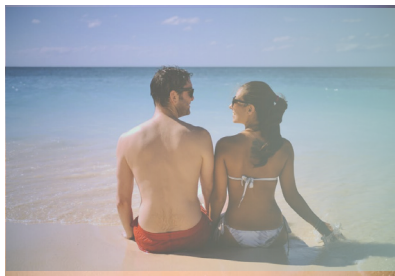
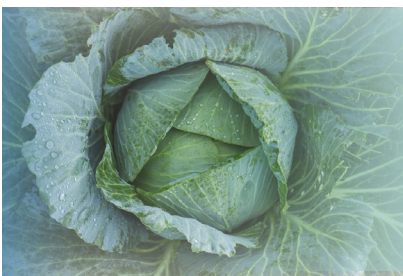




# TOTAL BODY RESET

## PATIENT GUIDE



# CONTENTS

4



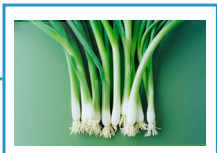
ABOUT MEDI RESTORE

5



FAQS

6



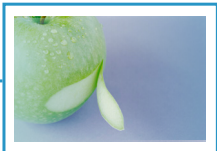
SHOPPING LIST

8



TOTAL BODY RESET: DIETARY GUIDE

10



TOTAL BODY RESET: WEEKLY PLANNER

12



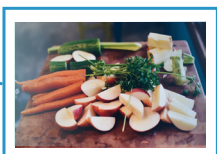
RECIPES

18



AFTER THE PROGRAM

20



REINTRODUCTION DIARY

# INTRODUCTION



## THE MEDI RESTORE TOTAL BODY RESET

**Nutritional support for detox, a healthy inflammatory response, and gastrointestinal wellbeing.**

*Congratulations on taking this important step toward better health on your health practitioner's advice.*

RN Labs aims is to help all Australians live a healthy and vibrant life by supplying high quality nutritional supplements and functional testing services to healthcare practitioners and their patients.

The Medi Restore Total Body Reset has been designed by the RN Labs expert panel of Nutritionists.

The program consists of recommended dietary suggestions and nutritional shakes that will assist your body's natural healing and regeneration. The program works by optimising your key body systems: detox, inflammation, and digestive health. This guide can serve as your own workbook, assisting you through each stage of this 4 week program, and also set you on the right path toward better ongoing health and wellbeing!



✓ **DETOXIFICATION  
SUPPORT**



✓ **GASTROINTESTINAL  
WELLBEING**



✓ **HEALTHY  
INFLAMMATORY  
RESPONSE**

# Medi Restore

## COMPREHENSIVE NUTRITIONAL SUPPORT

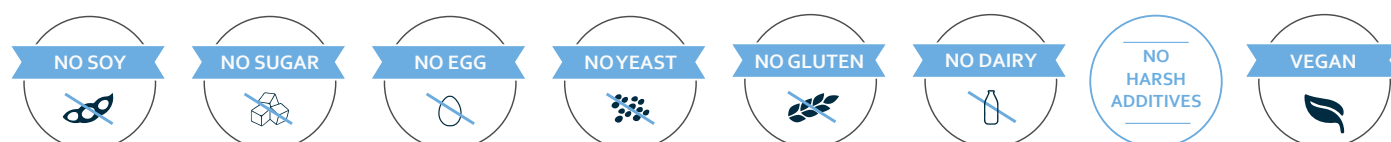


**RN Labs Medi Restore is a functional food in the form of a powdered meal drink mix.**

It is vegan & FODMAP-friendly, pleasant-tasting, easily digested, and simple to use. RN Labs proprietary formula is based upon rice and pea protein that is fortified with further amino acids to boost the protein quality and therapeutic benefits. The nutritional value is further enhanced by the addition of specialised vitamins, minerals, phytonutrients and antioxidants.

Medi Restore is designed to support a broad range of body systems - meaning that you will likely not only gain the benefits of Medi Restore for your specific health complaint, but also receive over-arching support for your general wellbeing.

Available in delicious French Vanilla flavour, Medi Restore tastes so good that many patients choose to enjoy Medi Restore as an occasional healthful snack, meal replacement or supplement, after they have completed the Total Body Reset program.





# FAQs



## How will this program help me?

Your healthcare practitioner may believe that some of your health conditions are associated with inflammation (sometimes food-related) and/or poor gastrointestinal health and/or the need for detoxification support. The Total Body Detox dietary guidelines combined with Medi Restore shakes provide support for patients with these needs.

## How do I use Medi Restore?

Medi Restore may be used as part of a meal or as a snack. It is especially good for breakfast, because it contains high levels of protein and fibre. These nutrients will help to keep you from feeling hungry; however you still need to eat extra portions of foods during the day to compensate for the low caloric value of Medi Restore. It is best to drink Medi Restore within 30 minutes of mixing it with water for maximum benefits.

## Why doesn't Medi Restore taste like a milkshake?

Medi Restore is packed to the brim with therapeutic-grade nutritional goodness and should therefore be considered a pure and great-tasting medicinal formula, as opposed to a recreational food product (which are often laden with unhealthy sugars, colours, flavours, and low-quality food components, that would be contradictory to the goals of this formula). *Once you have gotten familiar with it, you will appreciate the difference in your longer-term wellbeing!*

## Are there side effects?

It may take a couple of weeks before some people feel better; others may notice immediate improvements. Some individuals may initially experience mild flu-like symptoms such as joint aches, headaches or slight changes in bowel habits as the body cleanses. Usually these symptoms are minor and temporary. Contact your practitioner if you experience any unusual or unpleasant side effects.

## Who Should Use Medi Restore?

Medi Restore should only be used under the supervision of a qualified healthcare practitioner. Among individuals who may either, not be candidates for its use, or may need special instructions before use are those who are on medications, pregnant, breastfeeding, individuals with kidney disease, or not yet an adult.

## Should I continue to take all of my supplements?

Follow your practitioner's recommendations. Medi Restore has been carefully formulated with specific levels of selected nutrients to support its intended use in your situation. Furthermore, you may be sensitive to ingredients contained in your current supplements. Do not discontinue your prescribed medications without discussing it with your practitioner.

## What if I have more questions?

Contact your healthcare practitioner. RN Labs offers technical support and education to practitioners however cannot give advice to patients.

## What are the nutritional details of Medi Restore?

NUTRITION INFORMATION		
Serving Size: 1 - 2 scoops (22.9g) – (45.8g)		
	Quantity Per Single Scoop Serve	Quantity Per Double Scoop Serve
Energy	289 kJ (69 kcal)	578 kJ (138 kcal)
Protein	14.0g	28.0g
Fat, Total	0.8g	1.6g
- Saturated	0.7g	1.4g
Carbohydrate, Total	1.6	3.2g
- Sugars	0g	0g
Fibre	4.1g	8.2g
- Soluble	3.6g	7.2g
- Insoluble	0.5g	1.0g

# SHOPPING LIST

**B**efore you begin, it's a good idea to stock your fridge and pantry with the foods you can ENJOY below. If you think the next 4 weeks are going to be a challenge, it is advisable to put aside any items already in your kitchen listed under the AVOID list below to avoid temptation or mistakes.

