

PHASE 2 – REINTRODUCE & REPOPULATE



In this phase, we will start **reintroducing** foods that have been omitted due its potential to damage or irritate an already damaged and inflamed gut lining. These include **dairy, gluten free grains** and **insoluble fiber** such as fresh vegetables/salads.

You should pay close attention to your body's reaction when starting to eat these foods again. And remember you can stay on the *28 Day Gut Reset* recipes for more than 4 weeks if you feel you need more time for your gut to heal.

Whey Protein:

It is absolutely critical to take in 20g - 30g protein (40g if in menopause / post menopause) within 45min of finishing your workout. This is to get your body out of a stressed/catabolic state - women have a much shorter time period for this than men.

Whey protein is by far the preferred choice, as it is convenient to have, best absorbed, and high in leucine. If you know, or find out during this phase that you don't tolerate dairy well, you can take a another protein powder such as beef, hemp, pea or rice. If you are lactose intolerant (as opposed to intolerant to milk protein), a whey protein **isolate** should still be fine.

Do not choose **soy**, as it contains almost zero leucine, and processed soy is associated with breast cancer. Bear in mind that with pea and other vegan powders, you need to take in DOUBLE the amount for the same absorption as whey.

My preferred brand by far is **My Wellness** Nature's Whey, which comes in a white and green container. It is grass fed, very affordable, and contains none of the harmful sweeteners usually found in protein powders. I would highly recommend that brand - they also have a vegan powder of rice and pea mixed. You get them at Wellness Warehouse, on Takealot, but are the cheapest at Supplement World (online delivery).

For most, your gut lining should have healed nicely by now. So it is important to continue **repopulating** the gut with good bacteria. So you will start eating the actual sauerkraut (if you have not already) and then also kimchi and kefir. A variety is preferred, as they each offer different strains of probiotics, that we need to perform important different functions in the gut.

Probiotic rich foods:

Probiotic supplements have been shown to have little to no effect on improving your good gut bacteria, therefore we need to focus on repopulating your gut with a variety of probiotic strains from different food sources mentioned above.

We only started in Week 3, as probiotic rich foods can make a condition such as small intestinal bacterial overgrowth (SIBO) worse, and insoluble fibers will also irritate a damaged gut. But once your gut lining is healed, it is important to make sure that you give it all the good bacteria that is going to make you feel amazing and improve every aspect of your health (including mental health!).

Although the foods up to now have been very anti-inflammatory, we will now give the anti-inflammatory effect horns by taking a **ginger-lemon shot** in the mornings.

STAY ON PHASE 2 FOR AT LEAST TWO WEEKS. ANY PREVIOUS RECIPES ARE STILL ALLOWED!

PHASE 2 BREAKFAST



SUNEL V FITNESS

Main New Additions: Whey Protein / Gluten Free (GF) grains / Sauerkraut / Dairy

Again - if you do workouts in the mornings, you HAVE to eat something beforehand - a handful of nuts and a banana is still good, or a mini smoothie with half a scoop of whey protein, coffee, a banana and maybe a bit of nut butter.

It is absolutely critical to take in 20g - 30g protein (40g if in menopause / post menopause) within 45min of finishing your workout. And then a meal within 2h of that.

This is CRUCIAL for women!

For coffee and tea, you can add a small amount of milk (if you used to) and see how your body reacts. If you used to drink sugar, you can add 1/2 tsp of sugar in coffee or tea per day - but ideally you want to stay off it or have as little as possible. If you used sweetener, use a stevia only sweetener from here on. But again, try to not go back to sweetening your drinks.

Have 1-2 large tablespoons of your sauerkraut with each dinner until it's finished. When finished, get some plain kefir from a health shop or some Spar's. Mix 1/4 - 1/2 cup in with your smoothies, GF Oats, or have on the side.

FIRST THING TO HAVE IN THE MORNING (weekdays only is fine)

Ginger Lemon Shot

- 1 tbsp grated fresh ginger
- juice of 1 large lemon wedge

Optional extras for more potency:

- 1/2 tsp curcumin/turmeric powder
- pinch of black pepper
- 1 tsp of any green powder such as moringa, spirulina or chlorella

Add just enough water so that you can throw it back like a good old shooter.

