

High polyphenol foods to include & mix around in your diet to help feed your good gut bacteria & give you lasting energy



Yellow:

Lemon, yellow carrot, button squash, yellow zucchini, yellow capsicum, yellow beets, butter beans, golden delicious apple, yellow kiwi, yellow lentils, fresh ginger

White:

Daikon, cabbage, white onion, garlic, cauliflower, white quinoa, spring onion, cooked and cooled white potato, raw almonds with their skin still on, white mushrooms, turnips

Red:

Tomato, capsicum, red chilli, red onion, pomegranate, strawberries, raspberries, cranberries, red currants, red apple, cherries, rhubarb, blood oranges, goji berries, red quinoa, red rice, red kidney beans, red lentils

Orange:

Carrot, orange capsicum, orange tomato, sweet potato, pumpkin, orange lentils, orange citrus fruits, apricots, nectarines, mango, fresh turmeric

Purple:

Eggplant, purple carrot, purple potato, purple cabbage, purple grapes, plums, figs, prunes, acai berries

Green:

Silver-beet, spinach, rocket, kale, zucchini, broccoli, celery, asparagus, brussel sprouts, green beans, parsley, snow peas, artichoke, dandelion greens, seaweed, split peas, bok choy, cucumber, green kiwi, green grapes, green apple, greener bananas, green tea – particularly matcha, green lentils, green olives

Black:

Blackberries, black rice, black quinoa, wild rice, black beans, black lentils, black olives

Brown:

Brown lentils, brown rice, raw cacao, dried figs, mushrooms, brown onion, chickpeas, ground flaxseed/ flaxmeal, brazil nuts, organic tempeh

Blue:

Blueberries, plums, blue spirulina

Recipes to try

Overnight oats/ Bircher muesli

Bircher muesli:

- ½ cup of traditional rolled oats
- 1 teaspoon of chia seeds
- 2 tablespoons of raw almonds or pecans
- ½ cup of fresh blueberries or red grapes
- 1 cup of unsweetened raw almond milk (Nutty Bruce is a good brand)
- 1 teaspoon of manuka or raw honey or pure maple syrup (optional)

- Combine all the ingredients in a sealable container or jar
- Mix / shake the ingredients up together
- Store in fridge overnight, for breakfast the next morning
- You can serve with extra almond milk to make it more like a cereal
- Lasts in the fridge for 5 days, *makes 1 large serving*

Apple and cinnamon overnight oats:

- 1/3 of a cup of traditional rolled oats
- 1 teaspoon of cinnamon
- ½ a large apple diced (leave skin on)
- ½ a cup of cow's milk or raw almond milk (Nutty Bruce is a good brand)
- 1 teaspoon of pure maple syrup
- ½ a cup of plain Greek yoghurt
- 1 tablespoon of ground flaxseed

- Mix all ingredient together in a jar or container and keep in the fridge overnight
- Have the next morning for breakfast, top with berries or raw nuts
- Lasts in the fridge for 5 days, *makes 1 large serving*

Smoothies - *Great after training or as a snack or for breakfast with eggs & avocado*

Nut butter oat smoothie:

- 2 tablespoons of traditional rolled oats
- 2 tablespoon of natural peanut butter or any raw nut butter of choice
- 1 cup of frozen mixed berries
- ½ a frozen small banana
- 1 – 1.5 cups of raw almond milk
- 1 - 2 teaspoons of hemp seeds or chia seeds
- 1 heaped teaspoon of raw cacao powder (optional)

Blueberry, ginger & beetroot smoothie:

- 2 cooked baby beetroot (see below or can roast your own)
- 1 cup of frozen blueberries
- 1 small frozen banana
- 1 cup of raw almond milk
- 1 cup of plain coconut water
- 1-inch knob of fresh ginger (peeled and chopped)
- 2 tablespoons of raw almond butter
- Place all ingredients in blender and blend on high until smooth
- Makes 2 big servings

Pre-cooked beetroot ready to use in smoothies:

- <https://shop.coles.com.au/a/burwood-east/product/organic-org-love-beets-beetroot>
- <https://www.woolworths.com.au/shop/productdetails/806260/macro-organic-beetroot>

Mango and turmeric smoothie:

- 1 cup of frozen mango
- ¼ of a cup of frozen raspberries
- ½ cup of plain Greek yoghurt
- 1 cm knob of turmeric or 1 tsp of ground
- Dash or two of raw almond or coconut milk
- Pinch or two of ground cinnamon

