

BODY REBOOT

12-WEEK NUTRITION GUIDE

MEALS | SNACKS | SUPPLEMENTS | BEVERAGES



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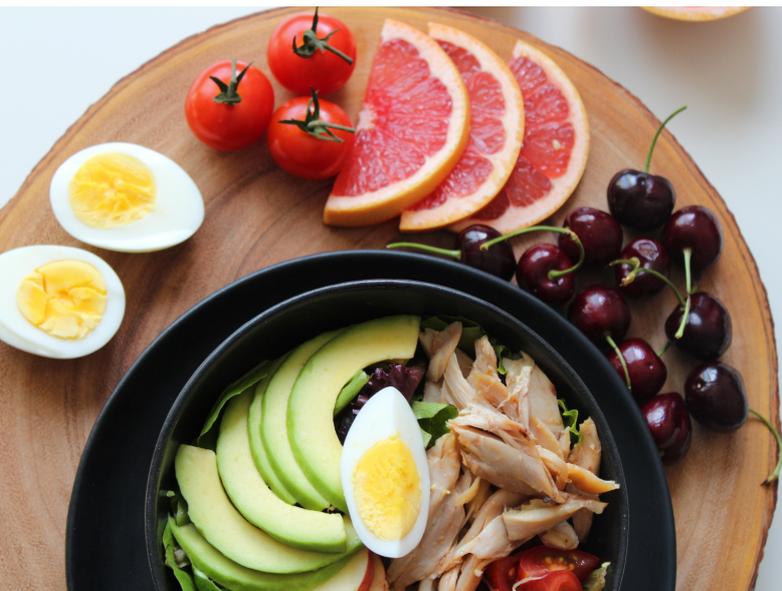
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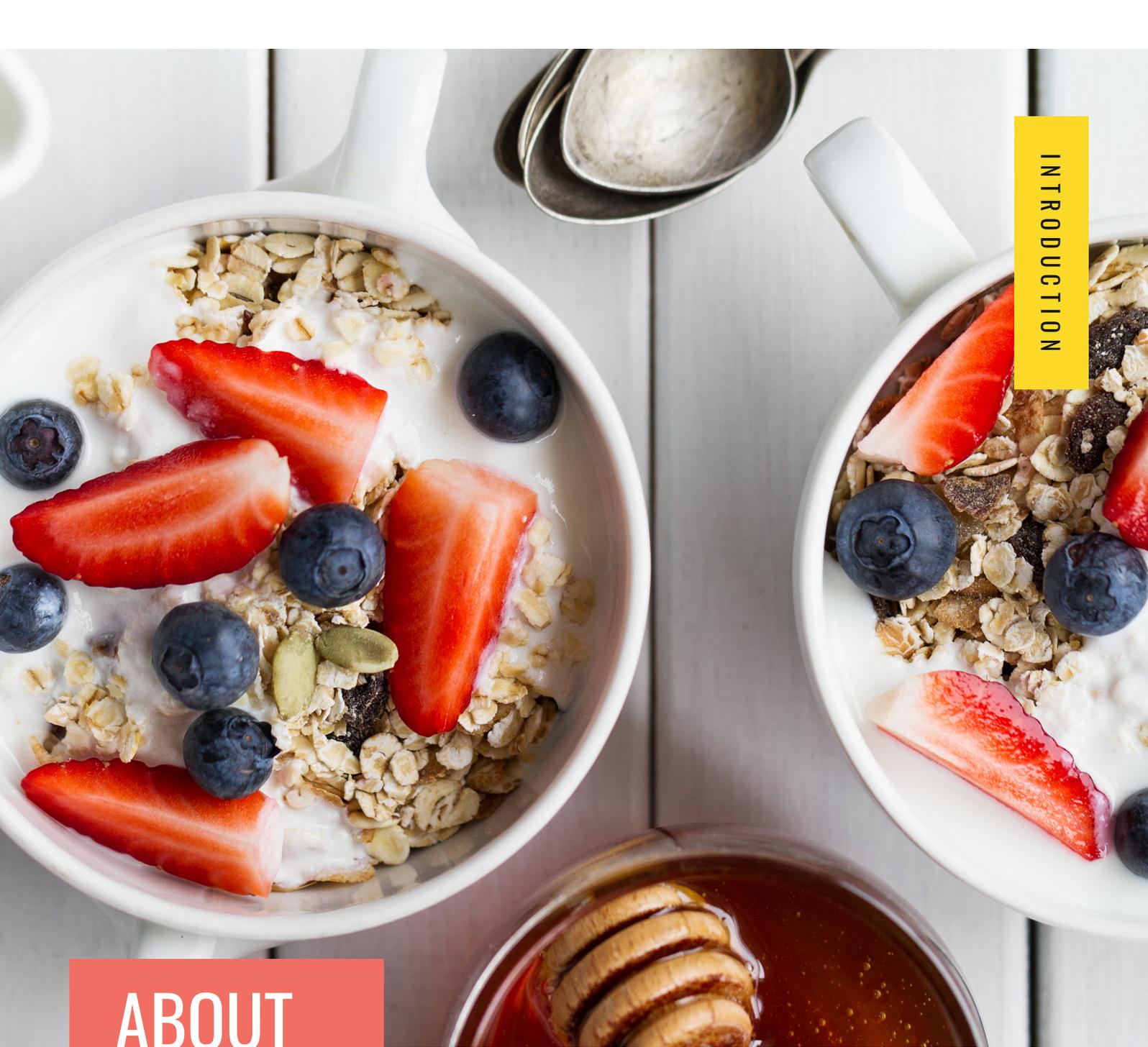
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ABOUT THIS GUIDE

