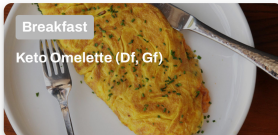
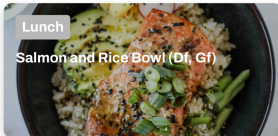
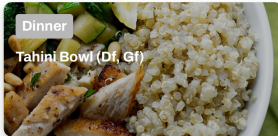
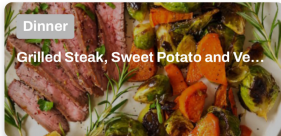
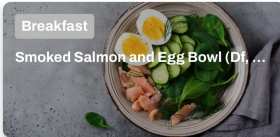
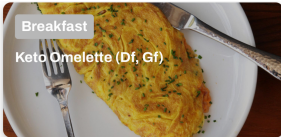
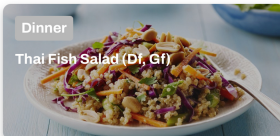
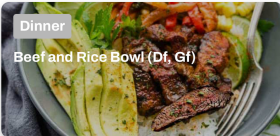


The Gut Reset | Phase 1

Day 1				Day 2				Day 3				Day 4			
149 g Proteins	139 g Fats	114 g Carbs	2286 Calories	161 g Proteins	133 g Fats	114 g Carbs	2259 Calories	149 g Proteins	106 g Fats	188 g Carbs	2286 Calories	136 g Proteins	128 g Fats	132 g Carbs	2187 Calories
Breakfast Keto Omelette (Df, Gf) 				Breakfast Collagen Protein Smoothie (Df, Gf) 				Breakfast Gut Healthy Breakfast Smoothie (Gf... 				Breakfast Keto Breakfast Hash (Df, Gf) 			
Lunch Salmon and Rice Bowl (Df, Gf) 				Lunch Salmon with Quinoa and Salad (Df, ... 				Lunch Chickpea Bowl (Df, Gf, Vf) 				Lunch Fish with Quinoa and Salad (Df, Gf) 			
Dinner Tahini Bowl (Df, Gf) 				Dinner Coconut Lime Chicken (Df, Gf) 				Dinner Grilled Steak, Sweet Potato and Ve... 				Dinner Egg Fried Rice (Df, Gf) 			
Day 5				Day 6				Day 7							
190 g Proteins	100 g Fats	131 g Carbs	2190 Calories	130 g Proteins	142 g Fats	135 g Carbs	2292 Calories	160 g Proteins	111 g Fats	124 g Carbs	2100 Calories				
Breakfast Smoked Salmon and Egg Bowl (Df, ... 				Breakfast Keto Omelette (Df, Gf) 				Breakfast Gut Healthy Breakfast Smoothie (Gf... 							
Lunch Basic Chicken Stir Fry (Df, Gf) 				Lunch Asian Tempeh Stirfry (Df, Gf, Vf) 				Lunch Tahini Bowl (Df, Gf) 							
Dinner Thai Fish Salad (Df, Gf) 				Dinner Salmon Poke Bowl (Df, Gf) 				Dinner Beef and Rice Bowl (Df, Gf) 							

Meal Plan - Day 1

149 g	139 g	114 g	2286
Proteins	Fats	Carbs	Calories

Breakfast

38 g	67 g	1 g	744
Proteins	Fats	Carbs	Calories

Keto Omelette (Df, Gf)

15 minutes

- 3 x Whole Egg (~Size 6)
- 0.5 x Avocado (Medium Sized 160G/5.6oz)
- 1 tsp Olive Oil
- 125 g Meat - Bacon, Streaky, Rindless (Uncooked Weight)

- Heat olive oil in a fry pan over medium heat.
- Add bacon and cook to your preference.
- Meanwhile, crack eggs into a small bowl and whisk together well and prepare avocado.
- Once bacon has cooked, remove from pan and set to one side.
- Add eggs to the same pan and allow to set - flip once set.
- Remove eggs from the pan and put on a plate - top with bacon and avocado.