PS - black pepper HAS to be added when adding curcumin/turmeric

Overnight GF Oats (Serves 1)

- 1/2 - 3/4 cup Gluten Free (GF) oats
- 1/4- 1/3 cup full-fat coconut milk
- 1/3 cup boiled water
- 1/2 teaspoon vanilla extract (optional)
- Pinch of salt
- 0-1 tablespoons honey or maple syrup / sliced banana as sweetener
- 1.5 scoop whey protein powder
- 2 tbsp unsweetened raw cacao powder (should not be needed if using chocolate flavoured whey protein)
- handful of nuts for a topping or 1 tbsp nut butter
- **remember 1/4 - 1/3 cup kefir if you are on that already**

Put oats in a cup or bowl, and cover with hot water. Let cool for about 20 - 30min. Stir in all the remaining ingredients and leave in the fridge overnight. Add more water to desired consistency if needed.

PHASE 2 BREAKFAST



Egg Breakfast Muffins (Yields 4)

- 4 large eggs, whisked
- 2 tbsp finely chopped onion, (red, white or yellow/brown)
- salt and pepper to taste

Topping:

- **1/4** cup fresh **spinach**, roughly chopped
- 8 grape or **cherry tomatoes**, halved
- 1/4 cup shredded **cheddar** cheese
- Have an apple or other fruit for a carb on the side
- **remember 1/4 - 1/3 cup kefir if you are on that already**

Preheat oven to 180C.

Whisk together eggs and onion. Season with salt and pepper, to taste.

Add egg mixture halfway up into 4 tins of a well greased muffin tin.

Add preferred topping mixture on top (not all the way to level)

Bake for about 15 - 20 mins or until set.

Remember that you can have any of the previous weeks' meals again in the current week!

Add your required amount of whey protein to all smoothies from here on.

Remember to have 1 -2 large tablespoons of sauerkraut with dinners and when that runs out, 1/4 - 1/3 cup kefir with smoothies or other breakfasts.

The Grilled Chicken recipe from 'Day 4-7 Dinner' can be made in advance for these chicken lunches. From now, you can add 1 tbsp sugar/maple syrup/honey to the marinade of that recipe - if you want.

Chicken with Strawberry Salad (1 Serving)

- grilled chicken breast (*use 'Grilled Chicken' recipe from 'Day 4 - 7 Dinner', and you can make that in bulk for more lunches*)
- 2 cups fresh baby spinach or rocket, washed
- 1 cup fresh strawberries thinly sliced
- ¼ cup nuts
- ¼ - 1/3 avocado, sliced
- salt & pepper, olive oil, balsamic vinegar and Dijon mustard for dressing (optional)
- one extra fruit such as an apple or banana on the side for a carb

Dress with olive oil, balsamic and Dijon mustard with salt and pepper to taste

Guacamole Lettuce Wraps (Serves 2)

- 4 slices of lean bacon
- 1 chicken breast, diced
- 2 tbsp of coconut oil (30 ml)
- 1/4 - 1/3 avocado, sliced or guacamole from this recipe ☒
- 1/3 - 1/2 cucumber, cut into long slices
- 1/2 onion (red or yellow), thinly sliced
- 1 head of romaine lettuce (200 g)

- one fruit such as an apple or banana on the side for a carb

Cook the 4 slices of bacon to the crispness you like. Remove bacon from pan and set aside.

In the same pan, cook the diced chicken with the bacon grease and coconut oil (or use 'Grilled Chicken' recipe from 'Day 4-7 Dinner')

Put equal amounts of bacon, chicken, avocado / guacamole, cucumber slices, and onion slices into romaine lettuce leaves.

Guacamole: (Serving: 1 cup)

- 1-2 avocados, pulp scooped out
- juice of 1/2 lime
- pinch of salt
- 1/4 onion, minced
- 1/4 jalapeño pepper, seeded and finely minced
- 1 firm tomato, seeded and diced
- 1/2 tbsp coriander, chopped
- 1/2 garlic clove, finely minced (optional)

In a large bowl mix avocado pulp with lime juice, salt, garlic (if using) and then mash.

Fold in onion, tomato, jalapeño pepper and cilantro.

Keep refrigerated in an airtight container.

Tip: to keep the guacamole from turning grey, place an avocado pit in the guacamole and cover with plastic film (the film must be in contact with the guacamole).

