GRP

GUT REBALANCING PROTOCOL

WEEK 1, FOOD PRESCRIPTION… ESTABLISHMENT PHASE

WEEKEND ESSENTIAL PREPARATION: Takes approx. 3.5-hrs. All quantities/serves are for 1 person

+ Lemon blend *make 150g*
+ Veggie Stock Concentrate *make 600g*
+ Omega 3 mix *make 300g*
+ Peel & freeze bananas *for smoothies*
+ GGC *make 400g*
+ The Ultimate Loaf *make 1 loaf*
+ Fruit Salad *make 2 serves (= 2 breakfasts)*
+ *Optional* – Nut (or seed) milk *make 500ml, freeze*
+ *Optional* – busy week ahead? Make the Tomato and Lentil soup ahead of time and refrigerate

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

BREAKFASTS	2 times a week Fruit Salad w Coconut Yoghurt	2 times a week Avocado Smash w optional variations on toasted Ultimate Loaf	1 of each Choc Chip – Very Berry – Seriously C Smoothies
SNACKS	Compulsory… You MUST have this snack mid-morning 1 piece fruit and a small handful of raw unsalted nuts	Compulsory… You MUST have this snack mid-afternoon 1 piece fruit and a small handful of raw unsalted nuts	Optional… Have this ANYTIME you like (no maximum) Banana Pennies

LUNCHES	**COMPULSORY:** DINNER LEFTOVERS

DINNERS	20 mins Asian Greens Stir-Fry Double recipe	45 mins Tomato and Lentil soup Double recipe	30 mins ABC Bowl w Balsamic Drizzle Double recipe	20 mins Spinach Zoodles w Spicy Asian Dressing Double recipe	30 mins Ethiopian Chickpea Stew Double recipe	___ mins Write meal chosen Double recipe	___ mins Write meal chosen Double recipe
Write day you'll eat→							

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GUT REBALANCING PROTOCOL

WEEK 2, FOOD PRESCRIPTION… ESTABLISHMENT PHASE

WEEKEND ESSENTIAL PREPARATION: Takes approx. 3.5-hrs. All quantities/serves are for 1 person

+ Replenish Essentials… Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf, Omega 3 mix plus *optional* Nut or seed milk

+ Orange Chai Granola *make 440g (= 3 breakfasts)*

+ Peel & freeze bananas *for smoothies*

+ Bircher Muesli *make 2 serves (= 2 breakfasts)*

+ Cleopatra Dressing *make 150g and refrigerate*

+ *Optional* – busy week ahead? Make the Cauli Chickpea Madras and Demure Dahl ahead of time and refrigerate

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

BREAKFASTS	3 times a week Orange Chai Granola Serve with Coconut water or homemade milk	1 of each Beet This & Blueberry Bliss Smoothies	2 times a week Bircher Muesli Choose any optional toppings from variations
SNACKS	Compulsory… You MUST have this snack mid-morning 1 piece fruit and a small handful of raw unsalted nuts	Compulsory… You MUST have this snack mid-afternoon 1 piece fruit and a small handful of raw unsalted nuts	Optional… Have this ANYTIME you like (no maximum) Apple Nut Sandwich

LUNCHES	**COMPULSORY:** DINNER LEFTOVERS

DINNERS	25 mins Green Buddha Bowl w Lemon drizzle Double recipe	30 mins Cauli Chickpea Madras Double recipe	15 mins Cos 'n' Cucumber Salad w Cleopatra Dressing Double recipe	25 mins Moroccan Chickpea Stew Double recipe	30 mins Demure Dahl Double recipe	___ mins Write meal chosen Double recipe	___ mins Write meal chosen Double recipe
Write day you'll eat→							

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GUT REBALANCING PROTOCOL

WEEK 3, FOOD PRESCRIPTION… ESTABLISHMENT PHASE

WEEKEND ESSENTIAL PREPARATION: Takes approx. 3-hrs. All quantities/serves are for 1 person

+ Replenish Essentials... Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf, Omega 3 mix plus *optional* Nut or seed milk

+ Spiced Baked Apples *make 2 serves (= 2 breakfasts)*

+ Overnight oats *make 2 serves (= 2 breakfasts)*

+ *Optional* Almond Blueberry Muffins *make 6*

+ Thai Red Curry Paste *make 150g*

+ *Optional* – In Week 7 you will be adding Kimchi to your 'Somen summer Bowl'. If you wish to make your own, start now. Option to buy

+ *Optional* – In Week 8 you will be adding *optional* Sriracha sauce to your 'Spicy Thai Rainbow Salad'. If you wish to make your own, start now.

