

BP7 FOOD MATTERS BREAKFAST

BP7-DAY RECHARGE



BP7 – 2 Breakfast Choices, only!

'Variations' within the two choices are possible!

Veggos – Portion 'more' plant fat & protein choices assuring sustained hunger satisfaction and brain energy!

GREEN EGGS	NUTRITIOUS NINE CEREAL
<p>Time; Ideally 6-8am. Prep time; 5 MINUTES</p> <p>Ingredients;</p> <ul style="list-style-type: none">○ Eggs○ Avocado○ Feta○ Bacon (optional)○ Sea Salt○ Butter (Organic butter is best), Coconut Oil○ Extra-Virgin Olive Oil <p>To taste;</p> <ul style="list-style-type: none">○ Mushrooms○ Sundried Tomatoes○ Tomatoes○ Basil, Coriander, Mint○ Pepper○ 'Fresh' Lemon, Lemon Zest○ Full Cream/ Full Milk <p>Method; Plate/ Bowl,</p> <ul style="list-style-type: none">• 1-3 Eggs; however – pan-fried (use butter or coconut oil, only), scrambled (use full cream), even microwaved if need be! And use 'Sea Salt' to taste.• (Choice) Bacon – 'just a little'.• Add ingredients to taste & 'variation'.• Drizzle with a little Olive Oil & squeeze of fresh lemon! <p>Volume;</p> <ul style="list-style-type: none">• Start with a smaller portion, and tinker day to day, relative to your hunger!• Hunger Goal; Satisfy up to, say, 1.00 – 2.00 pm. <p>Drink (zero sugar) to thirst; Coffee (try black), Tea, Water, or a Green 'Alkalisng' Drink (eg Vital Greens)!</p> <p>Want bread ?: Make 'Cloud bread', only, it's easy & tasty; https://www.youtube.com/watch?v=LDuQILx_TQ4</p>	<p>Time; Ideally 6-8am. Prep time; 1 MINUTE</p> <p>Ingredients; Mix'n'Shake in a 5.0L Tupperware Container,</p> <ul style="list-style-type: none">○ 2 x 750g Oats – cooking oats are best -○ 1 x 250g Coconut (Shredded)○ 1 x 125g Almonds (slivered)○ 1 x 125g Cocoa Nibs○ 1 x 250g Chia Seeds○ 1 x 125g Tbsn Sunflower Seeds○ 1 x Lge Tbsn Cinnamon (Ground)○ 1 x Lge Ginger (Ground)○ 1 x Tpn Honey (Raw – no commercial choices) <p>Method;</p> <ul style="list-style-type: none">• Bowl, say ½ - ¾ cup• ¾ Water, you can use full milk, but H2O is best!• Microwave for 90 seconds• Add honey, a little!• Change up ingredients to taste & variation.• No, I don't think you need fruit, or fruit juice! <p>Volume;</p> <ul style="list-style-type: none">• Start with a smaller portion, and tinker day to day, relative to your hunger!• Hunger Goal; Satisfy up to, say, 1.00 – 2.00 pm. <p>Drink (zero sugar) to thirst; Coffee, Tea, Water, Green 'Alkalisng' Drink.</p> <p>FYI – The fully listed Nutritious Nine weblink - http://www.bp40plus.com.au/urm-breakfast-club/</p>

BP7 FOOD MATTERS

LUNCH

BP7-DAY RECHARGE



BP7 – 2 Lunch Models, only.

'Variations' within the two choices are possible.

Veggos – Portion 'more' plant fat & protein choices assuring sustained hunger satisfaction and brain energy!

PROTEIN SALAD	LEFT OVERS
<p>Time; Ideally 1.00 -2 pm. Prep time; 5 MINUTES Pre-planning is essential – shop, cook, prepare, contain.</p> <p>Ingredients;</p> <ul style="list-style-type: none">o Green leaf of choice,o Capsicum – all colours, Avo, Celery, etc,o Cucumber, Red Onion, Carrots.o 'Some' cheese (cheddar, tasty)o 'Some' brown rice.o *Nuts (no peanuts) & Seeds to taste,o Vinaigrette [French], Olive Oil, *Sea Salt. <p>Adding; Protein Choices,</p> <ul style="list-style-type: none">o **Red/ Pink (boney) Salmon, Tuna (in Olive Oil is great), Chicken (Breast, BBQ), 'Cooked' White, Pink, or Red Meat; OR,o Easy on the volume: Lentils, Chickpeas, Kidney Beans, Cottage Cheese, Quinoa – Avoid Soy! <p>Feel free to change Salad & Protein choices, day to day!</p> <p>Method;</p> <ul style="list-style-type: none">• Bowl your salad choices, making certain nuts and or seeds are present!• Drizzle with Olive Oil and add a dash of sea salt, OR,• Consider an unsweetened Vinaigrette [French],• Add your protein choice. <p>Volume; Feel free to tinker with your salad & protein choices from day to day. Goal; Satisfy hunger till 6 pm.</p> <p>Key; Prioritise preparation time.</p> <ul style="list-style-type: none">o Make before work, contain, & refrigerate.o You must make the time! <p>Drink (zero sugar); Coffee, Tea, Water, Green Choice!</p>	<p>Time; Ideally 1.00 -2 pm. Prep time; MINIMAL, e.g. reheating! Pre-planning is essential – serve & contain at dinner time.</p> <p>Ingredients;</p> <p>As per dinner choices!</p> <p>Drink (zero sugar); Coffee, Tea, Water, Green Choice! Key; Prioritise preparation time the night before.</p> <p>Volume; Remember the purpose of your lunch is to satisfy your hunger until dinner time. Avoiding hunger pangs, excessive dinner volume, and after dinner sweeter craves must be avoided.</p> <p>I would rather you load up at Breakfast and lunch, driving a lighter (volume) evening meal.</p> <p>Attention: If you have exercised beyond the listed prescription, as in greater volume, and, more so, higher intensity, please consider some, additional; water with a dash of Himalayan pink salt, or sea salt, and, some summer fruits [eg banana, rockmelon, watermelon, grapes etc] – the sooner after finishing your exercise the better, eg; within 5 minutes.</p> <p>Failure to practice these two key tips with likely influence excessive hunger, drawn towards sweeter snacks, and dehydration.</p>

