

BIOV8
HUMAN OPTIMISATION

ACHIEVE WHAT YOU BELIEVE

FAT LOSS

7 DAY PROGRAM

YOUR EASY-TO-FOLLOW NUTRITION PROGRAM
FORMULATED TO:

- + STRIP FAT MASS*
- + BUILD LEAN MUSCLE*
- + BOOST ENERGY*
- + ELIMINATE DEFICIENCIES*

BIOV8

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ABOUT BIOV8

BIOV8 is committed providing the highest quality performance enhancing wellness solutions that allow you to get the most out of every day.

STRIP FAT MASS, FAST!

Your easy-to-follow 7-day nutrition program formulated from an energy deficit to strip fat mass whilst maintaining lean muscle mass!

OPTIMISE RESULTS WITH PEPTIDES

When it comes to the most popular peptide stack that targets fat loss and overall cellular health it's hard to ignore CJC-1295/ Ipamorelin.

CJC-1295/ Ipamorelin has been shown to increase growth hormones as well as IGF-I secretion by acting on two different families of receptors. In doing so, this stimulates growth hormone secretion that enables a steady increase of HGH and IGF-1 with no increase in prolactin, leading to fat loss and increased protein synthesis thereby promoting growth.

Both CJC-1295 and Ipamorelin are similar in function. CJC-1295 is prescribed by physicians as a growth hormone releasing hormone (GHRH) analog while Ipamorelin is prescribed as a selective Growth Hormone Secretagogue. Both act on the pituitary gland.

It is important to note that both these peptides are NATURALLY occurring in the human body, but overtime as the body ages, these peptides deplete (in addition to the other 7,000 peptide types found in the human body) making it harder for the body to naturally keep fat levels low and promote healthy lean muscle mass.

This peptide comes in a transdermal cream and a subcutaneous injectable form.

HOW DO I KNOW WHETHER CJC-1295 / IPAMORELIN IS RIGHT FOR ME?

BIOV8 Clinics is the premium peptide clinic in Australia offering not only the highest quality Australian made peptides, but also offers access to our expert medical team to discuss your goal.

For more information check out www.BIOV8.com.au for more information and our contact details.

YOUR DAILY FAT LOSS PROGRAM

Your BIOV8 7-day program works off an energy deficit to strip fat mass whilst maintaining lean muscle mass achieved by fuelling for fat loss.

MALES:

- ✓ DAILY CALORIE INTAKE: 2600 calories
- ✓ DAILY WORKOUT BURN GOAL: 600 calories per daily workout
- ✓ DAILY INCIDENTAL MOVE GOAL: 2000 – 2400 calories

FEMALES:

- ✓ DAILY CALORIE INTAKE: 2200 calories
- ✓ DAILY WORKOUT BURN GOAL: 500 calories
- ✓ DAILY INCIDENTAL MOVE GOAL: 1800 – 2200 calories

YOUR DAILY MACRO SPLIT.

- HIGH PROTEIN 40% (1.6KG/KG BW)
- SMART CARBOHYDRATES (HIGH FIBRE) 40%
- FATS 10%
- CALCIUM 10%



ACHIEVE A DAILY ENERGY DEFICIT

It's easier than you think!

- ✓ Follow your meal program
- ✓ Reduce your caffeine intake to once per day
- ✓ Ditch the alcohol
- ✓ Complete at least 6 x workouts per week!
- ✓ An injection of your daily peptide

WE HAVE TAKEN CARE OF THE SCIENCE FOR YOU, **SO LET'S GO!**



STRIP FAT MASS

All foods you eat determine a different response from the brain, causing dependent chemical chains to fire throughout your body. These include release of hormones, immune cells, switches in genes (on & off) & the processing of calories ***EVERY SINGLE SECOND OF THE DAY!***

Your thoughts, your feelings & your environment can impact these processes. If you have a negative relationship with your food for example, or if you're constantly rushing & stressed, this will affect your calorie absorption aka nutrient absorption & processing.

Your meals powerfully impact your body & every meal choice you make is an opportunity to improve. So, let's look at your relationship with food, reboot your wellbeing & control your energy balance from the inside out.

CALORIES, BE MINDFUL!

Calories refer to the energy that can be extracted from the nutrients you consume in your food. If you consume more energy than your body can use, your body finds a way to store it so it can potentially produce energy later. Most of which will be stored in adipose tissue, or body fat.

If we know the math, what tends to get in the way for some of us with more calories in Vs out leading to fat gain? Perhaps it's a sweet tooth? Or poor control? Let's get the tips so you can master your program!



FUEL FOR FAT LOSS

+ CURB THE SWEET TOOTH!

There is no doubt that you have experienced the highs & lows of sugar cravings, feeling the sudden urge of your favourite most indulgent treat, in the pantry, fridge, or wherever you can find it! For some of us, the struggle can be daily & can drastically effect behaviour, moods & weight gain aka fat mass!

