GUT REBALANCING PROTOCOL

Establishment Phase Weeks 1-4
Food Prescription Guidelines

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GRP© Establishment Phase, Weeks 1 to 4 …

Your Food Prescription (Meal plans) Weeks 1 to 4, follow science-proven methods to manipulate and start the rebalancing of your Microbiome.

Based on current evidence, about Microbiome recovery, strategic doses of various prebiotic foods and fibres, macronutrients, micronutrients, phytonutrients and antioxidants, at intervals and specific quantities, is designed to increase the abundance, diversity, evenness, richness and function of your beneficial microbes while also exerting powerful anti-inflammatory effects. This is the start of rebalancing your Microbiome and restoring you health.

The WORD 'prescription' is used on purpose because, just like any prescription, it needs to be taken exactly AS-PRESCRIBED for it to work.

It is **absolutely essential** that you **strictly adhere** to all the elements of your Food Prescription (Meal plans) Weeks 1 to 4 Establishment and these guidelines.

The GRP is not a creative, or interpretative, process, it is a PROTOCOL i.e. a prescriptive framework with a set of procedures, in a designated time frame, that accomplish a specific task.

Growth Phase (Weeks 5 to 8) Guidelines will be released in Module 4 (Wk 4).

Food Prescription…

Please be aware, that your Establishment Phase FOOD prescription is not a 'long-term' way of eating and is only done for a short period. Think of wearing a cast on a broken leg, the 'cast' is used for a short-term to heal the initial break. After… it is taken off … and with a change in treatment strategies, further healing takes place.

You MUST eat every single DRINK (Lemon Blend), BREAKFAST, SNACK and DINNER on your weekly Food Prescription…

- ⇒ You CANNOT skip your lemon blend, any meal or your twice daily fruit/nut snack.
- ⇒ You MUST eat the portion size with ALL ALLOWED ingredients.
- ⇒ You MUST have your lunch leftovers. Do NOT substitute with another meal.
- ⇒ Do NOT add 'extra' salt, oil, tamari, tahini, nuts, coconut yoghurt etc. or more of any ingredient listed in a GRP recipe unless it is a herb or spice.
- ⇒ You can include meals from previous weeks as long as you still eat ALL of that weeks meals e.g. *When doing Week 2 you can include ANY Week 1 meals for your extra 2 dinners but you must still eat all of Week 2's meals.*
- ⇒ Most GRP recipes have 'variations', feel free to use these.

As discussed in our FAQs the GRP is NOT Vegan, and we do not want the word "Vegan" used in GRP HUB or when referring to the GRP… as THE GRP IS NOT VEGAN. 'Veganism' is a philosophy and way of life that rejects the use of animals and animal by-products, however it is not necessarily 'healthy' nor 'balanced', often includes 'additives, emulsifiers, preservatives etc.' and most importantly does not take into account lifestyle factors.

The GRP uses a variety and specific plant-based foods as a strategy to rebalance your Gut Microbiome and restore your health. We do NOT endorse ANY diet, nor label foods as GOOD or BAD.

Weekend ESSENTIAL preparation...

Is labelled as **essential** as it makes up the **essential** building blocks for the meals you'll make during the week and is a NUTRITIONAL and GUT MICROBIOME building and rebalancing strategy to pre-make certain GRP meals or prepare them in a certain way before hand.

Make no mistake… This is non-negotiable YOU must have **ALL** this **essential** preparation done **BEFORE** you each week's Food Prescription… your 'smooth-sailing', 'stress-free' and 'gut rebalancing' week depends on it!

Breakfasts...

There are 2-3 breakfasts listed on your Food Prescription. You MUST eat each breakfast as per the quantity and number of times prescribed. There are enough breakfasts for each day of the week including weekends (i.e. 7-days)

There are no 'days of the week' listed for your breakfasts. This allows you the flexibility of choosing which breakfast you want to eat based on how you feel, the weather, or your work/life schedule, however this DOES NOT mean you can skip ahead to future weeks' breakfasts or miss a breakfast.

