



PART 1  
Gut Health  
Balance.

## How it works.



### Action

### Page

1. Read through the details – printing is often best. 3
2. Flick through the menu and note possible choices. 4-10

Note;

- a) Consider the key principles and design your meals.
- b) Repeat the simple & easy listed choice, or
- c) Select from the menu options.

Special note: Fasting through a typical meal time is welcome, provided you do not fall hungry.

3. Use the Food Journal to plan your culinary week. 11
4. Use the menu as a shopping list. 4-10
5. See the 'Exercise' rules. 11
6. Forward your weekly choices via your food journal to Brad Pamp. 11

Brad Pamp

# Part 1 - Details

## Preparation

- Unfortunately, all meal choices require shopping time, food preparation, and perhaps containing.
- Scheduling food preparation time is essential.
- We are avoiding nearly all 'quick' meals.
- When eating out (socialising) and on the road, do your best to plan ahead and choose as close to the key principles as possible.

## Principles

- ✓ High dietary fibre.
- ✓ High in anti-oxidants (polyphenols).
- ✓ Fermented food.
- ✓ Variety of plants – favouring deep-coloured leafy choices.
- ✓ Portioned animal protein.
- ✓ Portioned heart-healthy dietary fats.
- ✓ Herbs & spices.
- ✓ Nuts & seeds.
- ✓ Drink alcohol responsibly – although 'dry' is best.

## Portioning

- While some meals list portioning for one, please portion to satisfy your appetite.
- Avoid falling hungry.
- Part One is **NOT** a restricted-calorie eating plan.
- Your portioning will likely change from day to day.
- Brush your teeth immediately after finishing your serving.

BP

# BREAKFAST CHOICES

Keep it super simple!

Simple Option 1	Simple Option 2
<ul style="list-style-type: none"> <li>• Don't eat!</li> </ul> <p>Use the TRE – Time Restricted-eating Model.</p> <p>Consume your first calories at, say, midday.</p> <p>Start your day with a black coffee, including a dash of MCT oil, or a dash of full cream, or even real butter – and that's it!</p>	<ul style="list-style-type: none"> <li>• ½ cup of cooking oats, ½ cup of water, microwaved for 2 minutes, adding some berries, a dash of natural yogurt and a dash of ground cinnamon.</li> </ul> <p>Of course, feel free to include coffee, tea, green or herbal tea.</p>

## YOUR BREAKFAST MENU (IDEAS)

GRB-B1 Pampy's Porridge	GRB-B2 Coconut Oats	GRB-B3 Time-restricted Eating
<p><b>Ingredients</b></p> <p>5L cereal container;</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 750g Quick Oats</li> <li><input type="checkbox"/> 100g Chia seeds</li> <li><input type="checkbox"/> 100g Linseeds</li> <li><input type="checkbox"/> 225g Moist Shredded Coconut</li> <li><input type="checkbox"/> 50g Maca powder</li> <li><input type="checkbox"/> 50g Cocoa nibs</li> <li><input type="checkbox"/> 1 tbpn Ground Cinnamon</li> </ul> <p><b>Method</b></p> <p>Bowl 'about' 2/3 cup of PP. Add 'about' 2/3 cup water. Microwave (2 mins ish). Adding; Natural Yoghurt. Raspberries (ideally, fresh).</p>	<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Rolled Oats 'about' 2/3 cup</li> <li><input type="checkbox"/> Water 2/3 cup</li> <li><input type="checkbox"/> Shredded (moist) Coconut 1/3 cup</li> <li><input type="checkbox"/> Slivered Almonds ¼ cup</li> <li><input type="checkbox"/> Kefir Pourable Yoghurt 1/2 cup</li> <li><input type="checkbox"/> Blueberries</li> <li><input type="checkbox"/> Ground Cinnamon</li> </ul> <p><b>Method</b></p> <p>Bowl all ingredients except the Kifer pourable Yohurt. Microwave for about 2 minutes. Pour in the Kifer yoghurt. Blueberries and cinnamon to taste.</p>	<p><b>Ingredients, if any.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Black coffee (MCT Oil), or</li> <li><input type="checkbox"/> Black Tea</li> <li><input type="checkbox"/> Green tea</li> <li><input type="checkbox"/> Herbal Tea</li> <li><input type="checkbox"/> Kombucha – zero sugar</li> <li><input type="checkbox"/> Campbells (or homemade is best): Bone Beef Broth, Bone Chicken Broth, Bone Tumeric and ginger Broth.</li> <li><input type="checkbox"/> Melrose Tumeric Superblend</li> <li><input type="checkbox"/> SuperGreens</li> </ul> <p><b>Method</b></p> <p>Avoid all consumption other than water, or Enjoy your chosen drink. NOTE ON MCT – I strongly recommend including 1 tspn MCT oil with your coffee.</p>

