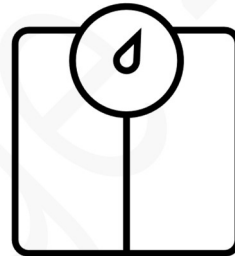


The 28-Day

# “OUTAGE for MEN” Program

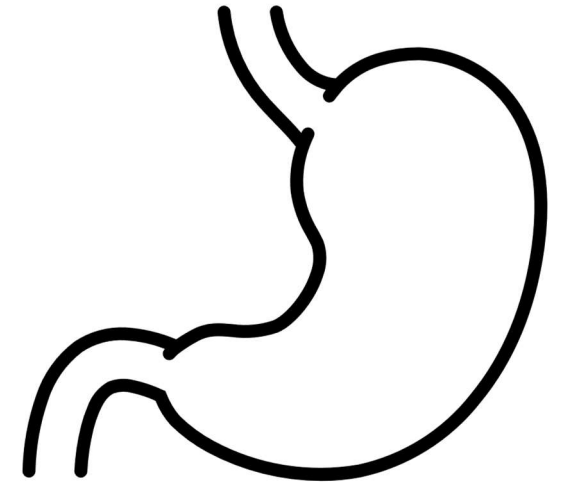


The typical Australian (nourishing) lifestyle plays havoc on gut-health balance.

Alcohol, commercially produced ultra-processed food (now making up 60% of most Australian diets), and even certain so-called "healthy" meals can seriously impair gut health.

Poor gut balance shows.

- Weight gain
- Intermittent cognitive & physical energy
- Vulnerable immunity
- Poor sleep



The Outage for Men program is a yearly service to restore your optimum gut health.

## Why are we servicing this Outage?

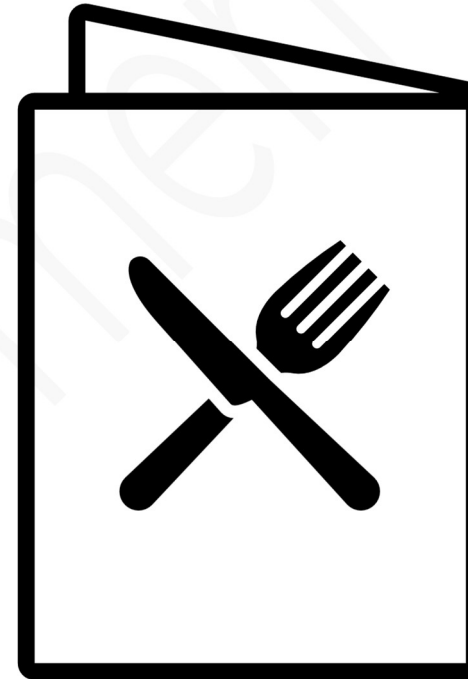
- ✓ Clean up the gut-biome balance.
- ✓ Lower collective inflammation.
- ✓ Boost natural (stored) fat-burning metabolism.
- ✓ Restore the best mindset.
- ✓ Return to prime sleep.

## What does this mean!

- ✓ You feel damn great!
- ✓ You lose some kegs you don't need
- ✓ You sleep for Australia, and
- ✓ You earn some beer points. `

## The Outage in short.

- Ideally, print out the shopping list and weekly food planner.
- Get shopping.
- Spend the time to plan out the week – as is clearly listed.
- Take a snapshot of your weekly compliance and flick it over to Brad Pamp.



## Outage for Men – some key details.

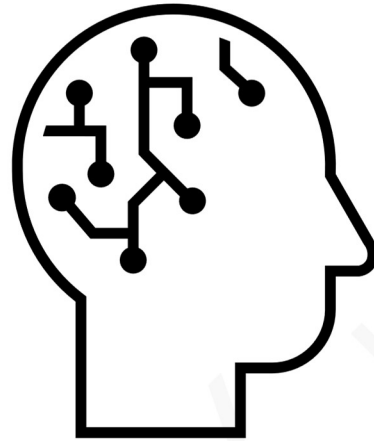
- The listed menu shows appropriate 'portions' for ONE.
- ALL listed ingredients can be purchased at Woolworths (and all other supermarkets).
- Week to week, the largely 'repeated' weekly meal plan will grow logistically simpler to follow.

