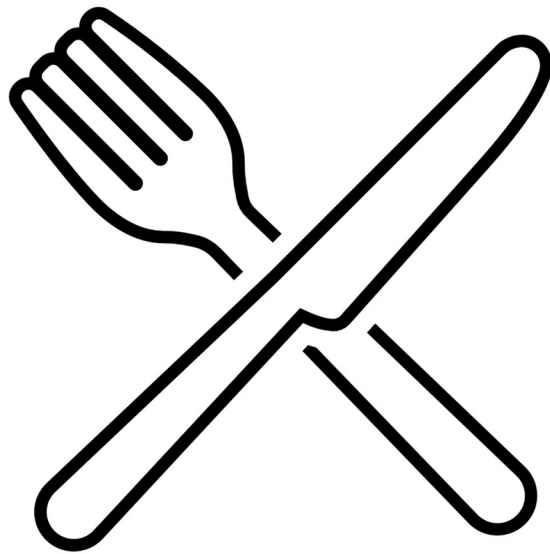


pampy's kitchen



How to practice

“you will need to plan your nourishing week”

- Use the weblink as a daily guide (or use the ‘quick guide’ below).
- Use this booklet for more detailed meal information.
- PLEASE PLAN your shopping, preparation, and likely containing of food.
- Be sure to check out the special ‘YouTube links’ on the weblink menu.

Repeat this plan until you achieve a balanced blood glucose level.



A quick guide





Day 1	Day 2	Day 3	Day 4	Day 5
Nutritional (Yeast) Eggs Halloumi Salad Veggie & Mushie Mash Alkaline Drink	Nutritional (Yeast) Eggs Salmon & Cauliflower Rice Beef Silverbeet Alkalising Drink	Fasting Graze Box Lamb Salad & Lemon Vin Alkalising Drink	Nutritional (yeast) Eggs Crunchy Reboot Salad Green Chicken Curry Alkalising Drink	Fasting Tabouli & Bacon Veggies & Goats Cheese Alkalising Drink
Day 6	Day 7	Day 8	Day 9	Day 10
Reboot Omelette Graze Box Pesto & Ricotta Chicken Phyllium Husk (caps)	Reboot Fruit Bowl Beef & Tabouli Reboot Baked Spud Phyllium Husk (caps)	Fasting Salmon Bean Salad Chicken Tray Bake Phyllium Husk (caps)	Eggs, Avo, & Halloumi Graze Box Beef Zoodles Phyllium Husk (caps)	Nutritional (Yeast) Eggs Salmon Salad Gnocchi with Eggplant Tumeric Drink
Day 11	Day 12	Day 13	Day 14	pampy's kitchen
Fasting Tuna & Quinoa Salad Thai Beef Salad Tumeric Drink	Egg & Bacon Bites Beef & Greek Salad Roasted Veggies Tumeric Drink	Nutritional (Yeast) Eggs Chicken & Chickpea Salad Reboot Baked Spud Peppermint Tea	Fast Fast Sunday Roast Peppermint tea	





The Menu





- The order of the meals supports gut health, (fat) metabolism, wellness, energy, and sleep quality.
- The order drives direction.
- Meals can be prepared very simply on purpose.
- For your convenience, some meals repeat themselves.
- Please consider the additional ‘YouTube links’ for further meal ideas.
- Ultimately, 'making', your meals is best.


