



ANYTIME REBOOT

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Welcome To Your GRP® Anytime Reboot

As ALUMNI you are now aware of All the FOOD and LIFESTYLE factors that constitute a healthy Gut Microbiome and a healthy YOU.

You may find yourself a LITTLE off track at times... Perhaps your LOAD has increased and you have allowed the 'creep'? This happens when you prioritize other things over YOU.

Your knee jerk reaction is probably wanting to START the GRP again and restrict and eliminate ... However that is 'dieting' and is detrimental to your mental health and the health of your Gut Microbiome—which is ultimately YOU.

Repeating Establishment Phase, AS IS, is NEVER recommended unless in the case of specific health conditions, where (if this is the case) will close monitoring, along with clinical therapeutic and targeted treatment.

'Restricting' and/or the removal of food groups for long periods, or repeated periods, can erode and damage the function, richness, numbers and diversity of your newly flourishing beneficial bacteria and make pathogenic bacteria more resilient and stronger.

The benefits of repeating 'chunks' of GRP is the structure, but it is VITAL that ALL fruits, ALL vegetables, ALL grains, ALL beans and legumes and ALL nuts & seeds are included.

The MOST important thing to do during a REBOOT is to REMOVE all the detrimental Food and Lifestyle elements that you have allowed to CREEP in and REINSTITUTE elements that support a health you and healthy Microbiome.

Welcome to your **GRP ANYTIME REBOOT** that guides you through this process

Why you should NEVER repeat the GRP Establishment Phase AS IS...

Here's a simple analogy that may help to understand why it is detrimental to repeat as is...

Think of this scenario (and analogy)... you BREAK your leg and it needs to be in a cast for 6-wks. No walking, dancing, weight bearing exercise, lots of rest, gentle rehab exercises, good food etc.

After 6-wks the break will have knitted and you can get the cast off. But you don't go straight into full on exercise right? Even after the plaster cast is removed, the bone is still healing, in fact, the remodelling may take years to be completed to achieve a fully regenerated bone structure.

Once the cast is off you start with gentle walks and gauge how you feel afterwards to inform your choices of whether you will stay with the same amount of exercise, scale it back or slowly increase.

But let's say you over-do it with the exercise, go out dancing, add in too many inflammatory foods and your leg starts to throb in pain.

You don't get your leg put back in the cast again for another 6-weeks, right?? That would have no benefit, and in fact because the circumstances have changed i.e. it is not broken, just inflamed. Therefore you are highly likely do A LOT of damage by putting on the cast and restricting movement and applying the initial repair strategy to a different situation.

Instead to care for your inflamed leg you would REDUCE the load you placed on it, and INCREASE the care e.g. raise the limb to prevent swelling, get Physiotherapy to improve muscle strength, joint mobility and balance. You may even use crutches or a cane to keep weight off the affected leg for a period of time. You'd pay attention to nourishing foods. The inflammation would start to go down, the leg would start to continue with it's healing process, and you learnt an important lesson!!

The GRP is the SAME. You're not broken, you just need to INCREASE the care and REDUCE the load!

The **ANYTIME REBOOT** gently stimulates the Richness, Evenness, Diversity and Function of your Microbiome with different types of fibre, macro and micro-nutrients. It is ESSENTIAL that during the REBOOT you ALSO put into action ALL the LIFESTYLE strategies e.g. Management of Stress, Sleep Hygiene Practices, Digestive Dominoes, Movement etc. to positively impact, and support, the function and diversity of your beneficial microbial (Microbiome) population.

While food is a key determinant of the health of your Microbiome, lifestyle factors GREATLY influence its health, and especially its function.

When to Start...

Anytime... However, depending on the time of the year, you may wish to consider doing the **WINTER or RAW REBOOT** program first then follow on with this ANYTIME REBOOT and then move forward with ANY of the many GRP Alumni Approved Meal plans in your ALUMNI hub.

What to do After you Finish...

Spoiler alert... there is no finish, this is life, and it's about MANAGING THE LOAD, which truth be told, is bit of a juggling act at times ;-)

If you don't manage the LOAD then your beneficial bacteria, take a hit, and it can greatly hinders its growth. It also creates an inflammatory environment which can result in increased intestinal permeability and a perfect breeding ground for pathogenic bacteria and POOR health!

