

Why a Gut Reset?

If you want to build a home, you start with a solid foundation. A healthy gut is the foundation of overall health and sustainable weight management.

Even the most carefully planned diet will fall short if the gut lining is inflamed, stomach acid is low, or digestive enzymes and beneficial bacteria are out of balance. Probiotic supplements alone cannot repair a damaged gut lining.

- The gut microbiota regulates **metabolism**.
- 70-80% of your immune cells (**immunity**) reside in the gut.
- Several issues with the gut and gut bacteria can increase appetite, increase the storage of calories as fat, cause **insulin resistance** and **chronic inflammation**.
- 90-95% of **serotonin** (the neurotransmitter known to be responsible for a happy mood, but also bowel movements, sleep, wound healing, sexual desire, and more) is synthesised by the gut.
- A person who has a leaky gut does not always have gut symptoms, but can have symptoms (amongst others) such as skin rashes e.g. eczema/psoriasis/acne/rosacea, anxiety, depression, fatigue, joint pain, allergies, asthma, poor memory, difficulty concentrating, poor immunity and more.
- Research has repeatedly shown that extended periods of stress in childhood is linked to digestive problems in adult life.

DIET SEEMS TO BE THE MOST POWERFUL INFLUENCE ON THE GUT MICROBIOME [3,7,8,9,10,11] [29] [30] [[53], [54], [55]]

☛ *In The 28-Day Gut Reset, we temporarily remove common gut irritants to give the gut lining an opportunity to heal.*

☛ *Inflammatory foods are eliminated, as chronic inflammation and gut / overall health / weight issues go hand in hand.*

☛ *We give it gentle, healing foods.*

☛ *Then, we start repopulating it with all the beneficial bacteria needed for long term health.*

The Critical Importance of Stress Management & Nervous System Regulation When Healing The Gut

Numerous studies agree that stress has a major impact on the development and relapse of irritable bowel syndrome (IBS). This is due to the two-way communication between the brain and the gut, or what's known as the gut-brain axis.

The gut is often referred to as the "second brain," and the two are in constant communication with each other.

- People who had experienced traumatic stress are 3-8 times more likely to have a gut disorder.
- Chronic or traumatic stress means you spend extended time in the states of fight, flight, or freeze.
- If your mind-body system doesn't get to return to its regulated equilibrium or baseline, it impacts your digestive, cardiovascular, immune, and endocrine (hormonal) systems, in addition to your nervous system.

This may result in:

- constipation, diarrhoea, heartburn, reflux, spasms, bloating, distension, pain
- chronic fatigue
- feeling numb or disconnected from your body

If you are taking medication, are under medical supervision, or have been diagnosed with a gastrointestinal condition, consult your healthcare provider before making dietary or supplement changes.

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Learning to modulate the gut-brain axis can improve gastrointestinal function and emotional regulation. Nervous system regulation is often overlooked in gut-focused protocols, despite being critical for healing.

Stress management and nervous system regulation are essential parts of this reset and must be practiced alongside the meal plan, as recommended in the 'Stress Management / Nervous System Regulation' document.

Considerations / Recommendations

- It is not recommended to “cheat” during the 28 days. This is a structured healing process, and eating foods outside the plan can interfere with gut repair.
- For this reason, you are ONLY allowed the foods listed in the recipes, and to drink: water (no sparkling water unfortunately), herbal teas like rooibos - without artificial sweeteners. Water with a slice of lemon / mint and ice are allowed.
- Ensure you are eating enough, especially in the first few weeks when soups are consumed frequently. Chronic undereating can worsen symptoms and slow healing.
- Do not force yourself to eat, particularly in the first week. Appetite is often suppressed initially and this can be a sign that the gut requires a short break from food to heal.
- You may experience detox-like symptoms (flu-like symptoms, headaches, fatigue), particularly in the first few days. Rest, reduce stress, sleep, hydrate, and allow your body time to adapt.
- Avoid intense exercise for the first two weeks, or until you feel significantly better. High-intensity exercise / long workouts add stress and can impair gut healing. Gentle walking, swimming, yoga, or low-intensity movement is encouraged.
- The time required in each phase will vary between individuals. If you have more severe gut symptoms, you may need to spend longer in each phase.
- The first two weeks provide the best opportunity to optimise gut healing and systemic recovery. Skipping or rushing these weeks can contribute to lingering symptoms.
- Fresh fruit and vegetables are excluded initially, as insoluble fibre can be irritating to a damaged or inflamed gut lining.
- You may repeat recipes from previous weeks if needed, but do not skip ahead to future weeks.
- You may adjust the amounts of protein or vegetables in each recipe, or omit foods you do not tolerate well. Do not increase pumpkin, sweet potato, fruit, or other starchy ingredients, as these can worsen SIBO-related symptoms and slow gut healing.
- If meals do not keep you full, increase the protein portion.
- This plan is generally low in FODMAPs. If you are sensitive, take extra care with apples, onion, and garlic. You may also need to replace homemade broth with stock if tolerated better.
- Where possible, choose chicken, eggs, and meat from free-range or pasture-raised sources, and grass-fed beef. Many health shops, butcheries, or local farmers offer these options, and they are not always more expensive. If you can, get from [Farmer Angus](#).
- If you feel overwhelmed or close to giving up, WhatsApp at 084 558 7015. I can help you modify the plan to make it more manageable, even if just for the day.

IMPORTANT: YOUR SYMPTOMS

Help the Gut Lining / Barrier Heal - For Everyone

The following two supplements are recommended to aid in the healing of the gut lining (if you are going to choose only one, my suggestion would be the Magnesium Glycinate:

If you are taking any medication, consult your doctor before using supplements or herbs to check for possible interactions.

For example: People with neuromuscular disorders like myasthenia gravis, impaired kidney function / kidney disease, or heart disease must not take magnesium supplements without consulting a doctor first.

1. **Magnesium** 250 - 350mg in the evening - Glycinate or Malate are good options both for gut healing, Glycinate also for sleep and stress. Citrate can help with constipation - refer to the elemental amount.
2. 1.5 - 5g **L-Glutamine** 2-3x per day (start at the lower range).