The listed meals


<p>NUTRITIONAL (YEAST) EGGS</p> <p>Whip up 1-3 eggs (BP = 2), 2 tbsp full cream and sea salt. Add to a buttered pan on max heat and get scrabbling.</p> <p>Add ¼ of Nutritional Yeast (BP = Bragg Brand) and 1-2 tbsp parmesan cheese within a minute of full scrambling.</p> <p>Plate and enjoy with a coffee.</p> <p>Nutritional yeast is rich in easily absorbed protein, slow-metabolising carbohydrates and is gluten-free. It also adds a nutty flavour to otherwise boring meals.</p>	<p>HALLOUMI SALAD</p> <p>Pan-fry halloumi (in a 'little' butter) 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.</p> <p>As with ALL reboot salads;</p> <ul style="list-style-type: none"> <input type="checkbox"/> Where's the green? <input type="checkbox"/> Where's the crunch? <input type="checkbox"/> Where's the surprise? <p>Finally, I recommend whipping up a lemon vinaigrette – see >></p>	<p>LEMON VINAIGRETTE</p> <p>½ cup EVO 4 tablespoons vinegar - your choice - balsamic, red wine, white wine 1 tablespoon Dijon mustard 1 dash honey (to taste - just to balance the vinegar) ½ tsp crushed garlic S&P</p> <p>Pop it in a jar and shake vigorously. It will store in the refrigerator for 1-2 weeks</p> <p>Or, check out the YT link. </p> <p>Supermarkets sell pre-made salads & healthy-enough vinaigrette choices.</p>
<p>VEGGIES & MUSHIES MASH</p> <p>We all benefit from a big bucket of mixed veggies every now and then!</p> <p>Keep it simple: chop up and bowl your favourites veggies (e.g. broccoli, cauliflower, squash, asparagus, zucchini, green beans, capsicum, carrots, red cabbage & brussels sprouts.</p> <p>Lather your veggies in Extra Virgin Olive Oil and sea salt.</p> <p>Cook ~ 12-14 minutes @ 180°.</p> <p>Panfry your mushies in butter, garlic & salt until perfectly soft.</p> <p>Bring together and asdd further organic butter to the veggies.</p> <p>Consider adding nat yoghurt, tzatziki, and perhaps a little goat's cheese (or feta if this is easier).</p> <p>Goat's cheese may well be the healthiest cheese on offer.</p> <p>No sweet sauces!!</p>	<p>ALKALISING DRINK</p> <p>Unfortunately, green alkalising 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 tbsp stirred in boiling water. It's an acquired taste.</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>A green alkalising drink at the end of a meal can suppress appetite, meaning that boys will show less interest in returning for seconds or thirds.</p>	<p>SALMON CAULIFLOWER RICE</p> <p>Pan-fry your salmon fillet (or opt for canned red salmon) and plate over your cauliflower rice.</p> <p>Cauliflower Rice – grate or food processor the chopped cauliflower, then panfry on low heat, adding EVO & sea salt.</p> <p>After 3 minutes, add olives, cashews, celery, carrots, red onion, basil, & toasted pepita seeds, and finally, freshly squeezed lemon.</p> <p>A dob of nat yoghurt or tzatziki hits the spot.</p> <p>Check out the TY cauliflower recipe! </p>

<p style="text-align: center;">BEEF SILVERBEET</p> <p>Check out the YT vid on cooking silverbeet or simply panfry silverbeet (a green leaf alkalising ‘superstar’) in butter, garlic and salt. You’ll need to cook lots! </p> <p>Panfry your beef cuts and enjoy with your silverbeet.</p> <p>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 style="text-align: center;">FASTING</p> <p>Why: Fasting can improve gut biome balance, enhance fat-burning ketosis, and regulate the appetite. You will not die if you miss a meal.</p> <p>My 20 years of data shows that for most people, 'cycled (intermittent) fasting' offers the most health benefits compared to fasting for several consecutive days. For many individuals, fasting every day can slow down metabolism, resulting in low energy levels and minimal weight loss.</p> <p>NOTE: Coffee with milk (butter or coconut oil) does not 'break' the fast. Further, 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 see me through to lunch.</p>	<p style="text-align: center;">GRAZE BOX</p> <p>Choose from the following list and graze from breakfast to dinner.</p> <p>Salted macadamia nuts Almonds Walnuts & Pecan nuts Shredded Coconut Sunflower seeds Pepita seeds Cucumber Roma tomatoes Carrot Celery Hummus - unflavoured Sardines in Olive Oil Tuna in Olive Oil Apple, Pear, Kiwi fruit 'Real' Biltong (Jerky) – not service station sweetened versions Pre-cooked & contained cuts of beef, lamb, pork, and chicken Boiled Eggs (salt & pepper). Pre-cooked & contained halloumi cheese Coffee, Tea, Water; also, Green alkalising drinks, herbal tea, boiled water & fresh lemon.</p> <p>fyi, Pampy box: Walnuts, coconut (macro organic from Woolies), cucumber, halloumi, roma tom’s, (real) jerky</p>
<p style="text-align: center;">LAMB SALAD & LEMON VINAIGRETTE</p> <p>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. </p> <p>As with all reboot salads;</p> <ul style="list-style-type: none"> <input type="checkbox"/> Where’s the green? <input type="checkbox"/> Where’s the crunch? <input type="checkbox"/> Where’s the surprise? <p>Add lamb or your protein choice to your clean summer salad.</p> <p>Hydrate with sparking water before & after your meal.</p>	<p style="text-align: center;">CRUNCHY REBOOT SALAD</p> <p>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, feta), nuts, seeds, beets, and to avoid hunger down the line, perhaps you will need to add a little protein (e.g. smaller portion of red, pink, or white meat).</p> <p>Load up, it's a salad.</p> <p>A salad doesn’t mean a ‘boring’ iceberg lettuce, alfa alfa, tomato, carrot and sliced cheese from 1980. </p> <p>I've added a Jamie Oliver Super Salad fyi on the weblink </p>	<p style="text-align: center;">GREEN CHICKEN CURRY (Cauliflower Rice)</p> <p>Keep it simple, healthy & tasty.</p> <p>Chop & panfry your chicken breast, add the coconut milk (full strength) & green curry paste and let simmer for 5 minutes.</p> <p>Now add snow peas, eggplant & zucchini (pre-cooked separately), & water chestnuts, coriander, lemon grass & a few pan-fried peanuts.</p> <p>What about sugar? Yes, I know most recipes will include 'some' sweetener (e.g. brown sugar), which is fine. If you feel you need a sweet kicker, give allulose a try (1 tsp).</p>

