



WINTER REBOOT

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Welcome To Your Winter Reboot®

REBOOT [rē-büt] meaning... to start (something) anew : to refresh (something) by making a new start or creating a new version.

Based on scientific principles for optimal Gut Microbiome health your WINTER REBOOT provides a variety of FIBRE, Prebiotics and Resistant Starch along with macro and micronutrients, antioxidants and phytonutrients help to stimulate the richness, evenness, diversity and function of your beneficial gut flora. And... when your Gut Microbiome flourishes... YOU flourish!

Super delicious and nutritious plant-based prebiotic and fibre rich FOODS along with the core principles of INTERMITTENT FASTING combined along with CRUCIAL LIFESTYLE elements together... support a flourishing Gut Microbiome. You will soon realize how nice it feels, for your mind and body, when YOU make yourself your priority!

All the INGREDIENTS in the WINTER REBOOT have been carefully selected... along with the timing, duration and dosing... to upregulate and favourably support liver detoxification pathways and assist with toxin biotransformation to safely eliminate unwanted toxins from the body.

The ideal time to WINTER REBOOT... Anytime really, but it especially feels good after returning from travel, a period of over-indulgence, when experiencing a hectic work or homelife period, or just when you notice the 'creep' or feel a little 'BLAH'.

When to Start... Ideally, the WINTER REBOOT is best done in Autumn or Winter, where it is easy to source in-season produce and at a time where consuming warmer foods compliment the weather. Start on any day of the week that suits you. All you have to do is shop with your shopping list, print off your menu and movement plan, scroll the recipes on your device to start cooking and you're ready to go!

What to do After you Finish... If you are up for it, you can repeat the WINTER REBOOT for a further 2, 3, 4 or 5-Days, but NO MORE! Once you finish... start with any of your Meal plans and continue with your Lifestyle elements.

The WINTER REBOOT 'food' element is NOT a diet, nor is it a long-term way of eating, it is a way to reboot and get back on track with ALL your food and lifestyle elements that create a flourishing Microbiome and a flourishing YOU!

The Food... how it Works...

The WINTER REBOOT follows the principles of balanced eating for Microbiome health, safe and supportive detoxification, INTERMITTENT FASTING... to support 'Autophagy', a natural process whereby the body operates a 'big clean' to get rid of damaged cells, eliminate toxins and create new healthy cells.

- You are required to fast for up to 16-hrs a day. However do NOT fast if you are Pregnant or breastfeeding, if you have Hypoglycemia, have developed a chronic disease or eating disorder or have a BMI of less than 19.5.
- During FASTING hours do NOT have anything except water, herbal teas or lemon blend. You CAN have your one daily black coffee and tea during this time if you wish.
- How to Intermittent fast... You must leave 16hrs between the end of Dinner and your next day's lunch. *Example...*
 - *Finish after dinner snack at 7pm, start lunch at 11am.*
 - *Finish after dinner snack at 8pm, start lunch at 12pm.*
- Eat/Drink ONLY what is on the WINTER REBOOT Meal Plan in the order laid out, starting with Day 1 and ending on Day 5. You MUST eat every single meal and snack on the meal plan.
- Approximate times for consuming meals are written on your Meal Plan.
- ALWAYS listen to your OWN body. If you are feeling weak, ravenous, etc. then break the FAST and have something to eat. Don't push your body, but certainly explore your 'edge'.

Food elements...Winter Reboot ...

