can cause gastrointestinal upsets. Cooking vegetables can help
- d. Lignans: Contains phytoestrogens that have estrogen like properties and can cause hormonal distress.
- e. Pectin: A fermentable fibre that can disrupt digestion. Can be broken down by cooking above ground fruits and vegetables.
- f. Cellulose: A in-soluble fibre found in green leafy vegetables. Can cause inflammation with someone with an inflamed gut, although can be beneficial in someone with a healthy gut as it speeds up transient time and add bulk to stool.



Week 2: The Metabolism Phase Two (cont.)

2. Trick your body to think it is over-feed:

Eating nutrient dense meals will put you in a nutrient surplus while allowing you to be a caloric deficit. Make sure you are eating 5 meals per day to feed your metabolic furnace and consuming real food. This will keep you feeling fuller longer than eating food devoid of nutrients. High fibre and high protein foods are great for this purpose.

3. Coffee:

Coffee is good for you! Coffee on its own can increase cortisol and trigger a stress responses. It is best consumed with a meal, sugar and milk to ensure even blood sugar. Coffee is a potent metabolic stimulator, stimulates thermogenesis, increases focus and energy, full of antioxidants and minerals and protects against cancer, diabetes and other diseases.

4. Milk and dairy products:

Dairy is an excellent source of non- inflammatory and easily digestible simple sugars, protein and fats. If necessary, use lactose free product and gradually reintroduce dairy until tolerance has returned. Lactose intolerance may be a sign of poor gut function versus the inability to produce lactase. By healing the gut, it is possible to add milk slowly back into the diet. Milk can improve bone density, body mass, cardiovascular health, metabolic syndrome, hyperglycaemia, diabetes and prevent some cancers.

Pot set Greek yoghurt is a great snack as it contains less lactic acid than other regular yogurts, which can reduce inflammatory response.

5. Stewed fruit:

There is nothing wrong with eating fruit! You learnt in week one that tropical fruits are nutrient power houses. If you have the option with fruits that can be stewed, go for it. This includes stewed apples, pears, peaches, apricots, nectarines, stone fruits. This is done to break down cellulose and pectin to aid digestion. It is super easy, simply slice your fruit (discarding core and seeds), put in saucepan and barely cover with water – can add cinnamon for flavour.



7 Day Meal Plan

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday Calories: 1606 Fats: 42g Carbs: 211g Protein: 102g	Waffles Latte + Milk Latte	Carrots + Beetroot Hummus	Crumbed Fish with Slaw and Chips with 30g Avocado	1 X Stewed Fruit and 150g Greek Yogurt	Turkey Curry
Tuesday Calories: 1606 Fats: 42g Carbs: 211g Protein: 102g	Waffles Latte + Milk Latte	Carrots + Beetroot Hummus	Crumbed Fish with Slaw and Chips with 30g Avocado	1 X Stewed Fruit and 150g Greek Yogurt	Turkey Curry
Wednesday Calories: 1785 Fats: 50g Carbs: 215g Protein: 118g	Breakfast Burrito + Milk Latte	Carrots + Beetroot Hummus	Crumbed Fish with Slaw and Chips with 30g Avocado	1 X Stewed Fruit, 150g Greek Yogurt + 25g Almonds	Turkey Curry
Thursday Calories: 1701 Fats: 54g Carbs: 183g Protein: 120g	Breakfast Burrito + Milk Latte	Carrots + Beetroot Hummus	Indian Chicken Pilau	1 X Stewed Fruit, 150g Greek Yogurt + 25g Almonds	Greek Tray Bake
Friday Calories: 1603 Fats: 57g Carbs: 167g Protein: 117g	Nourish Breakfast Bowl + Milk Latte	Carrots + 1 Tbsp Peanut Butter	Indian Chicken Pilau	1 X Stewed Fruit and 150g Greek Yogurt	Greek Tray Bake
Saturday Calories: 1603 Fats: 57g Carbs: 167g Protein: 117g	Nourish Breakfast Bowl + Milk Latte	Carrots + 1 Tbsp Peanut Butter	Indian Chicken Pilau	1 X Stewed Fruit and 150g Greek Yogurt	Greek Tray Bake
Sunday Calories: 1603 Fats: 57g Carbs: 167g Protein: 117g	Nourish Breakfast Bowl + Milk Latte	Carrots + 1 Tbsp Peanut Butter	Indian Chicken Pilau	1 X Stewed Fruit and 150g Greek Yogurt	Greek Tray Bake

7 Day Meal Plan (vegetarian)

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday Calories: 1708 Fats: 76g Carbs: 176g Protein: 96g	Mushroom Omelette (recipe from week 1) + Milk Latte	Carrots + Beetroot Hummus	Coconut Lentil Curry (recipe from week 1)	1 X Stewed Fruit and 150g Greek Yogurt	Turmeric Tempeh
Tuesday Calories: 1708 Fats: 76g Carbs: 176g Protein: 96g	Mushroom Omelette (recipe from week 1) + Milk Latte	Carrots + Beetroot Hummus	Coconut Lentil Curry (recipe from week 1)	1 X Stewed Fruit and 150g Greek Yogurt	Turmeric Tempeh
Wednesday Calories: 1777 Fats: 89g Carbs: 168g Protein: 95g	Breakfast Burrito + Milk Latte	Carrots + Beetroot Hummus	Crispy Tofu Bowl	1 X Stewed Fruit and 150g Greek Yogurt	Turmeric Tempeh
Thursday Calories: 1685 Fats: 76g Carbs: 174g Protein: 92g	Breakfast Burrito + Milk Latte	Carrots + Beetroot Hummus	Crispy Tofu Bowl	1 X Stewed Fruit and 150g Greek Yogurt	Vegetarian Lentil Curry
Friday Calories: 1631 Fats: 54g Carbs: 183g Protein: 106g	Nourish Breakfast Bowl + Milk Latte	Celery + 1 Tbsp. Peanut Butter	Mild Egg Korma and Chickpeas	1/2 Cup Strawberries and 1/2 Cup Cottage Cheese	Vegetarian Lentil Curry
Saturday Calories: 1631 Fats: 54g Carbs: 183g Protein: 106g	Nourish Breakfast Bowl + Milk Latte	Celery + 1 Tbsp. Peanut Butter	Mild Egg Korma and Chickpeas	1/2 Cup Strawberries and 1/2 Cup Cottage Cheese	Vegetarian Lentil Curry
Sunday Calories: 1631 Fats: 54g Carbs: 183g Protein: 106g	Nourish Breakfast Bowl + Milk Latte	Celery + 1 Tbsp. Peanut Butter	Mild Egg Korma and Chickpeas	1/2 Cup Strawberries and 1/2 Cup Cottage Cheese	Vegetarian Lentil Curry



Week Two

RECIPES



Burrito Bowl

Ingredients:

1 large sweet potato
1/2 can black beans,
rinsed and drained
1/4 tsp. cumin
1/4 tsp chili powder
Chilli flakes
4 large egg
1/2 avocado, diced
Siracha



Serves 1



390



19g



34g



20g

1. Cook sweet potatoes: pierce sweet potatoes with fork a few times. Place in microwave and microwave on high for 4-6 minutes or until cooked through. This may take up to 10 minutes depending on how thick your sweet potatoes are.
2. In a separate large bowl, add black beans, cumin, chili powder and red pepper flakes if desired. Stir to combine then set aside.
3. In a separate medium bowl, beat egg together. Place a non-stick fry pan over heat with a little oil if needed. Add in eggs and cook. Fold every few minutes to get fluffy eggs. Once cooked, remove from heat.
4. Assemble all ingredients into a bowl and enjoy!

