

MEDI METABOLIC JUMP START



rnlabs

Introduction

Welcome to the 3-week Medi Metabolic Jump Start program

Nutritional support to begin your journey to a healthier metabolism

Congratulations on taking this important step towards optimising your metabolic health on your Health Practitioner's advice.

RN Labs aims to help all Australians live a healthy and vibrant life by supplying high quality nutritional supplements and functional testing services to Healthcare Providers and their patients.

The **Medi Metabolic Jump Start** program has been designed by the RN Labs expert panel of Nutritionists and Naturopaths.

The program consists of a recommended dietary guide and nutritional shakes to optimise your body's natural metabolic health. The program is suggested as an introduction or reset to improve long-term nutritional behaviour patterns. The program focuses on supporting healthy blood sugar regulation, liver function and intake of metabolic supportive vitamins, minerals, and herbs.

Optimising Metabolism

Our metabolism is a complex and essential process that occurs in our body every day, playing a crucial role in maintaining our overall health and wellbeing. If you are interested in managing your body composition, boosting your energy levels, or improving certain metabolic pathology parameters; focusing on healthy metabolic habits in your nutrition and lifestyle may be helpful.

Signs of Unhealthy Metabolism

There may be specific reasons your practitioner has recommended this program to you. Common signs and symptoms of compromised metabolic function may include:

- **Weight gain or difficulties losing excess weight**
- **Fatigue**
- **Sleep disturbance**
- **Menstrual irregularities**
- **Digestive problems**
- **Mood changes**
- **Increased hunger or appetite**
- **Imbalanced blood sugar levels**
- **Imbalanced cholesterol levels**
- **Brain fog or difficulties concentrating**



RN Labs Medi Metabolic is a functional food in the form of a powdered meal drink.

Medi Metabolic is vegetarian and FODMAP-friendly, pleasant-tasting, easily digested, and simple to use. RN Labs proprietary formula is based upon rice and pea protein that is fortified with further amino acids to boost the protein quality and therapeutic benefits. The nutritional value is further enhanced by the addition of specialised vitamins, minerals, herbs and antioxidants.

Medi Metabolic is designed to support a broad range of body systems - meaning that you will likely not only gain the benefits of a metabolic reset, you will also support other systems in your body and overall wellbeing.

Available in a delicious chocolate flavour, Medi Metabolic tastes so good that many people choose to enjoy Medi Metabolic as an occasional snack, meal replacement or supplement, after you have completed the Medi Metabolic program.

Designed to support healthy energy production and blood sugar control, Medi Metabolic contains a unique combination of essential amino acids, vitamins, herbs, and antioxidants.

Digestive support

- Fibre from Kfibre® - a whole-plant, FODMAP friendly, prebiotic fibre derived from sugarcane to support gut health, appetite control and weight management.
- Ginger to assist with appetite control, improve digestion and assist with blood sugar control.

Blood sugar support

- 20g protein for body composition support and satiety (1 serve equivalent to approximately 90g of chicken).
- Taurine is an amino acid involved in various metabolic processes, including sugar and fat metabolism. Additionally, it has been shown to improve insulin sensitivity.
- The cinnamon included in the formula is to improve insulin sensitivity and reduce insulin resistance, improve appetite control, and assist healthy carbohydrate metabolism.
- Chromium as a key trace mineral to improve insulin sensitivity, appetite regulation and may help preserve muscle mass during weight loss.
- Inositol is a B-vitamin-like naturally occurring compound that supports several roles in the body including regulating insulin sensitivity, neurotransmitter function and lipid metabolism.

Liver support

- St Mary's Thistle to support liver function which is crucial for efficient metabolism and the breakdown of dietary fats.
- Choline, an essential nutrient for cell membranes that supports efficient fat metabolism, liver health, and may assist with appetite regulation.

Antioxidants

- Bilberry which is rich in natural antioxidants, and supports blood sugar control to assist in reducing cravings for high energy, sugary foods.

Vitamin D

- Vitamin D has multiple benefits for metabolism, including improved calcium absorption for muscle and bone health, insulin regulation, thyroid support, and reduced inflammation.

Energy and Co-Factor support

- Therapeutic and comprehensive dose of B Vitamins
- Minerals including Calcium and Magnesium
- Trace minerals
- Acetyl-L-Carnitine to assist energy production and fat metabolism
- Taurine may improve exercise endurance and reduce exercise induced fatigue

Key goals of the program

Optimise protein intake and balance over the day

Protein is the building block for many tissues in the body. For optimal metabolic health, individuals should aim for a moderate to high protein intake with protein portions included in each meal and snack. Quality protein sources include free range or organic poultry, red meats, fish, tofu, tempeh, legumes, dairy (if tolerated).

In addition, Medi Metabolic uses a combination of vegan proteins to contribute a low-energy, high-complete-protein source.



For metabolic health, protein:

- **Improves appetite regulation.** Protein is highly satiating or filling. Including high quality protein in meals and snacks can reduce hunger and cravings, which can lead to reduced energy intake and better portion control.
- **Increases thermogenesis.** The thermic effect of food (TEF) is the energy expended during digestion, absorption and metabolism of nutrients. Protein has a higher TEF than carbohydrates and fats, meaning it requires more energy to digest. Consuming a moderate to high protein intake can contribute to a higher overall daily energy burn.
- **Preserves lean muscle.** When in an energy deficit to lose weight, the body may breakdown both fat and muscle for energy. Consuming enough protein can help preserve lean muscle while primarily targeting fat for energy. Maintaining muscle is crucial for a healthy metabolism and toned appearance.
- **Stabilises blood sugar control.** Having adequate protein in each meal and snack helps prevent sugar spikes and crashes. This helps to reduce cravings for sugary and high energy foods, making it easier to stick to your program.
- **Assists muscle recovery and exercise performance.** Replenishing with dietary protein helps the body heal and strengthen muscles post-exercise.

Balance is key with protein – ideally each meal and snack should contain a high-quality protein source, plenty of low-starch, low-carbohydrate vegetables (e.g. leafy greens), or fruit (e.g. berries) and depending on your activity levels, some complex carbohydrate (e.g. grains or potato).

Optimise fibre intake

Fibre is a type of carbohydrate found in plant-based foods such vegetables, fruits, nuts, seeds and legumes. While fibre itself doesn't provide any energy (kilojoules or calories), it is key to metabolism in that it:



- Regulates blood sugar by slowing down the absorption of glucose (sugar) from the digestive tract into the blood stream. This prevents rapid spikes and crashes in blood sugar that can impact cravings and energy levels.
- Improves insulin sensitivity, meaning the body can use insulin more effectively to regular blood sugar.
- Improves satiety or the feeling of fullness. Fibre rich foods require more chewing, take longer to eat and take up space in the digestive tract promoting a feeling of fullness which reduces the likelihood of overeating.
- Supports gut health or the microbiome due to providing a fuel source for beneficial gut bacteria. A healthy microbiome promotes efficient digestion and the production of certain metabolites that support healthy metabolism.
- Digestive support by adding bulk to stools for regular bowel movements, preventing constipation and assisting nutrient absorption.
- Cholesterol balance, adequate soluble fibre helps the body excrete LDL cholesterol.

Balanced carbohydrate intake

Carbohydrates are a source of energy for the body and are best mainly sourced from nutrient and fibre rich whole food sources such as vegetables, fruits, grains and legumes. People with impaired metabolic health may benefit from restricting higher-starch carbohydrates based on their practitioner's advice, as excess carbohydrates can disrupt sugar regulation.

Metabolic benefits of carbohydrates when consumed in a balanced way include:

- Provide cellular energy (by being broken down into glucose).
- Provide an energy source for exercise and can help prevent muscle loss.
- Whole-food carbohydrates are a good source of fibre and nutrients.
- Support hormonal balance.



Optimise healthy fats

Fats in the diet provide energy and support various functions throughout the body, examples of healthy fats include extra virgin olive oil, avocado oil and fish oil. Some of the positive impacts that fat has on metabolism include:

- Providing a sustained energy source: Fats are a concentrated source of energy, providing more than double the amount of energy per gram when compared to carbohydrates or protein.
- Improved insulin sensitivity.
- Improved sense of satiety or fullness after a meal.
- Improved absorption of fat-soluble nutrients such as Vitamins A, D, E and K.
- Hormone production: Fats play a key role in hormone production to assist with appetite regulation and energy balance.
- Cell membrane structure: Fats are a component of our cell membranes and help with cellular communication.
- Inflammation regulation: Omega 3 fats from fatty fish help to reduce inflammation in the body.
- Fats from olive oil, nuts and fish can help balance cholesterol.



Hydration

Consuming sufficient fluids to stay hydrated can be helpful for metabolism.

Proper hydration assists with:

- Body temperature regulation.
- Healthy digestion and nutrient absorption.
- Nutrient transport.
- Metabolic reactions.
- Detoxification.
- Energy production.
- Metabolism of fat.

Ensure adequate daily consumption of filtered water and/or low energy beverages such as herbal teas.

Lifestyle tips to support metabolism

Physical Activity

Physical activity plays an important role in improving and maintaining metabolic health. Finding enjoyable physical activities that you have the capacity for is key to establishing a regular, consistent activity habit.

The single most important factor here is consistency. Your motivation will fluctuate, and you cannot rely on motivation to keep you going. You need to be consistent with your actions and your physical activity routine needs to be something that you can achieve regularly.

