

GUT REBOOT 2.7 MENU

4 BREAKFAST CHOICES

BREAKFAST CHOICE # 1 - 'NUTRITIOUS NINE'

It took ten years of tinkering to find the best 'homemade' cereal-like mix. The outcome is a super slow energy releasing tasty breaky. It's loaded with rockstar fats, steady carbs, is nutrient-packed, and the mix of honey, cinnamon & ginger give it a taste kick. Start with low volume as this slow-burn choice will see you well beyond lunch. Base your day to day volume on hunger!

All ingredients can be bought from 'all' major Supermarkets.

*☺ Throughout the entire menu please know **faded** ingredients are linked to a supermarket for your shopping ease.*

Ingredients

- 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 to taste.

Method

- Throw in all the goodies listed above and shake it up deluxe!
- 1/2 cup of nutritious nine.
- 1/2 cup water, or milk.
- Microwave for 660-90 seconds.
- Add Honey
 - Remember start with low volume and build relative to sustained hunger.

BREAKFAST CHOICE # 2 - 'ISLAND DREAM'

Please do not be scared coconut 'fat' will make you fat! It won't. Enjoy making your own yogurt, adding gut thriving probiotics, and off the charts nutrients from the 'right' fruit & crunch.

Ingredients

- 500ml Coconut Milk (Full - not lite).
- Probiotic Powder (Eg; [Natures Way Probiotic Powder 600B 100mg](#)).
- Tbpn Slivered Almonds.
- 1/2 Tbpn Chia Seeds.
- Dash Ground Cinnamon.
- Berries of choice.

Note - if berries are crazy \$, go with apple.

Method

- Refrigerate coconut tin for 24 hours.
- Scoop out the top coconut cream, only. Save the bottom juice.
- 1 Tpn Probiotic powder.
- Add Chia seeds, Almonds, cinnamon & fruit.
- Mix & enjoy!

BREAKFAST CHOICE # 3 - 'GREEN EGGS'

This could be a weekend special! Although, we've stopped the clock on 97 seconds prep time, and about the same to eat! So, strongly recommend you give choice a crack, more than once! Now, if you're still not sure about all this 'fat is good pitch' check out 'The Magic Pill' on Netflix, or [youtube 2 min overview](#).

Ingredients

- 1-2 Eggs (Of course cageless birds are best).
- Soy-linseed bread (the more seeds the better).
- Avocado.
- Feta in Olive Oil.

- Himalayan Salt.
- Psyllium Husk.

Method

- Heat your pan throwing in either; 'real' butter, or, coconut oil.
- Once sizzling, crack egg/s.
- Toast bread, add avocado 1/3, and tspn of feta.
- Dash of Salt.
- 1 tpn Psyllium Husk, Water (I recommend daily for 2.7 Reboot)

BREAKFAST CHOICE # 4 - 'BARELY LEGAL JUICE'

The nutrients in this bad boy will blow your gut health out of the park. This gives your immune system a supershot, along with firing up your fat-burning engine. You need a blender for this one! No, you don't need a Thermomix, just a something to shred it up.

Ingredients

- 1 tbn [Vital Greens](#) (Woolies, Coles, Health Stores), or, [Supergreens](#) (much cheaper, but damn good).
- 1 Apple.
- 2 stalks Celery including leaves, spinach is also gold.
- 1 tbn Probiotic Powder (Eg: [Natures Way Probiotic Powder](#))
- 1 big tbn Chia Seeds.
- 1 tbn LSA Mix.
- 1 tbn Psyllium Husk.
- 1/2 golf ball Ginger, whole.

Method

- Throw everything in the blender, add 3/4 cup of water and let rip for 40 seconds.

6 LUNCH CHOICES

LUNCH CHOICE # 1 - 'LEMON CHICKEN SALAD'

Now, for the most part, your lunches for the next 10 days will require pre-preparation. As in, I need you to cook, make up, and contain to go. I am aware some of you habitually buy your daily lunch, well, it's time to fire up for just 10 days. All lunches can be prepared with zero kitchen talent. Let's get to work, enjoying, first up, this simple clean chicken salad!