Simply delicious and nutritious food that you *actually enjoy* eating - that's the goal!

Whether you're trying to lose a few extra stubborn kilos, want to get your health back on track or just want to feel confident in your skin – your progress is going to be 95% determined by your nutrition and what you're eating every day.

And no, that doesn't mean boiled chicken and bland broccoli either! Healthy food that's simple, tastes good and is good for you - that's the goal.

In this guide, we will provide you with new meal ideas and weekly staples that are packed with flavour and nutrients to keep you full, happy and healthy.

To simplify things even further, the meals are built into easy-to-use clickable monthly meal planners to help you stay on track and make it as effortless and delicious as possible.

Eating healthy has never been so simple!



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Ever since I was young I've always had a passion for health, fitness and nutrition and seen it as a tool to help me feel and perform at my best.

This passion went on to shape my studies. I've graduated cum laude from Stellenbosch University with a BSc in Human Biochemistry and Physiology, as well as have an honours degree with distinction from Pretoria University in Food Science and Nutrition.

So basically I'm just a health nerd. LOL.

WellBe&Co was born out of this passion I have to help people figure out how to make living healthy as simple and sustainable as possible, and in a way that they *actually* enjoy.

Living, looking and feeling better through better food, movement and mental health habits - that's the WellBe mission.

HOW TO USE THIS GUIDE

01 READ THROUGH THE ENTIRE GUIDE

It's important you understand the types of recipes and meals to expect, familiarize yourself with the terminology as well as get to grips with some of the nutrition strategies, techniques and and thinking.

02 REVIEW THE INTERACTIVE MEAL PLAN AND RECIPES

Every 4 weeks you have a new meal plan to try out. These meals are staggered in a way that is nutritionally balanced and will keep you progressing over the next 12 weeks. The aim is to add variety and simplicity into your weekly meals and help you better organise and plan what to eat.

03 GO SHOPPING + GET GOING!

Okay so now that you have all the recipes and meals planned and at your finger tips, it's time to go shopping and get prepared. I recommend doing 1-2 larger weekly shops to make sure things stay fresh and planning your diary so you have time allocated each day to enjoy cooking and getting healthy.

GOT ANY QUESTIONS?

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WHAT TO EXPECT

Building healthier eating habits, one delicious meal at a time!

Almost anyone who is successful in staying lean, healthy and fit has some sort of “baseline diet” of tried and tested recipes that they turn to each week. Having this nutrition foundation helps simplify any food-related decisions and prep needed each week to stay on track

Over the next 12-week this nutrition plan is here to help you gradually wean off processed foods, refined carbohydrates and excess sugar.

Instead, your daily meals and snacks will be focused on whole foods rich in lean protein, healthy fats, complex carbohydrates, gut friendly-fibre and antioxidant-rich fruits and vegetables.

This program is here to function as a guide to help you create your own food framework that is aligned to your health goals and provide you with go-to recipes that you can easily build into your week, now and in the future.

Here's to better eating!

MEAL BREAKDOWN

BREAKFAST

Is all about being quick and simple and offering sustained whole food energy to get your metabolism firing and energy levels up for the day. If you're not a breakfast person, that's absolutely fine! Adapt the meal structure to work with how you like to eat.