The good news is, we've taken care of the cravings for you so you can say "goodbye", for **GOOD!**

Your 7-day program ticks the following so you can do just that whilst stripping fat & gain lean muscle mass!

+ NUTRIENT DENSE MEALS

Often, food cravings are majorly related to not having adequate magnesium, chromium & tryptophan in your diet. You can find these nutrients in whole food such as broccoli, eggs, legumes & grains (further explored below).

+ UNREFINED CARBOHYDRATES IN MOST MEALS

Your intake of carbohydrates can at times be a controversial due to unnecessary history of causing weight gain, however the inclusion of carbohydrates is important for fat loss in most main meals to provide adequate, slow releasing energy that in fact facilitates fat loss whilst slashing food cravings!

Unrefined sources such as grains, oats, legumes, sweet potatoes & fruits are recommended & will ensure the energy is utilised all day long keeping your mind & body in control, minus the cravings!



+ CONSISTENT MEALS

Skipping meals can cause fluctuation in your blood sugar levels, causing cravings!

After each meal, the food you eat is broken down into glucose either to be used as energy, or to be stored for later on. If there are long periods of not eating, blood sugar levels spike up & your body must bring these down.

This releases hormones to do so, which ultimately enlarges your fat cells in their diameter to store more fat! Fasting periods therefore are not recommended when experiencing food cravings, but more so consistent, portioned meals to maintain well balanced blood sugar levels.

+ A SHOT OF APPLE CIDER VINEGAR EACH MORNING

A wellness shot (30mL) of Apple Cider Vinegar into your morning routine helps stimulate your gastric juices in your stomach aiding in your digestion ultimately reducing the sugar cravings creating greater fat loss! If you don't have the added ingredients listed, just stick to Apple Cider Vinegar!

+ WATCH YOUR CAFFEINE!

One serve of caffeine per day is recommended in the morning to avoid affecting sugar cravings. There are many delish non caffeinated alternatives that can replace caffeinated drinks and still soothe the taste buds!

+ WHEN IN DOUBT, KEEP IT SIMPLE!

Your meal plan includes a lot of delicious herbs & spices in each of the recipes, along with meats to make you go mmm! If there are times where you just don't have the 'cherry on top' food items in your pantry or prefer a certain meat over another. Feel free to swap them over or cook your meals simply. Be sure to nail the core elements in the recipes which includes portions of carbohydrates protein & dairy. The rest is just a cherry on the top!

SHIFT STUBBORN KILOS!

+ DITCH THE ALCOHOL

There's a reason why wellness is becoming the new indulgence. The days of drinking extensively are becoming overpowered by the clarity of living clean & ditching the alcohol! Not to mention shifting stubborn fat! Want to know why?

Drinking alcohol affects the body in ways you most likely didn't realise. It all starts with how the body metabolises the alcohol! From the moment alcohol enters the body, it becomes a priority to be broken down as the body recognises it as a foreign substance. Unlike carbohydrates & fats there is nowhere for the alcohol to be stored therefore it requires quick metabolism.

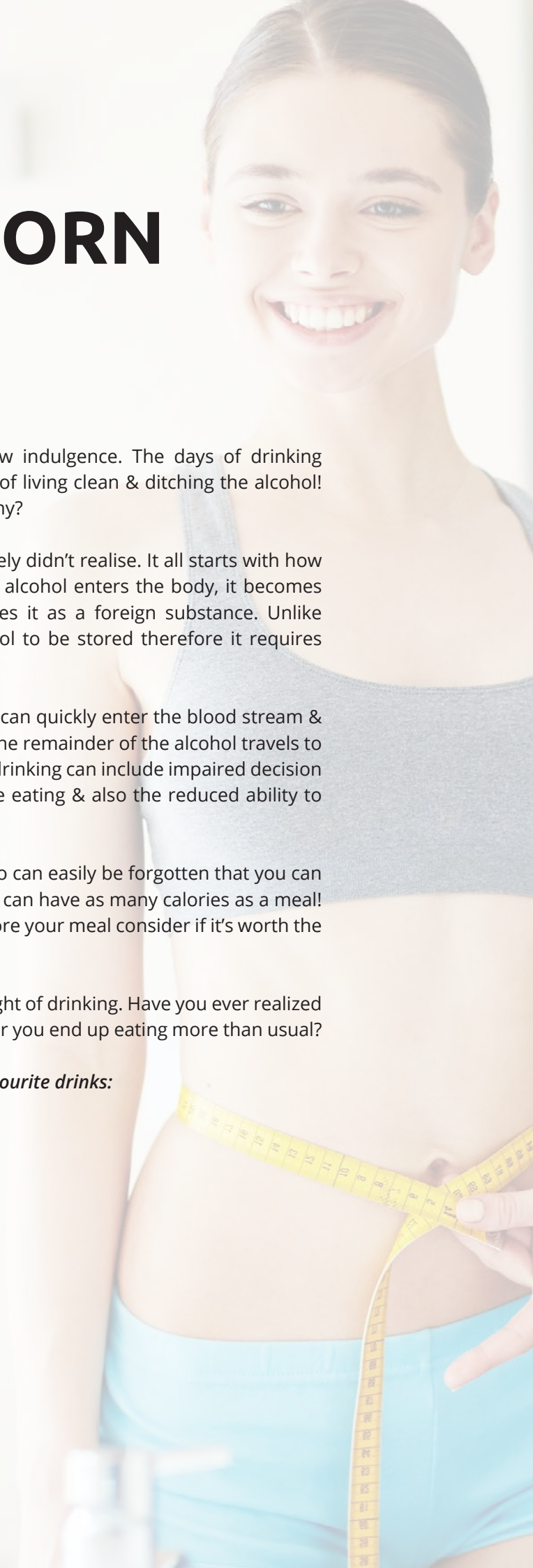
Within minutes of having a drink, some of the alcohol can quickly enter the blood stream & give a sensation of being stimulated to some extent! The remainder of the alcohol travels to the intestines where it's absorbed! The aftereffects of drinking can include impaired decision making, the onset of 'feeling hungry', hang over binge eating & also the reduced ability to perform activity days after.