Ingredients

- 300g Chicken breast.
- 1 tbsp ExVirgin Olive Oil.
- 1/4 tsp Himalayan salt.
- 1/5 Cup of chopped Lemon Thyme.
- 1 Avocado.
- 1o Baby Mozzarella balls.
- 1/4 cup Slivered Almonds.
- 1 punnet baby tomatoes.
- 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 have to!
- Pinch Himalayan salt.
- Pinch black pepper.

Method

- Dice the chicken, placing in a hot pan; coconut oil, salt, garlic & lemon thyme. Stir regularly with the likely cooking time around 4-6 minutes.
- While your bird is cooking, grab a large Tupperware container. Enter; spinach & basil leaves, halved asparagus, red onion, artichoke hearts, almonds, mozzarella balls, halved tomatoes, and diced avocado. Mix, contain, and refrigerate.

◦ Now, let's make your dressing: In a small container, Olive oil, garlic, balsamic vinegar, dijon, lemon thyme, squeeze lemon, and S&P. A quick shake, contain & refrigerate.

◦ Allow chicken to cool, contain, and refrigerate.

◦ Lunchtime; Heat chicken if possible, load into the salad, pour & mix dressing!

Rip in!

LUNCH CHOICE # 2 - 'ROASTED CAULIFLOWER MASH UP'

Now, for the most part, your lunches for the next 10 days will require pre-preparation. As in, I need you to cook, make up, and contain to go. I am aware some of you habitually buy your daily lunch, well, it's time to fire up. All lunches can be prepared with zero kitchen talent. Let's get to work, enjoying this nutrient-packed tasty veg choice!

Ingredients

- 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 - OK, listen up; I don't expect to make your own Kombucha as it takes around 2-4 weeks to culture, and, you'll need a scoby (a symbiotic culture of bacteria and yeast). But if you'd like a crack, check this out - [youtube kombucha](#). Now, for most of you, I like you to experience the taste, and, to throw in a few gut thriving goodies. Two brands you can buy at [Woolies](#) are; Natures Way, and Remedy. Are they as good as the real McCoy? Hell no! But it's not a bad alternative, and it introduces you to the probiotic world. Enjoy one glass with lunch!

Method

- Pre-heat oven to 220c.

◦ Cut Cauliflower into florets and place on a medium to large baking sheet along with 2 chopped cloves of garlic, salt, drizzle lemon, and 3 tbsp of olive oil - be liberal with the OO. Roast cauliflower for about 35-40 minutes tossing occasionally.

◦ In a small pan heat to add 1/2 golf ball of 'real' butter, throw in a handful of cashews, and mix regularly. They should take around 4 minutes.

◦ While your cauliflower is roasting, again, in a small dressing container, prepare 2-3 tbsp of olive oil with 1 tbsp of squeezed lemon juice, salt/pepper, and 1 clove of garlic. Throw in your cashews, some chilli flakes, contain, & leave out.

◦ Cool cauliflower, contain & refrigerate.

Lunchtime:◦ Heat cauliflower, add dressing, avocado, capsicum, and salt to taste.

Enjoy!

LUNCH CHOICE # 3 - 'MEXICAN ENCHILADA BEEF'

Now, for the most part, your lunches for the next 10 days will require pre-preparation. As in, I need you to cook, make up, and contain to go. I am aware some of you habitually buy your daily lunch, well, it's time to fire up. All lunches can be prepared with zero kitchen talent. Let's get to work on this tangy beef number.

Ingredients

- 2-3 Beef Steak; Eg. Chuck Steak, Blade Boneless, or Porterhouse Steaks.
- 3/4 cups Enchilada sauce (medium to hot) - [Make your Own](#), or Old El Paso.
- 1/4 cup Water.
- 1/4 cup Red Onion.
- Capsicum - Red, Yellow, Green.
- 200g Green Round beans.
- Butter, Sea Salt & Garlic (jar is fine).
- 200g Mushrooms buttons - punnet.
- 250g Cauliflower Rice, [Make your Own](#), 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.

Kombucha - OK, listen up; I don't expect you to make your own Kombucha as it takes around 2-4 weeks to culture, and, you'll need a scoby (a symbiotic culture of bacteria and yeast). But if you'd like a crack, check this out - [Make your Own](#). Now, for most of you, I want you to experience the taste, and, to throw in a few gut thriving goodies. Two brands you can buy at [Woolies](#) are; Natures Way, and Remedy. Are they as good as the real McCoy? Hell no! But it's not a bad alternative, and it introduces you to the probiotic world. Enjoy one glass with lunch!