	<p>Again:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Where's the green? <input type="checkbox"/> Where's the crunch? <input type="checkbox"/> Where's the surprise? 	<p>Serve over cauliflower rice – you made this on night two of the reboot.</p> <p>Alternatively, check out the YT link for an expert green chicken curry. </p>
<p>TABOULI & BACON</p> <p>Add bacon to your tabouli – it's that simple.</p> <p>Buy your tabouli pre-made or check out this authentic tabouli YT link </p> <p>Adding fresh lemon or lime & perhaps tzatziki will complement.</p> <p>Or, grab these ingredients and make 'your' own.</p> <p>Quinoa Tomatoes Fresh parsley Red onions Cucumber Fresh Mint Lemon Juice Olive Oil Sea Salt</p>	<p>VEGGIES & GOAT'S CHEESE</p> <p>Veggies, means; buy em, prepare em, cook them, eat them!</p> <p>What type?: it doesn't matter! The darker and deeper the colour, usually, the better!</p> <p>I'm a big fan of dark-coloured options like red (purple) cabbage, silverbeet, bok choy, eggplant. The darker, deeper the colour, the better – hello, rich absorbable anti-oxidants. </p> <p>e.g. I favour the convenience of an air fryer with the pre-cooking inclusion of olive oil & salt.</p> <p>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 has been shown to be perhaps the healthiest cheese on offer. It's a stronger taste, but it compliments a bucket of veg nicely!</p> <p>You can add other natural tasty treats? Chopping and dicing an 'apple' & celery can also work.</p> <p>Remember: there is ZERO portion limits – consume until you are satiated.</p>	<p>REBOOT OMELETTE</p> <p>It's an omelette – it's your choice to make it as simple as you wish.</p> <p>Prep your pan (butter), whip your eggs (and cream/ salt).</p> <p>Prep your additions, e.g. mushrooms, shallots, avocado, ham and parmesan cheese.</p> <p>Add your egg mix to the pan, and add your additions. Fold when you feel the underside is sufficiently cooked (not burnt).</p> <p>If you'd like something more fancy, but falls within the reboot nutritional guidelines, check out the TY link. </p>

