



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!



CONGRATS!

YOU'VE FINISHED WEEK 2, GET READY FOR WEEK 3!