+ *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

BREAKFASTS	3 times a week Banana Passion	2 times a week Spiced Baked Apples w Coconut Yoghurt	2 times a week Overnight Oats Choose any optional toppings from variations
SNACKS	Compulsory… You MUST have this snack mid-morning 1 piece fruit and a small handful of raw unsalted nuts	Compulsory… You MUST have this snack mid-afternoon 1 piece fruit and a small handful of raw unsalted nuts	Optional… Have this ANYTIME you like (max 1 a day) Almond Blueberry Muffins

LUNCHES	**COMPULSORY:** DINNER LEFTOVERS

DINNERS	15 mins Phyto-Green Boost Salad w Lime Drizzle Double recipe	40 mins Mushroom Dahl Double recipe	30 mins Creamy Broccoli and Leek Soup Double recipe	30 mins Rich Red Cauli Curry Double recipe	20 mins Basil Pesto Zucchini noodles Double recipe	___ mins Write meal chosen Double recipe	___ mins Write meal chosen Double recipe
Write day you'll eat→							

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WEEK 4, FOOD PRESCRIPTION… ESTABLISHMENT PHASE

WEEKEND ESSENTIAL PREPARATION: Takes approx. 3-hrs. All quantities/serves are for 1 person

+ Replenish Essentials... Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf, Omega 3 mix plus *optional* Nut or seed milk

+ Cinnamon Lime Granola *make 400g (= 3 breakfasts)*

+ Hummus Dip *make 1 serve (keep aside 2 tbsp for Broccoli Tots)*

+ Tandoori Paste *make 140g*

+ Apple Raspberry Crumble *make 4 serves (= 4 breakfasts)*

+ Broccoli Tots *make 12 and refrigerate*

+ *Optional* – busy week ahead? Make the Lentil Minestrone and Dahl Palak ahead of time and refrigerate

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

BREAKFASTS	3 times a week Cinnamon Lime Granola Serve with Coconut water or homemade milk	4 times a week Apple Raspberry Crumble

SNACKS	Compulsory… You MUST have this snack mid-morning 1 piece fruit and a small handful of raw unsalted nuts	Compulsory… You MUST have this snack mid-afternoon 1 piece fruit and a small handful of raw unsalted nuts	Have this ANYTIME you like (no maximum) Hummus Dip w Celery sticks

LUNCHES	**COMPULSORY:** DINNER LEFTOVERS

DINNERS	30 mins	40 mins	25 mins	50 mins	15 mins	___ mins Write meal chosen	___ mins Write meal chosen
	Lentil Minestrone	Cauli 'n' Caper Salad w Broccoli Tots [6]	Tandoori Vegetable Curry	Dahl Palak	Yum Choy Sum		
	Double recipe	Double recipe	Double recipe	Double recipe	Double recipe	Double recipe	Double recipe
Write day you'll eat→							

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GUT REBALANCING PROTOCOL

WEEK 5, FOOD PRESCRIPTION… GROWTH PHASE

WEEKEND ESSENTIAL PREPARATION: Takes approx. 4.5-hrs. All quantities/serves are for 1 person

+ Replenish Essentials... Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf, Omega 3 mix plus *optional* Nut or seed milk

+ Banana 'n' Oats Raspberry Pudding *make 4 serves (= 4 breakfasts)*

+ *Optional* – Strawberry Choc Tops *make 20*

+ Cook Potatoes *for Beet This Salad and refrigerate*

+ Breakfast at Tiff's *make 400g (= 3 breakfasts)*

+ Make Vegetarian Biryani *refrigerate*

+ Cook Rice *for Chickpea 'n' Cauli Masala and refrigerate*

+ *Optional* – busy week ahead? Make the Chickpea 'n' Cauli Masala ahead of time and refrigerate