LUNCH

Midday meals are focused around being light, fibre-rich and nutrient dense to keep your energy levels stable and you feeling good. All lunch recipes also function as additional dinner options – so mix and match as you see fit!

DINNER

Dinner is all about tasty and satisfying food that fills you up with all the right stuff. If you're someone who doesn't have much time to make lunch in the morning, make sure to cook enough for lunch the next day too.

DESSERT

Because every meal plan needs dessert if its going to be sustainable! These are simple recipes and avoid refined sugar as much as possible.



MEAL BREAKDOWN

SIDES

These are a few go-to and super simple vegetable side dishes to supplement your main meals if needed.

SNACKS + SWEET TREATS

There for you if you're feeling a bit peck-ish between meals. If you're not hungry, don't force yourself to eat them.

BEVERAGES + ALCOHOL

Everything is okay in moderation - even alcohol! The big focus here is limiting as many sugar-sweetened options as possible.

EATING OUT/ORDERING IN

These are essentially 2x meals a week where you can order in or go out and still enjoy socialising with family and friends. These aren't "cheat meals" (hate this phrase) or an excuse to binge though - so be mindful of what you order and try stick to similar types of foods and meals that you are already eating on the plan.



LEGEND



LOWER CARBS

LOWER CARBS

Meals that can be made to limit carbohydrate-rich foods and provide approx. < 25 g net carbs per serving.



PALEO

PALEO

Meals that can be made to contain no grains, pulses or dairy.



VEGETARIAN

VEGETARIAN

Meals that can be made to contain no meat but may include meat by-products like milk and eggs.



VEGAN

VEGAN

Meals that can be made to be 100% plant-based and contain no meat or meat by-products.



NO GLUTEN

NO GLUTEN

Meals that can be made without any gluten-containing grains.



MEAL PLANNERS

WEEK 1-4 MEAL PLAN

CLICKABLE NUTRITION CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B	CREAMY OVERNIGHT OATS	SCRAMBLED EGGS WITH AVO & TOMATO SALSA	CONTINENTAL BREAKFAST	PICNIC BREAKFAST	BERRY YOGHURT SMOOTHIE	AVO & EGG ON TOAST	BRUNCH: RESTAURANT OMELETTE OR SIMILAR MEAL CHOICE
S	RAW NUTS	YOGHURT	FRUIT	YOGHURT	VEGGIE CRUDITES & DIP	FRUIT	FRUIT
L	ROAST CHICKPEA & HALLOUMI SALAD	LIGHTER WALDORE SALAD	QUINOA BURRITO BOWL	CHICKEN CAESAR-FISH SALAD	ASIAN NOODLE SALAD	MEDITERRANEAN ROCKET & HUMMUS WRAP	FRUIT
S	FRUIT	BILTONG	NUT BUTTER	CHEESE	FRUIT	POPCORN	FRUIT
D	SMOKY TOMATO SPAGHETTI	SOUVLAKI SKEWERS	CRISPY BAKED SCHNITZEL & SLAW	HONEY GINGER SOY SALMON	ORDER IN OR RESTAURANT	BUNLESS BURGERS	STUFFED CHICKEN BREASTS
D	SWEET TREAT		SWEET TREAT		SWEET TREAT	CHOCOLATE BANANA POPS	ICE CREAM SUNDAY

VEGETABLES

- Tomatoes
- Avocado
- Rocket
- Baby spinach
- Mushroom
- Lettuce
- Carrots
- Cucumber
- Celery
- Butternut/Pumpkin
- Brinjals/Aubergine
- Red onion
- Bell peppers
- Zucchini/Baby marrow
- Green beans
- Asparagus
- Broccoli
- Sun-dried tomatoes
- Red + green cabbage
- Radishes
- Canned tomatoes
- Cauliflower
- Sweet potatoes

FRUIT

- Lemon
- Lime
- Bananas
- Berries
- Apples
- Seedless grapes
- Any other for snacking

GRAINS + PULSES

- Rye or health bread
- Health crackers of choice
- Oats
- Quinoa or brown rice
- Canned black beans
- Canned chickpeas
- Noodles e.g. rice or low carb
- Whole wheat or low carb wrap
- Whole wheat pasta

