

NUTRITION PROTOCOL



NUTRIENT RECOMMENDATIONS

Dietary regime

- **Increase protein:** improves blood sugar regulation, decreased appetite and can increase secretion of GLP-1
- **Increase fibre:** reduces inflammation, prevents constipation, maintains healthy metabolism and gut microbiome and can increase secretion of GLP-1
- **Probiotic rich foods:** fermented foods such as yoghurt, kefir, and kimchi improve gut health with certain strains of probiotics being shown to stimulate the secretion of GLP-1.
- **Berries:** such as blueberries, strawberries, raspberries are rich in polyphenols, known to increase the secretion of GLP-1
- **Green tea:** increases antioxidants
- **Cinnamon:** improve insulin sensitivity
- **Apple Cider Vinegar (ACV):** 1 tsp-1 tbsp in water before meals supports healthy glucose levels reducing blood glucose spikes as well as supporting digestion
- **Ginger & turmeric:** both have strong anti-inflammatory properties, improve glucose metabolism via secretion of GLP-1 and aid digestion

How do I do this?

- **Protein:** a serving the size of your palm of sources such as fish, chicken, beef, lamb, egg, lentils & legumes like chickpeas
- **Fibre:** 600g of non-starchy vegetables (refer table) daily
- **Probiotic foods:** sides of sauerkraut, kimchi, pickled ginger with meals, Natural Yoghurt as a snack - add your berries too, kefir mixed in with yoghurt or a smoothie.
- **Green tea:** adding cups of green tea (loose leave preferably, has less caffeine) to your day, however, this **does** contain caffeine so be mindful of when you consume it. Keeping to morning and no later than 12noon. However the amount of caffeine in green tea is far less than a shot of espresso so you may tolerate it a little later, this will be a case of trial and error with the aim of not impacting your sleep.
- **Cinnamon, turmeric and ginger:** add to your foods throughout the day. These can also be consumed as herbal teas.
- **ACV:** 1 tsp diluted in water prior to each meal is a great way to consume ACV especially prior to heavier meals with carbs or deserts. Add to salads as a dressing with fresh lemon juice (also has great benefits)



MEAL PLAN

Sample Day 1

MORNING

1 shot of ginger & turmeric juice with
dash of pepper
1 cup of Green Tea
Your usual morning routine

MID-MORNING TEA

1 cup Green Tea
Prior to eating, 30 drops Body Boost
Natural/Greek yoghurt
Assortment of berries
Sprinkle of seed mix and/or LSA

LUNCH

Prior to eating, 30 drops Body Boost
Optional: 1 tsp- 1 tbsp ACV diluted in water
Slice of Vegetable frittata
Serve of Rocket & spinach side salad

SNACK

1 Handful of nuts (activated preferably)
or
serve of Trail mix

DINNER

Prior to eating, 30 drops Body Boost
Optional: 1 tsp- 1 tbsp ACV diluted in water
Vegetables (steamed or roasted)
with serve of protein
Making sure 600g limit of non-starchy
vegetables has been achieved

Sample Day 2

MORNING

1 shot of ginger & turmeric juice with
dash of pepper
1 cup of Green tea
Your usual morning routine

MID-MORNING TEA

1 Cup Green Tea
Prior to eating 30, drops Body Boost
1 serve overnight oats topped with
assorted berries

LUNCH

Prior to eating, 30 drops Body Boost
Optional: 1 tsp- 1 tbsp ACV diluted in water
Roast Vegetable Nourish Bowl
Topped with Goddess salad dressing

SNACK

1-2 boiled eggs
Can top with turmeric, salt & pepper
or paprika

DINNER

Prior to eating, 30 drops Body Boost
Optional: 1 tsp- 1 tbsp ACV diluted in water
Vegetable Stir-fry with serve of protein
Making sure 600g limit of non-starchy
vegetables has been achieved



RECIPE IDEAS

Vegetable frittata

INGREDIENTS

- 10 eggs
- 3/4 cups cream or milk (can swap out for two extra eggs)
- 1/2 tsp salt and pepper, each
- 1 1/2 cups shredded cheese (cheddar, tasty, or other of choice)
- 100g mushroom, sliced (I used 1 large, optional)
- 100g feta, crumbled

HERB GARLIC ROASTED VEGETABLES:

- 2 tbsp olive oil
- 2 garlic cloves, minced
- 3/4 tsp salt
- 1/2 tsp pepper
- 1.5 tsp mixed dried herbs (or use any of choice)
- 350g pumpkin, butternut or sweet potato, 1.7cm cubes
- 2 zucchinis, sliced 1.25cm thick rounds
- 1 large red capsicum, sliced



Rocket & Spinach Side Salad

INGREDIENTS

- 1 cup rocket
- 1 cup baby spinach
- 1/2 punnet cherry tomatoes cut in half
- 1 small cucumber sliced

DRESSING:

- Even amounts of olive oil & lemon juice and dash (or more) of ACV, mix in a small container or whisk in a bowl

INSTRUCTIONS:

- mix all together and serve with your favourite protein or slice of frittata

INSTRUCTIONS

ROASTED VEGETABLES:

- Preheat oven to 220°C (200°C fan).
- Toss vegetables on tray with olive oil, garlic, herbs, salt and pepper. Spread out.
- Roast 25 minutes, undisturbed (no flipping). Remove and cool for at least 5 minutes before using.