I know you don't want that right? Remember it is UP TO YOU and no-one else to MANAGE your own HEALTH. You have ALL the tools.

Food... Anytime Reboot ...

- ✓ **Choose the 2-wk or 4-wk Anytime Reboot.**
- ✓ **Remember...** You are NOT 'restricting' but 're-balancing'... Doing the ANY-TIME REBOOT doesn't stop you from going out to parties, events, special occasions etc. and choosing ANYTHING off the menu, but WHAT are you going to choose? And what better choices can you make? When you eat, HOW MUCH are you going to eat? Bring your awareness and consciousness to HOW you feel and how you WANT to feel and your WHY.

Lifestyle... Anytime Reboot ...

- ✓ **Download your PHA...** do a complete BODY and MIND scan. Then, when finished, revisit your PHA and compare. This is a great record of what happens when you prioritize you and your health.
- ✓ **ME schedule...** Head to the GHJ and search ... *Planning MY day so 'ME' is my Number One Priority*. Complete the activity to RE-PRIORITIZE YOU and post your schedule in the VC [#Accountability](#)
- ✓ **Share your journey in the VC...** hold yourself accountable to your commitment to your health. Share your journey using the hashtag [#AnytimeReboot](#) and [#Accountability](#). And while you're there... see if any other ALUMNI (don't choose a current GRP'er) wants to be your accountability partner, use hashtag [#alumni](#)
- ✓ **Check in with your DD's...** Have you allowed the creep of eating in front of the TV, using or scrolling on your computer or smart phone? Eating while working? Time to revisit your Podcast library and re-acquaint yourself with why Digestive Dominoes is a crucial part of your health, and the health of your Microbiome.
- ✓ **Movement...** Having done your ME schedule you will have re-allocated daily movement to your schedule. Head to the GHJ and search the words... *Benefits of ...* and re-read the benefits of 5 different types of movement and choose what you will do.
- ✓ **Hydration...** hold yourself and READ and COMMENT on [THIS POST](#) (even if you've done it before, do it again and recommit) [#Accountability](#).
- ✓ **Stress ARM ...** how is your awareness, relief and management of stress? Start (or continue) the activities depending on what level you are in (Awareness, Relief or Management) Stress is one of the biggest disruptors to your health and the health of your Microbiome. You need to consistently flex your STRESS ARM for optimal health.
- ✓ **Sleep Check...** Check your Optimal Sleep Practices. What has slipped? What do you need to pull back into line? What is your night-time bed routine?
- ✓ **Digital hygiene...** Where are you with this? Are you setting ALL electronic devices to DO NOT DISTURB from 8pm? How about the scrolling? Head to the GHJ and recommit by doing [THIS](#) activity. Even if you've done it before, do it again and recommit) [#Accountability](#).



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What To AVOID...

This is not about AVOIDING or going WITHOUT, but rather managing and balancing. Making the decision as to what YOU will say NO to and WHY.

Can I Expect Any Adverse Reactions?

Any change in dietary and lifestyle patterns may result in 'withdrawal symptoms'. Head to the GHL and read the section... I'm experiencing uncomfortable and unusual symptoms. What's going on?

You can do this... If you feel yourself wanting to give up then just focus on your 'WHY'. I am confident you CAN do this!

Share your journey... in the Virtual Clinic and use the hashtag #AnytimeReboot, #Accountability and #Alumni

Nat 

IMPORTANT...

Medical Disclaimer: Always speak with your physician/healthcare professional before making any dietary changes and ascertain if this plan is suitable for you. Information provided is for general purposes only, it is NOT intended to diagnose, treat, cure, or prevent any disease. Neither is it intended as a substitute for the advice provided by your physician or other healthcare professional. Do not use the information provided here for treating a health problem or disease. It is recommended to work alongside a health professional to individualize this plan to meet your energy needs. Do not disregard professional medical advice or delay in seeking professional advice because of something you have read here.