<p style="text-align: center;">PESTO & RICOTTA STUFFED CHICKEN</p> <p>KISS – After panfrying your chicken breast, add (a little) pesto (jarred) and ricotta (or crumbled feta) and perhaps avocado.</p> <p>OR</p> <p>Lay your four chicken breasts flat on a cutting board. Carefully stab into the breasts, at the fattest part, not cutting all the way through. Use your fingers to make the hole wider in the breast, to create a cavity.</p> <p>Mix 250g of ricotta cheese with 2 tbsp of pesto (fresh if you have it or jar is ok) and a squeeze of lemon juice.</p> <p>Place the mix into a snap-lock bag & seal it. Snip the corner off and pipe the mixture into the cavity of each breast.</p> <p>Pan fry each breast with a little EVO, S&P until golden brown and then finish cooking in the oven - about 15-20mins on 180 degrees.</p> <p>Serve with a reboot salad.</p>	<p style="text-align: center;">PHYLLIUM HUSK</p> <p>Over the past 15 years of observing reboot results, we've noticed that some people may experience infrequent bowel movements due to the elimination of starchy fibre and processed sugar.</p> <p>To address this, I recommend consuming psyllium husk (or a commercial version like Metamucil) mixed with water. Alternatively, you might find it more convenient to take it in capsule form, which is available at Woolworths or Coles.</p> <p>Additionally, make sure to drink plenty of water, and consider including the VOOST Magnesium+ supplement, as I believe this mineral supplement is one of the best options available.</p> <p>Keep in mind that the reboot may require more water than you typically drink.</p>	<p style="text-align: center;">REBOOT FRUIT BOWL</p> <p>Start with any member of the berrie family – all of them are go!</p> <p>All other fruit is, ideally, out! - for now anyway!</p> <p>That means; No: mango, banana, grapes & watermelon, and dried fruit, for example.</p> <p>Add unsweetened coconut yoghurt or natural yoghurt – no limit.</p> <p>Finally, be sure to add some nuts and seeds. E.g. slivered almonds, sunflower and a pinch of ground cinnamon would round it off nicely. </p> <p>Note – you're welcome to add protein powder (isolate).</p>
<p style="text-align: center;">BEEF & TABOULI</p> <p>Nothing more than prepare your beef to choice and serve over tabouli – prepared or fresh!</p> <p>Add your favourite non-sweet (ultra-processed) topping. E.g. Nat yoghurt, Twatziki, Feta, etc.</p> <p>Please check out the tabouli YT link and give it a crack. </p> <p>I also recommend freshly squeezed lemon or lime.</p> <p>Don't forget to drink lots of water – and for many – include a mineral supplement – e.g. Voost Mg+.</p>	<p style="text-align: center;">REBOOT BAKED SPUD</p> <p>The menu clearly reduces dietary carbohydrates, which helps minimise blood glucose spikes and insulin levels. In addition to this, incorporating exercise, reducing stress, and improving sleep patterns can contribute to overall health by promoting fat-burning ketosis, lowering inflammation, and increasing daily mental and physical energy.</p> <p>I believe that including a small amount of the right carbohydrates can be beneficial. For example, a little potato can complement the fat-burning process, especially when paired with protein and healthy fats.</p> <p>Bake a spud, add your mince (e.g. inc herbs, spices, onion etc) and sour cream, and you're good to go!</p>	<p style="text-align: center;">SALMON & BEAN QUINOA SALAD</p> <p>Check out the delicious and super easy YT bean salad link, </p> <p>OR,</p> <p>Buy a pre-made version from the supermarket.</p> <p>Alternatively, whip up this simple mix; 4 bean mix, quinoa, chopped celery, red capsicum, red onion and panfried cashews. Add fresh lemon & mix thru.</p> <p>Salmon; buy fresh, frozen, or canned. Usually, you're fairly safe with most salmon options. But, boy, the fresh stuff is pretty good! </p> <p>Bring together! I love this one.</p>

	<p>Or</p> <p>Place your cleaned, whole potatoes in the oven, sprinkle with oil & salt. Cook for 1 hour.</p> <p>Pan fry 1 chopped onion in a drizzle of oil, add 500g lean beef mince and cook until browned.</p> <p>Add 1 finely chopped carrot, 2 finely chopped celery stalks, ½ cup white wine, 2 tbsp tomato paste & 1 can crushed tomatoes.</p> <p>Simmer for 20 mins (or longer) until veggies are soft and liquid has halved.</p> <p>When your potatoes are cooked, quarter them, fluff up the insides, and top with meat sauce & cheese. YUM!</p>	
<p>CHICKEN TRAY BAKE</p> <p>Fennel has been a staple for rebooting for 10 years; it is tasty, healthy, and contributes to successful results.</p> <p>Place 1 whole fennel bulb sliced in a tray with 2 sliced spanish onions, 2 zucchinis cubed, 2 punnets of cherry tomatoes, ¼ cup of capers, ½ cup of pitted kalamata olives.</p> <p>Toss with a little olive oil.</p> <p>Place 6 chicken thigh fillets (cut in half) throughout the vegetable mix and bake in the oven 180 degrees, about 20-30mins uncovered or until chicken is cooked through. To serve, add some fresh basil leaves and a squeeze of lemon.</p>	<p>EGG, HALOUMI & AVOCADO</p> <p>No tricks! Eggs (however you like em), with avo & halloumi, salt, lemon, and fresh herbs.</p> <p>I will enjoy up to four eggs based on my exercise intensity for the day. Harder + more (eggs).</p> <p>In previous reboots, we enjoyed sourdough. This time, based on the data from past reboots, I believe that most people would benefit from eliminating all gluten, regardless of their tolerance.</p> <p>Yes, Brad Pamp will reintroduce some sourdough after completing the reboot. But for now, it's a gluten-free period.</p> <p>What about gluten-free bread options? I just can't see enough evidence of this being a good choice, especially during the reboot!</p>	<p>BEEF ON ZOODLES</p> <p>Beef – it's your choice.</p> <p>Serve over zoodles.</p> <p>Peel zucchini however you wish – spiral, spaghetti, angel hair etc...</p> <p>Pan fry in butter, garlic & sea salt.</p> <p>I will be included panfried garlic mushrooms.</p> <p>Furthermore, crunch it with some pan-fried papita seeds. Actually, make pastacios.</p> <p>Check out the weblink for a super tasty and easy enough Zucchini noodles options. </p> <p>Keep the nat yoghurt or tzatziki coming.</p>