Waffles

Ingredients:

1 tbsp. oats
1/2 banana, mashed
1/2 tbs almond milk, unsweetened
1 whole egg
1/2 tsp cinnamon
Berries and a little honey



Serves 1



331



11g



38g



16g

1. Turn on waffle maker and allow it to heat up. Or heat up a regular pan.
2. Completely mash banana with almond milk. Gradually stir in remaining ingredients. You can also add all ingredients to a blender.
3. Spray waffle maker with organic cooking spray and pour in batter. Cook according to instructions, until done!
4. Serve with your choice of toppings. We love fresh fruit, yogurt and a drizzle of honey or maple syrup!

Nourish Breakfast Bowl

Ingredients:

2 large egg, at room temperature
1 1/2 tsp. olive oil, divided
1/2 tsp. minced garlic
1 cup kale, roughly chopped
1/2 cup cooked quinoa
1/3 cup halved cherry tomatoes
1/4 ripe avocado
Salt and pepper to taste



Serves 2



477



23g



43g



26g

1. Bring 10 cm of water to a boil in a medium saucepan. Add eggs; boil 6 minutes. Plunge egg into ice water; let stand 1 minute. Drain and peel.
2. Heat 1 teaspoon oil in a small fry pan over medium. Add garlic, cook for 30 seconds. Add kale; cook, stirring often, until softened, 2 to 3 minutes.
3. Combine quinoa, kale, tomatoes, and avocado in a bowl. Drizzle with remaining 1/2 teaspoon oil; season with salt and pepper. Place eggs on top; slice each egg in half.

Vegetarian Lentil Curry

Ingredients:

1 tsp. coconut oil
1 large onion
1 tsp. garlic, minced
1 red pepper, chopped
175 g red lentils (rinsed)
600 ml vegetable stock
1 tbsp. chilli powder
1 tbsp. Mexican/fajita seasoning
2 tbsp. balsamic vinegar
2 tbsp. tomato puree
250 g kidney beans, washed and drained
Pinch of black pepper



Serves 4



322



20g



53g



4g

1. Heat the coconut oil in a large pan on a medium heat and add the onion, garlic and peppers.
2. Lightly fry for around 5 minutes until the onions start to turn golden brown.
3. Add all of the remaining ingredients, reduce the heat to low and gently simmer (uncovered) for around 45 minutes.
4. Be sure to stir the pot every 15 minutes or so and add a splash of water if the lentils soak up too much liquid and it starts to get too thick.

Indian Chicken Pilau



Ingredients:

25g butter
4 cloves
4 green cardamom pods
1/4 tsp. fennel seeds
1 brown onions, thinly sliced
2g garlic
1-2 thumb sized ginger
500 kg chicken breast, chopped
1/2 tsp. cinnamon
1/2 tbsp. coriander
1 tsp. cumin
1/2 tsp. chilli powder
1/2 tsp. ground turmeric
4 roma chopped tomatoes
1 bay leaves
300 ml chicken stock
200 g basmati rice
2 handfuls of green beans

1. Preheat oven to 180°C. Heat the butter in a large, oven proof pan on a low heat and add the cloves, cardamom and fennel seeds. Gently fry for around a minute then add the onions.
2. Slowly cook the onions for 10 to 15 minutes until they start to caramelise then add the ginger, garlic and chicken and cook until the chicken is lightly coloured.
3. Add the coriander, cumin, chilli powder, turmeric, cinnamon, chopped tomatoes, bay leaves and stock and bring to the boil.
4. Add the rice, mix through, cover with a tight-fitting lid then place into the oven for 40 minutes until the chicken is cooked and the rice is tender.
5. Serve with steamed beans.



Serves 4

kCal

370

Protein

33g

Carbs

36g

Fat

11g

Quinoa Crumbed Fish and Slaw

Ingredients:

3 eggs
75g Quinoa Flakes
Lemon, zest and juice
3 x 130g white fish
2 tbsp. coconut flour
4500g medium sweet potato
1 1/2 tbsp olive oil
150g low fat yogurt
1 tbsp. fresh parsley
1/3 red cabbage & 2 medium carrots
1 medium green apple



Serves 3



454



31g



68g



7g

1. Preheat oven to 200 degrees Celsius. Coat fish with flour, then egg and then quinoa flakes.
2. Pressing the mixture onto the fish firmly.
3. Cut the sweet potatoes into 1 cm thick ships. Place in a bowl and toss in oil.
4. Bake the chips for 20- 30 minutes until golden and the fish for 15 minutes. Cook both on a tray lined with baking paper.
5. Meanwhile, chop and prepare the salad and dress with yogurt.

Crispy Tofu Bowl

Ingredients:

400g extra-firm tofu
1/2 small red onion, very thinly sliced
1/4 cup red wine vinegar
1/4 cup soy sauce
Dash of child sauce & 1 tbsp. Olive oil
1 seedless cucumber, chopped
1 tbsp. Olive oil and Cornflour
1 cup quinoa, cooked
1 tbsp. Roasted cashew halves
1 Roma Tomato
2 cups spinach leaves
Parsley leaves, for garnish



Serves 4



414



23g



47g



17g

1. Slice tofu 1/4 inch thick. Place on cutting board between paper towels; top with baking sheet. Top with large cans or other weight; let stand 10 minutes. Soak red onion in cold water.
2. Whisk red wine vinegar, soy sauce, chili sauce, olive oil and 1/4 teaspoon salt.
3. Pat onion dry; toss with half of vinaigrette and cucumber.
4. Sprinkle tofu on both sides with cornflour. In 12-inch skillet, heat vegetable oil on medium-high until hot. Carefully add tofu. Cook until deep golden brown, 2 to 3 minutes per side. Drain on paper towels. Divide quinoa among 4 bowls.
5. Top each with salad, roasted cashew halves, parsley leaves and tofu.

