

**Hi Kerry,**

I've put together some steps to guide you through the next few weeks. The idea is to help you maintain the progress we've made while keeping things flexible and enjoyable over the holiday season 😊 This isn't about being strict — it's about finding balance and giving your body the care it needs while still enjoying Christmas celebrations.

I have included some example foods/meals that you might want to start to add into your diet, bit by bit and then some general tips to keep things going between now and when I see you next.

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## **Weeks 1–2: Enjoy the Festive Season, but Keep Gut Health in Mind**

Christmas is a time to enjoy good food, company, and celebration, so don't stress about perfection. That said, here are a few tips to help you manage your digestion and nutrient intake during this time:

### **1. Start Your Day Right:**

- Begin with warm lemon water or herbal tea to wake up your digestion.
- Stick with a gut-friendly breakfast like scrambled eggs with spinach or your combination of papaya/kiwi/pineapple and/or other natural digestive enzymes to fire up digestion for the day and help keep the bowels moving.

### **2. Prioritise Protein and Veggies:**

- At festive meals, fill your plate with protein like turkey, chicken, or salmon, and load up on cooked non-starchy vegetables (e.g. green beans, zucchini, or pumpkin).
- These will keep you full, support nutrient levels, and be gentle on digestion and help reduce chance of bloating.

### **3. Be Mindful with Treats:**

- Enjoy small portions of sweets but try to limit sugary and processed foods that can irritate your gut.
- If you indulge, balance it out with plenty of water and herbal teas like ginger or peppermint.

### **4. Support Digestion:**

- Continue taking your digestive enzymes with larger meals.
- A cup of chamomile or peppermint tea (about 30 mins – 1 hour) after meals can help ease bloating.

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## **Weeks 3–4: Transition to a Gentle Routine**

Once the celebrations wind down, it's a great time to focus on creating a more consistent routine that helps your body reset and gently supports your digestion. Here's what to focus on:

### **1. Establish a Morning Routine:**

- Start your day with warm lemon water or a herbal tea.
- Have a nourishing breakfast like eggs with spinach, oatmeal with almond milk, or a smoothie incorporating the natural digestive enzymes (e.g. papaya).

### **2. Plan Balanced Meals:**

- Make sure each meal includes some protein (chicken, fish, eggs), cooked vegetables, and healthy fats (olive oil, avocado).
- Incorporate gentle, gut-supporting herbs like thyme, oregano, or parsley.

### **3. Snack Smart:**

- Keep snacks simple and nutrient-dense, such as pumpkin seeds, a boiled egg, or unsweetened yogurt with flaxseeds.

### **4. Support Gut Healing:**

- If you feel bloated or sluggish, try soothing options like bone broth or chamomile tea.
- Continue taking magnesium citrate at night to help with bowel regularity.

### **5. Stay Hydrated and Active:**

- Drink plenty of water throughout the day (between meals) and aim for light daily movement like a short walk or gentle stretching.

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Remember, this is about progress, not perfection so you don't have to try to add everything at once or even change too many things at a time. Just have a look at the examples in the table below and see what things you might like to start to include in your diet. Even small steps like adding one new food or taking out something that doesn't agree with you, can lead to big changes over time!

So, enjoy the Christmas season, focus on how good foods make you feel, and give yourself grace if things don't go exactly to plan 😊

Remember to take your digestive enzymes and magnesium and consider adding something like aloe juice throughout the day to help soothe the gut and keep things moving 😊

I'll be here to guide you through the next steps when we meet again in January!

Take care and have a wonderful holiday season!

Warm regards,

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## Meal Ideas

Meal	Examples	Nutrients
<b>Breakfast</b>	1. Scrambled eggs with baby spinach and cooked zucchini, cooked in small amount of coconut oil, served with a slice of sourdough toast.	Protein, B12, folate, magnesium.
	2. Gut friendly smoothie: Almond milk, spinach, kiwi, chia seeds, and frozen blueberries.	Calcium, folate, vitamin C, magnesium, omega-3s.
	3. Oatmeal with almond milk, ground flaxseeds, a drizzle of maple syrup, and a side of papaya.	Fiber, magnesium, calcium, anti-inflammatory enzymes.
	4. Sardines on gluten-free toast with a squeeze of lemon and a side of steamed carrots.	Calcium, vitamin D, omega-3s, protein.
<b>Morning Snack</b>	1. Handful of pumpkin seeds and a boiled egg.	Magnesium, protein, B12.
	2. Small tub of Greek yogurt (unsweetened) with a sprinkle of hemp seeds and cinnamon.	Calcium, magnesium, protein, anti-inflammatory compounds.
	3. Two rice cakes topped with mashed avocado and a sprinkle of thyme or oregano.	Healthy fats, folate, mild antimicrobial properties.
	4. Small smoothie made with coconut water, frozen berries, and a teaspoon of ground flaxseeds.	Antioxidants, omega-3s, magnesium.
<b>Lunch</b>	1. Grilled chicken breast with quinoa, steamed green beans, and a drizzle of olive oil.	Protein, folate, healthy fats, magnesium.
	2. Baked salmon with a side of mashed sweet potato and sautéed kale.	Omega-3s, vitamin D, calcium, fiber.
	3. Lean turkey mince lettuce wraps with diced zucchini, grated carrot, and a sprinkle of fresh parsley.	Protein, folate, fiber, anti-inflammatory compounds.
	4. Tuna salad with spinach, cucumber, avocado, and olive oil dressing.	Protein, B12, omega-3s, healthy fats, folate.
<b>Afternoon Snack</b>	1. Handful of walnuts and a cup of chamomile tea.	Omega-3s, magnesium, calming properties.
	2. Small square of dark chocolate (85%) with a few dried apricots.	Magnesium, iron, fiber.
	3. A small rice cake topped with almond butter and a sprinkle of cinnamon.	Healthy fats, magnesium, anti-inflammatory compounds.
	4. A boiled egg with a side of sliced cucumber or carrot sticks.	Protein, B12, antioxidants.

Meal	Examples	Nutrients
Dinner	1. Baked cod with roasted zucchini, steamed broccoli, and a drizzle of olive oil.	Omega-3s, calcium, folate, vitamin C.
	2. Grilled turkey patty with mashed sweet potato and sautéed spinach.	Protein, folate, magnesium, potassium.
	3. Stir-fried chicken with bok choy, carrots, and ginger, served over a small portion of rice.	Protein, anti-inflammatory compounds, magnesium.
	4. Lean lamb cutlets with roasted pumpkin, green beans, and thyme seasoning.	Protein, iron, magnesium, antioxidants.
Evening Snack	1. A small handful of sunflower seeds with a cup of ginger tea.	Magnesium, calming compounds, mild antimicrobial properties.
	2. Small bowl of bone broth with a sprinkle of fresh parsley.	Collagen, protein, folate.
	3. Unsweetened Greek yogurt with a teaspoon of ground flaxseed.	Calcium, probiotics, omega-3s.
	4. Peppermint tea with a small handful of almonds.	Magnesium, calcium, gut-soothing properties.