

TAKE CONTROL OF YOUR HEALTH

The Importance of Whole Food Nutrition



Small Changes Make A Big Difference

A simple guide with some easy to follow tips on how to start filling your diet with whole real food choices. Included is a 5 day meal plan with a variety of recipes to help get you started on your way to the health benefits using whole food nutrition.



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[Liz Mountford – Clinical Nutritionist](#)



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Introduction

About Me



My name is Liz Mountford, and I'm an Allied Health Clinical Nutritionist based in the South West of Western Australia.

I grew up on a farm in the South West but travelled and lived extensively overseas for many years. I spent the majority of my working life in busy corporate environments working long hours. I became increasingly frustrated that I was not able to manage my health and well-being, and made the decisions to change my career, completing a degree in Nutritional Medicine. After embarking on my journey into clinical practice, I decided I wanted to further my research knowledge in nutrition and completed a postgraduate research thesis on Nutrition and Parkinson's Disease.

The Importance of Whole Food Nutrition

I cannot emphasise enough, that the focus on nutrition is to have tasty nutrient-dense meals using whole real foods. We need to make sure we nurture ourselves with food that will provide all essential nutrients to support the complex biochemical mechanisms going on inside every cell of our body. Whole food nutrient-rich diets have been proven without a doubt to improve physical health, mental health, and overall well-being.

Companies make ultra-processed foods, so they are easy to eat. They do this by designing processed food that is high in sugar or based on inexpensive ingredients such as processed grains that break down quickly into sugars. These foods overstimulate our taste buds and appetite centres, helping to create impulsive and uncontrollable eating behaviours. Most processed foods lack the essential nutrients our body requires to keep it healthy and strong. Additionally, many processed foods have chemicals added to help enhance the flavour, give it colour and prolong the shelf life of the packaged food. Some of these added chemicals can cause health issues for people such as allergies, gut issues and can impact moods.

Diet and nutrition are about adopting a relationship with food for life, that is going to benefit your health on all levels: metabolically, mentally and physically for the long term. Every person should be encouraged to make diet and food choices based on your individual food preferences taking into account your likes, dislikes, culture and traditions.

We need to feed our body by putting in the correct nutrition without the need to spend your hard-earned money on "quick fix promises". Making small changes, eating real whole food and those foods that are minimally or traditionally processed such as butter, yoghurt and fermented foods, can make a significant improvement to your overall health and well-being.

What You Can Do Now

The changes most people need to make in terms of eating a whole food diet is quite simple. However, it can be tough to make these changes. It is difficult to avoid processed food companies and their marketing campaigns. We are inundated daily with advertisements on TV, social media and in the supermarkets. These marketing campaigns pull you in with their latest and greatest processed food creations. The companies that make processed food will employ advertising strategies to emotionally connect with you on all levels, such as having a catchy jingle, evoking a childhood memory or having fun with family and friends, helping make their products irresistible. Children are incredibly vulnerable to this type of marketing, especially when gimmicks are offered and creating what is known as marketing pester power at their parents.

I wanted to provide you with focused tips to help you on the road to eating a whole food diet. I have also given you a 5-day real food meal plan sample with a variety of recipes using my clinic nutrition software tool, Victus Nutrition.

Victus Nutrition is an online tool and only available to my registered clinic clients, however, from time to time I can provide an opportunity for people to sample what this tool offers in the form of a recipe or general meal plan. Victus nutrition allows me to tailor a diet to your individual nutritional needs and providing you with the flexibility of quickly accessing recipes that cater to that diet. I have access to over 30 different therapeutic diets, with recipes that are filtered to meet the nutritional standards for a chosen diet. Some of these diets include:

- GAPS Diet
- Gluten & Casein Free
- Gut Healing
- Low Oxalate
- Anti-Candida Diet
- Body Ecology
- Vegan
- Paleo
- FODMAPs
- Low Histamine
- Feingold
- Ketogenic Diet

Before embarking on a therapeutic diet, the next couple of pages offer some easy to follow tips as a good starting point to help you get back to the basics of planning a diet rich in whole real foods. Small changes can make an enormous difference in your health and well-being.

1. Tip 1

- Change your focus from food calories to food nutritional quality.
- Keep it simple to get back to the basics of eating whole, real food such as meat and vegetables.
- Starchy components such as bread, potatoes, and rice should be limited in proportion to the meal as a whole only make a small part of your meal.
- Changes don't need to happen all at once. Small changes can make an enormous difference, especially if trying to reduce the dietary intake of processed foods. Perhaps start with only eating whole real foods one day per week? Or it could be as simple as switching out one meal per day, for example, having eggs for breakfast instead of processed, boxed cereals.

2. Tip 2

- Focus on good quality protein and ensure you are basing your meals on protein sources aiming for between 20 – 30 grams per meal. Protein is the foundation building blocks for our body, and we need to get protein from dietary sources. Also, ensuring you eat enough protein during the day will help with controlling your appetite, so you are less likely to snack, overeat and fill up on junk food. Protein sources include:

- 100 grams of beef = 26 grams of protein
- 100 grams of chicken = 20 grams of protein
- 100 grams of lamb = 29 grams of protein
- 100 grams of fish = 20 grams of protein
- 100 grams of cottage cheese = 14 grams of protein
- 100 grams of lentils = 10 grams of protein
- 100 grams of chickpeas = 20 grams of protein
- One large egg = 8 grams of protein per egg
- 30 grams – Unflavoured Whey Protein No Added Sugar – 21 grams of protein

3. Tip 3

- Avoid foods high in added sugar and be mindful of foods that are naturally high in sugars such as dried fruits.

4. Tip 4

- Avoid foods that the body can break down to sugar easily so think of highly refined carbohydrate-based foods such as pasta, bread, box breakfast cereals and starchy foods such as white potatoes and white rice.

5. Tip 5

- Eat when you're hungry, don't eat if you're not! Re-engage with your hunger signals.

6. Tip 6

- Avoid low-fat foods as they can be high in sugar and focus on healthy natural fats found in real foods such as:
 - Full-fat milk
 - Full fat natural or Greek yoghurt
 - Avocado
 - Olive oil
 - Olives
 - Fats naturally found in meats
 - Nuts
 - Seeds

7. Tip 7

- There is no failing, only learning.
- If you feel like you are slipping back into old eating habits, then take the time to reflect on why this might be the case and think about what is happening in your life. Perhaps stress, sickness, not planning weekly meals, not having food available, and time availability are starting to impact your day to day food choices.
- Identifying aspects of your life that may be influencing your diet and food choices is essential. Many suitably qualified health care professionals can help by giving you useful tools to manage different aspects of your well-being, such as a psychologist to help with stress management techniques. Ultimately by having practical tools to help manage your day to day well-being, this will help set you up for long term positive changes.