Lunch

51 g	35 g	66 g	789
Proteins	Fats	Carbs	Calories

Salmon and Rice Bowl (Df, Gf)

20 minutes

- 275 g Mixed Green Vegetables (Of Your Choice) - Non Starch
- 4 tsp Soy Sauce (Gluten Free)
- 165 g White Rice (Cooked Weight)
or 79 g White Rice (Uncooked Weight)
- 155 g Fish - Fresh Salmon (Uncooked Weight)
- 0.75 tbsp Nuts - Peanut Butter
- 1 tsp Coconut Oil

- Use a ratio of 1 rice to 2 water. Add water to a pot and place over medium heat.
- When boiling, add rice and allow it to come to a gentle simmer.
- Cover the saucepan and reduce heat to low. Allow to simmer until rice is tender and water is evaporated (~15 minutes)
- Heat a frypan with half your oil and fry your salmon skin side down first for 4 mins, and flip before cooking for a further 5 mins.
- Heat a separate frypan with remaining oil and cook your mixed vegetables.
- Just before serving, add your rice to the vegetables and stir through your peanut butter. Mix well.
- Serve your fried rice at the base of a bowl and lay your salmon on top. Drizzle with soy sauce.
- Optional: top with spring onion and sesame seeds.

Dinner

60 g	37 g	47 g	753
Proteins	Fats	Carbs	Calories

Tahini Bowl (Df, Gf)

20 minutes

- 175 g Poultry - Skinless Chicken Breast (Uncooked)
- 200 g Mixed Green Vegetables (Of Your Choice) - Non Starch
- 2 tsp Olive Oil
- 150 g Tomatoes (Common)
- 20 g Coriander (Fresh)
- 15 ml Lemon Juice
- 1 tbsp Tahini

- 15 g Nuts - Pine Nuts
- 175 g Quinoa (Cooked)
or 55 g Quinoa (Uncooked)
- 1.5 clove Minced Garlic

1. Measure and cut up ingredients.

2. In a pot, cook quinoa at a 1:2 (quinoa: water) ratio for around 15 minutes, or until water evaporates.

3. Meanwhile, heat oil in a fry pan, add diced chicken and cook for around 15 minutes, or until well cooked. Turn occasionally.

4. In a bowl, add salad greens, cooked quinoa, pine nuts, chopped coriander and cooked chicken.

5. DRESSING: mix together tahini, lemon juice, minced garlic and a splash of warm water (until running in consistency).

6. Pour dressing over salad and serve.

Meal Plan – Day 2

161 g

Proteins

133 g

Fats

114 g

Carbs

2259

Calories

Breakfast

66 g

Proteins

49 g

Fats

22 g

Carbs

790

Calories

Collagen Protein Smoothie (Df, Gf)

5 minutes

- 1 pinch Cinnamon
- 10 g Collagen Peptides Powder
- 0.5 tbsp Cacao
- 2.5 tbsp Nuts – Almond Butter
- 12 g Seeds – Pumpkin Seeds
- 1 cup Frozen Mixed Berries
- 5 g Seeds – Linseeds (Flaxseeds)
- 300 ml Almond Milk (Unsweetened)
- 1.5 scoop Protein Powder (30G Scoop)
- 0.25 x Avocado (Medium Sized 160G/5.6oz)

1. Prepare and weigh ingredients – use a vegan collagen/protein alternative if vegan or vegetarian.
2. Place all ingredients in the blender and blend until smooth.
3. (Note: if required add additional water to reach preferred consistency – you can also add some ice if you prefer)

Lunch

51 g

Proteins

44 g

Fats

29 g

Carbs

704

Calories

Salmon with Quinoa and Salad (Df, Gf)

10 minutes

- 3 cup Green Salad (Of Your Choice, 1 Cup = 77.5G/2.7oz)
- 120 g Quinoa (Cooked)
or 32 g Quinoa (Uncooked)
- 200 g Fish – Fresh Salmon (Uncooked Weight)
- 1 tsp Olive Oil

1. Use a ratio of 1 quinoa to 2 water. Add water to a pot and place over medium heat.
2. When boiling, add quinoa and allow it to come to a gentle simmer.
3. Cover the saucepan and reduce heat to low. Allow to simmer until quinoa is tender and water is evaporated (~15 minutes)
4. Meanwhile, fry your salmon in a frypan for 5 minutes on each side at a medium-high heat – skin side down first.
5. Prep salad to your preference.
6. Top cooked quinoa with salmon and salad

Dinner

44 g

Proteins

40 g

Fats

63 g

Carbs

765

Calories

Coconut Lime Chicken (Df, Gf)