ON WAKING	Lemon Blend in a large mug of warm water, followed with a large glass of water						
BREAKFASTS	4 times a week Banana 'n' Oats Raspberry Pudding				3 times a week Breakfast at Tiff's Serve with Coconut water or homemade milk		
SNACKS	Compulsory… You MUST have this snack mid-morning 1 piece fruit and a small handful of raw unsalted nuts		Compulsory… You MUST have this snack mid-afternoon 1 piece fruit and a small handful of raw unsalted nuts		Optional… Have this ANYTIME you like (no maximum) Strawberry Choc Tops		
LUNCHES	**COMPULSORY:** DINNER LEFTOVERS						
DINNERS	45 mins Vegetarian Biryani Double recipe	50 mins Beet This Salad Double recipe	55 mins Quinoa Protein Bowl Double recipe	45 mins Enoki Kway Teow Double recipe	44 mins Chickpea 'n' Cauli Masala Double recipe	___ mins Write meal chosen Double recipe	___ mins Write meal chosen Double recipe
Write day you'll eat→							

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GUT REBALANCING PROTOCOL

WEEK 6, FOOD PRESCRIPTION… GROWTH PHASE

WEEKEND ESSENTIAL PREPARATION: Takes approx. 2-hrs. All quantities/serves are for 1 person

+ Replenish Essentials... Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf, Omega 3 mix plus *optional* Nut or seed milk

+ Cinnamon Cacao Buckini Granola *make 400g (= 4 breakfasts)*

+ Peel & freeze bananas *for smoothies*

+ *Optional* – Guacamole w raw veggie sticks *make 1 serve*

+ Cook Wild rice *for Wild Rice salad and refrigerate*

+ *Optional* – busy week ahead? Make the Chunky Spiced Tomato and Corn Soup ahead of time and refrigerate

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

BREAKFASTS	4 times a week Cinnamon Cacao Buckini Granola Serve with Coconut water or homemade milk	1 of each Blue Passion – Boost – Celery Energy Smoothies

SNACKS	Compulsory… You MUST have this snack mid-morning 1 piece fruit and a small handful of raw unsalted nuts	Compulsory… You MUST have this snack mid-afternoon 1 piece fruit and a small handful of raw unsalted nuts	Optional… Have this ANYTIME you like (no maximum) Guacamole Dip w Raw Veggie sticks

LUNCHES	**COMPULSORY:** DINNER LEFTOVERS

DINNERS	55 mins Wild Rice and Quinoa w Sundried Tomatoes Salad Double recipe	45 mins Chunky Spiced Tomato and Corn Soup Double recipe	25 mins Black Bean Quinoa Salad w Cumin Lime Dressing Double recipe	20 mins Can Do Tomato Soup w optional Ultimate Loaf croutons Double recipe	15 mins Shaved Fennel 'n' Radish w Balsamic Drizzle Double recipe	___ mins Write meal chosen Double recipe	___ mins Write meal chosen Double recipe
Write day you'll eat→							

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GUT REBALANCING PROTOCOL

WEEK 7, FOOD PRESCRIPTION… GROWTH PHASE

WEEKEND ESSENTIAL PREPARATION: Takes approx. 3.5-hrs. All quantities/serves are for 1 person

+ Replenish Essentials… Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf, Omega 3 mix plus *optional* Nut or seed milk

+ Banana Buckwheat Granola *make 400g (= 4 breakfasts)*

+ Granola Breakfast Balls *make 6 (= 3 breakfasts)*

+ *Optional* – Chilli Roast Capsicum dip *make 1 serve*

+ Make Paella De Verduras *and refrigerate*

+ *Optional* – busy week ahead? Make the Chilli Verduras ahead of time and refrigerate

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

BREAKFASTS	4 times a week Banana Buckwheat Granola Serve with Coconut water or homemade milk	3 times a week Granola Breakfast Balls 2 per serving

SNACKS	Compulsory… You MUST have this snack mid-morning 1 piece fruit and a small handful of raw unsalted nuts	Compulsory… You MUST have this snack mid-afternoon 1 piece fruit and a small handful of raw unsalted nuts	Optional… Have this ANYTIME you like (no maximum) Chilli Roast Capsicum Dip w Celery sticks

LUNCHES	**COMPULSORY:** DINNER LEFTOVERS

DINNERS	60 mins Paella De Verduras Double recipe	10 mins Somen Summer Bowl Double recipe	45 mins Chilli Verduras Double recipe	20 mins Raw Pad Thai Double recipe	30 mins Jacked-up Tacos Double recipe	___ mins Write meal chosen Double recipe	___ mins Write meal chosen Double recipe
Write day you'll eat→							

