

The Gut Co

Food List

Below you will find a list of the foods that we recommend including and omitting. Some foods you may just omit for the 2 week detox whereas others may be worth eliminating for good. I don't want you to be starving on this detox, instead, I want to teach your body how to eat wholefoods that will nourish you so you don't crave the processed sugary foods.

Protein

Overeating protein is not recommended so I recommend the size and thickness of your palm (without fingers) of animal protein for each meal.

- All meat; poultry, game.
- All offal.
- Eggs.
- All seafood - (reduce the amount of tuna & other large fish as high in mercury).
- Chicken and beef broths.
- Small amount of naturally cured meats
- Kefir and full fat unsweetened yoghurt (unless dairy free).

High Protein Vegan foods

Tofu, Tempeh, Edamame, Hemp seeds, Spirulina (in CLEANSE), Teff, Quinoa, Amaranth, Chia seeds, Wild rice, lentils, beans, Seitan, nuts and seeds, Mycoprotein, nutritional yeast.

Fats

Good fat is no longer the bad guy, but can be an issue when combined with a high carbohydrate diet. We recommend a low intake of carbohydrates to maximise fat burning and weight loss. Fat makes you feel full and provides essential nutrients that will help balance hormones.

- Avocados
- Olive Oil
- Ghee (clarified butter that can be bought at the health food shop).
- Coconut Oil
- Duck Fat
- Butter (YES!)
- Macadamia Oil
- Full Fat Mayonnaise (olive oil based)
- Cheese (exclude if you want dairy free)
- Pesto +Salsa verde (easy to make yourself using olive oil). Recipes below

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Food List

Vegetables

All you can eat!

- Broccoli/Broccolini _____
- All green leafy vegetables _____
- Cauliflower _____
- All onions, leeks and garlic _____
- Celery _____
- Brussels Sprouts _____
- Olives _____
- Radishes _____
- Mushrooms _____
- Sauerkraut & Cabbage _____
- Eggplant _____
- Zucchini _____
- Sea Vegetables; Seaweed, Kelp etc _____
- Fennel _____

Carbohydrates

We recommend reducing your carbohydrate intake, in particular, all gluten (pasta, bread, rice etc) to a minimum for maximum detox & weight loss results. The below are some great additions if you are seeking some carbohydrates.

- Pumpkin _____
- Turnip, Parsnip & Beetroot _____
- Sweet Potato & Potato _____
- Cassava & Peas _____
- Rice (only red, black and brown soaked for at least 4 hours in water), Wild rice is a great option too.

Nuts & Seeds

Be careful, nuts can be addictive so if you cannot control the amount you eat once you start (don't worry you are not alone) you will have to leave this one out. A reasonable portion is about the size of 3 fingers.

- Almonds _____
- Brazil Nuts _____
- Coconut Flesh/Meat _____
- Flaxseeds (tip: ground your own as the full seeds themselves can go rancid quickly & become a toxin.) _____
- Macadamia _____

The Gut Co

Food List

Nuts & Seeds cont.

- Pecans _____
- Walnuts _____
- Pine Nuts _____
- Sunflower & Pumpkin Seeds _____
- 100% Nut Butters & Spreads _____

Beverages

Aim to drink at least 2 litres of water a day.

- Purified water if possible _____
- Herbal Teas _____
- Black coffee, can add either butter, or
almond milk. _____
- Almond/macadamia milk in small
amounts (cold pressed if possible) _____

Beverage Tips

- If you get bored of plain water, we recommend mixing it up with sparkling water with a wedge of lime or lemon.
- Start your day off with apple cider vinegar (1-2tsp in water with a splash of lemon is delish) ACV helps the body get into ketosis so have a few glasses throughout the day.
- If you are struggling to not eat breakfast until 8-9am, try a black coffee or a bullet proof coffee: add MCT and/or ghee/butter to a black coffee. The fat and the caffeine will keep you burning fat and this over a period of time will make it easier for your body to burn its own fat when you are fasting.

Sweeteners

Stevia can be used in the coffee or tea.

Foods to Avoid

- All vegetable oils: sunflower oil, canola oil, grapeseed oil, safflower oil, corn oil, peanut oil, soybean oil, rice bran oil.
- All junk food: Cakes, biscuits, chips, crisps, crackers Most packaged foods contain some sort of junk ingredient.
 - All sugar and soft drinks.
 - All gluten: white carbs: pasta, bread, white rice or any rice.

Follow the intermittent fasting guidelines (outlined in email and on the blog).

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Salsa Verde for Steak Recipe

Ingredients:

½ bunch flat-leaf parsley
½ bunch basil, leaves picked
½ bunch mint, leaves pickled
3 cloves garlic
¼ cup (60ml) red wine vinegar
100ml extra virgin olive oil
50g capers
2 tsp Dijon mustard
Salt and pepper

Method:

Combine all the ingredients and half the olive oil until a chunky consistency then add in the remaining olive oil and stir, add salt and pepper to taste. Refrigerate if not using immediately, always bring to room temperature before serving.

Salsa Verde for Fish Recipe

Ingredients:

1 to 2 garlic cloves (to taste), halved, green shoots removed
Salt to taste
1 anchovy fillet, rinsed (optional)
1 tablespoon capers, rinsed and chopped
¼ cup extra-virgin olive oil
¾ cup (tightly packed) flat-leaf parsley leaves (25 grams)
¾ cup of dill
Salt and pepper

Method:

Combine the garlic, anchovy fillet, salt and capers in a mini food processor and pulse to a paste. (Alternatively, use an immersion blender and combine the ingredients in a jar and blend to a paste.) Add the olive oil, dill and parsley and blend to a purée. Season to taste with salt and pepper. Refrigerate if not using immediately, always bring to room temperature before serving.

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Homemade Mayonnaise

Ingredients:

3 egg yolks
2 tsp white wine vinegar
2tsp Dijon mustard
200mL olive oil
Salt and pepper

Method:

Blend the yolks, vinegar and mustard in a blender and process until the consistency is light and creamy. While the motor is running add in the olive oil in a slow steady stream until the mayonnaise is thick and pale. Feel free to add in garlic to create an aioli.

Homemade Pesto

Ingredients:

2 cups basil leaves
1 crushed garlic clove
1/3 cup toasted pine nuts
1/2 cup of grated parmesan
1/2 cup of olive oil
Salt and pepper to taste

Method:

Add all the ingredients except olive oil in a food processor. Process the ingredients until the mixture is a fine paste. Then slowly add the olive oil in steady stream while the motor is running until well combined and emulsified.