## Quick tips.

- Drink a small glass of water before 'every' meal – soda water is best.
- Stick to the recommended 'portions' and avoid ALL snacking.
- If you truly NEED an alternative food choice, contact BP.
- Tick off your compliance and forward your weekly progress to Brad Pamp (via text or email).

## Firing up!

- For this to work, you'll need to fire up.
- Avoid blowouts, pi\$\$ ups, care-factor choices, or 'I didn't have time'.
- It's likely over the 28-days you'll need to turn down mates – it's your yearly reboot – it last just 28 days.
- Of course, it is not easy! Logistics, peer pressure and decades of habits will throw up challenges!
- Consider the Outage a test match – 28 days, stay the journey.



The main idea behind the Outage is to create a menu that "most" men can follow.

The Outage includes some manufactured food and is NOT a natural whole-food organic diet.

However, the Outage primarily shuns ultra-processed food, which research indicates is the main contributor to poor human health.

## OUT for the Outage

- All soft drink
- All Sports drinks
- All energy drinks
- Ice cream
- Biscuits
- Cakes
- Chocolate – actually, Lindt 70% Cocoa is OK.
- Commercial sauces
- Vegetable cooking oil – this means most commercial mass-produced food.
- Most of the unreal food sold at a service station.

And if possible;

And yes, I am aware this food list is considered healthy by most people. However, for the Outage, when your gut-health repair is critical, this food, ideally, is best avoided. Basically, this food list makes it harder for your gut to break down. For the Outage, there are better options.

- Kidney beans
- Corn
- Eggplant
- Weetbix
- Soybeans
- Peanuts
- Squash
- Capsicum.
- A1 Milk

## IN for the Outage.

- ✓ Loads of veggies – go hard and often.
- ✓ Flavour your veggie picks with real butter & sea salt.
- ✓ Don't forget to include: asparagus, leek, brussels sprouts, & spinach.

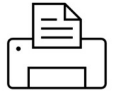
Please consider: Goat's Cheese, Walnuts, and Pistachios.

All animal protein – of course, the better the cut, the better.  
Be sure to portion animal protein - you don't need

All rice is OK, but quinoa is better.

Buy it, prep it, eat it, contain it!



# The Outage Menu - weekly x 4.






| Reboot                                       | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   | Sunday   |
|--|--|--|---|--|---|--|--|
| <b>Morning</b><br>Ideally: 5.00 am – 7 am    | <b>(R1) Pampy's Porridge.</b><br>(Ra) Tea or Coffee.<br>(Rb) Gut Health Probiotic. | <b>(R1) Pampy's Porridge.</b><br>Tea or Coffee.<br>Gut Health Probiotic. | <b>(R2) Fast – TRE.</b><br>Tea or Coffee.<br>Gut Health Probiotic.              | <b>(R1) Pampy's Porridge.</b><br>Tea or Coffee.<br>Gut Health Probiotic. | <b>(R2) Fast – TRE.</b><br>Tea or Coffee.<br>Gut Health Probiotic.                | <b>(R1) Pampy's Porridge.</b><br>Tea or Coffee.<br>Gut Health Probiotic. | <b>(R3) Scrambled Bacon &amp; Eggs.</b><br>Tea or Coffee.<br>Gut Health Probiotic. |
| ✓ Compliance                                 |  |  |   |  |   |  |  |
| <b>Mid-day</b><br>Ideally: Midday – 1.30 pm  | <b>(R4) Chicken, Avo &amp; Rice.</b><br>~ Plan ahead.                              | <b>(R5) Jerky, Nuts'n'Cheese.</b><br>Soda Water.                         | <b>(R6) Egg Mash Up.</b><br>~ Plan ahead.                                       | <b>(R5) Jerky, Nuts'n'Cheese.</b><br>Soda Water.                         | <b>(R7) Salmon Mash up.</b>   | <b>(R8) Ham &amp; Nut Butter Sambos</b><br>Soda Water.                   | <b>(R8) Ham &amp; Nut Butter Sambos</b><br>Soda water.                             |
| ✓ Compliance                                 |  |  |   |  |   |  |  |
| <b>Evening</b><br>Ideally: 6.00 pm – 7.30 pm | <b>(R9) Beef &amp; Mushroom pasta.</b><br>Boiling water & lemon.                   | <b>(R10) Chicken Green Curry.</b><br>(Rc) Turmeric Superblend            | <b>(R11) Chicken, Brown rice &amp; Quinoa Salad Mix.</b><br>Turmeric Superblend | <b>(R12) Beef &amp; Veggies.</b><br>Turmeric Superblend                  | <b>(R10) Chicken, Brown rice &amp; Quinoa Salad Mix.</b><br>Boiling water & lemon | <b>(R12) Salmon &amp; Veggies.</b><br>(e) Wild card (Alcohol)            | <b>(R13) Choice</b><br>Boiling water & lemon                                       |
| ✓ Compliance                                 |  |  |   |  |   |  |  |