The effects tend to have a negative spiral effect & it too can easily be forgotten that you can drink as many calories as you eat. In fact, some drinks can have as many calories as a meal! The next time you reach for an alcoholic beverage before your meal consider if it's worth the weight that you could be gaining from it.

The late-night munchies are often associated with a night of drinking. Have you ever realized that anytime that you drink alcohol you are hungrier, or you end up eating more than usual?

Check out how long it takes to skip off some of your favourite drinks:

- Water **ZERO MINUTES!**
- 1 Glass of Champagne 21 minutes
- 1 x Glass of Red Wine 18 minutes
- 1 x Glass of White Wine 17 minutes
- 1 x Small Boost Juice Smoothie 23 minutes
- 1 x Gatorade 600mL 25 minutes
- 1 x Red Bull Can 57 minutes
- 1 x Lipton Peach 600mL Bottle 67 minutes



TAKE THE TIME TO DE-STRESS!

Take the time to breathe & de-stress.

Long term stress can harm your body due to repetitive oxidative stress, damaging the brain, memory loss, lack of cognitive function causing fatigue, poor moods, severe anxiousness, skin outbreaks / redness and weight gain. This in turn, making it extremely difficult to shift stubborn fat or kilos!

Stress that is felt on your body for an extended period of time can cause the hormone cortisol to be released into your blood at a higher rate as your body becomes in a state of 'flight or fight' response.

Elevated cortisol levels therefore disrupt your body's glucose control by stimulating the release of glucose from the liver. This limits your release of insulin, which is responsible for removing the excess glucose. The excess glucose in the blood makes losing weight difficult as the glucose is stored as fat. Managing cortisol and insulin therefore is so important & in those trying to get lean & toned (or for anyone wanting to feel healthy for that matter).

Excess cortisol can also cause poor sleep, depression, anxiety & moods. It is for this exact reason that if you stress a lot, you will find it extremely difficult to lose weight around your mid drift. Stress is not only a fat loss blocker; it's a depressant.

YES, TO GOOD FATS & CALCIUM

FATS!

A nutrient we tend to avoid is important in small portions to boost your nutrient absorption & metabolic health. Interestingly unsaturated fats can support the breakdown of stubborn STORED fats such as those around the belly, bum & thighs! Unsaturated forms such as monosaccharides and polysaccharides are in your program & obtained from sources such as fish, seeds, nuts, coconut oil, olive oils & avocados.

CALCIUM.

A macronutrient that also can tend to be eliminated, however without adequate intake we reduce the ability to convert energy, regulate fat processing & storage & also the strength of our bones and teeth! In fact, the more calcium we have in our cells, the more fat the cells will burn! Dairy is included in your meals from sources of yoghurt & cheese to name a few!

NOW THAT YOU'RE UP TO DATE WITH YOUR FAT LOSS TIPS, LET'S TAKE A LOOK AT YOUR 7 DAY MENU, RECIPES & SHOPPING LIST!



