

THE TWELVE DAYS OF CHRISTMAS PROGRAM

Nov 25th – Dec 6th, 2024.

A 12-day listed nutrition & activity program.

The listed and scheduled menu is nutritionally balanced, tasty, and practical. However, it's not possible to design a one-size-fits-all menu. Please fit your choices within the program principles.

How to practice

- Use the weblink as a daily guide (or the quick guide below).
- Use the booklet for more detailed meal information.
- Plan your shopping, preparation and likely containing of food.
- Be sure to check out the YouTube links on the weblink menu.
- Check out the basic and safe exercise plan if you're not currently exercising.

fyi - I'll throw up a quick (30-second) daily wrap on Instagram - @brad.pamp



A quick guide

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Fasting Halloumi Salad Beef Silverbeet 30 min Core set	Fruit salad Salmon & Rice Mushies 30 min Core Set	Fasting Graze Box Lamb Salad 40 mins DB Set	Eggs & Avo Super Salad Green Curry 30 mins Core Set	Fasting Greek Salad Veggies 30 mins Core Set	Eggs & Avo Graze Box Lamb 60 mins DB Set
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Eggs & Cheese Beef & Tab Sunday Roast 60 mins Core Set	Fasting Beans Cauliflower 30 min s DB Set	Eggs & Avo Graze Box Beef & Quinoa 45 mins Core Set	Oats & Berries Salmon Chicken & Brus 30 mins DB Set	Fasting Tuna & Quinoa Thai Beef 45 mins Core Set	Eggs Beef Salmon Poke 60 mins DB Set

The Menu

- The order of the meals supports gut health, metabolism, wellness, energy, and sleep quality.
- The order provides direction.
- The meals can be prepared very simply.
- Please consider the YouTube links for video direction.
- Ultimately, choosing, 'making', and enjoying your meals is best.
- Start every day with boiling water and fresh lemon.

The listed meals

<p style="text-align: center;">BP FASTING</p> <p>Why: Fasting can improve gut biome balance, enhance fat-burning ketosis, and regulate appetite. You will not die if you miss a meal. 'Cycled fasting' benefits 'most' people instead of eating, for example, once a day, every day.</p> <p>NOTE: Coffee with milk does not 'break' the fast. fyi; I add MCT oil to my coffee, and if I'm super hungry, I'll enjoy a small handful of salted macadamia nuts. This will typically see me through to lunch.</p>	<p style="text-align: center;">HALLOUMI SALAD</p> <p>Pan-fry halloumi and add it to a mixed garden salad with all the favourites: spinach, carrot, celery, cucumber, tomato, asparagus and avocado. Be sure to include some pan-fried pistachios & almonds and a dash of rock salt. Finally, I recommend whipping up a lemon vinaigrette – check out the YT option. </p> <p>Supermarkets sell pre-made salads & healthy-enough vinaigrette choices.</p>	<p style="text-align: center;">SILVERBEET & BEEF</p> <p>Check out the YT vid or simply panfry silverbeet (a green leaf alkalizing supersar) in butter, garlic and salt. </p> <p>Panfry your beef cuts and enjoy with your silverbeet. Adding a dob of nat yoghurt or tzatziki is also tasty (and healthy).</p> <p>Consider throwing in some pan-fried mushrooms as well.</p> <p>Again, ALL meals are your choice – with whole fresh food, free from additives being the key.</p>
<p style="text-align: center;">ALKALIZING GREEN DRINK</p> <p>Unfortunately, green alkalizing drinks are too good to leave out. Our gut balance loves this stuff. Bear with me on the taste.</p> <p>Consume straight after your first dinner serve.</p> <p>I favour the Supergreen option, 1 tbspc stirred in boiling water.</p> <p>Other options, and perhaps better tasting', are; AG1, Vital Greens, Alkaline Greens Plus, Essential Greens, Nootropic Greens</p> <p>Any green choice will fit and complement gut biome balance.</p>	<p style="text-align: center;">CRUNCHY FRUIT SALAD</p> <p>Go for apple, pear, kiwi fruit, orange, pineapple, and honeydew melon – 'avoid' mango, banana, grapes & watermelon, and dried fruit (which can increase blood glucose more than most can tolerate).</p> <p>Finally, be sure to add some nuts and seeds.</p> <p>A dollop of natural yoghurt, or, coconut yoghurt (not the sugary stuff) and a pinch of ground cinnamon would round it off nicely.</p>	<p style="text-align: center;">SALMON MEDITERRANEAN RICE SALAD</p> <p>Pan-fry your salmon fillet and add it to your rice salad, which includes olives, cashews, celery, carrots, red onion, tomato, basil, toasted pepita seeds, and freshly squeezed lemon.</p> <p>Or; be sure to check out the YT med rice salad – it's delicious. </p>