BP7 FOOD MATTERS

DINNER

BP7-DAY RECHARGE



BP7 – 2 ‘simple’ dinner options, only.

Variations’ within the two choices are possible.

Veggos – Portion ‘more’ plant fat & protein choices assuring sustained hunger satisfaction and brain energy!

PROTEIN & VEGGIES

Time; Ideally 6.30 – 8.30 pm.

Prep time; 10-15 MINUTES

Portion: consider containing for tomorrow’s lunch.

Ingredients;

- o **All Veggies;** Steamed, Roasted, Mic’ed, Pan-Fried (in Coconut Oil or ‘lots of (Organic Butter),
- o Must I really list every above & below the ground vegetable! Common! All veg are Go. Mix it up night to night.
- o Make your veggies tasty! Team up veggies with garlic, salt, (organic) butter [no margarine], and, any herb or spice (fresh is best) is strongly recommended!

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- o **Protein Choices;** All real, fresh, unpreserved animal-source protein is Go!
- o Yes, all of them! Consume on moderation (start with a lower volume than your typical portion) and combine with your veggies of the day!

OR,

- o Lentils, Chickpeas, Beans, Cottage Cheese, Quinoa, Brown Rice – easy on the cheese portion.

To taste;

LOW CARB HEALTHY SAUCES & DRESSING -

<https://www.dietdoctor.com/low-carb/keto/recipes/sauces-dressings>

Volume;

- ✓ Start with a lower portion size than your typical evening meal.

3 RIPPER SOUP MEALS

Time; Ideally 6.30 – 8.30 pm.

Prep time; 1 MINUTE

3 Soup favourites listed below.

Portion: consider containing for tomorrow’s lunch.

Why Soups;

- ✓ Easy to make,
- ✓ Easily contained,
- ✓ Easy to balance ‘good’ fat, some protein and a little carbohydrate.
- ✓ Nutritious,
- ✓ Sustains hunger satisfaction,
- ✓ Tasty,
- ✓ Key point: ‘Easily digested’, aiding gut health & sleep!
- ✓ Team’s up nicely with ‘cloud bread - https://www.youtube.com/watch?v=LDuOILx_TQ4

Volume;

- o Tinker with portion size day to day - based on hunger.
- o **NOTE** – your hunger is influenced by exercise dynamics, temperature, and mental stress.
- o Goal; Satisfy hunger till 6.00 pm.

Drink (zero sugar); Coffee, Tea, Water, Green choice!

RESTAURANT DINNER: Protein & Fresh Veggies, Salt.

No: bread, sweet sauces, desert!

‘I’m still hungry’ – try this! Throw down a glass of water (preferably slightly salted), and walk, if possible, for 3-5 minutes.

<ul style="list-style-type: none"> ✓ Brush your teeth after your first serve! Seriously! ✓ Drink a glass of water, adding a tiny pinch of Pink Himalayan Salt if you wish, while consuming your evening meal, ✓ Wait for 5 minutes – R U still hungry? If so, consider a little more! <p>'I'm still hungry' – try this! Throw down a glass of water (preferably slightly salted), and walk, if possible, for 3-5 minutes.</p> <p>Typically, you're dehydrated, not hungry!</p> <p>Drink (zero sugar); No caffeine drinks after 3pm. Herbal teas are strongly recommended; namely; Camomile, Peppermint of Lemon.</p>	<p>Typically, you're dehydrated, not hungry!</p> <p>Drink (zero sugar); No caffeine drinks after 3pm. Herbal teas are strongly recommended; namely; Camomile, Peppermint of Lemon.</p>
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Soup Choices FYI

Roasted Pumpkin & Bacon Soup

Feeds: 4

Prep Time: 15 mins

Total Time: 40 mins

Ingredients

- 1 large butternut squash, peeled and cubed (seeds removed)
- 2 potatoes, peeled and chopped
- 3 Rashes of Bacon, chopped
- 3 tbsp. extra-virgin olive oil
- Sea salt
- Freshly ground black pepper
- 1 tbsp. butter
- 1 onion, chopped
- 1 stalk celery, thinly sliced
- 1 large carrot, chopped
- 1 tbsp. fresh thyme
- 1 qt. chicken broth – Campbells from Woolies