This is why it is important to acknowledge your own individual starting point. Don't get caught up looking at what others are achieving with their exercise goals or programs, as they may be at a different starting point to you.

If you are someone who has not exercised for some time or perhaps has never exercised, committing to a small walk around the yard or block one or two times a week might be a good starting point. The aim is to make small goals that you can consistently achieve and then slowly build your capacity from there.

Your Health-Practitioner will be able to assist and work with you on specific activities that are suitable for your situation.

Examples of physical activities that may benefit metabolic health:

Aerobic exercise to improve cardiovascular health, insulin sensitivity and burning excess energy:

- Walking
- Running
- Cycling
- Swimming
- Dancing
- Hiking
- High-Intensity Interval Training (HIIT)
- Team sports

Strength training helps build lean muscle mass, which is metabolically active, meaning it burns more energy at rest than fat mass. Strength training includes:

- Weight lifting
- Resistance exercise, such as using resistance bands
- Body weight exercise, such as push-ups, squats and planks

Yoga and Pilates focuses on flexibility, balance, posture and core strength.

This form of exercise includes resistance training with the body weight component and resistance equipment utilised in Pilates.

Incidental daily activities: While it is important to have formal exercise incorporated into your lifestyle for optimal metabolic health, our incidental daily activities over the day can really add to how much energy we burn. Incidental daily activities can include gardening, housework and your job if it involves physical activity. Some examples of ways to increase your incidental exercise:

- Track your steps with a smart watch or pedometer and work on increasing your daily step count.
- Take the stairs instead of the escalator.
- Park the car further away from work or the shops.
- Use a standing desk for part of the day.
- If possible, take regular breaks while working to walk around.

To commence and maintain a physical regime, **accountability is key**. This may look different for each individual and may include:

- Start small and build. You want consistency (not completing one large workout, then being unable to move for multiple days afterwards and can't continue).
- Buddying-up with a friend or family member to commit to a regular activity.
- Joining a sports team.
- Doing a regular community-based park walks/runs.
- Committing to a regular group class.
- Engaging an exercise physiologist or personal trainer.
- If you have a dog, getting into a regular walk routine – they are pretty good at reminding us of walk time.





Importance of sleep

Sleep is a fundamental component of a healthy lifestyle and can significantly impact weight and overall wellbeing. Chronic sleep deprivation and poor sleep quality can disrupt hormones, increase appetite, promote fatigue and unhealthy eating habits.

Key ways sleep impacts body weight and metabolism:

- **Appetite regulation** – poor sleep can lead to an increase in the hormone Ghrelin which stimulates hunger and also decreases Leptin, the hormone that signals fullness. Individuals with poor sleep and/or quality tend to have an increased appetite and cravings for high energy foods which can lead to overeating and weight gain.
- **Metabolism** – chronic sleep deprivation can disrupt glucose and insulin, and promote insulin resistance. Poor sleep can slow down metabolism, reducing the body's ability to burn energy.
- **Late-Night snacking** – sleep deprivation for some individuals leads to late night snacking and irregular eating habits.
- Sleep deprivation can reduce the likelihood of engaging in regular physical activity.
- Sleep deprivation can increase stress levels and negatively impact mood. In response to this people can seek out comfort foods that are often energy dense.
- Disrupted sleep patterns can interfere with the body's circadian rhythms or sleep-wake cycles. Irregular sleep-wake cycles can lead to hormone imbalances and metabolic disturbances.
- Sleep is crucial for muscle recovery; healthy muscles are essential for a healthy metabolism.

Tips for healthy sleep

- **Maintain a consistent sleep schedule.** There are metabolic benefits to be gained by establishing consistent and regular sleep/wakeup times, even on the weekends. Aim to get to bed and wake up at similar times during the week and weekends.
- **Create a relaxing bedtime routine** with calming activities such as taking a bath, reading a book, practicing breathing techniques, relaxation or meditation.
- **Optimise your sleep environment:** The bedroom should be comfortable, dark and quiet. Items that can assist may include black-out curtains, sleep ear-plugs or use of white noise.
- **Limit exposure to light at night.** Artificial light especially from screens can disrupt sleep. Use blue light filters on electronic devices and dim lights leading up to bedtime.
- **Avoid heavy meals, caffeine and alcohol** in the evening as they can interfere with sleep.
- **Manage stress** in your life with stress reduction techniques like mindfulness, yoga or progressive muscle relaxation techniques.
- **Limit liquid intake prior to bed** to avoid the need to get up overnight.
- **Spend some time outdoors each day**, especially in the morning, to have exposure to natural light to help regulate your circadian rhythm (day/night cycle) and improve sleep quality.
- If sleep is an ongoing issue, discuss with your Health Practitioner.

FAQs

How will this program help me?

Your Healthcare Practitioner may believe that some of your health conditions are associated with poor metabolic health and/or poor appetite control and/or the need for blood sugar support. The Metabolic Jump Start dietary guidelines combined with Medi Metabolic shakes provide support for patients with these needs.

How do I use Medi Metabolic?

Medi Metabolic may be used as a meal or as a snack.

It is especially good for breakfast, because it contains high levels of protein and fibre. These nutrients will help to keep you from feeling hungry. It is best to drink Medi Metabolic within 30 minutes of mixing it with water for maximum benefits.

Why doesn't Medi Metabolic taste like a milkshake?

Medi Metabolic is packed to the brim with Therapeutic-Grade nutritional support and should therefore be considered a pure and great-tasting medicinal formula. It is very different to some of the other protein powders out there that may be laden with unhealthy sugars, colours, flavours, and low-quality food components, that would be contradictory to your goals. Once you find yourself familiar with the flavour of Medi Metabolic, you will appreciate the difference in your longer-term wellbeing!

Are there side effects?

It may take a couple of weeks before some people feel better; others may notice immediate improvements. This may also depend on how well a person follows the guidelines. Some individuals may initially experience mild flu-like symptoms such as joint aches, headaches or slight changes in bowel habits as the body cleanses. Usually, these symptoms are minor and temporary. Contact your Practitioner if you experience any unusual or unpleasant side effects.

Who should use Medi Metabolic?

Medi Metabolic should only be used under the supervision of a qualified Healthcare Practitioner.

If you are pregnant, breastfeeding, are considering this program for a child or have kidney disease, Medi Metabolic may not be suitable for you. Please discuss this with your Healthcare Provider.

Should I continue to take all of my supplements?

Follow your Practitioner's recommendations. Medi Metabolic has been carefully formulated with specific levels of selected nutrients to support its intended use in your situation. Do not discontinue your prescribed medications without discussing it with your Practitioner.

What if I have more questions?

Contact your Healthcare Practitioner. RN Labs offers technical support and education to Practitioners however cannot give advice directly to patients.

What are the nutritional details of Medi Metabolic?

The Nutritional Panel is provided below. Please refer to the bottle label for the full ingredient panel.

Serving Size: 41 g (2 scoops)	Quantity per 41 g serve	Quantity per 100 g
Energy	667 kJ (159 Cal)	1627 kJ (389 Cal)
Protein	20 g	48.8 g
Fat, Total	2.2 g	5.3 g
- Saturated	0.8 g	1.9 g
Carbohydrate, Total	3.6 g	8.9 g
- Sugars	0.1 g	0.2 g
Fibre	7.2 g	17.6 g
- Soluble	1 g	2.4 g
- Insoluble	6.2 g	15.1 g



Program Sequence

The following food plan aims to provide a diverse selection of whole foods, emphasising protein, fibre, and essential nutrients. It also allows flexibility by accommodating higher-carbohydrate and fat foods, all without labelling any food group as inherently good or bad.

The basic Medi Metabolic shake is simply 1 serving of Medi Metabolic with 1 cup of water. Adjust the water amount to achieve your desired shake consistency—whether you prefer it thick or more diluted. For variety, feel free to experiment with additional ingredients in your shakes occasionally - refer to the shake recipes in this booklet for ideas.

Medi Metabolic isn't limited to the Jump Start program alone. With guidance from your Health Practitioner, you can incorporate it into other dietary approaches tailored to your individual needs.

Medi Metabolic Whole-Food Program

3 week program

- **Weeks 1 and 3:** Replace one meal with a Medi Metabolic Shake, alongside 2 meals and 2-3 (optional) snacks.
- **Week 2:** Replace 2 meals with Medi Metabolic Shakes, alongside one meal and 2-3 (optional) snacks.
- **Note:** If you require a third snack – focus on a protein and vegetable option.
- **On completion** – option to continue with 1 shake daily depending on your goals and Health Practitioner's advice.

