

Gut Reboot 2.7

Going Shopping

Breakfast Choices			
1 – Nutritious Nine	2 – Coconut Dream	3 – Green Eggs	4 – Barely Legal Juice
<ul style="list-style-type: none"> ◦ 5.0L Tupperware container ◦ 2 x 750 Quick Oats ◦ 1 x 250g Shredded Coconut ◦ 1 x 125g Slivered Almonds ◦ 1 x 200g Sunflower Seeds ◦ 1 x 250g Chia Seeds ◦ 1 x 125g Cacao Nibs ◦ 2 x Lge Tbsp Ground Cinnamon ◦ 1 x Tbsp Ground Ginger ◦ Honey (Raw is best) 	<ul style="list-style-type: none"> ◦ 500ml Coconut Milk (Full - not lite) ◦ Probiotic Powder (Eg; Hyperbiotic; Woolworths) ◦ Tbpn Slivered Almonds ◦ 1/2 Tbpn Chia Seeds ◦ Dash Ground Cinnamon ◦ Berries of choice Note - if berries are crazy \$, go with apple. 	<ul style="list-style-type: none"> ◦ 1-2 Eggs (Of course free birds are best) ◦ Soy-linseed bread ◦ Avocado ◦ Feta in Olive Oil ◦ Himalayan Salt ◦ Psyllium Husk 	<ul style="list-style-type: none"> ◦ 1 tbpn Vital Greens (Woolies, Coles, Health Stores), or, Supergreens. ◦ 1 Apple ◦ 2 Celery stalks including leaves, Spinach is also gold. ◦ 1 tbn Probiotic Powder (Eg; Hyperbiotic; Woolworths) ◦ 1 big tbpn Chia Seeds ◦ 1 tbpn LSA Mix ◦ 1 tbn Psyllium Husk ◦ 1/2 golf ball Ginger, whole.
Lunch Choices			
1 – Lemon Chicken Salad	2 – Roasted Cauliflower Mash Up	3 – Enchilada Beef	4 – Red Salmon Mash Up
<ul style="list-style-type: none"> ◦ 300g Chicken breast ◦ 1 tbsp EV Olive Oil ◦ 1/4 tsp Himalayan salt ◦ 1/5 Cup of chopped Lemon Thyme ◦ 1 Avocado ◦ 100 Mozzarella balls ◦ 1/4 cup Slivered Almonds ◦ 1 Tomato (baby) ◦ 1 jar (170g) Artichoke hearts ◦ 1/2 Red onion ◦ 5 Asparagus ◦ Two hands of baby spinach leaves ◦ About 20 Basil leaves Dressing ◦ 2 tbsp extra virgin olive oil ◦ 1 1/2 tbsp balsamic vinegar ◦ 1 tsp Dijon mustard ◦ 1 clove garlic, or jar, if you must! ◦ Pinch Himalayan salt ◦ Pinch black pepper 	<ul style="list-style-type: none"> ◦ 1 Head of Cauliflower ◦ 3 Cloves of garlic ◦ 5 tbsp EV Olive Oil ◦ Lemon ◦ 1/2 Avocado ◦ Himalayan Salt ◦ 1/2 cup Cashews ◦ 1 Red Onion ◦ Black pepper & Chilli flakes ◦ 1 Red Capsicum ◦ About 20 Basil leaves Kombucha – Supermarket, Health section. 	<ul style="list-style-type: none"> ◦ 2-3 Beef Steak; Eg. Chuck Steak, Blade Boneless, or Porterhouse Steaks. ◦ 3/4 cups Enchilada sauce (medium to hot) - <u>Make your Own</u>, or Old El Paso. ◦ 1/4 cup Water. ◦ 1/4 cup Red Onion. ◦ Capsicum - Red, Yellow, Green. ◦ 200g Green Round beans - Butter, Garlic (jarred, & Salt. ◦ 200g Mushrooms buttons - punnet. ◦ 250g Cauliflower Rice, <u>Make your Own</u>, or Simply Steam Brand. ◦ 1 Avocado, ◦ Jalapeno, buy fresh, or 270g Sandhurst Brand. ◦ Feta - in Olive Oil is best, or Delfi Greek Sheep Feta. ◦ Punnet Baby Cherry tomatoes. 	<ul style="list-style-type: none"> ◦ 210g Canned Red Salmon, the more bones the better; can be a bit \$\$\$, so, pink or tuna will work. ◦ Brown Rice. ◦ 1 Lemon. ◦ Basil Leaves. ◦ Cherry tomatoes. ◦ 200g Macadama nuts. ◦ 40g Santana's. ◦ 1 Celery. ◦ 1 Red Onion. ◦ Balsamic Vinegar Kombucha – Supermarket, Health section.
5 – Cinnamon Pork Chops	6 – Sashimi/ Sushi	7. Miso Soup	Notes
