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THE CHANGE ROOM

WEEKLY FOOD PLAN

Ideally you want to try and give your digestive system a rest 12 hours daily.

If you finish eating at 8pm don't eat till 8am.

As you get into a routine with this you might feel your not hungry at breakfast one morning then just extend your fasting window to accelerate your healing.

I've set a week food dairy for you to get you started. We want to try and cut out snacking so I've set 3 meals a day with Thursday morning missing breakfast for the week.

But at any time you want to do two meals for the day by all means go for it.



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All ingredients are optional to your liking.

MONDAY

BREAKFAST	LUNCH	DINNER
<ul style="list-style-type: none">• Green smoothie• 400ml coconut water or coconut milk /yogurt or almond milk, your choice.• 1 banana• Half avocado• Hand full of spinach• Tablespoon collagen powder• Tablespoon of extra virgin coconut oil• Blend in blender	<ul style="list-style-type: none">• Salad• Mixed leaf• Cucumber• Carrot• Tomato• Onion• Celery• Nuts of your choice• Dress with olive oil and apple cider vinegar	<ul style="list-style-type: none">• Palm size piece of wild snapper• Steamed veggies 2/3 different types from shopping list drizzle with olive oil salt & pepper• Salad• Rocket• Raw beetroot sliced thinly• Goats cheese• Dress with olive oil & balsamic vinegar salt, pepper



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TUESDAY

BREAKFAST

Note: Put a lamb shoulder in slow cooker for dinner herbs of your choice salt & pepper

- Fried eggs (cook in one of the oils in shopping list)
- Sliced avocado
- Mushrooms (cook in pan with garlic)

LUNCH

- Berry smoothie
- 400ml coconut water or coconut milk /yogurt or almond milk, your choice.
- Handful of mixed organic berries
- Tablespoon collagen powder
- Half teaspoon cinnamon powder
- Tablespoon extra virgin coconut oil
- Blend in blender

DINNER

- Slow roasted lamb shoulder
- Roasted veggies brussel sprouts, pumpkin, sweet potato in oven oil of your choice from list
- Mixed salad
- Iceberg
- Spinach leaves
- Sesame seeds
- Chia seeds
- Cucumbers
- Avocados
- Dress with olive oil & apple cider vinegar



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WEDNESDAY

BREAKFAST	LUNCH	DINNER
<ul style="list-style-type: none">• Choc banana smoothie• 400ml coconut water or coconut milk /yogurt or almond milk, your choice.• 1 banana• Half avocado (optional)• 1 tablespoon collagen powder• Half teaspoon turmeric powder• Half teaspoon cinnamon powder• Tablespoon extra virgin coconut oil	<ul style="list-style-type: none">• Salad with sardines or anchovies• Ice berg lettuce• Radicchio lettuce• Cucumber• Tomato• Raw carrot• Sardines or anchovies• Avocado• Nuts of your choice• Dress with olive oil	<p>Note: Put a lamb shoulder in slow cooker for dinner herbs of your choice salt & pepper</p> <ul style="list-style-type: none">• 200g Beef Steak (sear in pan with oil of your choice from the list)• Steam 2/3 different of your choice (after steamed drizzle your choice of butter/olive oil/coconut oil over them salt pepper• Salad• Rocket• Raw red cabbage• Cherry tomato's• Avocado• Dress with olive oil & balsamic oil



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THURSDAY

BREAKFAST	LUNCH	DINNER
<p>Note: Turn off slow cooker or leave on warm the shanks should be falling off the bone</p> <ul style="list-style-type: none">• On this day try to skip breakfast and intermit fast to let the body accelerate the healing process• You can do black coffee or black tea if you want	<ul style="list-style-type: none">• Lamb shank that's ready to eat.• Mixed leaf salad• Cucumber• Raw snow peas or green beans• Cabbage• Dress with olive oil & apple cider vinegar	<ul style="list-style-type: none">• Lamb shank from slow cook• Baked sweet potato, beetroot & red onion• Salad• Mixed leaf• Raw spinach• Lightly steamed broccoli• Lightly steamed cauliflower• Avocado• Olives• Dress with olive oil & balsamic vinegar