MUSHIES & ASPARAGUS

Panfry mushies in butter, garlic & salt and add to pan-fried asparagus.

Add some crumbled feta and lemon.

Of course, add anything else you feel would compliment this 'simple' serving. 'Other than commercial sauces'!

Remember, the portioning is up to you.

Or, check out the YT link!



GRAZE BOX

Choose from the following and graze from breakfast to dinner.

Salted macadamia nuts

Almonds

Walnuts & Pecan nuts

Shredded Coconut

Sunflower seeds

Pepita seeds

Cucumber

Roma tomatoes

Carrot

Celery

Hummus

Sardines in Olive Oil

Tuna in Olive Oil

Apple, Pear, Kiwi fruit

'Real' Biltong (Jerky)

Pre-cooked & contained cuts of beef, lamb, pork, and chicken

Boiled Eggs (salt & pepper).

Pre-cooked & contained halloumi cheese

Coffee, Tea, Water; also, Green alkalizing drinks, herbal tea, boiled water & fresh lemon.

LAMB SALAD & LEMON VINAIGRETTE

Whip yourself up a leafy salad with some crunch factor; nuts, seeds, celery etc, and be sure to check out the YT lemon vinaigrette – it's simple and super tasty.



Add lamb or your protein choice to your clean summer salad.

EGGS & AVO

Eggs & Avo, however.

No bread or commercial sauces. What about leafy herbs, tomato, onion & mushies? Yep, go for it.

Portion to fit.

Can you boil a few eggs, combine with half an avo, and add a little salt & pepper? Yep.

CRUNCHY SUPER SALAD

Whipping up a leafy salad is easy enough. But, to make it satiating for bigger blokes, you'll need to throw in cheeses (like halloumi), nuts, seeds, and to avoid hunger down the line, perhaps you need to add protein.

Load up, it's a salad.

GREEN CHICKEN CURRY




Keep it simple.





Green curry paste & coconut milk (full strength – brush the lite stuff) and add; veg & leaf of choice, protein; e.g. chicken, and rice. Consider adding; water chest nuts, peanuts, coriander, lemon grass etc.

What about sugar? Yes, I know most recipes will include 'some' sweetener (brown sugar), however, ideally, give it a crack without.

Or, check out the expert YT green chicken curry.



