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# The Micro Biome Reset

## Re-Ignite Coaching

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### Rules

Leave at least 3 hours between meals

Do not eat 3 hours before bed.

You may drink water, tea and coffee (all black) nothing else.

### Day 1

Green banana's (you should be able to peel them but have to chew them quite a lot),  
Grapefruit

- Make sure you eat the grapefruit flesh... not just the juice.
- Eat until satisfied. Have at least 1 whole grapefruit and 1 whole banana, up to as much as 2 whole grapefruits and 6 semi-green banana per meal. Most people eat 1 grapefruit and 1 to 3 bananas per meal.

### Day 2

Strawberries, blackberries, blue berries, raspberries walnuts

- Every meal eat up to 500g of 1 of the berries (do not mix the berries within the meal itself, so don't for meal 1 have strawberries and blueberries but it is fine to have strawberries for meal 1 and then blueberries for meal 2).
- Add 25g of Walnuts to each meal.
- The meals will seem very large. Get out a 10.5 inch dinner plate and the amount of berries each meal will cover as much as half the plate.
- Stick to one type off fruit per meal. Each of the 4 fruits mentioned ( blackberries, raspberries, blueberries, and pomegranate seeds are functional in different ways)
- You don't have to change fruits at each meal. If you prefer you can stick to one the entire day

### Day 3

Lean steak (grass fed steak is best but any lean protein will suffice) Sweet potato, Potato, Plantain, Yuca

- You can eat as much as you like each meal but be sure to maintain the ratio of 1 fist of protein to every 2 fists of carbs.
- IMPORTANT: Ensure you let the carbs cool for at least 15 mins, this allows the resistant starch within them to change to the type which your bugs love the best!
- You can add butter to the potatoes.

### Day 4

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Today is a checkpoint day.

As your body fat is coming down, a critical aspect of being one and done with fat loss is managing hormonal over/under shoots from key weight control hormones like Leptin, organs like the arcuate nucleus in the hypothalamus, and proteins like FGF21.

The purpose of this day is spin down multiple mechanisms based on how the meal patterns and hacks interact with your body.

**UPON WAKING:**

1. Take 1000mg Berberine or 300mg Alpha Lipoic Acid or both.
2. Have 1 scoop whey protein w/cinnamon and olive oil.

**BREAKFAST:** Breakfast is a very large meal. Research has shown very large breakfasts during active fat loss can help mitigate weight regain.

What we want is to get a real sense of fullness, stomach dilation, and satiety with lots of flavour.

**CALORIES:** This is a huge breakfast. You want to make this around 50 percent of the days total calories. macros are broken out 30/40/30 - carbs/protein/fats.

**Breakfast Option 1:**

Pancakes or toast (preferably sourdough)  
Eggs and egg whites with onions, mushrooms and shallots.  
Turkey bacon

**Breakfast Option 2:**

Steak and eggs with hot sauce

**Breakfast Option 3:**

Large breakfast burrito with 1-2 eggs, 4-6 egg whites, cheese, avocado, bacon, onions, and hot sauce.

**Breakfast VEGAN Option 1:**

Large baked potato with egg replacement and soy chorizo

**Breakfast VEGAN Option 2:**

Gluten free pancakes with Chickpea Omelette

**MID MORNING MEAL**

1/2 to full grilled cheese sandwich.

Believe it or not, dairy is a critically important food for weight maintenance. Research has shown that it has the unique ability to increase the rate of fat oxidation (fat burning) during both the active weight loss phase and the maintenance phase.

Cheese contains specific long chain sugars called galacto-oligosaccharides. These long chain sugars have been shown to do something we already knew - they can reduce appetite. In other words, cheese is filling. They have also been shown to reduce

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inflammation. This meal is designed to capitalise on the Leptin increasing power of breakfast, to double down on making the body feel full and satisfied while actually helping fat oxidation.

**Hacks:** Add jalapeños and mustard.

### **LUNCH:**

Large bowl of soup

Soup and broth have unique effects on satiety and food intake at subsequent meals. Considering the impact the previous two meals have had on satiety and fullness, our goal the 2nd half of the day is to offset weight gain. Soup is the perfect solution. Soup will enable satiety will decreasing food intake later, which will allow an aggressive meal for fat loss tonight to offset the higher caloric load in the morning. Whilst continuing to drive satiety while setting up for an aggressive fat loss meal at dinner.

Choose from:

Large bowl of chicken vegetable soup.

Large bowl of vegetable pho.

Large bowl of broth tortilla soup with Jalapeños.

### **AFTERNOON SNACK:**

The goal of a pre dinner snack here is to offset any hunger while not raising insulin. Choose 1 of the following in order of preference

Peanuts

An Orange

Tablespoon peanut butter

### **DINNER:**

The purpose of dinner is to offset the rest of the day. Here are 3 possible meals that each work in different ways but are all effective.

#### **Dinner Option 1:**

Egg White Omelette

4-8 egg whites

Raw onions, asparagus, shallots, garlic

Jalapeños or hot sauce or both.

Sprinkled small amount of cheese.

#### **Dinner Option 2:**

1-2 scoops of whey protein with 1 teaspoon olive oil and cinnamon.

#### **Dinner Option 3:**

Lean chicken with no skin and raw green beans.

### **Day 5, 6 and 7**

Simply repeat day 1 - 3

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## Swaps List: To be used if you can not tolerate a given food.

**Grapefruit** => Blood oranges, bilberries, pommello

*See grapefruit list of drug interactions below. Do not consume grapefruit if you are on any medication listed.*

**Semi Green Banana** => Baked potato, cooled brown rice

**Raspberries** => blackberries, blueberries, acai berries

**Blackberries** => black currant, chokeberry, black raspberry, cranberry, pomegranate (*Do not do more than 1 meal w pomegranate. Can be hard on stomach at first.*)

**Baked potato** => Cooled brown rice, sweet potato, steel cut oatmeal (lightly cooked)

**Eggs** => Egg beaters, lean steak, turkey, salmon,

**Chicken** => Turkey, lean steak, egg beaters.

### If you are on any of these medications do not eat grapefruit.

Aliskiren (Tekturna) - also apple juice, orange juice

Alprazolam (Xanax)

Amiodarone (Pacerone)

Atorvastatin (Lipitor)

Carbamazepine (Tegretol)

Cilostazol (Pletal)

Clarithromycin (Biaxin)

Cyclosporine (Gengraf, Neoral)

Colchicine

Dronedarone (Multaq)

Erythromycin (E.E.S., Eryped)

Felodipine (Plendil)

Fentanyl

Fentanyl transdermal system (Duragesic Skin Patch)

Fexofenadine (Allegra)

Flibanserin (Addyi)

Indinavir (Crixivan)

loratadine (Claritin)

losartan (Cozaar)

lovastatin

Ilotinib (Tasigna)

Naloxegol (Movantik)

Palbociclib (Ibrance)

Pazopanib (Votrient)

Pimozide (Orap)

Ranolazine (Ranexa)

Saquinavir (Invirase, Fortovase)

Sildenafil (Revatio, Viagra)

Simvastatin (Zocor)

Tadalafil (Adcirca, Cialis)

Vardenafil (Levitra, Staxyn)

Verapamil (Calan, Calan SR)

Warfarin