DAIRY + EGGS

- Milk
- Eggs
- Hard cheese e.g. cheddar
- Soft cheese e.g. cottage cheese, cream cheese
- Feta
- Halloumi cheese
- Parmesan
- Coconut milk
- Heavy or coconut cream
- Plain yoghurt

PROTEIN

- Cured meat e.g. ham, salami, bacon etc.
- Skinless chicken breasts
- Steak
- Crumbed schnitzel e.g. chicken, pork etc.
- Salmon fillets
- Burger patties e.g. ostrich, beef, veggie etc.
- Skewers/kebabs of choice e.g. chicken, beef etc. (optional)

FATS

- Coconut oil/Olive oil
- Butter
- Nut butter e.g. peanut, almond etc.
- Shredded coconut
- Olives

SEASONINGS

- Salt + pepper
- Jalapeno/fresh chilis
- Fresh + dried garlic
- Cumin
- Chili powder
- Ginger
- Fresh coriander
- Paprika
- Flat leaf parsley
- Oregano, thyme, rosemary
- Fresh basil
- Cinnamon

CONDIMENTS

- Pesto
- Jam
- Salsa
- Mayonnaise
- Hummus
- Vinegar e.g. balsamic, apple cider etc.
- Dijon mustard
- Soy sauce
- Honey
- Nut butter (no sugar or salt added)

SWEET TREATS

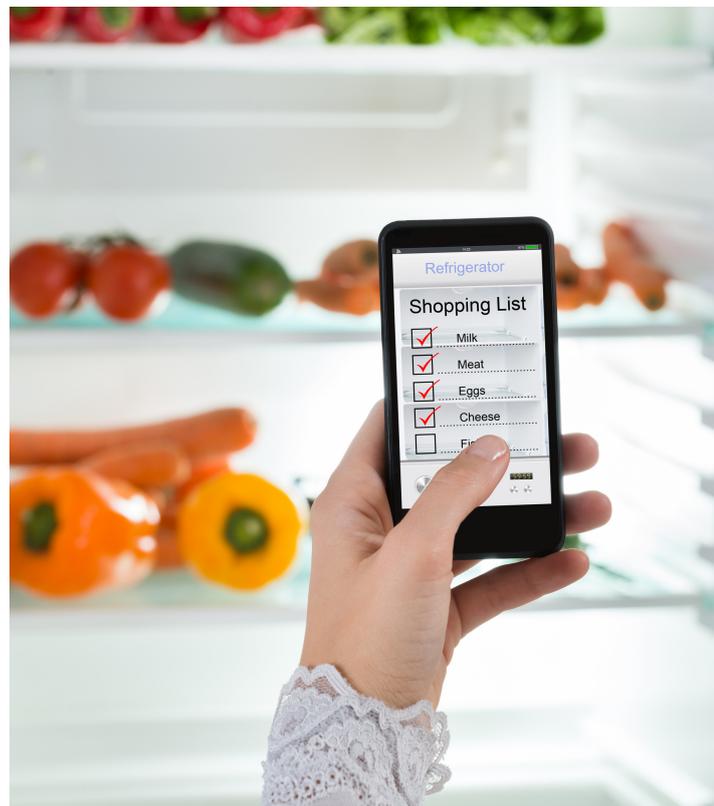
- Ice cream e.g. no sugar added, low carb or low fat
- Dark chocolate
- Sugar free hot chocolate e.g. Nomu
- Sugar free/no added sugar cookies/wafers
- Steri Stumpie Lite
- Futurelife Lite Protein Bar

OTHER

- Sweetener e.g. stevia, xylitol etc.
- Peppadews
- Gherkins
- Cocoa powder
- Coconut flour
- Baking powder