10 minutes

- 150 ml Coconut Milk (Canned, Full Fat)
- 3 tsp Lime Juice
- 40 g Onion
- 1 clove Minced Garlic
- 1 tsp Coconut Oil
- 100 g Mixed Green Vegetables (Of Your Choice) – Non Starch
- 150 g Poultry – Skinless Chicken Breast (Uncooked)
- 150 g White Rice (Cooked Weight)

1. Prep the onion, garlic and add ginger if you like (cut into small cubes and mice)
2. Juice limes and set aside
3. Place the chicken breasts between two pieces of parchment paper and pound them down to make them even in thickness. Sprinkle each side of the chicken with salt and pepper.
4. Heat a large skillet over medium heat and add the coconut oil.
5. Once hot, add the chicken to the pan (you may have to cook the chicken in 2 batches depending on the size of your pan). Cook, without disturbing for 3-4 minutes, until a nice brown crust has formed. Flip and cook another 3-4 minutes on the other side, until the chicken is mostly cooked through.
6. Add more oil if needed and add the garlic and the onion to the pan. Cook, stirring constantly, for 1-2 minutes.
7. Add the coconut milk and other ingredients to the pan. Cover and turn heat down to low. Simmer for 5 minutes, or until the chicken is fully cooked.
8. Serve with vegetables and boiled rice.

Meal Plan – Day 3

149 g

Proteins

106 g

Fats

188 g

Carbs

2286

Calories

Breakfast

56 g

Proteins

49 g

Fats

36 g

Carbs

800

Calories

Gut Healthy Breakfast Smoothie (Gf, Df, Vf)

10 minutes

- 1.5 scoop Protein Powder (30G Scoop)
- 5 g Seeds – Linseeds (Flaxseeds)
- 12 g Seeds – Pumpkin Seeds
- 2 tbsp Nuts – Almond Butter
- 2 cup Frozen Mixed Berries
- 300 ml Almond Milk (Unsweetened)
- 0.5 x Avocado (Medium Sized 160G/5.6oz)

1. Add all ingredients to a blender and blend until smooth.

2. (Note: if required add additional water to reach preferred consistency – you can also add some ice if you prefer)

Lunch

25 g

Proteins

32 g

Fats

89 g

Carbs

742

Calories

Chickpea Bowl (Df, Gf, Vf)

20 minutes

- 125 g Legumes – Chickpeas (Canned, Drained)
- 200 g Brown Rice (Cooked Weight)
or 92 g Brown Rice (Uncooked Weight)
- 200 g Mixed Green Vegetables (Of Your Choice) – Non Starch
- 1 x Avocado (Medium Sized 160G/5.6oz)
- 5 tsp Soy Sauce (Gluten Free)
- 1 clove Minced Garlic
- 1 tsp Olive Oil

1. Use a ratio of 1 rice to 2 water. Add water to a pot and place over medium heat.

2. When boiling, add rice and allow it to come to a gentle simmer.

3. Cover the saucepan and reduce heat to low. Allow to simmer until rice is tender and water is evaporated (~15 minutes)

4. Meanwhile, heat oil in a frypan over medium heat. Add chickpeas, garlic, green vegetables and soy sauce and warm throughout.

5. Layer rice, chickpea/vegetable mixture and sliced avocado to a bowl.

6. Enjoy.

Dinner

68 g

Proteins

25 g

Fats

63 g

Carbs

744

Calories

Grilled Steak, Sweet Potato and Vegetables (Df, Gf)

35 minutes

- 200 g Mixed Green Vegetables (Of Your Choice) – Non Starch
- 2 tsp Olive Oil
- 400 g Sweet Potato (Raw)
- 250 g Meat – Lean Beef (Uncooked Weight)

1. Preheat grill to high heat and oil the grates. Add beef and cook to your liking.

2. Thinly slice sweet potatoes. Place on grill and grill for ~5 minutes either side until tender.

3. Steam or grill vegetables to your preference.

4. Add sweet potatoes, vegetables and beef to a plate.

Meal Plan – Day 4

136 g

Proteins

128 g

Fats

132 g

Carbs

2187

Calories

Breakfast

44 g

Proteins

60 g

Fats

3 g

Carbs

731

Calories

Keto Breakfast Hash (Df, Gf)