- ✓ **ONLY eat the Delicious WINTER REBOOT food...** unless you cannot source a certain ingredient then you can substitute it for another e.g. *No Leek? Substitute for a brown Onion or Shallots.*
- ✓ **Essential preparation...** is listed at the top of your Meal Plan is ESSENTIAL. Make sure you do it ALL as specified for OPTIMAL success.
- ✓ **Breakfasts...** are herbal teas and water as you intermittent fast.
- ✓ **Lunches...** are dinner leftovers from the night before (*as you will make a Double dinner batch*), except for Day 1 lunch where you make your Celery soup the day before. Freeze the other batch to have as a first dinner meal after finishing the reboot. *Your shopping list caters for the doubling of ALL dinners.*
- ✓ **Afternoon Snack...** is a piece of fruit providing fibre and nutrients, along with your raw unsalted nuts giving you Omega 3 and 6 Fatty acids. Do NOT snack outside of your 'snack' time and instead have water and herbal teas.
- ✓ **Dinners...** on your meal plan are best eaten in the order laid out however depending on availability of 'fresh' produce you can change the order if needed. Ensure you DOUBLE the recipe where indicated for lunch leftovers. Soup servings are approximately 3-4 cups (1 large bowl) *Shopping list caters for doubling of dinner, so no need to buy more.*
- ✓ **After Dinner Snack...** is non-negotiable *i.e. you MUST have it!* Your Raw Chocolate is rich in Omega 3 and 6 Fatty acids, Protein, Vitamins A, B, C, E, & K. Raw cacao is an excellent prebiotic that helps to increase beneficial bacteria species such as Bifidobacteria & Lactobacilli. Rich in polyphenols, it's packed with natural antioxidants, is an excellent anti-inflammatory and is brimming with minerals such as magnesium, calcium, copper, iron, phosphorus, potassium and zinc.
- ✓ **Herbal Teas...** Choose loose leaf non-caffeinated Organic teas such as Rooibos Peppermint, Dandelion, Lemongrass, Chamomile or your Plant Based Essentials Chai tea or Turmeric latte. Or [VOI](#) Relaxation tea, Ginger tea or Comfort tea.
- ✓ **Black Coffee or Tea...** is okay to have, limit to JUST one a day BEFORE midday. Drink at least 1-hr away from a meal or snack. If you REALLY can't stand it black... then add a splash of homemade 'nut, seed or oat milk'.

Lifestyle elements... Winter Reboot ...

Lifestyle elements have a significant and wide-ranging impact on your physical, mental and emotional health AND evidence clearly shows that they have a significant influence on gut microbiota composition, via the gut-brain axis.

DAY 1...

- ✓ **Movement...** During your #winterreboot focus on light movement as prescribed in your Meal plan and input into your Movement and Hydration Tracker daily.
- ✓ **Hydration...** Re-read 'The OPTIMUM way to hydrate' [HERE](#)... and demonstrate your commitment to your health by doing the activity stipulated in the "WHAT TO DO RIGHT NOW" section of that post and then respond to the questions. Even if you have done this activity previously you MUST do it again. #accountability

DAY 2...

- ✓ **Check in with your DD's...** Have you started to eat in front of the TV? Or use your computer or smart phone? Eating while working? Digestive Dominoes is a key factor in maintaining optimal health, and the health of your Microbiome. Re-read your DD handbook and re-listen to the DD podcast. Then read [THIS](#) post and respond to the question. Even if you have done this activity previously you MUST do it again. #accountability

DAY 3...

- ✓ **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 Virtual Clinic and recommit by doing [THIS](#) activity. Even if you have done this activity previously you MUST do it again. #accountability

DAY 4...

- ✓ **Sleep Check...** Read [THIS](#) post and follow the instructions there and then respond to the question on that post. Even if you have done this activity previously you MUST do it again. #accountability

DAY 5...

- ✓ **Stress ARM ...** how is your awareness, relief and management of stress? 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. Slot your stressor into your Stress Management Problem Solving Framework and FROM today, spend time daily, and work towards your solution!!



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Nutritional Medicine and Gut Health Practitioner

Flexibility with your Winter Reboot...

I do not ENDORSE any type of diet. Optimal health is a combination of FOOD and LIFESTYLE. If... during your Winter Reboot, you get asked out to a social function then GO — social connection, laughter etc. is SO GOOD for your Microbiome !!! Eat and drink what you want and then the next day, just pick up where you left off with your Winter Reboot.

Can I Expect Any Adverse Reactions?

Any change in dietary and lifestyle patterns may result in 'withdrawal symptoms'. Hydrate regularly, drink Ginger tea and REST. For more information search in the GHL... I'm experiencing uncomfortable and unusual symptoms. What's going on?

I am confident you can do this... Let's face it... it's JUST 5-days right? If you feel yourself wanting to give up then just focus on your 'WHY'.

Share your journey... in the Virtual Clinic and use the hashtags #Winterreboot and #Alumni #Accountability

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 WINTER 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. © Winter Reboot 2022.

Please ensure you DOWNLOAD & SAVE the Winter Reboot program on your preferred device. An Administration Fee of \$30 is payable up front, per request, to email any duplicate documentation.

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♥ A lot of time has been spent in developing and perfecting these recipes. Please respect my work – and how my team makes its living – and do NOT share, copy, reproduce, redistribute, any of these recipes

However, please feel free to post photos of your creations on social media using the hashtag **#grptransformation** so together, we can inspire people to take action and transform their health too 😊 TAG me as I'd love to see your creations... You can find me here on [INSTAGRAM](#) & [FACEBOOK](#)

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WINTER REBOOT MEAL AND MOVEMENT PLAN

ESSENTIAL PREPARATION: Takes Approx. 4-hrs.