I hope this mini e-book helps you on the path to eating a diet dominated by real food. However, if you need further help, contacted me via my website here, <https://www.fant.com.au/contact-me/>.

Stay safe.

Liz

Low Sugar Real Food

Day	Breakfast	Lunch	Dinner	Other
Monday	 Egg Bake with Mushrooms, Spinach & Cheese	 Zucchini, Avocado Soup	 Creamy Beef Stroganoff	 Coconut Fudge
Tuesday	 Supercharged Protein Smoothie	 Tuna Salad	 Cottage Pie	 Mixed Cultured Vegetables
Wednesday	 Almond Meal & Coconut Milk Porridge	 Cauliflower Rice Sushi	 Baked Ginger Salmon	 Chia Chocolate Mousse
Thursday	 Grain-free Muffins	 Creamy Chicken Salad	 Quinoa Vegetable Loaf	 Raw Flaxseed Wraps
Friday	 Cheese & Chives Omelet	 Stir-Fried Kale & Bacon	 Chicken with Thyme & Vinegar Sauce	 Spicy Roasted Pepitas

MENU PLAN INGREDIENTS

FRIDGE

Cheese (cheddar, traditionally made)

2 cups | *Quinoa Vegetable Loaf*
1/3 cup | *Cheese & Chives Omelet*

120 grams **bacon**
Stir-Fried Kale & Bacon

500 grams **beef steak**
Creamy Beef Stroganoff

butter

3 tablespoons | *Creamy Beef Stroganoff*
2 tablespoons | *Cheese & Chives Omelet*

1/2 cup **cheese (parmesan)**
Egg Bake with Mushrooms, Spinach & Cheese

1/2 cup **cheese (ricotta)**
Egg Bake with Mushrooms, Spinach & Cheese

600 grams **chicken**
Chicken with Thyme & Vinegar Sauce

300 grams **chicken breast (skinless)**
Creamy Chicken Salad

1 cup **coconut milk**
Almond Meal & Coconut Milk Porridge

1/2 cup **cream**
Creamy Beef Stroganoff

lemon juice

1 tablespoon | *Creamy Chicken Salad*
1 teaspoon | *Stir-Fried Kale & Bacon*

1/4 cup **mayonnaise**
Creamy Chicken Salad

milk of choice

1 cup | *Egg Bake with Mushrooms, Spinach & Cheese*
1 cup | *Cottage Pie*
1/2 cup | *Quinoa Vegetable Loaf*
1 tablespoon | *Cheese & Chives Omelet*

500 grams **minced meat**
Cottage Pie

600 grams **salmon**
Baked Ginger Salmon

1 cup **sundried tomato**
Raw Flaxseed Wraps

FRUIT & VEG

10 bunches **almonds**
Almond Meal & Coconut Milk Porridge

avocado

1 | *Zucchini, Avocado Soup*
1 | *Tuna Salad*
1 | *Cauliflower Rice Sushi*
1 | *Chia Chocolate Mousse*

baby spinach leaves

90 grams | *Egg Bake with Mushrooms, Spinach & Cheese*
1 cup | *Tuna Salad*

1 cup **basil (fresh)**
Raw Flaxseed Wraps

1/2 cup **berries**
Supercharged Protein Smoothie

2 tablespoons **blueberries**
Almond Meal & Coconut Milk Porridge

1 **cabbage**
Mixed Cultured Vegetables

3 **capsicum (bell pepper)**
Raw Flaxseed Wraps

carrot
2 | *Zucchini, Avocado Soup*
1/2 cup | *Cottage Pie*
1 | *Mixed Cultured Vegetables*

1/2 **cauliflower**
Cauliflower Rice Sushi

celery

1 cup | *Cottage Pie*
2 cups | *Creamy Chicken Salad*
1 tablespoon | *Cheese & Chives Omelet*

1 tablespoon **chives**
Cheese & Chives Omelet

cucumber

1 | *Tuna Salad*
1/3 | *Cauliflower Rice Sushi*

2 bunches **kale**
Stir-Fried Kale & Bacon

1 tablespoon **leek**
Cheese & Chives Omelet

1/2 **lemon**
Zucchini, Avocado Soup

1 cup **lettuce**
Tuna Salad

mushrooms

2 slices | *Egg Bake with Mushrooms, Spinach & Cheese*
225 grams | *Creamy Beef Stroganoff*

onion

1/2 cup | *Egg Bake with Mushrooms, Spinach & Cheese*
1 | *Zucchini, Avocado Soup*
1 | *Creamy Beef Stroganoff*
1/2 cup | *Cottage Pie*
1 | *Quinoa Vegetable Loaf*
1/2 | *Raw Flaxseed Wraps*

onion (red)

1 | *Tuna Salad*
2 tablespoons | *Creamy Chicken Salad*

2 **potatoes**
Quinoa Vegetable Loaf

4 slices **pumpkin /butternut**
Quinoa Vegetable Loaf

2 **shallots**
Chicken with Thyme & Vinegar Sauce

1 cup **spinach**
Supercharged Protein Smoothie

1/2 **sweet potato**
Quinoa Vegetable Loaf

2 **tomatoes**
Tuna Salad

zucchini

2 | *Zucchini, Avocado Soup*
1/2 cup | *Grain-free Muffins*
1/2 | *Quinoa Vegetable Loaf*

PANTRY

2 tablespoons **protein powder**
Supercharged Protein Smoothie

almond meal

1 cup | *Almond Meal & Coconut Milk Porridge*
½ cup | *Grain-free Muffins*

¼ cup **almond milk**
Chia Chocolate Mousse

1 teaspoon **apple cider vinegar**
Cauliflower Rice Sushi

1 tablespoon **arrowroot**
Creamy Beef Stroganoff

4 teaspoons **baking soda**
Grain-free Muffins

4 tablespoons **cacao (pure)**
Chia Chocolate Mousse

¼ **cayenne pepper**
Raw Flaxseed Wraps

chia seeds

1 tablespoon | *Chia Chocolate Mousse*
¼ cup | *Grain-free Muffins*

4 cups **chicken stock (Low Salicylate)**
Zucchini, Avocado Soup

¼ teaspoon **chilli powder**
Spicy Roasted Pepitas

½ cup **coconut flour**
Grain-free Muffins

¼ cup **coconut oil**
Grain-free Muffins

½ teaspoon **coriander seeds**
Almond Meal & Coconut Milk Porridge

cumin seeds

1 tablespoon | *Mixed Cultured Vegetables*
½ teaspoon | *Almond Meal & Coconut Milk Porridge*

