

7 DAY

SIBO MEAL PLAN

PHASE
1

serwes 2

PHASE 1 | RESTRICTED | SIBO BI PHASIC DIET



Rebecca Coomes



the healthy gut

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First published in Australia in 2017
by The Healthy Gut
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Camberwell East VIC 3126

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contents

- 4** The SIBO Bi-Phasic Diet Protocol
- 5** The SIBO Bi-Phasic Diet Phases
- 6** Food Tables
- 10** Meal Plan
- 11** Recipe Index
- 12** Shopping List
- 13** Breakfasts
- 18** Lunches
- 22** Dinners
- 31** Extras

36 SIBO Cookbooks

37 Live Well With SIBO





THE SIBO BI-PHASIC DIET PROTOCOL

This meal plan has been developed in compliance with Dr. Nirala Jacobi's SIBO Bi-Phasic Diet protocol and has a range of recipes that are suitable for the Restricted phase of the diet. Each recipe also lists other dietary classifications, such as gluten-free, dairy-free, low FODMAP, vegetarian or vegan.

This meal plan has been developed as a tool to support your journey through the active treatment phase. However, it is advisable to speak with your Practitioner and modify the diet as necessary to accommodate any food intolerances or allergies. Every person's requirements are unique so your nutritional program must be suitable for your individual needs.

Please note that the duration of this diet is for a minimum of three months, but some patients may be required to follow it for longer. This diet supports the healing and regulation of the small intestine as it recovers from SIBO. However, it is not recommended that this diet be followed for more than six months as it may negatively impact the microbiome elsewhere in the digestive tract.

What is the SIBO Bi-Phasic Diet?

The SIBO Bi-Phasic Diet has been based on Dr. Allison Siebecker's SIBO Specific Food Guide, a therapeutic diet combining the Low FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols) Diet and the Specific Carbohydrate Diet. The goal of the SIBO Bi-Phasic Diet is to support the elimination of the bacteria overgrowth in the small intestine.

THE SIBO BI-PHASIC DIET PHASES

phase 1: 4-6 weeks

The first phase of the diet eliminates all grains, legumes, dairy, sugar, certain vegetables, canned foods, processed foods, fermented foods and alcohol. The removal of these foods prioritises the repair of disturbed digestion.

Reduce

The first phase of the diet focuses on reducing fermentable starches and fibres. This is necessary to starve the bacteria of their preferred fuel so that they die off and reduce their numbers in the small intestine.

Repair

It is important to repair the damage to the intestinal lining as well as repair proper digestion.

Phase 1 is divided into two groups:

♥ Phase 1 Restricted Diet

All patients commence in the Restricted Diet phase, moving to the Semi-Restricted Diet phase once their symptoms decrease. How long you need to stay in the Restricted Diet phase depends on how quickly your symptoms improve. If your symptoms are greatly improved after the first week, talk to your Practitioner about moving into the Semi-Restricted Diet. If at any point during treatment you suffer a relapse of symptoms, return to the Restricted Diet until your symptoms subside.

♥ Phase 1 Semi-Restricted Diet

This diet builds on the Restricted Diet by increasing some quantities of foods, adding in some fruits, sugars, limited alcohol and some starches such as rice and quinoa. Your Practitioner may start you on this level if you are prone to rapid weight loss or need more energy from starches.

phase 2: 6 weeks +

♥ Phase 2: Remove and Restore

This phase builds on the allowable foods from Phase 1 and also sees the introduction of some dairy products and increased quantities of certain foods. Be aware of any symptoms that arise and work closely with your Practitioner before moving to this phase and adding new foods into your diet.

Remove

Remaining overgrown bacteria and fungi are removed from the small intestine through the use of antimicrobials as prescribed by your Practitioner. Even though still a low-fibre diet, the protocol becomes more lenient to allow for some bacterial growth so that antimicrobials are more successful.

