

Cherish Natural Health
3-Day Nutritional Meal Plan
For Matthew Negus

27/01/2025

Phase 1 of treatment

Welcome to Your Personalised Meal Plan!

Your 3-day meal plan has been carefully crafted to help support your health and wellness journey.

It focuses on providing your body with the essential nutrients, minerals, and healthy fats it needs to thrive.

By incorporating nutrient-dense, whole foods, this plan will help improve digestion, support gut health, and replenish your energy levels, while keeping things simple and enjoyable.

Each meal has been designed to balance protein, healthy fats, and vegetables, while keeping carbs low to promote healing and restore your mineral balance.

The meals are rich in essential nutrients like B12, zinc, folate, and healthy fats, supporting your body's unique needs.

What's Included:

- A 3-day meal plan with breakfast, lunch, dinner, and snacks.
- Simple, easy-to-follow meal preparation instructions ideas.
- A shopping list of all the ingredients you'll need to prepare your meals.

The 3 day meal plan has been created to use as a guide that show the types of meals that will sustain a balance diet.

The goal is to have Quality proteins, fresh colourful vegetables and healthy fats in each meal.

I would prefer more meat and vegetables over any pastas or breads. This will provide optimal nutrition and reduce the foods that support parasite infections.

Next Steps:

Now that you have everything ready, simply follow the meal plan for the next 3 days.

Each meal is designed to nourish and restore balance, without feeling overwhelming.

If you have any questions or need adjustments along the way, I am here to support you.

Remember: small, consistent steps lead to lasting results.

You're doing a wonderful job

Jodie Studley
Naturopath
Metabolic Balance Practitioner
Health Coach

0428605247
cherishnaturalhealth@gmail.com.au

Cherish Yourself, You Deserve It!



Key Recommendations:

Protein: Chicken, turkey, grass-fed beef, wild-caught salmon, sardines, eggs, chia seeds, and pumpkin seeds for a good mix of B12, zinc, and amino acids.

Vegetables: Dark leafy greens (kale, spinach), cruciferous vegetables (broccoli, Brussels sprouts, cauliflower), and low-starch options (zucchini, asparagus) for fiber, folate, and antioxidants.

Fats: Avocados, olive oil, coconut milk, and nuts (almonds, pumpkin seeds) for healthy fats.

Hydration: Ensure proper hydration with water, herbal teas (peppermint, ginger), and bone broth (supports gut health).

This meal plan can help balance the anion gap, support gut health (especially for parasites and inflammation), boost zinc levels, and aid in mineral balance.

Your Shopping List:

To make grocery shopping as easy as possible, we've organized the ingredients into categories. Here's everything you'll need for your 3-day meal plan:

Proteins:

Eggs
Chicken breast
Grass-fed beef or lamb
Wild-caught salmon
Turkey breast
Sardines

Healthy Fats:

Avocado
Olive oil
Coconut milk
Almond butter
Chia seeds
Pumpkin seeds
Almonds

Vegetables & Greens:

Spinach
Kale
Broccoli
Zucchini
Brussels sprouts
Asparagus
Carrots
Sweet potato
Mushrooms
Bell peppers
Cabbage
Cauliflower
Celery
Cucumber
Pumpkin

Other Essentials:

Quinoa
Sweet potatoes
Bone broth (optional)
Apple cider vinegar
Lemon
Herbal tea (peppermint or ginger)

Water:

Aim for 3 litres of pure fresh water daily



Day 1

Breakfast:

- Scrambled eggs (3 eggs) with spinach and mushrooms cooked in olive oil (high in B12, zinc, folate, and healthy fats)
- 1/2 avocado (good for quality fats and potassium)
- A small handful of pumpkin seeds (zinc and magnesium)

Lunch:

- Grilled chicken breast (protein) with
- a large mixed salad (spinach, kale, cucumber, celery, carrots) dressed with olive oil and apple cider vinegar (anti-inflammatory)
- Steamed broccoli (high in folate and fiber)
- 1 boiled sweet potato (low glycemic, rich in vitamins A and C)

Dinner:

- Pan-seared wild-caught salmon (omega-3s, B12, vitamin D)
- Sautéed zucchini and asparagus (fiber and micronutrients)
- Cauliflower mash (rich in antioxidants and low in carbs)