*If you suspect an **H. pylori infection**, please get tested as that will hamper getting stomach acid levels back to normal. If you struggle with heartburn and acid reflux and have been taking acid suppressing medications, it could be the case. Also check with a doctor that you have no **parasites** or other **pathogenic infection** that will not be eliminated by changing the diet alone.*

If eating **FATTY FOODS** makes you feel nauseous, bloated, or causes loose or oily stools, an **ox bile** supplement ([this one is available online](#)) can improve fat digestion and is often particularly helpful for people without a gallbladder. If you also feel you need a digestive enzyme, choose one that contains ox bile extract. ***If you have gallbladder disease, gallstones, or bile duct disorders, consult your healthcare provider before using ox bile.***

1. IBS, IBD, GERD, Ulcers, SIBO, and more...

- Please follow the suggestions in the 'Gut Reset: Mindset, Stress, Sleep and Homework' document. Chronic exposure to stress may lead to the development of a variety of gastrointestinal diseases such as gastroesophageal reflux disease (GERD), peptic ulcer disease, IBD, IBS, and even food allergies. Chronic stress may play an important role in the development of small intestinal bacterial overgrowth (SIBO) and leaky gut syndrome.
- It consequently plays an important role in the healing process, too - the gut reset's benefits will be constrained if stress is not managed and reduced.
- As far as is possible, avoid stressful and toxic situations and people during the reset.
- If you feel you have unhealed emotional wounds, I highly recommend to sign up for the [Future Self Journal](#) or [Shadow Work Journal](#) from the Holistic Psychologist, or get a professional to help. Unhealed emotional trauma or emotional suppression can cause stress and constant dysregulation of the nervous system, which will maintain inflammation in the gut. We are easily unaware of this constant inflammatory state.
- People struggling with gut distress may, for several reasons, have **low stomach acid** which will also result in less enzymes available for digestion. The same can apply if you have either been on a diet low in whole foods, or a vegetarian diet. If you have gut symptoms or other symptoms that you suspect are linked to leaky gut, I suggest to supplement with:

- **hydrochloric acid (HCL)** (be aware that HCL should always be taken with **pepsin**) - check other ingredients, it should be lactose and other potential irritant / allergen free. Along with this, you will obviously avoid acid suppressing drugs - check with your doctor.

HCL with pepsin should not be taken with anti-inflammatory medication.

- The dose suggestion is to take one 650 mg capsule of HCl with pepsin ([this one available at Dischem](#)) ([this one available on takealot](#)) at the beginning of each meal. After two or three days, increase to two capsules each meal. After two more days, increase your dosage to three capsules. Keep increasing until you feel a slight burning sensation (or until you reach five or six capsules max). Dial back your dose by one capsule.
- -a good **digestive enzyme** (lactose free and gluten free - optional if on a budget, but may be needed for those struggling with more severe digestive symptoms. Some options: [takealot](#), [takealot \(cheaper\)](#), or get anyone that for now have no probiotics, prebiotics, sweeteners, lactose, or anything else that can irritate a damaged gut.

If you want to try a 'gentler' more natural approach, another way to stimulate acid production in the stomach is by taking **bitter herbs**: Dandelion, Fennel, Gentian root, Ginger, Beet root, Goldenseal root, Milk thistle, Peppermint, Wormwood, Yellow dock. Bitters are normally taken in very small doses - just enough to evoke a strong taste of bitterness. Kerry Bone, a respected Western herbalist, suggests 5 to 10 drops of a 1:5 tincture of the above herbs taken in 20 mL of water. *Bitter herbs may work well enough, instead of HCL with pepsin, if you have not taken a lot of proton pump inhibitors (PPI) before.*

HCL with pepsin, digestive enzymes and **bitter herbs** should all be taken just before / with meals.

If you are taking any medication, consult your doctor before using supplements or herbs to check for possible interactions.

2. Bloating with diarrhea OR constipation (SIBO)

If you struggle with **bloating, gas, constipation, diarrhea**, or you suspect you have Small Intestinal Bacterial Overgrowth (**SIBO**), this part is important.

A SIBO eating plan helps symptoms, but the eating plan alone will NOT kill the overgrowth.

You need targeted natural antimicrobials or, if needed, medical antibiotics together with this SIBO-minded Gut Reset eating plan.

Below you'll find simple symptoms and exact combinations to use for each type.

1. Hydrogen-Dominant SIBO (Hydrogen Small Intestinal Bacterial Overgrowth)

Symptoms:

- **Diarrhea or loose stools**
- Rushing to the toilet
- Stomach cramping
- Bloating shortly after eating
- Lots of burping or gas
- Food moving "too fast" through you

What to take for Hydrogen SIBO:

Use these TWO together for the best effect:

✓ **Oregano Oil & Berberine**

These two together are the standard natural combo for hydrogen-dominant overgrowth.

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DOSES:

Oregano Oil

- Liquid: 3–4 drops diluted in 1 teaspoon olive or coconut oil, 3× per day with meals (this can burn a bit), **OR**
- Softgels: 150–200 mg, 2–3× per day
- Duration: 4–6 weeks

Berberine

- 500 mg, 2–3× per day with meals
- Duration: 4–6 weeks

If symptoms persist:

*Speak to your doctor about **Rifaximin** (antibiotic).*

(I cannot prescribe this — this is only for discussion with a medical professional.)

If you are taking any medication, consult your doctor before using supplements or herbs to check for possible interactions.

2. Methane-Dominant Overgrowth (New name: **Intestinal Methanogen Overgrowth - IMO**)

This is the new name for methane SIBO because methane is made by methanogens (archaea), not bacteria.

Symptoms:

- **Constipation**
- Feeling “blocked” or slow digestion
- Bloated belly that gets worse during the day
- Hard, swollen stomach
- Stronger or smelly gas
- Feeling full but you can’t go

What to take for Methane-Dominant Overgrowth

Use these THREE together:

✓ **Oregano Oil, Neem, & Allicin** (garlic extract)

This 3-part combo is the standard natural approach used by functional gut practitioners for methane-dominant constipation.

DOSES:

Oregano Oil

- Same dose as above
- Duration: 4–6 weeks

Neem

- 300–600 mg, 2–3× per day
- Duration: 4–6 weeks

Allicin

- 450 mg, 2–3× per day
- Duration: 4–6 weeks

If you are taking any medication, consult your doctor before using supplements or herbs to check for possible interactions.

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If symptoms persist:

Discuss these antibiotic medical options with your doctor (I cannot prescribe them):

- Rifaximin + Neomycin OR
- Rifaximin + Metronidazole

3. Mixed SIBO (Hydrogen + Methane Together)

Symptoms:

- Bloating
- Constipation on some days
- Diarrhea on other days
- Gas
- Belly swelling during the day
- Reacting to many different foods

What to take for Mixed SIBO

Use **TWO** together:

✓ **Oregano Oil** PLUS **Berberine** OR **Neem**

(choose the one that matches your main symptom)

If **diarrhea** is worse:

→ Pair Oregano Oil + Berberine

If **constipation** is worse:

→ Pair Oregano Oil + Neem

DOSES:

Oregano Oil

- Same as above
- Duration: 4-6 weeks

Berberine

- 500 mg, 2-3× per day (if diarrhea dominates)

Neem

- 300-600 mg, 2-3× per day (if constipation dominates)

If symptoms persist: Doctors often use these antibiotics:

- Rifaximin alone, or
- Rifaximin + Neomycin (if methane symptoms are also strong)

IMPORTANT NOTES

- **If you are taking any medication, consult your doctor before using supplements or herbs to check for possible interactions.**
- The eating plan will reduce symptoms, but will NOT kill SIBO / overgrowth without antimicrobials.
- Natural antimicrobials are widely used, but not guaranteed.
- Start new supplements one at a time for 2-3 days to monitor reactions.
- Most people need 4-6 weeks, but stubborn cases may need 8-12 weeks.
- Long-term or severe cases sometimes need 3-6 months in phases.
- If you feel worse or nothing improves, speak to your doctor.

