

BP7-DAY RECHARGE



SHOPPING LIST

GREEN EGGS

Eggs
Avocado
Feta
Bacon (optional)
Sea Salt
Butter (Organic butter is best), Coconut Oil
Extra-Virgin Olive Oil
Mushrooms
Sundried Tomatoes
Tomatoes
Basil, Coriander, Mint
Pepper
'Fresh' Lemon, Lemon Zest
Full Cream/ Full Milk

NUTRITIOUS NINE

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)

PROTEIN SALAD

Green leaf of choice,
Capsicum – all colours, Avo, Celery, etc,
Cucumber, Red Onion, Carrots.
'Some' cheese (cheddar, tasty)
'Some' brown rice.
*Nuts (no peanuts) & Seeds to taste,
Vinaigrette [French], Olive Oil, *Sea Salt.

Adding: Protein Choices,

**Red/ Pink (boney) Salmon, Tuna (in Olive Oil is great),
Chicken (Breast, BBQ), 'Cooked' White, Pink, or Red Meat;
OR,
Easy on the volume: Lentils, Chickpeas, Kidney Beans,
Cottage Cheese, Quinoa – Avoid Soy!

PROTEIN VEGGIES

All Veggies; Steamed, Roasted, Mic'ed, Pan-Fried (in
Coconut Oil or 'lots of' (Organic) Butter),

Must I really list every above & below the ground vegetable! C;mon! All veg are Go. Mix it up night to night. 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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Protein Choices; All real, fresh, unpreserved animal-source protein is Go!

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,

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

TEAS

Herbal teas are strongly recommended; namely;
Camomile, Peppermint of Lemon.

SOUPS

Roasted Pumpkin & Bacon Soup

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

Cream of Asparagus & Chicken Soup

2 tsp. 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

Bacon Cauliflower Chowder

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 tsp. 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

GRAZING CHOICES

Kale Chips – cut up Kale, throw on a pan, drizzle with Olive Oil, a dash of sea salt and toss in the oven @ 180' for 12 minutes.

Natural Yogurt – adding nuts, like almonds, cashews, macadamias, and seeds of choices, with a final dash of ground cinnamon.

Veggies & Hummus – carrots, celery, cucumber & co, dipped in hummus!

Cheese – whatever type in moderation.

Nuts & Seeds – all nuts other than peanuts.

Fruit – Apples, Pear, Kiwi Fruit, All 'Berries', only!

Cottage Cheese – adding nuts and seeds.

Capsicum & Guacamole – if making yourself, use full cream.

Veggies with non-commercial Nut butter (Almond, Mac)

Dark chocolate – again, rich dark chocolate in moderation, only.

YOUR ADDITIONS