You can eat your breakfasts in any order and mix it up e.g. Fruit Salad w Coconut Yoghurt, then Avocado Smash, a Smoothie, then Fruit Salad w Coconut Yoghurt again, another Smoothie, Avocado Smash again, and then another Smoothie.

Snacks...

There are 2-3 snacks on your Food Prescription each week. You MUST eat your 2 pieces of fruit & handful of raw unsalted nuts EVERY SINGLE day. 1 piece of fruit and ½ handful of nuts should be eaten mid-morning (or 2-3 hrs after breakfast) then your other piece of fruit and remaining ½ handful of nuts should be eating mid-afternoon (or 2-3 hrs after lunch). Please refer to your Fruit 'n' Nuts recipe in your recipe e-book for what to choose.

If you are still hungry AFTER eating those, then you have the option of having the other snack listed on your prescription for that week.

The GRP is NOT a diet and you don't need to go hungry. In Module 1—Getting Prepared we will cover common questions such as … "I am hungry, what should I do?" etc. But if you have a question, then please post it in the LIVE Q&A broadcast post in the GRP HUB (FB) and it will be answered in the LIVE.

Lunches...

Are SO simple as you have your dinner leftovers from the night before… EXCEPT for Day 1, Week 1... where you may not have any leftovers from the night before. In this case, please choose any smoothie or salad from your recipe book and have that for your Day-1 Week 1 Lunch. Remember, you will have to add the necessary ingredients to your Shopping list!

While lunch-leftovers will save you a lot of time it is important to understand that it is a CRUCIAL, but subtle means, of changing the relative abundance of your beneficial gut microbes with divided doses of fibre between dinner and lunch and the type of fibre with pre-cooking and then re-heating. Lunch-leftovers are an **ESSENTIAL** part of the GRP and NOT an option to miss leftovers

- ⇒ You MUST eat your daily lunch leftovers
- ⇒ You can eat your lunch cold, or warm it up, your choice.
- ⇒ DO NOT skip lunch because you're not hungry.
- ⇒ DO NOT skip lunch because work is busy. Remember your health is your PRIORITY now - not work. Tell your colleagues that you are going to take time to eat your lunch outside, or in a non-work spot, as your health is important to you. *(Do NOT eat at your computer or work desk*). You will return to work refreshed and fuelled up for the afternoon rather than experiencing an afternoon energy slump!!

You MUST use every single ingredient listed in a recipe. If you are struggling to find an ingredient then ask other GRP'ers for suggestions on where to buy—just make sure you tell them where you are located (suburb/city) so they can help you. You are free to add extra herbs and spices for your individual taste preference but do NOT add extra salt, oil or condiments under any circumstances.

Dinners…

There are **5 Dinners** on your Food Prescription, allowing a 'choice' for the remaining 2 dinners (and 1 lunch leftover) where you can choose what you'd like to eat, following these guidelines, ensuring that you do **NOT** include ANY of the AVOID foods (pg-5). And remember that when you are making your EXTRA dinners that you need to DOUBLE the recipe so you have lunch leftovers for the next day.

These are your options …

A. Repeat a dinner on that week's Food Prescription that you like the look of!
B. If you have any leftover veggies in your fridge, put together your own meal creation.
C. Have one of the Breakfasts' (only the ones listed in Weeks 1-4).
D. Have one of the Dips' with raw veggie sticks (from any week).
E. Have one of the Smoothies' (from any week).
F. Repeat a dinner from ANY previous week on your Food Prescription. E.g. If you are in Wk2, choose any dinner from Wk1 or 2 you really liked, or you are in Wk3, choose any dinner from Wk1, 2 or 3 that you really liked, etc.
G. Eat out… However check menu carefully and do NOT include ANY of the 'avoid' foods. *NOTE: If you are EATING OUT… you WILL NOT have lunch leftovers the next day, so you will have make option B, C ,D, E for lunch.*

Every week, when preparing to go shopping for your next week's ingredients, you will NEED to pre-plan when you will eat each 'prescribed' meal and when/what to have for your two extra dinners. Depending on your upcoming week's plans, choose what day you'd like to eat each dinner. Here are some examples, of what that may look like, referring to your Wk1 Food Prescription…

EXAMPLE 1, DINNERS:

⇒ Monday: ABC Bowl
⇒ Tuesday: Asian Greens Stir-Fry
⇒ Wednesday: Ethiopian Chickpea Soup
⇒ Thursday: Spinach Zoodles Salad
⇒ Friday: *Hummus & celery sticks* *Extra meal*
⇒ Saturday: Tomato and Lentil soup
⇒ Sunday: Spinach Zoodles Salad *Extra meal*

EXAMPLE 2, DINNERS:

⇒ Monday: Spinach Zoodles Salad
⇒ Tuesday: Asian Greens Stir-Fry
⇒ Wednesday: ABC Bowl
⇒ Thursday: *Very Berry Smoothie* *Extra meal*
⇒ Friday: Tomato and Lentil soup
⇒ Saturday: *Dinner out* *Extra meal*
⇒ Sunday: Ethiopian Chickpea Soup

Each dinner that you need to 'Double recipe' i.e. as an individual, when looking at the recipe you will select the 2 serves column. One serve will be your dinner the other serve will be your lunch the next day. *P.S. your shopping list caters for doubling of recipes so you do NOT need to buy any extra ingredients.*

You CAN pre-cook the dinners that are listed on your Food Prescription in the Weekend Essential Preparation section under… *Optional – busy week ahead? Make the* <dinner> ahead of time and refrigerate *(the approx. prep-time on your Food Prescription does not include this optional extra preparation)*

Meal timings…

There is NO rigid timing of meals, it will depend on your work schedule and waking time. But we recommend that you have about 2-3 hours between each meal/snack.

Serving Sizes …

The serving sizes for each recipe differs. Breakfasts specify the serving size as do your Fruit 'n' Nuts snack.

For dinners (and lunch leftovers) the serving sizes differ. Some make an average amount and some make quite generous serves. This is done on purpose, and you should try and the ENTIRE meal. That is, when making 2 serves each night, one serve (half) is for dinner and the other serve (half) is for lunch the next day. If you are struggling to finish a serving size, then just pop it into the fridge and come back to it later. Or freeze (if possible) for a future (extra) meal.

Shopping Lists…

There are WEEKLY shopping lists (for each week of your Food Prescription) that includes everything you need for just THAT week e.g. Fresh produce, dry goods, pantry, fridge & freezer items.

There is a COMBINED shopping list that lists ALL the dry goods, pantry, fridge & freezer items needed for the ENTIRE 56-Days with your This allows you to buy items that keep for a long time, at one time. It is also cheaper to buy in bulk.

You do NOT have to buy extra for doubling dinners as it has already been calculated into your shopping list. We highly recommend that you peruse your shopping list on a Friday, to read the accompanying 'Ingredient A-Z' list so you are ready to go shopping on Saturday morning. Because if you cannot find a particular ingredient you can head to other shops later in the afternoon or on Sunday morning. This ensures you are ready for your Weekend Essential Preparation on either Saturday afternoon or Sunday.

Recipes…

Used in your Food Prescription are housed in your GRP RECIPE E-BOOK. They are listed in alphabetical order. For breakfast and snacks, as an individual, you will refer to the 1 serve column, unless your Weekend Essential preparation provides different instructions to *make a certain amount e.g. 400g or 4 serves*.

For 'dinners' you will need to 'Double recipe' which means looking at the 2 serve column, in your recipe, and make 2 serves. One serve (half) will be for dinner and the other serve (half) will be your lunch the next day.

You MUST use every single ingredient listed in a recipe. If you are struggling to find an ingredient then ask other GRP'ers for suggestions on where to buy—just make sure you tell them where you are located (suburb/city) so they can help.

What you MUST AVOID in Establishment Phase …

The AVOID list in Establishment Phase may seem endless but there are reasons why these foods are to be avoided. Some are highly inflammatory and have a negative impact on your Microbiome, others stress and further inflame heath conditions, while other foods are just not 'right' for now.

It IS possible to DINE out, but you DO NEED to know the AVOID foods, because you CANNOT include them. Adding them in at any stage can result in feeding pathogenic bacteria and subsequent proliferation and resulting inflammation. Including an AVOID food will SERIOUSLY hamper your progress and can exacerbate a current condition and even bring on new symptoms. We tell you this not to SCARE you but to PREPARE you.