A lot of time has been spent in developing and perfecting the ANYTIME REBOOT for YOU. Please respect the work, and how our team makes its living, and do NOT share, copy, reproduce, redistribute, any or part of the Gut Rebalancing Protocol Recipes and the REBOOT program to anyone, through any medium. © Anytime Reboot 2023



WEEK 2, FOOD PRESCRIPTION... ANYTIME REBOOT

WEEKEND ESSENTIAL PREPARATION: Takes approx. 4-hrs. All quantities/serves are for 1 person

- + Replenish Essentials... [Lemon blend](#), [GGC mix](#), [Veggie Stock Paste Concentrate](#), [The Ultimate Loaf](#), [Coconut Yoghurt](#), [Nut butter](#)
- + Choose 2 extra meals and add required ingredients to your shopping list. + Spiced Baked Apples *make 2 serves (= 3 breakfasts)*
- + Overnight oats *make 1 serve (= 2 breakfasts)* + *Optional* Almond Blueberry Muffins *make 6 Sweets 'n' Treats*
- + Divine Green Dressing *make 200ml Plant-Based Essentials* + Corn 'n' Zucchini fritters *make 8 Plant-Based Essentials*
- + Basmati rice – White 2 cups *cook, cool, freeze* + Thai Red Curry Paste *make 150g Plant-Based Essentials*
- + *Optional* – busy week ahead? Make the Mushroom Dahl and Rich Red Cauli Curry ahead of time and refrigerate

ON WAKING Lemon Blend in a large mug of warm water, followed with a large glass of water

BLISSFUL BREAKFASTS <small>In Blissful Breakfasts E-book unless otherwise specified</small>	2 times a week	3 times a week	2 times a week
	Banana Passion	Spiced Baked Apples \approx Coconut Yoghurt	Overnight Oats <small>Choose toppings from variations</small>

SNACKS	Compulsory... You MUST have this snack mid-morning	Compulsory... You MUST have this snack mid-afternoon	Optional... Have this ANYTIME you like (max 1 a day)
	1 piece fruit and ½ handful of raw unsalted nuts	1 piece fruit and ½ handful of raw unsalted nuts	Almond Blueberry Muffins <small>Sweets 'n' Treats</small>

LUNCH **COMPULSORY: DINNER LEFTOVERS**

DELICIOUS DINNERS <small>In Delicious Dinners E-book unless otherwise specified</small>	15 mins	40 mins	30 mins	30 mins	15 mins	___ mins	___ mins
	Phyto-Green Salad \approx Divine Green Dressing \approx Corn 'n' Zucchini Fritters <small>Scrumptious Salads Plant Based Essentials</small>	Mushroom Dahl	Creamy Broccoli and Leek Soup	Rich Red Cauli Curry \approx Basmati rice <small>Freeze any left-over Thai Red Curry Paste</small>	Miso Mushroom Trio \approx Corn 'n' Zucchini Fritters <small>Plant Based Essentials</small>	<small>Insert meal chosen & whether to double or not</small>	<small>Insert meal chosen & whether to double or not</small>
	Double or not Write in the day you'll eat	Double recipe	Double recipe	Double recipe	Double recipe		

WEEK 1, SHOPPING LIST

ANYTIME REBOOT

Shop at home first, check off items on your list



REPLENISH GRP ESSENTIALS... Prior to shopping, check stock of Lemon blend, GGC mix, Veggie Stock Paste Concentrate, The Ultimate Loaf, Coconut Yoghurt & Nut butter. If stock is low, then add ingredients to your shopping list

For items with 'read' next to them, you MUST read your 'Ingredients A to Z' sheet, BEFORE you go shopping.

ORGANIC... You MUST buy ORGANIC when it is specified **organic** next to the shopping list item.