<p style="text-align: center;">GRB-B4 <b>Crunchy Cottage Cheese</b></p> <p><i>Ingredients</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Cottage Cheese (full cream – avoid fat reduced) 1/2 cup</li> <li><input type="checkbox"/> Cashews ¼ cup</li> <li><input type="checkbox"/> Macadamias ¼ cup</li> <li><input type="checkbox"/> Sunflower seeds 1/5 cup</li> <li><input type="checkbox"/> Dried apricots 3-4 chopped</li> <li><input type="checkbox"/> Nutmeg – to taste</li> </ul> <p><i>Method</i></p> <p>Bowl all the ingredients and add the apricots and nutmeg to taste.</p>	<p style="text-align: center;">GRB-B5 <b>Coconut Tropics</b></p> <p><i>Ingredients</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Coconut Yoghurt 2/3 cup</li> <li><input type="checkbox"/> Frozen berrie mix 2/3 cup</li> <li><input type="checkbox"/> Walnuts ¼ cup</li> <li><input type="checkbox"/> Nutmeg to taste</li> </ul> <p><i>Method</i></p> <p>Bowl the yoghurt. Microwave your berries for about 45 secs. Crush your walnuts. Be sure to add the yummy nutmeg to taste.</p>	<p style="text-align: center;">GRB-B6 <b>Eggs'n'Avo on Toast</b></p> <p><i>Ingredients</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sourdough bread (seeded) 1-2 slices</li> <li><input type="checkbox"/> Garlic – 1-2 cloves</li> <li><input type="checkbox"/> Butter</li> <li><input type="checkbox"/> Eggs 1-2</li> <li><input type="checkbox"/> Avocado ½</li> <li><input type="checkbox"/> Tempeh or Tofu ½ cup</li> <li><input type="checkbox"/> Soy sauce 1 tbpn</li> <li><input type="checkbox"/> Optional: mushrooms.</li> <li><input type="checkbox"/> Salt &amp; pepper</li> <li><input type="checkbox"/> Balsamic vinegar</li> </ul> <p><i>Method</i></p> <p>Toast or press your bread, lightly butter and scrap with a fresh clove of garlic. Panfry the diced tofu in a little olive oil for 2-3 minutes, add the soy sauce for a further minute. Pan-fry eggs in non-stick pan or add a little Olive oil (AvoOil, Coconut oil, butter) [avoid Veggie oil like Canola]. Bring together and add a dash of Balsamic vinegar. NOTE – I also enjoy panfrying a handful of mushrooms in butter.</p>
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## LUNCHES OPTIONS

Keep it super simple!

<p style="text-align: center;"><b>Simple Option 1</b></p> <ul style="list-style-type: none"> <li>• Major supermarket pre-made salad, adding tinned unflavoured salmon or tuna (in olive oil), and a few salted nuts of choice.</li> </ul> <p>Hydrate with sparkling water before &amp; during.</p>	<p style="text-align: center;"><b>Simple Option 2</b></p> <ul style="list-style-type: none"> <li>• Real biltong, hummus, carrots &amp; celery, cheese &amp; an apple.</li> </ul> <p>Portion to satisfy your appetite. Hydrate with sparkling water before &amp; after.</p>
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## YOUR LUNCHES MENU (IDEAS)

Note – leftovers from the nine dinner suggestions become perfect lunches.