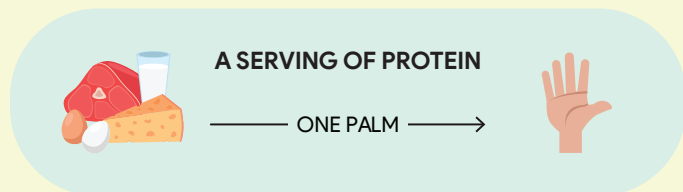


For each non-shake meal, aim for:

- 1 palm size portion of cooked protein (real food example depending on size of palm: 85-130g meat or tofu, 2 eggs)
- Minimum 1-2 fist (or cup size) portion of vegetables
- Optional - as advised by your Healthcare Practitioner.
 - 0-1 cupped hand (or 1/2 to 2/3 cup portion) of cooked carbohydrates or berries or chopped allowable fruit
 - 0-1 thumb size portion of fats (approx 1 tbsp oil)

Portion Size Guide

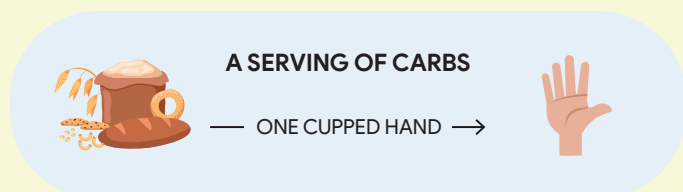
Example meal:



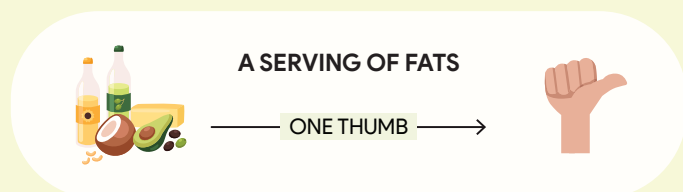
1 palm size portion of cooked chicken as your protein portion



2—3 cups of salad vegetables as the vegetable portion



1/2—2/3 cup of cooked sweet potato as your optional carbohydrate portion



Extra virgin olive oil (EVO) and vinegar dressing on the salad as optional fat portion



Each snack

¼ - ½ palm size protein portion of protein

Unlimited vegetables

Plus optional:

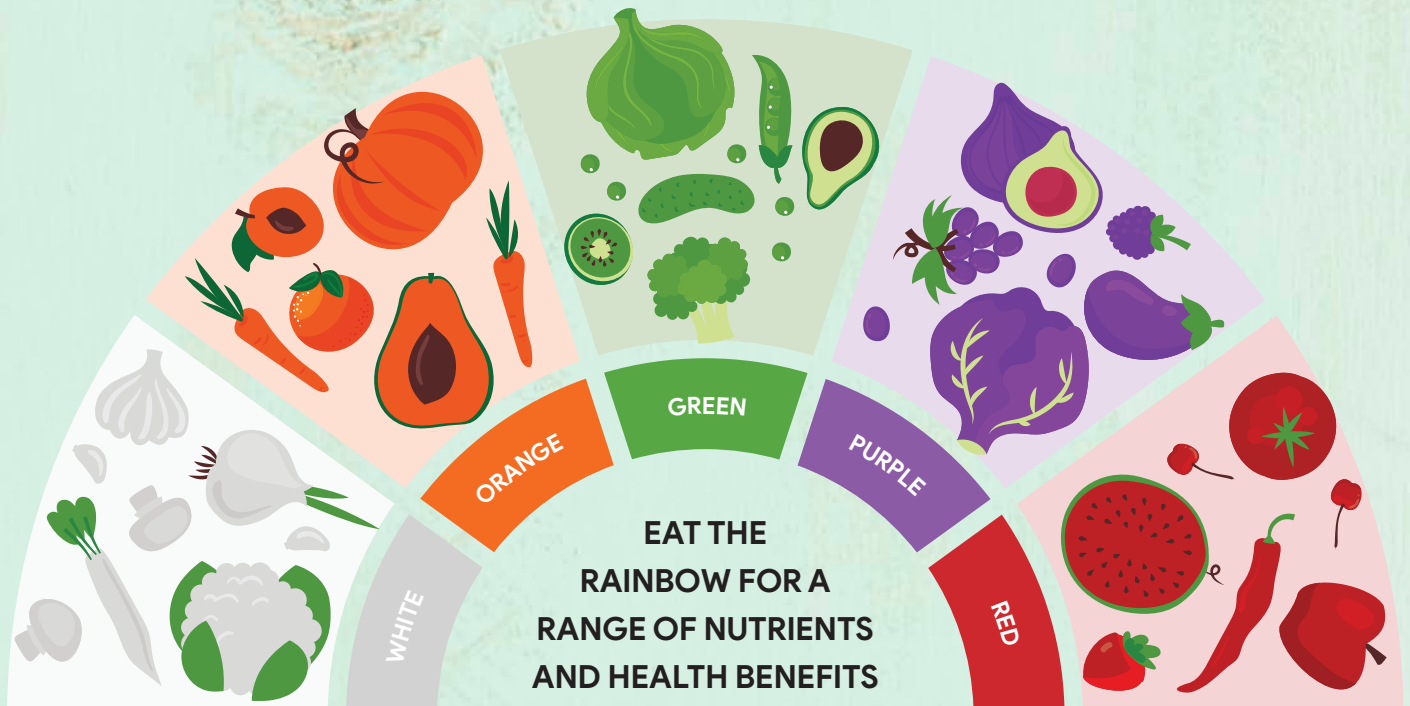
½ cupped handful of berries (avoid other high carb foods as snacks)

½ thumb portion of fats

Example

1/2 cup berries (carb) with ¼ cup almonds (protein fat) or a chicken and salad lettuce wrap

AIM FOR 4-6 CUPS DAILY OF VEGETABLES



WHITE	ORANGE	GREEN	PURPLE	RED
- Cauliflower - Mushroom - Onion - Garlic - Parsnip - Fennel	- Carrots - Pumpkin - Butternut Pumpkin - Squash - Orange/Yellow Capsicum	- Broccoli, Broccolini, Cabbage - Asian Greens - Celery - Rocket, Lettuce - Cucumber, Kale - Brussels Sprouts - Green Beans - Snow Peas - Asparagus - Green Capsicum - Spinach, Leeks - Okra, Artichoke	- Purple Carrots, - Purple Cauliflower, - Eggplant, - Purple Cabbage	- Beetroot - Radicchio - Rhubarb - Red Capsicum - Radish - Red Onion - Red Lettuce - Cos/Romaine, Oakleaf - Tomato

Eat a wide variety of vegetables – look for a variety of colours in each meal



Protein



Where available focus on fresh, minimally processed protein sources. If possible, choose free range and organic for animal-based protein and wild-caught fresh seafood. Include protein with each meal and snack.
For the Medi Metabolic Jump Start - choose options from the "Priority" column.

Priority choice	Occasional	Avoid
Animal based Eggs Fish - Salmon (wild if possible), Trout, Cod, Halibut, Mackerel, Snapper, Trevally, Bream, Whiting, Herring, Garfish, Sardines Shellfish Chicken Duck Turkey Grass-fed beef Free-range lean pork Lamb Goat Kangaroo Venison Other game meats Protein powders Medi Metabolic (RN Labs) Medi Restore (RN Labs) Core Nutrients with Collagen (RN Labs) Pure Collagen Peptides + C (Therapure) Clean Lean Protein (Nuzest) Dairy (if tolerated) Plain Greek yoghurt Pot-set yoghurt Sheep yoghurt Kefir Goats cheese, small amounts Cottage cheese Cheddar cheese Whey protein - grass-fed, low-carb Plant based Tempeh Tofu Edamame Lentils Beans <i>(note for those who eat meat and fish: lentils and beans are considered carbohydrate sources)</i>	Animal based Free-range additive-free bacon Additive-free meat jerky Minimally processed deli meats Whole food-based protein bars Starch-free and additive-free sausages Dairy cheeses – small amounts if tolerated Mozzarella Feta Parmesan Ricotta Plant based Quorn Nuts and seeds (best as snack or small amount added to meal) - Almonds, cashews, brazil nuts, macadamias, flaxseed/meal, chia, sunflower seeds, pumpkin seeds	Fried and/or crumbed meats and seafood Processed deli meats Processed plant-based foods High fat sausages High mercury fish – Shark, Swordfish, Barramundi, Gemfish, Orange Roughy, Ling and Southern Bluefin Tuna Highly processed protein bars/treats



This food group should always be consumed with a protein source to help with a steady blood sugar response and to also support a healthy metabolic hormone response after the meal or snack.
For the Medi Metabolic Jump Start - choose options from the "Priority" column.

Priority choice	Occasional	Avoid
Grains Buckwheat Quinoa Whole grain rice – brown or wild Amaranth Sweet potato Potato Corn Beans and lentils Fruit – fresh or frozen Blackberries Raspberries Strawberries Blueberries Cranberries Pomegranate Rock melon Watermelon Lemon Lime Grapefruit Orange Peach Nectarines Plums Natural sweeteners - small amounts Stevia Monk fruit Yacon syrup	Grains Gluten grains – if tolerated Couscous Whole grain bread, wraps and pasta Barley Oats White rice Rice noodles Vegetable juices Fruit All other fresh or frozen fruit Dairy Milk (unless high protein) Flavoured/sweeten yoghurt Natural sweeteners - small amounts Xylitol (if tolerated)	Fruit juice Soft drinks Cereals Canned fruit with added sugar or juice Chips Fries Cookies Cakes/muffins White/refined breads Foods with more than 10g added sugar per serve Dairy Milk/white chocolate Ice cream Natural sweeteners - small amounts Sugar Honey Maple syrup

*Fruits in priority list: <10g carbohydrate (CHO) per 100g food – with the exception of blueberries (approx 12g CHO per 100g)

Fats



For the Medi Metabolic Jump Start – choose options from the “Priority” column.