Turkey Curry



Ingredients:

Knob of fresh ginger
6 lemon grass stalks
1 tbsp. lime juice
1 red chilli, deseeded and chopped
1 garlic cloves
1 tbsp. apple cider/white wine/rice Vinegar
1 tsp. coconut oil
500 g chopped turkey breast
200 ml coconut milk
200 ml chicken stock
Handful of chopped green beans
Lime wedges (optional)
200g uncooked rice

1. To make the curry paste you'll need to blitz the paste ingredients in a blender until you have a smooth consistency. Once blended, set aside.
2. Heat the coconut oil in a pan on a high heat and add the turkey and cook until brown. Once cooked remove from the pan and set aside
3. Reduce the heat to medium and add the paste to the pan, stirring consistently and cook for 3 minutes more.
4. Cook rice in the meantime.
5. Add the turkey back to the pan along with the coconut milk, stock and sugar.
6. Serve with cooked green beans



Serves 4

kCal

392

Protein

39g

Carbs

43g

Fat

5g

Greek Tray Bake

Ingredients:

1 tbsp. olive oil
1 tbsp. balsamic vinegar
1 tsp smoked paprika
1 tsp oregano
1 clove of garlic, chopped
1/2 tsp. salt
2 tsp. honey
1 red onion, chopped
600 g chicken breast, chopped
200 g cherry tomatoes
1 green capsicum, chopped into chunks
1 red capsicum and 1 yellow capsicum, chopped into chunks
1 eggplant
100 g black olives
Lemon slices for garnish



Serves 4



kCal

310



Protein

37g



Carbs

21g



Fat

9g

1. Preheat the oven to 180 degrees Celsius. In a bowl, combine the olive oil, balsamic vinegar, paprika, oregano, garlic, salt and honey.
2. Place the peppers, cherry tomatoes, onions and chicken on a baking tray.
3. Pour the sauce over the vegetables and chicken, mix through and place the baking tray into the oven and roast for 25 minutes.
4. Remove from the oven and add the olives, and lemon slices to the tray and place back into the oven and roast for a further 10 minutes.

Beetroot Hummus

Ingredients:

3 roasted beetroot
1/2 can of chick peas
Juice of lemon
1 tbsp.chopped, fresh basil leaves
1 tbsp. tahini & 1 garlic clove



Serves 8



kCal

45



Protein

2g



Carbs

6g



Fat

2g

1. Place all ingredients in a blend and whiz until smooth.

Turmeric Tempeh

Ingredients:

2 tbsp. olive oil
3 cups cauliflower florets
450g tempeh, cut into cubes
1 teaspoon ground turmeric
1/2 tsp. salt
1 -2 tbsp. water
2 tsp. miso paste
3 handfuls of spinach
250g cooked shiitake mushrooms
1/3 cup chopped toasted walnuts
3 chopped spring onions



Serves 3



589



33g



32g



14g

1. Preheat oven to 180 degrees. Drizzle oil over cauliflower and tempeh and toss to coat. Sprinkle on turmeric and salt and toss again.
2. Spread out on a large rimmed baking sheet. Transfer to the oven and roast, stirring occasionally until the tempeh is browned and the cauliflower is tender, 24 to 28 minutes.
3. Mix the water and miso in the bowl. Transfer the roasted tempeh and cauliflower to the bowl and toss with the miso.
4. Divide lettuce among 4 large plates. Top with shiitake, walnuts and onions, dividing evenly. Top with the tempeh and cauliflower.

Mild Egg Korma and Chickpea

Ingredients:

150g brown or white rice
6 boiled eggs
1 small brown onion
3 tbsp Korma Paste
400g Tinned tomatoes
200ml Coconut milk
1 can tinned chickpea
3 large handful of baby spinach
150g low fat yogurt
Fresh Coriander to garnish



Serves 3



471



22g



60g



14g

1. Cook rice. Meanwhile heat a saucepan over medium heat and spray with oil.
2. Cook onion until soft. Add curry paste and cook for another 1-2 minutes.
3. Reduce heat and add chickpeas, milk, spinach and tomatoes.
4. Add Eggs. Serve with rice or cauliflower rice and top with yogurt and coriander.
5. Enjoy!



Week Three

INTRODUCTION AND MEAL PLAN



Week 3: The Metabolism Phase Two

Congratulations! After two weeks, you may be noticing some amazing changes already. Maybe you feel more energised, you are sleeping better or that your tummy is flatter!

Now is the time to put your foot on the gut bacteria accelerator. This includes increasing prebiotic vegetable and fruits- such as banana, apples, onion, garlic, leeks and asparagus. And probiotic fermented foods such as tempeh, yogurts, kefir, miso and cheese.

This week we are encouraging you to include:

1. Calcium rich foods:

Daily calcium is essential for lowering stress in the body and supporting metabolism. Get at least 2-4 serves of calcium rich foods per day from dairy product such as milk, cheese, yogurt and other sources such as sardines and bone broth. If you are struggling with dairy intolerance, opt for A2 dairy from sheep and goats.

2. Cheese:

A European hard cheese such as parmigiana Reggiano or parmesan. Just the same as milk, the cheese you consume must be animal-derived with no additives. Check the labels to see what kind of rennet has been used. Rennet is the coagulant used when making cheese. Cheese made from animal rennet is the cleanest cheese. All other non-animal derived rennet's are genetically modified. Ricotta is generally always from animal rennet. Choose hard European cheeses, (parmesan). Ingredients should be minimal e.g. Milk, animal rennet, salt avoid cheese with non-animal rennet.

3. Sourdough bread:

Traditional sourdough is easier to digest. Due to the longer preparation time of the sour dough the protein enzymes are broken down into amino acids, this therefore becomes easier for us to digest as we don't have to break down the protein enzymes in our gut. Ensure a fermentation process of at least 8 hours. Traditional sourdough bread does not contact baker's yeast. Beware many store-bought sour dough loaves are made from yeast and baked quickly- I love Alpine Bread, which is FODMAP friendly, easily digested, slowly fermented and includes sprouted grains.



7 Day Meal Plan

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday Calories: 1470 Fats: 53g Carbs: 122g Protein: 124g	Smoked Salmon and Egg Sough Dough + Small Latte	1 X Carrot	Protein Power Bowl	1 X Goji Ball	Beef Lasagne
Tuesday Calories: 1470 Fats: 53g Carbs: 122g Protein: 124g	Smoked Salmon and Egg Sough Dough + Small Latte	1 X Carrot	Protein Power Bowl	1 X Goji Ball	Beef Lasagne
Wednesday Calories: 1470 Fats: 53g Carbs: 122g Protein: 124g	Smoked Salmon and Egg Sough Dough + Small Latte	1 X Carrot	Protein Power Bowl	1 X Goji Ball	Beef Lasagne
Thursday Calories: 1753 Fats: 67g Carbs: 153g Protein: 117g	Nutty Smoothie + Small Latte	1 X Carrot	Wadldof Salad	1 X Stewed Fruit and 150g Greek Yogurt	Stuffed Capsicum
Friday Calories: 1753 Fats: 67g Carbs: 153g Protein: 117g	Nutty Smoothie + Small Latte	1 X Carrot	Wadldof Salad	1 X Stewed Fruit and 150g Greek Yogurt	Stuffed Capsicum
Saturday Calories: 1807 Fats: 69g Carbs: 187g Protein: 134g	Peanut Butter Oats + Small Latte	1 X Carrot	Chicken Fried Rice	1 X Piece of Fruit	Steak and Chips
Sunday Calories: 1807 Fats: 69g Carbs: 187g Protein: 134g	Peanut Butter Oats + Small Latte	1 X Carrot	Chicken Fried Rice	1 X Piece of Fruit	Steak and Chips