+ Celery Soup *double recipe, cook and cool at least 24-hrs prior to eating*

+ Creamy Potato and Leek Soup *double recipe, cook and cool at least 24-hrs prior to eating*

+ Smoky Split Pea Soup *double recipe, cook and cool at least 24-hrs prior to eating*

+ Super Elixir *make 300g (10.6oz) Plant Based Essentials*

+ Raw Chocolate *make 140g (5oz) Sweets 'n' Treats*

+ Sweet Potato, Ginger and Turmeric Soup *double recipe, cook and cool at least 24-hrs prior to eating*

+ GGC Mix *make 400g (14oz) Plant Based Essentials*

+ Veggie Stock Paste Concentrate *Plant Based Essentials*

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
ON WAKING	Super Elixir in a large mug of warm water then follow with a large glass of water				
BREAKFAST	Herbal teas and filtered water				
LUNCH <i>approx. time 11am-12:00pm</i>	Celery soup <i>Double recipe and freeze. This is your dinner on Day-6</i>	LEFTOVERS Roast Tomato Soup	LEFTOVERS Creamy Potato and Leek Soup	LEFTOVERS Creamy Spiced Carrot Soup	LEFTOVERS Smoky Split Pea Soup
AFTERNOON SNACK <i>approx. time 2-3pm</i>	A piece of fruit ^w 3 raw Brazil nuts ^{and} a handful of raw unsalted Pistachios				
DINNER <i>approx. time 6-7pm</i>	Roast Tomato Soup <i>Double recipe for tomorrow's lunch</i>	Creamy Potato and Leek Soup <i>Double recipe for tomorrow's lunch</i>	Creamy Spiced Carrot Soup <i>Double recipe for tomorrow's lunch</i>	Smoky Split Pea Soup <i>Double recipe for tomorrow's lunch</i>	Sweet Potato, Ginger and Turmeric Soup <i>Double recipe for tomorrow's lunch</i>
MOVEMENT	20-min Barefoot walk at beach, park, woods or lake	20-min Yin Yoga daytime stretch PLUS 20-min Barefoot walk	20-min Barefoot walk at beach, park, woods or lake	20-min Yin Yoga daytime stretch PLUS 20-min Barefoot walk	20-min Barefoot walk at beach, park, woods or lake
AFTER DINNER SNACK	Cup of herbal tea and 2 pieces of Raw Chocolate				
YIN YOGA	Before Bed Yin Yoga session				

CELERY SOUP





gluten free | dairy free | nut free | plant-based

READY IN
30 mins

Celery provides high levels of Apigenin, a major flavonoid which reaches the colon region intact and interacts there with the human gut microbiota inhibiting pathogenic growth and promoting the growth and diversity of beneficial bacteria while increasing the production of Short Chain Fatty Acids. Add to this... Potatoes... a type of Resistant Starch along with leek, a wonderful prebiotic, you have in this bowl a simple delicious and Biome supporting meal



YOU'LL NEED...

	1 	2 	3 	4 
Lentils – Red split dry	¼ cup	½ cup	¾ cup	1 cup
Water, filtered for cooking lentils	½ cup	1 cup	1 ½ cups	2 cups
Vegetable stock liquid*	1 ½ cups	3 cups	4 ½ cups	6 cups
Leek large	½ whole	1 whole	1 ½ whole	2 whole
Garlic large	1 clove	2 cloves	3 cloves	4 cloves
Celery approx. 20cm (7") long	3 sticks	6 sticks	9 sticks	12 sticks
Potato – white	375 g 13oz	750 g 26oz	1.125 kg 39oz	1.5 kg 3.3lb
Olive oil, extra virgin optional	1 tsp	2 tsp	3 tsp	1 tbsp
Pepper, black cracked optional	½ tsp	1 tsp	1 ½ tsp	2 tsp

* Use your Veggie Stock Paste Concentrate to make amount required.

LET'S GET STARTED...