WEEK 1 GUIDELINES



WEEK 1 - IMPORTANT GUIDELINES

This first week is about allowing the gut lining to heal and begin lowering gut and chronic inflammation.

For Week 1, you will be eating only this soup.

- *Eat as much as you need throughout the day — you should **not** be starving*
- *Make sure your food is **properly salted and that you add fat to meals**. The soup itself can be quite low in fat. Add 1-2 teaspoons of olive oil, avocado oil, or ghee to each serving, or add fat to solid food if you are eating chicken and vegetables.*
- ***Tune into your body before meals and while you eat, so that you can relearn to feel what your body tells you about hunger and being full.***
- *You may repeat each week for longer than 7 days if your gut symptoms are severe*
- *Make the soup in bulk and freeze portions in separate containers for each day - **FREEZE IMMEDIATELY**, do not let the soup sit overnight.*
- *If you have a big appetite or the portions don't fill you up - **add more chicken** and/or baby marrow - not more pumpkin.*
- ***If you usually eat little to no meat, introduce it slowly, or get a good digestive enzyme, since your body's digestive enzymes for meat, chicken or fish protein may be low.***
- *If you generally **struggle to digest protein (especially red meat)**, this may be a sign of low stomach **acid**, which often goes hand-in-hand with acid reflux, indigestion, or bloating.*
- *Please refer to the notes before the programme (pages 3-4) for guidance on supporting digestion.*
- *If you get sick of the soup, go to Week 2 and add extra days later, but try to make it to Day 5 at least - most participants do make the whole week.*
- *You can also cook the chicken meat and steam the baby marrow and pumpkin and eat it whole like that.*
- *Contact me if you really struggle so that we find an alternative solution - just giving up is not going to be worth it.*

To drink:

- *Water (no sparkling water unfortunately), herbal teas without artificial sweeteners, or rooibos are allowed*
- *No milk, sweeteners, coffee, alcohol, fruit juice, or other artificially sweetened or sugary drinks*
- *Do not take probiotic supplements - they may cause bloating. We reintroduce beneficial bacteria from Week 3.*

WEEK 1 - IMPORTANT GUIDELINES CONTINUED

Exercise

- Do not do intense exercise during Week 1.
- Your body is directing energy toward gut repair, and adding physical stress will delay healing.
- Gentle walking, swimming or light movement is fine
- **High-intensity training, long workouts, or pushing through fatigue is not recommended at all**

What You May Experience (This Is Normal)

- Fatigue around Day 2-4
- Headaches around Day 2-3
- Mild “flu-like” or detox symptoms
- Some constipation during the first week
- Gradual excess fat loss

If You Experience Bloating, Abdominal Pain, or Trapped Gas

A small number of people may experience bloating, abdominal pain, or trapped gas in the first few days while the gut adjusts.

If this happens:

- Reduce or temporarily remove the pumpkin and increase the zucchini (baby marrow).
- Eat solid cooked chicken with steamed zucchini for a few days if needed.
- Ensure meals contain enough fat (olive oil, avocado oil, or ghee) and salt.
- Eat smaller meals and eat slowly.
- Walking during the day can help move trapped gas through the colon.
- Peppermint tea may help reduce cramping.

If severe or persistent abdominal pain occurs, stop the reset and consult your healthcare provider.

Rest & Recovery Are Non-Negotiable

Sleep, relaxation, and stress management are top priorities this week.

Nothing in the body heals properly under:

- Chronic stress
- Poor sleep
- Ongoing emotional overload
- Excessive physical demand

Listen to your body and err on the side of rest.



Gut Healing Soup

MEAT STOCK RECIPE (*double or triple amounts for the whole week*)

- 1 whole chicken (*it is best if the chicken used is pasture raised and free of hormones & antibiotics.*)
- 2-5 chicken feet (optional)
- 4 litres of water
- 1-2 onions
- 2-3 garlic cloves
- 2-4 carrots
- 2-4 celery stalks
- 1-2 tsp sea or Himalayan salt
- 1 bunch parsley

INSTRUCTIONS

1. Rinse chicken and feet. Place in a stockpot with onions, garlic, carrots, celery, and salt.
2. Add water to cover.
3. Bring to a boil, then reduce to a simmer and cook for 1.5-2 hours.
4. Add parsley during the last 10 minutes.
5. Remove chicken.
6. Strain the liquid. **Discard all vegetables.**
7. Shred the chicken meat to use in the soup.

SOUP RECIPE (*per whole chicken*) 4-5 servings

- Shredded chicken (from the stock)
- Strained meat stock (liquid only)
- 4 cups raw cubed pumpkin (**peeled**) - *not more if bloating or SIBO are present*
- 4-6 cups raw chopped zucchini (**peeled**)
- Himalayan, Celtic or Kalahari Salt, to taste. (**Do not under-salt the soup - this help prevent headaches + cramps that show up in Week 1**)
- 1-2 tsp olive oil, avocado oil, or ghee per serving (added when eating)

INSTRUCTIONS

1. Place the pumpkin and zucchini into a large pot.
2. Pour in enough strained meat stock to cover the vegetables.
3. Bring to a boil, then reduce heat and simmer for 30 minutes until everything is very soft.
4. Add salt to taste.
5. Add the shredded chicken and heat through.
6. Blend with a hand blender until smooth (or leave chunky if you prefer).
7. Cool, portion, and store in the **freezer immediately**.
8. When serving, add 1-2 teaspoons of olive oil, avocado oil, or ghee to each portion.

Week 1 is the toughest part of the reset. Once you get through this week, everything gets easier.
If you can't do the soup for the full week, switch to cooked chicken with steamed pumpkin and baby marrow, or move on to Week 2 and add two extra days later.
Make life easy this week. Line up a movie or Netflix, rest as much as you can, and don't let yourself get hungry.
Week 2 feels very different — hang in there!

WEEK 2 GUIDELINES



WEEK 2 - IMPORTANT GUIDELINES

Protein & Weight Goals

If fat loss or maintaining muscle mass are some of your main goals, aim to get around 30 g of protein per meal where possible. Muscle mass maintenance is important for people over 40. As in Week 1, do not force food. Listen to what your body tells you and eat what feels manageable. If you still struggle to digest protein (especially red meat), this may indicate low stomach acid. Refer back to the notes before the programme (pages 3–4) for support strategies.