SNACKS

- Raw nuts e.g. almonds, pecans, walnuts, peanuts etc.
- Biltong



WEEK 5-8 MEAL PLAN

CLICKABLE NUTRITION CALENDAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B	BREAKFAST MUG MUFFIN	CHOC NUT POWER SMOOTHIE	OMELETTE	MUESLI, FRUIT & YOGHURT	CREAM CHEESE PANCAKES	AVO & EGG ON TOAST	BRUNCH: RESTAURANT EGGS AND BACON OR SIMILAR MEAL CHOICE
S	RAW NUTS	FRUIT	YOGHURT	RAW NUTS	VEGGIE CRUDITES & DIP	BILTONG	
L	SUMMER PESTO PASTA SALAD	DELI-STYLE SANDWICH	CAJUN CHICKEN WRAP	TUNA SALAD WITH EGGS & GREENS	PICNIC LUNCH	MEDITERRANEAN ROCKET & HUMMUS WRAP	
S	FRUIT	NUT BUTTER	CHEESE	BILTONG	FRUIT	POPCORN	FRUIT
D	MOROCCAN VEG & APRICOT TAGINE	GRILLED PESTO STEAK	GREEK ROAST HAKE & SWEET POTATO	SPICED RED LENTIL SOUP	ORDER IN OR RESTAURANT	LIGHTER MEXICAN TACOS	CRISPY BAKED SCHNITZEL & SLAW
D		SWEET TREAT		DECADENT MUG BROWNIE		SWEET TREAT	LOW CARB CHOC CHIP COOKIES

VEGETABLES

- Avocado
- Tomatoes
- Rocket
- Baby spinach
- Mushrooms
- Butternut/pumpkin
- Zucchini
- Bell peppers
- Red + yellow + green onion
- Green vegetables e.g. broccoli, green beans, asparagus etc.
- Sun-dried tomatoes
- Carrots
- Cucumber
- Lettuce
- Red cabbage
- Radish (optional)
- Canned tomatoes
- Aubergine
- Cauliflower
- Sweet + normal potato

FRUIT

- Lemon
- Lime
- Banana
- Pomegranate (optional)
- Dried apricots
- Any other for snacking

GRAINS + PULSES

- Rye or health bread of choice
- No sugar added or low carb muesli
- Canned chickpeas
- Other canned beans of choice
- Whole wheat or low carb wrap
- Tortilla shells
- Health crackers of choice e.g. grain free, whole grain etc.
- Whole wheat or low carb pasta of choice
- Dried lentils
- Naan bread
- Quinoa

DAIRY + EGGS

- Milk of choice
- Eggs
- Hard cheese e.g. cheddar, Parmesan
- Plain yoghurt
- Low fat cream cheese
- Feta
- Heavy cream or coconut cream

PROTEIN

- Cured meat of choice e.g. ham, salami, bacon etc.
- Protein powder (optional)
- Tinned tuna in brine
- Lamb
- Steak
- Skinless chicken breast
- Falafel balls (optional)
- Schitzel e.g. chicken, pork etc.

FATS

- Olive oil/Coconut oil
- Butter
- Olives
- Sunflower seeds (optional)
- Pine nuts

SEASONINGS

- Salt + pepper
- Cinnamon
- Chili flakes
- Fresh coriander
- Cumin
- Paprika
- Flat leaf parsley
- Cayenne pepper
- Garlic
- Turmeric
- Fennel seeds
- Fresh basil
- Rosemary + thyme

CONDIMENTS

- Honey
- Nut butter (no sugar or salt added)
- Pesto
- Hummus
- Olive tapenade
- Mayonnaise
- Sweet chili sauce
- Vinegar e.g. balsamic, apple cider etc.
- Dijon mustard
- Tahini

SWEET TREATS

- Ice cream e.g. no sugar added, low carb or low fat
- Dark chocolate
- Sugar free hot chocolate e.g. Nomu
- Sugar free/no added sugar cookies/wafers
- Steri Stumpie Lite
- Futurelife Lite Protein Bar

OTHER

- Coconut flour
- Almond flour
- Oat flour
- Ground flaxseed
- Sweetener of choice e.g. stevia, xylitol, erythritol
- Vanilla essence + extract
- Desiccated coconut
- Cocoa powder
- Baking powder + soda
- Vegetable broth
- Dark chocolate chips

SNACKS

- Raw nuts e.g. almonds, pecans, walnuts, peanuts etc.
- Biltong



WEEK 9-12 MEAL PLAN

CLICKABLE NUTRITION CALENDAR

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

B	BERRY YOGHURT SMOOTHIE	SCRAMBLED EGGS WITH AVO & TOMATO SALSA	MUESLI, FRUIT & YOGHURT	PROTEIN OATS	PICNIC BREAKFAST	OMELETTE	BRUNCH: RESTAURANT EGGS AND BACON OR SIMILAR MEAL CHOICE
S	RAW NUTS	FRUIT	BILTONG	RAW NUTS	BILTONG	FRUIT	FRUIT
L	ROAST CHICPEA & HALLOUMI SALAD	QUINOA BURRITO BOWL	TUNA SALAD WITH EGGS & GREENS	CHICKEN CAESAR-ISH SALAD	LIGHTER WALDORF SALAD	PESTO CHICKEN & ROAST VEG SALAD	
S	FRUIT	YOGHURT	NUT BUTTER	BILTONG	CHEESE	POPCORN	FRUIT
D	MEDITERRANEAN AUBERGINE BAKE	HONEY GINGER SOY SALMON	BUNLESS BURGERS	GREEK ROAST HAKE & SWEET POTATO	ORDER IN OR RESTAURANT	SOUVLAKI SKEWERS	GRILLED PESTO STEAK
D		SWEET TREAT		CHOCOLATE STRAWBERRIES	SWEET TREAT		CHOCOLATE PEANUT BUTTER SQUARES