Directions

1. Preheat oven to 400°. On a large baking sheet, toss pumpkin and potatoes with 2 tablespoons olive oil and season generously with sea salt and pepper. Roast until tender, 25 minutes. FYI – How to Roast pumpkin best - <https://www.youtube.com/watch?v=Xs3FM1wzT1g>
2. Meanwhile, in a large pot over medium heat, melt butter and remaining tablespoon olive oil. Add onion, celery, and carrot and cook until softened, 7 to 10 minutes. Season generously with sea salt, pepper, and thyme.
3. Panfry your chopped bacon adding to the veggies when done.
4. Add roasted pumpkin and potatoes and pour over chicken broth. Simmer 10 minutes, then using an immersion blender, blend soup until creamy. (Alternately, carefully transfer batches of the hot soup to a blender/ Thermomix.)

5. Serve garnished with thyme.

Cream of Asparagus Soup with Chicken

Feeds: 4

Prep Time: 15 mins

Total Time: 45 mins

Ingredients

- 2 tbsp. butter
- 1 clove garlic, minced
- 1kg. asparagus ends trimmed, cut into 2cm pieces
- 1 Chicken breast, diced
- Sea salt
- Freshly ground black pepper
- 2 Cups Chicken broth – Campbells from Woolies
- 1/2 Cup Heavy cream
- Freshly chopped chives, for garnish
- Freshly chopped dill, for garnish

Directions

1. In a heavy pot over medium heat, melt butter. Add garlic and cook until fragrant, 1 minute. Add asparagus, season with salt and pepper, and cook until golden, 5 minutes.
2. Add broth and simmer, covered, until asparagus is very tender but still green, 10 to 15 minutes.
3. Pan fry chicken in a dash of butter, sea salt, and garlic, then add to blender.
4. Using an immersion or regular blender, puree soup. If using a regular blender, be sure to stop and remove lid a few times to avoid overheating the soup. Return to pot, stir in cream, then warm over low heat. Season with salt and pepper to taste.
5. Garnish with more cream and herbs.

Bacon Cauliflower Chowder

Feeds: 6

Prep Time: 10 mins

Total Time: 25 mins

Ingredients

- 4 slices bacon, cut into pieces
- 1 medium onion, chopped
- 2 medium carrots, peeled and chopped
- 2 stalks celery, chopped
- Sea salt
- Freshly ground black pepper
- 2 cloves garlic, minced
- 2 tbsp. flour
- 2 sprigs thyme, stripped and chopped
- 1 head cauliflower, cut into small florets
- 2 Cup real vegetable broth – Campbells from Woolies
- 1 Cup whole milk

Directions

1. In a large pot over medium heat, cook bacon until crispy. Transfer to paper towel-lined plate and drain all but 2 tablespoons of fat (we'll use this goodness).
2. To pot, add onion, carrots, and celery. Season with salt and pepper. Cook until soft, about 5 minutes. Add garlic and cook until fragrant, 1 minute. Stir in flour and cook 2 minutes more. Add thyme and cauliflower.
3. Pour in broth and milk and bring to a boil. Immediately reduce heat and simmer until cauliflower is fork tender, about 15 minutes. Season with salt and pepper.
4. Garnish with cooked bacon before serving.

BP7 FOOD MATTERS GRAZING CHOICES

BP7-DAY RECHARGE



YES	NO
<p>Before Eating; try a glass of water, perhaps with a tiny dash of Pink Himalayan salt. Often, we're dehydrated not hungry!</p> <p>Kale Chips – cut up Kale, throw on a pan, drizzle with Olive Oil, dash of sea salt and toss on the oven @ 180' for 12 minutes.</p> <p>Natural Yogurt – adding nuts, like almonds, cashews, macadamias, and seeds of choices, with a final dash of ground cinnamon.</p> <p>Veggies & Hummus – carrots, celery, cucumber & co, dipped in hummus!</p> <p>Cheese – whatever type in moderation.</p> <p>Nuts & Seeds – all nuts other than peanuts.</p> <p>Fruit – Apples, Pear, Kiwi Fruit, All 'Berries', only!</p> <p>Cottage Cheese – adding nuts and seeds.</p> <p>Capsicum & Guacamole – if making yourself, use full cream.</p> <p>Veggies with non-commercial Nut butter (Almond, Mac)</p> <p>Dark chocolate – again, rich dark chocolate in moderation, only.</p>	<ul style="list-style-type: none">❖ Food-like product claiming it will leave you ripped or have you playing for Australia.❖ Anything powdered❖ Anything championed by a sports star or a mascot.❖ Anything 'as seen on TV'❖ Anything you press a number to receive!❖ Unpronounceable ingredients❖ Numbers listed in the ingredients, eg (504)❖ Basically anything where the colour, odour, or flavoured has been altered or created. <p>If it not on the menu it's out, for this week!</p>