Hemp seed options:

- Macro hems seeds:
<https://www.woolworths.com.au/shop/productdetails/671889/macro-hemp-seeds>
- Red tractor hems seeds:
<https://shop.coles.com.au/a/burwood-east/product/red-tractor-organic-hulled-hemp-seed>

Rainbow dinner recipes to try

Chicken or beef or organic tempeh and rainbow vegetable stir-fry:

- ¼ cup or organic tamari
 - ¼ of a cup of balsamic vinegar
 - 1 tsp of organic crushed garlic
 - 1 tsp of organic crushed ginger
 - Pinch of pepper and salt
 - Sprinkle of choice of herbs
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- 600g of free-range chicken strips/ grass feed beef strips or organic tempeh cubed
 - 1 onion diced
 - 1 cup of mushrooms sliced
 - 1 red capsicum sliced
 - 1 yellow capsicum sliced
 - 3cm piece of ginger cut into strips
 - 1 large carrot cut into matchstick shapes
 - 20 green beans & or snow peas, ends trimmed and cut in half
 - 1 head of broccoli chopped into small chunks
 - Brown, black, red or cauliflower rice – cook according to package instructions
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- Combine **sauce ingredient together** in a bowl and then set aside.
 - Heat some olive oil/ coconut oil in a wok and add ginger, mushrooms & onions stir-fry for 2 minutes
 - Next add meat/ tempeh to wok cook for 2-3 mins then add in rest of the veggies, cook for 5 more mins, then mix sauce through, heat through and then serve
 - Serve with brown, black, red or cauliflower rice
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- Makes 4 servings approx.

Pure Harvest organic tamari sauce:

- <https://shop.coles.com.au/a/a-national/product/pureharvest-tamari-salt-reduced>

Spaghetti Bolognese with legume pasta: (Sauce freezes well)

- 600g of grass feed beef mince
 - 2 diced onions
 - 2 cloves of garlic finely chopped/ crushed
 - 1 large carrot grated
 - 2 zucchinis grated
 - 1 cup of mushrooms sliced
 - 3 stalks of celery chopped
 - 1kg of organic tomato puree/ passata
 - 2 tablespoons of dried rosemary
 - 2 bay leaves
 - Bunch of fresh basil leaves roughly chopped.
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- In a large pan or pot sauté the onions and garlic with 1 tblsp of butter or extra virgin olive oil on low-med heat until golden brown.
 - Add the mince and herbs and cook until it just starts to brown (5mins approx.) then add veggies and tomato paste.
 - Place lid ajar on pot, simmer until sauce starts to thicken, minimum 30mins, the longer it simmers the richer the sauce will be.
 - Turn off the heat and stir in the basil and then serve with lentil pasta and grated cheese.

Legume pasta options:

- San Remo pulse pasta:
<https://www.woolworths.com.au/shop/search/products?searchTerm=san%20remo%20lentil%20pasta>
- Keep it cleaner lentil pasta
<https://shop.coles.com.au/a/national/product/keep-it-cleaner-gf-red-lentil-fusilli-pasta>
- Barilla red lentil pasta
<https://shop.coles.com.au/a/national/product/barilla-red-lentil-pasta-penne>

Build your own adventure rainbow Soba noodle salad bowl:

- 1 red capsicum sliced
 - 1 yellow capsicum sliced
 - ¼ of a purple cabbage shredded/ sliced
 - 4 green tips of spring onions chopped
 - 1 large head of broccoli – chopped into chunks
 - 1 grated or thinly sliced orange carrot
 - Small bunch of coriander or parsley to serve with
 - ½ a cup of peanuts
 - 270g packet of organic soba noodles
 - 2-3 chicken breast chopped into chunks
 - Extra virgin coconut oil
 - Organic tamari sauce
 - 1 tablespoon of sesame oil or Extra virgin olive oil
 - Home-made satay sauce – see recipe below
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- Bring a large pot of water to a boil
 - While waiting for pot to boil chop all of the above veggies and arrange on a large platter – except for the broccoli
 - Once water is boiled add broccoli and cook for 1-2 mins max – remove broccoli and place straight away into big bowl of ice-cold water. Once cooled place broccoli on veggie platter (broccoli should still be crunchy)
 - After removing broccoli from water bring water back to boil and add Soba noodles
 - Cook noodles according to package instructions, once cooked place in a big salad serving bowl and mix through 1 tbsp. of sesame oil and 1 tbsp. of organic tamari sauce
 - Cook chicken in a fry pan with some virgin coconut oil and tamari sauce
 - Once chicken is cooked make your own salad bowl adding Soba noodles, a mix of veggies and herb, chicken and the below satay sauce and top with crunchy peanuts
 - I like to make the below Satay sauce in advance it last 4 days easily in the fridge and can even be frozen
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- Serves 4-5