Method

- Dice steak, massaging a little salt n pepper, and pan fry in coconut oil on med heat for 5 mins.
- Chop mushrooms & Green Beans, adding to a hot pan, adding tspn of butter, 1/2 tspn of garlic, and dash of salt, stirring regularly for 5 mins.
- Add mushrooms & beans to steak, adding 3 heaped tbpn of Enchilada sauce, adding 1/4 cup water, allowing to simmer for 2 mins on med heat.
- Allow cooling for 5 mins.
- Steam cauliflower rice - check the packet for timing, or, have your own ready to go.
- Meanwhile, chop; capsicum (about 1/3 of each colour), avocado, feta, tomatoes, red onion & Jalapeno's, volume to taste and tolerance/ Mixing and containing.
- Contain Cauliflower Rice & Beef Mix.
- Lunchtime; Reheat Beef, say 1 min on high, add and mix veggies etc.

Enjoy!

LUNCH CHOICE # 4 - 'RED SALMON MASH UP'

Ingredients

- 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 Macadamia nuts.
- 40g Sultana's.
- 1 Celery.

- 1 Red Onion.
- Balsamic Vinegar

Method

- Cook Brown Rice - this will take up to 45-55 mins, check out the pro's way of 'cooking brown rice'.
- Finely chop basil leaves.
- Once your rice has cooled, contain, adding basil, macadamia (say 6-10, geeez these are good), sultanas, finely chopped onion, halved cherry tomatoes, chopped celery, and squeezing lemon through.
- Lunchtime; Add drained Red Salmon, mix through adding a little Balsamic Vinegar.

Enjoy!

Washed down with; either, Green Tea, Peppermint Tea, Kombucha, or just boiling water + slice of fresh lemon.

LUNCH CHOICE # 5 - 'CINNAMON PORK APPLES'

Now, for the most part, your lunches for the next 10 days will require pre-preparation. As in, I need you to cook, make up, and contain to go. I am aware some of you habitually buy your daily lunch, well, it's time to fire up. All lunches can be prepared with zero kitchen talent. Let's get to work on this tangy pork number.

Ingredients

- 2 tbsp Butter.
- 1/2 tsp Sea Salt.
- 2 Pork Chops boneless.
- 1 Apple (Green).
- 2 tbsp Stevia & Monk Fruit Natural sweetener ([Raw Earth Brand](#)).
- 1 tsp ground cinnamon.
- 1/8 tsp nutmeg.
- 1 tbsp apple cider vinegar.
- Bok Choy.
- 100g Walnuts.

Kombucha [3 glasses per week] - OK, listen up; I don't expect to make your own Kombucha as it takes around 2-4 weeks to culture, and, you'll need a scoby (a symbiotic culture of bacteria and yeast). But if you'd like a crack, check this out - [Make your Own](#). Now, for most of you, I want you to experience the taste, and, to throw in a few gut thriving goodies. Two brands you can buy at [Woolies](#) are;

Natures Way, and Remedy. Are they as good as the real McCoy? Hell no! But it's not a bad alternative, and it introduces you to the probiotic world. Enjoy one glass with lunch!

Method

- Add butter, or coconut oil to a medium heated pan, adding pork chops for 5 mins.
- Flip pork chops adding diced apples, cinnamon, nutmeg, stevia sweetener, walnuts, and apple vinegar. Cook for another 5 mins.
- Remove pork chops allowing to cool, before container for lunch.
- Add 1.4 cup of water and bring apple mix to the boil for just one minute, then allow to simmer on very low heat for 30 mins.
- Contain apple mix.
- Steam or microwave bok choy adding to Apple mix.
- Lunchtime; Reheat Pork & Apple mix; say 45 seconds.

Enjoy!

LUNCH CHOICE # 6 - 'SASHIMI/ SUSHI'

Ingredients

- All Sashimi is Gold - don't be shy meatheads!
- 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.

Method

- Purchase at Japanese Eatery's/ Restaurants, Supermarkets, or, have a crack! [Sashimi](#) & [Sushi](#).