- Put dry lentils in a big bowl of warm water and soak while preparing meal.
- Make vegetable stock liquid using your concentrate, set aside.
- Finely chop leek, mince/crush garlic and finely chop celery, set aside.
- Peel and roughly chop potatoes into small chunks, set aside.
- Use optional oil or 2 tbsp of water and in a large pot on medium-high, sauté garlic, leek and celery until leek softens, stirring frequently. Add a little vegetable stock if it gets too dry.
- Add uncooked potato and sauté for a further 8 to 10-mins, stirring frequently.
- Add vegetable stock liquid and stir well to combine. Bring to a boil; then turn down to a simmer for 15-20 mins.
- In the meantime... Combine lentils and water (for cooking lentils) in a saucepan and cook for 8-10 mins, or until soft. When done, put into a sieve, rinse and add to soup mix.
- Remove from heat and add to blender/food processor, or use a stick blender, and puree. Be careful to blend very slowly as it is very hot, if it splashes it will burn.
- Stir through optional pepper when serving.
- Keeps in the fridge for 1 week. Can be frozen. In fact, by cooling this soup you increase the amount of Resistant starch.

VARIATIONS (SERVES 1)

- VEG UP – Add ¼ whole Cauliflower, sauté with Potato.
- CHIVES – Top with freshly cut Chives.
- SPICED – Add 1 tsp of Cumin and Coriander powder when sautéing onion.

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CREAMY POTATO AND LEEK SOUP

gluten free | dairy free | nut free | plant-based

READY IN
50 mins

Potatoes are a type of Resistant Starch... a food component that resists digestion and is fermented by microbes in the large intestines to create Short Chain Fatty Acids (SCFA). Think of these SCFA's like glitter for the body... spreading everywhere bringing joy, health and vitality... add to this prebiotic leek and your beneficial gut bacteria will be well-fed so they can look after you



YOU'LL NEED...	1 	2 	3 	4 
Lentils – Red split dry	¼ cup	½ cup	¾ cup	1 cup
Water, filtered <i>for cooking lentils</i>	½ cup	1 cup	1 ½ cups	2 cups
Vegetable stock liquid*	2 cups	4 cups	6 cups	8 cups
Potato – White <i>any type</i>	500 g 17oz	1 kg 2.2lb	1.5 kg 3.3lb	2 kg 4.4lb
Leek	½ whole	1 whole	1 ½ whole	2 whole
Coconut cream 400g (14oz)	¼ can	½ can	¾ can	1 can
Pepper, Black cracked <i>optional</i>	½ tsp	1 tsp	1 ½ tsp	2 tsp
Chives, <i>fresh optional topping</i>	1 tsp	2 tsp	3 tsp	1 tbs

*Use your Veggie Stock Paste Concentrate to make amount required.

LET'S GET STARTED...

- Put dry lentils in a big bowl of warm water and soak while preparing meal.
- Make vegetable stock liquid using your concentrate, set aside.
- Preheat oven to 220°C (430°F). Line a baking tray with baking paper or use a non-stick tray.
- Peel and roughly chop potatoes into medium sized chunks, roughly chop leek and add to baking tray and roast for 20-minutes.
- In the meantime... Combine lentils and water (*for cooking lentils*) in a saucepan and cook for 8-10 mins, or until soft. When done, put into a sieve and rinse, set aside.
- When potatoes and leek are done, put into a large pot, over a medium-high heat, add vegetable stock liquid, coconut cream and cooked lentils, bring to a boil then turn down to simmer for 15-minutes.
- Remove from heat and add to blender/food processor, or use a stick blender, and puree. *Be careful to blend very slowly as it is extremely hot; if it splashes it will burn.*
- Stir through *optional* pepper and top with fresh chives when serving.
- Keeps in the fridge for 1 week. In fact, by cooling this soup you increase the amount of resistant starch.
- Can be frozen

VARIATIONS (SERVES 1)

- **VEG UP** – Add ¼ whole Cauliflower, sauté with Potato.
- **GARLICY** – Add 2 cloves of Garlic to baking tray.
- **SPICED** – Add 1 tsp of Cumin and Coriander powder when baking.
- **STOVE METHOD** – Sauté Leek & Potato in a large pot with some vegetable stock liquid until tender.
- **THINNER** – Add more Vegetable Stock Liquid to desired consistency.

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CREAMY SPICED CARROT SOUP





gluten free | dairy free | nut free | plant-based

READY IN
50 mins

Rich and creamy, full of flavor and brimming with Vitamin A and Fibre... super delicious, super satisfying



YOU'LL NEED...