4 cups **desiccated coconut (preservative free)**
Coconut Fudge

1 teaspoon **dried thyme***
Creamy Beef Stroganoff

dry red wine

⅓ cup | *Creamy Beef Stroganoff*
½ cup | *Chicken with Thyme & Vinegar Sauce*

egg

5 | *Egg Bake with Mushrooms, Spinach & Cheese*
4 | *Grain-free Muffins*
6 | *Quinoa Vegetable Loaf*
2 | *Cheese & Chives Omelet*

2 cups **flax seeds**
Raw Flaxseed Wraps

1 tablespoon **flaxseed oil**
Supercharged Protein Smoothie

garlic

1 clove | *Egg Bake with Mushrooms, Spinach & Cheese*
1 clove | *Zucchini, Avocado Soup*

garlic powder

2 teaspoons | *Creamy Beef Stroganoff*
¼ teaspoon | *Spicy Roasted Pepitas*

garlic, crushed

2 cloves | *Cottage Pie*
1 clove | *Mixed Cultured Vegetables*
2 cloves | *Quinoa Vegetable Loaf*
3 cloves | *Raw Flaxseed Wraps*
2 cloves | *Chicken with Thyme & Vinegar Sauce*

1 tablespoon **ghee**
Zucchini, Avocado Soup

1 teaspoon **ginger**
Cauliflower Rice Sushi

4 slices **gluten free bread**
Egg Bake with Mushrooms, Spinach & Cheese

¼ teaspoon **ground cinnamon***
Almond Meal & Coconut Milk Porridge

½ cup **ground flax seeds**
Grain-free Muffins

¼ teaspoon **ground ginger**
Baked Ginger Salmon

ground nutmeg*

¼ teaspoon | *Egg Bake with Mushrooms, Spinach & Cheese*
¼ teaspoon | *Almond Meal & Coconut Milk Porridge*

1 cup **low chemical stock/ broth**
Creamy Beef Stroganoff

10 bunches **macadamia nuts**
Almond Meal & Coconut Milk Porridge

oil*

1 tablespoon | *Egg Bake with Mushrooms, Spinach & Cheese*
2 tablespoons | *Creamy Beef Stroganoff*
1 teaspoon | *Cauliflower Rice Sushi*
2 tablespoons | *Baked Ginger Salmon*
1 tablespoon | *Chicken with Thyme & Vinegar Sauce*
1 teaspoon | *Spicy Roasted Pepitas*

2 teaspoons **oregano**
Raw Flaxseed Wraps

2 tablespoons **parsley**
Baked Ginger Salmon

¼ teaspoon **pepper**
Egg Bake with Mushrooms, Spinach & Cheese

2 cups **pumpkin seeds**
Spicy Roasted Pepitas

1 teaspoon **pure vanilla extract**
Chia Chocolate Mousse

½ cup **quinoa**
Quinoa Vegetable Loaf

¼ cup **red wine vinegar***
Chicken with Thyme & Vinegar Sauce

salt

½ teaspoon | *Egg Bake with Mushrooms, Spinach & Cheese*
1 pinch | *Zucchini, Avocado Soup*
1 teaspoon | *Cottage Pie*
1 pinch | *Almond Meal & Coconut Milk Porridge*
¼ teaspoon | *Grain-free Muffins*
1 pinch | *Cheese & Chives Omelet*

sea salt

1 tablespoon | *Mixed Cultured Vegetables*
½ teaspoon | *Baked Ginger Salmon*
1 teaspoon | *Raw Flaxseed Wraps*
1 teaspoon | *Spicy Roasted Pepitas*

1 teaspoon **sesame seeds**
Almond Meal & Coconut Milk Porridge

½ teaspoon **smoked paprika**
Spicy Roasted Pepitas

8 drops **stevia (pure inulin free)**
Chia Chocolate Mousse

2 teaspoons **sugar**
Cottage Pie

1 tablespoon **tahini**
Cauliflower Rice Sushi

10 **thyme**
Chicken with Thyme & Vinegar Sauce

tomato paste
½ cup | *Cottage Pie*
1 tablespoon | *Chicken with Thyme & Vinegar Sauce*

1 can **tuna in brine (canned)**
Tuna Salad

Breakfast

Egg Bake with Mushrooms, Spinach & Cheese

13 Ingredients 6 serves 127 Minutes Total Time

- 1/2 teaspoon salt (celtic)
- 1 clove garlic (finely chopped)
- 1/4 teaspoon pepper
- 1/2 cup onion (diced)
- 2 slices mushrooms (cimini mushrooms)
- 5 egg (extra large eggs, lightly beaten)
- 90 grams baby spinach leaves (fresh)
- 4 slices gluten free bread
- 1/2 cup cheese (ricotta)
- 1 tablespoon oil*
- 1/4 teaspoon ground nutmeg*
- 1 cup milk of choice
- 1/2 cup cheese (parmesan) (grated)

Instructions

Lightly spray a 9 x 9 baking dish (2-quart) with cooking oil.

Heat the oil over medium low heat in a large, non-stick saute pan. Add the onion and cook until soft, about 8 minutes. Add the garlic and cook for one minute, until fragrant. Stir in the mushrooms and cook until soft, then add half of the spinach and stir until it begins to wilt. Add the remaining spinach and cook until it's wilted. Take off the heat and set aside.

Cube the gf bread and place it in the prepared baking dish. Add the cooked vegetables and toss lightly to combine.

In a separate bowl, whisk the ricotta into the milk. Add the Parmesan cheese, eggs, salt, pepper, nutmeg and whisk to combine. Pour the egg mixture over the bread. Cover and refrigerate for four hours or overnight.

Preheat the oven to 350F/ 180C. Bake for 45 – 55 minutes, until puffed and golden brown and a knife inserted in the center comes out clean. You can also test doneness with an instant read thermometer – it should reach 165F in the center.

Warnings

**ONION: (more than 1/2 cup raw is high oxalate, 1/2 cup = moderate)

**BABY SPINACH LEAVES: less than 150g per meal for SIBO phase 1 & 2

**GLUTEN FREE BREAD: select or bake a bread to suit your diet, e.g. soy, free, dairy free. The first phase Body Ecology Diet allows Quinoa, Amaranth, Buckwheat and Millet Grains only

**OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

**MILK OF CHOICE: There are milk varieties to suit all diets: dairy free, lactose free, nut free etc - choose the one that is right for you



Nutritional Information	
(per serving)	
Calories	289
Total Fat	18g
Saturated Fat	12g
Cholesterol	148mg
Sodium	501mg
Total Carbohydrate	16g
Dietary Fibre	3g
Sugars	5g
Protein	14g
Calcium	216mg
Iron	2mg
Magnesium	46mg
Phosphorus	303mg
Potassium	504mg
Vitamin C	7mg
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	2mg

Supercharged Protein Smoothie

5 Ingredients 2 serves 2 Minutes Total Time

- 1 cup water
- 1 cup spinach
- 1/2 cup berries
- 1 tablespoon flaxseed oil
- 2 tablespoons Protein Powder

Instructions

Blend well and enjoy.