**NOTE** – If preparing the listed evening meal has your 'changing' appetite satisfied on a lower portion than is listed, please contain leftovers and consider for the next day's lunch choice.

## Listed Outage meal details.



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| <p><b>R1</b></p> <p><b>Pampy's Porridge.</b></p> <p><b>Ingredients</b></p> <p>5L Cereal Container, adding;</p>  <ul style="list-style-type: none"> <li>○ 750gr 'Quick' (cooking) Oats.</li> <li>○ 100gr Chia Seeds.</li> <li>○ 100gr Linseeds (flax).</li> <li>○ 225g Moist Shredded Coconut.</li> <li>○ 50g Macro Maca Powder.</li> <li>○ 50g Cacao nibs.</li> <li>○ 1 tbsn Ground Cinnamon.</li> </ul> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>○ Add all ingredients to the container and shake until mixed through.</li> <li>○ Bowl 2/3 cup of the PP mix, add 1 cup water, &amp; microwave for 2 minutes until reaching a porridge-like consistency.</li> <li>○ Mix through 1 tsp Stevia.</li> </ul> <p><b>Value</b></p> <p>Tasty, gut-friendly, appetite-satisfying, blood glucose balancing, and a healthy boost of fibre for regularity.<br/>Destroys Weetbix as a day-starting option.</p> | <p><b>Ra</b></p> <p><b>Tea &amp; Coffee.</b></p> <p><b>Choices</b></p> <ul style="list-style-type: none"> <li>○ All herbal &amp; black tea, including green tea.</li> <li>○ All coffee styles – with black being best.</li> <li>○ Avoid sugar &amp; stick to 1-2 (natural) caffeinated drinks per day.</li> <li>○ Milk, Cream, Almond, or Oat milk all work, however, the less additions the better.</li> <li>○ ZERO ultra-processed caffeinated drinks (this means ALL energy &amp; sports drink choices).</li> </ul> <p><b>Trial</b></p> <p>Black coffee, a 'dash' of cream &amp; ground cinnamon, add a little boiling water, &amp; mixing through.</p> <p><b>Value</b></p> <ul style="list-style-type: none"> <li>○ Boost day-starting cognitive energy.</li> <li>○ Sate the appetite.</li> <li>○ Promotes fat-burning metabolism.</li> </ul> | <p><b>Rb</b></p> <p><b>Gut Health Probiotic.</b></p> <p><b>Product</b></p> <p>Inner Health Double Strength Balanced Gut Health Probiotics 20 Pack.</p>  <p><b>Method</b></p> <ul style="list-style-type: none"> <li>○ 1 tablet daily with your meal for 20 days.</li> </ul> <p><b>Value</b></p> <ul style="list-style-type: none"> <li>○ Maintains the balance of good gut bacteria.</li> <li>○ Supports gastrointestinal health &amp; digestive function.</li> <li>○ Maintains general health &amp; wellbeing.</li> <li>○ Supports healthy immunity.</li> </ul> <p><b>Practice for 20 days.</b></p> |
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| <h2>R2</h2> | <h3>Time Restricted Eating – TRE.</h3>  <p><b>What is it?</b></p> <p>Avoid ALL calories from the previous evening's meal to the next day's lunch meal.</p> <p>Note – Coffee &amp; tea is OK, ideally black, or with a lite dash of milk/ cream.</p> <p><b>Value</b></p> <ul style="list-style-type: none"> <li>o Gut cleanse.</li> <li>o Lowers &amp; balances blood glucose.</li> <li>o Promotes health fat-burning ketosis.</li> <li>o Helps define 'your' ideal food portioning. With continued intermittent fasting practice, you'll naturally start to believe you require far less food (calories) to survive than you currently believe.</li> </ul> | <h2>R3</h2> <h3>Scrambled Eggs &amp; Bacon.</h3>  <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>o 1 tsp butter.</li> <li>o 3 eggs.</li> <li>o 1/5 cup full cream.</li> <li>o 1/3 cup Lite Tasty Cheese – grated.