<p style="text-align: center;">GRB-L1 <b>Loafy Avo Polish</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Seeds &amp; Grain Sourdough Loaf 1-2 slices</li> <li><input type="checkbox"/> Avocado ½</li> <li><input type="checkbox"/> Sauerkraut Polish 1/3 Cup</li> <li><input type="checkbox"/> Cherry tomato 3-5</li> <li><input type="checkbox"/> Alfa alfa ?</li> <li><input type="checkbox"/> Olive Oil or Balsamic vinegar</li> <li><input type="checkbox"/> Fresh mint</li> <li><input type="checkbox"/> Salt &amp; Black Pepper</li> </ul> <p><b>Method</b></p> <p>Add the avo, sauerkraut, tomatoes &amp; alfa alfa to the Sourdough. Drizzle your choice and add salt &amp; pepper to taste and of course, your freshly chopped mint.</p>	<p style="text-align: center;">GRB-L2 <b>Nutty Sourdough</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Seeds &amp; Grain Sourdough loaf 1-2 slices</li> <li><input type="checkbox"/> Cashew Butter, spread to taste</li> <li><input type="checkbox"/> Cucumber ½</li> <li><input type="checkbox"/> Red Capsicum 1/3 cup</li> <li><input type="checkbox"/> Red Onion ¼ cup</li> <li><input type="checkbox"/> Red Cabbage ½ cup</li> <li><input type="checkbox"/> Mint (chopped leaves)</li> <li><input type="checkbox"/> Fresh lemon zest.</li> </ul> <p><b>Method</b></p> <p>Bring it all together and top with lemon zest.</p>	<p style="text-align: center;">GRB-L3 <b>Kimchi loaf</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Seeds Seeds &amp; Grain Sourdough loaf 1-2 slices</li> <li><input type="checkbox"/> Avocado ½</li> <li><input type="checkbox"/> Kimchi ½ cup</li> <li><input type="checkbox"/> Sesame seeds, dash</li> <li><input type="checkbox"/> Sunflower seeds, dash</li> <li><input type="checkbox"/> Salt &amp; Black Pepper</li> <li><input type="checkbox"/> Balsamic vinegar</li> </ul> <p><b>Method</b></p> <p>Bring it all together with a dash of Balsamic vinegar. NOTE – like with sauerkraut, start with a small portion if trying Kimchi for the first time.</p>
<p style="text-align: center;">GRB-L4 <b>Hommus &amp; Sticks</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Unflavoured) Hommus</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Red Capsicum</li> <li><input type="checkbox"/> Carrots</li> <li><input type="checkbox"/> Asparagus (cooked in garlic &amp; butter)</li> <li><input type="checkbox"/> Fresh lemon</li> </ul> <p><b>Method</b></p> <p>Panfry the asparagus in butter, garlic (minced) and sea salt. Chop your veggies into sticks and enjoy with the hommus. NOTE – squeeze some fresh lemon into the hommus.</p>	<p style="text-align: center;">GRB-L5 <b>Leafy Surprises</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Spinach (baby) leaves - lots</li> <li><input type="checkbox"/> Sauerkraut</li> <li><input type="checkbox"/> Sundried tomatoes</li> <li><input type="checkbox"/> Swiss cheese</li> <li><input type="checkbox"/> Macadamia nuts (salted)</li> <li><input type="checkbox"/> Dried apricots (chopped)</li> <li><input type="checkbox"/> Olive oil</li> <li><input type="checkbox"/> Lime</li> <li><input type="checkbox"/> Corriander</li> </ul> <p><b>Method</b></p> <p>Bring together in a bowl, adding the olive oil &amp; freshly squeezed lime, topping with fresh coriander.</p>	<p style="text-align: center;">GRB-L6 <b>Cheesey Cottage</b></p> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Seeds Seeds &amp; Grain Sourdough loaf 1/2 slices</li> <li><input type="checkbox"/> Cottage Cheese</li> <li><input type="checkbox"/> Avocado</li> <li><input type="checkbox"/> Haloumi</li> <li><input type="checkbox"/> Olive oil</li> <li><input type="checkbox"/> Shallots</li> <li><input type="checkbox"/> Zucchini</li> <li><input type="checkbox"/> Salt</li> <li><input type="checkbox"/> Black pepper</li> <li><input type="checkbox"/> Natural yoghurt</li> </ul> <p><b>Method</b></p> <p>Panfry the haloumi, shallots &amp; zucchini in olive oil, adding a dash of salt. Lightly spread the Sourdough with cottage cheese. Add all ingredients, and don't forget the dash of proper yoghurt &amp; black pepper.</p>