Warnings

**SPINACH: less than 150g per meal for SIBO phase 1 & 2

**PROTEIN POWDER: consult your practitioner for suitable brands to suit the conditions of your dietary protocol - e.g. vegan, raw, whey based etc.

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Nutritional Information (per serving)	
Calories	180
Total Fat	7g
Saturated Fat	1g
Cholesterol	--
Sodium	300mg
Total Carbohydrate	8g
Dietary Fibre	3g
Sugars	4g
Protein	24g
Calcium	79mg
Iron	5mg
Magnesium	27mg
Phosphorus	232mg
Potassium	135mg
Vitamin C	8mg
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg

Almond Meal & Coconut Milk Porridge

11 Ingredients 4 Servings 20 Minutes Total Time

- 1 pinch salt
- 1 teaspoon sesame seeds
- 1 cup coconut milk
- 1 cup almond meal
- 2 tablespoons blueberries (dried)
- 10 bunches almonds (finely chopped)
- 10 bunches macadamia nuts (finely chopped)
- 1/4 teaspoon ground cinnamon*
- 1/4 teaspoon ground nutmeg*
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon coriander seeds (crushed)

Instructions

To make the topping: Combine the almonds, macadamia nuts, sesame seeds, cumin, coriander, nutmeg, cinnamon and salt in a small bowl. Add dried blueberries. Mix together and set aside. To make the porridge: Heat the almond meal and coconut milk in a small saucepan over medium heat. Slowly bring to the boil, stirring continuously. Boil for 1 minute, then reduce heat and simmer for another 2 minutes. Divide porridge into equal proportions and serve with topping.

Warnings

- **SESAME SEEDS: SIBO phase 1 & 2 allow 1 Tablespoon per meal,
- **COCONUT MILK: 1/4 cup coconut milk allowed per meal on SIBO phase 1 & 2.
- **ALMOND MEAL: Preferably homemade from soaked then dehydrated almonds. 2 Tbsp max. per meal for SIBO phase 1 & 2
- **BLUEBERRIES: SIBO phase 2 allows 2 serves of fruit per day. 1/2 cup berries = one serve. Avoid blackberries on SIBO.
- **ALMONDS: (preferably soaked/ sprouted). 10 Almonds max. per meal for SIBO Phase 1 & 2
- **MACADAMIA NUTS: SIBO phase 1 & 2 allow 20 macadamia nuts per meal



Nutritional Information	
<i>(per serving)</i>	
Calories	628
Total Fat	57g
Saturated Fat	18g
Cholesterol	--
Sodium	113mg
Total Carbohydrate	18g
Dietary Fibre	10g
Sugars	5g
Protein	15g
Calcium	170mg
Iron	4mg
Magnesium	198mg
Phosphorus	365mg
Potassium	618mg
Vitamin C	2mg
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	13mg

Grain-free Muffins

9 Ingredients 4 serves 35 Minutes Total Time

- 1/4 teaspoon salt
- 4 eggs
- 4 teaspoons baking soda
- 1/2 cup zucchini (shredded)
- 1/2 cup ground flax seeds
- 1/2 cup almond meal
- 1/4 cup coconut oil
- 1/2 cup coconut flour
- 1/4 cup chia seeds (whole)

Instructions

Heat oven to 180C/350°F

Oil 4 ceramic ramekins (4" – 4 1/2" sized) with coconut oil.

Set aside.

Shred the zucchini in a food processor or use a hand grater.

In a large bowl combine all the dry ingredients.

Add the zucchini.

In a small bowl whisk eggs and add cooled coconut oil and (optionally - for a sweeter version) 2 Tablespoons of raw dark sugar or 10 drops of liquid stevia and 1/2 tsp vanilla.

Add wet ingredients to dry and mix well.

Spoon into ramekins and place on a cookie sheet.

Bake at 180C/350° for 30-35 minutes.

Allow to cool and wrap individually in plastic wrap and store in the refrigerator.

Serving Suggestions:

Serve toasted with butter, honey or almond or cashew butter.

Use as a bun with burgers.

Notes

Always use stevia instead of sugar during the yeast clearing phase of the anti candida diet.

Warnings

**ZUCCHINI: (peeled is moderate salicylate, skin on is high salicylate). One veg serve allowed on SIBO phase 1, and 1-2 serves on phase 2. (3/4 cup = one SIBO serve of zucchini).

**ALMOND MEAL: Preferably homemade from soaked then dehydrated almonds. 2 Tbsp max. per meal for SIBO phase 1 & 2

**COCONUT FLOUR: 1/4 cup maximum per meal for SIBO phase 1 & 2



Nutritional Information	
(per serving)	
Calories	413
Total Fat	36g
Saturated Fat	20g
Cholesterol	164mg
Sodium	1,588mg
Total Carbohydrate	10g
Dietary Fibre	8g
Sugars	2g
Protein	12g
Calcium	109mg
Iron	3mg
Magnesium	114mg
Phosphorus	284mg
Potassium	364mg
Vitamin C	3mg
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	4mg

Cheese & Chives Omelet

8 Ingredients 1 Servings 10 Minutes Total Time

- 1 tablespoon celery (finely chopped)
- 1 tablespoon chives (finely chopped)
- 1 pinch salt
- 2 tablespoons butter
- 1 tablespoon leek (finely chopped)
- 2 eggs
- 1 tablespoon milk of choice
- 1/3 cup Cheese (cheddar, traditionally made) (grated)

Instructions

Mix eggs, milk, chives, and salt until well blended.

Saute leek and celery in a little butter.

Set aside. Add more butter.

Pour egg mix into hot buttered frying pan.

Cook over low heat occasionally raising the side of the omelet and letting the uncooked portion run into the pan.

Once it is well cooked sprinkle with a little extra cheese and the sauted leek and celery and fold. Serve with extra chopped chives to garnish.