<p>GNOCCHI WITH BEEF & EGGPLANT</p> <p>Carb night.</p> <p>OK, you don't have the time or interest for the gnocchi meal. Right then, bake a spud, add mince, red onion, feta & sour cream (not the lite stuff).</p> <p>OR</p> <p>Reboot gnocchi</p> <p>In a large pan, heat 4 tbsp of olive oil and fry 1cm cubes of eggplant (2 whole eggplants, until golden brown & soft.</p> <p>Add 2 cloves of sliced garlic and fry for 2mins. Add thin strips of beef (slice a large piece of sirloin) and cook until browned.</p> <p>Add a 400g can of whole tomatoes, half the can of water, 2 tsp red wine vinegar, chilli flakes (to taste) and a handful of fresh basil leaves. Mash the tomatoes down and simmer for a minimum of 15 mins.</p> <p>Boil the gnocchi (according to directions - buy fresh from the supermarket fridge section) and once cooked add to the sauce.</p> <p>Serve on a bed of rocket leaves (actually, no, I hate rocket – go for basil or spinach) with a sprinkle of parmesan cheese.</p>	<p>TUMERIC DRINK</p> <p>I use the Tumeric Drink by Melrose – found in the health section of most Woolies.</p> <p>Tumeric is often a welcome taste relief from the green alkalising drink.</p> <p>Tumeric has many health benefits, with improved gut balance being the key value.</p> <p>Alternatively, make your own!</p> <p>* Boil 500ml water in the kettle. Put the turmeric, ginger and orange zest into a teapot or jug. Pour over the boiling water and allow to infuse for around 5 mins.</p> <p>* Strain through a sieve or tea strainer into two cups, add a slice of lemon and consider sweetening a little with dark organic honey.</p>	<p>THAI BEEF SALAD</p> <p>You can simply prepare spinach leaves, baby tomatos, cucumber, red onion and panfry some peanuts – add this to your beef to choice – and finally include Thai Salad Dressing (e.g Ploy Thai – Woolies).</p> <p>Or</p> <p>Hit the weblink for the best (and simple enough) Thai Beef Recipe – I recommend you give this a try!</p> 
<p>EGG & BACON BITES PROSCIUTTO</p> <p>Boil & cool eggs (it will be four for me).</p> <p>Panfry bacon or Prosciutto (I'm picking prosciutto).</p> <p>Slice a tomato</p> <p>Pick fresh basil leaves</p> <p>Cut the eggs in half, and make yourself an egg burger, adding salt and a drop of OO.</p>	<p>BEEF & GREEK SALAD</p> <p>The Mediterranean people understood the importance of healthy and nourishing food centuries ago.</p> <p>You can either stop by a supermarket for a reliable option or prepare your own mix by chopping and combining the following ingredients: olives, tomatoes, basil, mint, spinach, red onion, feta cheese, celery, green bell pepper, olive oil, and fresh lemon juice.</p>	<p>CHICKEN & CHICKPEA SALAD</p> <p>A healthy chickpea-based salad is now commonly available in larger supermarkets.</p> <p>To make your own, use tinned chickpeas, cucumber, tomato, feta, avocado, dill, and a little quinoa.</p> <p>Combine these ingredients with a lemon vinaigrette, and enjoy this delicious salad alongside a pan-fried</p>

Accompanied with my morning coffee brew – boom!	<p>Alternatively, you can check out an authentic version via the YouTube link.</p> <p>Beef – as you like.</p>	chicken breast cooked in butter and garlic.
<p style="text-align: center;">SUNDAY ROAST</p> <p>Pick your protein (Whole chicken, piece of beef, lamb leg / shoulder) Cook your meat, rubbed in olive oil, S&P and garlic until cooked to your liking - either BBQ with lid or in the oven.</p> <p>In a large tray place 2cm cubed cleaned sweet potato, potato and carrots. Drizzle with olive oil and salt - roast for 1 hour, turning frequently.</p> <p>Steam 1 head of broccoli florets and 2 handfuls of brussel sprouts, halved. Then place them in a pan and fry with a dollop of butter and tsp of minced garlic. Fry until they get crispy edges. Plate up and enjoy.</p>		

Note – Shopping List