The Grilled Chicken recipe from 'Day 4-7 Dinner' can be made in advance for these chicken lunches. From now, you can add 1 tbsp sugar/maple syrup/honey to the marinade of that recipe - if you want.

Chicken Cottage Cheese Apple Salad (1 Serving)

- 1 cooked chicken breast
- 100g small tub plain or Greek yogurt
- 2 tbsp cottage cheese
- 2 tbsp chopped celery
- 1/2 (or whole) diced apple
- 1 tbsp dried cranberries (optional)
- 1/2 tbsp chopped onion
- 1/2 tbsp chopped pecans or other nut of choice (omit if you can't tolerate)
- 1/4 tsp Dijon mustard
- salt and ground black pepper to taste

Combine everything in a bowl.

Remember that you can have any of the previous weeks' meals again in the current week!

Add your required amount of whey protein to all smoothies from here on.

Remember to have 1 -2 large tablespoons of sauerkraut with dinners and when that runs out, 1/4 - 1/3 cup kefir with smoothies or other breakfasts.

Salmon Supreme (Serves 2)

- 2 salmon steaks
- 2 sliced green onions
- 1 cup chopped mushrooms
- 2 chopped onions
- 3 chopped tomatoes
- 1 bunch broccoli florets
- 1 tbsp extra virgin olive oil
- 1-2 cups white rice - cooked according to instructions (*we don't want brown rice, as it is high in arsenic, and also contains phytates which hamper the uptake of protein and other minerals*).
- **have 1 -2 tbsp sauerkraut, separately**

Flash fry salmon steaks with green onions.

Turn occasionally.

When brown on both sides, add ¼ inch water.

Cover with lid. Steam through.

Cook broccoli 5 minutes before serving.

Chop mushrooms, onions and tomatoes and fry together in a small amount of oil.

When the vegetables are cooked / pureed together, stir through the cooked rice.

Ostrich & Sweet Potato Chili (no beans) (Serves 4)

- 500g ostrich mince
- 1 tbsp extra virgin olive oil
- salt, to taste
- 1/2 cup onion, chopped
- 3 cloves garlic, crushed
- 1 can chopped/diced tomatoes with chilis (*if you want with chilis*)
- 1 cup tomato sauce
- 3/4 cup water
- 1/2 tsp cumin, or to taste
- 1/4 tsp chili powder (*or the amount you like*)
- 1/4 tsp paprika
- 1 bay leaf
- 3 medium sweet potatoes, diced into 1 - 1.5cm cubes
- fresh coriander, for garnish

- **have 1 -2 tbsp sauerkraut, separately**

- Veg (for 4): 2 - 3 cups broccoli florets - *steam separately*

Heat the oil in a large frying pan. Add the onion and cook on medium heat for 4-5 minutes, until the onions start to soften.

Add the garlic and cook for a further 3 minutes, until onion and garlic start to caramelize.

Add the ostrich mince and cook on medium heat for 5-7 minutes until the mince starts to brown, mix well, breaking the mince up with the back of a spoon., and season with salt and cumin.

When meat is browned and cooked through add onion and garlic; cook 3 minutes over medium heat.

Add the can of tomatoes, sweet potato, tomato sauce, water, cumin, chili powder, paprika, salt and bay leaf.

Cover and simmer over medium-low heat until potatoes are soft and cooked through, about 25 minutes stirring occasionally.

Add 1/4 cup more water if needed.

Remove bay leaf and serve with broccoli.

Chicken Kebabs, Potato Mash & Veg (Serves 2)

- 1 very large chicken breast (*pasture fed and antibiotic / hormone free preferred*)
- 1 tbsp extra virgin oil
- 2 tbsp lemon juice
- 1 tbsp chopped fresh parsley
- 3 spring onions, chopped
- 1 tbsp of water
- 1 tbsp chopped fresh basil

Cut chicken breast into 2.5cm pieces. Mix all dressing together in a bowl. Add the chicken pieces. If time permits, cover the bowl and leave in the fridge to marinate for about an hour. Put chicken pieces onto skewers and grill turning regularly. Baste with any extra marinade until cooked through.