Warnings

**CELERY: 1 stalk maximum per meal for SIBO Phase 1 & 2

**LEEK: SIBO phase 2 allows 1-2 serves of Veg per meal. 1/2 leek = one serve.

**MILK OF CHOICE: There are milk varieties to suit all diets: dairy free, lactose free, nut free etc - choose the one that is right for you



Nutritional Information

(per serving)

Calories	521
Total Fat	44g
Saturated Fat	28g
Cholesterol	428mg
Sodium	387mg
Total Carbohydrate	3g
Dietary Fibre	1g
Sugars	1g
Protein	21g
Calcium	339mg
Iron	2mg
Magnesium	31mg
Phosphorus	394mg
Potassium	244mg
Vitamin C	3mg
Thiamin	--
Riboflavin	1mg
Vitamin B6	--
Vitamin E	2mg

Lunch

Zucchini, Avocado Soup

9 Ingredients 6 Servings 30 Minutes Total Time

- 1 pinch salt (and pepper to taste)
- 1 clove garlic (crushed)
- 1 onion
- 2 carrot
- 2 zucchini
- 1 avocado (diced)
- 1/2 lemon
- 4 cups chicken stock (Low Salicylate)
- 1 tablespoon ghee



Instructions

1. Saute the onion and carrot in the ghee over medium heat until softened.
2. Add zucchini and stir to coat with ghee.
3. Add both broth, salt and pepper.
4. Bring to the boil and then simmer until the zucchini is cooked through. Remove from heat.
5. Just before serving, add garlic, avocado and lemon juice. (Avocado must be added just before serving, you do not want to reheat the soup with avocado in it).

Warnings

**ONION: (more than 1/2 cup raw is high oxalate, 1/2 cup = moderate)

**ZUCCHINI: (peeled is moderate salicylate, skin on is high salicylate). One veg serve allowed on SIBO phase 1, and 1-2 serves on phase 2. (3/4 cup = one SIBO serve of zucchini).

**CHICKEN STOCK (LOW SALICYLATE): For low amine/ low histamine diet do not use store bought stock. Make your own, simmered for < 2 hours & used immediately or SUBSTITUTE water. FODMAPs & SIBO diets make your own with no garlic or onion content & no chicken frames, only meat for SIBO

Nutritional Information	
(per serving)	
Calories	152
Total Fat	8g
Saturated Fat	2g
Cholesterol	7mg
Sodium	317mg
Total Carbohydrate	15g
Dietary Fibre	4g
Sugars	6g
Protein	6g
Calcium	34mg
Iron	1mg
Magnesium	33mg
Phosphorus	101mg
Potassium	606mg
Vitamin C	22mg
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg

Tuna Salad

7 Ingredients 2 serves 10 Minutes Total Time

- 1 onion (red) (sliced)
- 1 avocado (cubed)
- 1 cup baby spinach leaves
- 1 cucumber (thinly sliced)
- 2 tomatoes (sliced)
- 1 cup lettuce (rocket - arugula)
- 1 can tuna in brine (canned) (or in spring water)



Instructions

Dressing:

1 TBS Olive Oil

1 clove garlic crushed and minced

1/2 lemon juiced

Combine lemon juice with Extra Virgin Olive Oil and garlic to create dressing.

Toss all salad ingredients together.

Pour dressing over salad and serve!

Warnings

**BABY SPINACH LEAVES: less than 150g per meal for SIBO phase 1 & 2

**CUCUMBER: (if you are salicylate sensitive, peel your cucumber)

**TOMATOES: (Moderate oxalate, except Roma variety - HIGH and Sungold Cherry Variety - LOW)

Nutritional Information	
<i>(per serving)</i>	
Calories	338
Total Fat	15g
Saturated Fat	2g
Cholesterol	25mg
Sodium	85mg
Total Carbohydrate	27g
Dietary Fibre	10g
Sugars	12g
Protein	26g
Calcium	88mg
Iron	3mg
Magnesium	94mg
Phosphorus	274mg
Potassium	1,290mg
Vitamin C	41mg
Thiamin	--
Riboflavin	--
Vitamin B6	1mg
Vitamin E	3mg

Cauliflower Rice Sushi

7 Ingredients 8 serves 10 Minutes Total Time

- 1 teaspoon apple cider vinegar
- 1 teaspoon ginger (minced)
- 1 avocado
- 1 tablespoon tahini
- 1/2 cauliflower
- 1/3 cucumber
- 1 teaspoon oil*

Instructions

TO MAKE THE RAW CAULIFLOWER RICE:

In the bowl of a large food processor, combine 1/2 head cauliflower, 1 tablespoon of tahini, 1 teaspoon fresh ginger, 1 teaspoon of oil, 1 teaspoon rice vinegar or apple cider vinegar, a few drops of honey (optional), and season to taste. Process until well-combined.

TO MAKE THE SPICY MAYO:

Combine 1/2 cup of coconut cream, 1 teaspoon of chilli sauce, the juice of half a lemon in a small bowl and mix well. Season to taste.

TO ROLL UP:

You will need 4 large nori sheets, rice paper sheets or large lettuce leaves for the rolls.

Cover the nori (or lettuce leaves or rice paper sheets) with a thin layer of the cauliflower "rice," but leave a 1" border on just one side.

Lengthwise on top of the "rice," lay your choice of fillings (such as avocado, mango, cucumber, salmon) in a line down the middle.

Roll into a nori roll shape.

Serve with coconut aminos/ nama shoyu or tamari/ soy sauce and raw spicy mayo.

Warnings

**APPLE CIDER VINEGAR: The FODMAP safe serving size for apple cider vinegar is 2 tablespoons

**CAULIFLOWER: maximum 1/2 a cup only per serve for SIBO phase 1 & 2

**CUCUMBER: (if you are salicylate sensitive, peel your cucumber)

**OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed



♥ Nutritional Information (per serving)

Calories	61
Total Fat	5g
Saturated Fat	1g
Cholesterol	--
Sodium	8mg
Total Carbohydrate	4g
Dietary Fibre	2g
Sugars	--
Protein	1g
Calcium	15mg
Iron	--
Magnesium	12mg
Phosphorus	35mg
Potassium	183mg
Vitamin C	10mg
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg

Creamy Chicken Salad

5 Ingredients 2 serves 120 Minutes Total Time

- 2 cups celery (diced)
- 1 tablespoon lemon juice
- 300 grams chicken breast (skinless) (cooked and shredded)
- 2 tablespoons onion (red) (diced)
- 1/4 cup mayonnaise (or garlic mayonnaise - aioli, check that there are no unsuitable ingredients.)



Instructions

In a large bowl, mix all ingredients together until combined.

Optional: Add 1/4 cup dried cranberries, and/or 1/4 cup chopped almonds, and/or any fresh herbs to the mix if they suits your diet.

Refrigerate for about 2 hours (or over night) to allow flavours to blend.

Season to taste.

Serve as a sandwich filling or over lettuce or spinach leaves or greens of choice.

If you would like to make your own mayonnaise, here is a great recipe:

MAYONNAISE

Makes About 2 Cups

All ingredients should be at room temperature for best results.

2 large organic free-range eggs

1 1/4 cups grapeseed oil

1-2 Tbsp light olive oil (optional)

1 Tbsp fresh squeezed lemon juice

2 tsp white vinegar

1 tsp mustard powder

A few cracks of black pepper, and sea salt to taste (optional)

Add the eggs, sea salt & pepper to taste, lemon juice, vinegar and mustard to your blender.