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FRIDAY

BREAKFAST	LUNCH	DINNER
<ul style="list-style-type: none">• Bone broth• Chicken, beef, lamb or fish• Fresh herbs or dried of your choice• Turmeric powder• Ginger• Squeeze of lemon	<ul style="list-style-type: none">• Choc banana smoothie• 300ml coconut water• 150ml coconut milk• 1 banana• Tablespoon collagen powder• Teaspoon cinnamon powder• Half teaspoon turmeric powder• Tablespoon raw cacao powder (chocolate powder)• Tablespoon extra-virgin coconut oil• Blend up	<ul style="list-style-type: none">• Zoodles• Zucchini pasta (blench them in hot water)• Punit cherry tomatoes (cook down in pan with garlic, salt, pepper & olive oil on low heat)• Zucchini noodles in pan mix up.• Fresh basil



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SATURDAY

BREAKFAST	LUNCH	DINNER
<ul style="list-style-type: none">• Omelette• 5 eggs (whisk them up in bowl add parmesan cheese)• 2 cloves garlic (pan fry all ingredients below in butter)• One onion• Spinach or kale• Once cooked down add your eggs along with a bit more parmesan, salt & pepper• Finish in oven	<ul style="list-style-type: none">• Grilled chicken salad• Fried chicken fillets in one of the oils on the list• Iceberg lettuce• Avocado• Cucumber• Tomato's• Dress with olive oil	<ul style="list-style-type: none">• Slow cooked pork belly (put in open tray with edges, salt and pepper the pork belly put it in oven on grill 250 degrees for 10min only and pull out) this will start the crackling off for later• 4 green apples (while pork is in oven cut apples and onions in small wedges)• 4 red onions• Once you take the pork out of the oven cool down switch it to fan and put on 130 degrees add all the onions and apples around the pork salt and pepper put back in the oven for 3 to 4 hours.• Take out when cooked and put the pork belly on a plate to put back in the oven alone on grill 250 degrees for 10min and the crackling should be perfect• Steamed brussel sprouts• Mixed salad



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SUNDAY

BREAKFAST	LUNCH	DINNER
<ul style="list-style-type: none">• Big brekky• Scrambled eggs (cook in pan with oil of your choice on list. Leave scrambled eggs a touch under cooked)• Nitrate free bacon• Mushrooms (cooked in pan with garlic)• Sliced avocado• Fried tomato (cooked in pan)• Spinach (cooked in pan)	<ul style="list-style-type: none">• Pizza• 4 eggs• Handful raw cauliflower• Handful of mozzarella cheese• Blend up (Use this as your pizza base spread out on baking paper and put in the oven 200 degrees to lightly brown of• Take out and add your flavours Tomato source, cheese. Olives... etc• Put back in the oven and cook up	<ul style="list-style-type: none">• Left over pork belly• Make a salad• Steam some veggies



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SHOPPING LIST

MEATS: All animals should be pasture raised making them healthy and highly nutritious when we consume them.

- Beef
- Chicken
- Lamb
- Pork
- Duck
- Turkey
- Rabbit
- Goat
- Sausages (grain & preservative free)
- Venison
- Quail

ORGAN MEATS: Some of the most nutrient dense foods on the plant

- Liver
- Heart
- Brains
- kidney
- Eggs (even though eggs aren't an organ meat pastured raised eggs are on the list of most nutrient rich foods easily available to us when the yolk is left runny).