20 minutes

- 60 g Zucchini (Courgette)
- 50 g Onion
- 4 x Whole Egg (~Size 6)
- 125 g Meat – Bacon, Streaky, Rindless (Uncooked Weight)
- 1 tsp Olive Oil

1. Chop onion and zucchini.

2. Heat oil in a fry pan over medium heat.

3. Add onion and zucchini to pan and allow to soften. Once soft, add bacon and eggs and cook to your preference.

4. Serve onion, zucchini and bacon together and place the fried egg on top.

Lunch

61 g

Proteins

43 g

Fats

46 g

Carbs

779

Calories

Fish with Quinoa and Salad (Df, Gf)

10 minutes

- 200 g White Fish (Uncooked Weight)
- 2 cup Green Salad (Of Your Choice, 1 Cup = 77.5G/2.7oz)
- 0.5 tsp Olive Oil
- 195 g Quinoa (Cooked)
or 60 g Quinoa (Uncooked)
- 25 g Seeds – Sunflower Seeds
- 1 tbsp Tahini

1. Use a ratio of 1 quinoa to 2 water. Add water to a pot and place over medium heat.

2. When boiling, add quinoa and allow it to come to a gentle simmer.

3. Cover the saucepan and reduce heat to low. Allow to simmer until quinoa is tender and water is evaporated (~15 minutes)

4. Heat oil in a fry pan over medium heat and cook fish till it is white throughout and flaky.

5. Prepare salad using tahini as a dressing.

6. Serve quinoa topped with fish, with a salad on the side.

Dinner

31 g

Proteins

25 g

Fats

83 g

Carbs

677

Calories

Egg Fried Rice (Df, Gf)

40 minutes

- 3 x Whole Egg (~Size 6)
- 250 g Brown Rice (Cooked Weight)
or 102 g Brown Rice (Uncooked Weight)
- 2 tsp Olive Oil
- 10 ml Lemon Juice
- 1 pinch Salt and Pepper
- 4 tsp Soy Sauce (Gluten Free)
or 4 tsp Coconut Aminos
- 60 g Spinach or Baby Spinach
- 60 g Spring Onion
- 80 g Bell Pepper (Capsicum)

1. Use a ratio of 1 rice to 2 water. Add water to a pot and place over medium heat.
2. When boiling, add rice and allow it to come to a gentle simmer.
3. Cover the saucepan and reduce heat to low. Allow to simmer until rice is tender and water is evaporated (~15 minutes)
4. Meanwhile, slice spring onion and chop bell pepper into pieces. Whisk lemon juice, coconut aminos/soy sauce, salt and pepper and eggs together.
5. Pre-heat pan with oil over medium heat, add cooked rice, spinach, spring onion, bell pepper and egg to pan.
6. Continually toss ingredients together in pan until egg is cooked.
7. Serve in a bowl and enjoy.

Meal Plan - Day 5

190 g	100 g	131 g	2190
Proteins	Fats	Carbs	Calories

Breakfast

76 g	50 g	0 g	801
Proteins	Fats	Carbs	Calories

Smoked Salmon and Egg Bowl (Df, Gf)

15 minutes

- 3 x Whole Egg (~Size 6)
- 0.5 tsp Coconut Oil
- 0.5 x Avocado (Medium Sized 160G/5.6oz)
- 250 g Fish - Smoked Salmon
- 100 g Spinach or Baby Spinach
- 40 g Cucumber

- Add eggs to a saucepan, and fill pan with cold water (slightly above top of eggs)
- Bring the water to a boil on the stovetop over high heat.
- Once the water comes to a boil, set a timer for 3 minutes (soft) to 8 minutes (hard).
- Meanwhile, add spinach to a bowl, sliced avocado, sliced cucumber and smoked salmon.
- Once eggs are cooked to your preference, drain eggs and rinse under cold water.
- Peel eggs and cut in half, adding to bowl.
- Drizzle coconut oil over salad and enjoy.

