

Meal Plan for Metabolic Harmony

<h2>Breakfast</h2>	<p>High protein. Savoury No starches or carbs *Eat as much as you please, until you are full</p> <p>Goal: Regulate blood glucose Promote satiety Reduce hunger throughout the day</p>	<ul style="list-style-type: none"> Eggs (scramble, omlette, fritatta, fried) Bacon Sausage (no grain fillers, high quality) Steak Salmon Fish <p>Veg: Avo, capsicum, spinach, tomato, anything green. Herbs and Spices. Oil Ok.</p> <p>No beans, no bread, no rice, no starchy or root veg (potato, pumpkin, beets). No tomato sauce/BBQ etc Nothing battered.</p>	
<h2>Lunch</h2>	<p>Vegetable Soup. OR salad. *Unlimited portions until full!</p> <p>Goal: Increase fibre intake to help with satiety and gut microbiome. Increase nutritional status Lower caloric intake. Maintain lower blood glucose. Support healthy bowel movements.</p>	<ul style="list-style-type: none"> All non-starchy vegetables. Carrots, celery, onions, garlic, bell peppers, tomatoes, zucchini, spinach, kale, cabbage, broccoli, cauliflower, green beans, mushrooms, leeks Bone broth, stock, spices, herbs, coconut milk. Leave some vegetables chunky so you chew (helps promote digestive enzyme production) Legumes -lentils, chickpeas, beans etc 	
<h2>Dinner</h2>	<p>Make 50% of your plate vegetables. High protein. Savoury No starches or carbs *Eat as much as you please, until you are full</p> <p>Goal: Regulate blood glucose Promote satiety</p>	<ul style="list-style-type: none"> There is no bread/pasta/rice to accompany meal. Instead focus on proteins, fats and vegetables. See recipe pages for inspo. 	
<h2>Beverages</h2>	<ul style="list-style-type: none"> Unlimited black tea, black coffee, water. No added sugar. Can add sugar free sweetener such as stevia or monk fruit. 1 coffee/tea per day with milk. Low sugar kombuchas Sugar free beverages are ok Carbonated water 		
<h2>Snacks</h2>	<p>Minimal eating between meals.</p> <p>Snacks must be low sugar and carbohydrate</p>	<ul style="list-style-type: none"> Veg sticks + dip (see recipes) Chia pudding (see recipes page) + berries Greek yoghurt unsweetened + berries Boiled egg 	

Let's break it down

1. Improved nutritional status:

- Breakfast is high in protein, which supports muscle health and satiety.
- Lunch focuses on a variety of non-starchy vegetables, plus prebiotic fibrous legumes, providing a wide range of vitamins, minerals, and antioxidants.
- The plan encourages diversity in food choices, especially at dinner, ensuring a broad spectrum of nutrients.

2. Reduced risk of insulin resistance and diabetes AND is helpful in the management of T2DM:

- The plan limits carbohydrates, especially at breakfast and lunch, which helps regulate blood glucose levels.
- By avoiding most starches and sugars, it reduces the constant release of insulin, giving the pancreas a break.
- The "minimal eating between meals" rule allows insulin levels to drop between meals, improving insulin sensitivity.

3. Cardiovascular health benefits:

- The emphasis on vegetables and lean proteins supports heart health.
- The plan discourages processed foods and added sugars, which are linked to cardiovascular issues.

4. Weight management:

- High-protein breakfasts and fiber-rich lunches promote satiety, potentially reducing overall calorie intake.
- The plan allows eating until full, which helps in learning proper portion control naturally.

5. Increased fiber intake:

- Lunch is centered around non-starchy vegetables and legumes, which are excellent sources of fiber.
- The plan encourages leaving some vegetables chunky to promote digestive enzyme production and increase fiber consumption.

6. Reduced metabolic disease risks:

- By regulating blood glucose and insulin levels, the plan supports overall metabolic health.
- The combination of protein, healthy fats, and fiber helps maintain stable energy levels throughout the day.

7. Flexibility and freedom:

- **The plan doesn't limit portion sizes**, instead focusing on the quality of food choices.
- It allows for occasional treats at special occasions, making it sustainable long-term. For example eat 1-2 delicious meals at Christmas- just remember a special event is a one day event, not a week long festival.

8. Gut health support:

- The focus on vegetables and fiber at lunch supports a healthy gut microbiome.
- Bone broth is encouraged, which can support gut lining health.