GRB-L7 <b>Tabouli Mix</b>	GRB-L8 <b>Miso Grains</b>	GRB-L9 <b>Gut-cleansing drink</b>
<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Tabouli 2/3 cup</li> <li><input type="checkbox"/> Chickpeas ½ cup</li> <li><input type="checkbox"/> Boiled egg 1-2</li> <li><input type="checkbox"/> Cherry Tomatoes 1/3 cup</li> <li><input type="checkbox"/> Olives ?</li> <li><input type="checkbox"/> Slivered almonds ?</li> <li><input type="checkbox"/> Olive oil, green or kalamata</li> <li><input type="checkbox"/> Natural yoghurt or tzatziki</li> <li><input type="checkbox"/> Salt</li> </ul> <p><b>Method</b></p> <p>Bring them together in a bowl and add the natural Greek yoghurt or tzatziki. NOTE – boil up &amp; refrigerate six eggs for meal inclusion &amp; snacks.</p>	<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Seeds Seeds &amp; Grain</li> <li><input type="checkbox"/> Sourdough loaf 1-2 slices</li> <li><input type="checkbox"/> Miso paste, lightly spread</li> <li><input type="checkbox"/> Red onion</li> <li><input type="checkbox"/> Snow peas</li> <li><input type="checkbox"/> Basil leaves</li> <li><input type="checkbox"/> Goats cheese</li> <li><input type="checkbox"/> Balsamic vinegar</li> </ul> <p><b>Method</b></p> <p>Microwave &amp; soften your snow peas for a couple of minutes (in water). Bring them together, and don't dare leave off the miracle of THE Goat's cheese.</p>	<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Water ½ cup</li> <li><input type="checkbox"/> Cucumber</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Pear</li> <li><input type="checkbox"/> Ginger – lots</li> <li><input type="checkbox"/> Lemon juice</li> <li><input type="checkbox"/> Mint Leaves</li> </ul> <p><b>Method</b></p> <p>Blend &amp; enjoy. NOTE – this is a good option if you enjoyed GRB6 Egg &amp;Avo on toast. Again, it might be you need to prep &amp; contain this option from home.</p>

## DINNER CHOICES

Keep it super simple!

<b>Simple Option 1</b>	<b>Simple Option 2</b>
<ul style="list-style-type: none"> <li>• Whatever veggies your interest, airfry or bake, adding olive oil &amp; salt.</li> <li>• Choose animal protein.</li> <li>• Flavour with herbs &amp; spices of choice.</li> </ul>	<ul style="list-style-type: none"> <li>• Restaurant meal – Fish of the day &amp; Veg.</li> <li>• Red wine</li> <li>• Dark chocolate.</li> </ul>