Restore

The restoration of the normal motility of the small intestine is important to prevent a SIBO relapse. In this phase, your Practitioner may prescribe prokinetic medication or supplements.

THE SIBO BI-PHASIC DIET | PHASE 1

	RESTRICTED DIET	SEMI-RESTRICTED Add (or increase) these foods to the Restricted Diet	AVOID Until further notice
PROTEIN	Eggs, fish, meat, poultry		All legumes
DAIRY PRODUCTS	Avoid	Butter	Avoid
VEGETABLES Unlimited	Alfalfa sprouts, bamboo shoots, bok choy, capsicum/ bell pepper, carrot, chives, cucumber, eggplant/ aubergine, ginger, kale, lettuce, olives, radicchio, radish, rocket/arugula, spring onion/scallions (green part only), sundried tomatoes, sunflower sprouts, tomatoes, witlof	Parsnip	Potato: sweet, white Starch powder: arrowroot, corn, rice and tapioca Canned vegetables, onions, garlic, mushrooms
VEGETABLES Limited to 1 of the following per meal	Asparagus – 1 spear, artichoke hearts – 1/8 cup, beetroot – 2 slices, broccoli – 1/2 cup, brussels sprouts – 2 ea, cabbage (red/green) – 1/2 cup, cabbage (napa/savoy/wombok) – 3/4 cup, celery – 1 stick, celery root – 1/2 cup, chilli – 11cm//28g/4.25in/1 oz, fennel bulb – 1/2 cup, green beans – 10 ea, peas (green) – 1/4 cup, pumpkin/squash – 1/4 cup, snow peas/mangetout – 5 pods, spinach – 15 leaves, zucchini/courgette – 3/4 cup	Asparagus – 2-3 spears, brussels sprouts – 1/2 cup, leek – 1/2 ea, pumpkin/squash – 1/2 cup, spinach >15 leaves/150g/5 oz, zucchini/courgette – 1 cup	
FRUIT Limited to 2 serves per day	Lemons, limes	Avocado – 1/4, banana – 1/2, berries (all varieties excluding blackberries) – 1/2 cup, cherries – 3, citrus – 1 piece, grapes – 10, honeydew – 1/4 cup, kiwi – 1 piece, lychee – 5, passionfruit – 1 piece, paw paw – 1/4 cup, pineapple – 1/4 cup, pomegranate – 1/2 small or 1/4 cup of seeds, rhubarb – 1 stalk, rock melon/cantaloupe – 1/4 cup	Canned fruit in fruit juice Apple, apricot, blackberries, custard apple, fig, jam/ jelly/preserves, mango, nashi/Asian pear, nectarine, peach, pear, persimmon, plum, watermelon Note: allowed after Phase 2 at discretion of Practitioner