Snack:

- 1 small handful of almonds (zinc, magnesium)
- Herbal tea (peppermint or ginger for digestion)



Day 2

Breakfast:

- Chia seed pudding (chia seeds, coconut milk, and a dash of cinnamon for anti-inflammatory properties)
- 1/4 cup of blueberries (rich in antioxidants)

Lunch:

- Grass-fed beef or lamb stir-fry with bell peppers, onions, and cabbage, cooked in avocado oil (high in zinc, B12, and healthy fats)
- Side of leafy greens (e.g. kale, arugula) with olive oil and lemon dressing

Dinner:

- Baked chicken thighs (high in B12) with
- roasted Brussels sprouts and carrots, mashed cauliflower (antioxidants, low-carb)

Snack:

- Celery sticks with a small portion of almond butter (healthy fats, protein)



Day 3

Breakfast:

- Smoothie with 1/2 avocado, spinach, a scoop of protein powder (whey or plant-based),
- coconut milk, chia seeds, and a few strawberries (rich in fiber, antioxidants, healthy fats, and protein)

Lunch:

- Grilled turkey breast with sautéed kale and mushrooms in olive oil
- 1/2 cup quinoa (low glycemic, high in folate and magnesium)

Dinner:

- Grilled sardines (omega-3s, vitamin D, B12) with
- roasted pumpkin and steamed spinach (fiber and antioxidants)

Snack:

- Hard-boiled egg (protein, B12) with a sprinkle of sea salt (for electrolytes)



Supplements

Activated B's

- 1 tablet daily

Sea Minerals are important for you. Start with the celtic sea salt and plenty of fresh green vegetables and quality protein in the form of meats, to replenish minerals in your blood.

This is essential for optimal metabolic function of cells.

We will revise the need for supplements once cleanse completed.

Follow Parasite Protocol with VitaKlenz and Qenda powder

Avoid/minimise

Processed foods: packet foods, jar sauces, fast foods

wheat products: breads, pastas, pastries, biscuits

cow dairy: milk, cream, sweet yoghurts

sugars: added sugar, juices, cool drinks, cordials, dried fruit,

alcohol: minimise all alcohol.

Lifestyle:

Fresh outdoor air: walking, spending time outdoors grounded in earth

Sunshine: 20 mins a day onto torso.[stomach] build melatonin and support

vitamin D: support healthy microbiome, immune system, mental health

Sleep: Approx 8 hours a night

Exercise: Resistance training to support muscle and bone quality/strength



Antiparasitic foods to include:

These foods, herbs, and spices can help create an environment in the body that's less hospitable to parasites, while also supporting detoxification and gut health. Incorporating them into a balanced diet can be a helpful addition when addressing parasitic infections.

Foods to add to your meals:

Garlic – Contains allicin, which has potent antimicrobial properties.

Papaya Seeds – Rich in enzymes like papain that help break down parasites.

Pumpkin Seeds – Known for their ability to expel parasites, especially tapeworms.

Pineapple – Contains bromelain, an enzyme that can help break down parasitic proteins.

Coconut/oil – Contains compounds that can kill parasites and support gut health.

Carrots – High in beta-carotene, which can help support the immune system and flush out toxins.

Beets – Help cleanse the liver and support digestion, making the body less hospitable for parasites.

Apple Cider Vinegar – Can help balance stomach acid and create an inhospitable environment for parasites.

Turmeric – Supports liver detoxification, which can help remove parasites.

Ginger – Has anti-inflammatory and antimicrobial properties, which can help clear parasites.

Antiparasitic Herbs for cooking:

Clove – Contains eugenol, which can kill parasite eggs and larvae.

Oregano – Has powerful antimicrobial and antiparasitic effects, especially against gut parasites.

Thyme – Known for its antibacterial and antiparasitic properties.

Antiparasitic Spices:

Cumin – Known for its antimicrobial and digestive-supporting properties.

Coriander – Supports digestion and helps remove toxins, including parasites.

Cayenne Pepper – Its capsaicin content helps cleanse the digestive system and expel parasites.

