

7 DAY

Superior Gut Health Meal Plan



	SUN	MON	TUE	WED	THURS	FRI	SAT
Theme	Steak Sundays	Meatless Mondays	Taco Tuesdays	Al Dente Wednesdays	Tender Thursdays	Fish Fridays	Sandwich/ Salad Sat
Meal 1: 8am 1-2 Carbohydrate + 1 Fruit + Lean Protein + Healthy Fats	Veggie Omelette served on Sourdough with Avocado	Smoothie: Banana + Frozen Strawberries + Spinach + Almond Milk + 1 Scoop Protein Powder + 1Tbsp Nut/Seed Butter + 2Tbsp Oats	LF Yoghurt + 1-2 Crushed Weetbix (or 30g Oats) + 30g Mixed Nuts + Berries	Smoothie: Mango + Pineapple + Kale + Almond Milk + 1 Scoop Protein Powder + 1Tbsp Nut/Seed Butter	Warm oats + Apple diced + cinnamon + 2-3Tbsp LF yoghurt	1-2 Sl. Sourdough + Cottage Cheese + Avocado + Rocket + Raspberries	Brunch or Lunch Date with family or a friend
Meal 2: 12pm 2 Cups Veg + 1-2 Carbohydrate + Lean Protein + Healthy Fat + 1 Fruit	Wrap using leftover roast or grilled chicken and salad veggies + Apricot	Leftover roast vegetables mixed into salad greens and + 1-2 Can of tuna in EVOO + Orange	Leftover Frittata served with salad greens and Nectarine	1 – 2 Sl. Sourdough + Tuna-Bean Paste* + Cucumber/ Tomato Slices + Orange	Sandwich: 2sl. Sourdough + 1/2 Avocado + Tomato + Cucumber + Carrots + AlfaAlfa Sprouts + 2 Boiled Eggs	Leftover salad vegetables + Avocado + 1-2 can chilli Tuna + Nectarine	Remember to eat 3 Fruit, a smoothie might be an option at home or when eating out
Meal 3: 3.30pm 1 LF Dairy + Healthy Fats + Fruit +/- Carbohydrate	Banana + 1Tbsp Unhulled Tahini + 1 – 2 squares dark chocolate	LF Yoghurt + 30g Mixed Nuts + Berries	Overnight chia pod (2 – 3 tbsp chia seeds+ LF yoghurt + almond milk + banana + 1Tbsp cacao	Hummus + Veggies Sticks + 2 boiled eggs	Banana + 1Tbsp Unhulled Tahini + 1 – 2 squares dark chocolate	LF Yoghurt + 2Tbsp raw oats + Kiwi Fruit	Brunch or Lunch Date with family or a friend
Meal 4: 7pm 3 Cups Veg + Lean Protein + 1-2 Carbohydrate	Steak of choice served with roast vegetables Pumpkin + Potatoes + Eggplant + Zucchini	Potato + tomatoes + broccoli Whole Egg Frittata served with rocket + pear salad	Minced Meat of choice with plenty of sides: tomatoes, shredded carrots, iceberg lettuce, cucumber, LF cheese, salsa, sour cream/ yoghurt	Spaghetti Bolognese with Salad side	Use <u>Mingle</u> ‘Taco Seasoning’ and air fry or fan force oven bake chicken tenders serve in soft tacos or wraps with salad vegetables	Salmon + Fried Rice (Onion, Red Capsicum, Carrot, Brussel sprouts)	Roast or Grilled Chicken + Greek salad

NOTES



Steak Sundays

- Make omelette extra fluffy by whisking in cottage cheese with eggs
- Prep for the week ahead:
- Boil up a batch of eggs, leave them in the shell and store in fridge up to a week
- Portion dry ingredients for overnight oats or chia pods so that you only need to add fruit and liquid night before
- Prep the Tuna-Bean Paste* store in airtight container in fridge *Recipe on page 8

Meatless Mondays

- EVOO: Extra Virgin Olive Oil
- Make larger portions and pack it for lunches
- Add crushed weetbix to yoghurt for extra energy if exercising in afternoon and omit fats as it will slow digestion



BY KATHY OZAKOVIC

NOTES



Taco Tuesdays

- Vary the weeks between chicken, beef, pork, kangaroo, turkey mince
- Vary the weeks with soft and hard shelled tacos
- Add beans of choice or lentils to minced meat for extra gut health benefits
- Use Mingle Spices to season mince for extra plant-based variety
- Add onion when cooking