Meals & Eating

This week introduces **grass-fed bone broth** and **cooked dinners**.

- You may have one or both soups during the day for the entire week
- Bone broth is non-negotiable
 - It must be from **grass-fed** cows or **pasture-raised** chickens
 - Free from hormones and antibiotics

You can find suitable bone broth at:

- Health shops like Wellness Warehouse
- Online suppliers (e.g. [Farmer Angus](#) - **highly recommended**)

If your budget is tight:

- Use less bone broth than stated in the recipes - dilute with water as needed

Powdered bone broth is acceptable if necessary, although some people find the taste or smell unpleasant.

If you choose the **Pumpkin & Coconut Soup**:

- Add extra meatballs or chicken from the dinner recipes
- **The type of protein is flexible - you do not have to, for example, eat fish if you don't like it, or pork if you prefer not to - swap with any other preferred source of protein.**
- **You do NOT have to eat every single meal in each week, but do get some soup in as the broth is important for gut healing.**
- **Tune into your body before meals and while you eat, so that you can relearn to feel what your body tells you about hunger and being full**
- If you have a big appetite or the portions don't fill you up - add more protein to portions.



To drink:

- Continue with water (no sparkling water unfortunately), herbal teas or rooibos
- No milk, sweeteners, coffee, alcohol, fruit juice, or other artificially sweetened or sugary drinks
- Do not take probiotic supplements - they may cause bloating. We reintroduce beneficial bacteria from Week 3.

Exercise

You may begin light exercise in Week 2.

Avoid: HIIT, long endurance sessions or intense or exhausting workouts.

Gut healing is still the priority, and excessive or intense training will slow recovery.

What You May Experience

- Improved energy
- Better mental clarity
- Clearing of digestive /gastrointestinal issues
- Gradual, steady excess fat loss

Rest & Recovery Are Non-Negotiable

Sleep, relaxation, and stress management are still top priorities

Nothing in the body heals properly under:

- Chronic stress, poor sleep, ongoing emotional overload, or excessive physical demand

Pumpkin and Coconut Soup (Serves 4)

- 2-3 cups raw cubed pumpkin
- 1 small - medium brown onion, roughly diced
- 1 leek, roughly chopped
- 1 tbsp coconut oil
- 2 cups pastured chicken or grass fed beef bone broth
- 2 cups water
- ½ cup coconut cream

INSTRUCTIONS

1. Heat the coconut oil in a large pot over medium heat.
2. Add the onion and leek. Sauté for 3-4 minutes until soft and lightly browned.
3. Add the pumpkin, broth, and water.
4. Bring to a boil, then reduce heat and simmer for 30 minutes, until the pumpkin is completely soft.
5. Remove the pot from the heat.
6. Blend the soup using a stick blender until smooth. (If using a countertop blender, blend in batches to avoid overflow.)
7. Stir in the coconut cream.
8. Taste and adjust salt if needed.
9. If the soup is too thick, thin it with a little extra water.

‘Creamy’ Chicken Soup (Serves 4)

- 300-400g cooked, shredded chicken (**preferably from free range, no antibiotic, no hormones fed chicken**)
- 1 medium onion, diced
- 6 - 8 peeled garlic cloves (*reduce to 2-3 if you are sensitive to FODMAPs*)
- 1 medium cauliflower head (about 680g florets)
- 8 cups **pastured chicken broth** or **grass fed beef bone broth** (*use less and dilute with water if your budget is tight*)
- 1 tsp dried thyme leaves
- 1 medium carrot peeled and sliced
- 1 medium sweet potato peeled and diced
- salt (Himalayan, Kalahari, Celtic, or similar), to taste

INSTRUCTIONS

- Add onion, garlic, cauliflower, broth, and thyme to a large pot.
- Bring to just under a boil; reduce heat and simmer 15 minutes until cauliflower is soft.
- Remove from heat; blend until smooth using an immersion blender.
- Return to stove. Add sliced carrot; simmer 15 minutes.
- Add diced sweet potato; simmer 10-15 minutes until tender.
- Add shredded chicken and salt; heat through.
- Serve warm.

Herb Lamb Chops and Steamed Vegetables (Serves 2)

For the Lamb:

- 1 tbsp grated lemon rind
- 2 tbsp chopped fresh mint
- 1 tbsp dried rosemary leaves
- 1 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice (*just enough to form a paste*)
- 4 lamb chops (2 per serving) → *Trim off most excess visible fat after cooking - it may be hard to digest at this stage.*

For the Sauce:

- 2 tbsp extra virgin olive oil
- ¼ cup lemon juice
- 1 tbsp grated lemon rind,
- 1 tbsp chopped fresh mint

Vegetables:

(We are not eating fresh vegetables yet, as insoluble fiber can irritate the gut, as can nightshades. Steam before eating).

- 1 cup broccoli florets (½ cup per serving)
- 2 medium carrots, peeled and sliced

INSTRUCTIONS

Prepare the Herb Crust

1. In a small bowl, mix together:
 - Lemon rind
 - Mint
 - Rosemary
 - Olive oil
 - Lemon juice (*just enough to bind*)
2. Press this thick paste firmly onto the top side of each lamb chop.

Bake the Lamb

1. Preheat oven to 200°C (390°F).
2. Place a wire rack over a baking tray.
3. Lay the lamb chops herb side up on the rack.
4. Bake for 25-30 minutes, until cooked to your liking: 25 min = juicy, 30 min = well done.

Make the Lemon-Mint Sauce

1. Combine the sauce ingredients in a small saucepan.
2. Heat gently while stirring until it just begins to boil.
3. Remove from heat.

Steam the Vegetables

1. Steam the sliced carrots for 10-12 minutes until soft.
2. Add broccoli florets for the last 5 minutes, steaming just until tender.

Serve

1. Plate 2 lamb chops per person.
2. Spoon the warm lemon-mint sauce over the top.
3. Serve with steamed carrots and broccoli.

Meatballs and Veg Mash

MAKES 18 MEATBALLS (SERVES 6)

Use 3 meatballs per meal (soup or dinner). Freeze the rest.

- 1kg lean beef mince (preferably **grass fed**)
- 1 small onion, finely chopped
- 1-2 garlic cloves, minced
- 1½ tsp fennel seeds, crushed (or fennel powder)
- 2 large eggs
- 1 tsp (Himalayan, Kalahari, Celtic, or similar) salt to taste
- 3 tbsp extra virgin olive oil (for mixing)
- Extra olive oil for the tray (oven method)

INSTRUCTIONS:

MIX

1. In a large bowl, combine mince, onion, garlic (or garlic oil), fennel, eggs, salt, and 3 tbsp olive oil.
2. Mix gently until combined — do not overwork the meat.