THE SIBO BI-PHASIC DIET | PHASE 1

	RESTRICTED DIET	SEMI-RESTRICTED Add (or increase) these foods to the Restricted Diet	AVOID Until further notice
GRAINS, STARCHES, BREADS AND CEREALS	Avoid all – this includes all grains, breads, cereals, cakes, biscuits, cookies	Quinoa - ½ cup cooked, white rice: basmati or jasmine only - ½ cup cooked	Avoid all grains, breads, cereals, cakes, biscuits, cookies, except rice if approved by Practitioner
LEGUMES (LENTILS, BEANS)	Avoid	Avoid	Avoid
SOUPS	Homemade broths: Beef or lamb bone broths, chicken meat broths		Canned soups and soup bouillons, broths made from chicken frames
BEVERAGES	Black coffee (1 cup daily), tea (black, herbal), water	Alcohol (clear spirits) no more than 30ml/1 oz - 2 x weekly	Beer, energy drinks, fruit juices, liqueurs, spirits (dark), soft drinks/soda, wine
SWEETENERS	Stevia (100% natural, not containing inulin)	Dextrose, glucose, organic honey (clear) - no more than 2 tbs per day	Agave nectar, artificial sweeteners, maple syrup, xylitol
NUTS AND SEEDS	Almonds – 10 ea, almond flour/meal – 2 tbs, coconut flour/shredded – ¼ cup, coconut cream – 2 tbs, coconut milk – ¼ cup (without thickeners or gums), hazelnuts – 10 ea, macadamia – 20 ea, pecans – 10 ea, pine nuts – 1 tbs, pumpkin seeds – 2 tbs, sesame seeds – 1 tbs, sunflower seeds – 2 tsp, walnuts – 10 ea	Almond milk (unsweetened, without thickeners or gums) - 1 cup, hazelnuts - 20 ea, pecans - 40 ea	Chia, flax seeds or peanuts
CONDIMENTS	Mayonnaise (sugarless), mustard (without garlic), tabasco/hot sauce, wasabi Vinegar: apple cider, distilled, red, white All fresh and dried herbs and spices but not the spice blends Turmeric and ginger are particularly beneficial as they are anti-inflammatory	Braggs Liquid Aminos, coconut aminos, fish sauce - 2 tbs	Asafetida, balsamic vinegar, chicory root, garlic, gums/carrageenans/thickeners, onion, soy sauce/tamari. Spice sachets or pre-mixes Read the labels: No maltodextrin, starches, sugar, etc
FATS/OILS	Coconut oil, flax oil (low lignin), ghee, grape seed oil, infused oils (ie chilli or garlic), MCT oil, olive oil, polyunsaturated vegetable oil, pumpkin seed oil, sesame oil, sunflower oil, walnut oil	Butter	Palm oil, soybean oil

THE SIBO BI-PHASIC DIET | PHASE 2

	REMOVE AND RESTORE	AVOID Until further notice
PROTEIN	Eggs, fish, meat, poultry	
DAIRY PRODUCTS	Butter, cheese (aged one month or more) eg. Parmesan, pecorino, homemade 24 hour yoghurt	All other dairy products
VEGETABLES Unlimited	Alfalfa sprouts, bamboo shoots, bok choy, capsicum/bell pepper, carrots, chives, cucumber, eggplant/aubergine, endive, ginger, kale, lettuce, olives, parsnip, radicchio, radish, rocket/arugula, spring onions/scallions, sundried tomatoes, sunflower sprouts, tomatoes	Starch powder: arrowroot, corn, rice and tapioca Canned vegetables, garlic, mushrooms, onion
VEGETABLES Limited to 1-2 of the following per meal	Artichoke hearts – ¼ cup, asparagus – 2-3 spears, beetroot – 2 slices, broccoli – ½ cup, brussels sprouts – ½ cup, cabbage (green/red) – ½ cup, cabbage (napa/savoy/wombok) – ¾ cup, celery – 1 stick, celery root – ½ cup, chilli – 11cm/28g/4.25in/1 oz, fennel (bulb) – ½ cup, green beans – 10 ea, leek – ½ ea, peas (green) – ¼ cup, potato – ½ cup cooked, pumpkin/squash – ½ cup, snow peas/mangetout – 5 pods, spinach >15 leaves/150g/5 oz, zucchini/courgette – ¾ cup	
FRUIT Limited to 2 serves per day	Avocado – ¼, banana – ½, berries (all varieties excluding blackberries) – ½ cup, cherries – 3, citrus – 1 piece, grapes – 10, honeydew – ¼ cup, kiwi – 1 piece, lychee – 5, passionfruit – 1 piece, paw paw – ¼ cup, pineapple – ¼ cup, pomegranate – ½ small or ¼ cup of seeds, rhubarb – 1 stalk, rock melon/cantaloupe – ¼ cup	Canned fruit in fruit juice Apple, apricot, blackberries, custard apple, fig, jam, mango, nashi/Asian pear, nectarine, peach, pear, persimmon, plum, watermelon Note: allowed after Phase 2 at discretion of Practitioner