Lunch

54 g	25 g	81 g	746
Proteins	Fats	Carbs	Calories

Basic Chicken Stir Fry (Df, Gf)

15 minutes

- 25 g Nuts - Cashew Nuts, Raw
- 1 tsp Olive Oil
- 200 g Mixed Green Vegetables (Of Your Choice) - Non Starch
- 120 g Poultry - Skinless Chicken Breast (Uncooked)
- 125 g Legumes - Chickpeas (Canned, Drained)
- 150 g Brown Rice (Cooked Weight)
or 60 g Brown Rice (Uncooked Weight)
- 5 tsp Soy Sauce (Gluten Free)

- Cut chicken into cubes. On a seperate chopping board, prep vegetables.
- In a fry pan, over medium heat add olive oil and allow to heat.
- Add chicken and cook for about 10 minutes, or until well cooked, flipping occasionally.
- Meanwhile, in a pot add (at a 2 to 1 water to rice ratio) rice and water. Cook over medium heat until water has evaporated and rice is tender.
- Add prepped vegetables, drained chickpeas and soy sauce to chicken.
- Top cooked rice with chicken mixture and sprinkle nuts on top.
- Enjoy.

Dinner

60 g	25 g	50 g	643
Proteins	Fats	Carbs	Calories

Thai Fish Salad (Df, Gf)

20 minutes

- 20 g Nuts - Peanuts (Dry Roasted, Unsalted)
- 200 g White Fish (Uncooked Weight)
- 1 tsp Olive Oil

- 200 g Quinoa (Cooked)
or 60 g Quinoa (Uncooked)
- 200 g Mixed Green Vegetables (Of Your Choice) - Non Starch
- 4 tsp Soy Sauce (Gluten Free)
- 5 g Coriander (Fresh)
- 20 ml Lemon Juice
- 3 tsp Fish Sauce
- 0.25 pc Lime
- 1 clove Minced Garlic

1. In a pot, add 2 parts water to 1 part quinoa and cook until water has evaporated and quinoa is tender.

2. Meanwhile, heat oil in a fry pan over medium heat. Add fish and cook until white and flaky. Alternatively, boil frozen fish according to the packets instructions.

3. In a separate pan or wok, heat oil over a medium heat before frying your vegetables with the garlic, soy sauce, lemon juice, and fish sauce.

4. Stir the quinoa into the vegetables once both are cooked - just before serving. Optionally break the fish and mix it in before serving also, or keep the fish whole to be served at the end.

5. Serve the contents of the pan or wok and top with peanuts, coriander, and a lime wedge. If you didn't stir in the fish, layer it on top before adding these.

Meal Plan – Day 6

130 g

Proteins

142 g

Fats

135 g

Carbs

2292

Calories

Breakfast

42 g

Proteins

64 g

Fats

1 g

Carbs

742

Calories

Keto Omelette (Df, Gf)

15 minutes

- 4 x Whole Egg (~Size 6)
- 0.5 x Avocado (Medium Sized 160G/5.6oz)
- 1 tsp Olive Oil
- 105 g Meat – Bacon, Streaky, Rindless (Uncooked Weight)

1. Heat olive oil in a fry pan over medium heat.

2. Add bacon and cook to your preference.

3. Meanwhile, crack eggs into a small bowl and whisk together well and prepare avocado.

4. Once bacon has cooked, remove from pan and set to one side.

5. Add eggs to the same pan and allow to set – flip once set.

6. Remove eggs from the pan and put on a plate – top with bacon and avocado.

Lunch

37 g

Proteins

20 g

Fats

98 g

Carbs

715

Calories

Asian Tempeh Stirfry (Df, Gf, Vf)

20 minutes

- 150 g Tempeh
- 200 g Mixed Green Vegetables (Of Your Choice) – Non Starch
- 3 tsp Soy Sauce (Gluten Free)
- 2 tbsp Sweet Chilli Sauce
- 200 g Brown Rice (Cooked Weight)
or 80 g Brown Rice (Uncooked Weight)
- 1 tsp Olive Oil

1. Prep vegetables and tempeh.

2. Use a ratio of 1 rice to 2 water. Add water to a pot and place over medium heat.

3. When boiling, add rice and allow it to come to a gentle simmer.

4. Cover the saucepan and reduce heat to low. Allow to simmer until rice is tender and water is evaporated (~15 minutes)

5. Meanwhile, heat oil in a frypan over medium heat and cook tempeh until browned all over.

6. Add vegetables to pan and stir-fry through mixing to combine.

7. As vegetables being to change colour, add sweet chilli sauce and soy and toss gently.

8. Plate up rice and top with tempeh/vegetable mix.

Dinner

51 g

Proteins

58 g

Fats

36 g

Carbs

835

Calories

Salmon Poke Bowl (Df, Gf)