TIP - choice brown rice sushi over white rice. Why? Brown rice is metabolised more slowly causing less blood sugar stress. Meaning; you're full for longer while naturally driving 'more' fat energy than sugar.

- While you're there, help yourself to some Miso Soup.
- Eat within 24hrs.

LUNCH CHOICE SPECIAL - 'MISO SOUP'

'Miso Soup'

Miso soup is rockin good for, will surprisingly fill you up, and it tastes all-time. The caveat; it requires preparation.

So here are your options;

1) Make your own! Now, I'm not prepared to take on the Japanese at their own game, so check the two demo's blow!

2) Duck into an authentic Japanese Eatery and order away! Most Sushi joints sell Miso! or,

3) Choose another lunch option. What about Instant Miso Soup purchased from Supermarkets? Naa, doesn't cut it!

8 DINNER CHOICES

DINNER CHOICE # 1 - 'CHICKEN STIR FRY'

Ingredients

- Chicken Breast, 2 x 120g
- Cashews, salted, 30g
- [Egg noodles](#), 150g
- Broccolini, 200g
- Black Bean sauce, 2 tbs

Method

- Roast up (pan frying) the cashews, in Olive Oil.
- Dice the bird and add to the pan, again, adding a dash of additional OO.
- Cook noodles to directions and cook broccolini [Steamed is best, microwave if you cant be stuffed].
- Bring all together in the pan and add your sauce (1 tablespoons).
- Mix thoroughly and plate with coriander.

'THINK SMALL PORTIONS'

DINNER CHOICE # 2 - 'GREEN SPAGHETTI'

Ingredients

- Spaghetti, 150g.
- A stack of garlic, 4-6 garlic cloves.
- Parmesan cheese, grab a block.
- Ricotta cheese, 30g.
- Spinach, bunch.
- Coconut Oil.

Method

- Cook pasta as per instructions - remember, 'small' volume.
- Tear the stems out of the spinach and add with chopped garlic pan frying in coconut oil for 7 mins.
- Get your blender out adding 1 1/2 teaspoons olive oil along with grated parmesan cheese, then add your Popeye & garlic.
- Whip till smooth adding a bit salt & pepper.
- Drain pasta and return to pan, while adding the green sauce.
- Plate, squeezing lemon & ricotta, and maybe additional OO.

'THINK SMALL PORTIONS'

DINNER CHOICE # 3 - 'PORK & CHICKPEAS'

Ingredients

- Pork Fillet, 400g
- Chard, 300g
- Fennel seeds, 1 teaspoon
- Chickpeas, 600-700g
- Mixed capsicum

Method

- Oven to high heat (220c).
- Sliced up pork, massaging in Olive Oil, Salt & Pepper, placing in a casserole pan.
- Cook until through, check at 20-25 minutes.
- Remove pork, leaving juices, and add fennel seeds, chopped capsicum and chard to the pan.
- Add chickpeas and lower heat to low/medium (130c) for 15 minutes.

- Finally, return the pork to the pan and mix through.
- A standard drizzle of OO & dash of Salt might be nice.
- Let it sit for a few minutes, then enjoy both the smell & taste.

'THINK SMALL PORTIONS'

DINNER CHOICE # 4 - 'FISH CAKES ASIAN STYLE'

An important word on [dinner] volume;

As discussed in a video earlier, the 2.7 Program works on reducing nightly hunger by consuming energy & nutrient rich earlier in the day. If you reach your evening meal ravenous, 'hangry', and ready to eat for Australia, you have set yourself up poorly earlier in the day. I'd like you to halve your normal dinner volume. Choose from the listed choices only, eating slowly, and employing the accompanying hydration options listed below. Remember to contain additional food for another day. Oh, and a final word, whenever a sauce or paste is listed, please consider 'less' is more.

Consume with your meal - 1 glass of water with a dash of Himalayan Salt.

Post Dinner - Either; [Vital Greens](#) or [Supergreens](#) (boiling water), Peppermint Tea, Lemon & Ginger Tea, or just plain boiling water with a slice of lemon.