Al Dente Wednesdays

- Use leftover Mince from yesterday's cook up, add extra veg
- *Tuna Bean Paste Recipe below
- Vary your weekly pasta



NOTES



Tender Thursdays

- Unhulled tahini has more calcium than hulled

Sandwich/Salad Saturdays

- An ‘open faced’ sandwich counts such as poached eggs on toast
- Care was taken to decrease fats throughout day to account for fats used at chosen café



This meal plan was designed to address the requirements of:

Healthy adults (18yo+): 3 Fruit + 5 Cups Veg + Individualised Complex Carbohydrates + Individualised Lean Protein requirements + LF Dairy

- 1 Serve Fruit: 150g
- 1 Seve Lean protein: Palm sized/ Phone size/ 100 – 120g cooked
- 1 Serve Carbohydrate: closed fist size, microwavable rice cup, same for pasta and potatoes, 1 slice sourdough
- 1 Serve Healthy Fats: 1 Tbsp nut/seed butter/ oil, 30g nuts/seeds, ½ Avocado
- 1 Serve Vegetables: 75g, 1 cup, handful

Individualised serving size recommendations are relevant to protein and carbohydrates and are expressed in serving ranges. Individualised requirements depend on mind, body, spirit and emotional factors that influence digestion and can be specified after a dietetic assessment.

This meal plan was designed to address the requirements of:

- Growing and highly active bodies may require 5-6 meals
- The healthy plate model: 1/2 Plate Vegetables + 1/4 Plate Complex Carbs + 1/4 Plate Lean Protein (Baker Heart and Diabetes Institute)
- Active bodies might require the 3rds model rather than quarters (1/3 plate carbs + 1/3 plate protein + 1/3 plate veg)



This meal plan was designed to provide and include:

35 + Plant based foods per week shown to improve gut health (minimum 40 provided in meal plan)

- **Traffic Lights System** Approach recommended by NuFit Wellness
- Theme based evenings provided as example only



Tuna & Bean Pate



Ingredients:

- 1x 425g can tuna
- 2x 420g Red Kidney Beans
- (*or white beans of choice*)
- Lemon Juice (*optional*)
- EVOO (*optional*)
- Mingle Spice of choice

**TRY
OUT**

For maximum health benefits follow the principles of the 7 Pillars to Wellness by NuFit Wellness

Time of meals recommendation only, 3 – 4 hours between meals is based on the time it takes for our stomach to digest food. Personal preference and schedule will influence time of meals. Chrononutrition tell us consistent meal times are best for physiological and psychological outcomes.

REMEMBER TO DRINK 2+ L OF WATER DAILY

You can substitute any meats for vegetarian options of protein:
Edamame, Tofu, Tempeh, Beans/Lentils, Eggs, Quorn

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Cacao or Cocoa - what's the difference?

Cocoa results from roasted cacao beans. The cacao beans are heat processed which means a loss of nutrients, 60 - 90% less antioxidants. The more processing the lower the % of cacao. The heat processing makes it sweeter. It is often mixed with additives and preservatives including sugar, refined hydrogenated oils, milk fats, artificial colours and flavorings.

Ceremonial Grade Cacao is unprocessed, packed with antioxidants, protecting the body from free-radicals that do damage to cells and cause premature aging. Cacao has no added chemicals, it is rich in iron, magnesium, and neurotransmitters. It contains the stimulating aphrodisiac theobromine, mood boosting serotonin and tryptophan, and a huge amount of phenylethylamine which increases dopamine.

Studies show that cacao may help increase insulin sensitivity protecting from type 2 diabetes, reduce blood pressure protecting our hearts, and improve learning and memory abilities. Cacao nibs are a great replacement for chocolate chips if you are looking to boost your baking (especially good in banana bread).



