

Personalised Nutrition Guide - SAMPLE

Day 1

Breakfast: Protein flapjack + 1 glass of kefir

Snack: Blueberries and 4 pecans

Lunch: Red lentil soup with onion, purple sweet potato and carrots

Snack: Fat-free yoghurt with paprika, thyme and flax/chia/grape seeds mixture

Dinner: Beef stew cooked with aubergines, potatoes, red sweet pointed peppers, onion and garlic, served with rice and greens (kale/parsley)

Day 2

Breakfast: Protein flapjack + 1 cup of coffee with oat milk/cream

Snack: 20 grams of dark chocolate + blueberry & raspberries

Lunch: Kidney bean salad with sweetcorn, tomatoes, pickled cucumbers, red sweet peppers, avocado and tomato served with sour cream

Snack: 1 slice of oat bread topped with olive spread, seasoned with thyme and paprika

Dinner: Oven-baked lamb meatballs served with sweet potato and shredded raw carrot+beetroot+radish salad

Day 3

Breakfast: Protein flapjack + 1 glass of kefir

Snack: Oat bread sandwich with green/black olives, cottage cheese, parsley

Lunch: 2 tbsp oat, 3 tbsp fat-free yoghurt, raisins/grapes, 4 pecans, flax/chia/grape seed mixture

Snack: Carrot + 2 tbsp hummus

Dinner: Grilled turkey and asparagus served with pasta and greens (kale/parsley)

Day 4

Breakfast: Protein flapjack + 1 cup of coffee with oat milk/cream

Snack: Blueberry & raspberries + 5 macadamias

Lunch: Borscht soup (with beetroots and other veggies) / gazpacho soup

Snack: 2 rice puffs with mascarpone

Dinner: Red lentil dhal with naan bread

Day 5

Breakfast: Protein flapjack + 1 glass of kefir

Snack: 1 pear + 4 pecans

Lunch: 2 tbsp oat, 3 tbsp fat-free yoghurt, pomegranate, 4 pecans, flax/chia/grape seed mixture

Snack: 5 chestnuts

Dinner: 8 pieces of sushi served with miso soup

Day 6

Breakfast: Omelette with duck eggs or egg whites, mascarpone/cottage cheese, 5 green/black olives, parsley, 1 slice of oat bread + ½ glass fruit juice (apricot/pomegranate)

Snack: Pomegranates + 5 macadamias

Lunch: Oven-baked aubergine, carrot, onion, red sweet pepper, mixed with fat-free yoghurt and served with oven-baked potatoes

Snack: 5 chestnuts

Dinner: Grilled fish (haddock/yellowfin sole/basa) served with oat bread and beetroot+carrot+radish salad

Day 7

Breakfast: Avocado toast with 1 slice of oat bread, duck egg/egg white omelette, seasoned with flax/chia seed mixture + ½ glass fruit juice (apricot/pomegranate)

Snack: Oat milk coffee + 20 grams of dark chocolate (or a sweet treat with brown sugar)

Lunch: Celery dish cooked in orange juice

Snack: Fat-free yoghurt with paprika, thyme and flax/chia/grape seeds mixture

Dinner: Grilled beef with artichoke salad and 1 slice of oat bread

Your Probiotic:

[Click here.](#)

Your Prebiotic:

[Click here.](#)

Recommendations:

- Take the probiotic & prebiotic when you are hungry – ideally before sleeping or first thing in the morning. Take the prebiotic first, wait around 20 minutes and take your probiotic.
- Focus on consuming foods with higher scores and limit those with lower scores.
- Drink approximately 2 litres of water throughout the day.
- You can have green, oolong, black tea or coffee during the day after meals and lemon balm/chamomile tea before going to bed.
- Season your food with onion granules, liquorice, paprika, fenugreek, thyme and other ingredients recommended in your report.