Priority choice	Occasional	Avoid
Oils Avocado Avocado oil Fish oil Hemp oil Extra virgin olive oil Olives Macadamia nut oil Walnut oil Pesto made with extra virgin olive oil Low-sugar marinades with above oils, vinegars and herbs Dairy Ghee Nuts and seeds (nut these also provide protein and fibre) Chia Sesame seeds Tahini Flaxseed Pumpkin seeds Cacao butter Cashews Pistachios Almond Brazil nuts Pecans Macadamia nuts Fresh unprocessed coconut Nut/seed butters from above nuts	Oils Flaxseed oil Virgin or light olive oil Sesame oil Coconut oil Coconut milk/cream Whole egg mayonnaise Olive oil spread - in small amounts Nuttex - in small amounts Dairy Cream Butter High-cacao/cocoa chocolate: 70%+ - in small amounts	Fatty processed meats Margarine Processed cheeses Corn oil Sunflower oil Canola oil Soybean oil Other vegetable oil Shortening Hydrogenated oils Trans fats Processed foods rich in fats and sugar

Condiments and Beverages

Choose condiments that are as natural as possible with minimal sugar.
For the Medi Metabolic Jump Start - choose options from the "Priority" column.

Priority choice	Occasional	Avoid / minimal
Fresh and dried herbs: Examples: Basil, chives, cinnamon (no sugar), coriander, curry, dill, mustard, garlic, ginger, marjoram, mint, nutmeg, oregano, parsley, sage, tarragon, turmeric Vinegars Gluten free Tamari or soy sauce Coconut aminos Mustard Whole egg mayonnaise Nutritional yeast Hummus Homemade guacamole Chili paste Additive free curry paste Horseradish Tapenade Tahini Sea salt Pepper	Sugar-free Salsa Sugar-free Chutney	Condiments high in sugar or listed oils to avoid Tomato sauce Ketchup Barbecue sauce Sweet chili sauce Condiments with additives and preservatives

Choose Beverages that are as natural as possible with minimal sugar.
For the Medi Metabolic Jump Start - choose options from the "Priority" column.

Priority choice	Occasional	Avoid / minimal
Filtered water - can be lightly flavoured with lemon/lime/cucumber etc. to assist taste and intake. Mineral water Herbal teas Bone broth Caffeinated beverages - Coffee from ground beans or black tea - max 1-2 cups daily; black or with dash of preferred milk - no added sugar.	Unsweetened coconut water Vegetable juices Milk or milk alternatives Low/no-sugar Kombucha	Soft drinks Alcoholic beverages Fruit juice

Tips for success

- **Preparation is key. Have the ingredients for your preferred recipes available. Meal planning and prepping can be very helpful:**
 - Make bulk of a recipe so you can divide into single serves and use over multiple days. Our sample plans have been designed to provide variety. You can multiply the quantities of the recipes you like to make multiple meals. E.g. Make 2 serves of a dinner and have leftovers for lunch.
 - Have healthy snacks readily available like fresh berries, chopped vegetables, nuts and seeds portioned out, boiled eggs, ready-to-go chicken strips etc.
 - If time is a barrier, talk to your local café or restaurant and see if they can make a regular meal to suit your tastes and the program.
 - If eating out, think protein and vegetables (that might mean asking for the steak with greens and leaving out the chips, for example).
- **Minimise temptation if you need to - remove tempting foods and beverages from your kitchen.**
- **Breakfast, lunch and dinner - aim to keep at regular time intervals, e.g. 7am, 12noon, 6pm respectively. Snacks can be included when hungry; mid morning, mid afternoon or after dinner.**
- **Choose which mealtime suits you best to have a shake instead of a meal. Many people find breakfast the most convenient, but you might find it suits you better to replace lunch or dinner.**
- **This is a sample meal plan and recipes are based on whole-foods. Individual plans may need to be amended for specific needs such as allergies/sensitivities or preferences.**

Week 1 and 3 example meal plan using 2 snacks a day

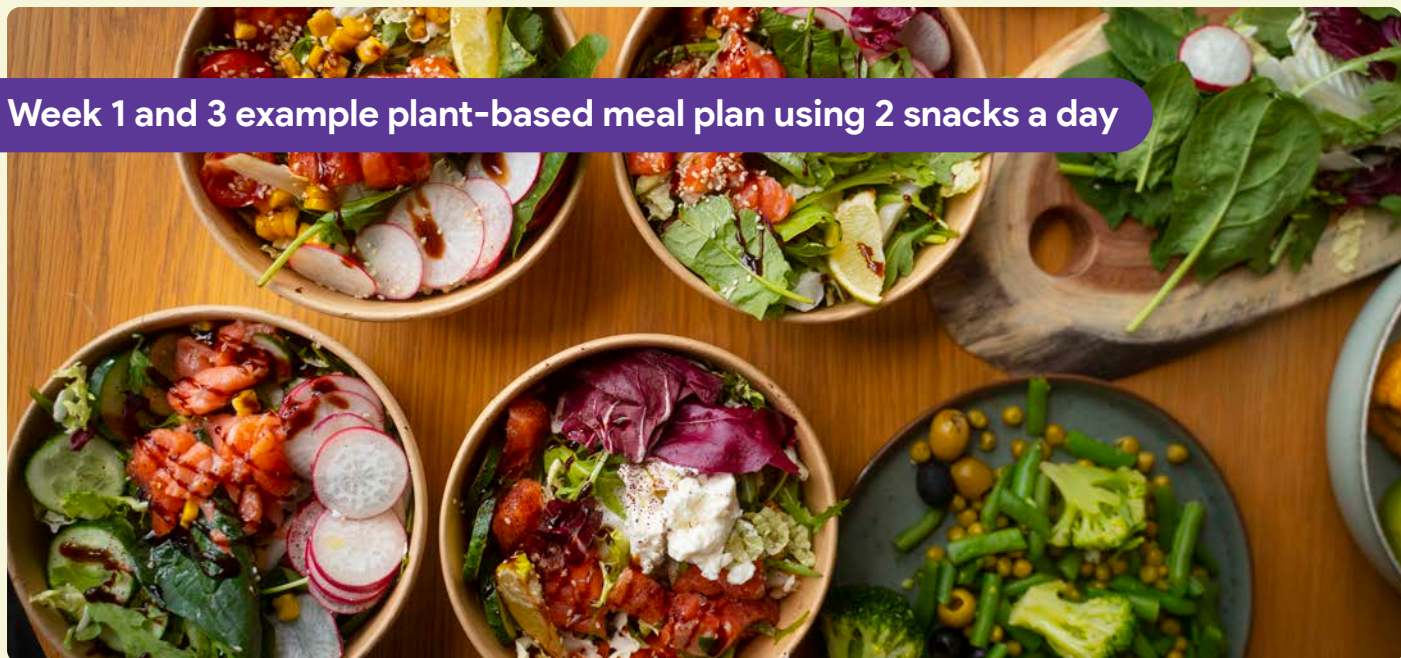
Schedule	Breakfast	Lunch	Dinner	Snack 1	Snack 2
Monday	Shake	Kale Caesar Salad	Salmon and Quinoa Salad	½ cup berries, ¼ cup brazil nuts	¼ cup hummus with vegetable sticks
Tuesday	Shake	Kale Caesar Salad	Beef Chow Mein	Raspberry Chia Coconut pudding	1 boiled egg and 1 cup of fresh berries
Wednesday	Shake	Kale Caesar Salad	Salmon with Rice and Greens	½ cup berries, ¼ cup brazil nuts	¼ cup hummus with vegetable sticks
Thursday	Shake	Chicken soup with flax bread	Poached Chicken with broccoli and sweet potato	Raspberry Chia Coconut pudding	1 boiled egg and 1 cup of fresh fruit
Friday	Shake	Chicken soup with flax bread	Coconut Chicken	½ cup berries, ¼ cup brazil nuts	Treat - ¼ cup walnuts with 25g dark chocolate (min 70% cacao)
Saturday	Shake	Chicken soup with flax bread	One pan fish and green beans	Raspberry Chia Coconut pudding	¼ cup hummus with vegetable sticks
Sunday	Zucchini, mushroom and eggs	Shake	Deconstructed Burger Bowl	½ cup berries, ¼ cup brazil nuts	Treat - ¼ cup walnuts with 25g dark chocolate (min 70% cacao)



Week 2 example meal plan using 2 snacks a day

Schedule	Breakfast	Lunch	Dinner	Snack 1	Snack 2
Monday	Shake	Shake	Turmeric Salmon and Vegetables	Egg Veg Snack Box (1 boiled egg, sliced cucumber and carrots)	1 cup blueberries and ¼ cup pecans
Tuesday	Shake	Shake	Fajita Steak Salad	Peach plus 1/4 cup almonds	Dark chocolate mousse
Wednesday	Shake	Shake	Dijon Chicken and Broccoli	Egg Veg Snack Box	1 cup blueberries and ¼ cup pecans
Thursday	Shake	Shake	Prawn Zoodle Stir Fry	Peach plus 1/4 cup almonds	Dark chocolate mousse
Friday	Shake	Shake	Chicken and Bok Choy Stir Fry	Egg Veg Snack Box	1 cup blueberries and ¼ cup pecans
Saturday	Shake	Shake	Salmon and mashed cauliflower	Peach plus 1/4 cup almonds	Dark chocolate mousse
Sunday	Shake	Shake	Roasted chicken and quinoa	Egg Veg Snack Box	1 cup blueberries and ¼ cup pecans