BROTHS: High sources of amino acids and collagen

- Chicken
- Beef
- Lamb
- Fish



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SEAFOOD: Should be wild caught or sustainably sourced

- Lobster
- Crab
- Oysters
- Prawns
- Muscles
- Octopus
- Clams
- All bugs
- Scallops
- Squid

FISH: A great source of omega 3 fatty acids which are essential for to support a robust immune system

- Wild salmon
- White fish (wild/sustainably caught)
- Mackerel
- Sardines
- Anchovies
- Canned tuna (sustainably/wild caught. Try to limit the bigger fish because of high mercury levels)
- Limit the bigger fish because of high mercury levels

VEGETABLES: Vital to keeping our gut bugs healthy so they can digest our foods properly. Healthy cut healthy body

- Spinach
- Broccoli
- Kale
- Cauliflower
- Cabbage
- Celery
- Brussel sprouts
- Asparagus
- All leafy greens
- Carrot
- Zucchini



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VEGETABLES: Cont.

- Garlic
- Onion
- Mushrooms

VEGETABLES: Cont.

- Beetroots
- Sweet potato
- Cucumber
- Leek
- Taro
- Artichokes
- Jerusalem artichokes
- Olives
- Turnip
- Pumpkin
- Yams
- Radish
- Bok choy
- Radicchio

FATS/OILS: Essential for our immune system and are building blocks for our cell membranes

- Avocado oil
- Extra virgin coconut oil
- Extra virgin olive oil (warm heat only)
- Grass fed butter
- Ghee
- Beef tallow (pasture raised)
- Duck fat (pasture raised)
- Pork lard (pasture raised)
- Macadamia oil (not heated)
- MCT oil
- Apple cider vinegar (not heated)
- Balsamic vinegar (not heated)
- White wine vinegar (not heated)



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FRUITS: Fruit should be seasonal and local if possible

- Lemon
- Limes
- Coconuts
- Avocados
- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Figs
- Pomegranates
- Nectarines
- Peaches
- Watermelon
- Apples
- Cherries
- Kiwi
- Dates
- Bananas (best green)
- Mangos (best green)
- Plums
- Apricots
- Pears
- Papaya (best green)

FERMENTED FOODS: Beneficial for your stomach to have healthy cut bacteria. But be careful if people have comprised cut bacteria it could upset your stomach just monitor this

- Raw sauerkraut
- Kimchi
- Kombucha



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HERBS, SPICES & SEASONING: Herbs & spices are high powered antioxidants that fight against oxidation and plaque build up in our arteries. So, for good cardiovascular health consume frequently.

- Celtic seas salt
- Himalayan seas salt
- Organic black pepper
- All herbs & spices fresh or dry

NUTS & SEEDS: A good source of protein, carbs, healthy fats, vitamins & minerals

- Macadamia nuts
- Walnuts
- Almonds
- Pistachios
- Pecans
- Hazelnuts
- Coconut
- Coconut milk (unsweetened dairy substitute)
- Coconut milk/cream (unsweetened, full-fat canned)
- Chestnuts
- Brazil nuts (in limited amounts)
- Pine nuts (in limited amounts)
- Flaxseeds
- Hemp seeds
- Hemp protein powder
- Psyllium husk
- Sesame seeds
- Chia seeds (in limited amounts)

DAIRY: Everyone tolerates dairy differently but over 50% of the population are lactose intolerant. Best thing to do is take it out for 4 to 6 weeks then add it back in and see how you feel.

- Milk from A2 cows and pasture raised (grass fed)
- Pastured organic cream
- Coconut milk/cream
- Coconut yogurt
- Sheep's milk/yogurt/cheese



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DAIRY: cont.

- Goats milk /yogurt/cheese
- Real Parmesan (Parmigiano- Reggiano)
- Grass fed butter
- Ghee
- Organic sour cream
- Organic cream cheese

SUBSTITUTE FOR MILK:

- Coconut milk
- Almond milk
- Macadamia milk

SUBSTITUTE FOR PASTA:

- Zucchini noodles
- Shirataki noodles
- Kelp noodles
- Miracle Noodles
- Miracle Rice
- Korean sweet potato noodles

BEVERAGES:

- Filtered water
- Black coffee
- Black tea
- Herbal tea
- Coconut water
- Kombucha

TREATS:

- Dark chocolate (80% cacao and above)
- Coconut ice cream (limited intake)
- Pastured cream

FLOURS: **Substitute for conventional flour every now and again for baking**

- Coconut Almond or Hazelnut