

# Antimicrobial Diet

## Low ferment diet to improve your gut health

**This has been designed to support your body specifically to reduce inflammation & reset the gut microbiome via the reduction of starch.**

1. Reduces exposure to refined carbohydrates that cause leaky gut, gut inflammation & feed bacteria, candida & yeast - this results in a healthy microbiome.
2. Focus on restoring nutrient deficiencies & imbalances caused by poor eating behaviours.
3. This diet will help increase your energy, increase micronutrient absorption, reset your gut microbiome, and improve mood and sleep.

### What Foods can I eat?

The trick to success is eating enough. You will be cutting out all sugar, grain, fruit and alcohol. Some starchy vegetables are desirable as long as they are balanced by fibrous vegetables.

#### AVOID

- Grains & flour products
- Sugar and all of its varieties ending in 'ose'.
- Cows milk and dairy
- Alcohol
- Processed meats and packaged foods
- Fruit -all fruit except berries
- Honey and all sweeteners.

#### HAVE

- Clean protein such as organic free-range eggs and meat.
- All vegetables, just limit starchy vegetables
- Nuts and seeds
- Goats and sheeps dairy
- Nut milks
- Olive oil, herbs and spices

#### HINT

Your diet should not deviate too far from what you are doing currently - just think + more protein - drop the carbs and crap.

#### NEED MORE HELP?

Enquire about our meal planning service and receive a bespoke 2-week anti-microbial meal plan.

# Anti-Microbial Diet

## PROTEIN & FATS

Serving size: 1 palm-sized (including fingers) portion per meal unless otherwise specified. Choose organic if possible.

**Fish** (un-crumbed and preferably poached/steamed/grilled). Shellfish is fine.

**Poultry:** free-range organic (chicken, quail, duck, turkey)

**Eggs** (prefer organic/free-range)

**Meat:** Preferably lean meat (kangaroo, veal, lamb, lean beef, goat, rabbit, biodynamic chicken liver) & preferably pasture-raised organic grass-fed meats. Nitrate free bacon (dorsogna do one available at Woolworths)

**Nuts and seeds:** soaked chia, sesame, pumpkin, sunflower

**Legumes:** If you are not vegetarian, limit these to 1/4 of your protein intake.

**Dairy:** Sheep, goat yoghurts/cheeses are preferred

*Aim for 1g of protein per kg of weight - See protein chart*



## PLANT

Serving size: Each plate = 2/3 plant

All plants are allowed except fruit.

You can eat berries, tomatoes, capsicum, cucumbers, pumpkin, eggplant, olives, avocados & zucchini -yes they are all actually fruit!

Coconut based foods such as yoghurt as long as they are sugar-free are fine.

*Limit starchy veg to 1/4 of your total plant intake. These include potato, pumpkin, sweet potatoes, peas, carrots*

## OILS

Butter is fine and for cooking use olive oil.

All oils except peanut oil



# Anti-Microbial Diet

Ever heard that the secret to success is planning and organisation? Well, it's the same with food. Plan via deciding on your meals for the week. Organise by shopping. The rest is easier from there.

## BREAKFAST IDEAS

- Nitrate free bacon & eggs with spinach
- Smashed avo on paleo toast
- Chia seeds pudding with coconut yoghurt
- Paleo muesli & nut milk
- Paleo bread (Venedi paleo loaf, keto mug bread or homemade seeded loaf)
- Almond meal pancakes
- Protein shake
- Frittata



## LUNCH IDEAS

*Leftovers are best but if this doesn't happen here are some great ideas.*

- Roasted veg or salad with a source of protein (eggs, chicken, beef)

Eating out or on the road?

Get the sandwich without the bread.

Buy a pre-made salad from the shops and add in protein (chicken, eggs, canned fish)



## DINNER IDEAS

*\*Cooking for one? Make sure to freeze dinners to reduce prep time.*

- Spag Bolognaise with zoodles
- Roast chicken and vegetables
- Stir fry of any kind on cauliflower rice
- Lamb shank stew on cannellini bean mash with veggies.
- Fish with roast veg / steamed greens
- Chicken and vegetable stir fry
- Steak and salad

## NEED MORE IDEAS?

Ask your practitioner about a bespoke two-week meal plan with recipes and a shopping list.