VEGETABLES

- Avocado
- Tomatoes
- Canned tomatoes
- Rocket
- Baby spinach
- Mushroom
- Lettuce
- Carrot
- Kale
- Cucumber
- Zucchini
- Butternut/pumpkin
- Red + green + brown onion
- Bell pepper
- Green vegetables e.g. green beans, broccoli, aparagus etc.
- Celery
- Aubergine
- Red cabbage
- Cauliflower
- Sweet + normal potatoes

FRUIT

- Lemon
- Berries
- Strawberries
- Banana
- Apple
- Seedless grapes
- Any other for snacking

GRAINS + PULSES

- Health crackers of choice e.g. whole wheat, grain free etc.
- Oats
- No sugar added or low carb muesli
- Canned beans of choice e.g. chickpeas
- Whole wheat or low carb wrap

DAIRY + EGGS

- Milk
- Eggs
- Hard cheese e.g. cheddar, Parmesan
- Feta
- Plain yoghurt
- Halloumi cheese

PROTEIN

- Cured meat e.g. ham, salami, bacon etc.
- Skinless chicken breasts
- Steak
- Skinless hake fillets
- Protein powder (optional)
- Canned tuna
- Burger patties of choice e.g. ostrich, beef, vegetarian etc.
- Skewers/kebabs of choice e.g. chicken, beef etc. (optional)

FATS

- Coconut oil/Olive oil
- Butter
- Nut butter e.g. peanut, almond etc.
- Olives
- Sunflower seeds (optional)

SEASONINGS

- Salt + pepper
- Cinnamon
- Garlic
- Cumin
- Cayenne
- Coriander
- Garlic
- Basil leaves
- Mint
- Oregano, thyme, rosemary
- Paprika

CONDIMENTS

- Honey
- Pesto
- Mayonnaise
- Tomato sauce
- Nut butter (no sugar or salt added)

SWEET TREATS

- Ice cream e.g. no sugar added, low carb or low fat
- Dark chocolate
- Sugar free hot chocolate e.g. Nomu
- Sugar free/no added sugar cookies/wafers
- Steri Stumpie Lite
- Futurelife Lite Protein Bar

OTHER

- Sweetener of choice e.g. stevia, xylitol
- Cocoa powder
- Tomato puree
- Jalapenos
- Gherkins
- Peanut butter
- Salted peanuts
- Vanilla extract

SNACKS

- Raw nuts e.g. almonds, pecans, walnuts, peanuts etc.
- Biltong





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RECIPE INDEX

BREAKFAST

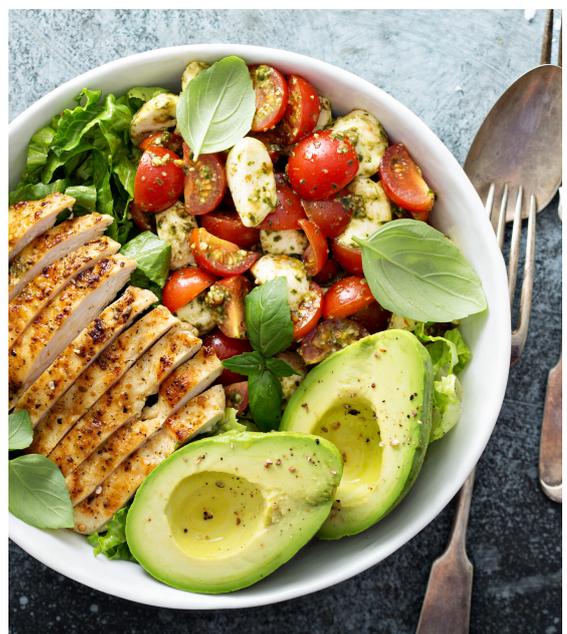
- AVO & EGG ON TOAST
- BERRY YOGHURT SMOOTHIE
- BREAKFAST MUG MUFFIN
- CHOC NUT POWER SMOOTHIE
- CONTINENTAL BREAKFAST
- CREAM CHEESE PANCAKES
- CREAMY OVERNIGHT OATS
- MUESLI, FRUIT & YOGHURT
- OMELETTE
- PICNIC BREAKFAST
- PROTEIN OATS
- SCRAMBLED EGGS WITH AVO & TOMATO SALSA