This meal plan is designed to improve metabolic flexibility - your body's ability to switch between different fuel sources efficiently. By reducing constant insulin spikes and encouraging nutrient-dense, whole foods, it sets the foundation for better overall health without feeling restrictive. The plan allows you to eat until you're satisfied, enjoy a variety of foods, and even indulge occasionally, making it a sustainable approach to improving your health and reducing the risk of metabolic diseases.

Is This Meal Plan Right for You?

Take a moment to consider the following questions. They're designed to help you reflect on your current health, eating habits, and whether this meal plan might be beneficial for you.

- On a scale of 1-10, how satisfied are you with your current energy levels throughout the day?
- In what ways do you think your current eating habits might be affecting your long-term health?
- How important is it to you to take preventative measures for your health now, rather than dealing with potential issues later?
- What concerns, if any, do you have about chronic diseases like diabetes, heart disease, or cognitive decline?
- How do you think your current diet is supporting or hindering your health goals?
- If you could improve one aspect of your health through diet, what would it be?
- What small step could you take this week to move towards a healthier eating pattern?

Remember, there are no right or wrong answers. These questions are meant to help you reflect on your own health journey and consider whether this meal plan aligns with your personal goals and values.

The Power of Prevention: How This Meal Plan Can Transform Your Health

In today's world, where chronic diseases are on the rise, the importance of preventative medicine cannot be overstated. The meal plan presented here is not just about weight management; it's a powerful tool for comprehensive health improvement and disease prevention. Let's explore how this approach to eating can dramatically impact your well-being.

Combating Chronic Inflammation: The Root of Many Evils

Chronic inflammation is a silent killer, implicated in nearly every major chronic disease. According to the World Health Organization, chronic diseases account for 71% of all deaths globally. This meal plan is specifically designed to combat inflammation through:

- High protein, low carb breakfast: Stabilises blood sugar, reducing inflammatory responses.
- Emphasis on non-starchy vegetables: Rich in antioxidants that fight inflammation.
- Elimination of processed foods and added sugars: Major contributors to systemic inflammation.

Insulin Sensitivity and Blood Glucose Control

Insulin resistance affects up to 40% of non-diabetic adults in the U.S. This meal plan addresses this issue by:

- Limiting carbohydrates and eliminating added sugars: Reduces insulin spikes.
- Promoting protein and healthy fats: Improves insulin sensitivity.
- Encouraging fiber-rich vegetables: Slows glucose absorption.

These strategies can significantly lower your risk of type 2 diabetes, a condition that increases the risk of heart disease by 2-4 times.

Microbiome Health: Your Internal Ecosystem

The gut microbiome plays a crucial role in overall health. This meal plan supports a healthy microbiome by:

- Providing diverse plant-based foods: Feeds beneficial gut bacteria.
- Including bone broth: Supports gut lining integrity.
- Eliminating processed foods: Reduces harmful bacteria growth.

A healthy microbiome is linked to improved mental health, stronger immunity, and reduced inflammation.

Cognitive Function and Neuroprotection

Alzheimer's disease affects about 1 in 9 people age 65 and older. This meal plan supports brain health by:

- Providing healthy fats: Essential for brain function.
- Reducing inflammation: Linked to cognitive decline.
- Stabilizing blood sugar: Protects against brain cell damage.

Cardiovascular Health and Stroke Prevention

Heart disease and stroke are responsible for 31% of all deaths worldwide. This meal plan reduces risk by:

- Lowering inflammation: A key factor in atherosclerosis.
- Improving lipid profiles: Through healthy fat consumption.
- Stabilizing blood pressure: Via reduced processed food intake.

Liver Health and Detoxification

The liver is crucial for detoxification and overall health. This meal plan supports liver function by:

- Limiting processed foods and sugars: Reduces liver fat accumulation.
- Providing antioxidant-rich foods: Supports liver cell health.
- Encouraging hydration: Aids in toxin elimination.

A healthy liver is better equipped to manage inflammation and support gut health.

Cancer Risk Reduction

While cancer has complex origins, diet plays a significant role. This meal plan may help reduce cancer risk by:

- Providing antioxidants: Combats DNA damage.
- Reducing inflammation: Linked to cancer development.
- Supporting immune function: Through microbiome health.

The Power of Prevention

This meal plan embodies the essence of preventative medicine. By addressing key factors like inflammation, insulin sensitivity, and microbiome health, it targets the root causes of many chronic diseases before they develop.

