GUT REBALANCING PROTOCOL

Growth Phase Weeks 5-8

Food Prescription Guidelines

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GRP© Growth Phase, Weeks 5 to 8 ...

Your Food Prescription (Meal plans) Weeks 5 to 8, follows science-backed methods to manipulate and continue with the rebalancing of your Microbiome.

Based on current evidence, about Microbiome recovery and increasing the abundance, diversity, evenness, richness and function of your beneficial microbes and Short Chain Fatty Acid (SCFA) production… Growth phase involves more adding a greater variety of fibre-rich, prebiotic and probiotic foods ALONG with more Resistant Starches in a particular sequence, in a specified dose, with a specified cooking and cooling method.

The WORD 'prescription' is used on purpose because, just like any prescription, it needs to be taken exactly AS-PRESCRIBED for it to work.

It is **absolutely essential** that you **strictly adhere** to all the elements of your Food Prescription (Meal plans) and your Lifestyle Prescription for Weeks 5 to 8 of Growth Phase.

The GRP is not a creative, or interpretative, process, it is a PROTOCOL i.e. a prescriptive framework with a set of procedures, in a designated time frame, that accomplish a specific task.

Food Prescription...

Your Growth Phase FOOD prescription now starts to resemble a more natural way of eating.

You'll notice that *some* of the previous AVOID foods are reintroduced.

This doesn't mean it's a free-for-all and that you can re-introduce everything at once. It is important to follow your Food Prescription exactly, as specific foods are systematically reintroduced, in measured amounts, to shift your Microbiome into a euphotic state. Therefore, when your Food Prescription's Weekend Essential Preparation instructs you to pre-cook and cool a meal or food for 24-hrs then to get the benefits of the prescription, and the beneficial changes, then you need to do exactly as prescribed. This is just for now, not forever.

You MUST eat every single DRINK (Lemon Blend), BREAKFAST, SNACK and DINNER prescribed on your weekly Food Prescription...

- ⇒ Your Lemon blend is to be drunk ON WAKING. You CANNOT skip and it is NOT to be drunk at any other time, or more than just once a day.
- ⇒ You CANNOT miss a meal or your twice daily fruit/nut snack.
- ⇒ You MUST eat the portion size with ALL ALLOWED ingredients.
- ⇒ You MUST have your lunch leftovers. Do NOT substitute with another meal.
- ⇒ Do NOT add 'extra' salt, oil, tamari, tahini, nuts, coconut yoghurt etc. or more of any ingredient listed in a GRP recipe unless it is a herb or spice.
- ⇒ You can include meals from previous weeks as long as you still eat ALL of that weeks meals e.g. *When doing Week 5 you can include ANY meal from weeks 1-4 for your extra 2 dinners but you must still eat all of Week 5's meals.*
- ⇒ Most GRP recipes have 'variations', feel free to use these.

As discussed in our FAQs the GRP is NOT Vegan, and we do not want the word "Vegan" used in GRP HUB or when referring to the GRP… NOR is it a DIET.

The GRP uses a variety and specific whole plant-based foods, alongside crucial lifestyle elements, as a strategy to rebalance your Gut Microbiome and restore your health. We do NOT endorse ANY diet, nor prescriptive lifestyle, nor label foods as GOOD or BAD… we teach you the mechanisms of how to feel your health from the inside out.

The guidelines for your Weekend Essential Preparation, Breakfasts, Snacks, Lunches, Dinners, Meal timings, Serving Sizes, Shopping Lists and Recipes are the SAME as in your Establishment Phase Food Guidelines.

What you MUST AVOID in Growth Phase ...

While some foods are reintroduced, others must still be AVOIDED. Why? Because some are highly inflammatory and have a negative impact on your body and beneficial bacteria, while others can flare up pathogenic bacteria if they are still lurking.

- **No Beer, Spirits or Alcoholic or Non-Alcoholic Ciders** only *Optional* Red Organic Preservative & Additive Free Wine (see INCLUDE list).
- **No Breads, Crackers or Crispbreads** use your Seed crackers, Seeded crispbread or the Ultimate Loaf recipes.
- **No Condiments, Sauces, Marinades, Jams** the list is endless but NO preserves, Pickles, spreads, sauces, nuttlex, margarines, store bought veggie stock liquids/ cubes/powders, mayonnaises, dressings, soy sauce, etc. Just a big NO to all of them.
- **No Dairy** (Cow, Sheep Goat etc.) e.g. Milk, Butter, Cream, Milk Kefir, Sour Cream, Cheese, Whey powder, Milk yoghurt, Milk ice-cream, Custard or any milk derivatives.
- **No Drinks** such as diet drinks, soft drinks, Kombucha. No store bought store bought plant-based milk of any kind.
- **No Fruit or Vegetable juices** even if homemade.
- **No Dried fruit nor canned fruits** either on their own or as part of a recipe. Only dates/Medjool dates when used in a recipe, NOT as a snack on their own.
- **No Eggs** even if it's from your own chickens or organic/biodynamic.
- **No Fish/Seafood** canned fish, fresh or salt water, shellfish, dried fish, fish sauce, oyster sauce etc. No fish products whatsoever.
- **No Grains/Noodles** outside of what is listed in GRP Food Prescriptions and recipes.
- **No Gum or Mints** of any type, even sugar-free or artificially sweetened types.
- **No non-Organic peanuts or Peanut butter** and only have when in your Food Prescription.

What you MUST AVOID in Growth Phase ...