- **No Alcohol** e.g. Wine, Beer, Ciders, Spirits etc. Try mineral or soda water (not tonic water) with fresh lemon or lime juice instead. Ensure your Miso and Tamari have NO added alcohol.
- **No Beans and Legumes** except where listed in a recipe in your Food prescription.
- **No Breads/Flours/Crackers/Crispbread/Baking additives/Starches**
- **No Condiments, Sauces, Marinades, Jams** examples to avoid, are any preserves, pickles, Vegemite, Promite, Marmite, all sauces, nuttlex, margarines, store-bought veggie stock liquids or cubes or powders, mayonnaises, dressings, soy sauce etc. Just a big NO to all, and any, of these.
- **No Dairy** e.g. Milk, Butter, Cream, Milk Kefir, Sour Cream, Cheese, Whey powder, Milk yoghurt, Milk ice-cream, Custard or any milk derivatives.
- **No Drinks** such as diet drinks, soft drinks, Kombucha, Vegetable or Fruit juices, even if homemade. No store bought store bought plant-based milk of any kind.
- **No Dried & canned fruits** either on their own or as part of a recipe.
- **No Eggs** even if it's from your own chickens or organic/biodynamic.
- **No Fermented Foods** except homemade Coconut Yoghurt. NO kimchi, sauerkraut.
- **No Fish/Seafood** canned fish, fresh or salt water, shellfish, dried fish, fish sauce, oyster sauce etc. No fish products whatsoever.
- **No Grains/Noodles** the list is endless but basically NO to Rice, Soy, Corn, Quinoa, Pasta, Bulgar, Rye, Wheat, Couscous, Spelt, Kamut, Farro, Barley, Bean, Rice, Egg or Legume Noodles etc. *You MUST only have what is listed in your Food Prescription.*

What you MUST AVOID in Establishment Phase …

- **No Gum** of any type, even sugar-free or artificially sweetened types.
- **No Meat products, Processed or Deli Meats** e.g. Beef, chicken, lamb pork, kangaroo, bacon, ham, salami, jerky, polony, prosciutto etc. NO to any type.
- **No Oils** outside of what is listed in a GRP recipe.
- **No Over-the-counter Medications/Drugs** such as pain-killers (any kind), Topical preparations, Antihistamines, Cough and Cold remedies or throat lozenges. These are just examples but basically NONE are allowed. We will cover alternatives in Module 1.
- **No Processed Foods, Fried foods, Candy, Crisps** e.g. Packaged meals, Fried food, potato or corn chips, muffins, crackers, biscuits, chocolate, lollies, breath mints, popcorn ... basically NO to anything that comes in a packet/ jar that isn't on your shopping list.
- **No restaurant/café /take-away/order-in foods** that include ANY of these AVOID foods and ingredients.
- **No Added Salt** only use Pink Himalayan Salt or Celtic Sea Salt but *ONLY* amount in GRP recipes *DO NOT* add extra. You can use Dulse flakes if you want a meal saltier.
- **No Supplements** e.g. Vitamins, Minerals, Herbs (tonic/capsule), Fish/Algae oils, Food or Protein powders, no probiotics (except for coconut yoghurt), no ingesting essential oils drops/capsules. *Do NOT stop any prescribed medications*.
- **No Sugars: Organic, Natural or Artificial** the list is endless but basically NO to ANY type of sugars... E.g. Stevia, Xylitol, Monk fruit, Molasses, Rice, Maple*, Agave, Date or malt syrups, Brown, Cane, Raw, Coconut or Rapadura sugar. No artificial sweeteners. **A small amount of maple is used in your GRP Raw Chocolate snack and this is allowed.*
- **No Tofu or Tempeh** or other soy products except edamame & Miso.
- **AVOID these vegetables** Cooked carrot (raw is ok) corn on the cob, corn kernels, (baby corn spears ok) cooked potato, sweet potato, parsnips, pumpkin, yams.
- **No Vinegars or Oils** except the ones listed in a GRP recipe, and only use for your GRP meals.