Week 1 and 3 example plant-based meal plan using 2 snacks a day



Meal Plan Week 1 and 3

Schedule	Breakfast	Lunch	Dinner	Snack 1	Snack 2
Monday	Shake	Broccoli Almond Salad	Zucchini and chickpea pasta	¼ cup nuts and ½ cup berries	Vanilla Matcha protein balls
Tuesday	Shake	Broccoli Almond Salad	Coconut yoghurt tofu	Raspberry chia pudding	Serve low carb protein
Wednesday	Shake	Broccoli Almond Salad	Coconut yoghurt tofu	¼ cup nuts and ½ cup berries	Vanilla Matcha protein balls
Thursday	Shake	Falafel tahini salad	Red lentil Dahl	Raspberry chia pudding	Serve low carb protein powder with water
Friday	Shake	Falafel tahini salad	Lentil Fritter bowl	¼ cup nuts and ½ cup berries	Vanilla Matcha protein balls
Saturday	Shake	Falafel tahini salad	Kimchi tofu Scramble	Raspberry Chia Coconut pudding	¼ cup hummus with vegetable sticks
Sunday	Leftover kimchi tofu scramble	Shake	Spinach lentil curry	¼ cup nuts and ½ cup berries	Vanilla Matcha protein balls



Week 2 example plant-based meal plan using 2 snacks a day

Meal Plan Week 2

Schedule	Breakfast	Lunch	Dinner	Snack 1	Snack 2
Monday	Shake	Shake	Turmeric edamame and veggies	¼ cup nuts and ½ cup berries	Vanilla Matcha protein balls
Tuesday	Shake	Shake	Turmeric edamame and veggies	Raspberry chia pudding	Cashew cream cheese and celery
Wednesday	Shake	Shake	Roasted veggie pasta	¼ cup nuts and ½ cup berries	Vanilla Matcha protein balls
Thursday	Shake	Shake	Roasted veggie pasta	Raspberry chia pudding	Cashew cream cheese and celery
Friday	Shake	Shake	Lentil and chickpea salad	¼ cup nuts and ½ cup berries	Vanilla Matcha protein balls
Saturday	Shake	Shake	Lentil and chickpea salad	Raspberry Chia Coconut pudding	Cashew cream cheese and celery
Sunday	Shake	Shake	Lentil Fritter bowl	¼ cup nuts and ½ cup berries	Vanilla Matcha protein balls



Weekly Planner

Week 1 - replace 1 meal with a Medi Metabolic shake

Schedule	Breakfast	Lunch	Dinner	Snack 1	Snack 2
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 2 - replace 2 meals per day with a Medi Metabolic shake

Schedule	Breakfast	Lunch	Dinner	Snack 1	Snack 2
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 3 - replace 1 meal per day with a Medi Metabolic shake

Schedule	Breakfast	Lunch	Dinner	Snack 1	Snack 2
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

After the Medi Metabolic Jump Start

Once you have completed the Medi Metabolic Jump Start, you should discuss a follow-up plan with your Healthcare Practitioner. Supporting healthy metabolism is an ongoing journey. Your practitioner is likely to recommend you continue taking Medi Metabolic as a convenient way to maintain an intake of high-quality protein and the array of metabolic supportive nutrients.

To maintain the benefits achieved over the 3-week Jump Start, continue with the similar focus of prioritising protein and vegetables with each meal and snack. A way to approach long term metabolic balance is to use the 80/20 rule: 80% of the time, consume the meals and snacks as per the Medi Metabolic Jump Start Guide. Use the other 20% to allow for social occasions, your favourite foods or beverages.

Recipes

Basic Shake:

1 serve of Medi Metabolic with 250ml cold water (you can adjust water amount to suit your thickness preference)

For variation you may choose to occasionally add ingredients to the Basic Shake. Some suggested shake recipes are below.



Blueberry Medi Metabolic Shake

Ingredients:

- 1 serve Medi Metabolic powder
- 1 tbsp Flaxseed Meal
- 1 cup Blueberries – fresh or frozen
- 1 cup Baby Spinach
- 1 cup cold water

Place all ingredients into blender, blend until smooth.



Chocolate Cherry Green Smoothie

Ingredients:

- 1 serve Medi Metabolic powder
- 1 cup Cherries (fresh or frozen, pitted)
- 1 cup Baby Spinach
- 1 cup Almond Milk

Place all ingredients into blender, blend until smooth.



Beetroot Bliss Shake

Ingredients:

- 1 serve Medi Metabolic powder
- 1 cup of Almond or Coconut Milk
- 1 cup of Ice
- ¼ Avocado
- ½ small Beetroot
- Dash of Natural Vanilla Extract
- Optional Stevia or natural sweetener of your choice

Place all ingredients into blender, blend until smooth.



Coconut Chocolate Shake

Ingredients:

- 1 serve Medi Metabolic powder
- 1 cup of Almond or Coconut Milk
- 1 cup of Ice
- 3 tbsp Coconut Cream
- Dash of Natural Vanilla Extract
- Optional Stevia or natural sweetener of your choice

Place all ingredients into blender, blend until smooth.



Zucchini, mushroom and eggs (1 serve)

Ingredients:

- ½ tsp Avocado Oil
- ½ Zucchini (medium, sliced)
- 6 White Button Mushrooms (sliced)
- 2 Eggs
- ½ cup Rocket
- ½ tsp Lemon Juice
- Sea Salt and Pepper to taste

Directions

Heat a frying pan over medium heat and add the avocado oil, zucchini and mushrooms.

Cook for 6 to 8 minutes. Remove and set aside on a plate.

Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.

Add the rocket to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt and pepper.



Kale Caesar Salad (3 serves)

Ingredients:

- ¾ Garlic Bulb
- 3 ½ cup Extra Virgin Olive Oil
- 1/3 Lemon (juiced)
- 1 ½ tbsps Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 3 cups Kale Leaves (thinly sliced into ribbons)
- 1/3 cup Radishes (thinly sliced)
- 1/3 cup Cherry Tomatoes (halved)
- 3tbsps Pumpkin Seeds
- 180 grams Chicken Breast, Cooked (sliced)

Directions

Preheat oven to 200°C. Peel away the outer skin of the garlic bulb so the cloves are showing. Chop off the top of garlic bulb, drizzle with olive oil and wrap in foil. Bake in the oven for 30 minutes.

After 30 minutes, remove the garlic from the oven and remove from foil. Let cool. When garlic is cool, squeeze the flesh out of the skin into a food processor or magic bullet. Add oil, lemon juice, mustard and salt. Blend until creamy.

Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large bowl. Divide salad into 3 containers for meal prepping. Store dressing in a jar, prior to eating each serve, drizzle with desired amount of dressing and toss well. Plate salad and top with fresh ground pepper. Top with sliced baked chicken breast.



Chicken Soup (3 serves for meal prepping)

Ingredients:

- 1 1/4 tsps Extra Virgin Olive Oil
- 280 grams Chicken Thighs (boneless, skinless)
- 1/3 Onion (chopped)
- 1 1/4 Carrot (peeled, chopped)
- 2/3 Zucchini (medium, peeled, chopped)
- 1 Garlic Clove (minced)
- 1 tsp Dried Parsley
- 1/3 tsp Dried Thyme
- 1/3 tsp Oregano (dried)
- Sea Salt & Black Pepper (to taste)
- 2 1/3 cups Chicken Broth, Low Sodium

Directions

In a large pot, heat the oil over medium-low heat.

Add the chicken thighs and cook for six to seven minutes per side or until they are cooked through. Remove and place onto a plate. Set aside.

Add the onion, carrots, zucchini, and garlic to the pot. Sauté for five to six minutes or until the vegetables have softened. Add a splash of broth or water if needed so the vegetables don't burn.

Chop the chicken thighs into smaller pieces then add them back to the pot.

Add the parsley, thyme, oregano, salt, and pepper and stir to combine. Add the broth. Bring the soup to a boil then reduce the heat to a simmer for 15 minutes.

Remove from the heat and blend the soup until it is smooth. 1 cup is approximately 1 serve.



Flax Bread (10 serves – slice and freeze to have available as needed)

Ingredients:

- 2 cups Ground Flax Seed
- 1 tbsp Baking Powder
- 3/4 tsp Sea Salt
- 5 Eggs (room temp)
- 1/2 cup Water (room temp)
- 1/3 cup Coconut Oil (melted)

Directions

Preheat oven to 180°C. Grease the inside of a loaf pan or line it with parchment paper.

In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.

In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, mixing until combined.

Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.

Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.

Once cooled, slice and store in the fridge or freezer.



Salmon and Quinoa Salad (1 serve)

Ingredients:

- 1/4 cup Quinoa (dry)
- 170 grams Salmon Fillet
- 2 tbsps Red Onion (sliced)
- 2 tbsps Lemon Juice (fresh, divided)
- 1 cup Cherry Tomatoes (halved)
- 1/4 Cucumber (chopped)
- 1 tbsp Coriander (minced)
- Sea Salt & Black Pepper (to taste)

Directions

Cook the quinoa according to package directions.

Preheat the oven to 190°C. Line a small baking dish with baking paper.

Place the salmon in the baking dish. Top with the sliced onion and half of the lemon juice. Cook in the oven for 12 minutes or until the salmon is cooked through.

Meanwhile, add the tomatoes, cucumber, remaining lemon juice, and coriander to the quinoa and mix. Add salt and pepper to taste. Top quinoa salad with the salmon.