+ YOUR 7 DAY MENU

BREAKFAST

BRAIN FUEL CHIA POD!
BALLER SMOOTHIE
SUPERFOOD OATS
MUSCLE BOWL
HEMP EGG + AVOCADO TOAST
OMEGA OATS

LUNCHES & DINNERS

GLOW BOWL
GRILLED TOFU SANDWICH
BIO + GOODNESS BOWL
TERYIAKI CHICKEN SOBA NOODLES
SUPER-FLEX CHICKEN WRAP
WALNUT + SALMON CAKES
SOY RICE + GINGER SALMON

SNACKS + BEVERAGES

WELLNESS SHOT
CAFFEINE FREE LATE
TOX
VITALITY SHOT
BODY + CLEANSING TEA

+ YOUR SHOPPING LIST

FRUIT & VEGETABLES

- BLUE BERRIES (2 X PUNNETS)
- RASPBERRIES (2 X PUNNET)
- BANANA (2 X)
- KIWI FRUIT (3 X)
- LIME (2 X)
- LEMON (2 X)
- MEDJOOOL DATES (1 X PACKET)
- AVOCADO (4 X)
- SPINACH LEAVES (X BAGS)
- KALE (1 X BUNCH)
- BRUSSEL SPROUT (1X)
- CELERY (1 X)
- TOMATO (2 X)
- MUSHROOM (1 X)
- CHERRY TOMATOES
- CORN COBS (2 X)
- SHALLOTS (1 X BUNDLE)
- SWEET POTATO (2 X REGULAR)
- CAULIFLOWER (FLORET)
- CARROT (4 X)
- ASPARAGUS (1 X)
- CUCUMBER
- SILVER BEET
- BROCCOLI
- RED ONION (2 X)
- GARLIC CLOVE (2 X LARGE)
- GINGER (4 X)
- FRESH MINT (1 X BUNCH)
- FRESH DILL (1 X BUNCH)
- FRESH BASIL (1 X BUNCH)
- FRESH PARSLEY (1 X BUNCH)

DAIRY

- CASHEW MILK
- NATURAL YOGHURT
- LOW FAT HUMMUS (SMALL TUB)
- LOW FAT FETA

POULTRY

- SALMON FILLET (190G)
- LEAN TURKEY MINCE (420G)
- ORGANIC CHICKEN BREAST OR FILLET (630G)
- TOFU (330G)
- FREE RANGE EGGS (12)

GRAINS

- BROWN RICE (1 X PACKET)
- 2 WHOLEGRAIN ROLLS
- GRAIN BREAD
- RAW UNREFINED OATS
- ORGANIC JAPANESE BUCKWHEAT SOBA NOODLES
- NATURAL CORN CHIPS

SHELF

- CANNED CHICKPEAS
- CANNED LENTILS
- CANNED TOMATOES
- CANNED GREEN PEAS
- NATURAL POPCORN
- CASHEWS RAW
- WALNUTS RAW
- PUMPKIN SEEDS
- PROTEIN POWDER OF CHOICE
- CHAI
- CHLOROPHYLL
- PSYLLIUM HUSK
- APPLE CIDER VINEGAR
- CHIA SEEDS
- HEMP SEEDS
- GHEE
- MCT OIL
- COCONUT WATER
- VANILLA EXTRACT
- OYSTER SAUCE
- SOY SAUCE
- COCONUT OIL
- SHREDDED COCONUT
- CINNAMON
- TERIYAKI SAUCE
- PAPRIKA
- THYME
- CACAO
- TURMERIC
- NUTMEG



7 DAY MENU *RECIPES*

ACHIEVE WHAT YOU **BELIEVE**



BRAIN FUEL CHIA POD!

FUEL YOUR BODY THE RIGHT WAY!

PREPARATION

1. Place a medium pan over high heat bringing to the boil.
2. Add the oats & cook for 3 minutes, drain the water & set aside to cool.
3. Add the cooled oats, cashew milk, protein powder, vanilla extract, coconut oil, shredded coconut & walnuts into a blender, & BLEND!
4. Then, add blended mix to a bowl, along with the chia seeds stirring through.
5. Add water or additional Cashew Milk if needed. Top with Blueberries & Raspberries & then you're ready to serve!

+ BREAKFAST

+ SERVES 1

INGREDIENTS

- ¼ - ½ C OATS
- 40G PROTEIN POWDER
- ½ C CASHEW MILK
- ½ C CHIA SEEDS
- 1 TBS COCONUT OIL
- ½ C BLUE BERRIES
- ½ C RASPBERRIES
- 12 CRUSHED WALNUTS
- 1 TBS SHREDDED COCONUT
- 1 TSP VANILLA EXTRACT





BALLER SMOOTHIE

WHAT A WAY TO START THE DAY

PREPARATION

1. Place a medium pan half filled with water over high heat bringing to the boil.
2. Add the oats & cook for 3 minutes, drain the water & set aside to cool.
3. Add the cooked oats once cooled, along with all the remaining ingredients into a blender & blend away!
4. Once the mix is blended well, you're ready to serve!