7 Day Meal Plan (vegetarian)

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday Calories: 1532 Fats: 43g Carbs: 229g Protein: 69g	Feta and Egg Bruschetta + Small Latte	1 X Carrot	Slow Cooked Butternut Pumpkin Stew	1 X Goji Ball	Minestrone Soup
Tuesday Calories: 1532 Fats: 43g Carbs: 229g Protein: 69g	Feta and Egg Bruschetta + Small Latte	1 X Carrot	Slow Cooked Butternut Pumpkin Stew	1 X Goji Ball	Minestrone Soup
Wednesday Calories: 1777 Fats: 89g Carbs: 168g Protein: 95g	Feta and Egg Bruschetta + Small Latte	1 X Carrot	Slow Cooked Butternut Pumpkin Stew	1 X Stewed Fruit and 150g Greek Yogurt	Minestrone Soup + 20g Parmesan
Thursday Calories: 1666 Fats: 41g Carbs: 253g Protein: 88g	Nutty Smoothie + 1 Small Latte	1 X Carrot	Slow Cooked Butternut Pumpkin Stew	1 X Stewed Fruit and 150g Greek Yogurt	Minestrone Soup + 20g Parmesan
Friday Calories: 1626 Fats: 57g Carbs: 202g Protein: 85g	Nutty Smoothie	1 X Carrot	Sweet Potato Kale Frittata	1 X Stewed Fruit and 150g Greek Yogurt	Ratatouille Salad with Tempeh
Saturday Calories: 1695 Fats: 69g Carbs: 178g Protein: 104g	Peanut Butter Oats	1 X Carrot	Sweet Potato Kale Frittata	1 X Stewed Fruit and 150g Greek Yogurt	Ratatouille Salad with Tempeh
Sunday Calories: 1695 Fats: 69g Carbs: 178g Protein: 104g	Peanut Butter Oats	1 X Carrot	Sweet Potato Kale Frittata	1 X Stewed Fruit and 150g Greek Yogurt	Ratatouille Salad with Tempeh



Week Three

RECIPES



Nutty Smoothie

Ingredients:

1 frozen banana
1 scoop vanilla protein powder
2 tsp. peanut butter
6 almonds 1 tsp. maca powder
300ml unsweetened almond milk
1/2 cup ice



Serves 1

kCal

365

Protein

25g

Carbs

40g

Fat

13g

1. Add all the ingredients in a blender, and blend until a smooth consistency is formed.
2. Pour the smoothie into a large glass.
3. Enjoy

Peanut Butter Oats

Ingredients:

1/3 cup rolled oats
1 tsp. peanut butter
1 tsp. cacao powder
1 tbsp. vanilla protein powder
2 tsp. chopped almonds
1/2 cup unsweetened almond milk
Pinch stevia



Serves 1

kCal

349

Protein

29g

Carbs

13g

Fat

31g

1. Bring the almond milk to boil in a saucepan over medium heat.
2. Mix through the oats, peanut butter, protein powder, cacao, and stevia and cook. until the oats become thick and creamy, stirring occasionally.
3. Pour the oats into a bowl and sprinkle the chopped almonds over the top.

Smoke Salmon and Egg Sourdough

Ingredients:

50g smoked salmon
1 tomato, diced
1 spring onion, chopped
6 mint leaves, chopped
1 slice of sourdough toast
2 boiled egg
1 lemon wedge
Salt and pepper



Serves 1



306



22g



34g



8g

1. Combine the tomato, shallots and mint in a small bowl.
2. Toast the bread to liking and place on a plate.
3. Add the salmon on the bread with chopped boiled egg
4. Pour the bruschetta over the salmon and drizzle the lemon over the top. Season with salt and pepper and serve.

Feta and Egg Sourdough

Ingredients:

20g Feta
1 tomato, diced
1 spring onion, chopped
6 mint leaves, chopped
1 slice of toast
2 boiled egg
1 lemon wedge
Salt and pepper



Serves 1



300



16g



35g



10g

1. Combine the tomato, shallots and mint in a small bowl.
2. Toast the bread to liking and place on a plate.
3. Add chopped boiled egg.
4. Pour the bruschetta over the egg, add feta and drizzle the lemon over the top. Season with salt and pepper and serve.

Protein Power Bowl

Ingredients:

450g raw chicken breast, chopped
200g brussel sprouts
2 bunches asparagus stalks
1 brown onion, sliced
100g reduced fat feta
3 cups Spinach
1 tbsp. sunflower seed
2 garlic cloves
2 tsp. extra virgin olive oil
2 tbsp. fresh squeezed lemon juice
2 tsp. dried basil
2 tsp. dried parsley
Salt and pepper



Serves 3



353



49g



16g



12g

1. Pre-heat oven to 180 degrees and line a baking tray with baking paper. Place the Brussel sprouts on the tray and season with salt and pepper.
2. Bake in the oven for 15-20 minutes or until golden brown. Once cooked, remove the tray from the oven. Whilst the brussels sprouts are cooking, heat ½ tablespoon of olive oil in a non-stick fry pan over medium heat and sauté the onion with 1 crushed garlic clove for a couple of minutes.
3. Add the asparagus to the pan and continue cooking for 8-10 minutes turning occasionally to ensure all the sides are cooked. Once cooked remove from the heat.
4. Re-heat the fry pan with remaining olive oil over medium temperature and cook the chicken breast with remaining garlic, lemon, parsley, basil, salt and pepper for 7 minutes, stirring occasionally to ensure the chicken is cooked in the center.
5. Divide the spinach, brussels sprouts, asparagus and chicken into 2 bowls
6. Sprinkle with seeds over the cooked vegetables and crumble the feta over the chicken breast.

Sweet Potato and Kale Frittata

Ingredients:

6 large eggs & 1/2 cup milk
1 tsp. kosher salt
1/2 tsp. Freshly ground pepper
500g. sweet potatoes
2 tbsp. olive oil & 2 clove garlic
2 cups. firmly packed chopped kale
1/2 small Red Onion
60g feta cheese



Serves 3



451



20g



40g



24g

1. Preheat oven to 180 degree. Whisk together eggs and next 3 ingredients.
2. Sauté sweet potatoes in 1 tablespoon hot oil in a 10-inch ovenproof non-stick pan over medium heat 8 to 10 minutes or until potatoes are tender and golden; remove and keep warm. Sauté kale and next 2 ingredients in remaining 1 tablespoon oil for 3 to 4 minutes or until kale is wilted and tender; stir in potatoes.
3. Pour egg mixture evenly over vegetables and cook 3 more minutes. Sprinkle egg mixture with feta cheese.
4. Bake at 180 degrees 10 to 14 minutes or until set.