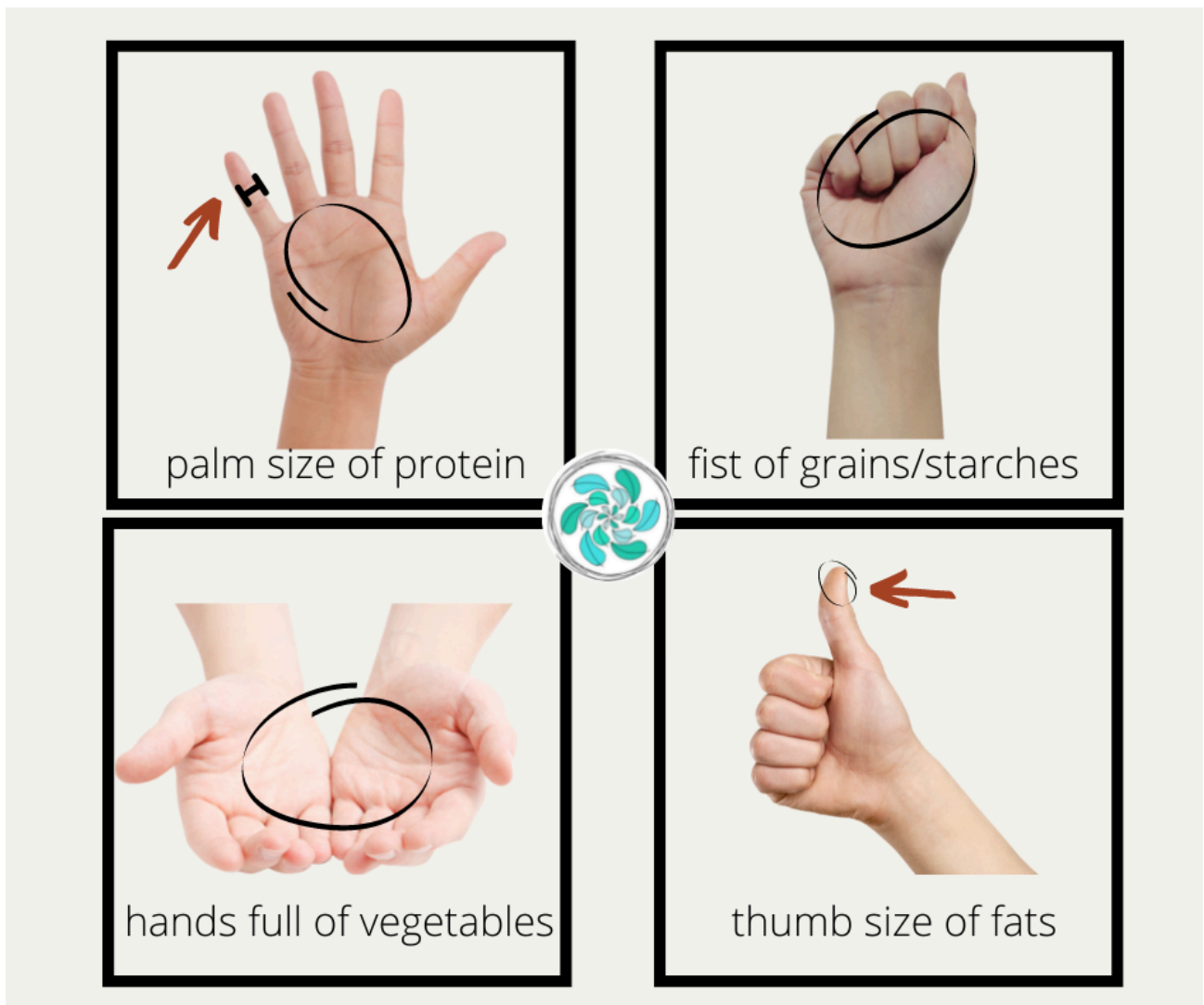
Cinnamon – Contains antimicrobial properties that can help kill parasites.

Cardamom – Known for its digestive benefits and ability to expel parasites.



Guide to a Balanced Meal

At this stage I would prefer to avoid grains except for a fist full of rice to minimise fuel for parasites.



Jodie Studley
Naturopath
Metabolic Balance Practitioner - Health Coach
0428605247
cherishnaturalhealth@gmail.com