THE SIBO BI-PHASIC DIET | PHASE 2

	REMOVE AND RESTORE	AVOID Until further notice
GRAINS, STARCHES, BREADS AND CEREALS	Quinoa (cooked) - ½ cup, rice cakes (plain) - 2 ea, rice noodles (cooked) - ½ cup, white rice: basmati or jasmine only - ½ cup cooked	Avoid all - this includes all other grains, breads, cereals, cakes, biscuits, cookies, except rice if approved by Practitioner
LEGUMES (LENTILS, BEANS)	Lentils (cooked): brown - ½ cup, green and red - ¼ cup, Lima beans - ¼ cup	All other legumes and beans
SOUPS	Homemade broths: Beef, fish, lamb, or shellfish bone broths, chicken meat broths Limit consumption of fish bone broth	Canned soups and soup bouillons, broths made from chicken bones
BEVERAGES	Alcohol (clear spirits) - no more than 30ml/1 oz every other day Coffee (black), tea (black, herbal)	Beer, dark liqueurs and spirits, energy drinks, fruit juices, soft drinks/sodas, wine
SWEETENERS	Dextrose, glucose, organic honey (clear) - no more than 2 tbs per day, raw cacao - 1 tsp per day, stevia	Agave nectar, artificial sweeteners, maple syrup, xylitol
NUTS AND SEEDS	Almonds - 10 ea, almond flour/meal - 2 tbs, almond milk (unsweetened without thickeners or gums) - 1 cup, coconut flour/shredded - ¼ cup, coconut cream - 2-3 tbs, coconut milk - ¼ cup (without thickeners or gums), hazelnuts - 10 ea, macadamia - 20 ea, pecans - 40 ea, pine nuts - 1 tbs, pumpkin seeds - 2 tbs, sesame seeds - 1 tbs, sunflower seeds - 2 tbs, walnuts - 10 ea	Chia, flax seeds or peanuts
CONDIMENTS	Braggs Liquid Aminos, coconut aminos (without onion or garlic), fish sauce, mayonnaise (sugarless), miso (fresh not powdered), mustard (without garlic), tabasco/hot sauce, tamari, wasabi Vinegar: apple cider, distilled, red, white All fresh and dried herbs and spices but not the spice blends Turmeric and ginger are particularly beneficial as they are anti-inflammatory	Asafetida, balsamic vinegar, chicory root, garlic, gums/carrageenans/thickeners, onion, soy sauce/tamari. Spice sachets or pre-mixes Read the labels: No maltodextrin, starches, sugar, etc
FATS/OILS	Butter, coconut oil, flax oil (low lignin), ghee, grape seed oil, infused oils (ie chilli or garlic), MCT oil, olive oil, polyunsaturated vegetable oil, pumpkin seed oil, sesame oil, sunflower oil, walnut oil	Palm oil, soybean oil

RESTRICTED MEAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Asian breakfast bowl	Breakfast pizza	Asian breakfast bowl <small>Leftovers from Monday's breakfast</small>	Lemony scrambled eggs with smoked trout	Breakfast pizza	Lemony scrambled eggs with smoked trout	Zucchini fritters with crispy bacon and smoky salsa
Lunch	Zesty fish cakes with dipping sauce; Crunchy Asian salad	Thai style marinated chicken drumsticks; Crunchy Asian salad <small>Leftovers from Monday's dinner</small>	Stir fry beef with snake beans <small>Leftovers from Tuesday's dinner</small>	Lemon and lime BBQ snapper; Crunchy Asian salad <small>Leftovers from Wednesday's dinner</small>	Butter chicken with celery root rice <small>Leftovers from Thursday's dinner</small>	Singapore style chilli prawns with stir fry vegetables <small>Leftovers from Friday's dinner</small>	Aussie burger with the lot with a side of carrot fries
Dinner	Thai style marinated chicken drumsticks; Crunchy Asian salad	Stir fry beef with snake beans	Lemon and lime BBQ snapper; Crunchy Asian salad	Butter chicken with celery root rice	Singapore style chilli prawns with stir fry vegetables	SIBO pizza with the lot	Succulent lemon and thyme roast chicken; Roast fennel; Roast pumpkin; Thyme roasted carrots