MASH (if you can't eat dairy, make the veg mash from week 2 of the Gut Reset)

- 2 large white, peeled, quartered potatoes
- 1 tbsp butter
- 1/2 cup milk
- salt, to taste

Boil potatoes in salted water until soft. Add butter and milk (exact amounts will depend on your preference) to desired consistency, and mash.

VEG:

Steam 1 - 2 cups of broccoli florets

Remember that you can have any of the previous weeks' meals again in the current week!

Add your required amount of whey protein to all smoothies from here on.

Remember to have 1 -2 large tablespoons of sauerkraut with dinners and when that runs out, 1/4 - 1/3 cup kefir with smoothies or other breakfasts.



GF pancakes (yields 4)

- 1/2 cup (50 g) gluten free oats ground into powder (*this can easily be done in a coffee grinder, blender or with a hand blender*)
- 1/2 teaspoon baking powder
- pinch salt
- 2 eggs at room temperature, beaten well
- 1 peeled, ripe banana, mashed very well
- butter / extra virgin olive oil for cooking
- Topping (optional): peanut butter or other nut butter

Mix dry ingredients and then add the eggs and banana - whisk until smooth. Heat a pan on medium heat with either butter or extra virgin olive oil. Pour in 1/4 cup per portion and cook undisturbed for 2 mins, then on the other side for 30s - 1min.

Beef Burger and Sweet Potato Chips

BURGER (makes 4 patties)

- 500g extra lean beef mince
- 1/8 of 500g butter block, frozen
- salt & pepper to taste
- extra virgin olive oil for frying
- lettuce/tomato/avocado - *whichever you want to add*
- tomato sauce or dijon mustard is fine - no other sauces

*Grate the butter into the 500g of mince. Shape the mixture into desired sized patties (**about 4**).*

Before you fry it, add salt and pepper and boom!

Fry on either side in a medium hot pan to desired doneness.

CHIPS (serves 2)

- 1 large / 2 medium sweet potatoes
- 1 tbsp extra virgin olive oil or melted coconut oil
- salt & pepper to taste
- smoked paprika (or your favorite seasoning)

Heat the oven to 190°C on convection bake (200°C in a non-convection oven).

Peel the sweet potatoes and cut them into even matchsticks.

Place them on a foil- or parchment-lined baking tray (parchment paper will yield a crisper exterior. Toss them with the oil, salt, pepper, and smoked paprika.

Pop in the oven for about 30 min, flipping the chips and rotating the tray halfway through.

When the chips are tender in the middle and browned on the edges, plate them up and dig in!

Braai

Feel free to have a braai if you want, as long as your meat and spices are gluten free. If you want to make braaibroodjies, use GF bread or sourdough bread that had a long fermentation period. I get a nice bread from FitChef that you can order online. You can put corn or sweet potatoes on the braai with garlic and extra virgin olive oil / butter. Salad will be good, but no salad sauce except balsamic vinegar, olive oil or Dijon mustard. Eat mindfully.

PHASE 3 – MAINTENANCE



Well done for having made it this far!

The idea is for you to learn from these recipes, what are good food choices to make and not just needing to blindly follow recipes without having learnt anything.

GLUTEN

I do not recommend bringing gluten back into the diet. Gluten contains a protein called gliadin, which has been shown to increase zonulin production and thus directly contribute to leaky gut (researchers found that most autoimmune diseases are characterized by abnormally high levels of zonulin and a leaky gut). I eat gluten free (GF) myself and find it quite easy to get bread, rusks, pizza, pasta GF. What you can try, is slow fermented sourdough bread. Fitchef has got a 60 hour fermented sourdough bread which I think is good to try, if you want to eat gluten.

SUGAR AND SWEETENERS

It is not the end of the world if one eats sugar every now and again, but if you followed this 28 Day Gut Reset, my guess is that you have weaned yourself off a sweet taste and do not crave it anymore. It is not too hard for that to happen, and once there, you honestly don't crave sweets anymore, and when you have those, you can't bear much of it. That should be the goal if you are not there yet. The only sweetener I would recommend is stevia.

OILS

I don't recommend having industrial seed oils ever again, as they are incredibly inflammatory. Again, not the end of the world if you have it here and there (restaurants definitely use these), but do not use them in your home. They include sunflower oil, safflower oil, soybean oil, canola, corn and cottonseed oils. For cooking, you want to use extra virgin olive oil, or coconut oil / butter at lower temperatures. Other acceptable oils are avocado and macadamia nut oils, and olive oil for salads or in dips.