FOOD GROUP	ENJOY -Preferably organic - Avoid all foods of known allergy/sensitivity	AVOID																																																
<p>MEAT, POULTRY, LEGUMES</p> 	<ul style="list-style-type: none"> <li>✓ Poultry (Chicken, Duck, Turkey, etc)</li> <li>✓ Red Meat &amp; Game (Grass-Fed) (Beef, Lamb, Goat, Venison, Kangaroo, etc)</li> <li>✓ Fresh Cold Water Fish including: Salmon, Trout, Cod and Halibut.</li> <li>✓ All Legumes, Beans, Lentils (<i>as tolerated</i>)</li> </ul>	<ul style="list-style-type: none"> <li>X Red Meat (Non Grass-Fed)</li> <li>X Pork</li> <li>X Processed / Deli Meats</li> <li>X Sausages</li> <li>X Canned Meats / Fish</li> <li>X Tuna, Swordfish, Mackerel, Shellfish</li> <li>X Eggs</li> </ul>																																																
<p>VEGETABLES</p> 	<p>✓ All fresh vegetables (<i>especially cruciferous vegetable listed with a *</i>)</p> <table border="0" style="width: 100%;"> <tr> <td>✓ Alfalfa</td> <td>✓ Chard</td> <td>✓ Seaweed</td> </tr> <tr> <td>✓ Sprouts</td> <td>✓ *Collards</td> <td>Vegetables</td> </tr> <tr> <td>✓ Artichokes</td> <td>✓ Cucumber</td> <td><i>e.g. nori,</i></td> </tr> <tr> <td>✓ Asian Greens</td> <td>✓ Endive</td> <td><i>kelp,</i></td> </tr> <tr> <td>✓ Asparagus</td> <td>✓ Fennel</td> <td><i>wakame,</i></td> </tr> <tr> <td>✓ Avocado</td> <td>✓ Green Beans</td> <td><i>kumbu,</i></td> </tr> <tr> <td>✓ Baby Spinach</td> <td>✓ *Kale</td> <td><i>arame</i></td> </tr> <tr> <td>✓ Bean Sprouts</td> <td>✓ Kohlrabi</td> <td>✓ Snow peas</td> </tr> <tr> <td>✓ Bok Choy</td> <td>✓ Leeks</td> <td>✓ Spinach</td> </tr> <tr> <td>✓ *Broccoli</td> <td>✓ Lettuce (all types)</td> <td>✓ Sprouts</td> </tr> <tr> <td>✓ *Broccolini</td> <td>✓ Okra</td> <td>✓ Squash</td> </tr> <tr> <td>✓ *Brussels Sprouts</td> <td>✓ Onions</td> <td>✓ Sweet potato (limited amounts)</td> </tr> <tr> <td>✓ *Cabbage</td> <td>✓ Parsnip</td> <td>✓ *Water cress</td> </tr> <tr> <td>✓ Carrots</td> <td>✓ Pumpkin</td> <td>✓ Zucchini</td> </tr> <tr> <td>✓ *Cauliflower</td> <td>✓ *Radish</td> <td></td> </tr> <tr> <td>✓ Celery</td> <td>✓ Rocket</td> <td></td> </tr> </table>	✓ Alfalfa	✓ Chard	✓ Seaweed	✓ Sprouts	✓ *Collards	Vegetables	✓ Artichokes	✓ Cucumber	<i>e.g. nori,</i>	✓ Asian Greens	✓ Endive	<i>kelp,</i>	✓ Asparagus	✓ Fennel	<i>wakame,</i>	✓ Avocado	✓ Green Beans	<i>kumbu,</i>	✓ Baby Spinach	✓ *Kale	<i>arame</i>	✓ Bean Sprouts	✓ Kohlrabi	✓ Snow peas	✓ Bok Choy	✓ Leeks	✓ Spinach	✓ *Broccoli	✓ Lettuce (all types)	✓ Sprouts	✓ *Broccolini	✓ Okra	✓ Squash	✓ *Brussels Sprouts	✓ Onions	✓ Sweet potato (limited amounts)	✓ *Cabbage	✓ Parsnip	✓ *Water cress	✓ Carrots	✓ Pumpkin	✓ Zucchini	✓ *Cauliflower	✓ *Radish		✓ Celery	✓ Rocket		<p>Canned vegetables, creamed vegetables, vegetables prepared with prohibited ingredients</p> <ul style="list-style-type: none"> <li>X Capsicum</li> <li>X Eggplant</li> <li>X Mushrooms</li> <li>X Olives</li> <li>X Potato</li> <li>X Tomato</li> </ul>
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FOOD GROUP	<b>ENJOY</b> -Preferably organic - Avoid all foods of known allergy/sensitivity	<b>AVOID</b>	
<b>DAIRY</b> 	<ul style="list-style-type: none"> <li>✓ Unsweetened milk substitutes such as: Rice/Nut/Coconut Milk (only if not allergic/sensitive to nuts)</li> <li>✓ Unsweetened Coconut Yoghurt (consumed in small amounts only)</li> </ul>	<ul style="list-style-type: none"> <li>X Milk</li> <li>X Cheese</li> <li>X Anything that contains Casein</li> <li>X Soy Milk / Soy Cheese</li> </ul>	<ul style="list-style-type: none"> <li>X Cream, Ice Cream, Puddings</li> <li>X Creamed Soups, Rice or Vegetables</li> <li>X Commercial Yoghurts</li> </ul>
<b>BREADS AND STARCHES</b> 	<ul style="list-style-type: none"> <li>✓ Sweet Potato, Yucca, Taro, Arrowroot</li> <li>✓ Almond Meal, Tapioca, Millet, Buckwheat</li> <li>✓ Chia Seeds (as tolerated)</li> <li>✓ Quinoa</li> <li>✓ Basmati Rice (maximum of 1/2 cup cooked per day)</li> </ul>	<ul style="list-style-type: none"> <li>X All packaged and gluten-containing cereals, flours, or baked goods (including Wheat, Rye, Barley, Kamut, Spelt, Triticale, Malt).</li> </ul>	<ul style="list-style-type: none"> <li>X Avoid Soy, Corn, and products made from these</li> <li>X All products containing yeast</li> <li>X All products containing oats</li> </ul>
<b>SOUPS</b> 	<ul style="list-style-type: none"> <li>✓ Vegetables and Herbs for Homemade Soups</li> <li>✓ Homemade Broths</li> </ul>	<ul style="list-style-type: none"> <li>X Commercially-Prepared Soups, Tomato-Based Soups, Bouillon</li> <li>X Soups with Gluten-Containing Grains Such As: Barley, Wheat Pasta, etc.</li> <li>X Any Soup Containing MSG and/or Yeast-Based Flavouring</li> </ul>	
<b>BEVERAGES</b> 	<ul style="list-style-type: none"> <li>✓ Filtered Water</li> <li>✓ Caffeine-Free Herbal Tea</li> <li>✓ Unsweetened Coconut Water</li> <li>✓ Fresh Squeezed Lemon with Soda Water</li> <li>✓ Unsweetened, Freshly Prepared Vegetable Juices From Allowed Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>X Milk</li> <li>X Coffee, Black Tea</li> <li>X Cocoa</li> <li>X Alcoholic Beverages</li> <li>X Soda, Sweetened Beverages</li> <li>X Citrus, Fruit Juices</li> <li>X Caffeinated Herbal Teas</li> </ul>	
<b>FATS, OILS, NUTS</b> 	<ul style="list-style-type: none"> <li>✓ Extra Virgin Olive Oil</li> <li>✓ Unrefined Coconut Oil</li> <li>✓ Clarified Butter (Ghee)</li> <li>✓ Cocoa Butter</li> <li>✓ Almonds</li> <li>✓ Brazil nuts*</li> <li>✓ Cashews*</li> <li>✓ Macadamias* (* as tolerated)</li> </ul>	<ul style="list-style-type: none"> <li>X Margarine</li> <li>X Butter (Unclarified)</li> <li>X Commercially Prepared Nut Butters (with additives)</li> </ul>	<ul style="list-style-type: none"> <li>X Refined Oils</li> <li>X Commercial Salad Dressings</li> <li>X Peanuts</li> <li>X Sugared Nuts</li> </ul>
<b>SWEETENERS</b> 	<ul style="list-style-type: none"> <li>✓ Stevia</li> <li>✓ Xylitol (as tolerated)</li> </ul>	<ul style="list-style-type: none"> <li>X Sugar (Brown/Cane/Coconut/Palm)</li> <li>X All artificial sweeteners</li> </ul>	<ul style="list-style-type: none"> <li>X Honey</li> <li>X Molasses</li> <li>X Maple Syrup</li> <li>X Fructose</li> </ul>
<b>CONDIMENTS AND FLAVOURING</b> 	<p>Herbs and seasonings, including:</p> <ul style="list-style-type: none"> <li>✓ Basil</li> <li>✓ Chives</li> <li>✓ Cinnamon</li> <li>✓ Coriander</li> <li>✓ Curry</li> <li>✓ Dill</li> <li>✓ Dry Mustard</li> <li>✓ Garlic</li> <li>✓ Ginger</li> <li>✓ Marjoram</li> <li>✓ Mint</li> <li>✓ Nutmeg</li> <li>✓ Oregano</li> <li>✓ Parsley</li> <li>✓ Sage</li> <li>✓ Tarragon</li> <li>✓ Turmeric</li> <li>✓ Sea Salt</li> <li>✓ Coconut Aminos* (*sparingly)</li> </ul>	<ul style="list-style-type: none"> <li>X Refined Salt</li> <li>X Pepper (black/white)</li> <li>X Soy Sauce, Tamari (gluten free soy sauce)</li> <li>X Mustard Spread</li> <li>X Tomato Sauce</li> <li>X Salsa</li> <li>X Chutney</li> </ul>	<ul style="list-style-type: none"> <li>X Mayonnaise</li> <li>X Balsamic Vinegar</li> <li>X Malt Vinegar</li> <li>X Chilli Pepper</li> <li>X Cayenne</li> <li>X Pepper Flakes</li> <li>X Paprika</li> <li>X All Spice</li> </ul>