Beef Chow Mein (1 serve)

Ingredients:

- 1/3 tsp Extra Virgin Olive Oil
- 1/4 Onion (large, diced)
- 1 Garlic Clove (minced)
- 120 grams Beef (sliced or cubed)
- 1/4 tsp Ginger (peeled, grated)
- 1/8 tsp Sea Salt (to taste)
- 2 1/4 tps Coconut Aminos or tamari (to taste)
- 1 1/4 cups Broccoli Slaw (thinly sliced or grated broccoli stems)

Directions

Heat the oil in a large pan over medium-high heat. Cook the onions and garlic for two to three minutes. Add the beef, ginger, and salt. Cook for six to eight minutes, or until cooked through.

Stir in the coconut aminos and broccoli slaw. Cook for two minutes, or until warmed through.



Salmon with Rice and Greens (1 serve)

Ingredients:

- 1/4 cup Brown Rice (uncooked)
- 1/2 tsp Paprika
- 1/3 tsp Cumin
- 1/4 tsp Oregano (dried)
- 1/8 tsp Sea Salt
- 170 grams Salmon Fillet
- 1 tbsp Water
- 2 cups Swiss Chard (chopped) (Kale or spinach can be used as an alternative green)

Directions

Preheat the oven to 200 and line a baking sheet with baking paper.

Cook the rice according to package directions.

In a small bowl combine the paprika, cumin, oregano, and salt. Generously coat all sides of the salmon with the spice blend. Place the salmon on the prepared baking sheet and bake for 16 to 18 minutes or until the salmon is cooked through.

Meanwhile, heat a pan over medium heat. Add the water and Swiss chard and cook for three to five minutes, or until the chard is wilted and tender.



Poached Chicken with Broccoli and Sweet Potato (1 serve)

Ingredients:

- 140 grams Chicken Breast (skinless, boneless)
- 1 1/2 tps Apple Cider Vinegar
- 1 cup Water
- ½ Sweet Potato (medium, diced)
- 1 cup Broccoli (chopped into florets)
- Sea Salt & Black Pepper (to taste)

Directions

In a pot over medium-high heat, add chicken followed by the remaining ingredients. Bring to a boil, reduce heat to a simmer and close the pan. Let simmer until chicken is cooked through, about 15-20 minutes.

Using a slotted spoon, scoop out the chicken and veggies. Shred the chicken, season with sea salt and black pepper, and drizzle with broth. Save the leftover broth for future use.



Coconut Chicken (1 serve)

Ingredients:

- 120 grams Chicken Breast (sliced into long strips)
- 3 tbsps Unsweetened Coconut Yoghurt
- 1/2 tsp Curry Powder
- Sea Salt & Black Pepper (to taste)
- 1 tsp Extra Virgin Olive Oil
- 1 1/2 cups Baby Spinach

Directions

In a large bowl, combine the chicken with the coconut yoghurt, curry powder, and salt and pepper. Place in the fridge to marinate for two hours, or longer.

Heat a frying pan over medium heat and add the oil. Once hot, add the chicken strips and cook for five to six minutes. Flip the strips over and cook for an additional five to six minutes, until browned slightly.

Add the remaining coconut yoghurt marinade to the skillet and cook for two to three minutes, until bubbling. Toss in the spinach and stir to combine and cook until wilted, another two minutes.



One Pan White Fish and Green Beans (1 serve)

Ingredients:

- 1/3 Lemon (zested and juiced)
- 2 tps Extra Virgin Olive Oil
- 1 tsp Fresh Dill (stems removed, chopped)
- 1 tsp Sea Salt
- 1 2/3 cups Green Beans (trimmed)
- 150 grams White fish of your choice (sliced into thin, long pieces)

Directions

Preheat the oven to 200°C. Line a large baking sheet with baking paper.

In a large bowl, whisk together the lemon zest and juice, oil, dill, and salt.

Add the green beans to the marinade and gently toss until well coated. Transfer to the baking sheet.

Add the fish to the marinade and coat evenly. Transfer to the baking sheet alongside the green beans.

Cook for 10 to 12 minutes or until the fish flakes easily and the green beans are fork tender.



Deconstructed Burger Bowl (1 serve)

Ingredients:

- 120 grams Extra Lean Ground Beef
- 3/4 tsp Italian Seasoning
- 1/4 tsp Chili Powder
- 1/4 tsp Cumin
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 tbsp Mayonnaise
- 1/2 tsp Dijon Mustard
- 1/3 head Cos Lettuce Hearts (chopped)
- 1/4 cup Cherry Tomatoes (chopped)
- 2 stalks Spring Onion (chopped, green tops only)

Directions

In a pan over medium-high heat, brown the beef. Break the meat into small chunks with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.

Add the Italian seasoning, chili powder, cumin, salt and pepper to the beef and stir to combine. Season with additional salt and pepper if needed.

In a small bowl combine the mayonnaise and Dijon mustard.

Add the lettuce, tomatoes and onion in a bowl and top with cooked beef and the Dijon mayo.



Turmeric Salmon and Vegetables (1 serve)

Ingredients:

- ½ Sweet Potato (medium, chopped)
- 1/8 head Cauliflower (cut into florets)
- 1 tsp Extra Virgin Olive Oil
- 1/4 tsp Turmeric
- 1/4 tsp Garlic Powder
- 1 tbsp Lemon Juice
- 170 grams Salmon Fillet

Directions

Preheat the oven to 190°C. Line a baking sheet with baking paper. Place the sweet potato and cauliflower on the baking sheet.

Mix the oil, turmeric, garlic powder, and lemon juice. Brush the marinade onto the salmon fillets and set aside at room temperature.

Add the remaining marinade to the cauliflower and sweet potato and toss to coat. Bake for 20 minutes.

Add the salmon to the baking sheet and bake everything for another 20 minutes or until the salmon is cooked through and the vegetables are soft and browning around the edges.



Fajita Steak Salad (1 serve)

Ingredients:

- 1 1/3 tbsps Extra Virgin Olive Oil (divided)
- 76 grams Flank Steak
- Sea Salt & Black Pepper (to taste)
- 2 tsps Lime Juice
- 2 2/3 tbsps coriander
- 1/3 Yellow capsicum (sliced)
- 1/4 Red Onion (sliced)
- 4-6 Cherry Tomatoes (halved)
- 3 leaves Cos Lettuce (chopped)
- 1/3 Avocado (sliced)

Directions

Heat a frying pan over medium-high heat. Add 1/4 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 10 to 15 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.

Meanwhile, in a blender or food processor, add the remaining oil, lime juice, coriander, and salt and pepper to taste. Process until smooth and set aside.

In the same pan used to cook the steak, turn the heat to medium and add the capsicum, onion, and tomatoes. Cook until charred in spots and softened, about three to five minutes and then remove and set aside.

Place lettuce onto a plate and top with steak, onion mixture, and avocado. Add the coriander dressing.



Dijon Chicken and Broccoli (1 serve)

Ingredients:

- 170 grams Chicken Thighs (boneless, skinless)
- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Dijon Mustard
- 2 cups Broccoli (florets, chopped)

Directions

Preheat the oven to 220°C and line a baking tray with baking paper.

In a large bowl, combine the chicken with half the oil, salt, pepper, and dijon mustard. Transfer to the prepared baking sheet and bake for 20 minutes.

Remove the baking sheet and add the broccoli. Toss with the remaining oil. Return to the oven and bake for 12 to 15 minutes longer, until cooked through.



Prawn Zoodle Stir Fry (1 serve)

Ingredients:

- 3 tbsps Vegetable Broth (or Chicken Broth)
- 2 tsps Tamari
- 1 Zucchini (large)
- 2 tsps Coconut Oil (divided)
- 1 Garlic Clove (minced)
- 1/2 tsp Ginger (grated)
- 150 grams Green Prawns (peeled and de-veined)
- 1/3 Yellow Capsicum (large, sliced)
- 1/3 cup Matchstick Carrots
- 1 1/3 tbsps Red Onion (diced)
- 1 cup Asparagus (woody ends snapped off)
- 1 tsp Sesame Seeds

Directions

In a small bowl, combine the vegetable broth and tamari. Set aside.

Spiralise your zucchinis into noodles and set aside.

Place half of the coconut oil in a large frying pan and heat over medium-low heat. Add the garlic and ginger and sauté for a minute. Add the prawns and sauté for about 3 minutes or until cooked through. (Note: Prawns should be pink on all sides.) Transfer the prawns to a bowl and set aside while you prepare the rest.

Increase heat to medium. Add remaining coconut oil to the pan along with the capsicum, carrots, red onion and asparagus. Sauté for 4 minutes or until veggies are slightly tender.

Add your broth/tamari mix and stir for another 4 minutes.

Add the prawns back into the pan along with your zucchini noodles. Use tongs to toss and coat for 1 to 2 minutes or until zucchini noodles are slightly softened.

Serve with sesame seeds sprinkled on top.



Chicken and Bok Choy Stir Fry (1 serve)

Ingredients:

- 1/4 - 1/2 tsp Avocado Oil
- 80 grams Chicken Breast (skinless, boneless, cut into strips)
- 1/2 - 1 Garlic Clove (minced)
- 2 cups Bok Choy (baby, halved)
- 1 cup Mushrooms (sliced)
- 2 - 3 tsps Coconut Aminos
- 1/4 - 1/2 tsp Sesame Oil (toasted)
- 3/4 stalk Green Onion (sliced)
- 3/4 tsp Sesame Seeds (optional)
- 1 cup brown rice uncooked

Directions

Cook brown rice as per packet instructions.