Blend on Medium-High speed until mixture turns light in colour.

Add the grapeseed oil a little at a time until you have incorporated about half.

Adding a very small amount at a time is crucial for proper emulsification.

You can then add the rest of the grapeseed oil and olive oil in a slow stream, keeping an eye on the mixture to see that it is incorporating at the same rate you are adding the oil.

Warnings

**CELERY: 1 stalk maximum per meal for SIBO Phase 1 & 2

**MAYONNAISE: Must be sugar free with no garlic or onion for SIBO compliance.

Nutritional Information (per serving)	
Calories	375
Total Fat	23g
Saturated Fat	4g
Cholesterol	108mg
Sodium	430mg
Total Carbohydrate	3g
Dietary Fibre	2g
Sugars	2g
Protein	33g
Calcium	50mg
Iron	1mg
Magnesium	51mg
Phosphorus	346mg
Potassium	827mg
Vitamin C	6mg
Thiamin	--
Riboflavin	--
Vitamin B6	1mg
Vitamin E	1mg

Stir-Fried Kale & Bacon

3 Ingredients 2 Servings 10 Minutes Total Time

- 1 teaspoon lemon juice
- 120 grams bacon (chopped)
- 2 bunches kale (stems removed and finely chopped)



Instructions

Saute bacon pieces in a large frying pan over medium heat until crisp. Add the kale leaves & a pinch of salt and pepper. Stir the kale and bacon for a couple minutes and then splash with lemon juice.

Warnings

**KALE: (curly kale is high oxalate, lacinato/dino, cooked and drained is low oxalate)

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Nutritional Information	
<i>(per serving)</i>	
Calories	358
Total Fat	22g
Saturated Fat	8g
Cholesterol	66mg
Sodium	1,056mg
Total Carbohydrate	7g
Dietary Fibre	--
Sugars	--
Protein	25g
Calcium	107mg
Iron	2mg
Magnesium	51mg
Phosphorus	382mg
Potassium	671mg
Vitamin C	82mg
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--

Dinner

Creamy Beef Stroganoff

11 Ingredients 4 serves 40 Minutes Total Time

- 3 tablespoons butter
- 1/2 cup cream (or coconut cream)
- 1 onion (chopped)
- 225 grams mushrooms (sliced)
- 1 tablespoon arrowroot (or tapioca starch +1.5T extra)
- 500 grams beef steak (cubed)
- 1 cup low chemical stock/ broth (chicken)
- 2 tablespoons oil*
- 1 teaspoon dried thyme*
- 1/3 cup dry red wine
- 2 teaspoons garlic powder

Instructions

In a large frying pan, heat 2T oil over medium heat. Add onion, and garlic and saute.

Toss steak with 1 T of Arrowroot or Tapioca starch and add to the pan with the onion and garlic; cooking for 5 minutes to brown the meat on all sides.

Add the chopped mushrooms to the pan and cook for a further 3 minutes.

Add 3T butter, and 1/3 cup wine, stirring to combine.

In a small bowl, mix together 1 cup of warm stock/broth with 1.5 T arrowroot/tapioca starch, stirring to combine.

Pour into frying pan, and mix.

Add in 1.5T Gluten Free Worcestershire sauce (optional), cream and dried thyme; season to taste.

Let the sauce simmer for about 30 minutes.

Optional Serving Suggestion:

Serve as is or with spiralized vegetable noodles, pasta or mash.

Warnings

**ONION: (more than 1/2 cup raw is high oxalate, 1/2 cup = moderate)

**LOW CHEMICAL STOCK/ BROTH: For low amine/ low histamine diet do not use store bought stock. Make your own, simmered for < 2 hours & used immediately or SUBSTITUTE water. FODMAPs & SIBO diets make your own with no garlic or onion content & no chicken frames for SIBO

**OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed



Nutritional Information	
(per serving)	
Calories	395
Total Fat	25g
Saturated Fat	12g
Cholesterol	103mg
Sodium	323mg
Total Carbohydrate	9g
Dietary Fibre	1g
Sugars	3g
Protein	31g
Calcium	33mg
Iron	4mg
Magnesium	12mg
Phosphorus	75mg
Potassium	257mg
Vitamin C	3mg
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	2mg

Cottage Pie

10 Ingredients 6 Servings 45 Minutes Total Time

- 1 cup celery (finely chopped)
- 1 teaspoon salt
- 1.5 cups water
- 1/2 cup onions (diced)
- 2 teaspoons sugar
- 1/2 cup carrots (peeled and diced)
- 2 cloves garlic, crushed
- 500 grams minced meat (beef, lamb or chicken)
- 1/2 cup tomato paste
- 1 cup milk of choice

Instructions

In a large pot, bring the potatoes & water to the boil, cover tightly & boil for approximately 10 minutes.

Meanwhile heat, heat 2 tbsp of oil in a frying pan/skillet.

Add in the chopped vegetables & garlic, along with 1 tsp of the salt.

Cook for about 5 minutes, stirring frequently. Add the ground meat into the skillet with the vegetables, and stir well to combine, breaking up the ground meat as you stir.

Cook for an additional 10 minutes, or until the meat is browned.

When the potatoes are cooked, drain the cooking liquid into a bowl (there should be about a cup of liquid). Stir the tomato paste & sugar into on cup of the potato cooking water, and add this into the frypan/skillet.

Stir, cover, and reduce heat to low.

Simmer for 5 more minutes while covered. While this is simmering, add 1 tsp salt, 2 tbsp. oil, and 1 cup of the milk of your choice into the potatoes.

Mash the potatoes until smooth.

Carefully pour the meat and vegetable mix into a heavy baking dish.

Spoon the mashed potatoes over the top, and spread evenly.

Bake in a preheated oven (180C/350F/Gasmark4) for approximately 30 minutes, or until the potato topping is golden brown.

If you are in a hurry, you can simply grill/broil for a few minutes to brown the potatoes, but longer oven cooking allows flavors to develop more effectively.

Warnings

**CELERY: 1 stalk maximum per meal for SIBO Phase 1 & 2

**ONIONS: (more than 1/2 cup raw is high oxalate, 1/2 cup = moderate)

**MILK OF CHOICE: There are milk varieties to suit all diets: dairy free, lactose free, nut free etc - choose the one that is right for you



Nutritional Information	
(per serving)	
Calories	289
Total Fat	18g
Saturated Fat	13g
Cholesterol	52mg
Sodium	486mg
Total Carbohydrate	11g
Dietary Fibre	3g
Sugars	7g
Protein	18g
Calcium	46mg
Iron	3mg
Magnesium	46mg
Phosphorus	217mg
Potassium	669mg
Vitamin C	8mg
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg

Baked Ginger Salmon

5 Ingredients 4 serves 30 Minutes Total Time

- 2 tablespoons parsley (minced)
- ½ teaspoon sea salt
- 600 grams salmon (fillets)
- ¼ teaspoon ground ginger
- 2 tablespoons oil*

Instructions

1. Preheat your oven to 400F/ 200C degrees.
2. Wash and dry the salmon fillet and place on an oiled baking sheet.
3. Spread the oil over the fillet and then sprinkle with the ginger and sea salt.
4. Bake for 15-20 minutes (or until the salmon is cooked to your liking).