page 14



page 15



page 24



page 26



page 27



page 16



page 29

RECIPE INDEX

Breakfasts

Asian breakfast bowl 14
 Breakfast pizza 15
 Lemony scrambled eggs with smoked trout 16
 Zucchini fritters with crispy bacon and smoky salsa 17

Lunches

Aussie burger with the lot with a side of carrot fries 21
 Crunchy Asian salad 20
 Zesty fish cakes with dipping sauce 19

Dinners

Butter chicken with celery root rice 26
 Lemon and lime BBQ snapper 25
 Roast fennel 30
 Roast pumpkin 30
 SIBO pizza with the lot 28
 Singapore style chilli prawns with stir fry vegetables 27
 Succulent lemon and thyme roast chicken 29
 Stir fry beef with snake beans 24
 Thai style marinated chicken drumsticks 23
 Thyme roasted carrots 30

Extras

Ghee 32
 Lard 33
 Roasted tomato and capsicum sauce 34
 Smoky salsa 35



15

GF Gluten-Free **DF** Dairy-Free **V** Vegetarian **VG** Vegan **LF** Low FODMAP

SHOPPING LIST

Fruit, vegetables and fresh herbs

- | | | | | |
|---|--|---|--|---|
| <input type="checkbox"/> 3 x bunch basil | <input type="checkbox"/> 3 x bunches baby carrots | <input type="checkbox"/> 9 x chillies (red) | <input type="checkbox"/> 10 x lemons | <input type="checkbox"/> 2 x bunches thyme |
| <input type="checkbox"/> 1 x beetroot | <input type="checkbox"/> 7 x carrots | <input type="checkbox"/> 3 x bunches x coriander/
cilantro | <input type="checkbox"/> 8 x limes | <input type="checkbox"/> 6 x tomatoes |
| <input type="checkbox"/> 2 x bok choy | <input type="checkbox"/> 2 x celery root | <input type="checkbox"/> 2 x cucumber | <input type="checkbox"/> 1 x bunch parsley | <input type="checkbox"/> 3 cm/1 inch turmeric (fresh) |
| <input type="checkbox"/> 1 x broccoli | <input type="checkbox"/> 250g/1 pint x cherry
tomatoes | <input type="checkbox"/> 2 x fennel | <input type="checkbox"/> ½ x pumpkin/squash | <input type="checkbox"/> 2 bunches x Vietnamese
mint |
| <input type="checkbox"/> 8 x capsicum/pepper (red) | <input type="checkbox"/> 1 large x Chinese/napa/
wombok cabbage | <input type="checkbox"/> 18 cm/7 inch ginger (fresh) | <input type="checkbox"/> 15 x snow peas/mangetout | <input type="checkbox"/> 3 x zucchini/courgette |
| <input type="checkbox"/> ½ x capsicum/pepper
(green) | | <input type="checkbox"/> 4 leaves x iceberg lettuce | <input type="checkbox"/> 1 x bunch snake beans (or
green beans) | |
| <input type="checkbox"/> 2 x bok choy | | <input type="checkbox"/> 2 x lemongrass | <input type="checkbox"/> 20 x spring onions/scallions | |

Meat, fish, poultry and eggs

Meat: free range and grass fed · Fish: Line caught or sustainable · Poultry and eggs: free range and organic
Deli goods: nitrate and sugar free

