



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



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.

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



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.

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 lasagne 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

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.

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

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.

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.



TWENTY
W
THREE

CONGRATS!

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

