

bp's simple'n'easy
away from home
nourishing guide

1. Waking practice.
2. Breakfast.
3. Lunch Choices
4. Dinner Choices.
5. Shopping list – Woolies, Coles, IGA.

On waking.

- ✓ A glass of water.
- ✓ 10 Push-ups.
- ✓ 10 Sit-ups.

Breakfast.

Pampy's Porridge

Adding to a 1L container.

- ✓ Linseed (Flax) Meal 300g.
- ✓ Almond Meal 400g.
- ✓ Shredded Coconut 250g
- ✓ Cooking Oats (or GF choice when necessary) 500g

Shake & mix thoroughly.

Avoid the following rubbish!

- ⊗ Dried fruit.
- ⊗ Toasted muesli.
- ⊗ Weetabix.
- ⊗ All commercial cereals, e.g. Nutrigrain.
- ⊗ Protein powder (shakes).
- ⊗ Toast; Jam, Honey.
- ⊗ Bagels.
- ⊗ Breakfast bars.
- ⊗ All bread & commercial sauces (BBQ, Tomato).
- ⊗ Fruit Juice – all of it!

Method

- ⇒ 1/2 - 3/4 cup of mix to bowl, add 3/4 cup of water – more or less pending your microwave strength.

You are aiming for a porridge-like consistency.

This is an energy-rich choice, expanding when in your gut, so start with a more conservative portion and work up relative to your appetite response.

- ⇒ Microwave for 2.00 minutes.

Add honey to taste (the darker, the more organic the honey, the better).

Tweak the ingredients to your liking by employing the fundamental principles.

Note the gut-friendly options, quality dietary fats, minimal sugar (e.g. honey), and high gut tolerance.

I recommend a coffee or tea with zero added sugar.

- ✓ Wash your bowl in readiness for lunch.

Important info.

You should not need additional calories before lunchtime.

Avoid mid-morning snacking.

If you are hungry before lunchtime, consider;

- ✓ A second coffee (zero sugar), or,
- ✓ A handful (only) of salted nuts or seeds – e.g. macadamia, almond, pecan, walnuts, sunflower or pepitas.
- ✓ Water.

- ⊗ Avoid; peanuts & cashews.
- ⊗ Fruit juice.
- ⊗ Package snacks.

Lunch

Fish bowl	Egg Bowl
<p data-bbox="108 1317 277 1350">Ingredients</p> <ul style="list-style-type: none">• Red or Pink salmon 210g.• Brown rice (microwaved) 250g.• Avocado Half.• Cherry tomatoes 5.• Salted macadamias 5-10.• Cucumber ½ cup.• Whole Egg Mayonnaise 1 tbsp. <p data-bbox="108 1756 225 1789">Method</p> <ul style="list-style-type: none">○ Microwave brown rice 2 mins.○ Open Tinned fish, drain, and microwave for 45 seconds.○ Mix fish & rice, adding;○ ½ Avocado,○ Nuts,	<p data-bbox="805 1317 975 1350">Ingredients</p> <ul style="list-style-type: none">• Eggs 2-4.• Cream 2 tbsp.• Avocado whole.• Cherry tomatoes 5.• Cheese, 50-100g. choice.• Salted macadamias 5-10.• Olive oil tbsp. <p data-bbox="805 1756 922 1789">Method</p> <ul style="list-style-type: none">○ Whisk eggs & cream, adding salt & pepper.○ Microwave to 1 minute –whisk again○ Microwave for 1 minute –whisk again.○ Add cheese.○ Microwave for 1 minute.

<ul style="list-style-type: none"> ○ Tomatoes, halved, ○ Chopped cucumber, ○ Salt & pepper to taste, ○ Mayonnaise. <p>Mix through & enjoy.</p>	<ul style="list-style-type: none"> ○ Adding; ○ Avocado, ○ Nuts, ○ Tomatoes, ○ Olive oil.
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Dinner

BBQ Chicken Bowl	Pub Meal
<p>Ingredients</p> <ul style="list-style-type: none"> • BBQ Chicken - half • Quinoa & Lentil Salad (preprepared) or Cous Cous Salad. • Salted nuts & seeds. • Whole Egg Mayonnaise 1 tbsp. <p>Method</p> <ul style="list-style-type: none"> ○ Microwave chicken & salad mix 2 mins. ○ Add nuts & seeds to choices ○ Add Mayonnaise. <p>Mix through & enjoy.</p>	<p>Ingredients – keep it simple.</p> <ul style="list-style-type: none"> • Red meat, e.g steak. • Steam & Roast veg mix. • Salt & pepper. <p>Avoid</p> <ul style="list-style-type: none"> ⊗ Chicken parmigiana. ⊗ Chips. ⊗ Pasta. ⊗ ALL bain-marie yellow food – seriously! ⊗ Table sauces. ⊗ Gravy. ⊗ Meals befitting a family of five. <p>A beer is OK but avoiding alcohol is a better choice for now.</p>

Still peckish?

- ✓ Campbell's Bone Broth Beef.
- ✓ 2 tbsp added to 400ml of water.
- ✓ Mix & microwave for 2 minutes.

- ✓ Plain Biltong

- ✓ Handful of mixed nuts.

Shopping Details.

- ✓ You'll need 2 shopping bags.
- ✓ **Refrigerate.**

Breakfast	Dinner
<ul style="list-style-type: none"><input type="checkbox"/> 1 ltr cereal plastic container.<input type="checkbox"/> Linseed (Flax) Meal 300g.<input type="checkbox"/> Almond Meal 400g.<input type="checkbox"/> Shredded Coconut 250g<input type="checkbox"/> Cooking Oats (or GF choice when necessary) 500g<input type="checkbox"/> Honey of choice – the darker the organic, the better.	<ul style="list-style-type: none"><input type="checkbox"/> BBQ Chicken.<input type="checkbox"/> Quinoa & Lentil Salad (preprepared) or Cous Cous Salad.
<p style="text-align: center;">Lunch</p> <ul style="list-style-type: none"><input type="checkbox"/> Red or Pink salmon x 4.<input type="checkbox"/> Brown rice (microwaved) x 4.<input type="checkbox"/> Avocado x 4.<input type="checkbox"/> Cherry tomatoes, punnet.<input type="checkbox"/> Salted macadamias or nuts & seeds of choice).<input type="checkbox"/> Cucumber x 2.<input type="checkbox"/> Whole Egg Mayonnaise. <input type="checkbox"/> Eggs 12<input type="checkbox"/> Cream, small.<input type="checkbox"/> Cheese block of choice.<input type="checkbox"/> Olive oil.	<p style="text-align: center;">Additions</p> <ul style="list-style-type: none"><input type="checkbox"/> Salt.<input type="checkbox"/> Pepper.<input type="checkbox"/> Mayonnaise.<input type="checkbox"/> Large microwavable bowl.<input type="checkbox"/> Can opener.<input type="checkbox"/> Cutlery.<input type="checkbox"/> Chilli flakes.<input type="checkbox"/> Thyme flakes.<input type="checkbox"/> Bone Broth, Campbells.<input type="checkbox"/> Plain Biltong.