+ BREAKFAST

+ SERVES 1

INGREDIENTS

- ¼ - ½ C COOKED OATS
- 40G SCOOP PROTEIN POWDER
- 1/2 FROZEN BANANA
- 12 ALMONDS
- 1 TBS FLAXSEED OIL
- 1 TBS CHIA SEEDS
- 1/4 C CASHEW MILK
- ¼ TSP VANILLA EXTRACT
- 2 ICE CUBES
- CINNAMON OR MINT FOR GARNISH





SUPERFOOD OATS

WHOLESOME, HEALTHY SUPERFOOD

PREPARATION

1. Place a medium pan half filled with water over high heat bringing to the boil.
2. Add the oats & cook for 3 minutes, drain the water & set aside to cool.
3. Serve oats into a bowl, adding remainder of ingredients stirring through.
4. Top with the walnuts & coconut!

+ BREAKFAST

+ SERVES 1

INGREDIENTS

- ¼- ½ COOKED OATS
- 40G PROTEIN POWDER
- 1 TBS HEMP SEEDS
- 1 TBS FLAXSEED OIL
- 1 TSP CHIA SEEDS
- 1 C BLUEBERRIES
- ½ C ALMOND MILK
- DASH CASHEW MILK
- TOP W 12 X TOASTED WALNUTS
- SPRINKLE W SHREDDED COCONUT





MUSCLE BOWL

FRESH, FEISTY FLAVORS TO START YOUR DAY

PREPARATION

1. Using a medium pot, half fill with water & place over high heat bringing to the boil.
2. Then, add the rice & cook for 8 minutes or until cooked, drain & set aside into a bowl.
3. Using a medium pan, place over medium heat adding 1 Tbs coconut oil bringing to the simmer.
4. Add the garlic & chicken sprinkling the coriander, lemon juice & pepper over the chicken as it cooks for 7 minutes or until cooked through out.
5. Once cooked, set aside chicken to cool!
6. Using the same pan, add the chickpeas, kale & spinach cooking for 3 minutes until the kale is wilted.
7. Serve the rice, chicken & spinach mix sprinkling the low-fat feta & sliced avocado on the top to serve. Enjoy!

+ BREAKFAST

+ SERVES 1

INGREDIENTS

- ¼ C - ½ C COOKED RICE
- 140G - 160G CHICKEN FILLET OR BREAST
- ¼ C KALE
- ¼ AVOCADO
- 40G LOW FAT FETA
- ¼ C SPINACH LEAVES
- ¼ C CHICKPEAS
- ¼ BUNCH MINT
- 1 TSP CORIANDER
- ¼ GARLIC CLOVE
- 1 TBS COCONUT OIL
- 1/2 LEMON (JUICED)
- PEPPER



HEMP EGG + AVOCADO TOAST

PREPARATION

1. If you have a blender, add the hemp seeds, kale, oil, garlic & water blending until smooth! If you don't have a blender, manually grind the above until it's as smooth as possible!
2. Add some pepper if desired.
3. Using a medium pot, half fill with water adding & bring to the boil. Then, add two eggs & boil for 3 minutes or until cooked.
4. Take off the shells & set aside to cool
5. Cook your toast. Serve your toast with avocado, topping with sliced boiled eggs & garnishing with the green blended mix! Mmmm, delish!

+ BREAKFAST

+ SERVES 1

INGREDIENTS

- 1 – 2 SLICES TOAST
- 2 EGGS
- ¼ C KALE
- 1 TBS BASIL
- ¼ GARLIC CLOVE
- ¼ AVOCADO
- 1 TBS HEMP SEEDS
- PEPPER TO SERVE



OMEGA OATS

START YOUR DAY WITH OMEGA POWER

PREPARATION

1. Using a medium pot, half fill with water & place over high heat bringing to the boil.
2. Add the oats & cook for 3 minutes, drain the water & set aside to cool.
3. Serve oats into a bowl, adding remainder of ingredients stirring through including the protein powder, milk, flaxseed, coconut oil & vanilla extract.
4. Garnish with yoghurt, sliced banana, walnuts & sprinkle of cinnamon to serve!

+ BREAKFAST

+ SERVES 1

INGREDIENTS

- ¼ - ½ C COOKED OATS
- 40G PROTEIN POWDER
- 2 TBS LOW FAT YOGHURT
- ½ BANANA
- ½ C LITE CASHEW MILK
- 1 TBS FLAXSEED OIL
- 1 TSP COCONUT OIL
- ¼ TSP VANILLA EXTRACT
- CHOPPED WALNUTS
- SPRINKLE OF CINNAMON





GLOW BOWL

*HIGH IN ANTHOCYANIN'S, FLAVONOIDS
THAT ARE HIGH IN ANTIOXIDANTS!*

PREPARATION

1. Using a medium pot, half fill with water bring to the boil over high heat.
2. Then, add rice & cook for 7 minutes or until rice is ready, drain, sit aside to cool.
3. Using a medium pan, place over medium heat adding coconut oil bring to the simmer.
4. Add garlic & tofu cooking for 5 minutes or until middle is ALMOST cooked through.
5. Add the hemp seeds, cumin, dill, onion, squeezed lemon juice, chickpeas, kale & spinach cooking for 2 minutes until kale is wilted & tofu is cooked through.
6. Serve between two serves starting with the rice as the base & cover with the tofu mix.
7. Add 1 dollop of Natural Yoghurt to each serve along with mint