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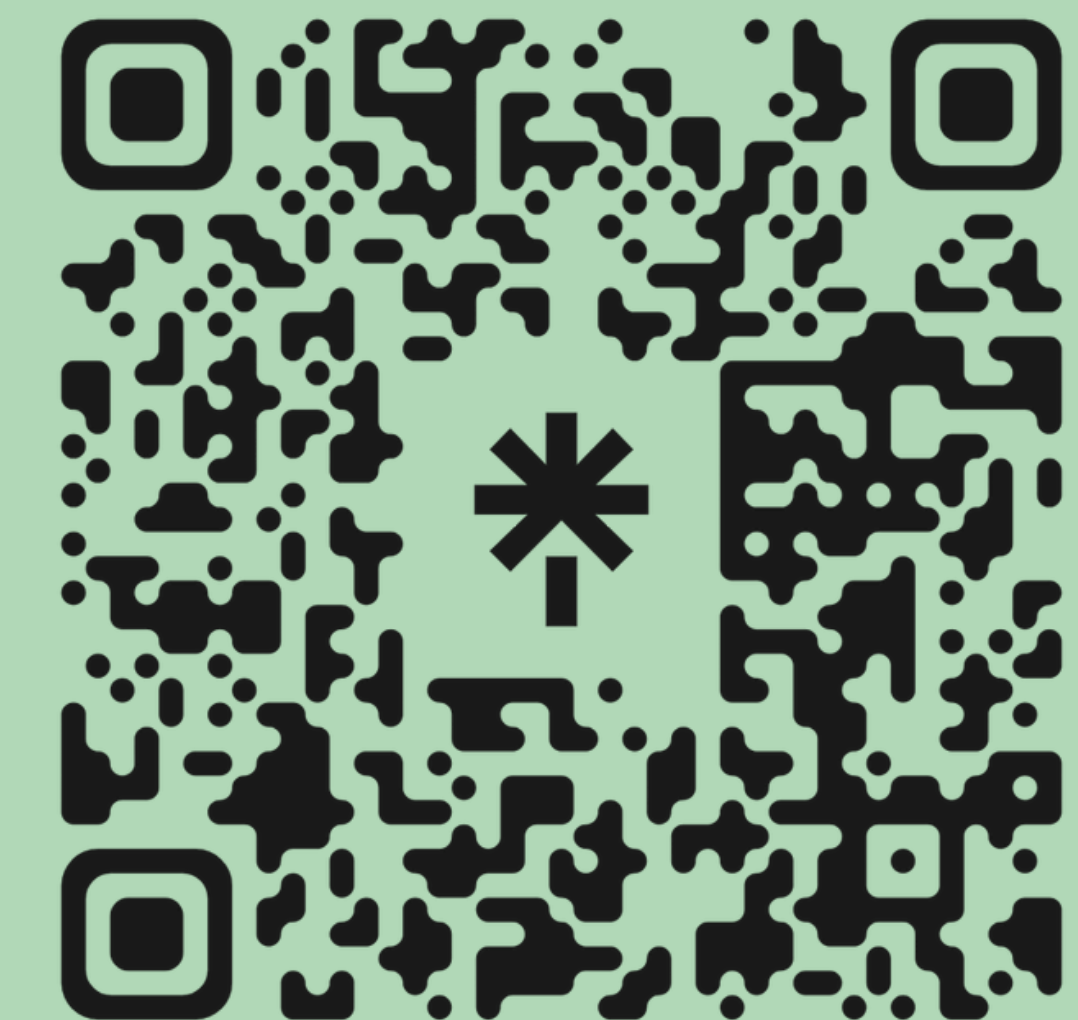
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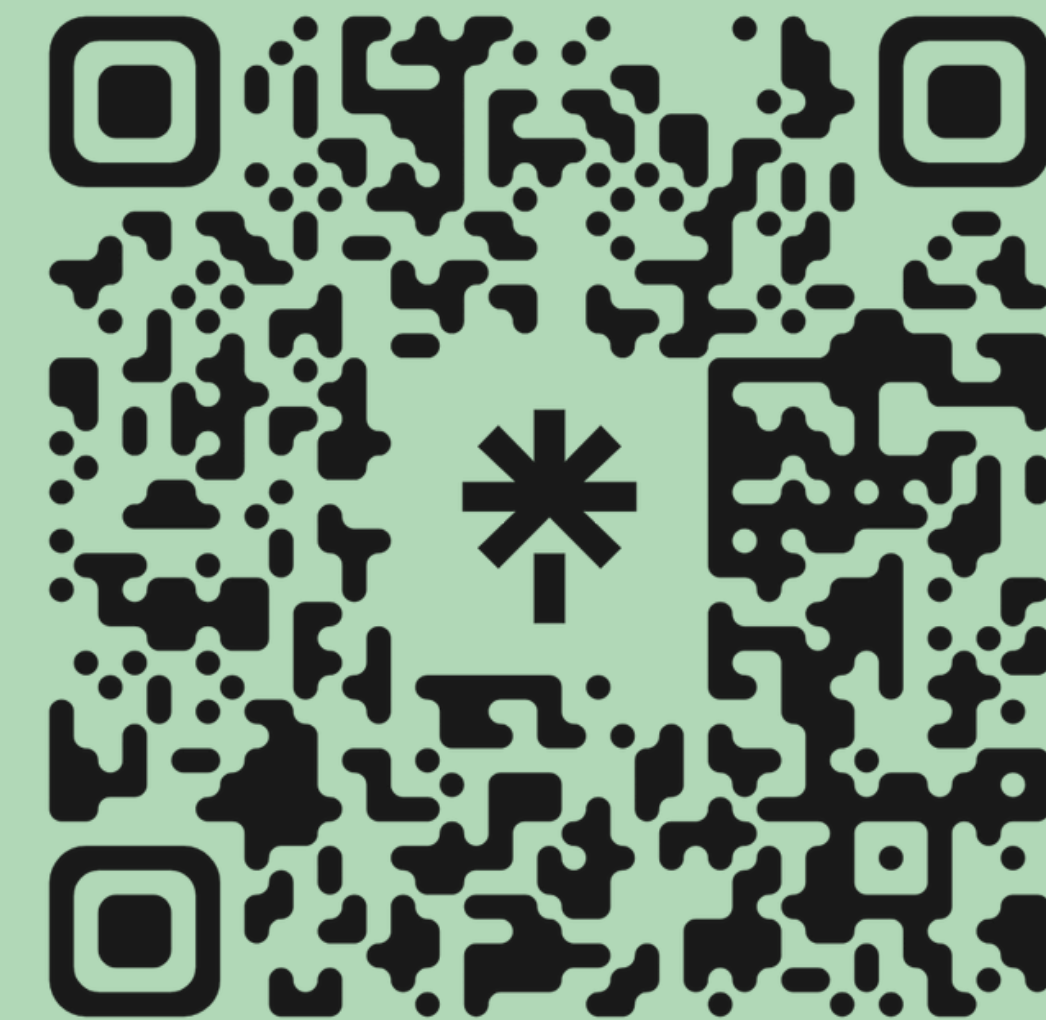
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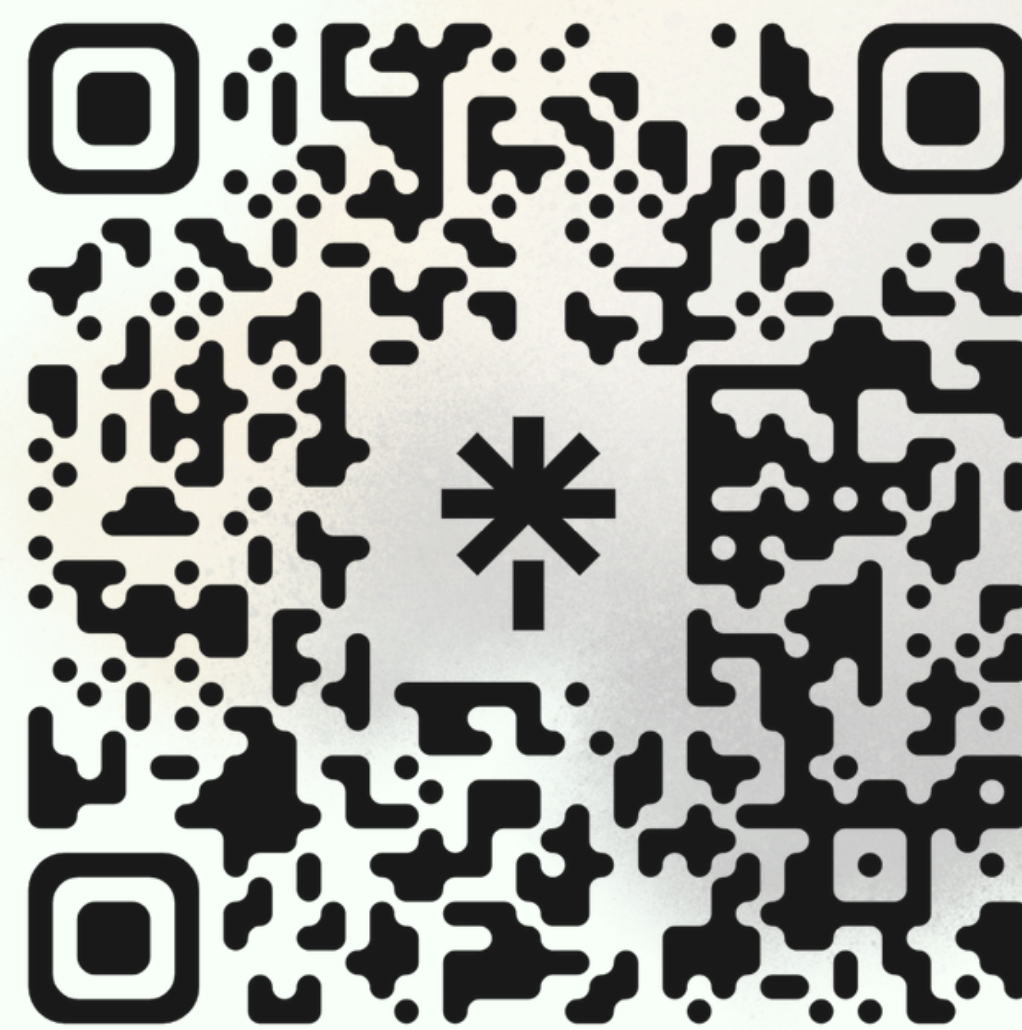
There's a difference between sleep and rest. Sleep is what the body does. Rest is what you wake up feeling. Your brain doesn't switch off because the lights went out. It quiets down when it receives the right cues that tell your nervous system: the day is done, it's safe to rest. Modern life sends the wrong signals. Screens that flood the eyes with light. A day that never ends. A nervous system that has forgotten what quiet feels like.