Good Soba Noodles from Woolworths:

- <https://www.woolworths.com.au/shop/productdetails/210714/hakubaku-organic-japanese-soba-buckwheat-noodles-98-ff>

Home-made Satay sauce (From the Cook Book RUN FAST. EAT SLOW)

- 1 tablespoon of virgin coconut oil
 - 1 brown onion diced
 - 4 cloves of garlic chopped
 - ½ teaspoon of pink salt
 - 1 can of full fat pure coconut milk
 - ½ a cup of unsalted smooth peanut butter
 - 1 tablespoon of organic tamari sauce
 - 1 tablespoon of organic coconut sugar
 - ½ teaspoon of red pepper flakes (optional)
 - ½ a fresh squeezed lime
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- In a medium saucepan heat the coconut oil on medium heat, cook the onion and salt for 5 mins, then add the garlic and cook for another min – stir regularly
 - Add the coconut milk, peanut butter, tamari, coconut sugar and pepper flakes, cook for 10 mins – stir regularly
 - Take of heat and stir in lime juice
 - Blend sauce in blender or food processor (check that your blender can handle hot foods – if not let sauce cool before blending)
 - Once blended serve over your favourite dish either hot or cold ☺

Beef and kidney bean patties: *(these freeze well – great to make in advance)*

- 1 cup of canned organic red kidney beans (well rinse and drained)
 - 325g of grass-fed beef mince
 - ¼ cup of diced red onion
 - ½ tsp of cumin
 - ½ tsp of oregano
 - ½ tsp of pink salt
 - Fresh ground pepper
 - 1 teaspoon of chilli powder or flakes (optional)
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- Mash beans in a bowl
 - Then add in all other ingredients and mix them well together
 - Shape into 4 patties and then cook, serve with large basic salad or a mix of rainbow coloured roast veggies

Muffin recipe & bliss ball brands to try

Protein/ bliss ball brands to buy:

- Health lab: *found in IGAs, Petrol stations, health food stores, online and some Woolworths and Coles.* <https://healthlab.com.au/collections/snacks>
- Tom and Luke snacks balls or bars: *found at all supermarkets.* <https://tomandluke.com/product-category/snackaballs/>
- Carmen's Bliss balls: *found at all supermarkets.* <https://www.carmanskitchen.com.au/product-category/bliss-balls/>
- KIC – keep it cleaner protein balls and bars – *found at Coles and Woolworths* <https://shop.coles.com.au/a/a-vic-metro-richmond-south/everything/search/keep%20it%20cleaner?pageNumber=1>

Super hero muffins - from the Cook Book RUN FAST. EAT SLOW.

(These freeze well)

- 2 cups of almond meal
 - 1 cup of traditional rolled oats
 - 2 teaspoons of ground cinnamon
 - ½ teaspoon of ground nutmeg
 - 1 teaspoon of baking powder
 - ½ teaspoon of fine sea salt
 - ½ cup of chopped walnuts (optional – can use pumpkin seeds instead)
 - ½ a cup of dark chocolate chips
 - 3 eggs beaten (just with a fork is fine)
 - 1 grated zucchini
 - 2 small grated carrots
 - 6 tablespoons of melted butter
 - ½ a cup of pure Canadian Maple Syrup
 - 1 teaspoon of vanilla extract
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- Pre-heat oven to 180 degrees and position rack in the centre of the oven
 - Pre greased 12 tin muffin tray with grass fed butter (Kerry Gold)
 - In a large bowl combine the almond meal, rolled oats, cinnamon, nutmeg, baking powder, sea salt, walnuts and choc chips
 - In separate bowl beat the eggs and then mix in the melted butter, maple syrup, vanilla extract, zucchini and carrot, then add in the dry ingredients, combine well
 - Spoon mixture into muffin tins and bake muffins until nicely browned on top and tooth pick inserted into the centre comes out clean. Approx. 20 -30mins, check after 20 mins.
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- Makes 12 muffins