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- ½ - 1 C BROWN RICE
- 280G - 310G TOFU
- ½ CAN CHICKPEAS
- 1 C WATER
- ½ GARLIC CLOVE
- 1 TBS COCONUT OIL
- 1 TBS HEMP SEEDS
- 1 TSP CUMIN
- FRESH MINT
- 4 TBS LOW FAT PARMESAN
- ¼ RED ONION
- ½ LEMON
- 1C SPINACH
- 1C KALE (THINLY SLICED)
- 2 TBS NATURAL YOGHURT
- FRESH DILL



GRILLED TOFU SANDWICH

THE GRILLED CHEESE OF YOUR DREAMS.

PREPARATION

1. Using a medium pan, place over medium heat bringing to the simmer.
2. Add the coconut oil & tofu cooking until golden brown. Once cooked, set aside.
3. Using the same pan, grill the bread slices on both sides until golden brown.
4. Add the cheese to one side of each loaf whilst still in the pan, melting the cheese. Once melted take the grilled slices off the heat & onto a plate.
5. Serve between two adding the avocado, mint, spinach & sliced tomato onto two slices of grilled toast.
6. Then, cover both slices with their second piece of toast making a toasted sandwich, cutting in half & topping with dukkha! Enjoy!

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- 4 SLICES WHOLEGRAIN BREAD
- 280G - 310G TOFU
- 4 X SLICES CHEESE
- ½ AVOCADO
- SLICED TOMATO
- ½ C SPINACH
- 4 TBS HUMMUS
- MINT
- DUKKHA
- 1 TBS COCONUT OIL



BIO + GOODNESS BOWL

PREPARATION

SAUCE

1. Using a small bowl, combine all the ingredients mixing well & setting aside.

MAIN DISH

1. Using a medium pot, half fill with water & place over high heat bringing to the boil. Then add the turmeric & rice to boil for 7 minutes or until ready (draining the rice once cooked).
2. In a separate medium pot, half fill with water & place over high heat. Once the water is boiled add the eggs & cook for 3 mins. Once cooked, unshelling the eggs setting aside to cool.
3. Using a large pan, place on medium heat adding the coconut oil, kale, carrots, spinach & asparagus until kale is wilted. Serve between two plates dividing the rice, the eggs, then the kale mix adding the avocado, feta & sauce (keeping a serve for lunch the next day)!

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- ½ -1 C BROWN RICE
- 4 EGGS
- 1 C KALE LEAVES
- 1 C SPINACH LEAVES
- SMALL BUNCH ASPARAGUS (CHOPPED)
- 3 CARROTS (GRATED)
- 1/2 AVOCADO
- 80G LOW FAT FETA
- 1 TBS COCONUT OIL

SAUCE

- 4 TBS NATURAL YOGHURT
- 1 GARLIC CLOVE (CRUSHED)
- 2 TSP HEMP SEEDS
- FRESH DILL



TERYIAKI CHICKEN SOBA NOODLES

PREPARATION

1. Using a medium pan, place over medium heat bringing to the simmer. Add the coconut oil.
2. Add the chicken, sizzling for 4 minutes on each side or until tender & cooked through out.
3. Whilst the chicken is sizzling, place a medium pot half filled with water over high heat brining to the boil. Add the Soba noodles & cook for 6 minutes or until the noodles are cooked. Drain & set aside to cool.
4. Grate the carrots & broccoli, adding to a pan over medium heat for 2 minutes. Then, add the slaw mix for 1 minutes & then the almonds. Serve between two serves the noodles, topped with chicken, and then add the carrot mix. Finally, top with avocado, lemon & pepper!

5. Enjoy!

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- 280G – 310G TERYIAKI GLAZED CHICKEN
- ½ - 1C ORGANIC JAPANESE BUCKWHEAT SOBA NOODLES
- SESAME GINGER
- 2 CARROTS
- 1 BROCCOLI FLORET
- 1 C SLAW MIX
- 24 CASHEWS
- LEMON JUICE SQUEEZED
- ½ AVOCADO

SUPER-FLEX CHICKEN WRAP

FEED YOUR BODY WITH THE FUEL IT CRAVES!

