



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

kCal

70

Protein

20g

Carbs

3g

Fat

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

kCal

329

Protein

27g

Carbs

16g

Fat

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



356



34g



38g



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.



CONGRATS!

YOU'VE FINISHED WEEK 1, GET READY FOR WEEK 2!