- | | |
|---|--|
| <input type="checkbox"/> 16 slices x bacon | <input type="checkbox"/> 750g/1.5lbs x white fish
(cod, haddock, etc) |
| <input type="checkbox"/> 700g/ 1.5 lbs x minced/
ground beef | <input type="checkbox"/> 400g/14oz x minced/
ground pork |
| <input type="checkbox"/> 800g/2lbs x beef rump steak | <input type="checkbox"/> 1kg/2lbs x raw prawns |
| <input type="checkbox"/> 1 x whole chicken | <input type="checkbox"/> 6 slices x prosciutto |
| <input type="checkbox"/> 8 x chicken drumsticks | <input type="checkbox"/> 400g/14oz x smoked trout |
| <input type="checkbox"/> 6 x chicken thigh fillets | <input type="checkbox"/> 2 x whole snapper
(or white fish) |
| <input type="checkbox"/> 25 x eggs | |
| <input type="checkbox"/> 200g/6oz x ham | |

Fridge and freezer

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> 4 tbs x lard | <input type="checkbox"/> 1.5 cup x black olives |
|---------------------------------------|---|

Store cupboard

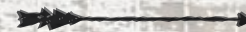
- | | | |
|--|--|---|
| <input type="checkbox"/> 1 x dried ancho chilli | <input type="checkbox"/> 1 cup x coconut milk | <input type="checkbox"/> 5 tbs x sesame oil |
| <input type="checkbox"/> 6 x tinned anchovies | <input type="checkbox"/> 1 ¼ cup x coconut oil | <input type="checkbox"/> 1 tsp x tabasco/hot sauce |
| <input type="checkbox"/> ½ cup x apple cider vinegar | <input type="checkbox"/> ⅔ cup x ghee | <input type="checkbox"/> 1 ½ cup x tomato passata/
purée |
| <input type="checkbox"/> 1 tsp x belecan/shrimp
paste | <input type="checkbox"/> 2 x cups macadamia nuts | <input type="checkbox"/> ½ cup x tomato paste |
| <input type="checkbox"/> 4 tbs x coconut flour | <input type="checkbox"/> 2 tbs x mustard | |
| | <input type="checkbox"/> ⅓ cup x olive oil | |

Dried herbs and spices

- | | | |
|---|--|--|
| <input type="checkbox"/> 1 tsp x dried basil | <input type="checkbox"/> 2 tsp x cumin (ground) | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> 1 tsp x cardamom (ground) | <input type="checkbox"/> 2 tsp x garam masala | <input type="checkbox"/> ½ tsp x paprika (ground) |
| <input type="checkbox"/> ½ tsp x cayenne pepper
(ground) | <input type="checkbox"/> 1 tsp x ginger (ground) | <input type="checkbox"/> Salt |
| <input type="checkbox"/> 1 ½ tsp x coriander (ground) | <input type="checkbox"/> 1 tsp x oregano (dried) | <input type="checkbox"/> 1 tsp x turmeric (ground) |
| | <input type="checkbox"/> 2 tsp x dried parsley | |