Waldorf Salad

Ingredients:

1/3 cup non-fat or low-fat plain Greek yogurt & 1/4 tbsp. honey
1/2 tbsp. Dijon mustard
1/2 tbsp. apple cider vinegar
2 cups. shredded cooked chicken
1 stalks celery, chopped
1/3 large crisp red apple, chopped
1 cup seedless purple grapes, halved
6 cup torn lettuce leaves
1/4 cup walnuts, toasted and halved
2 x tortilla wrap & Salt and pepper



Serves 2

kCal

442

Protein

35g

Carbs

52g

Fat

15g

1. In a large bowl, whisk together yogurt, mustard, vinegar, honey, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Add chicken and toss to coat. Fold in celery, apple, and grapes.
2. Serve on lettuce leaves and sprinkle with walnuts.
3. Make a wrap: Toss the walnuts into the chicken mixture, then layer a whole-grain tortilla with lettuce leaves and 1 cup chicken-apple-walnut-salad.

Slow Cooked Curried Pumpkin Stew

Ingredients:

1 can light coconut milk
1 1/2 tbsp. vegetable stock
1 tbsp. curry powder
1 tbsp. turmeric & 1/2 tsp. cardamom
1 tbsp. grated fresh ginger
1 1/2 cup red split peas, rinsed
1 can diced tomatoes
1 kg butternut squash, peeled and cut into 1/2-inch pieces (about 4 cups)
1 medium onion, chopped 1/4 up.
Olive oil & Kosher salt
Rice and plain yogurt, for serving



Serves 4

kCal

491

Protein

23g

Carbs

87g

Fat

8g

1. In a slow cooker, whisk together coconut milk, vegetable stock, curry powder, turmeric, cardamom, grated ginger, 4 cups water, and 1 teaspoon salt.
2. Add split peas, tomatoes (and their juices), butternut squash, and onion and mix to combine.
3. Cook, covered, until most of the liquid has been absorbed and lentils are tender, 6 to 7 hours on low or 4 1/2 to 5 hours on high.
4. Serve the stew with rice and a dollop of yogurt, if desired.

Minestrone Soup

Ingredients:

2 tbsp. olive oil
3 stalks celery, finely chopped
2 leeks (white and light green parts only), finely chopped
1 onion, finely chopped
600g red potatoes, cut into 1/2-inch pieces
8 sprigs fresh thyme
2 bunches asparagus, trimmed and cut into 1-inch pieces
150g sugar snap peas, halved
2 cans white beans, rinsed
Salt and Pepper



Serves 4



411



16g



69g



10g

1. Heat oil in a Dutch oven on medium. Add celery, leeks, onion, and 1/2 teaspoon salt and cook, covered, stirring occasionally, until tender, 5 to 7 minutes.
2. Add potatoes, thyme, 1/4 teaspoon each salt and pepper, and 6 cups water and bring to a boil, then simmer 8 minutes. Add asparagus and simmer 2 minutes.
3. Add sugar snap peas and beans and simmer until vegetables are just tender, 3 to 4 minutes more. Discard thyme sprigs.

Ratatouille Salad with Tempeh

Ingredients:

1 eggplant
1 green Capsicum
1 red Capsicum
1 zucchini
1 red onion
300g tempeh
Small bag rocket
Apple cider vinegar
1 handful Basil



Serves 3



496



31g



50g



22g

1. Heat grill to medium-high. In a large bowl, toss the vegetables and sliced tempeh with 1 1/2 tablespoons oil and 1/2 teaspoon each salt and pepper.
2. Oven roast all ingredients together for 30 minutes before adding tomatoes for 10 minutes.
3. Gently toss with the vinegar, basil, and rocket.
4. Serve with quinoa.

Beef Lasagne



Ingredients:

450g raw, lean grass-fed beef mince
400g canned diced tomatoes
(no added salt and sugar)
2 x eggplant, sliced into rounds
3 x zucchini sliced lengthways
1 brown onion, diced 1 carrot,
finely chopped
1 tbsp. chili flakes
2 tbsp. tomato paste
2 garlic cloves, crushed
1 cup basil leaves, chopped
75g ricotta cheese
75g shredded mozzarella cheese
1 tsp. olive oil
Salt and Pepper



Serves 3

kCal

481

Protein

49g

Carbs

34g

Fat

18g

1. Pre-heat oven to 200 degrees.
2. Heat olive oil in a non-stick fry pan over medium heat and sauté the onion and carrot with 1 crushed garlic for a few minutes.
3. Mix in the beef mince, chili flakes and continue cooking for 5 minutes.
4. Add the canned tomatoes, tomato paste, remaining garlic, basil and simmer on low heat for 10 minutes. Season with salt and pepper.
5. Place the zucchini on a paper towel and press down firmly to remove excess water.
6. Begin the first layer of the lasagna in a deep tray by layering the eggplant on the bottom of the tray. Pour half of the sauce over the top. Then layer the zucchini over the sauce.
7. Pour the remaining sauce over the zucchini. Finish by spreading the ricotta cheese and mozzarella over the top.
8. Bake the lasagne in the oven for 40 minutes or until the cheese is golden brown on top.
9. Remove the lasagne from the oven and slice into three serves.

Stuffed Capsicum

Ingredients:

300 g lean lamb mince
1 tbsp olive oil & 1 clove garlic minced
1 brown onion diced finely
1 field mushroom, small diced pieces
50 g reduced-fat cheddar cheese
1 large red capsicum & 1 large yellow capsicum cut in half and deseeded
1 tsp chilli flakes and a pinch of cayenne pepper
2-3 handful of spinach



Serves 2



547



33g



4g



29g

1. Heat the olive oil in a large saucepan and fry the onion and garlic for a few minutes until the onion becomes translucent.
2. Add the minced lamb, chilli flakes and cayenne pepper and cook for 5-6 minutes, until the mince is browned.
3. Add in chopped mushroom and cook until all the ingredients are cooked. Remove the mince from the heat, and stuff the hollowed-out capsicums with the mince mixture.
4. Top with cheese then place the capsicums on baking tray or dish and cook in a preheated oven at 190 degrees for 20 minutes, until the cheese has browned, and the capsicum is cooked. Serve on a bed of spinach.

Chicken Fried Rice

Ingredients:

1/2 tbsp. olive oil & 1 tsp. sesame oil
250g boneless, skinless chicken breast, cut into pieces
1 cloves garlic, finely chopped
1 1/2 cups steamed brown or white rice, cold
1 large eggs, beaten
1/2 cup carrot, cut thin
1/2 cup shelled edamame, thawed
1/2 cup frozen peas, thawed
2 spring onion, finely chopped
2 tbsp. low-sodium soy sauce
Sriracha, for serving



Serves 2



479



36g



50g



15g

1. Heat oil in a large pan over medium-high. Add chicken and cook, turning occasionally, until golden brown, 3 to 4 minutes.
2. Add garlic and cook, stirring, 1 minute. Add rice and cook, stirring, until heated through, about 2 minutes.
3. Pour eggs over top and gently stir to evenly coat and cook eggs and warm rice. Fold in carrot, edamame, and peas and cook until vegetables are just tender, 3 to 4 minutes. Stir in soy sauce, and sesame oil. Serve with sriracha if desired.

