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# The 'Better in 5' Program

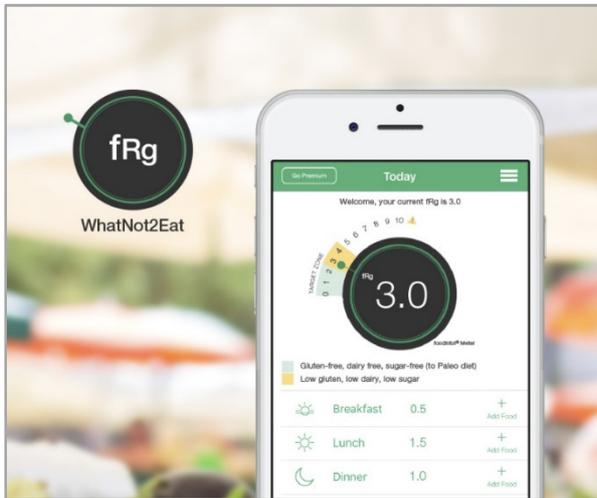


## Planning Tips & Meal Ideas



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# The Brilliant App *WhatNot2Eat*



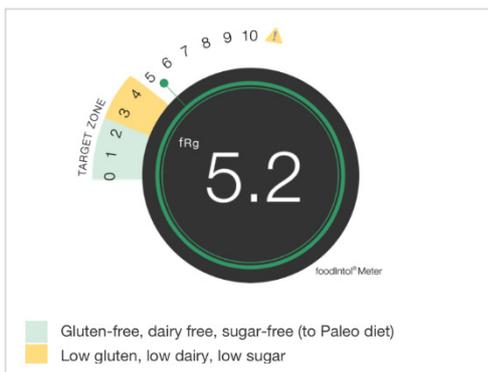
## Get started!

Step 1. Download **WhatNot2Eat** from the App store

Step 2. Tap 'Go Premium' to start your free week.

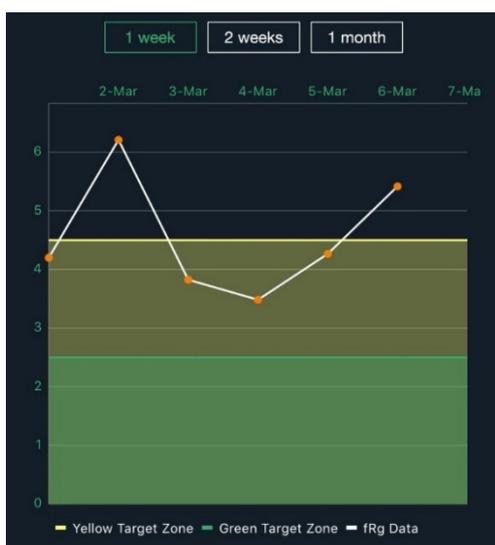
Start entering your foods.

60 in-app Recipes – some shown here.



## Aim to keep your daily score under 6

Learn to choose low-ranking foods – to keep your AntiNutrient score at 6 or lower . . . in the yellow/green section on the 'My Progress' tab.



Remember:

- >> Mistakes are fine – just carry on
- >> Eat as much as you like of low-ranking foods
- >> Minimise high-ranking foods

You'll start to feel the benefits within a few days!

# Planning Tips & Meal Ideas

## 1) ENJOY PROTEIN AND VEGETABLES AT EVERY MEAL – *EVEN BREAKFAST*

Having a little meat or fish at every meal – with vegetables - has advantages:

- i. Feel satisfied - 'full' for much longer
- ii. Steers you away from high ranking bread, pasta and sugar
- iii. Notice you have more energy, and a sharper mind
- iv. Lose weight faster

## 2) LARGER PORTIONS IF YOU LIKE

Portion size is less limited when avoiding AntiNutrients. Seconds of meat, fish or vegetables - okay. Your stomach will let you know!

## 3) 'COOK ONCE - EAT TWICE'

When preparing meals - cook *more than you need*. The next day you'll have the makings of another meal instantly

- Alternate left over roast with canned fish, eggs, smoked salmon, bacon or ham
- Steamed, baked or grilled vegetables keep well in the fridge too
- Make sure you have plenty of plastic tubs with lids!

## 4) MAKE A POT OF SOUP – 7 RECIPES

Eat your veggies as soup. A satisfying and low-ranking snack at mid-morning to avoid low-nutrient pastries. Takes you through to lunch.

Many cafes sell soup by the mug - add Sweet Potato chips for crunch.



Zucchini & Fennel Soup

## 5) CHOOSE YOUR BREAD ALTERNATIVES

- Gluten free bread
- Rice crackers, rice thins, corn crispbread, corn thins
- Sweet potato chips, vegetable crisps

### MORE RECIPE LINKS & MEAL IDEAS:

<http://www.foodintol.com/meal-suggestions-a-whole-new-lease>

# Great Low-Ranking Meal Ideas

\*In-app Recipe numbers Dx####

## Breakfast Suggestions

Alternatives to cereal:

- **Crispy Asparagus rolls Dx130**
- Banana Carrot Smoothie Dx165\*
- Bacon and eggs with say, spinach, avocado or mushrooms



Coconut Paleo Pancakes Dx144

- Leftover meat and vegetables from fridge
- Banana Brekkie Cups Dx151\*
- Coconut Paleo Pancakes Dx144\*

## Lunch Suggestions

- Vietnamese pho (noodle soup)
- Roast meat with vegetables
- Smoked salmon omelette
- Grilled fish and salad
- Roast chicken with avocado, lettuce & mayo



- Waldoria Salad Dx124\*
- **Roast Brassica Salad Dx141\***
- Hainanese Chicken Rice
- Asian rice noodles (hor fun)

Roast Brassica Salad

**MAINS:**

- Barbecue Seafood
- Grilled Chicken Skewers
- Thai Prawn Salad Dx120
- Chef's Secret Barbecue Ribs Dx160\*



Spicy Cajun Chicken

**Dinner Suggestions**



Chef's Secret Barbecue Ribs

- Spicy Cajun Chicken Dx127\*
- Chef's Secret Salmon Dx149\*
- Paleoghetti Bolognese Dx145, Dx152\*

**SIDES:**



Moroccan Pumpkin

- Moroccan Pumpkin Dx163\*
- Braised Red Cabbage Dx147\*
- Paleo Mash Dx128\*

- Greek Green Beans Dx125\*
- Fennel Citrus Slaw Dx154\*
- Onion Jam Dx143\*



Onion Jam

## Sweet and Snack Suggestions

- **Choc Chia Cups Dx153**
- **Mango Sago Cups Dx134**
- **Orange & Almond Cake Dx114.** Many cafes offer this



- **Trail Mix:** make your own . . . Sunflower seeds, pepitas, hazelnuts, shredded coconut, dried cranberries, raisins, cashews, pecans – whatever you love. Stash in a ziplock bag in your handbag or pocket

- **Paleo Date Balls Dx167**
  - Use our recipe. Or if buying them - check ingredients carefully.



- **Red Almond Smoothie Dx135**