<input checked="" type="checkbox"/> FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Apple – Green	3 whole	6 whole	9 whole	12 whole
<input type="checkbox"/> Asparagus spears	10 spears	20 spears	30 spears	40 spears
<input type="checkbox"/> Avocado <i>medium-large</i>	3 whole	5 whole	8 whole	10 whole
<input type="checkbox"/> Banana <i>must be unripe</i> read	7 whole	14 whole	21 whole	28 whole
<input type="checkbox"/> Basil <i>fresh, leaves and stems</i>	½ handful	1 handful	1 ½ handfuls	2 handfuls
<input type="checkbox"/> Bean shoots	1 handful	2 handfuls	3 handfuls	4 handfuls
<input type="checkbox"/> Blueberries fresh or frozen topping	2 tbsp	¼ tbsp	½ cup	½ cup
<input type="checkbox"/> Bok Choy/Pak Choy or other Asian green	2 bunches	4 bunches	6 bunches	8 bunches
<input type="checkbox"/> Capsicum/Bell Pepper – Red <i>medium</i>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Carrot	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Cauliflower <i>medium</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Celery – 1 stick = approx. 20cm (7") long	4 sticks	8 sticks	12 sticks	16 sticks
<input type="checkbox"/> Chilli pepper – Green 10cm (4") long	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Fruit, choose an assortment read	14 pieces	28 pieces	42 pieces	56 pieces
<input type="checkbox"/> Garlic [1 bulb = approx 8 cloves] read	6 cloves	12 cloves	18 cloves	24 cloves
<input type="checkbox"/> Grapefruit – Red/Pink	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Mushrooms, button <i>small</i>	140 g 5oz	280 g 10oz	420 g 15oz	560 g 20oz
<input type="checkbox"/> Mushrooms, Enoki	160 g 5.6oz	320 g 11oz	480 g 16.6oz	640 g 22oz
<input type="checkbox"/> Nectarine – Yellow or White	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Onion – Brown	4 whole	8 whole	12 whole	16 whole
<input type="checkbox"/> Onion – Red	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Oregano <i>fresh, leaves and stems</i>	½ handful	1 handful	1 ½ handfuls	2 handfuls
<input type="checkbox"/> Snow peas	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Spinach leaves, baby	2 ½ handfuls	5 handfuls	7 ½ handfuls	10 handfuls
<input type="checkbox"/> Strawberries <i>small</i>	10 whole	20 whole	30 whole	40 whole
<input type="checkbox"/> Sweet Potato – Gold <i>choose small ones</i>	600 g 1.3lb	1.2 kg 2.6lb	1.8 kg 3.9lb	2.4 kg 5.2lb
<input type="checkbox"/> Tomatoes – Cherry or Grape read	16 whole	32 whole	48 whole	64 whole
<input type="checkbox"/> Tomato – Roma	1 kg 2.2lbs	2 kg 4.4lbs	3 kg 6.6lbs	4 kg 8.8lbs
<input type="checkbox"/> Zucchini/Courgette	1 kg 2.2lbs	2 kg 4.4lbs	3 kg 6.6lbs	4 kg 8.8lbs
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> NUTS AND SEEDS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Almonds, flaked or slivered read	2 tbsp	¼ tbsp	⅓ cup	½ cup
<input type="checkbox"/> Cashews raw unsalted	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Chia seeds – Black, white or mix read	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Hazelnuts raw unsalted	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Hemp seeds organic	2 tbsp	¼ tbsp	½ cup	½ cup
<input type="checkbox"/> Nuts, raw unsalted (for snacks) read	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/> Pumpkin seeds	½ cup	1 cup	1 ½ cups	2 cups

WEEK 1, SHOPPING LIST

ANYTIME REBOOT



Shop at home first, check off items on your list

<input checked="" type="checkbox"/> NUTS AND SEEDS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Sunflower seeds	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> BEANS, LEGUMES, GRAINS, FLOURS, NOODLES	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Chickpeas/Garbanzo beans 400g (14oz) <i>organic read</i>	1 can	1 can	2 cans	2 cans
<input type="checkbox"/> Lentils – Red split <i>dry, not canned</i>	500 g 17oz	1 kg 35oz	1.5 kg 52oz	2 kg 70oz
<input type="checkbox"/> Rice, Basmati – White <i>read</i>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> PANTRY GOODS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Apple Cider Vinegar w 'Mother' <i>organic read</i>	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Artichoke hearts <i>in oil or brine read</i>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/> Baby corn spears 400g (14oz) or fresh <i>read</i>	1 can	2 cans	3 cans	4 cans
<input type="checkbox"/> Cacao nibs <i>read</i>	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Cacao powder <i>organic read</i>	2 tbsp	¼ tbsp	½ cup	½ cup
<input type="checkbox"/> Coconut flakes/chips or shredded	2 tbsp	¼ tbsp	⅓ cup	½ cup
<input type="checkbox"/> Olive oil, extra virgin <i>organic read</i>	2 tbsp	¼ tbsp	⅓ cup	½ cup
<input type="checkbox"/> Olives, Green, whole, pitted or unpitted <i>read</i>	12 whole	24 whole	36 whole	48 whole
<input type="checkbox"/> Rice Vinegar <i>read</i>	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Sesame oil <i>read</i>	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Tamari <i>organic read</i>	2 tbsp	¼ tbsp	½ cup	½ cup
<input type="checkbox"/> Tomato paste <i>organic</i>	75 g 2.6oz	150 g 5.3oz	225 g 7.9oz	300 g 10oz
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> FRIDGE / FREEZER ITEMS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Peas – Green <i>frozen</i>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/> Raspberries <i>frozen</i>	300 g 10oz	600 g 20oz	900 g 30oz	1.2 kg 40oz
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> HERBS & SPICES <i>dried</i>	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Cinnamon powder	¼ tsp	½ tsp	¾ tsp	1 tsp
<input type="checkbox"/> Cloves, whole	5 whole	10 whole	15 whole	20 whole
<input type="checkbox"/> Coriander powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Cumin powder	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Ginger powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Paprika powder	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Pepper, black cracked	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Red Chilli Flakes	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Turmeric powder	1 tsp	2 tsp	3 tsp	1 tbsp