In a large frying pan or wok over medium heat, add the avocado oil and the chicken and cook for 7 to 8 minutes or until cooked through. Remove the chicken from the pan and set aside.

In the same pan, add the minced garlic and sauté for 1 minute. Add the bok choy and cook for 1 minute. Add the mushrooms. Stir and cook for 4 to 5 minutes until everything is cooked. Add the coconut aminos and return the chicken to the pan. Add the sesame oil and stir to incorporate.

Serve over the cooked rice.



Salmon and Mashed Cauliflower (1 serve)

Ingredients:

- 1/4 head Cauliflower (cut into florets)
- 1 tsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- ½ - 1 Garlic Clove (minced)
- 1 tbsp Water
- 2 1/4 tsps Coconut Aminos
- 170 grams Salmon Fillet
- 1 1/2 tsps Parsley (chopped)
- ¼ Lemon (cut into wedges)

Directions

Add the cauliflower to a pot of boiling water, cover, and cook for five to ten minutes or until tender. Drain and mash with half of the oil and salt and pepper to taste. You can also pulse the cauliflower in a food processor for a smoother texture.

Add the remaining oil to a fry pan over medium heat. Add the garlic and sauté for two minutes before adding the water and coconut aminos. Stir to combine before adding the salmon. Cook for four minutes. Flip and cook for three to four more minutes or until the salmon is cooked through.

Garnish with parsley and serve with lemon wedges.



Roasted Chicken with Veggies and Quinoa (1 serve)

Ingredients:

- 1/4 cup Quinoa (dry)
- 170 grams Chicken Breast (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 3/4 tsp Paprika
- ½ Capsicum (medium, chopped)
- 1/2 cup Cherry Tomatoes
- 1 tbsp Tahini
- 1 tbsp Water
- 1 1/2 tsps Lemon Juice

Directions

Preheat the oven to 215°C and line a baking sheet with parchment paper.

Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.

Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, capsicum, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.

Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.

Chop the cooked chicken. Serve with the dressing.

Snacks

Quick Snack Ideas

- ½ cup cottage cheese with ¼ cup blueberries
- Tinned fish – 85g salmon, tuna or sardines mashed with ½ tbsp whole egg mayonnaise, fresh herbs (e.g. parsley or dill) on top of cucumber slices
- Greek yoghurt with berries
- Turkey or chicken with ¼ avocado wrapped in lettuce leaf
- Nuts and berries
- Whole food protein bar – e.g. Chief beef or collagen bars
- Boiled egg
- Collagen or other high-protein low-carbohydrate protein powder with cold water to make shake
- Serve of bone broth
- Nori rolls with vegetables like carrot, cucumber and protein – meat, fish or tofu
- Batch-make meat and vegetable patties or rissoles using lean ground meat or poultry with herbs of your choice, onion and some grated vegetables like zucchini/carrot mix together with an egg and form into patties – cook with minimal oil. Enjoy hot with a salad as a meal or allow to cool and use for a quick snack or a protein choice with salad or vegetables



Quinoa Kale Egg Muffins (6 serves)

Ingredients:

- 1 1/2 tsps Avocado Oil
- 1/3 cup Quinoa (dry)
- 1 tbsp Extra Virgin Olive Oil
- 3 cups Kale Leaves (finely chopped)
- 1 Tomato (diced)
- 7 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt

Directions

Preheat the oven to 180°C. Grease a muffin pan with the avocado oil or use a silicone muffin tray.

Cook the quinoa according to package directions.

While the quinoa is cooking, heat the extra virgin olive oil in a large pan over medium heat. Cook the kale until wilted and tender. Remove from heat.

Add the cooked quinoa and the tomato to the wilted kale and stir to combine. Transfer the quinoa mixture evenly into the muffin tray.

In a mixing bowl whisk the eggs until well scrambled. Whisk in the water and salt. Pour the egg mixture into the muffin tray to cover the quinoa, kale, and tomatoes.

Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from the oven, let cool and enjoy!



Raspberry Chia Coconut Pudding (2 serves for meal prepping)

Ingredients:

- 1 cup Plain Coconut Milk
- 1 cup Raspberries (plus extra for garnish)
- 1 tsp Vanilla Extract
- 1/4 cup Chia Seeds
- 2 tsps Unsweetened Shredded Coconut

Directions

Add the coconut milk, raspberries, and vanilla to a small blender or food processor and blend well until combined.

Pour the raspberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.

Divide evenly between bowls or in to-go containers. Top with extra raspberries (if using) and shredded coconut.



Dark Chocolate Almond Mousse (3 serves)

Ingredients:

- 1 1/4 cups Unsweetened Almond Milk
- 1/3 cup Chia Seeds
- 1/3 cup Cocoa Powder
- 2 1/3 tsps Almond Butter
- 1 3/4 tsps Monk Fruit Sweetener
- 2/3 tsp Vanilla Extract
- 1/3 tsp sea Salt

Directions

Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.

Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy! 1 serve is 1/2 cup.



Vanilla Matcha Protein Balls (5 serves)

Ingredients:

- 3/4 cup Cashews
- 1/2 cup Walnuts
- 1/2 cup Pitted Dates
- 2/3 cup Vanilla Protein Powder
- 1 tsp Coconut Oil
- 1 1/2 tsps Green Tea Powder
- 1/3 cup Water

Directions

Add the cashews and walnuts to a food processor and pulse until you get a coarse crumble. Add the dates, protein powder, oil, and green tea powder and pulse again until the mixture starts to come together.

Add the water one tablespoon at a time and pulse until the mixture becomes sticky and holds together when you squeeze it between your hands. You may not need all of the water.

Use a cookie scoop or regular teaspoon to scoop out the batter and roll it in your hands to create a ball. Continue until you have used up all of the batter.



Cashew Cream Cheese and Celery (1 serve)

Ingredients:

- 110g cashew cream cheese
- 3 celery stalks
- 2 tsp hemp seeds

Directions

Spread the cream cheese evenly over the top of each celery stalk and sprinkle with hemp seeds.

Plant-based meal plan recipes



Almond Broccoli Salad (3 serves)

Ingredients:

- 3 cups Broccoli (chopped into small florets)
- 1 1/2 cups Frozen Edamame (shelled)
- 3 stalks Spring Onion (sliced)
- 1/3 cup Almonds (chopped)
- 3 tbsps Almond Butter
- 2 1/4 tsps Rice Vinegar
- 2 1/4 tsps Tamari (or Coconut Aminos)
- 2 1/4 tsps Maple Syrup
- 2 1/4 tsps Sesame Oil
- 1 Garlic Clove (minced)
- 1 1/2 tbsps Water

Directions

In a large mixing bowl, combine the broccoli florets, edamame beans, spring onions, and chopped almonds.

To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.

Divide salad and dressing into 3 serves for lunch meal prep.

Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating.



Falafel Tahini Salad (3 serves)

Ingredients:

- 2 cups Green Lentils (cooked, drained and rinsed)
- 1/4 cup Tahini (divided)
- 1/3 cup Coriander (finely chopped)
- 3/4 tsp Cumin
- 2 1/4 tsps Apple Cider Vinegar
- 3/4 tsp Sea Salt
- 3 tsps Unsweetened Coconut Yoghurt
- 3 tsps Water
- 6 cups Mixed Greens
- 3/4 cup Sauerkraut

Directions

Preheat the oven to 180°C and line a baking tray with baking paper.

In a food processor or blender, combine the lentils, 2/3 of the tahini, coriander, cumin, apple cider vinegar and half the salt.

Form the mixture into balls using about 1 to 1 1/2 tablespoons of the mixture for each ball. Place on the baking sheet and cook for 20 to 25 minutes or until warmed through and firm.

Meanwhile, make the dressing by whisking together the yoghurt, remaining tahini, remaining salt and water.

Divide the mixed greens into 3 serves/containers and refrigerate falafel separately once cooled in airtight container. Prior to eating, reheat falafel and top with sauerkraut and tahini yoghurt dressing.



Zucchini and Chickpea Pasta Salad (2 serves)

Ingredients:

- 110 grams Chickpea Pasta (dry)
- 1/3 cup Frozen Peas
- 1 Zucchini (chopped)
- 1/4 cup Red Onion (sliced)
- 2 tsps Extra Virgin Olive Oil (divided)
- 1/2 Lemon (juiced)
- 1 Garlic Clove (minced)
- Sea Salt & Black Pepper (to taste)
- 2 tsps Fresh Dill (chopped)

Directions

Cook the chickpea pasta according to the package directions. In the final five minutes of cooking, add the frozen peas to the pot to cook. Drain everything and set aside.

Meanwhile, preheat the grill to medium heat. Toss the zucchini and onion with half of the oil. Add to a grill basket and grill until the veggies are slightly charred, about five to seven minutes.

Mix the lemon juice, garlic, sea salt, pepper, and remaining oil. Toss this mixture together with the pasta, peas, and veggies, and garnish with the dill. Divide into 2 meals (to have as leftovers, or share).



Coconut yoghurt Tofu (2 serves)

Ingredients:

- 3/4 cup Jasmine Rice
- 1/2 cup Unsweetened Coconut Yoghurt
- 2 1/2 tsp Taco Seasoning
- 1/2 tsp Sea Salt (to taste)
- 225 grams Tofu (extra firm, pressed, sliced)
- 1 tsp Extra Virgin Olive Oil (divided)
- 4 cups Baby Spinach

Directions

Cook the rice according to the package directions.