- **No Meat products, Processed or Deli Meats** e.g. Beef, chicken, lamb pork, kangaroo, bacon, ham, salami, jerky, polony, prosciutto etc. NO to ALL and any type.
- **No Oils** outside of what is listed in a GRP recipe.
- **No Over-the-counter Medications/Drugs** such as pain-killers (any kind), Cough and Cold remedies or throat lozenges, Antihistamines, Antacids. These are just examples but basically NONE are allowed. Your Ginger root tea is your alternative.
- **No Processed Foods, Fried foods, Candy, Crisps** e.g. Packaged meals, Fried food, potato or corn chips, muffins, crackers, biscuits, chocolate, lollies, breath mints, popcorn ... basically NO to anything that comes in a packet/ jar that isn't on your shopping list.
- **No restaurant/café /take-away/order-in foods** that include ANY of these AVOID foods and ingredients.
- **No Added Salt** only use Pink Himalayan Salt, Celtic Sea Salt or a pure river/sea salt but ONLY the amount in GRP recipes DO NOT add extra. You can use Dulse flakes.
- **No Supplements, Powder, Herbal tinctures/tonics** e.g. NO Vitamins, Minerals, Herbs (tonics, tinctures, powders, capsules), Fish/Algae oils, Food or Protein powders, no probiotics (except for coconut yoghurt), no ingesting essential oils drops/capsules. Do NOT stop any prescribed medications.
- **No Antibiotics** if for some reason during the GRP these are prescribed to you by a doctor then immediately book a private consult with Nat BEFORE you start taking them.
- **No Sugars: Organic, Natural or Artificial** the list is endless but basically NO to ANY type of sugars... E.g. Stevia, Xylitol, Monk fruit, Molasses, Rice, Maple*, Agave, Date or malt syrups, Brown, Cane, Raw, Coconut or Rapadura sugar. No artificial sweeteners. **A small amount of maple is used in your GRP Raw Chocolate snack and this is allowed.*
- **No Vinegars or Oils** other than the ones listed in a GRP recipe.

What you can INCLUDE in Growth Phase …

- ✓ **All the delicious foods listed in your Food Prescriptions — both in your Establishment and Growth phase**
- ✓ **All Fruits, fresh or frozen …** not canned or dried.
- ✓ **ALL Vegetables** according to your Food Prescription. New vegetables are introduced, but in measured amounts and follow a particular cooking method, this MUST be adhered to.
- ✓ **All Gluten Free Grains and Flours** ONLY when on your Food Prescription and ONLY the amount specified - no second helpings.
- ✓ **All Beans & Legumes** but don't over-do it. Slow and steady as prescribed.
- ✓ **ONLY these Oils** Extra-virgin olive, Coconut & Sesame.
- ✓ **Nuts** raw unsalted, and ONLY Peanuts when included in your Food prescription.
- ✓ **Nut, Seed or Oat Milk** can ONLY be homemade. No store-bought Soy/ Pea/Oat/Rice/Nut milks. Basically NO store bought milks.
- ✓ **Nut butters** and ONLY Peanut butter when in your Food Prescription. Peanut butter must be organic with no additives, no added oil, preservatives or sugars.
- ✓ **Fermented Soy** e.g. Natto, Tempeh, Miso and Tamari. Must be Organic Non GMO, not flavoured and no alcohol content. Tofu is not fermented and can ONLY be used when indicated in your Food Prescription.
- ✓ **Fermented foods** such as Kimchi or Sauerkraut can be added to any meal it is complementary too. I.e. it matches the taste and texture e.g. Hosomaki Sushi plus Kimchi, or Shaved Fennel 'n' Radish salad with Sauerkraut
- ✓ **Only Sugars used in your Food Prescription** e.g. Honey, Maple syrup, Coconut or Rapadura sugar. Avoid *any* other sugars.
- ✓ **Only Dried Fruits used in your Food Prescription** in a particular recipe. Do not eat at any other time.

What you can INCLUDE in Growth Phase …

- ✓ **Filtered Water** re-read your Module 3's Gut Health Library on Hydration.
- ✓ **Herbal Teas** Choose ONLY organic loose leaf teas (NOT tea bags) and ensure you have a variety, so you're not having the same tea all the time. NO fruit or flavoured teas. Make your own Chai tea or Turmeric latte with the recipes provided. Or make your own Ginger-Lime Spritz with Organic Ginger Root Tea. Australian members can buy here and get a 10% discount using **GRP10** code (valid during the GRP). More information about herbal teas in the Movement and Hydration Module.
- ✓ **Coffee or tea** Do NOT drink instant coffee or use tea bags. Use organic coffee and organic loose leaf tea. DO NOT add any sweeteners or store bought milks such as soy, almond, rice, nut, oat, pea or dairy milks. If you want it milky then see GRP recipes for homemade Nut or Seed milk or add 100% Coconut cream. The recommended coffee/tea timing is about 30-60 mins *AFTER* breakfast. And a second cup (if you wish) 30-mins before or after your Morning snack. NEVER first thing in the morning. Detailed information in your Movement and Hydration Module.

OPTIONAL…

After re-reading the section in Module 4's Gut Health Library… **When 'alcohol' is re-introduced, why is there a limit?** … decide whether you fit the criteria of having the OPTION* of adding Organic Preservative free, Additive free, 100% Plant based RED Wine. Decide whether you want to take this up this option, by connecting to your current health status and the future health status you want to reach and maintain.

There is a LIMIT though... a MAXIMUM of 1 x 100ml (3.4 fl.oz) glass of wine in any one day. NEVER on consecutive days and a maximum of 2 x 100ml glasses in one week and only WITH a meal. You must measure the amount, do NOT estimate. And post consumption… look closely how you feel, how you sleep, your mood, your skin, your energy levels and so on.

**If you are taking ANY medications you should NEVER drink alcohol.*