</li> <li>o 5 Cherry tomatoes.</li> <li>o 1/3 cup of diced Bacon.</li> <li>o Sea salt &amp; fresh Basil.</li> </ul> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>o Add butter to your pan on high.</li> <li>o Add diced bacon to cook.</li> <li>o Whisk eggs until beat, adding cream &amp; a pinch of sea salt, and add to the pan.</li> <li>o While constantly mixing &amp; scrambling, add the chopped tomatoes &amp; cheese.</li> <li>o Mix through, plating and adding chopped basil, pepper &amp; sea salt to taste.</li> </ul> <p><b>Value</b></p> <p>Pound-for-pound eggs offer health-boosting nutrients &amp; satiate the appetite.</p> | <h2>R4</h2> <h3>Chicken, Avo &amp; Rice</h3>  <p><b>Ingredients</b></p> <p>100 - 150g Chicken breast.<br/>1 small avocado.<br/>1 cup (125g) Brown rice.<br/>1/3 cup sundried tomatoes (strips in oil).<br/>¼ cup salted macadamias.<br/>Optional: 1 tbsp Aioli.</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>o I suggest chopping, panfrying &amp; containing your chicken – &amp; reheating later.</li> <li>o Bowl the chicken, diced (small) avocado, sundried tomatoes (consider containing), mac nuts and microwaved rice cup &amp; mix through.</li> <li>o Add Aioli or a vinaigrette (see recommended choices).</li> </ul> <p><b>Value</b></p> <p>A perfect mix of protein &amp; healthy fat. The appetite is sure to be kept quiet for hours. Super easy to whip up.</p> |
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| <h2>R5</h2> | <h3>Jerky, Nuts'n'Cheese.</h3>  <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>o 50g Original beef jerky.</li> <li>o Note – making your own jerky is the best.</li> <li>o ½ cup salted mixed nuts – <i>avoiding peanuts is best.</i></li> <li>o 70 g tasty cheese.</li> <li>o 375ml Soda Water</li> </ul> <p><b>Method</b></p> | <h2>R6</h2> <h3>Egg Mash Up.</h3> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>o 3 Eggs (boiled).</li> <li>o ½ Cucumber.</li> <li>o 1 small avocado.</li> <li>o ¼ cup salted macadamias.</li> <li>o 6 Cherry tomatoes.</li> <li>o 1 cup brown rice (microwaved).</li> <li>o Dash of Balsamic vinegar or Olive Oil.</li> <li>o Soda Water.</li> </ul> | <h2>R7</h2> <h3>Salmon Mash Up</h3>  <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>o 95- 210g Tinned Salmon (Red or Pink).</li> <li>o 1/3 Cucumber</li> <li>o 1 cup baby spinach leaves.</li> <li>o 1 small avocado</li> <li>o ¼ cup salted almonds.</li> <li>o 5 Cherry tomatoes</li> <li>o 1 tbsp sunflower seeds.</li> <li>o 1 cup brown rice.</li> </ul> |
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|  | <ul style="list-style-type: none"> <li>○ Prepare, contain &amp; enjoy.</li> <li>○ Start with the recommended portions &amp; trial lowering portions throughout the reboot.</li> <li>○ *The fewer calories needed to suppress hunger for an extended duration, the better.</li> </ul> <p><b>Value</b></p> <p>Protein, healthy fat, and water satiate the appetite. You could likely purchase from a dreaded service station.</p> | <p><b>Method</b></p> <ul style="list-style-type: none"> <li>○ Bowl all ingredients, add salt &amp; pepper and consider a dash of balsamic vinegar or olive oil.</li> </ul> <p><b>Value</b></p> <p>Eggs offer up a tasty lean protein choice. A super easy-to-prepare lunch choice. Bring it, whip it, eat it.</p> <p><b>Boiled eggs:</b> Refrigerate a batch at the start of the week and use a healthy meal or snack.</p> | <ul style="list-style-type: none"> <li>○ Olive Oil – add liberally.</li> <li>○ Soda Water.</li> </ul> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>○ Bowl all ingredients, add salt &amp; pepper and consider a dash of balsamic vinegar.</li> </ul> <p><b>Value</b></p> <p>Salmon may well be the healthiest protein choice.</p> |