<p style="text-align: center;">CHICKEN & GREEK SALAD</p> <p>While I'd love you to whip up your own Greek salad – see the YT link, for convenience, </p> <p>Further, Woolies & Coles offer up a clean version.</p> <p>Chicken; e.g. pan fry in butter, salt & garlic.</p>	<p style="text-align: center;">VEGGIES & GOATS CHEESE</p> <p>I believe we all benefit from a big bucket of mixed veggies every now and then!</p> <p>e.g. airfry your veggies of choice in olive oil & salt – lots of veggies (NO portion limit), lots of salt. Bowl, adding butter, nat yoghurt or tzatziki, and please give thought to my pick; goat's cheese (or feta if this is easier).</p> <p>Goat's cheese may well be the healthiest cheese on offer.</p> <p>You can add other natural tasty treats? But, again avoid the sweet stuff.</p>	<p style="text-align: center;">CAULIFLOWER & LAMB</p> <p>Check out the YT cauliflower link and add your lamb (or favourite protein choice – it's delicious. </p> <p>Cauliflower as you please, rice it, fry it, bake it, whatever.</p> <p>As with the entire 12-day program – keep it simple.</p>
<p style="text-align: center;">BEEF & TABOULI</p> <p>Please check out the tabouli YT link and give it a crack. </p> <p>Alternatively, the Woolies & IGA versions offer up a good choice. They will last up to three days.</p> <p>Beef? Again it is your choice, but I'm having beef tonight.</p>	<p style="text-align: center;">SUNDAY ROAST</p> <p>Pick your protein – grab the salt & pepper. Choose your veggies – grab the olive oil, garlic and salt. Rev up the oven up to 180! Perhaps make yourself a hollandaise sauce.</p> <p>Enjoy.</p>	<p style="text-align: center;">SALMON BEAN SALAD</p> <p>Check out the awesome and super easy bean salad YT link, make your own, or buy pre-made. </p> <p>Salmon, buy fresh or frozen, whatever is possible.</p> <p>Bring together! This is so yum.</p>
<p style="text-align: center;">CAULIFLOWER PATTIES</p> <p>This menu has plenty of protein, but now is not the time for protein.</p> <p>Please check out the cauliflower link. Yes, you can make lots of this if that's what you need to fill you up. </p>	<p style="text-align: center;">TUMERIC DRINK</p> <p>I use the Tumeric Drink by Melrose</p> <p>Tumeric is often a welcome relief from the green alkalizing drink.</p> <p>Tumeric has many health benefits, with improved gut balance being the key value.</p>	<p style="text-align: center;">EGGS, AVO , HALLOUMI</p> <p>No tricks! Eggs, however, include avo & halloumi, salt, lemon, and fresh herbs.</p> <p>What about bread? Well, I'd rather we limit bread for 12 days.</p> <p>Typically, I promote sourdough as a good option.</p> <p>What about GF op's? Sure, if this is appropriate. While some can tolerate gluten, data shows most tolerate less than the typical diet.</p>

		12 days – no bread.
<p>BEEF QUINOA SALAD</p> <p>Be sure to check out the YT  vid for a super tasty and easy enough whip-up.</p> <p>Add your beef, and you're good to go.</p>	<p>OATS & BERRIES</p> <p>Cook your oats; quick outs, rolled oats etc [NO COMMERCIAL CEREAL] and add your berries of choice.</p> <p>A pinch of ground cinnamon can complement nicely.</p>	<p>CHICKEN BRUSCHETTA</p> <p>Pan fry your chicken & cover with tomato's, red onion, basil and balsamic vinegar.</p> <p>But, be sure to check out the authentic bruschetta mix  via the YT link.</p>
<p>THAI BEEF SALAD</p> <p>Whip up a leafy salad and combine it with beef, adding a fish sauce – low sugar.</p> <p>Or, be sure to check out the YT link. </p>	<p>SALMON POKE BOWL</p> <p>Combine fresh salmon, rice, avo, onion, peas, soybeans of choice, alfa-alfa, etc, with soy, vinegar & sesame sauce.</p> <p>Or, check out the YT link. </p>	<p>ADDITIONS</p>

Shopping list.

Note – I've listed the full ingredient list for all meals in past additions. This year, I've opted to keep all meals simple enough and throw the onus on you to create your list.

Food list;

Activity

If you currently exercise – daily – carry on.

If you don't exercise, please consider my simple activity protocol – AND – be sure to adapt to 'your' current physical condition.

Note – if you're unsure about any movements, please check with your physical therapist or Doctor.

YOUR 12-DAY PROTOCOL

F – frequency: We exercise every day.

I – intensity: We are only pushing to "our" 60-70% of our maximal effort - never harder!

T – ime: We are moving in minutes (cardio) as listed, as the minimum. Feel free to increase, fittingly.

T-ype: Cardio; walking, jogging, riding, rowing, x-trainer, swimming etc.

Strength; hit the YouTube link (10 min sessions), or practice the set below, or, of course, practice your own training.

If you don't wish to follow the youtube sessions; either, hit the gym, practice pilates or yoga – or practice this simple set.

- Body Squats x 10
- Push Ups c 10
- Sit Ups x 10

Complete x 4