Ingredients

- 500g Salmon fillets, skin off, OR, Tinned Red/ Pink Salmon.
- A stick of lemongrass.
- 2 Eggs, whisk with a fork!
- Ginger, real is best.
- Bunch of coriander.
- [Vietnamese Sauce](#).
- Olive Oil.

Method

- Peel and finely chop ginger.
- Remove outer layer of lemongrass, chopping finely along with coriander.
- Chop salmon finely till it's puree-like, or use tinned (red) salmon.
- Mix all contents adding sea salt, Eggs, Olive Oil, and perhaps pepper or chilli flakes.
- Divide into quarters and lay in a medium heat fry pan smeared with coconut Oil.

- Flip after 2 minutes, leaving for another 2 minutes.
- A little Vietnamese sauce, enjoy!
- Of course an accompanying garden salad would work, well!

'THINK SMALL PORTIONS'

DINNER CHOICE # 5 - 'ITALIAN BACON KNOCK UP'

Ingredients

- 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.

Method

- Pan fry carrots in butter & garlic + sea salt & pepper on med-high till tasty brown (about 12 mins).
- Cook bacon in strips, tossing in some finely sliced mint leaves.
- Meanwhile, plate basil leaves with chopped sun-dried tomato, diced red onion, and drizzled with a little olive oil.
- Add bacon & carrots.
- Squeeze lemon over the lot.

'THINK SMALL PORTIONS'

DINNER CHOICE # 6 - 'NUTTY SPINACH CURRY'

Ingredients

- Salted Cashews, 20 -30g.

[Spinach, Logan Farm 250g](#), or, [Kale, Bells Farm 250g](#).

- 1 Brown Onion.
- Feta cheese, 100g.

[Rogan Josh paste](#).

- Red Vinegar.

Method

- Pan fry spinach on olive oil, salt and garlic on med heat, it will take about 6 mins.
- Take the spinach off heat.
- Fry the cashews on medium heat in coconut oil, shaking the pan regularly.
- When cooked remove nuts bash nuts in a pestle.
- Cook finely chopped onion in pan, now in olive oil, and add curry paste 1/2 tsp, again on med heat.
- When onions are golden brown, add spinach and stir for 8 minutes adding teaspoon of red vinegar and diced feta.
- Plate up!

'THINK SMALL PORTIONS'

DINNER CHOICE # 7 - 'OMELETTE DELUXE'

Ingredients

- 2 Eggs
- 1/4 Cup Full Cream.
- Cheddar Cheese, full fat.
- Leg Ham, off the bone is best.
- 4 Asparagus.
- Onion
- Basil
- Cherry Tomatoes.

Method

- Beat Eggs & Cream.
- Add a little butter to the pan and add egg mixture.
- Gently push cooked portions from edges, tilting pan as you go.
- When top surface of eggs is thickened and no visible liquid egg remains, place filling on one side of the omelette.
- Filling: A little cheese, Asparagus (microwaved for 30 seconds), Diced Ham, Finely chopped onion, tomatoes & basil leaves.

◦ Fold omelette in half with turner. With a quick flip of the wrist, turn pan and invert or slide omelette onto a plate.

◦ Serve immediately..

'THINK SMALL PORTIONS'

DINNER CHOICE # 8 - 'BLACK BEAN HEAT'

Ingredients

- Eggs, 4
- Avocado, 1
- Lime, 1
- Mixed chilli's, real ones.
- [Black beans](#), 300g
- Mixed capsicum, red, yellow & green.
- Broccoli.
- Kale.
- Garlic & seas Salt.

Method

- Finely chop chilli's to bravery adding to med heat pan with olive oil.
- Add garlic & sea salt.
- Add chopped capsicum & broccoli.
- Toss on the black beans and mix thoroughly.
- Now throw in chopped kale and squeeze an entire lemon.
- Heat up another pan and fry up your egg/s.
- Plate beans, adding egg/s, avocado on top.
- Consider a little Vietnamese dressing.

'THINK SMALL PORTIONS'

COMPULSORY CHOICE # 9 - 'BONE BROTH'

Video's on desktop version!

Ingredients

2kgs beef marrow and knuckle bones.

1kg meaty bones such as short ribs.

1/2 cup raw [Dr. Mercola's apple cider vinegar](#)

3 litres water.

3 celery stalks, halved.

3 carrots, halved.