In a bowl, combine the coconut yoghurt, taco seasoning, and salt. Add the tofu slices and coat well in the mixture.

Heat half the oil in a non-stick skillet over medium heat. Add the spinach and cook until just wilted, about one to two minutes. Set aside.

Heat the remaining oil over medium heat. Cook the tofu slices until browned on both sides, about five to eight minutes.

Divide the rice, spinach, and tofu onto plates or containers and drizzle the remaining sauce over top (optional).



Red Lentil Dahl (4 serves)

Ingredients:

- 1 cup Red Onion (finely chopped)
- 1/4 cup Water
- 3 Garlic Cloves (minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1 1/2 tbsps Curry Powder
- 1 1/2 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 1/2 cups Dry Red Lentils (rinsed)
- 2 1/2 cups Vegetable Broth
- 1 cup Canned Coconut Milk
- 1/2 cup Coriander
- 1 1/2 tbsps Lime Juice

Directions

Heat a large pot over medium heat. Add the onion, water, garlic and ginger to the pot and cook until the onion softens and the water evaporates, about 5 to 7 minutes. Stir in the curry powder, cumin, salt and red pepper flakes and cook for another minute until very fragrant. Stir in the lentils.

Add the vegetable broth and coconut milk to the pot and stir to combine. Bring the lentils to a gentle boil then reduce heat to medium-low. Let it simmer for 25 to 30 minutes or until the lentils are tender.

Remove from the heat and stir in the coriander and lime juice. Season with additional salt if needed. Divide into 4 serves.



Lentil Fritter Bowl (2 serves)

Ingredients:

- 2 Potato (medium, peeled and cut into large cubes)
- 1/2 cup Dry Green Lentils (rinsed well)
- 2 - 3 Garlic Cloves (smashed, divided)
- 1 ½ tsp Curry Powder
- ½ tsp Sea Salt
- 1 head Cos Lettuce Hearts (chopped)
- 1 Carrot (small, cut into matchsticks)
- ¼ Cucumber (chopped)
- 1/3 cup Unsweetened Coconut Yoghurt
- 2 tsp Lemon Juice

Directions

Add the potatoes, lentils, and 3/4 of the garlic to a pot of salted water. Bring to a boil and cook for about 15 minutes or until the potatoes are soft and the lentils are just tender. Drain the potatoes and lentils then place them back in the same pot while warm. Add the curry powder and salt to the pot then mash with a vegetable masher until mostly smooth (some lentils may remain whole). Let the mixture rest until cool enough to handle.

Meanwhile, preheat the oven to 200°C and line a baking sheet with parchment paper.

Form the potato lentil mixture into thin patties, using approximately two tablespoons of the mixture per patty. Place on the baking sheet. Bake for 15 minutes then flip and continue to bake for 10 minutes or until both sides of the fritters are brown and the outside is crispy.

Meanwhile, divide the lettuce, carrots, and cucumber between bowls. Mince the remaining garlic and add it to a small mixing bowl. Add the coconut yoghurt and lemon juice and stir to combine. Season with additional salt if needed.

Divide the potato fritters between bowls and serve with the coconut yoghurt sauce.



Kimchi Tofu Scramble (4 serves)

Ingredients:

- 1 ½ tsp Sesame Oil
- 450 grams Tofu (regular firm, patted dry, crumbled)
- 1 tbsp Tamari
- 4 cups Kale Leaves (stems removed, finely chopped, packed)
- 2 tbsps Nutritional Yeast
- 1 cup Kimchi (drained)

Directions

Heat the oil in a large pan over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.

Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.

Add the nutritional yeast and kimchi. Heat until just warmed through (about one minute). Divide into bowls.



Spinach Lentil Curry (4 serves)

Ingredients:

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (large, chopped)
- 3 Garlic Cloves (minced)
- 1 tbsp Ginger (peeled and grated)
- 2 tbsps Curry Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 Lime (juiced)
- ½ cup Vegetable Broth
- 1 cup Canned Coconut Milk
- 2 cups Lentils (cooked)
- ½ cup Coriander (optional, roughly chopped)
- 6 cups Baby Spinach
- 1 cup Jasmine Rice (dry)
- 2 tsps Maple Syrup

Directions

In a large pan, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.

Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.

Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and coriander and stir to combine. Wilt in the spinach 2 cups at a time.

Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.

When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry.



Turmeric Edamame and Veggies (2 serves)

Ingredients:

- 2 tbsps Extra Virgin Olive Oil
- 1 ½ tbsps Lemon Juice
- 1 ½ tsps Turmeric
- Sea Salt & Black Pepper (to taste)
- 1 cup Frozen Edamame (defrosted)
- 2 cups Brussels Sprouts (trimmed and halved)
- ¼ head Cauliflower (chopped into florets)
- 2 Carrots (medium, chopped)

Directions

Preheat the oven to 200°C and line a baking sheet with parchment paper.

In a big bowl, mix together the oil, lemon juice, turmeric, salt, and pepper. Add the remaining ingredients and toss to combine.

Transfer the veggies to the prepared baking sheet. Bake in the oven for 20 to 25 minutes or until everything is cooked through.

Divide evenly between serving plates.



Roasted Vegetable Pasta (2 serves)

Ingredients:

- ½ Eggplant (large, diced into half-inch pieces)
- ½ Zucchini (medium, chopped)
- 1 cup Cherry Tomatoes
- 1 Carrot (medium, sliced)
- ¼ cup Red Onion (large, sliced)
- 1 - 2 Garlic Cloves (minced)
- 1 ¼ tbsps Thyme (fresh)
- Sea Salt (to taste)
- 140 grams Chickpea Pasta (dry)
- 1 tbsp Balsamic Vinegar (to taste)

Directions

Preheat the oven to 220°C. Line your baking sheets with baking paper.

In a large bowl, toss together everything except the pasta and balsamic vinegar. Transfer to the baking sheets and spread the veggies in an even layer. Roast for 20 minutes.

Meanwhile, cook the pasta according to the package directions. Drain the water and return the pasta to the pot.

Add the roasted veggies to the cooked pasta and stir in the balsamic vinegar. Taste and adjust the salt, thyme, or balsamic vinegar as needed.



Lentil and Chickpea Salad (2 serves)

Ingredients:

- 1/3 cup Dry Green Lentils (rinsed)
- 1 ¼ cups Water
- 2 2/3 tbsps Extra Virgin Olive Oil
- 1 ½ tbsps Lemon Juice
- 2/3 tsp Za'atar Spice
- Sea Salt & Black Pepper (to taste)
- 1 ¼ cups Chickpeas (from the can, drained and rinsed)
- 2 tbsps Red Onion (diced)
- ¼ cup Sun Dried Tomatoes (drained and chopped)
- 2 tbsps Parsley (finely chopped)

Directions

In a pot, add the lentils and water. Bring to a boil then reduce the heat to a simmer and cook for 20 to 22 minutes or until they are tender.

Once the lentils are cooked, drain any excess water and rinse under cold water. Transfer them to a large bowl.

In a small jar, combine the oil, lemon juice, za'atar spice, salt, and pepper. Shake well to combine.

In the large bowl with the lentils, add the chickpeas, onion, sun dried tomatoes, and dressing. Toss well to combine. Top with parsley. Season with salt and pepper to taste. Divide evenly between plates.

Measurement Tracking

Keep track of your progress with our Measurement Tracker.

How to track each measurement:

Waist/Hip Ratio

Measure your waist: Measure around your body with a tape measure, halfway between your bottom ribs and the top of your hip/pelvis, in centimetres. Record this number on the table.

Measure your hips: Measure around your body with a tape measure at the fullest part of your buttocks, in centimetres. Record this number on the table.

OPTIONAL: To calculate waist/hip ratio: Divide your waist measurement by your hip measurement. Round it to one decimal point.

It is recommended to record this measurement no more than once per week.



Energy

Record your energy level on a scale of 0 to 10.

0 meaning exhausted, needing to sleep during the day, and struggling to get out of bed.

10 meaning feeling radiant and full of vitality - the best you can feel.



Sleep

Record the number of hours of sleep you've had the previous night and whether you feel well-rested or not well-rested.

Exercise

Record the duration of exercise and the type.

Cravings

What have you been craving and how strong are those cravings?

Mood

Describe your mood for today.

PMS Symptoms

If you experience any PMS or menstrual-related symptoms, record them here.



Week 1	Waist/ hip Ratio	Energy (0—10)	Sleep	Exercise	Cravings	Mood	PMS Symptoms
Mon	Waist: _____ cm Hip: _____ cm Waist/Hip (optional): _____ cm						
Tues							
Wed							
Thur							
Fri							
Sat							
Sun							

Week 2	Waist/ hip Ratio	Energy (0—10)	Sleep	Exercise	Cravings	Mood	PMS Symptoms
Mon	Waist: _____ cm Hip: _____ cm Waist/Hip (optional): _____ cm						
Tues							
Wed							
Thur							
Fri							
Sat							
Sun							

Week 3	Waist/ hip Ratio	Energy (0—10)	Sleep	Exercise	Cravings	Mood	PMS Symptoms
Mon	Waist: _____ cm Hip: _____ cm Waist/Hip (optional): _____ cm						
Tues							
Wed							
Thur							
Fri							
Sat							
Sun							



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