SHAPE

1. Roll into 18 golf-ball sized meatballs.
 - Tip: divide mixture into 3 equal sections → each makes 6 meatballs.

OPTION 1: PAN-FRY (TRADITIONAL METHOD)

1. Heat 3 tbsp olive oil in a pan over medium heat.
2. Fry a test piece to check seasoning; adjust salt if needed.
3. Cook meatballs in batches for 8-10 minutes, turning often until browned and cooked through.

OPTION 2: OVEN-BAKED MEATBALLS (EASIEST METHOD)

1. Preheat oven to 200°C (390°F).
2. Lightly coat a baking tray with extra virgin olive oil.
3. Place meatballs on the tray with space between them.
4. Bake for 18-22 minutes, or until browned and cooked through.

Vegetable Mash: (2 servings)

- 2 cups raw pumpkin or butternut, peeled and cubed
- 1 small sweet potato, peeled and diced
- 1/2 - 1 avocado, chopped (optional)
- 3 tbsp coconut oil
- 2 tbsp water
- ¼ bunch of chives, chopped
- 1 tsp (Himalayan, Kalahari, Celtic, or similar) salt to taste

INSTRUCTIONS

Steam

1. Steam the pumpkin (or butternut) and the 1 small sweet potato until very soft.

Mash

1. Transfer to a bowl and mash with:
 - 2. 3 tbsp coconut oil
 - 3. 2 tbsp water
 - 4. Salt to taste

Finish

1. Stir in the chopped avocado (optional) and chives.

Serve

1. Divide into 2 servings. Serve with 3 meatballs

Grilled Chicken with Apple Broccoli Saute (Serves 2)

You can make the chicken only in bulk to add to soup recipes that need extra protein

Chicken (Serves 2):

- 400-500 g chicken breast **total** (2 medium breasts) cut into thick strips
- 2.5 tbsp extra virgin olive oil
- 2 tbsp apple cider vinegar (or red wine vinegar)
- 1 tbsp Worcestershire sauce
- 1 tbsp dijon mustard
- 1 tbsp lemon juice
- 1 tbsp Italian seasoning
- 1/2 tsp garlic powder or 1-2 tsp chopped garlic
- Himalayan, Kalahari, or Celtic salt to taste

Apple Broccoli Saute (Serves 2):

- 1 head of broccoli, broken into small florets
- 1/2 medium apple, peeled and finely cubed
- 2 tbsp extra virgin olive oil
- Himalayan, Kalahari, or Celtic salt to taste

INSTRUCTIONS (ONE-PAN METHOD)

Marinate the Chicken

1. In a bowl, mix olive oil, vinegar, Worcestershire, mustard, lemon juice, Italian seasoning, garlic, and salt.
2. Add chicken strips and coat well.
3. Marinate for 30 minutes to 4 hours.

Cook the Chicken Strips

1. Heat a large pan over medium-high heat.
2. Add the chicken strips with the marinade.
3. Cook for 3-4 minutes, then flip and cook another 3-4 minutes, until lightly browned and almost cooked through.

Add the Broccoli and Apple to the SAME Pan

1. Reduce heat to medium.
2. Add broccoli florets around the chicken.
3. Add the 1/2 apple cubes.
4. Add 2-4 tbsp water to create steam (helps soften everything).
5. Cover the pan with a lid.
6. Let everything cook together for 5-7 minutes, until broccoli is soft enough and apple is tender.

Serve

1. Divide everything in half for one serving.
2. Spoon any pan juices over the top for flavour.

Well done for making it this far! Your gut should be healing really well and I hope you can feel it!
Week 3 is going to get better again, with more variety.

WEEK 3 - IMPORTANT GUIDELINES

Protein & Weight Goals

Remember to get around 30 g of protein per meal where possible, if excess weight loss and muscle maintenance (holding on to muscle becomes increasingly important as we get older) are some of your main goals.

If you still struggle to digest protein (especially red meat), this may indicate low stomach acid.

Refer back to the notes before the programme (pages 3–4) for support strategies.

Meals & Eating

Main New Additions: Smoothie & Eggs

- The type of protein is flexible - you do not have to, for example, eat fish if you don't like it, or pork if you prefer not to - swap with any other preferred source of protein.
- You may have any of the previous week's recipes again.
- You do NOT have to eat every single meal in each week, but do get some soup in as the broth is important for gut healing.
- Tune into your body before meals and while you eat, so that you can relearn to feel what your body tells you about hunger and being full
- If you have a big appetite or the portions don't fill you up - add more protein to portions.

Fermented drinks (Start of Repopulation with Beneficial Bacteria)

Have ½ a bottle (about 175 ml) of kombucha or water kefir (NOT MILK KEFIR) per day.

- Available from health shops or some supermarkets like Spar
- Any flavour is fine, choose lower-sugar options if available
- Do NOT choose sugar-free versions

If you experience bloating, discomfort, or digestive upset: Stop and retry in another week or two

To drink:

- Continue with water (no sparkling water unfortunately), herbal teas or rooibos
- No milk, sweeteners, coffee, alcohol, fruit juice, or other sugary or artificially sweetened drinks
- Do not take probiotic supplements. We reintroduce beneficial bacteria from this week with the water kefir/kombucha.

EXERCISE

You may begin moderate exercise.

Still avoid: HIIT, long endurance sessions or exhausting workouts.

Morning sessions or pre workout:

- Do not train on an empty stomach, eat something small beforehand like one Egg Muffin

Post-workout eating (IMPORTANT)

If the session was moderate or hard: eat a protein-rich meal within 45 minutes

If the session was light (walking, mobility, gentle yoga): Eat your next normal meal when hungry

What You May Experience

- Continued improvement in digestion, energy levels and sleep quality
- Reduction in gut-related symptoms (if present)
- Gradual, steady excess fat loss

Rest & Recovery Are Non-Negotiable

Sleep, relaxation, and stress management remain top priorities this week.

Main New Additions: Breakfast Smoothie, Eggs, Kombucha / Water Kefir

Have half a bottle (half of roughly 350ml) of Kombucha/Kefir Water (NOT milk kefir) every day this week. You can get it from health shops or some Spars. Any flavour, preferably in a glass bottle. Choose the one lower in sugar if there are options, BUT DO NOT TAKE ANYTHING 'SUGAR FREE'! If you have a reaction, such as bloating, postpone this for another week or two. If you still feel bloated, do not start with kombucha yet.

Egg breakfast Muffins (Double Batch)

Yields 8 muffins (2-3 days of breakfasts)

Egg Base

- 8 large eggs, whisked
- 4 tbsp finely chopped onion (red, white, or brown)
- Salt and pepper, to taste

Toppings (use BOTH):

✓ Vegetable (mandatory):

- ½ cup chopped broccoli

✓ Protein (choose ONE):

- ½ cup cooked bacon, chopped (nitrate-free, sugar-free ONLY)

OR

- ½ cup cooked chicken pieces if you don't eat bacon

Carb Source:

- ½ medium banana per serving, or 1 whole banana if you do exercise.