# TOTAL BODY RESET

## Dietary Guide

**F**ollow the dietary guide below throughout your 4 week Total Body Reset. A stepping stone approach is a good way to introduce Medi Restore and to give your body time to adjust to these dietary changes. As such, you may 'drastically reduce' rather than 'eliminate' the foods from the elimination list, for the first 1—3 days. (Your practitioner may amend this guide as required for individual needs).



### INCREASE

To support detoxification:

- Whenever available, use organic fruits and vegetables in place of commercially grown ones
- Try to include as many vegetables as possible  
*Select fresh, locally-grown foods that are in season whenever possible. Local/organic frozen foods are an acceptable second choice.*
- Herbal Tea (sugar, caffeine and citrus free).
- Eat 3-5 small meals each day, (including the shakes as a small meal). Try to eat something at least every four hours.  
*Try drinking your shake through a straw and 'sipping' it to make it last longer.*
- Aim to drink a minimum of 2 litres per day (filtered where possible).  
*You may opt for sparkling water flavoured with cucumber and/or fresh mint if you struggle to drink water throughout the day.*



### ELIMINATE

All foods/drinks containing:

- Additives, preservatives, artificial colourings, artificial flavourings, and artificial sweeteners.
- Alcohol
- Caffeine
- Chocolate
- Sugar
- Dairy products (including Casein and Whey)  
(NOTE - live culture plain, unsweetened coconut yoghurt is acceptable where tolerated)
- Gluten-containing foods such as:  
Wheat, Rye, Spelt, Kamut, Barley And Oats.  
*Rice, millet, buckwheat, quinoa, amaranth, chickpea flour, tapioca, yucca, cassava, and arrowroot are all examples of gluten-free items that may be used as desired by most individuals.*
- Eggs, Soy, Corn and/or Baker's and/or Brewer's Yeast.
- Red Meats - (apart from lean Grass-Fed)  
*(Choose mostly chicken, turkey, and cold water fish if you are not allergic or intolerant to any of these foods. Select from organic, free-range, grass-fed products whenever possible).*

Avoid foods containing yeast or foods that promote yeast overgrowth.

- Mushrooms, Deli Meats, Refined Sugars, Commercially Prepared Sauces, Peanuts, and Vinegar.


The following foods are a potential source of inflammation in some individuals and should also be eliminated:

- Citrus (Besides Lemon)
- White Potato
- Tomato
- Peppers/Capsicum
- Eggplant
- Chili Pepper
- Paprika, All Spice
- Keep fruit servings to no more than 1 serving/day.  
*Too much fruit may spike your blood sugar and may cause your body to slow down the healing process and the elimination of excess body fat.*



# Example Weekly Plan

Your practitioner will instruct you on **how many scoops per shake (1 or 2)** and **how many shakes per day (1 or 2)** for each week. They may also instruct you on what time of the day is the ideal time to have your shake/s. For example, the below example week 1 plan has specified 1 scoop of Medi Restore, once daily. Refer to your own weekly planner overleaf for your personalised plan.