PREPARATION

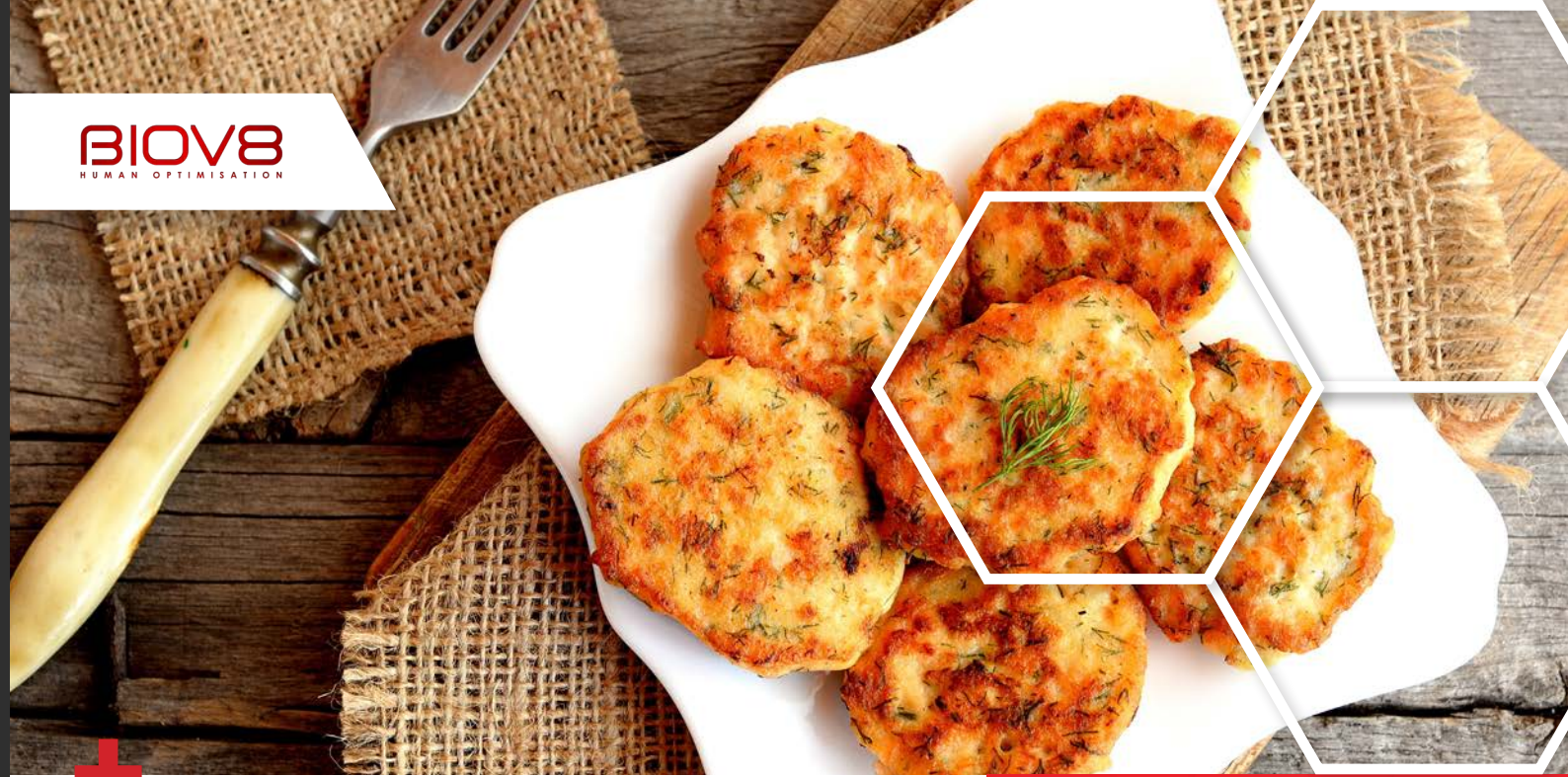
1. Heat oven at 180C.
2. Pour almond meal, flaxseed into a small bowl & mix.
3. In a second bowl add the coconut oil, the cashews, lemon juice, parsley, paprika, thyme & blend in a food processor or by hand. Once completed dip chicken in & place on a baking tray sprinkling the almond meal mixture across the chicken making sure it coats the entire surface.
4. Place in the oven for 25 minutes until the centre is cooked & not pink.
5. Place the wraps on a flat surface, top the super flex chicken, avocado, lemon, cheese & spinach.
6. Enjoy!

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- 280G – 310G CHICKEN BREAST OR FILLET
- 2 WHOLEGRAIN WRAPS
- ¼ C ALMOND MEAL
- 1 TBS FLAXSEED OIL
- 1 TBS COCONUT OIL
- 24 CASHEWS
- LEMON JUICE SQUEEZED
- FRESH PEPPER
- FRESH PARSLEY
- PAPRIKA
- THYME
- ½ ONION FINELY CHOPPED
- 80G FETA CHEESE
- ½ C SPINACH



WALNUT + SALMON CAKES

PREPARATION

1. Using a small pot, half fill with water bringing to the boil.
2. Add the rice cooking for 7 minutes or until cooked, drain & set aside.
3. Set oven at 200C & using a medium oven tray add 1 Tbs Coconut Oil.
4. Grind the Walnuts either by hand or in the blender.
5. Using a large bowl add the walnuts along with remainder of ingredients mixing well!
6. Make into 2 – 4 patties depending on size of cakes desired.
7. Bake for 25 – 30 minutes until cooked in the middle.
8. Serve between two serves along with side salad!
9. Enjoy!