# Anti-Microbial Diet

	ENJOY	LIMIT	AVOID
PROTEIN	Fish Chicken Turkey Free range Eggs Lean Meat (kangaroo, lamb, beef, goat, rabbit)	Nitrate-free bacon	Processed meats (bacon, salami, ham, polony)
FRUIT VEGE	All other vegetables (except starchy vegetables)  All berries	Starchy vegetables (pumpkin, potato, sweet potato, carrot, beetroot) 1/2 handful cooked	All other fruit Dried fruit
DAIRY*	Nut milk (rice, almond or cashew) Sheep or goats dairy		Cow's milk products (milk, cheese, yoghurt)
SNACKS	Nuts (all nuts) Seeds (sunflower, pumpkin, sesame, chia, flax)		All processed foods (chips, doritos, popcorn, pre- purchased snacks) Crackers, rice cakes
OTHER	Almond meal Olive oil Herbs and spices Olives Coffee 1 per day Herbal and green tea	Legumes	Alcohol & low carb beer Vegetables juice Cordial, soft drinks Sugar Deep fried foods

# Anti-Microbial Diet

## YES FOODS

Protein such as chicken, fish (uncrumbed and grilled) turkey, organic and free-range eggs and lean meat such as lamb, beef, kangaroo, veal, rabbit, goat  
- aim for 1g of protein per 1 kg of body weight

All vegetables (except limited starchy vegetables such as pumpkin, carrot, potato and sweet potato) cabbage, green leafy vegetables, kale, radish, bok choy, rocket, asparagus, beans, artichokes, broccoli, beetroot, cucumber, leek, capsicum, Brussel sprouts, tomatoes, sprouts, mushrooms, garlic, onion, kale, cabbage celery, spinach, zucchini, fennel.

All nuts: almonds, cashews, walnuts, brazil nuts, pistachios - no added salt and aim for 8 - 10 max per day

All seeds: sunflower, chia, flax, pumpkin, sesame - soak chia seeds

Fruit - Berries, lemon and lime

Nut milk such as rice, almond or cashew - look for no ones with less sugar such as Pure Harvest, sheep and goats dairy

Almond meal - a great alternative for baking and crumbing

Herbal and green tea, coffee - 1 per day

Olive oil and avocado oil

Herbs and spices for flavouring: salt, pepper

## NO FOODS

Sausages (unless grain and filler free) , corned beef tinned & processed meats.

Sliced cold meats (Try to avoid all pre-sliced foods if possible)

Smoked food as these are highest in purines, amines and other by-products that radically increase histamine release.

Crisps/chips, cordial/soft drinks

Crackers, rice cakes etc

Deep-fried or crumbed foods - swap to almond meal as a batter.

Sugar, honey, glucose, fructose, mannitol, sorbitol, maple syrup, molasses.

Alcohol - swap to vodka and soda if you must.

Grains - rice, pasta, bread, oats, wheat, rye, buckwheat, spelt, baked product, cereals.

Anything made with flour that is grain-based.

Legumes > 1/4 all protein: if you are vegetarian please discuss this with your practitioner

Fruit - no fruit except berries

Canned and processed foods

Avoid coconut oil if cholesterol is high - high in saturated fats

Anything ending in "ose" e.g. fructose, sucrose, dextrose, maltose.



# Protein Goal

## 1g:kg of body weight

Protein source	10 gms	20 gms
	Roughly half a palm	Roughly a whole palm
Protein powder/ protein shake	1 scoop	2 scoops
Eggs (free range)	2 medium	4 medium
Beef steak	45 gms	90 gms
Lamb	45 gms	90 gms
Pork/Ham	45 gms	90 gms
Bacon	3 slices	6 slices
Minced beef	65 gms	130 gms
Chicken breast	45 gms	90 gms
Chicken thigh/leg	1 leg = 15 gms	2 legs = 30 gms
Fish tinned Tuna/salmon	45 gms	90 gms
Scallops	90 gms	180 gms
Prawns (flesh)	50 gms	100 gms
Fish fillets	50 gms	100 gms
Tofu	50 gms	100gms
Tempeh	50 gms	100 gms
Cheese, Hard or Cheddar	45 gms	90 gms
Cheese, Cottage	40 gms	80 gms
Cheese, feta	60 gms	120 gms
Cheese<Ricotta	95 gms	190 gms
Yoghurt Natural, low fat	1 cup 150 gms	2 cups
Milk, Low fat	300 mls	600 mls
Almonds	50 gms	100 gms
Brazil Nuts	70 gms	140 gms 1 cup
Cashews	60 gms	120 gms
Walnuts	70 gms	140 gms
Peanut butter	2 tbsp	4 tbsp
Flax seeds	50 gms 1/3 cup	100 gms 2/3
Sunflower seeds	40 gms	80 gms
Hummus	1 cup	2 cups
Chickpeas	2/3 cup 100 gms	200 gms
Red kidney beans	2/3 cup 100 gms	200 gms
Lentils cooked	½ cup	1 cup