	BREAKFAST	LUNCH	DINNER	SHAKE QUANTITY
DAY 1	SHAKE	CHICKEN SALAD	CLASSIC ROAST LAMB WITH VEG	*Consult your practitioner for appropriate instructions for you
DAY 2	BUCKWHEAT PORRIDGE WITH STEWED APPLES	SHAKE	TURKEY MINCE MEATBALLS WITH VEGGIE RAGOUT	 1 (OR) 2 SCOOP/S PER SHAKE 1 (OR) 2 SHAKE/S PER DAY
DAY 3	SWEET POTATO TOAST	SHAKE	LENTIL PATTIES	
DAY 4	SHAKE	SHREDDED KALE SALAD	TURKEY AND GREENS	
DAY 5	SHAKE	KIDNEY BEAN SOUP	CHICKEN WINGS	
DAY 6	WARM APPLE AND ALMOND BUTTER	SHAKE	SALMON WITH PESTO ZUCCHINI NOODLES	
DAY 7	QUINOA CEREAL	SHAKE	CHICKEN AND MASHED SWEET POTATO	

Recipes for all meal ideas listed here can be found on pages 12—17



## Things to note

Those consuming significant amounts of sugars or caffeinated beverages may experience withdrawal headaches or discomfort by eliminating the foods listed to the right of the **Shopping List** all at once. You may choose to gradually decrease these substances during the first few days, before avoiding them completely throughout the rest of the program.



As a result of biochemical individuality, some patients may begin to feel better very soon; whilst others may take a couple weeks.



During the first week, occasionally individuals may experience a down-swing in energy. If you notice this you may wish to reduce strenuous physical activity during this time to reduce any stress or added burden that may add to healing time.

# TOTAL BODY RESET

## Weekly Planner

**W** eekly planning will see you become more disciplined with your diet, as well as increase the amount of daily Medi Restore shakes over time. Ensuring that you follow these guidelines is crucial to the success of this program. If you are finding it too difficult - discuss options with your practitioner before making any of your own amendments to the program.

### WEEK 1

	BREAKFAST	LUNCH	DINNER	SHAKE QUANTITY
DAY 1				*Consult your practitioner for appropriate instructions for you
DAY 2				1 (OR) 2
DAY 3				SCOOP/S PER SHAKE
DAY 4				
DAY 5				1 (OR) 2
DAY 6				SHAKE/S PER DAY
DAY 7				

### WEEK 2

	BREAKFAST	LUNCH	DINNER	SHAKE QUANTITY
DAY 8				*Consult your practitioner for appropriate instructions for you
DAY 9				1 (OR) 2
DAY 10				SCOOP/S PER SHAKE
DAY 11				
DAY 12				1 (OR) 2
DAY 13				SHAKE/S PER DAY
DAY 14				

# Weekly Planner

*TIP : ONCE YOU HAVE COMPLETED YOUR WEEKLY PLANNER UP FRONT, USE THE SHOPPING LIST TO MAKE SURE YOU HAVE THE INGREDIENTS ON HAND TO BE ABLE TO PREPARE MEALS IN ADVANCE*

## WEEK 3

	BREAKFAST	LUNCH	DINNER	SHAKE QUANTITY
DAY 15				*Consult your practitioner for appropriate instructions for you
DAY 16				1 (OR) 2
DAY 17				SCOOP/S PER SHAKE
DAY 18				
DAY 19				1 (OR) 2
DAY 20				SHAKE/S PER DAY
DAY 21				

## WEEK 4

	BREAKFAST	LUNCH	DINNER	SHAKE QUANTITY
DAY 22				*Consult your practitioner for appropriate instructions for you
DAY 23				1 (OR) 2
DAY 24				SCOOP/S PER SHAKE
DAY 25				
DAY 26				1 (OR) 2
DAY 27				SHAKE/S PER DAY
DAY 28				

# BREAKFAST IDEAS

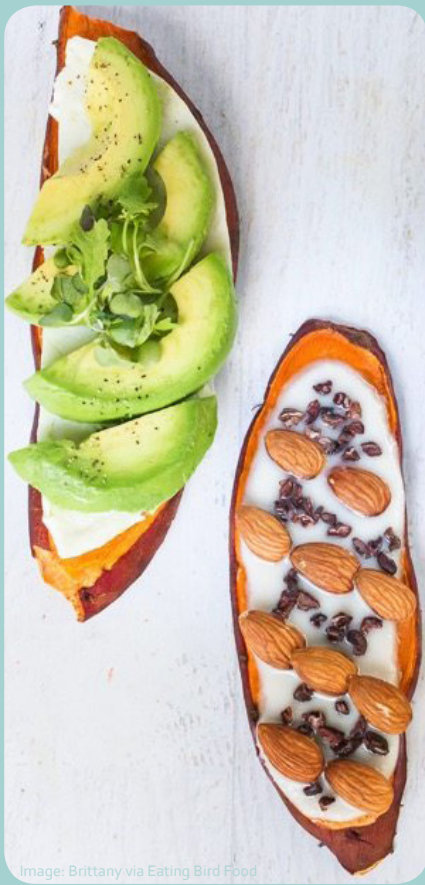


Image: Brittany via Eating Bird Food

## SWEET POTATO TOAST

- 1 Sweet potato, cut into 0.5cm slices

1. Put sweet potato slices into toaster and cook until toasted through. (This will take slightly longer cooking time than traditional bread slices).
2. Top with your choice of sweet or savoury toppings below:

### SWEET TOPPINGS

- Coconut cream and blueberries
- Nut butter with sliced apple and sprinkle of cinnamon

### SAVOURY TOPPINGS

- Garlic roasted kale with red onion and turmeric cauliflower
- Sliced avocado with spiced chickpeas

## WARM APPLE AND NUT BUTTER

- One apple, any kind
- Cinnamon
- 2 tablespoons of water
- ¼ tablespoon organic vanilla extract
- 2 tablespoons nut butter (NOT peanut butter)
- A sprinkle of sliced almonds (optional)
- A splash of coconut milk (optional)

1. Dice the apple into a cereal bowl.
2. Sprinkle the apple with the cinnamon and stir. Add the water.
3. Place the bowl in the microwave (or on stove top) and heat on high for 3 to 4 minutes, until the apple is cooked and the juices collect in the bottom of the bowl.
4. Remove from microwave (or stove top), and add the nut butter and vanilla while the apples are still hot. Stir well.
5. Add the sliced almonds and the coconut milk, which helps cut the stickiness of the almond butter and create a more porridge-like consistency.