INSTRUCTIONS

1. Preheat oven to 180°C.
2. Grease a muffin tin with extra virgin olive oil.
3. In a bowl, whisk the eggs, onion, salt, and pepper.
4. Pour the egg mixture halfway up into 8 muffin cups.
5. Add a little broccoli + protein to each muffin cup (divide evenly).
6. Bake for 15–20 minutes, until the centres are set and lightly golden.
7. Let them cool before removing. Store in the fridge 2–3 days.

The smoothie can be either as a 'snack', or for breakfast.

If you have it for breakfast, consider adding the egg whites, or have it with an egg muffin so that you get some protein in as well.

Avocado-Berry Smoothie (Serves 1)

Ingredients:

- ½ cup frozen berries
- ½ small OR 1 small banana
- ¼-½ avocado
- ¼-½ cup coconut milk
- Water to desired consistency
- Optional: 2-3 cooked egg whites (protein boost)

INSTRUCTIONS

- Add all ingredients to a blender and blend until smooth.
- Add water to reach your preferred consistency.

Butternut & Zucchini Soup (Serves 6)

Make this soup ahead of time and in bulk, so that you have it ready for the entire week.

Use the meatball or chicken recipe from last week for added protein.

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 4 cups butternut, peeled and cubed
- 1 cup baby marrow (zucchini), chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1½ tsp ground turmeric (replaces curry powder)
- ¼ tsp ground cinnamon
- ½ tsp ground ginger
- 4 cups pastured chicken broth or grass-fed beef bone broth
- 1 cup water
- 1 cup full-fat coconut milk
- Himalayan/Kalahari or Celtic Sea salt & black pepper, to taste

INSTRUCTIONS

1. *Heat the olive oil in a large pot over medium heat.*
2. *Add the onion and cook for 4-5 minutes, until softened.*
3. *Add the garlic and cook for 30 seconds.*
4. *Add the butternut and spices (turmeric, cinnamon, ginger). Sauté 5 minutes.*
5. *Add the bone broth, baby marrow, and water. Bring to a low boil.*
6. *Cover and cook 15-20 minutes, until butternut and marrow are soft.*
7. *Remove from heat.*
8. *Transfer to a blender, add coconut milk, and blend until smooth.*
9. *Add cooked chicken or meatballs in the amount needed to feel full.*
for 30g protein, add 120g chicken or 3 meatballs per serving).
1. *Season with Himalayan/Kalahari or Celtic Sea salt and black pepper.*

Cod and Sweet Potato Hash with Steamed Broccoli (Serves 4)

INGREDIENTS

Fish

- 650–700 g cod fillets, defrosted and deboned
- (Alternatives: haddock, hake, sole, striped bass, mahi mahi, grouper)

Hash

- 700 g sweet potato, peeled and grated
- ¼ cup (60 ml) extra virgin olive oil OR coconut oil
- 1 medium onion, chopped
- 30 olives, sliced
- Small handful fresh parsley, finely chopped
- Himalayan salt, to taste

Vegetables

- 2 cups broccoli florets, steamed until soft

INSTRUCTIONS

Cook the fish

1. Gently steam or poach the cod until just cooked through.
2. Remove from heat and flake into large pieces. Set aside.

Cook the hash base

1. Heat the oil in a large pan over medium heat.
2. Add the chopped onion and cook for 4–5 minutes until soft and translucent.

Add sweet potato

1. Add the grated sweet potato to the pan.
2. Cook gently for 10–15 minutes, stirring regularly, until completely soft.
3. (Add a splash of water if needed to prevent sticking.)

Add flavourings

1. Stir in the olives and parsley and cook for 1–2 minutes.

Combine with fish

1. Add the flaked cod to the pan and gently fold through until warmed.
2. Season with Himalayan salt to taste.

Serve

1. Divide the cod and sweet potato mixture evenly between 4 plates.
2. Serve with ½ cup steamed broccoli per serving.

Pork Chops with Apple & Onion Pan Sauce (Serves 4)

INGREDIENTS

Pork Chops

- 4 pork chops, bone-in
- 2 tbsp extra virgin olive oil
- Himalayan salt and black pepper, to taste
- 1 cup pasture-raised chicken broth

Apple & Onion Sauce

- 1 medium apple, peeled, cored, and thinly sliced
- 1 large onion, thinly sliced
- 1 garlic clove, minced

Vegetable Side (choose ONE)

- 2 cups broccoli florets
- OR
- 2 cups baby marrow (zucchini), sliced
- OR
- 2 cups green beans

INSTRUCTIONS

1. Heat 1 tbsp olive oil in a large pan over medium-high heat.
2. Pat pork chops dry and season well with salt and pepper.
3. Sear pork chops for 4 minutes per side until well browned.
4. Remove pork chops from the pan and set aside on a warm plate.
5. Reduce heat to medium and add the remaining 1 tbsp olive oil to the pan.
6. Add the onion and apple slices. Cook for 5-8 minutes, stirring, until fully softened.
7. Add the garlic and cook for 30 seconds.
8. Pour in the chicken broth, scraping up any browned bits from the pan.
9. Return pork chops (and their juices) to the pan, nestling them into the sauce.
10. Cover, reduce heat to medium-low, and simmer for 15-20 minutes, until pork is tender and cooked through.
11. Remove pork chops to a serving plate.
12. Increase heat to medium-high and simmer the sauce for 5 minutes to reduce slightly.
13. Spoon the apple-onion sauce over the pork chops.

VEGETABLE SIDE

While the pork simmers:

1. Steam your chosen vegetable (broccoli, baby marrow, or green beans) until very soft.
2. Season lightly with salt and, if desired, a small drizzle of olive oil.

SERVING

- Serve 1 pork chop per serving with apple-onion sauce
- Add ½ cup steamed vegetables per serving

Lean Bacon and Beef Stuffed Butternut (Serves 4)

INGREDIENTS

- 1 medium butternut ($\pm 1-1.1$ kg), halved lengthways, seeds removed
- 600 g lean ground beef (mince), preferably grass-fed
- 6 slices lean bacon, chopped (nitrate-free, sugar-free if possible)
- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 200 g mushrooms, finely sliced
- 1 tsp ground cinnamon
- $\frac{1}{2}$ tsp dried thyme
- $\frac{1}{2}$ tsp Himalayan salt, plus extra to taste
- Ground black pepper, to taste
- 1 tbsp extra virgin olive oil (only if needed)
- 1 tbsp fresh chives, chopped (garnish)

INSTRUCTIONS

1. Preheat oven to 180°C .
2. Place butternut halves cut-side down in a baking dish with 1 cm water.
3. Bake for 30 minutes, until soft.
4. While the butternut bakes, heat a large pan over medium heat.
5. Add the chopped lean bacon and cook until just lightly browned.
6. If the pan looks dry, add 1 tbsp olive oil.
7. Add onion and mushrooms.
8. Cook 6-8 minutes, stirring, until very soft.
9. Add garlic and cook 30 seconds.
10. Add the mince, cinnamon, thyme, salt, and pepper.
11. Cook 10-12 minutes, breaking it up, until fully cooked.
12. Remove from heat.
13. Scoop most of the cooked butternut flesh into the pan, leaving a thin shell.
14. Mix well.
15. Spoon the mixture back into the butternut halves.
16. Bake uncovered for 20 minutes.
17. Sprinkle with chives.
18. Cut each stuffed half in half to make 4 servings.