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GUT REBALANCING PROTOCOL

WEEK 8, FOOD PRESCRIPTION… GROWTH PHASE

WEEKEND ESSENTIAL PREPARATION: Takes approx. 2.5-hrs. All quantities/serves are for 1 person

+ Replenish Essentials... Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf, Omega 3 mix plus *optional* Nut or seed milk

+ Super Seed 'N' Nut Muesli *make 300g (= 4 breakfasts)*

+ Cook Pasta Spirals *and refrigerate*

+ Brilliant Biome Boosters *make 4 and refrigerate*

+ *Optional* – busy week ahead? Make the Hosomaki Sushi ahead of time and refrigerate

+ *Optional* – Choc Seed Bites *make 12*

+ Soak buckwheat groats *for Buckwheat Tabouli*

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

BREAKFASTS	3 times a week Oatmeal Medley Choose any optional toppings from variations	4 times a week Super Seed 'N' Nut Muesli Serve with Coconut water or homemade milk

SNACKS	Compulsory… You MUST have this snack mid-morning 1 piece fruit and a small handful of raw unsalted nuts	Compulsory… You MUST have this snack mid-afternoon 1 piece fruit and a small handful of raw unsalted nuts	Optional… Have this ANYTIME you like (maximum per day = 2) Choc Seed Bites

LUNCHES	**COMPULSORY:** DINNER LEFTOVERS

DINNERS	30 mins Corn, Pea and Kalamata Spirals Double recipe	35 mins Buckwheat Tabouli & Brilliant Biome Boosters [2] Double recipe	30 mins Hosomaki Sushi [make 12] Double recipe	40 mins Mexican Pokè Bowl Double recipe	30 mins Spicy Thai Rainbow Salad Double recipe	___ mins Write meal chosen Double recipe	___ mins Write meal chosen Double recipe
Write day you'll eat→							

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GUT REBALANCING PROTOCOL

WEEK 9, MAINTENANCE…

WEEKEND ESSENTIAL PREPARATION: Takes approx. _____hrs. All quantities/serves are for 1 person

+ Replenish Essentials... Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf, Omega 3 mix plus *optional* Nut or seed milk

+ **+**

+ **+**

+ **+**

+ Grazing platter… *invite friends over to join you in celebrating your transformation!!*

+ *Optional* – busy week ahead? Make_____ahead of time and refrigerate

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

BREAKFASTS	____ times a week	____ times a week

SNACKS	Compulsory… You MUST have this snack mid-morning 1 piece fruit and a small handful of raw unsalted nuts	Compulsory… You MUST have this snack mid-afternoon 1 piece fruit and a small handful of raw unsalted nuts	Optional… Have this ANYTIME you like

LUNCHES	**COMPULSORY:** DINNER LEFTOVERS

DINNERS	___ mins Write meal chosen Double recipe	___ mins Write meal chosen Double recipe	___ mins Write meal chosen Double recipe	___ mins Write meal chosen Double recipe	___ mins Write meal chosen Double recipe	___ mins Write meal chosen Double recipe	2-hrs Grazing Platter Take a photo and post in the GRP HUB No need to double
Write day you'll eat→							

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GUT REBALANCING PROTOCOL

MEAL PLAN

WEEKEND ESSENTIAL PREPARATION: Takes approx. _____hrs. All quantities/serves are for 1 person

+ Replenish Essentials... Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf, Omega 3 mix plus *optional* Nut or seed milk

+	+
+	+
+	+
+	+

+ *Optional* – busy week ahead? Make_____ahead of time and refrigerate

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

BREAKFASTS	____ times a week	____ times a week

SNACKS	Compulsory… You MUST have this snack mid-morning 1 piece fruit and a small handful of raw unsalted nuts	Compulsory… You MUST have this snack mid-afternoon 1 piece fruit and a small handful of raw unsalted nuts	Optional… Have this ANYTIME you like

LUNCHES	**COMPULSORY:** DINNER LEFTOVERS

DINNERS	___ mins	___ mins	___ mins	___ mins	___ mins	___ mins	___ mins
	Double recipe	Double recipe	Double recipe	Double recipe	Double recipe	Double recipe	No need to double
Write day you'll eat→							