Steak and Veg

Ingredients:

2 x 170g raw, fillet steak
200g sweet potato, cut into chips
1 white potato, cut into chips
2 carrots, cut into chips
2 x uncooked beetroot,
cut into chips
1 tsp. olive oil
1 tbsp. rosemary
1 garlic clove, crushed
Salt and pepper



Serves 2



586



48g



48g



35g

1. Preheat oven to 180 degrees and line a baking tray with baking paper. Place the vegetable chips on the tray and drizzle olive oil over the top.
2. Season with rosemary and garlic. Bake the chips in the oven for 30 minutes or until golden brown. Remove the tray from the oven and set aside.
3. Divide the chips into two serves. Season both steaks with a pinch of salt and pepper. Heat a non-stick fry pan over medium temperature and cook the steaks for a few minutes on each side or until liking.
4. Serve one steak beside one serve of the root vegetable chips.

Goji Balls

Ingredients:

20g dried goji berries
2 tbsp. vanilla whey protein
powder (or plant-based)
60g desiccated coconut
1/4 cup filtered water
30g peanut butter (unsweetened)
1 tsp. coconut oil
Pinch stevia



Serves 5



157



4g



9g



12g

1. Combine the chia seeds, protein powder and water in a small separate bowl and mix until the chia seeds have expanded, and a thick consistency is formed.
2. Pour the protein mixture into a bowl and mix in the goji berries, desiccated coconut, peanut butter, stevia, and coconut oil.
3. Using the palm of your hand roll the mixture into 5 even balls and set in the fridge for half an hour.



Week Four

INTRODUCTION AND MEAL PLAN



Week 4: The Finale Phase Three

Welcome to the final phase and week of the 23W 28 Day Reset. This last week is fat loss focused and you are about to see some amazing results. The eating plan for the last week incorporates a high protein-eating regime with a high fat focus. Because the fat component of your meals has increased, the carbohydrate intake will drop.

This week we are encouraging you to include:

1. Increased protein:

Protein is one of the three main macronutrients responsible for enhanced muscle growth muscle recovery and repair and boost metabolism. Protein intake is also very important as it is used to make hormones, enzymes, neurotransmitters and antibodies. Specifically, for fat loss, protein assists with reducing sugar cravings, suppressing appetite, supporting exercise regime (replacing amino acid storage) and developing lean muscle tone. Your diet should not use protein as the main source of energy due to the stress and inflammatory response that can occur. The amount of protein needed for each individual is person specific. The amount will depend on the sex, age and size of the person, their energy demands, metabolic rate, digestive health and the type being consumed. You should aim for 1-2g of protein per kilogram of body weight.

2. High fat/ lower carbohydrates:

This phase will include a higher fat, low carbohydrate, eating regime to reduce total calorie consumption and possibly produce ketosis. Ketosis is a metabolic reaction that occurs in the body on a high fat, low carbohydrate diet with your fat storage being used as the only energy source in the body. This phase is not a forever diet, but a great way to rapidly drop body fat. It will be harder to reduce carbohydrates on a vegetarian style of eating due to the difference in protein sources to be consumed.

3. Fibrous Veggies:

You should be aiming to hit around 25-30g of fibre per day. It is possible to over eat and under eat fibre. To add more colour and bulk to your week 4 meal plan, feel free to add to 1-2 cups of non-starchy, fibrous veggies to your meals. A high-fibre diet has several benefits, including helping with weight loss as you can enjoy a bigger portion of many high-fibre foods and still keep your calories under control. Also, fibrous foods often need chewing, which is another factor that leads to feeling satisfied from eating. You should aim for between 25-40g of fibre per day.



7 Day Meal Plan

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday Calories: 1796 Fats: 101g Carbs: 85g Protein: 170g	Steak and Eggs	1 cup Veggie Sticks	Mongolian Beef	Tuna Avocado Smash	Kung Pao Chicken
Tuesday Calories: 1796 Fats: 101g Carbs: 85g Protein: 170g	Steak and Eggs	1 cup Veggie Sticks	Mongolian Beef	Tuna Avocado Smash	Kung Pao Chicken
Wednesday Calories: 1796 Fats: 101g Carbs: 85g Protein: 170g	Steak and Eggs	1 cup Veggie Sticks	Mongolian Beef	Tuna Avocado Smash	Kung Pao Chicken
Thursday Calories: 1771 Fats: 117g Carbs: 54g Protein: 138g	Baked Mini Frittata	1 cup Veggie Sticks	Mongolian Beef	Tuna Avocado Smash	Zucchini Bake
Friday Calories: 1771 Fats: 117g Carbs: 54g Protein: 138g	Baked Mini Frittata	1 cup Veggie Sticks	Egg Roll Bowl	Tuna Avocado Smash	Zucchini Bake
Saturday Calories: 1771 Fats: 117g Carbs: 54g Protein: 138g	Baked Mini Frittata	1 cup Veggie Sticks	Egg Roll Bowl	Tuna Avocado Smash	Zucchini Bake
Sunday Calories: 1771 Fats: 117g Carbs: 54g Protein: 138g	Baked Mini Frittata	1 cup Veggie Sticks	Egg Roll Bowl	Tuna Avocado Smash	Zucchini Bake

7 Day Meal Plan (vegetarian)

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday Calories: 1724 Fats: 99g Carbs: 134g Protein: 83g	Tofu Scramble	1 cup Veggie Sticks	Mongolian Tempeh	150g Greek Yogurt	Black Bean Soup
Tuesday Calories: 1724 Fats: 99g Carbs: 134g Protein: 83g	Tofu Scramble	1 cup Veggie Sticks	Mongolian Tempeh	150g Greek Yogurt	Black Bean Soup
Wednesday Calories: 1724 Fats: 99g Carbs: 134g Protein: 83g	Tofu Scramble	1 cup Veggie Sticks	Mongolian Tempeh	150g Greek Yogurt	Black Bean Soup
Thursday Calories: 1724 Fats: 99g Carbs: 134g Protein: 83g	Tofu Scramble	1 cup Veggie Sticks	Mongolian Tempeh	150g Greek Yogurt	Black Bean Soup
Friday Calories: 1695 Fats: 90g Carbs: 132g Protein: 89g	Baked Mini Frittata	1 cup Veggie Sticks	Butternut Tempeh Bake	150g Greek Yogurt	Lentil Meatballs
Saturday Calories: 1695 Fats: 90g Carbs: 132g Protein: 89g	Baked Mini Frittata	1 cup Veggie Sticks	Butternut Tempeh Bake	150g Greek Yogurt	Lentil Meatballs
Sunday Calories: 1695 Fats: 90g Carbs: 132g Protein: 89g	Baked Mini Frittata	1 cup Veggie Sticks	Butternut Tempeh Bake	150g Greek Yogurt	Lentil Meatballs



Week Four

RECIPES



Steak and Eggs

Ingredients:

450g raw lean minute steak
4 cups baby spinach leaves
3 garlic cloves, crushed
1 punnet of cherry tomatoes
250g button mushrooms, chopped
1 brown onion, diced
1 tbsp. extra virgin olive oil
2 tsp. dried coriander
2 tsp. paprika & 2 tsp. red chili flakes
3 boiled egg



Serves 3



478



36g



10g



33g

1. Rub one crushed garlic, coriander, paprika and chili flakes over the steak.
2. Heat a non-stick fry pan over medium temperature and cook the steak to one side of the pan for 3-4 minutes on each side or until cooked to liking. Once cooked set aside.
3. Whilst the steak is cooking, heat olive oil to one side of the pan and sauté the onion with garlic for a few minutes.
4. Add baby spinach leaves, cherry tomatoes, and mushrooms and continue cooking for 5 minutes or until the spinach is wilted. Serve the breakfast steak beside the mushrooms, spinach and cherry tomatoes and 1 boiled egg.