20 minutes

- 180 g Fish – Fresh Salmon (Uncooked Weight)
- 2 cup Green Salad (Of Your Choice, 1 Cup = 77.5G/2.7oz)
- 3 tsp Coconut Aminos
or 3 tsp Soy Sauce (Gluten Free)
- 3 tsp Sesame Seeds
- 1 tsp Sesame Oil
- 150 g Quinoa (Cooked)
or 45 g Quinoa (Uncooked)

- 0.5 x Avocado (Medium Sized 160G/5.6oz)

1. Use a ratio of 1 quinoa to 2 water. Add water to a pot and place over medium heat.
2. When boiling, add quinoa and allow it to come to a gentle simmer.
3. Cover the saucepan and reduce heat to low. Allow to simmer until quinoa is tender and water is evaporated (~15 minutes)
4. Meanwhile, heat a fry pan with oil and cook salmon skin down for 3 minutes, until crispy.
5. Flip salmon over and cook for 2 minutes on the other side, or until cooked to your preference.
6. Layer in a bowl the quinoa, salmon, salad ingredients of your choice, sliced avocado and soy sauce/coconut aminos..
7. Top with sesame seeds and enjoy.

Meal Plan – Day 7

160 g

Proteins

111 g

Fats

124 g

Carbs

2100

Calories

Breakfast

53 g

Proteins

47 g

Fats

21 g

Carbs

710

Calories

Gut Healthy Breakfast Smoothie (Gf, Df, Vf)

10 minutes

- 1.5 scoop Protein Powder (30G Scoop)
- 5 g Seeds – Linseeds (Flaxseeds)
- 9 g Seeds – Pumpkin Seeds
- 2 tbsp Nuts – Almond Butter
- 1 cup Frozen Mixed Berries
- 250 ml Almond Milk (Unsweetened)
- 0.5 x Avocado (Medium Sized 160G/5.6oz)

1. Add all ingredients to a blender and blend until smooth.

2. (Note: if required add additional water to reach preferred consistency – you can also add some ice if you prefer)

Lunch

51 g

Proteins

38 g

Fats

40 g

Carbs

680

Calories

Tahini Bowl (Df, Gf)

20 minutes

- 150 g Poultry – Skinless Chicken Breast (Uncooked)
- 150 g Mixed Green Vegetables (Of Your Choice) – Non Starch
- 2 tsp Olive Oil
- 100 g Tomatoes (Common)
- 15 g Coriander (Fresh)
- 10 ml Lemon Juice
- 1 tbsp Tahini
- 15 g Nuts – Pine Nuts
- 150 g Quinoa (Cooked)
or 45 g Quinoa (Uncooked)
- 1 clove Minced Garlic

1. Measure and cut up ingredients.

2. In a pot, cook quinoa at a 1:2 (quinoa: water) ratio for around 15 minutes, or until water evaporates.

3. Meanwhile, heat oil in a fry pan, add diced chicken and cook for around 15 minutes, or until well cooked. Turn occasionally.

4. In a bowl, add salad greens, cooked quinoa, pine nuts, chopped coriander and cooked chicken.

5. DRESSING: mix together tahini, lemon juice, minced garlic and a splash of warm water (until running in consistency).

6. Pour dressing over salad and serve.

Dinner

56 g

Proteins

26 g

Fats

63 g

Carbs

710

Calories

Beef and Rice Bowl (Df, Gf)

35 minutes

- 200 g Meat – Lean Beef (Uncooked Weight)
- 200 g Brown Rice (Cooked Weight)
or 80 g Brown Rice (Uncooked Weight)
- 200 g Mixed Green Vegetables (Of Your Choice) – Non Starch
- 2 tsp Soy Sauce (Gluten Free)
- 1 clove Minced Garlic

- 0.5 x Avocado (Medium Sized 160G/5.6oz)

1. Measure and weigh all ingredients.
2. In a pot, place rice and water (at double the quantity of rice) and cook until rice is tender and water had evaporated.
3. Add the beef to a non-stick pan over medium high heat.
4. Add the garlic and soy sauce to the pan and stir well.
5. Add the vegetables of your choice to the pan and cook until vegetables soften slightly.
6. Serve the beef and vegetables over rice and add sliced avocado.
7. Enjoy!