	1 	2 	3 	4 
Lentils – Red split dry	¼ cup	½ cup	¾ cup	1 cup
Water, filtered for cooking lentils	½ cup	1 cup	1 ½ cups	2 cups
Vegetable stock liquid*	1 cup	2 cups	3 cups	4 cups
Sweet Potato – Gold	75 g 2.6oz	150 g 5.3oz	225 g 7.9oz	300 g 10.6oz
Onion – Brown medium	½ whole	1 whole	1 ½ whole	2 whole
Carrots	120 g 4oz	240 g 8oz	360 g 12oz	480 g 16oz
GGC mix	2 tsp	1 tbsp	6 tsp	2 tbsp
Turmeric powder	¼ tsp	½ tsp	¾ tsp	1 tsp
Cumin powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
Coriander powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
Pepper, Black cracked	⅛ tsp	¼ tsp	½ tsp	¾ tsp
Lemongrass dried or fresh**	½ tsp	1 tsp	1 ½ tsp	2 tsp
Olive oil, extra virgin	½ tsp	1 tsp	1 ½ tsp	2 tsp
Coconut milk 400g (14oz)	¼ can	½ can	¾ can	1 can

* Use your Veggie Stock Paste Concentrate to make amount required.

**You can use fresh lemongrass. 1 fresh stalk (10cm, 4" long) equals one teaspoon of dried.

LET'S GET STARTED...

- Put dry lentils in a big bowl of warm water and soak while preparing meal.
- Make vegetable stock liquid using your concentrate.
- Preheat oven to 235°C (455°F). Prepare a non-stick tray or line with baking paper.
- Peel sweet potato, onion and carrots and roughly cut into small chunks put in tray and roast for 20 minutes.
- *In the meantime...*
 - Combine lentils and water (for cooking lentils) in a saucepan and cook for 8-10 mins, or until soft. When done, put into a sieve and rinse, set aside.
 - In a bowl combine the GGC mix, turmeric, cumin, coriander, pepper and lemongrass and mix well to combine.
- In a pot on medium-high, add olive oil and GGC/spice mix and sauté for a few minutes.
- Add roasted vegetables and cooked lentils, stir well, then add vegetable stock and coconut milk. Bring to a boil and then turn down to a simmer for 15-minutes.
- Puree with a stick blender or food processor. *Be careful to blend very slowly as it is extremely hot; if it splashes it will burn.* Once pureed, serve immediately.
- Keeps in the fridge for up to a week. Freezes well.

VARIATIONS (SERVES 1)

- EDAMAME – Top with ½ cup of warmed Edamame prior to serving.
- SPICIER – Add ¼ tsp of Paprika or a pinch of Cayenne powder.





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ROAST TOMATO SOUP

gluten free | dairy free | nut free | plant-based

Tomatoes are the main source of 'Lycopene' a powerful antioxidant that has been linked to a reduced risk of heart disease and cancer. Tomato skin contributes to the high concentration of lycopene (compared to the pulp and seeds) containing eight of the nine essential amino acids, several flavonoids such as Rutin which plays a role in decreasing triglycerides, Quercetin a powerful anti-inflammatory and Naringenin an antioxidant and regulator of fat metabolism. So, do yourself a favour and blitz this soup with the skin on!



YOU'LL NEED...	1 	2 	3 	4 
Lentils – Red split dry	¼ cup	½ cup	¾ cup	1 cup
Water, filtered <i>for cooking lentils</i>	½ cup	1 cup	1 ½ cups	2 cups
Vegetable stock liquid*	½ cup	1 cup	1 ½ cups	2 cups
Tomato paste <i>unsalted</i>	2 tbsp	¼ cup	⅓ cup	½ cup
Onion – Red	½ whole	1 whole	1 ½ whole	2 whole
Garlic	1 clove	2 cloves	3 cloves	4 cloves
Tomatoes – Roma	500 g <i>1.1lbs</i>	1 kg <i>2.2lbs</i>	1.5 kg <i>3.3lbs</i>	2 kg <i>4.4lbs</i>
Olive oil, extra virgin <i>optional</i>	½ tsp	1 tsp	1 ½ tsp	2 tsp
Pepper, Black cracked	¼ tsp	½ tsp	¾ tsp	1 tsp
Basil <i>fresh</i>	¼ handful	½ handful	¾ handful	1 handful
Oregano <i>fresh</i>	¼ handful	½ handful	¾ handful	1 handful
Thyme <i>fresh</i>	2 sprigs	4 sprigs	6 sprigs	8 sprigs

* Use your Veggie Stock Paste Concentrate to make amount required.

LET'S GET STARTED...