Tofu Scramble

Ingredients:

400g Extra Firm Tofu
1 Tbsp coconut oil
1 tsp Turmeric
1 tsp Paprika
1 tsp Dijon Mustard
1 tsp Garlic Powder
1/4 tsp Onion Powder
1/3 cup (80ml) Milk (of choice)
3 Spring Onions, chopped
1 punnet tomatoes
1 Avocado
Salt and pepper



Serves 4



565



30g



33g



35g

1. Mash the tofu with a fork but leave some nice big chunks. Add the turmeric, paprika, Dijon mustard, garlic powder, black salt and powder to a bowl.
2. Then add the soy milk and whisk into a sauce.
3. Add the coconut oil to a frying pan and heat until hot. Add the tofu and fry it until lightly browned, being careful not to break it up too much when moving it around the pan.
4. Add the sauce and fold it in. Fry it until you've achieved desired consistency, the tofu will absorb the sauce so you can have it as wet or as dry as you like.
5. Top with some black pepper and chopped chives and serve with some fried tomatoes and sliced avocado.

Baked Mini Frittata

Ingredients:

250g mushrooms washed, sliced
2 tsp. olive oil
70g parmesan cheese
150g crumbled Feta Cheese
4 thinly-sliced green onions
8 eggs, beaten
Fresh-ground black pepper to taste



Serves 3



kCal

478



Protein

36g



Carbs

10g



Fat

33g

1. Preheat the oven to 190C. Spray tart pan or 4 Jumbo Muffin Cups with non-stick spray.
2. Slice mushrooms into thick slices. Heat the olive oil in a large non-stick frying pan over medium-high heat and cook mushrooms until they release all their liquid and it has evaporated and the mushrooms are lightly browned, about 6-8 minutes. Put the mushrooms into the bottom of the tart pan wells or baking cups.
3. Crumble the feta cheese and thinly slice the green onions. Layer the parmesan, feta, and green onions on top of the mushrooms.
4. Beat the eggs with black pepper and divide eggs among the tart pan wells or muffin cups. Take a fork and gently "stir" the mixture so all the other ingredients are coated with egg.
5. Bake the mini-frittatas about 25 minutes, or until they are set and lightly browned on top.

Tuna Avocado Smash

Ingredients:

1 can tuna in olive oil
5 cherry tomatoes
1/3 avocado, chopped



Serves 1



kCal

213



Protein

16g



Carbs

7g



Fat

19g

1. Cherry tomatoes into quarters.
2. Drain oil from tuna.
3. Place all three ingredients into a bowl and serve.

Pork Egg Roll

Ingredients:

500g ground pork
1/2 head cabbage thinly sliced
1 onion medium, thinly sliced
1 tablespoon sesame oil
1/4 cup soy sauce
1 clove garlic minced
1 teaspoon ground ginger
1 tablespoons chicken broth
Bag of bean Shoots
Handful of fresh basil
1 red capsicum, cut into strips
Salt and pepper to taste



Serves 4

kCal

452

Protein

36g

Carbs

10g

Fat

30g

1. Brown ground pork in a large pan or wok over medium heat.
2. Ensure cabbage, veggies and onion is thinly sliced into long strands.
3. Add sesame oil and onions and capsicum to the pan with browned ground pork. Mix together and continue cooking over medium heat.
4. Mix soy sauce, garlic, and ground ginger together in a small bowl. Once onions have browned, add the sauce mixture to the pan.
5. Immediately add the cabbage and bean shoot to the pan and toss to coat the vegetable and evenly distribute ingredients. Add chicken broth to the pan and mix. Continue cooking over medium heat for three minutes, stirring frequently. Garnish with salt, pepper and spring onion.

Mongolian Beef

Ingredients:

2 tbsp. soy sauce
1 tsp. sugar (optional) & 1 tsp. cornflour
1 tbsp. rice vinegar & 1 tbsp. hoisin sauce
2 tsp. Asian garlic chili paste
2 tsp. coconut oil
1 tbsp. ginger, minced
1 garlic clove, minced
500g lean sirloin beef, thinly sliced
1 brown onion, chopped
20 snow peas & 2 x chopped carrots
Bok Choy & Cauliflower Rice



Serves 1

kCal

213

Protein

16g

Carbs

7g

Fat

19g

1. Stir together the soy sauce, sugar, cornflour, rice vinegar, hoisin, and chili paste.
2. Heat the oil in a non-stick pan over medium high heat. Add the ginger, garlic, and beef.
3. Cook for 2-3 minutes until beef is browned. Add the green onions and cook for 30 seconds. Add the sauce and cook for 1-2 minutes, stirring constantly, until it thickens.
4. Serve with Cauliflower rice and steamed veggies.

Zucchini Bake



Ingredients:

2 x zucchini
800g lean ground beef
2 x tomato cans
1 onion, finely chopped
1 1/2 cups shredded mozzarella cheese
1/2 cup finely grated parmesan cheese
2 tablespoons olive oil
3 teaspoons dried oregano
2 teaspoons salt
1/4 teaspoon ground cayenne
Garden salad



Serves 4

kCal

587

Protein

51g

Carbs

10g

Fat

39g

1. Heat a high-sided pan over medium heat until hot. Add olive oil to coat the bottom of the pan. Add onions and cook until softened, about 5 minutes, stirring occasionally.
2. Add ground beef to the pan, breaking it apart as it cooks. Cook until browned, about 5 minutes. Add tomato sauce, stirring it in. Bring to a simmer over medium-high heat, then gradually reduce the heat to maintain a simmer. Simmer for about 5 minutes to thicken the sauce, stirring occasionally. Add oregano, salt, and cayenne. Stir until well mixed.
3. Preheat the oven to 180 degrees. Slice each zucchini along its length into strips. 4. Arrange zucchini slices along the bottom of the baking dish so that they are slightly overlapping in a criss-cross pattern. Evenly pour about half of the meat sauce over the zucchini. Add about 1/2 cup of mozzarella cheese on top of the meat sauce.
4. Repeat with another zucchini layer, a meat sauce layer, and a cheese layer. Top with remaining zucchini slices. Add another 1/2 cup mozzarella cheese and 1/2 cup parmesan cheese on top of the zucchini. Bake at 180 degrees until the lasagne is golden brown on top and bubbling, about 45 minutes. Let cool about 10 minutes to allow the lasagne to set and cease bubbling before slicing.
5. Serve with garden salad of choice.