WEEK 2, SHOPPING LIST

ANYTIME REBOOT

Shop at home first, check off items on your list



REPLENISH GRP ESSENTIALS... Prior to shopping, check stock of Lemon blend, GGC mix, Veggie Stock Paste Concentrate, The Ultimate Loaf, Coconut Yoghurt & Nut butter. If stock is low, then add ingredients to your shopping list

For items with 'read' next to them, you MUST read your 'Ingredients A to Z' sheet, BEFORE you go shopping.

ORGANIC... You MUST buy ORGANIC when it is specified **organic** next to the shopping list item.

<input checked="" type="checkbox"/> FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Apple – Green <i>medium</i>	4 whole	8 whole	12 whole	16 whole
<input type="checkbox"/> Avocado <i>medium-large</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Banana <i>must be unripe</i> read	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Banana <i>must be unripe</i> <i>optional muffins</i>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Basil <i>fresh, leaves and stems</i>	1 handful	2 handfuls	3 handfuls	4 handfuls
<input type="checkbox"/> Broccoli	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Cauliflower <i>large</i>	½ whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Chilli pepper – Red <i>10cm (4") long</i>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Coriander/Cilantro	5 handfuls	10 handfuls	15 handfuls	10 handfuls
<input type="checkbox"/> Cucumber <i>large</i>	½ whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Fruit, choose an assortment read	14 pieces	28 pieces	42 pieces	56 pieces
<input type="checkbox"/> Galangal read	10 g .35oz	20 g .7oz	30 g 1oz	40 g 1.4oz
<input type="checkbox"/> Garlic [<i>1 bulb = approx 8 cloves</i>] read	5 cloves	10 cloves	15 cloves	20 cloves
<input type="checkbox"/> Ginger	10 g .35oz	20 g .7oz	30 g 1oz	40 g 1.4oz
<input type="checkbox"/> Kiwi fruit – Green	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Leek <i>medium-large</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Lemongrass <i>fresh 20cm (8") long</i>	1 stalk	2 stalks	3 stalks	4 stalks
<input type="checkbox"/> Lime	1 whole	1 whole	1 whole	1 whole
<input type="checkbox"/> Mushrooms, button <i>small</i>	420 g 14.8oz	840 g 29oz	1.26 kg 44oz	1.68 kg 59oz
<input type="checkbox"/> Mushrooms, Enoki	160 g 5.6oz	320 g 11oz	480 g 16oz	640 g 22oz
<input type="checkbox"/> Mushrooms, Oyster <i>small type</i> read	100 g 3.5oz	200 g 7oz	300 g 10oz	400 g 14oz
<input type="checkbox"/> Mushrooms, Shiitake	100 g 3.5oz	200 g 7oz	300 g 10oz	400 g 14oz
<input type="checkbox"/> Onion – Brown	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Onion – Red	3 whole	5 whole	7 whole	9 whole
<input type="checkbox"/> Parsley <i>fresh, leaves and stems</i>	1 handful	2 handfuls	3 handfuls	4 handfuls
<input type="checkbox"/> Passion fruit <i>large</i>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Rocket/Arugula and/or Radicchio/Chicory mix	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Spinach leaves, baby	4 handfuls	8 handfuls	12 handfuls	16 handfuls
<input type="checkbox"/> Spring (green) onions	5 sprigs	10 sprigs	15 sprigs	20 sprigs
<input type="checkbox"/> Sprouts – Snow pea	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Sunflower shoots read	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Tomato – Regular	1 whole	1 whole	1 ½ whole	2 whole
<input type="checkbox"/> Zucchini/Courgette	350 g 12oz	700 g 24oz	1.05 kg 36oz	1.4 kg 48oz
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> NUTS AND SEEDS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Almonds, flaked or slivered read	2 tbsp	¼ cup	½ cup	½ cup
<input type="checkbox"/> Almonds, whole, raw unsalted <i>optional muffins</i>	1 ¼ cups	2 ½ cups	3 ¾ cups	5 cups
<input type="checkbox"/> Chia seeds – Black, white or mix read	1 tbsp	2 tbsp	3 tbsp	¼ cup