- Put dry lentils in a big bowl of warm water and soak while preparing meal.
- Make vegetable stock liquid using your concentrate and stir in tomato paste, set aside.
- Preheat oven to 200°C (395°F). Line a baking tray with baking paper or use a non-stick tray.
- Roughly chop peeled onion, garlic and tomatoes and place in baking tray.
- Use optional oil or 2 tbsp of water and rub over vegetables, then sprinkle pepper, fresh basil, oregano and thyme leaves over the top. Roast for 20 to 30-minutes, tomatoes should be roasted and soft.
- In the meantime...Combine lentils and water (*for cooking lentils*) in a saucepan and cook for 8-10 mins, or until soft. When done, put into a sieve and rinse, set aside.
- Remove roasted tomato mix from oven and add to blender/food processor with cooked lentils and vegetable stock liquid mix. Blend until pureed. It can also be done in a saucepan with a stick blender. *Be careful to blend very slowly as it is extremely hot; if it splashes it will burn.*
- Serve immediately.
- Keeps in fridge for up to 1 week. Freezes well.

VARIATIONS (SERVES 1)

- *NUTTY* – Serve with crushed Walnuts on top.
- *SPICY* – Add ½ tsp. red Chilli flakes.
- *CREAMY* – Sub half the Vegetable stock liquid with Coconut milk or cream.

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SMOKY SPLIT PEA SOUP

gluten free | dairy free | nut free | plant-based

READY IN
50 mins

A perfect warming delicious thick and creamy soup for a cold winter's day ... and at the same time a great feed for your Biome (and YOU) providing a dose of resistant starch, approx. 30g of Fibre, 20g of Protein, Vitamins A, B-complex, C, E, K plus Iron, Molybdenum, Potassium, Magnesium, Calcium, Copper and Manganese... there is some serious nutrition going on here



YOU'LL NEED...	1 	2 	3 	4 
Split peas <i>dry</i>	½ cup	1 cup	1 ½ cups	2 cups
Vegetable stock liquid*	1 ½ cups	3 cups	4 ½ cups	6 cups
Garlic	1 clove	2 cloves	3 cloves	4 cloves
Potato – White	100 g 3.5oz	200 g 7oz	300 g 10.5oz	400 g 14oz
Onion – Brown <i>medium</i>	½ whole	1 whole	1 ½ whole	2 whole
Carrot	50 g 1.8oz	100 g 3.5oz	150 g 5.3oz	200 g 7oz
Celery <i>approx. 20cm (7") long</i>	1 stick	2 sticks	3 sticks	4 sticks
Liquid smoke*	½ tsp	1 tsp	1 ½ tsp	2 tsp

* Use your Veggie Stock Paste Concentrate to make amount required.

* I like my soup quite smoky, however I suggest adding half the quantity listed and taste, then add more to taste.

LET'S GET STARTED...

- o Soak the split peas in a large bowl (as they will swell in size) of warm water for at least 30-mins to 1hr, overnight if possible. After soaking, rinse well and set aside.
- o Make vegetable stock liquid using your concentrate, set aside.
- o Mince/crush garlic. Peel potato and roughly chop into medium sized pieces along with onion, carrot and celery.
- o *Choose the Water or optional olive oil: Use 2 tbsp of water or quantity of oil listed* and in a pot on high, sauté garlic, potato, onion, carrot and celery for approx. 8-10 minutes, stirring regularly, to release all the flavours. Add a splash of vegetable stock if gets too dry.
- o Add vegetable stock and drained/soaked split peas and bring to a boil, then turn down to a low heat, put the lid on, and simmer for 20-30 minutes. It is ready to blend when the split peas start to break up and get slightly mushy.
- o Turn off the heat and puree with a stick blender or food processor. *Be careful to blend very slowly as it is extremely hot; if it splashes it will burn.*
- o Once pureed, add Liquid smoke and mix well.
- o Serve while hot.
- o Keeps in fridge for 3-4 days. Freezes well.

VARIATIONS (SERVES 1)

- o *ONION SWAP* – Use Leek instead.
- o *CHILLI* – Sprinkle Chilli powder on top when serving.
- o *THINNER* – Add more vegetable stock liquid to reach desired consistency.
- o *SMOKIER* – Add a little more Liquid Smoke but just a ¼ tsp at a time as it can quickly become overpowering.

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SWEET POTATO, GINGER AND TURMERIC SOUP





gluten free | dairy free | nut free | plant-based

READY IN
50 mins

Warming, delicious, nutritious and therapeutic... what a combination!



YOU'LL NEED...