## SWEDE/PARSNIP AND KALE HASH

- 1 tablespoon olive or coconut oil
- 3 cups chopped kale leaves
- 1 chopped onion
- 2 cups of mixed diced swede and parsnip 2 garlic cloves, minced
- 1 cup grated sweet potato
- 1/2 teaspoon salt

1. Heat oil in a large pan over medium heat.
2. Add onion and kale; cook 5 minutes.
3. Add swede, parsnip and garlic; cook 3 minutes.
4. Add sweet potato and salt, cook 16 minutes or until sweet potatoes, swede and parsnip are cooked through, stirring occasionally.

## BUCKWHEAT PORRIDGE WITH STEWED APPLE

- 1 cup buckwheat groats
- 2 cups macadamia milk (or milk from the allowed list)
- 1 cup filtered water
- 1 teaspoon cinnamon
- 1 Apple

### TOPPINGS (optional):

- 2 tbsp coconut flakes
- Coconut yoghurt

1. Add the buckwheat and cinnamon to a pan with 1 cup of boiling water and heat until the water is absorbed
2. Add 1 cup milk and stir well.
3. Keep cooking and gradually add in the remaining milk when needed – don't let the buckwheat run out of liquid.
4. It should take about 20 minutes to cook completely, at which point it should resemble porridge but retain a slight crunch.
5. Core and dice apple and place into saucepan.
6. Add approx 1tbsp with sprinkling of cinnamon.
7. Stir until cooked through and has gone slightly brown.
8. Remove from heat and serving onto the porridge.



## QUINOA CEREAL

- Quinoa Flakes
  - Handful of blueberries
  - Chopped Walnuts/Flaked Almonds
  - Unsweetened Almond Milk
1. Heat quinoa flakes with water.
  2. Add blueberry and walnuts /flaked almonds when almost cooked or use as a topping.
  3. Add a small amount of almond milk.



Image: Chungahra Lee via Delishious

## PASSIONFRUIT AND PINEAPPLE PUDDING

- 1¼ cups coconut milk
  - ¼ cup chia seeds
  - 1 teaspoon vanilla
  - 2 passionfruits
  - 1 cup frozen pineapple pieces
  - ½ cup water
  - ¼ cup unsweetened coconut, to serve
1. In a medium sized bowl whisk together the coconut milk, chia seeds, and vanilla.
  2. Put the peaches, pineapple, and water into your blender (or use a hand mixer) and blend on high until smooth.
  3. Divide the coconut chia pudding (it should have thickened up by now) between 4 - 1 cup mason jars/cups. Top with the pureed passionfruit and pineapple, cover and chill in your fridge for breakfast. Serve with the coconut sprinkled over top.

Passionfruit not in season?  
Use kiwi fruit, peaches or pears instead!



Image: Kalyn Denny via Kalyn's Kitchen

## COCONUT YOGHURT PARFAIT - WITH PEACH AND BLUEBERRY

- 1 cup unsweetened coconut yoghurt
  - 2 tablespoons sunflower seeds
  - 2 tablespoons shredded coconut
  - ¼ cup Blueberries
  - 1 Diced Peach
  - Dash cinnamon
1. In a bowl or glass add ½ cup coconut yoghurt.
  2. Top with 1 tablespoon sunflower seeds, coconut and 1/8 cup blueberries.
  3. Top with ½ cup coconut milk yoghurt, 1 tablespoon sunflower seeds, coconut and 1/8 cup blueberries and peaches.
  4. Sprinkle with cinnamon.

## TIP

*BREAKFAST SHOULD BE A QUICK AND EASY WAY TO START THE DAY. IF SOME OF THE RECIPES OR INGREDIENTS SEEM TOO UNFAMILIAR OR DIFFICULT, THEN START SMALL AND WORK YOUR WAY TO MORE CHALLENGING MEALS OVER THE NEXT COUPLE OF WEEKS.*



# LUNCH IDEAS

## CHICKEN CAULIFLOWER FRIED RICE

- 700g cauliflower, broken into florets
- 1 1/2 tablespoons olive oil
- 500g chicken thigh fillets, trimmed, cut into bite size pieces
- 1 cup shredded cabbage
- 2 garlic cloves, crushed
- 1 tablespoon finely grated ginger
- 3 green onions, thinly sliced
- 1/2 cup diced broccoli
- 1/2 cup diced carrots
- 150g snow peas, trimmed, sliced on the diagonal
- 1 1/2 tablespoons Coconut Aminos
- 1/4 cup coarsely chopped coriander, plus extra sprigs to serve

1. Process the cauliflower in batches into rice size pieces in a food processor, or grate by hand.
2. Heat 1 teaspoon of oil in wok/pan over medium-high heat. Stir-fry chicken for 5-6 minutes or until browned and cooked through. Set aside.
3. Heat remaining oil and stir-fry broccoli and carrots for 1 minute or until lightly charred.
4. Add garlic, ginger and 2/3 of onion and stir-fry for 1-2 minutes or until fragrant and onion has softened.
5. Add cauliflower, cabbage and snow peas and stir-fry for 3 minutes or until well coated and hot.
6. Return chicken to the wok with sauce if using and stir-fry until hot. Serve topped with coriander sprigs and remaining onion.



Image: Kristina via Oh The Goodies

## HOMEMADE CHICKEN AND VEG SOUP

- 3 cups of chicken bone broth
- 1 tablespoon of ghee or coconut oil
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 4 carrots, peeled and diced
- 4 celery sticks, diced
- 500g of organic chicken, (shredded or diced)
- 1/2 tablespoon of fresh ginger, peeled
- 1/2 tablespoon of fresh turmeric, peeled
- Fresh parsley

1. In a stock pot, heat ghee or coconut oil to medium and allow to melt.
2. Add diced onion and minced garlic and stir until they begin to soften.
3. Add diced carrot, celery and chicken to the pot and stir to combine.
4. Pour bone broth over veggies and simmer until soft (about 10 minutes).
5. Turn off the heat and using a veggie peeler, peel ginger and turmeric in strips directly into the pot.
6. Stir to combine and serve between 4 bowls.
7. Garnish with parsley



Image: Ally-Jane Grossan via Kitchari Kitchen

## KIDNEY BEAN SOUP

- Kidney Beans
  - 1 cup chicken bone broth (home made or equivalent)
  - 1/2 cup chopped celery
  - 1/2 cup chopped carrot
  - 1/2 cup chopped leeks or onion
  - 1 teaspoon or more crushed garlic
  - Seasonings according to preference such as: oregano, basil, parsley, thyme, bay leaf
  - Sea salt to taste if needed
1. Sauté vegetables and garlic in olive oil until softened.
  2. Add desired dried spices.
  3. Stir in beans and bone broth. Gently stir and heat through. Makes 2 servings.