ALCOHOL

If you drink alcohol, then dry wines would definitely be my recommendation. I drink wine every week and MCC often. I am weaned off a sweet taste, so sweeter alcoholic drinks such as ciders don't appeal to me, but I sometimes enjoy a dry cider or a gin and tonic. I love beer too, but of course there is the gluten issue. If you love beer, look into gluten free beers. Corona is supposed to be low in gluten. However try to minimise, and be mindful of how your body reacts when you do have beer. If you love a drink and your gut is healed, there is definitely room for a few drinks per week without picking up excess weight or damaging health. But it's important to first get into a habit of 80% healthy eating and preferably reaching your goal weight before you start drinking alcohol.

I cannot give you every single healthy recipe in the world that would be okay for you to have, but one of the aims of this plan is to give you a good idea of how to put a meal together that is healthy, yet tastes good.

A meal plan can be made and adjusted as best as possible to your needs, but could never be 100% perfect. It is a process, where the following should be relearnt / discovered by yourself:

- How much food your body needs per meal, to sustain itself until the next meal. Prescribing a number of calories or portion sizes for weight loss is completely inappropriate, as everyone's needs will be different, and your day often looks different from one day to the next. By eating whole, nutritious food, you give your body the best chance of giving you accurate feedback as to when it is satisfied. You HAVE to eat mindfully until you have figured this out for yourself – no dietitian or expert can do this for you - only you can do it. If you are not sure whether you have had enough – take your mind into your belly and feel if you are full or not. You will probably get it wrong in the beginning – sometimes eating too much, sometimes eating too little. That is okay. You will reach a point where you and your body are in tune with each other again.
- Learning that you do not have to starve, nor to eat boring / bland food i.e. suffer in order to lose weight.
- You should get a good indication of what generally are good food choices and how to apply them. There will always be 20% room for things to eat or drink that would not be recommended generally, once you reach your goal weight. You need to also give yourself some time to learn and apply this as a new habit.

My point is therefore, that eating the right way for YOU, is a learning process, an experiment, and a reconnection with your own body. I can give you guidance, but in the end, you are the one to master this. It helps to remember that your body works 24/7 for you, with no days off, doing its very best day in and day out. It is only fair that you treat it with respect and give it what it needs in order for you to feel good and be healthy. Don't be hard on yourself when you eat things that are not recommended – you have made the choice to be healthier – give yourself credit for that, and be compassionate with yourself on this journey, as this is never a thing that happens overnight. And remember that I am always here to answer questions or give any guidance needed!

PHASE 3 - BREAKFAST



SUNEL V FITNESS

It is absolutely critical to take in 20g - 30g protein (40g if in menopause / post menopause) within 45min of finishing your workout. And then a meal within 2h of that. This is CRUCIAL for women!

If you used to drink sugar, you can now add 1 tsp of sugar in coffee or tea per day - but ideally you want to stay off it or have as little as possible. If you used sweetener, use a stevia only sweetener from here on. Try to not go back to sweetening your drinks.

Have 1-2 large tablespoons of kimchi with each dinner. You can find kimchi in health shops.

Ginger - Lemon shot (to have first thing in the morning)

- 1-2 tbsp grated fresh ginger

juice of 1 lemon wedge

Optional extras: 1/2 tsp curcumin/turmeric powder with pinch of black pepper or any green powder such as moringa, spirulina or chlorella

Egg Breakfast Muffins (Yields 4)

- 4 large eggs, whisked
- 2 tbsp finely chopped onion, (red, white or yellow/brown)
- salt and pepper to taste

Topping:

- 1/4 cup sliced brown mushrooms
- 1/4 cup red bell pepper, diced
- 1 tbsp fresh chopped parsley
- 1/4 tbsp garlic powder or 1/3 tsp minced garlic
- Have an apple or other fruit for a carb on the side
- 1-2 large tablespoons of kefir on the side

Preheat oven to 180C.

Whisk together eggs and onion. Season with salt and pepper, to taste.

Add egg mixture halfway up into 4 tins of a greased muffin tin.