You can have any of the previous weeks' meals again

Remember to have half a 350ml bottle of Kombucha/Kefir Water every day this week - ONLY if you have no bloating anymore.. You can get it from health shops or some Spars. Do NOT get sugar free versions.

This is to start introducing probiotics.

Well done for having it made this far! Hope you feel great!

WEEK 4 - IMPORTANT GUIDELINES

Protein & Weight Goals

Remember to get around **30 g of protein per meal** where possible, if excess weight loss and muscle maintenance (holding on to muscle becomes increasingly important as we get older) are some of your main goals. If you still struggle to digest protein (especially red meat), this may indicate low stomach acid. Refer back to the notes before the programme (pages 3-4) for support strategies.

Meals & Eating

Main New Additions: Smoothie & Eggs

- The type of protein is flexible - you do not have to, for example, eat fish if you don't like it, or pork if you prefer not to - swap with any other preferred source of protein.
- You may have any of the previous week's recipes again.
- You do NOT have to eat every single meal in each week, but do get some soup in as the broth is important for gut healing.
- **Tune into your body before meals and while you eat, so that you can relearn to feel what your body tells you about hunger and being full**
- If you have a big appetite or the portions don't fill you up - add more protein to portions.

Repopulation with Beneficial Bacteria: Introduce Raw Sauerkraut This Week.

- Buy raw, unpasteurised sauerkraut from the refrigerated section (usually only found in health shops)
- The label must say "**raw**" or "**unpasteurised**"

Amount: **1 tbsp/day**, right before a meal (preferably dinner)

If bloating or cramping occur, reduce the amount or pause and retry later

To drink:

- Continue with water (no sparkling water unfortunately), herbal teas or rooibos
- No milk, sweeteners, coffee, alcohol, fruit juice, or other sugary or artificially sweetened drinks
- Coffee and tea are best reintroduced after the full 28 days
- If you take a probiotic supplement that you like, you can start taking it again from this week and see how it goes. But still eat the sauerkraut and other suggestions for repopulation beyond the 28 days.

EXERCISE

You may begin moderately intense workouts, if you want - not more than twice this week.

Still avoid long endurance sessions or exhausting workouts.

Morning sessions or pre workout:

- Do not train on an empty stomach, eat something small beforehand like one Egg Muffin

Post-workout eating (IMPORTANT)

If the session was moderate to hard: eat a protein-rich meal within 45 minutes

If the session was light (walking, mobility, gentle yoga): Eat your next normal meal when hungry

What You May Experience

- Continued improvement in digestion, energy levels and sleep quality
- Reduction in gut-related symptoms (if present)
- Gradual, steady excess fat loss

Rest & Recovery Are Non-Negotiable

Sleep, relaxation, and stress management remain top priorities this week.

Scrambled Eggs & Veggies with Avo (Serves 2)

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 2 cups baby spinach, roughly chopped
- ½ cup onion, finely diced
- 4-6 eggs, whisked
- ½ avocado, sliced (¼ per person)
- Himalayan salt and black pepper, to taste
- Optional (if exercising) 1 banana per serving, eaten before or with breakfast

INSTRUCTIONS

1. Heat the olive oil in a pan over medium heat.
2. Add the onion and cook 4-5 minutes, until soft and translucent.
3. Add the spinach and cook 1-2 minutes, until wilted.
4. Add the eggs and scramble gently until just cooked.
5. Season with salt and pepper.
6. Serve topped with avocado.

Avocado and Pineapple Smoothie (Serves 1)

The smoothie can be either as a 'snack', or for breakfast.

If you have it for breakfast, consider adding the egg whites, or have it with an egg muffin so that you get some protein in as well.

INGREDIENTS (1 serving)

- ¼-½ ripe avocado, peeled and chopped
- ¾ cup pineapple chunks, fresh or frozen
- ¼-½ cup coconut milk
- 2 tsp lemon or lime juice
- Water or a few ice cubes, as needed

PROTEIN NOTE (IMPORTANT)

- If having this smoothie for breakfast:
- Blend in 2-3 cooked egg whites
- OR
- Have it with an Egg Muffin or another egg-based protein

INSTRUCTIONS

- Blend all ingredients until smooth.
- Add water or ice to reach desired consistency.

Sweet Potato and Bacon Soup (Serves 4)

Make this soup ahead of time and in bulk, so that you have it ready for the entire week. Add some chicken if the soup alone does not fill you up. This is the last week that you will have soup for lunch!

Remember, you can have any meals from the previous weeks again.

INGREDIENTS

- 3 large sweet potatoes, peeled and roughly chopped
- 4 cups pastured chicken or grass-fed beef bone broth, plus extra if needed
- 1 medium onion, diced
- 4 cloves garlic, minced
- ½ tsp Himalayan salt, or to taste
- ½ tsp ground cumin
- ¼ tsp ground coriander
- ¼ tsp freshly ground black pepper
- Small pinch cayenne (optional; omit if sensitive)
- 6–8 slices lean bacon

INSTRUCTIONS

1. Place the bacon in a pan over medium heat and cook until crisp.
2. Remove and place on paper towel. Crumble and set aside.
3. Transfer 1 tablespoon of the rendered bacon fat to a large pot.
4. (If there is not enough fat, add extra virgin olive oil.)
5. Add the onion, garlic, salt, cumin, coriander, pepper, and cayenne.
6. Sauté for 5–7 minutes, until the onion is soft and translucent.
7. Add the sweet potatoes and broth.
8. Bring to a boil, then reduce heat and simmer 10–15 minutes, until the sweet potatoes are completely tender.
9. Remove from heat and blend until smooth using a blender or stick blender.
10. Adjust seasoning if needed.
11. Serve warm, garnished with the crumbled bacon.