## TIP

*FOR EACH NIGHT TIME MEAL, COOK EXTRA SO YOU CAN ALSO HAVE IT FOR LUNCH THE NEXT DAY.*

*OR, YOU MIGHT PREFER TO JUST COOK EXTRA MEAT AT DINNER TIME, TO SAVE YOU ON PREPARATION TIME FOR YOUR FOLLOWING LUNCH TIME MEAL.*



## SHREDDED KALE SALAD

- 8 cups finely chopped kale (about 2 bunches, tough stems removed)
- 1 diced avocado
- 1 cup roughly chopped walnuts
- 3 tablespoons freshly squeezed lemon
- 3 tablespoons extra virgin olive oil
- 2 large garlic cloves, mashed
- ¼ teaspoon fine sea salt
- Optional toppings/add-ins: chopped toasted nuts or seeds, roasted pumpkin, chopped seeded cucumber

1. Place the kale in a large bowl.
2. In a small jar, place the lemon juice, olive oil, garlic and salt. Screw on top (tightly) and shake vigorously for 30 seconds; pour over kale, tossing to combine.
3. Cover the bowl with foil or plastic wrap and refrigerate for 1 hour.
4. Toss salad again and add walnuts.
5. Season with additional salt and pepper to taste. If desired, add any of the suggested topping/add-ins.

## EASY CHICKEN SALAD

- Leafy Salad
- Grilled Chicken Breast

1. Grill chicken breast (with choice of herbs)
2. Serve with a salad dressed with olive oil, sea salt and squeeze of lemon.

## SEARED SALMON WITH VEGETABLE MEDLEY SALAD

### *Seared Salmon*

- 1 tablespoons Olive Oil
- 2 fillets of salmon
- Himalayan or Celtic Sea Salt, to taste
- Wedge of lemon

### *Vegetable Medley Salad*

- 2 tablespoons Olive Oil
- 3 cups chopped vegetables. Choose 5 vegetables from the Allowed List (example – cauliflower, broccoli, zucchini, carrot and onion)
- 2 cloves garlic, minced
- ¼ cup chopped fresh basil
- ½ teaspoon Himalayan or Celtic Sea Salt

### *Seared Salmon*

1. Preheat a large heavy skillet over medium heat for 3 minutes.
2. Coat salmon with olive oil. Place in skillet, and increase heat to high. Cook for 3 minutes. Sprinkle with dill (optional) and salt to taste.
3. Transfer salmon to individual plates, and add a squeeze of lemon.

### *Vegetable Medley*

1. Preheat oven to 220 degrees Celsius. Grease a baking tray with 1 tablespoon olive oil.
2. Place vegetables onto the baking tray and drizzle with 1 tablespoon olive oil. Bake in the preheated oven for 45mins, or until vegetables are cooked. Once tender, remove from the oven, and allow to cool for 30 minutes on the baking sheet.
3. Toss the roasted vegetables together with the garlic, basil and salt in a large bowl until combined. Add the rocket, and toss to mix. Serve at room temperature or cold.

## LAMB PATTIES WITH TZATZIKI

### *Tzatziki Sauce*

- 1 1/2 cups of coconut yoghurt
- 1 large cucumber, cut into large chunks
- 3 – 4 cloves garlic
- ½ lemon, juiced
- 2 tablespoons olive oil
- 1 – 2 tablespoon fresh dill, minced
- Pink Himalayan Salt, to taste

1. Place all ingredients into a high powered blender (or use hand mix) and blend until smooth and creamy.
2. Season with salt. Stir and taste. Adjust for seasoning.
3. Let sit in fridge for about an hour. Stir well before serving and give it a quick taste for seasoning again.

### *Lamb Patties*

- 500g lamb mince
  - 3 green onions, sliced thin
  - 1 teaspoon ground ginger or 1 tablespoon fresh (finely grated)
  - 1 teaspoon salt
1. Combine all of the ingredients in a large bowl.
  2. Use your hands to mix the ingredients, without over working the meat (just enough to combine).
  3. Form into patties, 8-10cm diameter
  4. Either grill the patties on a grill or pan until cooked through (time will vary depending on size, approx. 4 minutes per side if mini patties). Or bake in the oven at 200°C until cooked through (approx. 20 minutes, depending on size).
  5. Serve on plate with tzatziki sauce and watercress salad.



Image: via [Souvlaki For The Soul](#)

# DINNER IDEAS



## LENTIL PATTIES

- 1 cup cooked red lentils
  - 1 cup cooked quinoa
  - 1 cup roasted sweet potato flesh
  - 2 tbs. ground flax seeds
  - 2 tsp. curry powder
  - 2 cloves garlic
  - ¼ tsp. salt
  - (Optional) 2 tbs. coriander, chopped
1. Preheat oven to 180 degrees.
  2. In a large bowl, combine the lentils, quinoa and sweet potato flesh. Mash sweet potato and combine all ingredients.
  3. Add ground flax, curry powder, garlic and salt. Stir to combine thoroughly.
  4. Optional - Chop coriander and add to mixture. Stir and let sit 5 minutes.
  5. Add baking paper or foil to a baking tray. Use coconut oil to slightly grease pan if necessary.
  6. Divide the mixture into 8-9 equal parts. Form burger sized patties with lightly wet hands.
  7. Place burgers on prepared tray.
  8. Bake for 20 minutes.
  9. Pull out of the oven and CAREFULLY flip the burgers over. These will still be quite fragile so be careful!
  10. Bake for another 5-10 minutes until burgers are crispy.
  11. Take out of oven and allow to cool on a cooling rack for a few minutes before eating. If you are storing these for later, allow to cool to room temperature before placing in an airtight container for up to a week.

## CHICKEN AND MASHED SWEET POTATO

- 200g Chicken strips
  - 2 small sweet potatoes, cut into 3cm cubes
  - Parsley, Sage, Rosemary & Thyme
  - Leafy Salad
1. Preheat oven to 200 degrees Celsius
  2. Place chicken strips and sweet potato on lightly oiled baking paper. Brush with oil of choice and sprinkle lightly with a mixture of herbs. Bake about 10 minutes.
  3. Take out sweet potato and mash in a heat proof bowl. Add small amount of almond milk if too dry.
  4. Season with spices as desired and serve with a leafy salad.

## TURKEY MINCE MEATBALLS WITH STEAMED VEG

- 500g turkey mince
  - 1 cup mixed steamed vegetables, from allowed list, to serve
  - Zest of 1 lime
  - ¼ cup chopped coriander
  - 5 garlic cloves, crushed
  - ½ tsp fresh grated ginger
  - ¼ tsp sea salt
1. Preheat oven to 180 degrees Celsius. Line a baking sheet with foil or parchment paper.
  2. Mix all ingredients together in a large bowl. Form into 12 equal size meatballs, about 5cm in diameter.
  3. Bake for 23-25 minutes until cooked through. Sprinkle with extra sea salt before serving.
  4. Serve with a steamed vegetables.