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- 180G – 310G SALMON FILLET
- ½ -1 C COOKED BROWN RICE
- 24 WALNUTS
- 4 EGGS
- 1 C SPINACH
- 2 GRATED CARROTS
- SHALLOTS
- 1 CELERY STALK (DICED)
- 1 TBS COCONUT OIL
- 1 LIME
- 1 TBS PAPRIKA

SIDE SALAD

- 80G LOW FAT FETA CHEESE
- 1/2 AVOCADO
- 1 C SPINACH
- PEPPER TO SERVE
- MINT IS ALSO A NICE ADDITION



SOY RICE + GINGER SALMON

PREPARATION

1. Using a medium pot, half fill with water & bring to the boil.
2. Add the barley & corn cobs & cook for 10 mins. Drain & set aside.
3. Cut the corn off the cobs & add to the barley along with the hemp seeds, lemon juice, shallots & pepper.
4. Using a medium pan, add the coconut oil & bring to the simmer.
5. Add the Salmon fillet, garlic, ginger, diced onion & simmer for 4 minutes on each side of the salmon. In the last few minutes, add the grated carrots, lentils, oyster sauce & stir well.
6. Serve between two, starting with the barley mix, then the chicken mix. Top with sliced avocado, any lemon juice left over & pepper!

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- 1 – 1 ½ C RICE
- 280G – 310G SALMON FILLET
- 1 CAN LENTILS
- 1 TBS COCONUT OIL
- SHALLOTS, THINLY SLICED
- 2 CORN, CHOPPED OF COBBS
- 2 CARROTS, GRATED
- 2 TBS OYSTER SAUCE
- GINGER
- GARLIC
- ½ ONION, DICED
- LEMON, JUICED
- 2 TBS HEMP SEEDS
- PEPPER



WELLNESS SHOT

A ZINGER TO GET YOU MOVING!

PREPARATION

1. Add all ingredients into a small glass.
2. Mix.
3. Shot!

**+ SNACKS /
BEVERAGES**

+ SERVES 1

INGREDIENTS

- 30ML APPLE CIDER VINEGAR
- 30ML COCONUT WATER
- LEMON JUICE SQUEEZED
- CHLOROPHYLL SERVE
- + PREBIOTIC (OPTIONAL)





CAFFEINE FREE LATE

HERE IS A CAFFEINE FREE LATE' RECIPE!

PREPARATION

1. Place all ingredients into a blender.
2. BLEND.
3. Enjoy!

**+ SNACKS /
BEVERAGES**

+ SERVES 1

INGREDIENTS

- 2 C HOT WATER
- 2 TBS GHEE
- 2 TBS MCT OIL
- 1 TSP CINNAMON
- 1 TBS CACAO





TOX

ALL THE GREEN GOODNESS YOU NEED TO THRIVE!

PREPARATION

1. Place all ingredients into a blender.
2. BLEND.
3. Enjoy!

**+ SNACKS /
BEVERAGES**

+ SERVES 1

INGREDIENTS

- CELERY
- CUCUMBER
- SILVER BEET
- BROCCOLI
- GINGER





VITALITY SHOT

THE BOOST YOU NEED TO GET YOU MOVING!

PREPARATION

1. Place all ingredients into a blender.
2. BLEND.
3. Enjoy!

**+ SNACKS /
BEVERAGES**

+ SERVES 1

INGREDIENTS

- 1 TBS COCONUT WATER OR WATER
- 1 TSP LEMON JUICE
- 2 TBS TURMERIC
- 1 TBS BLACK PEPPER



BODY + CLEANSING TEA

A GREAT TOTAL BODY CLEANSER MINUS THE CALORIES!

PREPARATION

1. Using a small pot, add water over medium heat
2. Slice the Lemon & Ginger adding to the pot then the Fennel, Turmeric & Pepper
3. Once the water begins to boil add the stevia & coconut oil bringing to the boil
4. Pour into a mug & chill before sipping!

**+ SNACKS /
BEVERAGES**

+ SERVES 1

INGREDIENTS

- 250ML OF WATER
- 1 LEMON
- FRESH GINGER
- 1 TSP TURMERIC
- FRESH GINGER
- ¼ TSP PEPPER
- 1 TSP COCONUT OIL
- ¼ TSP STEVIA IF DESIRED



BIOV8

HUMAN OPTIMISATION