Add preferred topping mixture on top (not all the way to level)

Bake for about 15 - 20 mins or until set.

Choco Green Smoothie (Serves 1)

- 1 cup baby spinach or lightly steamed normal spinach
- 1 banana
- 1 tbsp coconut oil or 1/4 - 1/3 cup coconut milk
- 1/2 - 1 tsp cinnamon
- 2 tbsp GF oats (optional)
- 1/2 tsp Himalayan salt
- cold water to desired consistency
- 2 scoops chocolate whey protein powder / unflavoured whey protein powder*
- 1-2 tbsp chopped raw nuts or nut butter

*If you use unflavoured protein powder, add a heaped tablespoon of raw, organic cocoa

Blend

Tuna Salad Loaded Sweet Potatoes (Serves 2)

- 2 cans of tuna (360 g) in water (or olive oil), drained
- 1/2 medium onion, finely diced
- 1 small green apple, finely diced
- 2 stalks of celery, finely diced
- 3 tbsp of olive oil / extra virgin olive oil
- 1 tbsp lemon juice
- salt (preferably Himalayan or similar), to taste
- 2 medium sweet potatoes

In a large bowl, flake the tuna and mix with the onion, apple, celery, olive oil, lemon juice, and salt to taste.

Bake, steam, or microwave the sweet potatoes until soft.

Cut the sweet potatoes open and add equal amounts of tuna salad inside each sweet potato.

DIY Cold Lunchbox (Serves 1) (this can also be used for a picnic)

PROTEIN: (Should be a large portion - unlimited but eat mindfully)

bltlong, smoked or cold chicken, boiled eggs, smoked or cold salmon, gluten free meatballs/sausages

VEGETABLES (unlimited)

carrots, cucumbers, cherry tomatoes, celery sticks, peppers, etc

FAT: (choose one or two)

Up to 1/2 avocado/guacamole, 5-10 olives. 1 handful of mixed nuts, 3-4 slices hard cheese

FRUIT: (at least one fruit)

Any

Gluten Free (GF) Toasted Sandwich (Serves 1)

Include as specified:

Butter for spreading (NOT margarine)

PROTEIN: (One or more)

bltlong, smoked or cold chicken, boiled eggs, smoked or cold salmon / other fish, hard cheese

VEGETABLES (One or more)

rocket, baby spinach, cucumber, tomato, peppers

FRUIT (at least one):

Any

Garlic Steak with Mash & Fajita Spiced Peppers (Serves 2)

For the Sirloin Steak:

- two 8 oz sirloin steaks, about 2 ½
- 1 tbsp extra virgin olive oil
- 1 tsp salt
- black pepper
- coriander for garnish

Rub with olive oil

Heat the grill or sauté pan to a high heat

Cook the steaks (don't add salt as this tends to make the meat sweat) according to preference:

Rare: 1½ minutes each side

Medium rare: 2 minutes each side

Medium: 2¼ minutes each side

Medium-well done: 2½ - 3 minutes each side.

Add salt, pepper, and top with Fajita Spiced Peppers

Garnish with cilantro leaves.

have 1 -2 tbsp of kimchi, separately

For the Fajita Spiced Peppers:

- 3 bell peppers of assorted colors, seeded and cored
- 1 ½ tbsp traditional fat of choice
- ¼ tsp sea salt
- ½ tsp paprika
- ¼ tsp cumin
- ⅛ tsp cayenne

Slice the bell peppers into ¼" thick slices

Heat the fat in a skillet over medium heat

Add the bell pepper strips, all spices, and salt

Cook over medium, stirring once a minute or more if necessary for even cooking, about 12 min.

MASH:

- 2 large white, peeled, quartered potatoes
- 1 tbsp butter
- 1/2 cup milk

Boil potatoes in salted water until soft. Add butter and milk (exact amounts will depend on your preference) to desired consistency, and mash.

Remember that you can have any of the previous weeks' meals again in the current week!

Add your required amount of whey protein to all smoothies from here on.

Remember to have 1 -2 large tablespoons of kimchi with dinners and when that runs out, start with a bottle (about 350ml) of kombucha, 3-5 times per week, again.