## YOUR DINNER MENU (IDEAS)

GRB-D1 <b>Spinach &amp; Rice with optional protein.</b>	GRB-D2 <b>Rough Potato</b>	GRB-D3 <b>Mushies &amp; Asparagus</b>
<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Olive Oil</li> <li><input type="checkbox"/> Garlic (freshly chopped or minced) 2-3 cloves</li> <li><input type="checkbox"/> Red Onion ½</li> <li><input type="checkbox"/> Red Capsicum 2/3 cup</li> <li><input type="checkbox"/> Tumeric, Salt, Black Pepper 1 tpsn each</li> <li><input type="checkbox"/> Sesame Seeds ¼ cup</li> <li><input type="checkbox"/> Walnuts ¼ cup</li> <li><input type="checkbox"/> Silverbeet (Spinach)- lots</li> <li><input type="checkbox"/> Basmati rice (brown or white) ?</li> <li><input type="checkbox"/> Fresh lemon</li> <li><input type="checkbox"/> Goat's Cheese</li> <li><input type="checkbox"/> <b>Optional addition:</b> Salmon, Whiting, Beef, Lamb.</li> </ul> <p><b>Method</b></p> <p>Chop the onion, capsicum, walnuts &amp; silverbeet. NOTE – The amazing silverbeet will reduce considerably with cooking - so - chop up the lot. Panfry the garlic, onion, caps, sesame seeds &amp; walnuts in olive oil on high for 5 minutes. Add the silverbeet and turmeric, salt &amp; pepper, turning down to med heat and turning regularly. It typically appears cooked after 5 minutes. Feel free to add additional Olive oil. Cook your rice, adding fresh lemon to complete. After adding goat cheese, consume it as a stand-alone meal – with no limit on the portion. Alternatively, prepare and add a 'small' portion of your selected animal protein.</p>	<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Red Cabbage cup?</li> <li><input type="checkbox"/> Fennel cup?</li> <li><input type="checkbox"/> Shallots</li> <li><input type="checkbox"/> Olive oil</li> <li><input type="checkbox"/> Ginger (freshly chopped or minced)</li> <li><input type="checkbox"/> Lemon juice</li> <li><input type="checkbox"/> Soy sauce 2 tbsps</li> <li><input type="checkbox"/> Sesame Oil 2 tbsps</li> <li><input type="checkbox"/> Maple Syrup 1 tbsps</li> <li><input type="checkbox"/> Sweet potato, large</li> <li><input type="checkbox"/> Tzatziki</li> <li><input type="checkbox"/> <b>Optional addition:</b> Salmon, Chicken, Beef, Lamb.</li> </ul> <p><b>Method</b></p> <p>Chop (into chips) and air-fry or bake the sweet potato, liberally drenched in olive oil &amp; sea salt. Panfry the ginger, and shallots in olive oil &amp; salt on high. Chop up the red cabbage &amp; fennel. At least a cup of the cabbage and the entire (cored) fennel. Oh, and keep the fennel fronds (fluffy leaf). Add the cabbage &amp; fennel to the frypan and turn down to med heat. Add the ginger, soy &amp; sesame seed oil, turning regularly. Bring together and add a large serving of tzatziki. Again, feel free to include an animal protein source. I enjoy fresh salmon and a glass of red wine. Top with the fennel fronds – the best.</p>	<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Mushrooms 2 cups</li> <li><input type="checkbox"/> Shallots 2-3</li> <li><input type="checkbox"/> Butter?</li> <li><input type="checkbox"/> Garlic?</li> <li><input type="checkbox"/> Salt?</li> <li><input type="checkbox"/> Paprika 1tspn</li> <li><input type="checkbox"/> Asparagus 4-5</li> <li><input type="checkbox"/> Choice: Salmon, Chicken, Pork, Lamb.</li> <li><input type="checkbox"/> Natural yoghurt</li> <li><input type="checkbox"/> Sesame seeds.</li> <li><input type="checkbox"/> Dark Chocolate</li> <li><input type="checkbox"/> Red Wine</li> </ul> <p><b>Method</b></p> <p>Panfry the chopped mushrooms &amp; shallots in butter, garlic &amp; salt. On slight browning, add the asparagus and perhaps further butter &amp; salt. Once softened, add the paprika and mix through both the asparagus &amp; mushrooms. Cook your protein choice – I enjoy lamb with this combination. Plate the lamb, covering it with the mushrooms &amp; asparagus, and be certain to add the natural yoghurt and a dash of sesame seeds.</p> <p>I enjoy a glass of wine and some dark chocolate to round out the meal.</p>