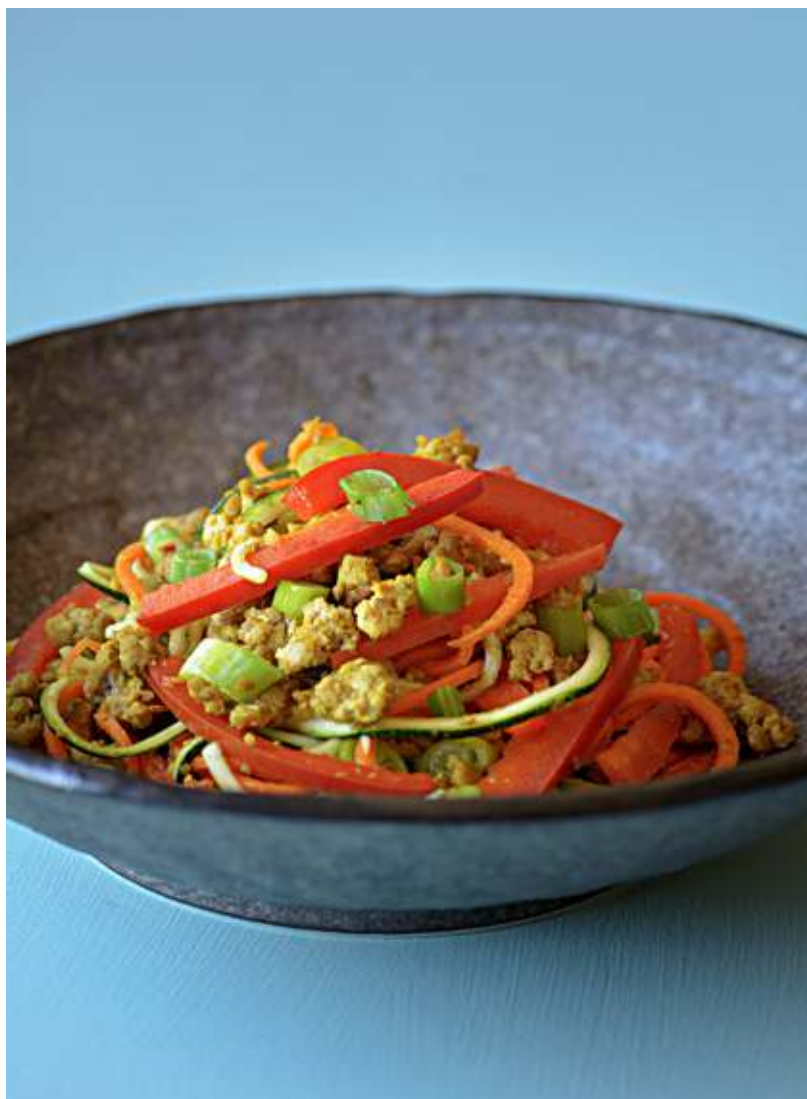
Breakfasts



Start your day off on the right note with these scrumptious breakfasts. When you fuel your body with a healthy and nutritious meal in the morning, you are more likely to feel great for the rest of the day.

asian breakfast bowl

I love this breakfast bowl for busy days when I don't know what time I will eat lunch. It is very filling and keeps me satisfied for hours. What's even better is that you can make it the night before and have several portions kept in the fridge. All you have to do is re-heat and eat.



SERVES 4

1 tbs lard, [see recipe page 33](#)

400g/14 oz free range ground/minced pork

1 tsp grated ginger

1 tsp grated turmeric

1 red capsicum/pepper, diced

1 carrot, spiralised

1 zucchini/courgette, spiralised

4 spring onions/scallions, green part only, sliced

1 tsp tabasco/hot sauce

1 tbs tomato paste/purée

1 tsp apple cider vinegar

Salt and pepper

Heat a wok over a high heat. When smoking hot, add the lard and melt quickly, then add the ground/minced pork. Stir frequently until cooked through and any liquid has absorbed.

Add in the ginger and turmeric and stir fry for 1 minute.

Add in the vegetables, one at a time, stirring between each addition for 30 seconds. This will allow the vegetables to cook quickly rather than swamping the wok.

Add a small amount of water if the wok gets too dry.

Stir in the tabasco/hot sauce, tomato paste/purée and apple cider vinegar. Season with salt and pepper as necessary. Take off the heat and serve immediately.



2 LARGE SERVES

breakfast pizza

Who said pizza was only for dinner? This quick and easy breakfast pizza can be made ahead of time, and even works well as a brunch or eaten cold as part of a picnic in the park.

6 free range eggs

1 tbs lard, [see recipe page 33](#)

1 red capsicum/pepper, diced

100g/3oz free range ham,
free from sugar and
nitrates, chopped

½ punnet/pint cherry
tomatoes, halved

½ cup black olives,
pitted and halved

Large handful of basil
leaves, washed

Salt and pepper

Pre-heat the grill/broiler to high.