## SALMON WITH PESTO ZUCCHINI NOODLES

### *Basil Pesto Zucchini Noodles*

- 4 small zucchini, ends trimmed
  - 2 packed cups fresh basil leaves
  - 1/2 cup good quality olive oil
  - 1/3 cup cashews or walnuts
  - 3 garlic cloves, minced
  - 1 ripe avocado (optional – for a creamier texture)
  - Salt to taste
1. Use a julienne peeler, mandolin or spiralizer and spiralize the zucchini into noodles. Add noodles to a large bowl.
  2. Pulse basil, cashews, garlic and avocado in food processor until the basil leaves are finely chopped. Slowly stream in olive oil and continue blending until pesto is smooth.
  3. Transfer to a bowl with the zucchini noodles and toss the noodles until they are well coated.
  4. Serve at room temperature, or simply warm through in a skillet if preferred.

### *Seared Salmon*

- 1 tablespoons Olive Oil
  - 2 fillets of salmon
  - Himalayan or Celtic Sea Salt, to taste
  - Wedge of lemon
1. Preheat a large heavy skillet over medium heat for 3 minutes.
  2. Coat salmon with olive oil. Place in skillet, and increase heat to high. Cook for 3 minutes. Sprinkle with dill (optional) and salt to taste.
  3. Transfer salmon to individual plates, with pesto noodles. Squeeze on lemon for extra flavour.







## CLASSIC ROAST LAMB WITH VEG

- 1.8kg lamb leg
  - 4 tablespoons coconut oil
  - 500g carrots, halved length ways and roughly chopped if large
  - 500g parsnips, peeled and halved length ways
  - 500g pumpkin, deseed, peeled and cut into 5-6cm pieces
  - 3 red onions, root left intact and quartered
  - 3 sprigs thyme
  - 6 sprigs rosemary
  - Sea Salt
  - 3-4 cloves garlic
  - 500g green beans, steamed, to serve
1. Preheat oven to 220°C or 200°C fan-force. Use a small sharp knife to make 16 1cm-deep slits in the lamb. Use your fingers to press a slice of garlic and a sprig of rosemary into each slit. Place the lamb in a large oven proof roasting pan, and brush all over with oil. Season with salt and sprinkling of mixed herbs. Roast for 15mins.
  2. Place the vegetables in a large bowl with coconut oil, thyme and salt. Toss well to combine.
  3. Reduce oven temperature to 180°C or 160°C fan-force and remove the lamb from the oven and arrange the vegetables around the lamb. Place pumpkin on a separate oven tray if there is not enough space. Overcrowding vegetables and meat will create too much steam and prevent browning. Roast for 1 hour (this will give you a medium-rare cooked leg of lamb; roast lamb a further 30 minutes for well done).
  4. Serve the lamb with the roast vegetables and steamed green beans.

## CHICKEN WINGS - 3 DIFFERENT WAYS

- 1kg chicken wings

Choose your flavour below:

### **Lemon and Rosemary**

- 4-5 lemons, juice squeezed
- 2 tablespoons olive oil
- 3 sprigs of rosemary
- Sea Salt, sprinkled on before baking

### **Turmeric**

- 2 tablespoons olive oil
- 1 tablespoon turmeric
- 1 teaspoon mustard powder

### **Faux Soy and Ginger**

- 1/3 cup Coconut Aminos
- 2 tablespoons olive oil
- 1 tablespoon fresh grated ginger, or ground dried ginger
- 3 minced garlic cloves

1. Marinade the wing in chosen flavour overnight or for a minimum of 2hrs in the refrigerator.
2. Preheat oven to 200°C and line a sheet tray with foil. Place a wire cooling rack on top on the foil- this will help the wings get crispy on both sides.
3. Place all the wings on the sheet tray, skin side up.
4. Bake for 45 minutes, or until cooked through.

## TURKEY AND GREENS

- 200g Turkey Strips
- 1 cup Broccoli florets
- 1 cup Green Beans
- Himalayan or Celtic Sea Salt, to taste
- Herbs to taste (thyme, oregano etc)

1. Preheat oven to 200 degrees
2. Place broccoli and beans onto oven tray.
3. Lay turkey strips over vegetables and drizzle with olive oil. Season with herbs and sea salt.
4. Bake for 20-30mins or until turkey is cooked through.



## TIP

**THIS PROGRAM IS ALL ABOUT YOU. IF YOU DON'T LIKE A CERTAIN VEGETABLE, THEN SUBSTITUTE IT FOR ONE YOU DO LIKE. DON'T FORGET TO ADD COLOUR AND VARIETY TO YOUR MEALS, BUT DO REMEMBER FOOD IS SOMETHING TO BE ENJOYED!**

# AFTER THE PROGRAM





Once you have completed the Total Body Reset, you should discuss a follow-up plan with your healthcare practitioner, making sure to advise him or her of any remaining symptoms. At this time, re-evaluate the diet and supplement program that you followed prior to the program to decide where modification may be needed.

Your practitioner is likely to suggest that you continue using Medi Restore in order to provide high-quality protein and an array of nutrients vital to maintaining healthy blood sugar levels, a healthy gut membrane, effective liver detoxification function, and hormone balance. Many people find using Medi Restore for breakfast or for an occasional meal or snack healthful and convenient.

## SIX IMPORTANT THINGS TO NOTE BEFORE REINTRODUCING FOODS TO YOUR DIET

- 1** Only return one food to your diet at a time and wait at least two days (or until all symptoms are gone if you experience a reaction) before reintroducing another food. If you do react, or you are not sure whether you reacted, try the same food again.
- 2** Use an organic source of the food that you are trying to reintroduce. This will help ensure that a reaction to pesticides or other contaminants will not be misinterpreted as a reaction to the food itself.
- 3** In the morning, start with only a small amount of the food that you are adding (e.g. 1/4 cup milk). If you do not notice any symptoms, increase the portion (e.g. 1/2 cup milk) at lunchtime. If you still do not notice any symptoms, consume yet a larger portion (e.g. 1 cup milk) at dinner.
- 4** Your practitioner might suggest that you rotate the food families that you reintroduce. For example, consuming dairy only every fourth day, on the same day as beef, which belongs to the same family as dairy. Use the **REINTRODUCTION DIARY** overleaf to track your responses. Food reactions are sometimes delayed up to 72 hours from the time the food is consumed, and it is easy to forget what you have eaten.
- 5** Food sensitivity symptoms to look for literally range from 'head to toe'. Examples of sensitivity symptoms are: headache, joint pain, muscle weakness, nasal congestion, fatigue, mood changes, drowsiness, bloating, gas, rashes, and weight gain.
- 6** If you react to a food that you are trying to reintroduce, your practitioner may advise you to wait as long as three months or more before attempting to add the food back to your diet.