<ul style="list-style-type: none"> ◦ 2 tbsp Butter. ◦ 1/2 tsp Sea Salt. ◦ 2 Pork Chops boneless. ◦ 1 Apple (Green). ◦ 2 tbsp Stevia & Monk Fruit Natural sweetener (<u>Raw Earth Brand</u>). ◦ 1 tsp ground cinnamon. ◦ 1/8 tsp nutmeg. ◦ 1 tbsp apple cider vinegar. ◦ Bok Choy. ◦ 100g Walnuts. Kombucha – Supermarket, Health section. 	<ul style="list-style-type: none"> ◦ All Sashimi is Gold. ◦ Sushi - Avoid Teriyaki Sauce choices, for now! Tuna, Avocado, Salmon, Chicken, Beef, Veggie are the way to go! ◦ Please use Soy Sauce, liberally. ◦ Ginger is also King! and, Wasabi won't kill you. 	<ul style="list-style-type: none"> ◦ 1/2 cup dried wakame (a type of seaweed) ◦ 1/4 cup shiro miso (white fermented-soybean paste) ◦ 6 cups Dashi. ◦ 1/2 pound soft tofu, drained and cut into ◦ ◦ 1/2-inch cubes. ◦ 1/4 cup thinly sliced scallion greens. 	
Dinner Choices			
1 – Chicken Stir Fry	2 – Green Spaghetti	3 – Pork & Chickpeas	4 – Fish Cakes Asian Style
<ul style="list-style-type: none"> ◦ Chicken Breast, 2 x 120g ◦ Cashews, salted, 30g ◦ <u>Egg noodles</u>, 150g ◦ Broccoli, 200g ◦ Black Bean sauce, 2 tbs 	<ul style="list-style-type: none"> ◦ Spaghetti, 150g. ◦ A stack of garlic, 4-6 garlic cloves. ◦ Parmesan cheese, grab a block. ◦ Ricotta cheese, 30g. ◦ Spinach, bunch. ◦ Coconut Oil. 	<ul style="list-style-type: none"> ◦ Pork Fillet, 400g ◦ Chard, 300g ◦ Fennel seeds, 1 teaspoon ◦ Chickpeas, 600-700g ◦ Mixed capsicum 	<ul style="list-style-type: none"> ◦ 500g Salmon fillets, skin off, OR, Tinned Red/ Pink Salmon. ◦ A stick of lemongrass. ◦ Ginger, real is best. ◦ Bunch of coriander. ◦ <u>Vietnamese Sauce</u>. ◦ Olive Oil.
5 – Italian Bacon Knock Up	6 – Nutty Spinach Curry	7 – Omelette Deluxe	8 – Black Bean Heat
<ul style="list-style-type: none"> ◦ 3-4 Rashes Bacon; yes, I'm aware there is bacon & there is bacon! Get the best you can. ◦ Basil, leaves aplenty. ◦ Mint leaves ◦ Olive Oil. ◦ 6-10 Carrots, Long skinny ones. ◦ Sun-dried tomatoes, in oil. 	<ul style="list-style-type: none"> ◦ Salted Cashews, 20 -30g. ◦ <u>Spinach, Logan Farm 250g</u>, or, <u>Kale, Bells Farm 250g</u>. ◦ 1 Brown Onion. ◦ Feta cheese, 100g. ◦ <u>Rogan Josh paste</u>. ◦ Red Vinegar. 	<ul style="list-style-type: none"> ◦ 2 Eggs ◦ 1/4 Cup Full Cream. ◦ Cheddar Cheese, full fat. ◦ Leg Ham, as good as possible. ◦ 4 Asparagus. ◦ Onion ◦ Basil ◦ Cherry Tomatoes. 	<ul style="list-style-type: none"> ◦ Eggs, 4 ◦ Avocado, 1 ◦ Lime, 1 ◦ Mixed chilli's, real ones. ◦ <u>Black beans</u>, 300g ◦ Mixed capsicum, red, yellow & green. ◦ Broccoli. ◦ Kale. ◦ Garlic & seas Salt.
9 – Bone Broth	Grazing	Additions	Notes
<ul style="list-style-type: none"> ◦ 2kgs Beef marrow and knuckle bones. ◦ 1kg Meaty bones such as short ribs. ◦ 1/2 cup raw <u>Dr. Mercola's apple cider vinegar</u> ◦ 3 litres water. ◦ 3 celery stalks, halved. ◦ 3 carrots, halved. ◦ 3 onions, quartered. ◦ Handful of fresh parsley. ◦ Sea salt. 	<ul style="list-style-type: none"> ◦ Apple or Pear. ◦ Natural unsweetened Yogurt, Ground. Cinnamon, Berries of choice. ◦ Kale Chips. ◦ Dark Chocolate. ◦ Hummus, Celery & Carrots. ◦ Nuts & Seeds (Cash, Mac, Wal – Sun, Pep) ◦ Boiled Eggs. ◦ Alkalisng water - lemon, cucumber, ginger root, and mint leaves. ◦ Cottage Cheese & Celery. 		