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| <h2>R8</h2> | <h3>Ham &amp; Nut Butter Sambos</h3> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>○ 2-4 slices of Burgen Soy-linseed bread.</li> <li>○ A thinly-spread Fix &amp; Fogg Peanut butter.</li> <li>○ 50g Leg ham, ideally off the bone.</li> </ul> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>○ Sandwich up, and go for it.</li> <li>○ *A light spread means a light, thin spread.</li> </ul> <p><b>Value</b></p> <p>Fulfilling, a familiar taste &amp; dead easy to prep.</p> | <h2>R9</h2> <h3>Beef &amp; Mushroom pasta.</h3> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>○ 150 - 200g beef (e.g. beef rump steak)</li> <li>○ 1 cup mushrooms.</li> <li>○ 150g Barilla Penne Pasta (Gluten free).</li> <li>○ 1 tsp minced garlic.</li> <li>○ Sea Salt.</li> <li>○ Basil leaves</li> <li>○ 6 Cherry tomatoes.</li> </ul> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>○ Pan-fry mushrooms in 1 tbsp butter, 1 tsp minced garlic &amp; a pinch of sea salt.</li> <li>○ Cut steak into strips and add to the mushrooms, adding a little more butter.</li> <li>○ Add the cooked pasta to the pan.</li> <li>○ Add a tbsp full cream and stir.</li> <li>○ Bowl, adding freshly chopped basil leaves and cherry tomatoes.</li> </ul>  | <h2>R10</h2> <h3>Chicken Green Curry</h3> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>○ 150 - 200g Chicken breast</li> <li>○ 220g Water Chestnut (sliced)</li> <li>○ 165 ml Coconut milk</li> <li>○ 1 tsp Green Curry paste.</li> <li>○ 4 Asparagus</li> <li>○ ¼ cup sunflower seeds</li> <li>○ 50g Haloumi</li> <li>○ 1 cup brown rice.</li> </ul> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>○ Dice &amp; panfry your chicken breast.</li> <li>○ Also, panfry the asparagus in butter &amp; sea salt.</li> <li>○ Panfry (non-stick) the haloumi &amp; sunflower seeds.</li> <li>○ With the asparagus cooked &amp; chopped, and the haloumi diced, add them to chicken.</li> </ul>  |
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|  |  | <p><b>Benefits</b></p> <p>Gut-friendly and allows for a low portion to hit the spot.</p> | <ul style="list-style-type: none"> <li>○ Add the coconut milk &amp; green curry paste and let simmer for 10 minutes on low to med heat – stirring every other minute.</li> </ul> <p>Bowl, say 1 ½ cup of chicken curry and contain the rest for tomorrows lunch.<br/>Add rice to the chicken.</p> <p><b>Benefits</b></p> <p>Taste, easy, healthy.<br/>NOTE – you could flip the chicken for salmon or beef.</p> |
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| <p><b>Rc</b></p> | <p><b>Tumeric Superblend.</b></p> <p><b>Product</b></p> <p>Melrose Tumeric Superblend.</p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>○ 1 tbpn mixed in boiling water.</li> </ul> <p><b>Value</b></p> <ul style="list-style-type: none"> <li>○ Helps with mild pain caused by inflammation<br/>Keeps your gut happy<br/>Supports immunity<br/>Promotes general wellbeing</li> </ul> <p>A great way to finish your culinary day!<br/>Taste is BOOM.</p>  | <p><b>R11</b></p> <p><b>Chicken, Brown rice &amp; Quinoa Salad Mix.