WEEK 2, SHOPPING LIST

ANYTIME REBOOT

Shop at home first, check off items on your list



<input checked="" type="checkbox"/> NUTS AND SEEDS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Flaxseed, whole, <i>optional muffins organic</i>	2 tbsp	¼ cup	½ cup	½ cup
<input type="checkbox"/> Nuts, raw unsalted (for snacks) <i>read</i>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/> Pine nuts	2 tbsp	¼ cup	½ cup	½ cup
<input type="checkbox"/> Sunflower seeds	2 tbsp	¼ cup	½ cup	½ cup
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> BEANS, LEGUMES, GRAINS, FLOURS, NOODLES	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Lentils – Red split <i>dry, not canned</i>	1 cup	2 cups	3 cups	4 cups
<input type="checkbox"/> Oats, wholemeal, rolled <i>organic read</i>	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/> Rice, Basmati – White <i>read</i>	300 g 10.5oz	600 g 21oz	900 g 31oz	1.2 kg 42oz
<input type="checkbox"/> Spelt flour – plain <i>organic</i>	½ cup	1 cup	1 ½ cups	2 cups
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> PANTRY GOODS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Apple Cider Vinegar w 'Mother' <i>organic read</i>	2 tbsp	¼ cup	½ cup	½ cup
<input type="checkbox"/> Baking powder <i>read optional muffins</i>	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Coconut milk 400g (14oz) <i>read</i>	3 cans	5 cans	7 cans	10 cans
<input type="checkbox"/> Coconut water <i>read</i>	200 ml 7oz	400 ml 14oz	600 ml 21oz	800 ml 28oz
<input type="checkbox"/> Egg <i>organic</i> , free range, hormone, antibiotic free	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Nutritional/Savoury yeast flakes <i>read</i>	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Olive oil, extra virgin <i>organic read</i>	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Tomato paste <i>organic</i>	75 g 2.6oz	150 g 5.3oz	225 g 7.9oz	300 g 10oz
<input type="checkbox"/> Tomatoes diced 400g (14oz) <i>organic</i>	1 can	2 cans	3 cans	4 cans
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> FRIDGE / FREEZER ITEMS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Blueberries <i>frozen optional muffins</i>	200 g 7oz	400 g 14oz	600 g 21oz	800 g 28oz
<input type="checkbox"/> Corn kernels <i>frozen</i>	300 g 10oz	600 g 20oz	900 g 30oz	1.2 kg 40oz
<input type="checkbox"/> Miso paste – White (SHIRO) <i>organic read</i>	¼ cup	¼ cup	½ cup	½ cup
<input type="checkbox"/>				
<input type="checkbox"/>				
<input checked="" type="checkbox"/> HERBS & SPICES <i>dried</i>	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> All spice	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Coriander powder	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Coriander seeds	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Cumin powder	1 tbsp	2 tbsp	3 tbsp	¼ cup
<input type="checkbox"/> Cumin seeds	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Curry powder <i>mild</i>	2 tbsp	¼ cup	½ cup	½ cup
<input type="checkbox"/> Paprika powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Pepper, black cracked	½ tsp	1 tsp	1 ½ tsp	2 tsp
<input type="checkbox"/> Salt, Pink Himalayan <i>whole or ground</i>	a pinch	¼ tsp	½ tsp	½ tsp
<input type="checkbox"/> Turmeric powder	½ tsp	1 tsp	1 ½ tsp	2 tsp