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DERMATOLOGIST-
TESTED

BY KATHY OZAKOVIC

ABOUT KATHY O and NuFit Wellness

Health and Wellness Consultant, Facilitator, founder of NuFit Wellness Coaching and Mentoring
Kathy Ozakovic, with a background in clinical nutrition, dietetics, went on a journey of self-discovery to become a Breathwork Practitioner, and so much more. In Australia, Kathy worked on the wards of a rural NSW hospital, and Sydney metropolitan private practice. Having seen and experienced the effects of illness, she felt her energy and enthusiasm for health was more useful in the space of Lifestyle Medicine.

Kathy believes setbacks are stepping stones towards success. Her positive attitude and strong faith often inspire others to turn obstacles into opportunities. “I have experienced a lot of change throughout my life which came with challenges. Moving countries, witnessing various physically and mentally debilitating illnesses, overcoming an eating disorder, breast implant illness and explant surgery, disentangling from co-dependent and narcissistic relationships. These experiences provided me with a great level of compassion and empathy, whilst installing firm boundaries, and a sense of ownership, accountability and self-responsibility. I get it. Change is not always easy. With the right support, it can be easeful.”

WELLNESS MENTORING | BREATHWORK | EMBODIMENT COACHING | WELLNESS IN THE WORKPLACE

ABOUT KATHY O and NuFit Wellness

NuFit Wellness principles are backed by science, a blend of Eastern and Western medicine as Kathy O believes there is a time and place for both. “Health, wealth and thriving relationships are your birthright. Your body has an innate ability to heal, it knows what to do. Our job is to help it remember health by removing interferences and creating a nurturing and nourishing environment. Take action, create change. It all starts with self.”

Kathy O supports people to understand the physical symptoms they experience include yet go beyond the biology of the body. On a mission to inspire you to become an action taker and create lasting change through awareness, breath and conscious choices. NuFit Wellness principles help the body heal, rest and recover to grow back stronger and more resilient. Kathy O says NuFit Wellness is ‘in the business of returning people to a regulated parasympathetic nervous system’ using the Nervous System Embodiment Theory and Dynamic Embodiment Integration Model coined by Kathy O. This leads to disease symptom remission including thyroid, gut health, fertility, and autoimmune challenges.

The NuFit Wellness Health Philosophy is holistic and comprehensive. Embracing the teachings of epigenetics, Kathy believes behaviour and gene expression follow emotion. This is how Kathy O came to develop the NuFit Wellness Embodiment Fractal Framework™, Burnout 2 Blessing Method™, The TACC Strategy™ which guide individuals towards emotional mastery to create lasting change. NuFit Wellness addresses the fundamentals to health grounded in the principles of the NuFit Wellness 7 Pillars To Wellness, and supports individuals understand the ‘how to’ of living life well. Health does not happen by accident; it is in the choices we make. When told by a friend “you really live life well” Kathy responded with: “and I want to show others they can to”.

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