</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>○ 100 – 150g chicken breast</li> <li>○ 200g Brown rice &amp; Quinoa packet mix</li> <li>○ ~ Lettuce Oak green</li> <li>○ ½ Red capsicum</li> <li>○ ½ large Cucumber</li> <li>○ 1 small Avocado</li> <li>○ 3 Asparagus.</li> <li>○ Salted cashews</li> <li>○ 70-100g Four bean mix.</li> <li>○ 50g Haloumi or Goat’s Cheese.</li> <li>○ Balsamic vinegar of Modena.</li> </ul> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>○ Dice and panfry the chicken in 1tsp butter, 1 tsp minced garlic &amp; sea salt.</li> <li>○ Dice &amp; panfry the haloumi &amp; cashews until crispy brown.</li> <li>○ Chop all additions, rinse the beans and add all to a mixing bowl.</li> </ul> | <p><b>R12</b></p> <p><b>Steak &amp; Veggies.</b></p>  <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>○ 100 – 150g Steak, e.g. Beef Oyster blade steak.</li> <li>○ Broccoli</li> <li>○ Cauliflower</li> <li>○ Zucchini</li> <li>○ Leek</li> <li>○ Asparagus</li> <li>○ Brussels Sproats</li> <li>○ Olive oil</li> <li>○ Walnuts &amp; Pistachios.</li> </ul> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>○ Cook the steak to choice.</li> <li>○ Ideally, chop all veggies into a bowl, add a liberal splash of olive oil, add a tsp of rosemary or oregano, a good dash of sea salt and air fry for 13 minutes @ 180’.</li> <li>○ Alternatively, oven bake, steam, or even microwave.</li> <li>○ Serve steak with veggies.</li> </ul> |
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|  |  |  | <ul style="list-style-type: none"> <li>○ Microwave the rice for 2 ½ minutes &amp; add ½ the bag (containing the rest).</li> <li>○ Add the haloumi, nuts &amp; chicken and splash with balsamic vinegar.</li> <li>○ Serve in a medium size bowl and contain the rest.</li> </ul> <p><b>Benefits</b></p> <p>Organically fresh, a clean taste, filling, and seriously healthy for the gut.</p> |  | <ul style="list-style-type: none"> <li>○ No limit portions of the veggies.</li> <li>○ Immediately contain &amp; refrigerate leftovers before eating.</li> </ul> <p><b>Benefits</b></p> <p>Appetite satisfying, immune strengthening, and muscle building.</p> <p><b>NOTE</b> – flipping steak for salmon (or any fish) works.</p> |
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| <b>Rd</b> | <p><b>Alcohol Wild card</b></p> <p><b>The Reboot Alcohol Constitution.</b></p> <p>Drinking when using your 1/7 wildcard is ok, when;</p>  <ul style="list-style-type: none"> <li>○ Maxing out at 5 standard drinks - ONLY.</li> <li>○ Never ever mixing alcohol with (sweet) mixers.</li> <li>○ All cola's, lemonade, energy drinks, sweet pop wines etc are OUT.</li> <li>○ Never eat complex carbs with alcohol.</li> <li>○ Eat, namely, protein, before heavier consumption of alcohol.</li> <li>○ Beer, wine, and hard spirits (with soda) are the best choices if you choose to play your wildcard.</li> </ul> | <b>R13</b> | <p><b>Choice – not cheat.</b></p> <p>Your choice means,</p>  <ol style="list-style-type: none"> <li>1. Choose your protein (whole &amp; organic)</li> <li>2. Choose your veggies (literally whatever you want and the volume is limitless).</li> <li>3. Choose your good fat: Add butter, avo, olive oil, &amp; salt to your meal.</li> <li>4. Wash it down with soda water – lots of it.</li> <li>5. Cook your choices however you want.</li> </ol> <p><b>Benefits</b></p> <p>When choosing a clean cut of whatever protein you like and when combining with the vast options of veggies</p> |  |  |
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# Shopping List