Consider this: Studies show that lifestyle interventions, including diet changes, can reduce the risk of type 2 diabetes by up to 58% in high-risk individuals. Similar benefits have been observed for heart disease, certain cancers, and neurodegenerative conditions.

By adopting this meal plan, you're not just changing your diet – you're investing in your long-term health, potentially adding years to your life and life to your years. Remember, the power to prevent many chronic diseases lies largely in your daily choices. This meal plan is your roadmap to a healthier, more vibrant future.

Making changes to your diet is a journey that requires patience, a shift in shopping habits, and a bit more time in the kitchen. While it may feel challenging at first, these adjustments are an investment in your health and well-being. Over time, you'll find your rhythm, become more efficient, and discover that food preparation can be both manageable and rewarding. Prepping meals in advance is a simple way to save time and stay on track, helping you enjoy the incredible results that make it all worthwhile.

Recipes + Suggestions

Breakfast:

Step 1. Pick a protein

Eggs (fried, boiled, poached, scrambled) OR animal protein (salmon, tofu, steak)

Step 2. Add your extras.

Small portion of cheese (fetta, haloumi). Veg (spinach, tomato, rocket, avocado).

Seeds to garnish. Herbs for flavour. Chilli oil. Garlic olive oil. Truffle oil.

Ideas: Omlettes, fritattas (can premake). Bacon and egg cups.

Cauliflower Hash Browns

- Grate cauliflower, mix with egg, cheese, and herbs/seasonings.
- Form into patties and pan-fry until golden brown.

Keto Almond Bread Recipe:

- 2 cups almond flour
- 1/4 cup psyllium husk powder
- 1 tbsp baking powder
- 1/2 tsp sea salt
- 4 large eggs (room temperature)
- 1/4 cup coconut oil (melted)
- 1/2 cup warm water
- Bake at 180C for 55-70 mins. It'll look like a golden loaf.

Keto Tortilla Recipe (to make breakfast burritos)

- 2 cups almond flour
- 6 tablespoon psyllium husks- *Not psyllium husk powder*
- 1 teaspoon salt
- 1 tablespoon olive oil
- 1 cup warm water *not boiling*
- *Mix into a dough. Separate into portions and roll out.*
- *Heat a non-stick pan on medium and lightly grease. Place the tortilla on top and cook for 2-3 minutes, before flipping and cooking for a further two minutes. Repeat until all the tortillas are cooked.*

From: <https://thebigmansworld.com/keto-tortillas-recipe/>

Recipes + Suggestions

Or a **protein smoothie**. Make as dense or light as you desire to keep you fuller for longer.

Step 1. Pick your unsweetened protein (some protein powders are high carb due to added extras- please read the container before purchase to ensure you have only protein powder). Suggested brands include Amazonia, White Wolf, Melrose, Botanika Blends.

Step 2. Pick your liquid base. Water, milk, almond milk, soy milk, macadamia milk, oat milk.

Step 3. Add yummy extras. Suggestions include Frozen berries. Spinach. Greens powder. Maca root powder. Coconut cream. Chia seeds. Nut butter. Avocado. Cacao powder. Coffee. Matcha

Note- Protein powder comes in many cool flavours you can experiment with.

Fun Protein Shake Flavour ideas: **Mocha**- choc/coffee. **Peanut butter choc** - PB/cacao or choc protein. **Strawberries and cream** - frozen strawberries, tsp vanilla, coconut cream, vanilla protein. **Matcha**- vanilla protein with matcha powder. **Choc mint**- choc protein powder/cacao and 2 drops of peppermint extract.

Recipes + Suggestions

Lunch Recipes (Soups and Salads)

Vegetable Soup (can adjust veg)

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, diced
- 1 teaspoon sea salt, more to taste
- Freshly ground black pepper
- 1 medium carrot, diced
- 1 small sweet potato, diced
- 1 (14.5-ounce) can fire roasted diced tomatoes
- 4 garlic cloves, chopped
- 2 teaspoons dried oregano, or 2 tablespoons chopped fresh thyme or rosemary
- ¼ teaspoon red pepper flakes, plus more to taste
- 4 cups vegetable broth
- 2 bay leaves
- 1 cup halved cherry tomatoes
- 1 cup chopped green beans
- 1 zucchini, diced
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 tablespoons white wine vinegar
- 1½ cups chopped kale

Cooking:

- Heat the oil in a **large pot** over medium heat. Add the onion, salt, and several grinds of pepper, and cook, stirring occasionally, for 8 minutes. Add the carrot and sweet potato, stir and cook 2 more minutes.
- Add the canned tomatoes, garlic, oregano, and red pepper flakes. Stir in the broth and bay leaves. Bring to a boil, then reduce the heat to a simmer and cook, covered, for 20 minutes.
- Stir in the cherry tomatoes, green beans, zucchini, chickpeas, and cover and cook 10 to 15 more minutes, until the green beans are tender.
- Stir in the vinegar and the kale and cook for 5 minutes, until the kale is wilted. Season to taste and serve.
- From <https://www.loveandlemons.com/vegetable-soup/>

Recipes + Suggestions

Lentil Soup:

- ¼ cup extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, pressed or minced
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- ½ teaspoon dried thyme
- 1 large can (28 ounces) diced tomatoes, lightly drained
- 1 cup brown or green lentils, picked over and rinsed
- 4 cups vegetable broth
- 2 cups water
- 1 teaspoon salt, more to taste
- Pinch of red pepper flakes
- Freshly ground black pepper, to taste
- 1 cup chopped fresh collard greens or kale, tough ribs removed
- 1 to 2 tablespoons lemon juice (½ to 1 medium lemon), to taste

1. Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.
2. Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
3. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.
4. Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils are tender but still hold their shape.
5. OPTIONAL- Transfer 2 cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)
6. Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. For spicier soup, add another pinch or two of red pepper flakes.
7. Serve while hot. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months (just defrost before serving).

From <https://cookieandkate.com/best-lentil-soup-recipe/>

Recipes + Suggestions

Dinner

-Low carb (no rice) poke bowl
(sliced avo, shredded carrot, slices of cucumber, broccolini, sliced radish, kimchi, chicken/beef. Top with srirachia aioli and soy, spring onions, sesame seeds).



-Roast beef or pork + home made coleslaw

Coleslaw recipe - shredded cabbage, carrot, spring onion. Sauce is made from Dijon mustard, mayonaise, optional celery salt, 1 teaspoon mapyl syrup.

-Haloumi and veg skewers.

Coat haloumi pieces, capsicum, zucchini, grape tomatos in a marinade of dried mint, oregano, red wine vinegar, crushed garlic and olive oil. Slide onto skewers and cook in oven/BBQ/frypan.



-Roast chook + Salad and
(can add caesar or ranch dressing)



-3 cheese chicken and cauliflower lasagne

<https://www.taste.com.au/recipes/3-cheese-chicken-cauliflower-lasagne-recipe/2zl75fb4?r=healthy/x9a0fld8>



Recipes + Suggestions

Snacks

Hummus:

1 (15oz) can chickpeas, drained or 1 ½ cups (250g) cooked chickpeas
1/4 cup (60ml) fresh lemon juice, 1 large lemon
1/4 cup (60ml) tahini,
1 small garlic clove, minced
2 tablespoons (30ml) extra-virgin olive oil, plus more for serving
1/2 teaspoon ground cumin
Salt to taste
Mix in food processor until smooth, dip consistency.
Serve with vegetables as a filling and YUMMY snack



Greek Yoghurt +berries + sprinkle of seeds and nuts.

Boiled egg, pepper and salt.

Chia seed pudding.

CHIA PUDDING BASE

- ½ cup chia seeds 8 tbsp
- 1 ¾ cups almond milk 420 ml, unsweetened
- ½ teaspoon vanilla extract
- ½ cup coconut yoghurt 120g, or Greek Yoghurt
- ½-2 tbsp Sugar free syrup or powdered sweetener of choice (optional)

Put the chia seeds, almond milk, vanilla and optional low-carb sweetener into a large mixing bowl and stir well to combine.

Or, use a large mason jar. Screw the lid on tightly and shake to combine. Let the chia mixture sit for about 10 minutes. Then stir or shake again to break up any chia clumps. Stir in the yogurt. Cover and place the pudding in the fridge to thicken for 1 - 2 hours or overnight. Serve with what you like to taste that is low sugar: cinnamon/cacao/nuts/berries/peanut butter/grated apple/



Recipes + Suggestions

No Sugar Treats!!

All available from Coles/Woolies.

Please remember just because they're no sugar doesn't mean they're no longer treats.

1 serve/portion per day.

Funday lollies

Double D sweets

Health Lab less sugar range

Atkins indulge range

All Noshu range- diabetic friendly/low sugar