Warnings

- **SALMON: use only fresh or canned salmon, not smoked, for SIBO
- **OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed



♥ Nutritional Information	
<i>(per serving)</i>	
Calories	274
Total Fat	15g
Saturated Fat	2g
Cholesterol	83mg
Sodium	358mg
Total Carbohydrate	--
Dietary Fibre	--
Sugars	--
Protein	30g
Calcium	21mg
Iron	1mg
Magnesium	45mg
Phosphorus	301mg
Potassium	747mg
Vitamin C	3mg
Thiamin	--
Riboflavin	1mg
Vitamin B6	1mg
Vitamin E	2mg

Quinoa Vegetable Loaf

10 Ingredients 4 serves 30 Minutes Total Time

- 6 eggs
- 1 onion (sliced into rings)
- 2 potatoes (sliced 1cm thick)
- 1/2 cup quinoa
- 1/2 zucchini (sliced)
- 2 cloves garlic, crushed
- 1/2 sweet potato (large, sliced 1cm thick)
- 4 slices pumpkin /butternut (1cm thick)
- 1/2 cup milk of choice
- 2 cups Cheese (cheddar, traditionally made) (grated)

Instructions

- Par boil potato and sweet potato for approximately 5 mins, strain and set aside to cool.
- When cooled take a loaf pan (23cm x 12cm) and lay slices of potato along the bottom in a single layer, as tightly as possible. You may need to cut some slices into small pieces to fill gaps.
- Cook the onion and garlic in a small frying pan with a little olive oil until softened.
- Boil some water in a small pot and simmer the quinoa for 10-15 minutes until the germ separates from the seed. Strain.
- Next make a layer of sweet potato, then onions & garlic, pumpkin, and zucchini on top of each other.
- Top with another layer of potato if you have enough, until the tin is full.
- Add eggs, milk of choice - allergen free, cooked quinoa, salt and pepper into a small bowl and lightly whisk
- Pour over the vegetables to fill the gaps
- Top with cheese, crack some pepper on top and bake in the oven until golden on top and all the veges are cooked through (you'll be able to place a skewer all the way through easily – about 30 mins).
- Serve with a side salad or have on its own!

Warnings

- **ONION: (more than 1/2 cup raw is high oxalate, 1/2 cup = moderate)
- **POTATOES: only white, peeled potatoes are low salicylate
- **QUINOA: 1/2 cup per meal for SIBO phase2
- **ZUCCHINI: (peeled is moderate salicylate, skin on is high salicylate). One veg serve allowed on SIBO phase 1, and 1-2 serves on phase 2. (3/4 cup = one SIBO serve of zucchini).
- **PUMPKIN /BUTTERNUT: 1/4 cup per meal SIBO phase 1, SIBO phase 2 allows 1/2 cup per meal. Only 1 veg serve in total per meal allowed on SIBO phase 1, and 1-2 serves phase 2.
- **MILK OF CHOICE: There are milk varieties to suit all diets: dairy free, lactose free, nut free etc - choose the one that is right for you



Nutritional Information	
(per serving)	
Calories	563
Total Fat	34g
Saturated Fat	22g
Cholesterol	315mg
Sodium	535mg
Total Carbohydrate	32g
Dietary Fibre	5g
Sugars	6g
Protein	29g
Calcium	549mg
Iron	3mg
Magnesium	86mg
Phosphorus	626mg
Potassium	864mg
Vitamin C	20mg
Thiamin	--
Riboflavin	1mg
Vitamin B6	1mg
Vitamin E	1mg

Chicken with Thyme & Vinegar Sauce

8 Ingredients 4 serves 10 Minutes Total Time

- 600 grams chicken (4 x 150g each, breast fillets)
- 2 shallots (chopped)
- 2 cloves garlic, crushed
- 10 thyme (sprigs)
- 1 tablespoon tomato paste
- 1 tablespoon oil*
- 1/4 cup red wine vinegar*
- 1/2 cup dry red wine

Instructions

Heat the oil in a large deep frypan and cook chicken over medium heat for 4 minutes each side or until golden. Transfer to a plate.

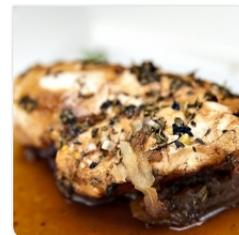
Add garlic, shallots and thyme to the pan and cook, stirring, over medium heat for 4 minutes or until the shallots have softened. Stir in tomato paste and cook for 1 minute. Add wine and vinegar, bring to the boil and cook for 1 minute. Add 1/2 cup (125ml) water and chicken, and simmer over low heat, basting in the sauce, for 5 minutes or until chicken is cooked through and sauce has thickened.

Season to taste. Divide the chicken among plates, top with sauce and serve with vegetables.

Warnings

**OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

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Nutritional Information	
<i>(per serving)</i>	
Calories	223
Total Fat	7g
Saturated Fat	1g
Cholesterol	98mg
Sodium	118mg
Total Carbohydrate	4g
Dietary Fibre	1g
Sugars	1g
Protein	31g
Calcium	33mg
Iron	2mg
Magnesium	44mg
Phosphorus	311mg
Potassium	454mg
Vitamin C	5mg
Thiamin	--
Riboflavin	--
Vitamin B6	1mg
Vitamin E	1mg

Other

Coconut Fudge

1 Ingredient 20 serves 30 Minutes Total Time

4 cups desiccated coconut (preservative free) (FROZEN)



Instructions

In a Vitamix or other high speed blender with poke stick (do not attempt with a normal blender) process the frozen coconut on high speed for 90 second using the stick the entire time to push coconut to the blade and keep it moving. It should liquify in this time. Turn off, and then scrape down sides with spatula to incorporate all into liquid. Turn on high again and blend for 90 seconds until smooth and creamy.

If the blender stops, it may have frozen solid around the blade because you weren't fast enough. Don't stress, just reset the switch on bottom of the blender, remove all coconut from jug and use a spoon to break up the frozen coconut from around the blade. Tip it all back in and try to work faster next time.

Now taste. If not on Intro you can add honey to taste if not sweet enough for you.

Pour into silicon molds and set in fridge for 30 minutes or freezer for 10minutes.