3 onions, quartered.

Handful of fresh parsley.

Sea salt.

Method

1. Place bones in a pot or a crockpot, add apple cider vinegar and water, and let the mixture sit for 1 hour so the vinegar can leach the mineral out of the bones.
2. Add more water if needed to cover the bones.
3. Add the vegetables bring to a boil and skim the scum from the top and discard.
4. Reduce to a low simmer, cover, and cook for 24-72 hours (if you're not comfortable leaving the pot to simmer overnight, turn off the heat and let it sit overnight, then turn it back on and let simmer all day the next day)
5. During the last 10 minutes of cooking, throw in a handful of fresh parsley for added flavour and minerals.
6. Let the broth cool and strain it, making sure all marrow is knocked out of the marrow bones and into the broth.
7. Add sea salt to taste and drink the broth as is or store in fridge up to 5 to 7 days or freezer up to 6 months for use in soups or stews.

10 GRAZING CHOICES

An important word on grazing:

- Only graze if you really feel the need to fill the gap.
- I would hope your ideal meal volume has been established, thus, rarely the urge or need to graze.
- However, the aim of grazing is to; 1) prevent 'over-eating at your main meal, namely; dinner, and, 2) avoid being lead to a quick fix feel-good choice, usually; processed refined sugar.

◦ Before grazing, help yourself to a glass of water (try Alkalisating water - see below), wait 10 mins, then, if you're still peckish, graze away!

Graze Choice - 10

Apple or Pear.

Apple and Pears are loaded with blood pressure balancing 'potassium' (along with sodium). You also receive a kick of Vit C, K, and of course fibre. Both these fruits are also loaded with natural toxins that tell your brain 'stop' you don't feel like any more. Some summer fruits don't drive this 'stop' factor, and thus drive blood sugar higher than ideal.

Graze Choice - 9

Natural unsweetened Yogurt, Ground Cinnamon, Berries of choice.

'Proper' yogurt is jammed with gut thriving probiotics great for immune strength and energy production. Cinnamon helps drive your fat -burning metabolism and all berries, well, ar chockers full of unsweetened anti-oxidants. They really should be considered if you want to play in A-Grade.

Graze Choice - 8

Kale Chips.

Do real 'men' eat Kale? Well, here's the problem. Kale provides a massive hit of vitamin C, fibre, calcium, and absorbable iron. So, somehow, we gotta get men eating this stuff.

Here's how: cut kale into chip size leaves. Throw on a baking tray (with paper). Drizzle olive oil all over them, throw seas salt liberal over the kale and toss into the oven for 15 mins at 180c.

Graze Choice - 7

Dark Chocolate.

Anti-oxidant central, making it great for continued immune health. Also, real, dark, chocolate (not the cheap, sugary crap), will tell you when to stop. The fake stuff usually drives overconsumption.

Graze Choice - 6

Hummus, Celery & Carrots

Hummus (and chickpeas) are loaded with iron, folate, phosphorus and vitamin B. The garlic and lemon also prop up your winter bug killing defence.

Graze Choice - 5

Boiled Eggs.

How hard can it get! Boil 8 eggs, wait for them cool, throw them in the fridge. Crack em, add a little pepper, and voila! Eggs could well be #1.

Graze Choice - 4

Nut bag.

Almond, Macadamia, Cashews, Walnuts, Sunflower seeds, & Pepitas.

Loaded with heart-healthy fats. Small quantity.

Graze Choice - 3

Sweet potato chips

Great to have around, and tasty to boot. Cut into chips, place on a pan (with paper), drizzle with olive oil, add salt and cook for 15 mins at 200c.

Graze Choice - 2

Alkalisating water

On top of soothing acid reflux, other claimed benefits of alkaline water, are that it helps neutralise acid in the bloodstream, which leads to increased oxygen levels and improved energy and metabolism; it contains antioxidant properties (anti-aging and anti-disease); cleanses the colon.

I'd like you to try this one. You will need a lemon, cucumber, ginger root, and mint leaves.

Graze Choice - 1

Cottage Cheese & Celery.

Loaded with protein, vitamin & minerals. You shouldn't need much to satisfy your hunger. Celery is also an antioxidant champ.

'THINK SMALL PORTIONS'