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- [CAJUN CHICKEN WRAP](#)
- [CHICKEN CAESAR-ISH SALAD](#)
- [DELI-STYLE SANDWICH](#)
- [LIGHTER WALDORF SALAD](#)
- [MEDITERRANEAN ROCKET & HUMMUS WRAP](#)
- [PESTO CHICKEN & ROAST VEG SALAD](#)
- [PICNIC LUNCH](#)
- [QUINOA BURRITO BOWL](#)
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- [TUNA SALAD WITH EGGS & GREENS](#)



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- [ICE CREAM SUNDAY](#)
- [LOW CARB CHOCOLATE CHIP COOKIES](#)





SNACKS + SWEET TREATS

SNACKS

- 2x small fruit e.g. clementine, plum OR 1x medium fruit e.g. banana, apple, peach
- Small handful of raw nuts
- 40-50 g biltong
- 175-200 g low fat/full cream yogurt (unsweetened)
- 40 g hard cheese
- 1 Tbsp. no sugar added nut butter
- Veggie crudité's and 2-3 Tbsp dip e.g. hummus, tzatziki, low fat cottage/cream cheese



SWEET TREATS

- 2 squares dark chocolate (>70% cocoa)
- 1 serving sugar free hot chocolate
- 2x sugar free cookies/wafers
- Steri Stumpie Lite
- Futurelife Lite Protein Bar





CONDIMENTS + SAUCES

Use sparingly.

SERVING:
1-2 tsp

- Oil (olive, coconut, avocado)
- Butter (no margarine)
- Pesto
- Mayonnaise
- Olive tapenade
- *Honey, maple syrup
- *Jam

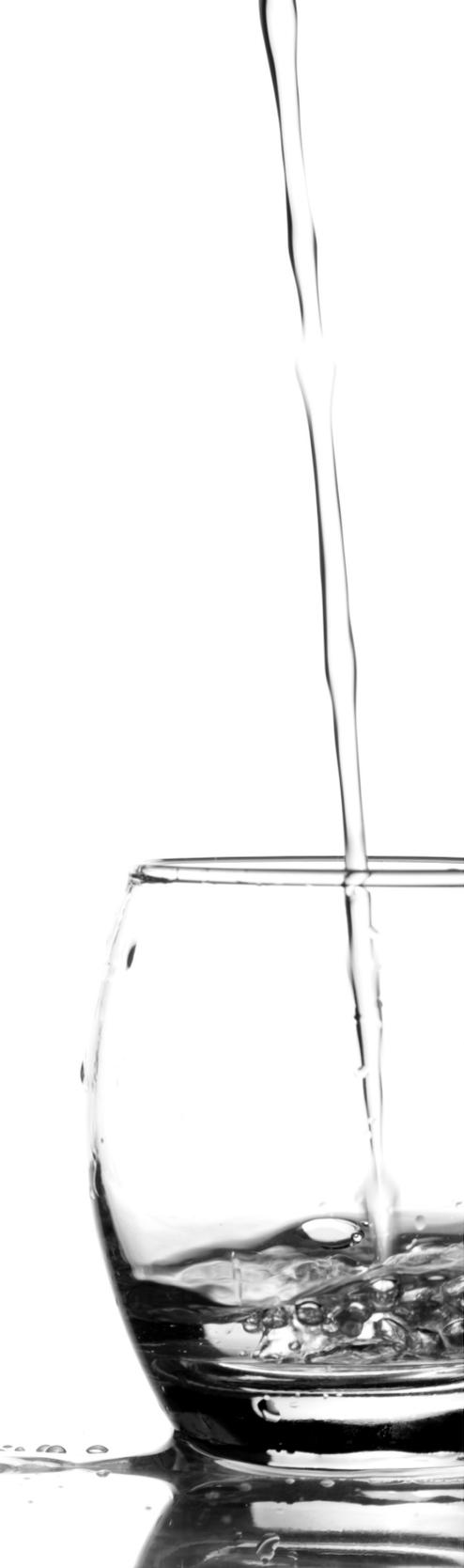
SERVING:
1-2 Tbsp

- Sour cream, pouring cream, coconut cream
- Nut butter
- Tomato Sauce, chutney
- Hummus, tahini
- Plain yogurt
- Salad dressing