	1 	2 	3 	4 
Lentils – Red split	¼ cup	½ cup	¾ cup	1 cup
Water, filtered <i>for cooking lentils</i>	½ cup	1 cup	1 ½ cups	2 cups
Vegetable stock liquid*	2 cup	4 cups	6 cups	8 cups
Sweet Potato – Gold	500 g 17oz	1 kg 2.2lb	1.5 kg 3.3lb	2 kg 4.4lb
Garlic	2 cloves	4 cloves	6 cloves	8 cloves
Leek	½ whole	1 whole	1 ½ whole	2 whole
Ginger <i>fresh</i>	25 g .9oz	50 g 1.8oz	75 g 2.6oz	100 g 3.5oz
Turmeric <i>fresh</i>	15 g 0.5oz	30 g 1oz	45 g 1.6oz	60 g 2oz
Olive oil, extra virgin <i>organic</i>	½ tsp	1 tsp	1 ½ tsp	2 tsp
Pepper, Black cracked	¼ tsp	½ tsp	¾ tsp	1 tsp
Paprika powder	¼ tsp	½ tsp	¾ tsp	1 tsp
Cinnamon powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
Coconut milk 400g (14oz)	¼ can	½ can	¾ can	1 can

* Use your Veggie Stock Paste Concentrate to make amount required.

LET'S GET STARTED...

- Put dry lentils in a big bowl of warm water and soak while preparing meal.
- Make vegetable stock liquid using your concentrate.
- Preheat oven to 220°C (430°F). Line a baking tray with baking paper or use a non-stick tray.
- Peel sweet potato, chop roughly, put on baking tray and roast for 20-mins.
- In the meantime...Combine lentils and water (*for cooking lentils*) in a saucepan and cook for 8-10 mins, or until soft. When done, put into a sieve and rinse, set aside.
- Mince/crush garlic, dice leek, peel and finely cut (or grate) ginger and turmeric and put in a pot, over medium-high heat, add olive oil and sauté until leek softens.
- Add to vegetable stock liquid, black pepper, paprika, cinnamon and cooked lentils. Bring to the boil then turn down to simmer for 10-mins.
- After simmering, add roasted sweet potato and coconut milk, stir well to combine, and simmer for a further 10-mins.
- Puree with a stick blender or food processor. *Be careful to blend very slowly as it is extremely hot; if it splashes it will burn.*
- Once pureed, serve immediately.
- Keeps in the fridge for up to a week. Freezes well.

VARIATIONS (SERVES 1)

- **LEEK SWAP** – Use brown Onion instead.
- **SPICIER** – Add 1tsp of GGC mix when sauteing.