GRB-D4 Mediterranean Feel	GRB-D5 Chicken Green Curry	GRB-D6 Silver Tofu
<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Quinoa 1 cup</li> <li><input type="checkbox"/> Shallots</li> <li><input type="checkbox"/> Red capsicum</li> <li><input type="checkbox"/> Cashews</li> <li><input type="checkbox"/> Pepita seeds</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Tumeric 1 tsp</li> <li><input type="checkbox"/> Eggplant</li> <li><input type="checkbox"/> Cream ¼ cup</li> <li><input type="checkbox"/> Lemon</li> <li><input type="checkbox"/> Avocado oil (or olive oil)</li> <li><input type="checkbox"/> Chickpeas</li> <li><input type="checkbox"/> 4 bean mix</li> <li><input type="checkbox"/> Red wine vinegar 1 tbsp</li> <li><input type="checkbox"/> Soy sauce 1 tbsp</li>   <li><input type="checkbox"/> Goats Cheese</li> <li><input type="checkbox"/> Mint leaves</li> </ul> <p><b>Method</b></p> <p>Chop the eggplant, drizzling with olive oil, adding salt, and air frying or baking for 15 -20 mins @ ~ 180'.</p> <p>Boil the quinoa for ~ 15-20 minutes.</p> <p>Panfry the chopped shallots, red capsicum, cashews &amp; pepita seeds in avocado oil, garlic and salt.</p> <p>Add the eggplant, chickpeas, drained 4 beans and quinoa to the pan, mixing through.</p> <p>Add the turmeric and the full cream with further mixing.</p> <p>Finally, add &amp; mix the red wine vinegar &amp; soy.</p> <p>Serve with goat cheese and freshly chopped mint.</p>	<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Yellow Squash 4-6</li> <li><input type="checkbox"/> Red Capsicum 1</li> <li><input type="checkbox"/> Red onion 1</li> <li><input type="checkbox"/> Zucchini 3</li> <li><input type="checkbox"/> Water chestnuts 225g</li> <li><input type="checkbox"/> Sesame seed oil</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Thyme – freshly chopped</li> <li><input type="checkbox"/> Chicken breast</li> <li><input type="checkbox"/> Coconut Milk – full</li> <li><input type="checkbox"/> Green Curry Paste 1tbpn</li> <li><input type="checkbox"/> Corriander</li> <li><input type="checkbox"/> Peanuts.</li> </ul> <p><b>Method</b></p> <p>Chop the squash, red capsicum, onion &amp; zucchini.</p> <p>Panfry in sesame oil, garlic and salt.</p> <p>Add the chopped thyme.</p> <p>Separately, chop and pan-fry the chicken breast in butter, garlic &amp; salt.</p> <p>Separately, pan-fry the peanuts.</p> <p>Bring together, including the water chestnuts, adding the coconut milk (full cream) and green curry paste.</p> <p>Mix for a further 2-3 minutes.</p> <p>Serve, adding the chopped coriander.</p>	<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Silverbeet – all of it</li> <li><input type="checkbox"/> Tofu ?</li> <li><input type="checkbox"/> Olive Oil</li> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Paprika 1 tsp</li> <li><input type="checkbox"/> Full cream – ¼ cup</li> <li><input type="checkbox"/> Soy sauce 2 tbsp</li> <li><input type="checkbox"/> Crumbled Feta ?</li> <li><input type="checkbox"/> Basil</li> <li><input type="checkbox"/> Cherry tomatos</li> </ul> <p><b>Method</b></p> <p>Panfry the diced tofu in olive oil, ginger, and add the soy sauce once cooked.</p> <p>Panfry the chopped silverbeet in butter, garlic, &amp; salt.</p> <p>Bring together and add the paprika and the full cream.</p> <p>Serve, adding chopped fresh basil, cherry tomatos and crumbled feta.</p>