Enjoy:)

This recipe has been reproduced with permission from:

<http://kehoeskitchen.com/2013/05/15/coconut-fudge-straight-up-2/#.UpQmKZGRPwl>

Warnings

**DESICCATED COCONUT (PRESERVATIVE FREE): 1/4 cup maximum per meal for SIBO phase 1 & 2

Nutritional Information (per serving)	
Calories	106
Total Fat	10g
Saturated Fat	9g
Cholesterol	--
Sodium	6mg
Total Carbohydrate	4g
Dietary Fibre	3g
Sugars	1g
Protein	1g
Calcium	4mg
Iron	1mg
Magnesium	14mg
Phosphorus	33mg
Potassium	87mg
Vitamin C	--
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--

Mixed Cultured Vegetables

6 Ingredients

- 6 cups water (filtered)
- 1 tablespoon sea salt (plus pepper to your taste)
- 1 carrot (shredded)
- 1 cabbage (small, shredded)
- 1 clove garlic, crushed
- 1 tablespoon cumin seeds (or caraway seeds)



Instructions

Place cabbage carrot and garlic in jars and fill leaving one inch space at the top. Push the mix down to remove any pockets of air. Place water in a jug and add sea salt, pepper and cumin/caraway seeds and stir to dissolve. Pour the mixture into the jars leaving 3 cms at the top to allow room for expansion and with the back of a spoon pack the vegies down once more. Seal the jars tightly and place in a dark area of the kitchen for about 3-5 days or until bubbles have started to form in the jar. Once fermented store in fridge for up to 4 weeks.

Warnings

**CABBAGE: Savoy cabbage is HIGH in Fodmaps. Common cabbage and red cabbage are LOW. 1/2 cup maximum per meal allowed on SIBO phase 1 & 2

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Nutritional Information	
<i>(per serving)</i>	
Calories	230
Total Fat	2g
Saturated Fat	--
Cholesterol	--
Sodium	7,186mg
Total Carbohydrate	51g
Dietary Fibre	20g
Sugars	26g
Protein	11g
Calcium	514mg
Iron	8mg
Magnesium	144mg
Phosphorus	242mg
Potassium	1,530mg
Vitamin C	266mg
Thiamin	1mg
Riboflavin	--
Vitamin B6	1mg
Vitamin E	2mg

Chia Chocolate Mousse

6 Ingredients 2 serves 10 Minutes Total Time

- 1 avocado (ripe, peeled and pitted)
- 1 teaspoon pure vanilla extract
- 1/4 cup almond milk (60ml)
- 1 tablespoon chia seeds
- 8 drops stevia (pure inulin free) (liquid)
- 4 tablespoons cacao (pure) (powder)

Instructions

Combine all the ingredients in a blender and blend for 30 seconds, until smooth and creamy. Spoon the mousse into two serving glasses or bowls and chill slightly before serving.

Warnings

- **ALMOND MILK: 1/4 cup per meal maximum for SIBO phase 1 and 1 cup max. for SIBO phase 2
- **CACAO (PURE): SIBO phase 2 allows 1 teaspoon per day

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♥ Nutritional Information	
<i>(per serving)</i>	
Calories	275
Total Fat	22g
Saturated Fat	4g
Cholesterol	--
Sodium	12mg
Total Carbohydrate	18g
Dietary Fibre	12g
Sugars	2g
Protein	7g
Calcium	62mg
Iron	3mg
Magnesium	122mg
Phosphorus	202mg
Potassium	748mg
Vitamin C	10mg
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	5mg

Raw Flaxseed Wraps

10 Ingredients 8 Servings

- 375 millilitres water (1.5 cups)
- 1 teaspoon sea salt
- 2 teaspoons oregano
- 1/2 onion (chopper- medium)
- 3 cloves garlic, crushed
- 3 capsicum (bell pepper) (chopped)
- 1/4 cayenne pepper
- 2 cups flax seeds (golden or brown - finely ground)
- 1 cup basil (fresh) (fresh-chopped)
- 1 cup sundried tomato

Instructions

1. Grind flax seeds in a spice grinder or blender (if you do not have ground flaxseed on hand!).
2. Place all remaining ingredients, except water and ground flax seed in a blender or food processor and blend.
3. Add water and ground flax seed & blend until smooth. Allow to sit for 30 minutes to thicken.
4. Spread thinly into circles on lined dehydrator sheets, and dehydrate at 105' F, for about 6 hours, or until easily removed. Flip onto mesh sheets, and dry for an additional 4 hours, or until dry but still flexible.
5. Allow to cool, then store in plastic bags in the fridge for up to a month.

Warnings

**ONION: (more than 1/2 cup raw is high oxalate, 1/2 cup = moderate)



Nutritional Information	
(per serving)	
Calories	186
Total Fat	11g
Saturated Fat	1g
Cholesterol	--
Sodium	319mg
Total Carbohydrate	16g
Dietary Fibre	10g
Sugars	5g
Protein	7g
Calcium	96mg
Iron	3mg
Magnesium	131mg
Phosphorus	220mg
Potassium	574mg
Vitamin C	61mg
Thiamin	1mg
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg

Spicy Roasted Pepitas

6 Ingredients 2 cups 35 Minutes Total Time

- 1/2 teaspoon smoked paprika
- 1 teaspoon sea salt
- 2 cups pumpkin seeds (pepitas)
- 1/4 teaspoon chilli powder (or to taste)
- 1 teaspoon oil*
- 1/4 teaspoon garlic powder



Instructions

Thoroughly clean the pepitas (if using straight from the pumpkin!).

Preheat oven to 325 degrees F/160C.

Add cleaned seeds and 1 teaspoon of salt to a pot of boiling water and boil for 10 minutes. Drain seeds.

Dry seeds with a paper towel.

Lay seeds on a baking sheet and toss with the oil. Mix the paprika, sea salt, garlic powder, and chili powder together. Sprinkle over the seeds.

Roast for 10 minutes, then flip seeds. Roast for an additional 5 minutes, then test seeds. If they are not crispy enough, roast for another 3 - 5 minutes, making sure the outside is not overly browned (this means the inner seed is burning).

Warnings

**PUMPKIN SEEDS: 2T maximum per meal for SIBO phase 1 & 2

**OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

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Nutritional Information	
<i>(per serving)</i>	
Calories	309
Total Fat	14g
Saturated Fat	3g
Cholesterol	--
Sodium	1,180mg
Total Carbohydrate	35g
Dietary Fibre	12g
Sugars	--
Protein	12g
Calcium	39mg
Iron	2mg
Magnesium	170mg
Phosphorus	63mg
Potassium	613mg
Vitamin C	--
Thiamin	--
Riboflavin	--
Vitamin B6	--
Vitamin E	1mg