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WINTER REBOOT SHOPPING LIST

Shop at home first, check off items on your list



NATALIE WOODMAN
Nutritional Medicine and Gut Health Practitioner

<input checked="" type="checkbox"/> FRUIT, VEGETABLES, FRESH HERBS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> <i>Ingredients for GGC, Super Elixir, Raw Chocolate and Veggie Stock Paste listed separately as you may already have stock</i>				
<input type="checkbox"/> Basil <i>fresh</i>	½ handful	1 handful	1 ½ handfuls	2 handfuls
<input type="checkbox"/> Basil <i>fresh for veggie stock paste concentrate</i>	1 handful	1 handful	1 handful	1 handful
<input type="checkbox"/> Carrots	340 g 12oz	680 g 24oz	1.02 kg 36oz	1.36 kg 3lb
<input type="checkbox"/> Celery approx. 20cm (7") long	8 sticks	16 sticks	24 sticks	32 sticks
<input type="checkbox"/> Celery <i>for veggie stock paste concentrate</i>	8 sticks	16 sticks	24 sticks	36 sticks
<input type="checkbox"/> Chilli pepper – Red 10cm (4") <i>for GGC</i>	4 whole	4 whole	4 whole	4 whole
<input type="checkbox"/> Chives, <i>fresh optional topping</i>	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Fruit, <i>choose a different fruit for each day</i>	5 pieces	10 pieces	15 pieces	20 pieces
<input type="checkbox"/> Garlic [1 bulb = approx 8 cloves]	10 cloves	20 cloves	30 cloves	40 cloves
<input type="checkbox"/> Garlic <i>for veggie stock paste concentrate</i>	2 cloves	2 cloves	2 cloves	2 cloves
<input type="checkbox"/> Garlic <i>for GGC</i>	16 cloves	16 cloves	16 cloves	16 cloves
<input type="checkbox"/> Garlic <i>optional for super elixir</i>	2 cloves	4 cloves	6 cloves	8 cloves
<input type="checkbox"/> Ginger <i>fresh for super elixir</i>	40 g 1.4oz	80 g 2.8oz	120 g 4.2oz	160 g 5.6oz
<input type="checkbox"/> Ginger <i>fresh for GGC</i>	200 g 7oz	200 g 7oz	200 g 7oz	200 g 7oz
<input type="checkbox"/> Ginger <i>fresh</i>	50 g 1.7oz	100 g 3.5oz	150 g 5.2oz	200 g 7oz
<input type="checkbox"/> Leek <i>medium-large</i>	3 whole	6 whole	9 whole	12 whole
<input type="checkbox"/> Leek <i>medium-large for veggie stock paste concentrate</i>	1 whole	1 whole	1 whole	1 whole
<input type="checkbox"/> Lemon <i>for super elixir</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Lemongrass <i>fresh or dried</i>	1 tsp	2 tsp	3 tsp	1 tbsp
<input type="checkbox"/> Lime <i>for super elixir</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Onion – Brown <i>medium</i>	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Onion – Red <i>medium</i>	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Oregano <i>fresh</i>	½ handful	1 handful	1 ½ handfuls	2 handfuls
<input type="checkbox"/> Parsley <i>fresh for veggie stock paste concentrate</i>	1 handful	1 handful	1 handful	1 handful
<input type="checkbox"/> Potato – Red	200 g 7oz	400 g 14oz	600 g 21 oz	800 g 28 oz
<input type="checkbox"/> Potato – White <i>any type</i>	2 kg 4.4lb	4 kg 8.8lb	6 kg 13lb	8 kg 17lb
<input type="checkbox"/> Sweet Potato – Gold	1.2 kg 2.6lb	2.4 kg 5.2lb	3.6 kg 8lb	4.8 kg 10lb
<input type="checkbox"/> Thyme <i>fresh</i>	4 sprigs	8 sprigs	12 sprigs	16 sprigs
<input type="checkbox"/> Tomatoes – Roma	1 kg 2.2lb	2 kg 4.4lb	3 kg 6.6lb	4 kg 8.8lb
<input type="checkbox"/> Turmeric <i>fresh for super elixir</i>	40 g 1.4oz	80 g 2.8oz	120 g 4.2oz	160 g 5.6oz
<input type="checkbox"/> Turmeric <i>fresh</i>	30 g 1oz	60 g 2.1oz	90 g 3oz	120 g 4.2oz
<input type="checkbox"/> Vegetable stock liquid <i>enough concentrate to make</i>	4 litres	8 litres	12 litres	16 litres
<input type="checkbox"/> Zucchini/Courgette <i>for veggie stock paste concentrate</i>	1 whole	1 whole	1 whole	1 whole
<input checked="" type="checkbox"/> BEANS, LEGUMES, GRAINS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Lentils – Red, split	3 cups	6 cups	9 cups	12 cups
<input type="checkbox"/> Split peas	1 cup	2 cups	3 cups	4 cups
<input checked="" type="checkbox"/> NUTS AND SEEDS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Brazil nuts, raw unsalted	15 whole	30 whole	45 whole	60 whole
<input type="checkbox"/> Pistachios, raw unsalted	150 g 5.3oz	300 g 10.6oz	450 g 16oz	600 g 21oz
<input checked="" type="checkbox"/> PANTRY GOODS	1 PERSON	2 PEOPLE	3 PEOPLE	4 PEOPLE
<input type="checkbox"/> Apple cider vinegar <i>organic/mother for super elixir</i>	2 tsp	1 tbsp	6 tsp	2 tbsp
<input type="checkbox"/> Cacao butter, raw <i>organic for raw chocolate</i>	80 g 2.8oz	160 g 5.6oz	240 g 8.4oz	320 g 11oz
<input type="checkbox"/> Cacao powder, raw <i>organic for raw chocolate</i>	55 g 2oz	110 g 4oz	165 g 6oz	220 g 8oz
<input type="checkbox"/> Coconut milk 400g (14oz) <i>see notes</i>	2 cans	3 cans	4 cans	5 cans
<input type="checkbox"/> Honey, raw unprocessed <i>for super elixir</i>	¼ cup	½ cup	¾ cup	1 cup
<input type="checkbox"/> Maple syrup <i>for raw chocolate</i>	2 tsp	1 tbsp	6 tsp	2 tbsp