Tempeh Butternut Squash Bake



Ingredients:

3 tbsp. tamari, soy sauce
2 tbsp. coconut oil
1 tbsp. apple cider vinegar
1 tbsp fresh ginger, grated
2 cloves garlic, minced
300g package tempeh, cut into bite-size chunks
1 medium butternut squash (about 4 cups), peeled, deseeded and cut into bite-size pieces
1 medium onion, chopped
250g portobello or white mushrooms
Salt and pepper, to taste
Crushed red pepper flakes, to taste
Sriracha or chili sauce, for serving
2-3 cups green beans

1. Preheat oven to 190°.
2. Whisk tamari, coconut oil, apple cider vinegar, ginger and garlic in a small bowl.
3. Use hands to gently toss tempeh, butternut squash, onion, and mushrooms in a square baking dish or a baking sheet.
4. Pour tamari mixture over the tempeh, squash, onion and mushrooms and toss to coat. Sprinkle on sea salt, ground pepper and crushed red pepper flakes to taste.
5. Cover baking dish/sheet with aluminium foil and bake for 35 minutes. Pull baking dish out, remove and discard the aluminium foil, stir and place back in the oven for another 20 minutes or until butternut squash is cooked to your liking.
6. Remove from baking dish, serve with steamed greens.



Serves 3



kCal

420



Protein

23g



Carbs

29g



Fat

25g

Black Bean Soup



Ingredients:

2 Tbsp Olive Oil
2 Onion (Chopped)
2 tsp Crushed Garlic
2 tsp Oregano
2 tsp Cumin
2 tsp Smoked Paprika
1 tsp Coriander Powder
1/2 tsp Cayenne Pepper
2 Large Carrot (Sliced)
4 Stalks Celery (Sliced)
2 can Black Beans (Drained)
2 can Chopped Tomatoes
1/2 cup Tomato Paste
5 cups Vegetable Stock

1. Add the onions and garlic to a pot with the olive oil and sauté until the onions are softened. Then add in the oregano, cumin, smoked paprika, coriander powder and cayenne pepper and fry with the onions and spices for a minute. Then add in the chopped carrots and celery and mix in.
2. Add in the black beans, canned tomatoes, tomato paste and vegetable stock.
3. Bring to the boil and then reduce heat and let it simmer until the carrots and celery are cooked.
4. Add salt and pepper if needed.
5. Blend a little of the soup with an immersion blender or take some out and blend in a regular blender and then add back to the pot. Don't blend all the soup, just a little of it, so that it's nice and thick but also chunky.



Serves 4



374



12g



47g



17g

Mongolian Tempeh



Ingredients:

3 tbsp. soy sauce
1 tsp. sugar (optional)
2 tsp. cornflour
2 tbsp. rice vinegar
2 tbsp. hoisin sauce
4 tsp. Asian garlic chili paste (like sambal oelek)
4 tsp. coconut oil
2 tbsp. ginger, minced
1 garlic clove, minced
600g Tempeh
1 brown onion, chopped
20 snow peas
2 x chopped carrots
Bok Choy
Cauliflower Rice

1. Stir together the soy sauce, sugar, cornflour, rice vinegar, hoisin, and chili paste.
2. Heat the oil in a non-stick skillet over medium high heat. Add the ginger, garlic, and tempeh.
3. Cook for 2-3 minutes until beef is browned. Add the onions and cook for 30 seconds.
4. Add the sauce and cook for 1-2 minutes, stirring constantly, until it thickens.
5. Serve with Cauliflower rice and steamed veggies.



Serves 4



kCal
483



Protein
35g



Carbs
33g



Fat
28g

Kung Pao Chicken



Ingredients:

3 tablespoons soy sauce
1 teaspoon fish sauce
2 teaspoons sesame oil
1 teaspoon apple cider vinegar
1/4 - 1/2 teaspoon red pepper chili flakes to taste
1/2 teaspoon fresh minced ginger
2 cloves garlic minced
2-3 tablespoons water or chicken broth
600g chicken breast cut into pieces
3-4 tablespoon olive oil
1 red capsicum chopped into bite-sized pieces
1 medium-large zucchini chopped into halves
2 bok choy
2/3 cup roasted cashews or roasted peanuts
Sesame seeds and chopped green spring onions for garnish (optional)
Salt and pepper to taste

1. In a medium bowl, combine all the ingredients for the sauce. Set aside.
2. Season chicken with salt, pepper and 1 tablespoon of sauce/marinade. Add oil to a wok or a large non-stick skillet over medium-high heat.
3. Add the chicken and cook for 5-6 minutes, or until the chicken is starting to brown and almost cooked through.
4. Toss in the zucchini, capsicum and dried chili peppers (if using) and cook for 2-3 minutes, or until the vegetables are crisp-tender and the chicken is cooked through.
5. Pour in the remaining sauce and add the cashews. Add bok choy, toss everything together and turn heat to high. Allow sauce to reduce and thicken.
6. Season with salt, pepper or additional red pepper chili flakes as needed. Sprinkle with sesame seeds and green onions if desired.



Serves 3



580



69g



19g



34g

Lentil Meatballs



Ingredients:

2 tablespoons olive oil
3 cloves garlic, minced
2 spring onions
2.5 cups green lentil,
cooked (300 g)
2 egg
1 tbs tomato paste
1/3 cup fresh Italian parsley,
chopped
2/3 cup grated parmesan cheese
1.5 tablespoon whole wheat
breadcrumbs
2 tbs. Italian seasoning
Salt and pepper to taste
3 zucchinis

1. Preheat oven to 190° C. Heat a large non-stick pan over medium heat then add 1 tablespoon of olive oil, shallot and garlic and sauté for 2-3 minutes, or until slightly golden brown then remove from heat.
2. To a food processor, add the garlic and spring onions, lentils, egg, 1 teaspoon of olive oil, tomato paste, parsley, Parmesan, bread crumbs, Italian seasonings, salt, and pepper and pulse, mixing until just combined. Transfer the mixture to a medium sized bowl.
3. Use a cookie dough scoop to scoop out balls of mixture then carefully form into balls. Arrange on a parchment paper-lined baking sheet.
4. Bake for 10-15 minutes. Remove meatballs from oven and allow to cool for 5-10 minutes.
5. Serve with zucchini spaghetti.



Serves 3



517



27g



65g



17g

Conclusion

Thank-you for getting your hands on our 23W 28 Day Reset Nutrition Guide.

Our training community, 23W allows us to carry out this work. 23W empowers women to thrive in a life full of wellness, wisdom, wonder and wealth. We help women look and feel like athletes by teaching them skills on how to use strength based training, nutrition and mindset to be the best versions of themselves.

Based in the northern suburbs of Melbourne, we work with women of all ages, fitness levels and body types to move well, lift heavy and be confident in their own bodies.



**For more information on how to connect with us or on
how to join our community head to 23w.com.au,
alternatively for more healthy eating and lifestyle tips
and recipes, subscribe to our newsletter.**



TWENTY
W
THREE

CONGRATS!

YOU'VE FINISHED THE 28 DAY NUTRITION RESET GUIDE