What you can INCLUDE in Establishment Phase …

While the AVOID list in Establishment Phase may seem endless there are SO MANY foods you can have. Don't think about what you need to 'avoid' instead FOCUS on ALL the most amazing foods you CAN have, and enjoy.

- ✓ **All the delicious foods listed in your Food Prescription (Wks 1-4)** you can add extra herbs and spices to any recipe but not 'extras' of anything else.
- ✓ **Fruit** but please just eat them at your morning and afternoon snack times.
- ✓ **Bananas** MUST BE UNRIPE e.g. green with only flecks of yellow NOT yellow and ripe. Do a search on BANANA in VC for more info.
- ✓ **ALL Vegetables** EXCEPT for those listed on the 'AVOID' list.
- ✓ **ONLY these Grains/Starches** Oats, Psyllium husks, Tapioca/Arrowroot flour, Flaxseeds and Buckwheat groats (technically a seed). ONLY to be used when specified in Food Prescription. Choose organic.
- ✓ **ONLY these Flours** Coconut, Oat and Chickpea flour or Almond/Seed meals, with no additives. ONLY to be used when specified in Food Prescription. Choose organic.
- ✓ **ONLY these Beans and Legumes** Chickpeas, Lentils (Split peas/Toor Dahl). Some brands of canned Chickpeas have sodium (salt), just rinse well before using.
- ✓ **Nuts and Seeds** ONLY raw unsalted Nuts and Seeds as part of your daily snacks. NO Peanuts. Eat a variety of nuts e.g. Almonds, Brazil nuts, Cashews, Hazelnuts, Macadamia, Pecans, Pistachios and Walnuts. See your Fruit 'n' Nuts recipe in the GRP Recipe e-book for guidelines.
- ✓ **Nut or Seed milk** can ONLY be homemade. No store-bought of any kind e.g. NO Soy, Pea, Oat, Rice or Nut milks. Basically NO store bought milks.
- ✓ **Nut butters NOT peanut** make your own with the recipe provided or buy store-bought that has NO added oil, sugar, additives or preservatives.

What you can INCLUDE in Establishment Phase …

- ✓ **Coconut Yoghurt** follow the guidelines in your Ingredients A-Z sheet for buying, or make your own with the recipe provided.
- ✓ **Coconut Milk, Coconut Cream, Coconut Water** Must be 100% pure with absolutely NO additives of any kind. Preferably organic.
- ✓ **ONLY Miso paste* (white) and Tamari**. Refer to NOTES on your Ingredients A-Z sheet ONLY use where indicated, do not add any more than listed in a recipe. No SOY milk, tofu, tempeh.
- ✓ **Herbs and Spices** fresh/dried. Feel free to add more if you wish except do NOT add extra Chilli.
- ✓ **Cacao, organic** butter, powder and nibs ONLY as per recipes.
- ✓ **Sea Vegetables** e.g. Wakame, Nori and Dulse flakes. They're a great source of macro/micro nutrients, phytonutrients, antioxidants and Iodine.
- ✓ **Filtered Water** and ONLY drink Soda, Spring or Mineral water when going out NO Tonic water.
- ✓ **Herbal Teas** Choose ONLY organic loose leaf teas (NOT tea bags) and ensure you have a variety, so you're not having the same tea all the time. NO fruit or flavoured teas. Make your own Chai tea or Turmeric latte with the recipes provided. Or make your own Ginger-Lime Spritz with Organic Ginger Root Tea. Australian members can buy here and get a 10% discount using **GRP10** code (only valid during the GRP). We cover more information About herbal teas in Module 4—FOOD.
- ✓ **Coffee or tea** *Do NOT* drink instant coffee or use tea bags. Use organic coffee and organic loose leaf tea. DO NOT add any sweeteners or store bought milks such as soy, almond, rice, nut, oat, pea or dairy milks. If you want it milky then see GRP recipes for homemade Nut or Seed milk or add 100% Coconut cream. The recommended coffee/tea timing is about 30-60 mins *AFTER* breakfast. And a second cup (if you wish) 30-mins before or after your Morning snack. NEVER first thing in the morning. We cover more information about this in Module 1—Preparation for Success.