Paleo Chili (no tomato, as it is a nightshade) (Serves 3)

INGREDIENTS

- 1 tbsp extra-virgin olive oil
- 500 g ground lean meat of choice (pasture-raised pork or grass-fed beef)
- ½ yellow onion, diced
- 1½ garlic cloves, minced
- ⅛ tsp sea salt
- 500 g (± 1.5 cups) total root vegetables, cubed (butternut, carrots, sweet potato, turnip, or beet)
- ½ tbsp fresh parsley (or 1 tsp dried)
- ½ tbsp fresh dill (or 1 tsp dried)
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp dried oregano
- 1½ cups bone broth
- 1 bay leaf

To have separately:

- 1 level tablespoon raw sauerkraut OR sauerkraut juice, before or with the meal

INSTRUCTIONS:

1. Heat olive oil in a pot over medium heat.
2. Add meat and cook, breaking it up, until browned.
3. Add onion and garlic. Cook until onion is soft. Season with salt.
4. Add root vegetables and herbs. Stir well.
5. Add spices. Mix to coat everything.
6. Add bone broth and bay leaf.
7. Simmer partially covered over medium-low heat for 1 hour.

Tuna Cakes (Sreves 2) and Steamed Carrots & Baby Marrow

INGREDIENTS

- 2 small cans tuna (170 g each), in water, well drained and flaked
- 2 tbsp mayonnaise (use reduced-oil if possible)
- 2 tbsp Dijon mustard
- 1 tsp minced garlic
- 2 large eggs, lightly beaten
- ½ tsp Himalayan or kosher salt
- ½ cup chopped fresh parsley or coriander
- Extra virgin olive oil, for frying

per person - both steamed:

- 1 medium carrot, peeled and steamed until very soft
- ½ cup baby marrow (zucchini), steamed until soft
- **have 3-4 tbsp of the water/juice (dilute if you want) from sauerkraut, separately, before the meal**

INGREDIENTS:

1. Preheat oven to 70°C to keep cooked tuna cakes warm.
2. In a bowl, mix tuna, mayonnaise, Dijon, garlic, eggs, salt, and herbs.
3. Heat a thin layer of olive oil in a pan over medium heat.
4. Scoop ¼ cup mixture per cake and fry until golden, about 3 minutes per side.
5. Fry in batches, keeping cooked cakes warm in the oven.
6. Serve 4 tuna cakes per person with the steamed vegetables.

IMPORTANT NOTE ON MAYONNAISE

Seed oils are not ideal for regular intake.

However, the small amount used here (2 tbsp total) is fine in this context and will not compromise gut healing.

If possible, choose reduced-oil or cleaner mayonnaise.

If you prefer a healthy mayonnaise recipe, use this one:

- 2 pastured/organic egg yolks
- 1.5 cups avocado or macadamia nut oil (the oil should have a neutral taste, which is why olive is not recommended)
- 1 tbsp Dijon mustard
- ½ tsp sea salt
- ⅛ tsp white pepper
- 2 tbsp freshly squeezed lemon juice

All the ingredients and equipment must be at room temperature. Combine the eggs, mustard, salt, pepper, and lemon juice together in a ceramic or steel bowl (do not use glass or plastic) and whisk until smooth. (You may use a blender but the container must be steel; a bowl is actually preferable.) While whisking, start adding the oil in a very thin stream at first. When the mixture starts to cling to the sides of the bowl, then and only then add the remaining oil in a slow stream, whisking the whole time. A tip: Place a folded wet dish towel beneath the bowl to prevent it from moving while you're whisking. Fresh mayonnaise can be kept in a bowl covered with cling film in the refrigerator for up to 3 days.

One Pan Chicken and Veggies with Bacon (Serves 2)

INGREDIENTS:

- 2-3 skinless chicken breasts (\pm 400–500 g total), cleaned and cut into 1–1.5 cm cubes
- 2 slices lean bacon, roughly chopped
- 1½ cups butternut, cubed
- ⅔ cup baby marrow (zucchini), sliced
- Himalayan salt and black pepper, to taste
- ⅓ cup bone broth or water (optional, for softer vegetables)
- Extra virgin olive oil, only if needed

FERMENTED FOOD (SEPARATELY)

- 1 level tablespoon raw sauerkraut OR sauerkraut juice,
- taken before or with the meal

INSTRUCTIONS:

1. Season the chicken pieces with salt and pepper and set aside.
2. Heat a pan over medium heat.
3. Add the chopped bacon and cook 5–7 minutes, until cooked and fat has rendered.
4. Remove bacon and set aside.
5. If the pan looks dry, add a small splash of olive oil.
6. Add the chicken pieces and cook, stirring, until lightly golden, about 5–6 minutes.
7. Remove chicken and set aside with the bacon.
8. Using the remaining fat in the pan, add the butternut and baby marrow.
9. Stir to coat in the fat and cook for 5 minutes.
10. Add the bone broth or water, reduce heat to medium-low, and cover with a lid.
11. Cook 10–12 minutes, until vegetables are very tender.
12. Add the chicken and bacon back to the pan.
13. Stir well and cook another 2–3 minutes, until heated through and liquid is mostly absorbed.
14. Taste and adjust seasoning if needed. Serve warm.

The Maintenance Plan (Essential for Lasting Results)

The Maintenance Plan is critical to ensure that the improvements you achieved during the Gut Reset are sustained long term.

Your gut lining is now repaired, and the initial repopulation of beneficial gut bacteria began.

What follows now is just as important as the reset itself. *Skipping this phase is one of the most common reasons symptoms return.*

If you don't want to follow the Maintenance Plan exactly it is fine, but these are non-negotiable:

1. Eat probiotic-rich foods daily for 1 month, then every 2nd or 3rd day after that is fine

Consume at least one tablespoon (or more) per day of probiotic foods such as raw sauerkraut, kimchi, kefir (if dairy is tolerable, see below), beet kvass, or kombucha.

2. Include prebiotic foods consistently

These foods are required to allow beneficial bacteria to survive and multiply. They include starchy tubers like sweet potatoes, and potatoes (especially cooked and cooled potatoes), onions, garlic, asparagus, broccoli, carrots, and polyphenol rich fruit like berries and pomegranates.

3. Reintroduce dairy and gluten separately

Introduce dairy first and monitor symptoms for two weeks. Only after this period should gluten be reintroduced. These foods must not be reintroduced at the same time, as this prevents accurate identification of symptom triggers.

4. Avoid inflammatory foods at least 80% of the time

This does not require perfection, but consistency is necessary to maintain gut stability and prevent relapse. Inflammatory foods include sugar, sugary drinks including fruit juice, pastries, cookies, cakes, all processed foods, fast food, fried foods, refined carbohydrates, factory farmed meat, chips/crisps, crackers, excessive alcohol, and oils such as soybean, corn, sunflower, safflower, cottonseed, canola, corn, grapeseed oils.

5. 30g protein / meal for weight management & muscle maintenance/building

Protein is paramount for weight management, especially for women over 40. Meals in the Maintenance Plan are 30g per meal.

Without ongoing maintenance of the above, it is very likely that symptoms will return over time.