Lentil, Sweet Potato and Coconut Curry (Serves 2)

- 3/4 tbsp extra virgin olive oil
- 1/2 cup diced onion
- 1/2 cup dried red/green lentils (canned lentils [1 can] also fine, add at the end)
- 1 small sweet potato, cut into 1-inch cubes
- 1 small carrot, sliced lengthwise and chopped
- 1/2 tsp ground turmeric
- 1/2 tsp mild curry powder
- 1/2 tsp ginger powder
- 1/3 tsp salt
- freshly ground black pepper
- 1 3/4 cups water
- 1/4 cup coconut milk
- **have 1-2 tbsp of kimchi, separately**

Heat the oil in a pan over medium heat.

Saute the onion until it's turning a little golden.

Add the lentils, potato, carrot, and spices/seasonings, and stir to combine everything.

Add the water and bring to a boil.

Reduce the heat to a simmer and cook for 25 minutes, or until the lentils and sweet potato are tender.

Stir in the coconut milk. Serve.

Cajun Fish With Green Beans + Sweet Potato Wedges (Serves 2)

Alternatives to Cod: Haddock, Striped Bass, Sole, Hake, Mahi Mahi, Grouper

- 2x200g-ish wild caught Alaskan Cod or sustainable white fish of choice
- 1 tbsp butter grass fed preferred) - melted
- 1 tbsp cajun spice (GF)
- 2 large or 4 small sweet potatoes - peeled and cut into wedges
- 2 tbsp extra virgin olive oil
- salt and pepper to taste
- 1/2 white onion, diced
- 2 cloves garlic - crushed
- 2 cups green beans (or broccoli florets), ends trimmed
- 1 green bell pepper, sliced
- 1 lemon, cut into wedges
- **have 1-2 tbsp of kimchi, separately**

Preheat the oven to 180C.

Brush the fish fillets with butter and season with cajun spice blend. Set aside in fridge to marinate while prepping the other ingredients.

Arrange sweet potato wedges on a large baking tray.

Toss with 2 tbsp of olive oil or oil of choice (coconut, avocado or macadamia nut oil) and season with salt and pepper. Bake for 30 minutes or until golden.

Heat a large skillet to medium temperature and add the olive oil, onion and garlic, saute for a couple of minutes.

Add in the green beans/broccoli and bell pepper and cook until slightly soft and remove from heat. Squeeze over a wedge or two of lemon and season with salt and pepper.

Meanwhile, heat a skillet to medium and add the fish fillets.

Cook for ~6-8 minutes, turning sides until cooked through.

Serve 1 fillet of fish with 1/2 of the green beans/rocket and 1/2 of the sweet potato wedges.



GF Hotdog with Smoortjie (Serves 2)

- frankfurters, cooked/braaid boerewors or similar (make sure they are GF)
- butter for spreading
- GF rolls (you get at Woolworths) - optional

Smoortjie:

- 4 medium onions, or 2 large ones cut in rings
- 6 chopped tomatoes
- extra virgin olive oil for frying
- 1/2 cup hot water
- 1 tbsp chopped garlic
- salt & pepper
- 1 tbsp honey or maple syrup
- chilli flakes / dried herbs as desired

Braai or fry the boerewors. If you use Frankfurters, you can either fry them in a pan in extra virgin olive oil, or you can put them in a dish with a little bit of water and pop in the microwave for about 1:30min or until done.

Smoortjie: fry the onions and once they're translucent, add the garlic. Then add the tomatoes, herbs and chilli and fry it for about 3 more minutes. Add the water and add the honey/maple syrup. Close with a lid and cook over low heat until it's a smoor - about 15 to 20 minutes.

Homemade Pizza

Get a Gluten Free (GF) pizza base - I get from Woolies. Health shops generally also have.

Add mozzarella cheese and any toppings you like. The trick with pizza is to eat mindfully so that you stop when you are full and keep what you don't eat for the next day or so.

Tomato base (per pizza):

- 1 large tomato
- 1sp finely chopped garlic
- extra virgin olive oil
- chopped or dried chili - to preference
- salt to taste
- oreganum to preference (and any other herb required)

Put the tomato covered in boiled water for 5 - 10min.

Peel the tomato when soft enough.

Crush it in a medium heat pan with some extra virgin olive oil

Let cook for a few minutes and add garlic and chili

Add oreganum (and other herbs)

When consistency is right, turn the stove off and use as tomato base