



# Week Three

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INTRODUCTION AND MEAL PLAN



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# Week 3: The Metabolism Phase Two

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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:**

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## 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.

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## 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.

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## 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 contain 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.

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# 7 Day Meal Plan

|                                                                                 | Breakfast                                       | Snack 1    | Lunch              | Snack 2                                | Dinner           |
|---------------------------------------------------------------------------------|-------------------------------------------------|------------|--------------------|----------------------------------------|------------------|
| <b>Monday</b><br>Calories: 1470<br>Fats: 53g<br>Carbs: 122g<br>Protein: 124g    | Smoked Salmon and Egg Sough Dough + Small Latte | 1 X Carrot | Protein Power Bowl | 1 X Goji Ball                          | Beef Lasagne     |
| <b>Tuesday</b><br>Calories: 1470<br>Fats: 53g<br>Carbs: 122g<br>Protein: 124g   | Smoked Salmon and Egg Sough Dough + Small Latte | 1 X Carrot | Protein Power Bowl | 1 X Goji Ball                          | Beef Lasagne     |
| <b>Wednesday</b><br>Calories: 1470<br>Fats: 53g<br>Carbs: 122g<br>Protein: 124g | Smoked Salmon and Egg Sough Dough + Small Latte | 1 X Carrot | Protein Power Bowl | 1 X Goji Ball                          | Beef Lasagne     |
| <b>Thursday</b><br>Calories: 1753<br>Fats: 67g<br>Carbs: 153g<br>Protein: 117g  | Nutty Smoothie + Small Latte                    | 1 X Carrot | Wadldof Salad      | 1 X Stewed Fruit and 150g Greek Yogurt | Stuffed Capsicum |
| <b>Friday</b><br>Calories: 1753<br>Fats: 67g<br>Carbs: 153g<br>Protein: 117g    | Nutty Smoothie + Small Latte                    | 1 X Carrot | Wadldof Salad      | 1 X Stewed Fruit and 150g Greek Yogurt | Stuffed Capsicum |
| <b>Saturday</b><br>Calories: 1807<br>Fats: 69g<br>Carbs: 187g<br>Protein: 134g  | Peanut Butter Oats + Small Latte                | 1 X Carrot | Chicken Fried Rice | 1 X Piece of Fruit                     | Steak and Chips  |
| <b>Sunday</b><br>Calories: 1807<br>Fats: 69g<br>Carbs: 187g<br>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                               |
|--------------------------------------------------------------------------------|---------------------------------------------|------------|---------------------------------------------|----------------------------------------------|--------------------------------------|
| <b>Monday</b><br>Calories: 1532<br>Fats: 43g<br>Carbs: 229g<br>Protein: 69g    | Feta and Egg<br>Bruschetta +<br>Small Latte | 1 X Carrot | Slow Cooked<br>Butternut<br>Pumpkin<br>Stew | 1 X Goji Ball                                | Minestrone<br>Soup                   |
| <b>Tuesday</b><br>Calories: 1532<br>Fats: 43g<br>Carbs: 229g<br>Protein: 69g   | Feta and Egg<br>Bruschetta +<br>Small Latte | 1 X Carrot | Slow Cooked<br>Butternut<br>Pumpkin<br>Stew | 1 X Goji Ball                                | Minestrone<br>Soup                   |
| <b>Wednesday</b><br>Calories: 1777<br>Fats: 89g<br>Carbs: 168g<br>Protein: 95g | Feta and Egg<br>Bruschetta +<br>Small Latte | 1 X Carrot | Slow Cooked<br>Butternut<br>Pumpkin<br>Stew | 1 X Stewed<br>Fruit and 150g<br>Greek Yogurt | Minestrone<br>Soup +<br>20g Parmesan |
| <b>Thursday</b><br>Calories: 1666<br>Fats: 41g<br>Carbs: 253g<br>Protein: 88g  | Nutty<br>Smoothie + 1<br>Small Latte        | 1 X Carrot | Slow Cooked<br>Butternut<br>Pumpkin<br>Stew | 1 X Stewed<br>Fruit and 150g<br>Greek Yogurt | Minestrone<br>Soup +<br>20g Parmesan |
| <b>Friday</b><br>Calories: 1626<br>Fats: 57g<br>Carbs: 202g<br>Protein: 85g    | Nutty<br>Smoothie                           | 1 X Carrot | Sweet Potato<br>Kale Frittata               | 1 X Stewed<br>Fruit and 150g<br>Greek Yogurt | Ratatouille<br>Salad with<br>Tempeh  |
| <b>Saturday</b><br>Calories: 1695<br>Fats: 69g<br>Carbs: 178g<br>Protein: 104g | Peanut Butter<br>Oats                       | 1 X Carrot | Sweet Potato<br>Kale Frittata               | 1 X Stewed<br>Fruit and 150g<br>Greek Yogurt | Ratatouille<br>Salad with<br>Tempeh  |
| <b>Sunday</b><br>Calories: 1695<br>Fats: 69g<br>Carbs: 178g<br>Protein: 104g   | Peanut Butter<br>Oats                       | 1 X Carrot | Sweet Potato<br>Kale Frittata               | 1 X Stewed<br>Fruit and 150g<br>Greek Yogurt | Ratatouille<br>Salad with<br>Tempeh  |



# Week Three

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RECIPES



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# Nutty Smoothie

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## Ingredients:

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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

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# Peanut Butter Oats

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## Ingredients:

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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.
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# Smoke Salmon and Egg Sourdough

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## Ingredients:

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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

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Serves 1

kCal

306

Protein

22g

Carbs

34g

Fat

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.

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# Feta and Egg Sourdough

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## Ingredients:

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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

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Serves 1

kCal

300

Protein

16g

Carbs

35g

Fat

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.

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# Protein Power Bowl

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## Ingredients:

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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

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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.

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# Sweet Potato and Kale Frittata

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## Ingredients:

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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

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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.

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# Waldorf Salad

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## Ingredients:

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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

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Serves 2



442



35g



52g



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.

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# Slow Cooked Curried Pumpkin Stew

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## Ingredients:

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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

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Serves 4



491



23g



87g



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.

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# Minestrone Soup

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## Ingredients:

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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

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Serves 4

kCal

411

Protein

16g

Carbs

69g

Fat

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.

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# Ratatouille Salad with Tempeh

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## Ingredients:

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

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Serves 3

kCal

496

Protein

31g

Carbs

50g

Fat

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



481



49g



34g



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.

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# Stuffed Capsicum

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## Ingredients:

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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

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Serves 2

kCal

547

Protein

33g

Carbs

4g

Fat

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.

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# Chicken Fried Rice

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## Ingredients:

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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

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Serves 2

kCal

479

Protein

36g

Carbs

50g

Fat

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.

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# Steak and Veg

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## Ingredients:

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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

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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.

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# Goji Balls

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## Ingredients:

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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

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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.

TWENTY  
W  
THREE

CONGRATS!

YOU'VE FINISHED WEEK 3, GET READY FOR WEEK 4!