SERVING:
Unlimited

- Vinegar (balsamic, rice wine, apple cider etc)
- Tabasco
- Fresh Chilli
- Salsa

** Limit the consumption of high sugar condiments to 2-3 times a week*



BEVERAGES + LIQUIDS

TYPE	FREQUENCY	VOLUME
Water Still/sparkling	Daily	2-3 litres
Coffee/tea Regular / decaf	Daily	2-3 cups
Milk Type: Full cream / low fat	Daily	1 cup
Low kJ or sugar-free cordials	2-3 x per week	1 glass (diluted)
Sugar-free soda/iced tea E.g. Coke Zero, Sprite Zero	1-2 x per week	1 can
Sugar-free energy drinks E.g. Red Bull Lite, Monster Zero	1-2 x per month	1 can
Sugar sweetened soda/iced tea OR fruit juice	1-2 x per month	1 can/glass



ALCOHOL

Where possible, try to limit your alcohol intake. If you are going to drink, keep it to 1-2 times a week and choose from the list below:

TYPE	FREQUENCY	VOLUME
Spirits Whiskey, vodka, gin, tequila, brandy		3-4 tots
Wine Dry red or white wine	1-2 x per week	1-2 glasses
Sparkling wine		2-3 glasses
Beer Castle Lite		2-3 bottles/cans
Sugar-free mixers E.g. Water or sugar-free soft drinks (soda water, diet soda)		Unlimited
Other: Cocktails, high carb beer etc.	Only on special occasions	1-2



SUPPLEMENTS



SUPPLEMENTS

The below supplements are optional but recommended and listed in order of importance

TYPE	TIMING	REASON
Probiotic 5-9 strain	1x daily before food	Improves digestion and overall gut health
Omega 3	1x daily with food	Anti-inflammatory and brain- boosting effects
Vitamin D3	1x daily before food	Great all-round health and mood- enhancer
Magnesium glycinate	1x daily before bed	Contributes to normal metabolism and improves muscle recovery
Glutamine	Dissolve and drink 1 tsp (5g) in a glass of water daily	Helps feed and heal your gut lining



GLOSSARY

GLOSSARY

BLEND

The process of combining two or more ingredients so that they become smooth and uniform in texture and lose their individual characteristics.

CHOP

A more informal knife cut where an ingredient is cut into smaller and more uniform pieces.

DICE

A knife skill cut where the exact measurement changes but the shape is always a small square

GREASE

Refers to applying a fat to a roasting tray or cake tin to ensure that food doesn't stick.

SAUTE

Meaning 'to jump' in French, sauteing is cooking food in a minimal amount of oil over a rather high heat



GLOSSARY

SIFT

To move a dry ingredient such as flour, sugar or cocoa through a sieve (sifter) to incorporate air and remove lumps or unevenly sized particles.

SIMMER

Process of cooking in hot liquids kept just below boiling point.

STEAM

Method of cooking food by using steam.

WATER BATH

A method where a heat-proof metal bowl is placed over a pot of simmering water, cooking or melting the items in the bowl.

WHISK

The process of using a whisk to incorporate air into food or to blend ingredients together smoothly.

ZEST

Refers to removing the outer part of citrus (called the zest) either by using a grater, a peeler or a knife



A wooden cutting board is the central focus, featuring three whole red tomatoes, three slices of pink grapefruit, and a halved hard-boiled egg. Below the board, a dark bowl contains a salad with sliced cantaloupe, shredded chicken, a hard-boiled egg, and cherry tomatoes. The entire scene is overlaid with a semi-transparent reddish-orange filter.

—
**HERE'S TO
BETTER EATING!**



THE LEGAL LINGO

DISCLAIMER

The content in this book is written and created by Gemma Oberholzer and various WellBe&Co Pty Ltd team members. The information is designed to help individuals within the specified market progress towards their health and fitness goals. It is not specifically tailored to suit any injuries, diet requirements, health problems or any other problems that could be aggravated by a change in diet or physical activity. If you are an individual with such problems, please seek the help of a qualified health care professional.

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