**NOTE:**

*If you have EVER experienced an anaphylactic reaction (including throat swelling) to any particular food/s in your lifetime, DO NOT attempt to reintroduce that food without medical supervision. This type of food allergy is likely to be long-term, which means that even though you feel that your health has improved as a result of the Total Body Detox, your immune system will likely continue to identify this food as a foreign antigen (allergen).*

# REINTRODUCTION

*After you have completed the Total Body Detox*

**A** Reintroduction Diet is a plan in which foods in the same family are consumed on a given day and then not repeated for a minimum of three consecutive days. The below table provides the opportunity to write down your symptoms alongside the food families you are eating so that you can track any symptoms that you may have.

**NOTE:**  
The below rotation diet is an example only and your practitioner may choose to further individualise your program.

For recipes please visit Patient Resources on website.

## *Reintroduction - Stage 1 (Eggs & Gluten-Free Grains)*

New Foods to Include	Foods and Drink Consumed Today	Symptoms I am Feeling Today
<p><b>PROTEINS</b></p> <p>Eggs Pork</p> <p><b>FRUIT</b></p> <p>Watermelon Rhubarb</p> <p><b>STARCHES</b></p> <p>Rice</p> <p><b>OTHER</b></p> <p>Pumpkin Seeds Pine nuts Maple Syrup</p>	DAY 1	
	DAY 2	
	DAY 3	
	DAY 4	



## Reintroduction - Stage 2 (Nightshades & Salicylates)

New Foods to Include	Foods and Drink Consumed Today	Symptoms I am Feeling Today
<p><b>PROTEINS</b></p> <p>Legumes/Beans e.g. Chickpeas (all except Soy)</p> <p><b>VEGETABLES</b></p> <p>Olives Eggplant Tomato</p> <p><b>FRUIT</b></p> <p>Strawberries</p> <p><b>STARCHES</b></p> <p>Corn Potato</p> <p><b>OTHER</b></p> <p>Tomato Paste Salsa Chilli Paprika</p>	DAY 1	
	DAY 2	
	DAY 3	
	DAY 4	

# REINTRODUCTION

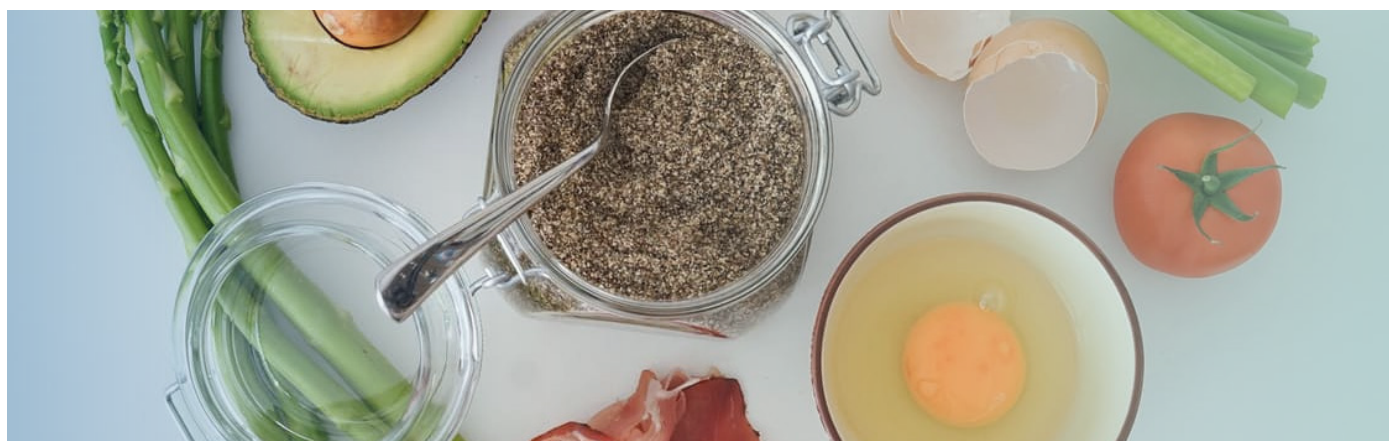


## Reintroduction - Stage 3 (Yeast, Soy & Amines)

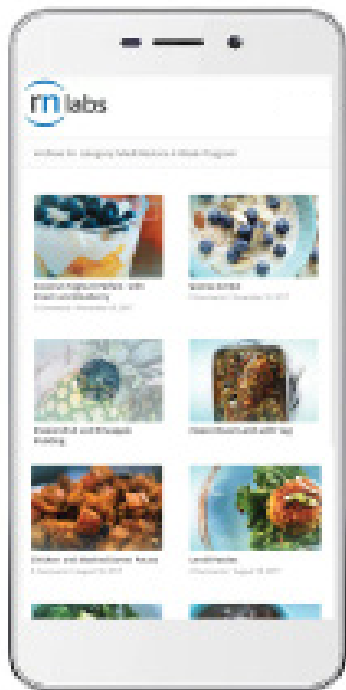
New Foods to Include	Foods and Drink Consumed Today	Symptoms I am Feeling Today
<p><b>PROTEINS</b></p> <p>Canned Fish (Sardines, Salmon, Tuna) Smoked Salmon Soy Beans (Edamame, Tofu, etc)</p>	DAY 1	
<p><b>VEGETABLES</b></p> <p>Mushrooms</p> <p><b>FRUIT</b></p> <p>Dates, Figs Melons Paw Paw Mango Banana Grapes Dried Fruit</p>	DAY 2	
<p><b>STARCHES</b></p> <p>Sorghum</p> <p><b>OTHER</b></p> <p>Peanuts, Peanut Butter Hazelnuts Soy Sauce/Tamari Vinegars &amp; Wines Black Pepper Mustard Spread Mayonnaise Tomato Sauce</p>	DAY 3	
	DAY 4	

## Reintroduction - Stage 4 (Gluten & Dairy)

New Foods to Include	Foods and Drink Consumed Today	Symptoms I am Feeling Today
<p><b>PROTEINS</b> Beef (Grain-Fed)</p> <p><b>VEGETABLES</b> Capsicum</p> <p><b>FRUIT</b> Citrus (Orange, Grapefruit, Tangerine, Mandarine, etc)</p> <p><b>STARCHES*</b> (*Only If Approved By Your Practitioner)</p> <p>Oats Rye Spelt Kamut</p> <p><b>OTHER</b> Greek Yoghurt Feta Pistachios Honey</p>	DAY 1	
	DAY 2	
	DAY 3	
	DAY 4	







## WANT THIS BOOKLET ON THE GO?

GAIN ONLINE ACCESS TO THE SHOPPING LIST, FAQs AND RECIPES BY VISITING [RNLABS.COM.AU](http://RNLABS.COM.AU) AND CLICKING PATIENT RESOURCES.

Practitioner Details:



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