GRB-D7 Cauliflower & Lamb	GRB-D8 Silver Whiting	GRB-D9 Eggplant meets Sourdough
<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Cauliflower ?</li> <li><input type="checkbox"/> Leek ½</li> <li><input type="checkbox"/> Olive oil</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Salt</li> <li><input type="checkbox"/> Paprika</li> <li><input type="checkbox"/> Chilli flakes</li> <li><input type="checkbox"/> Red Onion</li> <li><input type="checkbox"/> Lamb</li> </ul> <p><b>Method</b></p> <p>Chop the cauliflower, drizzle with olive oil, add salt and airfry or bake for 20 minutes @ 180'</p> <p>Chop the leek, red onion and panfry in olive oil &amp; salt. Add the paprika &amp; the chilli flakes.</p> <p>Bring together, mixing the cauliflower &amp; leek through.</p> <p>Cook and plate the lamb dressed in the cauli mix. A dash of tzatziki is also nice.</p> <p>A good night for a red wine &amp; dark chocolate.</p>	<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Silverbeet</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Butter</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Salt</li> <li><input type="checkbox"/> Nutmeg</li> <li><input type="checkbox"/> 4 bean mix</li> <li><input type="checkbox"/> Peanuts</li> <li><input type="checkbox"/> Sultanas</li> <li><input type="checkbox"/> Full cream</li> <li><input type="checkbox"/> Whiting</li> </ul> <p>Optional, Red wine Dark chocolate</p> <p><b>Method</b></p> <p>Chop and panfry the silverbeet in butter, garlic &amp; salt. Add the nutmeg, (drained) 4 beans, peanuts (ideally, panfried) and the sultanas when closed to cooked. Add a dash of full cream and mix through. Cook and plate the whiting and dress with the silverbeet mix.</p> <p>Again, a red &amp; some dark stuff if it appeals.</p>	<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Eggplant</li> <li><input type="checkbox"/> Diced tomatos</li> <li><input type="checkbox"/> Haloumi</li> <li><input type="checkbox"/> Full cream</li> <li><input type="checkbox"/> Sesame oil</li> <li><input type="checkbox"/> Red onion &amp; Shallots</li> <li><input type="checkbox"/> Allspice 1 tbpn</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Seeded Sourdough</li> <li><input type="checkbox"/> Lemon</li> </ul> <p><b>Method</b></p> <p>Dice, air-fry, or bake the eggplant drizzled in olive oil at 180' for 10 minutes. Panfry the red onion, shallots and haloumi in sesame oil. Bring together, adding the tomatos (tinned), full cream, allspice, and a little finely chopped ginger. Mix through and add the toasted Sourdough (scraping with fresh garlic clove).</p>

### A quick note on (complex/ grainy) carbs!

Typically, I recommend most people limit grainy carbs for two reasons.

1. The increase in blood sugar, and
2. The challenge gluten places on the gut.

It's worth noting that the type and quality of carbohydrate sources can make a significant difference in both the blood glucose and gut response.

Both bread and pasta can be heavily processed, which can result in a poor dietary response. However, it's important to note that genuine sourdough bread and authentic Italian homemade pasta can actually be quite healthy.

In Part 1 of the program, carbohydrates are suggested. It is recommended to choose higher quality options whenever possible.

## Part 1 - Journal

Day	Breakfast	Lunch	Dinner	Exercise
1				
2				
3				
4				
5				
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11				
12				

## Exercise Rules

All exercise is welcome, provided it does not promote a greater appetite.

Further, if exercise, particularly intensity, motivates sweeter and more refined choices, it should be avoided.

I recommend comfortable rhythmic & continuous activity like walking.

Core strengthening exercises and functional strength movements complement the program.  
– consult Brad Pamp for suitable and enjoyable workouts.