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| <p><b>Pampy's Porridge.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1L Cereal Container,</li> <li><input type="checkbox"/> 'Quick' (cooking) Oats.</li> <li><input type="checkbox"/> Chia Seeds.</li> <li><input type="checkbox"/> Linseeds (flax).</li> <li><input type="checkbox"/> Moist Shredded Coconut.</li> <li><input type="checkbox"/> Macro Maca Powder.</li> <li><input type="checkbox"/> Cacao nibs.</li> <li><input type="checkbox"/> Ground Cinnamon.</li> </ul> <p><b>Gut Biome Health.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Inner Health Double Strength Balanced Gut Health Probiotics 20 Pack.</li> </ul> <p><b>Scrambled eggs &amp; bacon.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Butter – 'not' margarine.</li> <li><input type="checkbox"/> Eggs.</li> <li><input type="checkbox"/> Full cream.</li> <li><input type="checkbox"/> Lite Tasty Cheese – grated.</li> <li><input type="checkbox"/> Cherry tomatoes.</li> <li><input type="checkbox"/> Bacon.</li> <li><input type="checkbox"/> Sea salt</li> <li><input type="checkbox"/> Fresh Basil.</li> </ul> <p><b>Chicken, Avo &amp; Rice.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chicken breast.</li> <li><input type="checkbox"/> Small avocados.</li> <li><input type="checkbox"/> (125g) Brown rice cup (microwave).</li> <li><input type="checkbox"/> Sundried tomatoes (strips).</li> <li><input type="checkbox"/> Salted macadamias.</li> <li><input type="checkbox"/> Aioli.</li> </ul> | <p><b>Jerky, Nuts &amp; Cheese.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Original beef jerky.</li> <li><input type="checkbox"/> Salted mixed nuts.</li> <li><input type="checkbox"/> Tasty cheese.</li> <li><input type="checkbox"/> Soda Water.</li> </ul> <p><b>Egg Mash Up</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Eggs.</li> <li><input type="checkbox"/> Cucumber.</li> <li><input type="checkbox"/> Small avocado.</li> <li><input type="checkbox"/> Salted macadamias.</li> <li><input type="checkbox"/> Cherry tomatoes.</li> <li><input type="checkbox"/> Brown rice cups (microwaved).</li> <li><input type="checkbox"/> Soda Water.</li> </ul> <p><b>Salmon Mash Up</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Tinned Salmon (Red or Pink).</li> <li><input type="checkbox"/> Cucumber.</li> <li><input type="checkbox"/> Baby spinach leaves.</li> <li><input type="checkbox"/> Small avocados.</li> <li><input type="checkbox"/> Salted almonds.</li> <li><input type="checkbox"/> Cherry tomatoes.</li> <li><input type="checkbox"/> Sunflower seeds.</li> <li><input type="checkbox"/> Brown rice cups.</li> <li><input type="checkbox"/> Soda Water.</li> </ul> <p><b>Ham &amp; Nut Butter Sambos</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Burgen Soy-linseed bread.</li> <li><input type="checkbox"/> Fix &amp; Fogg Peanut butter.</li> <li><input type="checkbox"/> Leg ham, ideally off the bone.</li> </ul> | <p><b>Beef &amp; Mushroom Pasta.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Beef (e.g. beef rump steak).</li> <li><input type="checkbox"/> Mushrooms.</li> <li><input type="checkbox"/> Barilla Penne Pasta (Gluten free).</li> <li><input type="checkbox"/> Minced garlic.</li> <li><input type="checkbox"/> Sea Salt.</li> <li><input type="checkbox"/> Basil leaves</li> <li><input type="checkbox"/> Cherry tomatoes.</li> </ul> <p><b>Chicken Curry</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chicken breast</li> <li><input type="checkbox"/> Water Chestnut (sliced)</li> <li><input type="checkbox"/> 165 ml Coconut milk</li> <li><input type="checkbox"/> Green Curry paste.</li> <li><input type="checkbox"/> Asparagus</li> <li><input type="checkbox"/> Sunflower seeds</li> <li><input type="checkbox"/> Haloumi</li> <li><input type="checkbox"/> 1 cup brown rice.</li> </ul> <p><b>Tumeric drink</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Melrose Tumeric Superblend.</li> </ul> <p><b>Chicken &amp; Rice Salad.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chicken breast</li> <li><input type="checkbox"/> Brown rice &amp; Quinoa packet mix</li> <li><input type="checkbox"/> ~ Lettuce Oak green</li> <li><input type="checkbox"/> Red capsicum</li> <li><input type="checkbox"/> Cucumber</li> <li><input type="checkbox"/> Avocado</li> <li><input type="checkbox"/> Salted cashews</li> <li><input type="checkbox"/> Four bean mix.</li> <li><input type="checkbox"/> Haloumi</li> <li><input type="checkbox"/> Balsamic vinegar of Modena.</li> </ul> | <p><b>Steak &amp; Veggies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Steak, e.g. Beef Oyster blade steak.</li> <li><input type="checkbox"/> Broccoli.</li> <li><input type="checkbox"/> Cauliflower.</li> <li><input type="checkbox"/> Zucchini.</li> <li><input type="checkbox"/> Asparagus.</li> <li><input type="checkbox"/> Leek</li> <li><input type="checkbox"/> Brussels Sprouts</li> </ul> <p><b>Additions.</b></p> |
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