BAKED FRITTATA:

- Lower oven to 180°C (160°C fan).
- Line pan with baking paper with overhang.
- Egg mixture: Whisk eggs, cream, salt and pepper in a bowl.
- Assemble: Spread 2/3 of the vegetables in the prepared pan. Pour over egg mixture, sprinkle with cheese, then top with remaining vegetables.
- Topping: Top with crumbled feta, then mushrooms. Drizzle mushrooms with a touch of olive oil (makes it brown).
- Bake: Bake 40 minutes until centre is just set.
- Rest and serve: Rest frittata 5 minutes in the pan. Use paper overhang to lift out of pan, then slice into squares and serve with side of rocket salad and ACV/lemon dressing
- Refrigerate up to 5 days, or freeze.

OPTIONS:

- Great as a on the run snack, eat slices straight from the fridge!
- Change up the vegetable mix for variety
- Food prep weekly to help get the 600g non-starchy vegetables in daily, also helps to stop the urge to reach for a less healthy snack or lunch when time poor



RECIPE IDEAS

Roast Vegetable Nourish Bowl

INGREDIENTS

- Assorted vegetables from the non-starchy vegetable list
 - Zucchini, carrot, broccolini, cauliflower, mushroom, capsicum, turnips are great ones for this bowl
- Olive oil, enough to coat all vegetables prior to baking
- 1/2 cup of chickpeas, drained and rinsed
- 1 cup Radicchio, Rocket, Baby spinach or all 3
- Large spoon full of kimchi or pickled ginger

INSTRUCTIONS

- Cut and fill a baking tray with the chosen vegetables
- Coat in olive oil
- Roast at 180°C for 45 minutes
- Once the vegetables are roasted, prepare your bowl:
- Add a hand full of Radicchio, Rocket, Baby Spinach or a mix of all three to one side of the bowl
- Add some chickpeas next to the leaf mix
- Fill the rest of your bowl with the colourful roast vegetables
- Top with kimchi or pickled ginger
- Drizzle some Green Goddess dressing over the bowl and enjoy!

OPTIONAL EXTRAS

- Pumpkin seeds sprinkled on top
- Serve of meat protein

Green Goddess Dressing

INGREDIENTS

- 2 ripe avocados
- 1 cup parsley
- 1 cup mixed herbs e.g., mint, basil, chives, and dill
- 2 stalks of spring onions chopped
- 2 tablespoons lemon juice
- 1/4 cups olive oil
- 2 tsp capers
- 1 clove garlic
- Salt and pepper

INSTRUCTIONS

- Place all ingredients into a blender or food processor and blend until a smooth consistency
- Add to Nourish Bowls or use as a dip with vegetable sticks

Overnight Oats

INGREDIENTS

- 1 cup rolled oats
- 150g Natural or Greek Yoghurt
- 1-2 teaspoons vanilla essence
- 150g milk
- 1 teaspoon ground cinnamon
- 1 large apple, diced or grated
- 1/4 cup walnuts
- Mixed berries

INSTRUCTIONS

- In a medium bowl, stir together the oats, yoghurt, milk, apple, vanilla and cinnamon.
- Once it is well combined, transfer to portion size containers and refrigerate overnight, at least 6-8 hours.

OPTIONS

- Omit apple if preferred
- Setting in portioned containers straight away is time saving and makes grabbing this snack as you race out the door easy, but... you can absolutely leave in mixing bowl and portion out each day when you add the walnuts and berries



CREATING LASTING HABITS

Sustainable nutrition

Metabolic health is a long-term game, creating healthy habits that are easy and sustainable are key here!

Incorporating these daily changes far outweigh the risk of GLP-1 medication side effects one of which includes precious muscle loss due to loss of appetite, which brings its own myriad of complications, especially for women as we age, let alone some of the other side effects such as nausea, fatigue, digestive discomfort, gallbladder and pancreas inflammation and even increased risk thyroid cancer.

Keep it simple

- Quick, easy, no fuss recipes are your go to

Meal prep days

- Sounds daunting and tedious, but this is a great way to ensure your week runs smoothly with less stress each mealtime, especially when you are time poor.
- Helps to keep you reaching for nutritious foods instead of those sneaky snacks.

Cook up a storm once... not every day

- When cooking dinner recipes, make enough to have the leftovers for lunch the next day or if you have lunch sorted, leftovers to freeze ready for a lunch/dinner the following week to give you a break for one of those days.
- Make enough lunches to last a few meals across the week, for example, roast a full tray of vegetables so you have enough to make 2, 3 or even 4 lunches that are ready to go for the week adding in different protein choices each day to keep variety and not get bored. Or make 2 frittatas, one for the fridge and one for the freezer sliced ready to pull out the next week.

Move your body

Muscles are metabolically active tissue, hence building and maintaining muscle and strength is an important factor in improving metabolic health reducing body weight, insulin resistance, blood sugar levels, blood pressure and inflammation in the body.

Like your diet, start small and build up... its as easy as doing 1. then adding 2. then adding 3.

1. Walking daily 30 minutes minimum
2. Pilates
3. Strength and weight training





**NOURISH
YOUR BODY,
FUEL YOUR
LIFE.**