Break the eggs into a bowl and whisk until combined. Season with salt and pepper.

Heat a large frying pan/skillet over a medium heat. Melt the lard then add the capsicum/pepper and cook until softened. Add in the ham, cherry tomatoes and olives and stir for 1 minute. Spread evenly over the base of the frying pan.

Pour in the egg mixture and reduce the heat to medium-low. Cook until the base has firmed, then place under the grill/broiler until the egg mixture is completely cooked through.

Remove from the grill/broiler and slice into wedges and serve with some basil leaves.

NOTE: Choose black olives that have been stored in olive oil or brine. Avoid olives in balsamic vinegar as they are not suitable on a SIBO diet.



lemony scrambled eggs with smoked trout

The addition of lemon zest and juice lifts these scrambled eggs to something out of this world. They pair perfectly with the smoked trout and make for a very filling breakfast.

5 free range eggs

1 tsp lemon zest

2 tsp lemon juice

1 tbs ghee, [see recipe page 32](#)

200g/7oz smoked trout, filleted

Salt and pepper

2 lemon wedges

Place the eggs, lemon zest and juice in a bowl and whisk until combined.

Place a frying pan/skillet over a medium high heat and melt the ghee.

Pour in the eggs and cook, stirring softly until soft scrambles form.

Season with salt and pepper to taste and serve with the smoked trout and a lemon wedge.



SERVES 2

Zucchini fritters with crispy bacon and smoky salsa

These fritters make an excellent and filling breakfast meal. You can cook up a batch of them the night before and then just re-heat and cook the bacon in the morning.

1 zucchini/courgette, grated

2 free range eggs

2 tbs coconut flour

6 slices free range bacon,
free from sugar and nitrates

Smoky salsa, [see recipe page 35](#)

2 tbs ghee, [see recipe page 32](#)

Salt and pepper

Squeeze the excess moisture out of the grated zucchini/courgette. You can do this by grabbing a handful of mixture and squeezing it. Liquid will escape, so do this over the sink or a bowl.

Place the zucchini/courgette in a large bowl. Add in the eggs and coconut flour. Mix to combine. If this mixture is too wet, add in a little bit more coconut flour. If the mixture is too dry, add in a drop of water. Season with salt and pepper.

Heat a large non-stick frying pan over a medium heat. Melt some ghee. To cook the fritters, add in a large spoonful of batter. Repeat until you have filled the pan, ensuring you have left room to flip the fritters.

Cook for 2-3 minutes on one side and then flip, and cook on the other side until golden brown and cooked through. Remove from the pan and set aside.

Melt some more ghee in the pan and add the bacon slices. Cook to your liking then remove from the pan.

To serve, place the fritters on a plate with a side of bacon and a dollop of smoky salsa.



SERVES 2



lunches



Eating leftovers from dinner the night before can save a lot of time at lunchtime. Check which lunches are leftovers, as you will find those recipes in the dinner section.

zesty fish cakes with dipping sauce

If you love Asian flavours, you will love these fish cakes. Perfect as a light lunch, they will add some zing to your day.

FISH CAKES

750g/1.5lbs white fish, skin removed, diced

1 long red chilli, minced

4 spring onions/scallions, green part only, sliced

1 lemongrass, white part only, chopped finely

1 tsp grated ginger

1 tbs lime juice

½ tsp salt

1 tbs coconut oil

DIPPING SAUCE

1 tbs sesame oil

1 tbs lime juice

1 tbs apple cider vinegar

½ tsp grated ginger

½ long red chilli, minced

Salt to taste

Place the fish, chilli, spring onions/scallions, lemongrass, ginger, lime juice, and salt in a food processor and blend until minced and fully incorporated.

Remove the mixture from the food processor and roll into small patties. Place in the fridge until ready to cook.

In a small bowl, mix all dipping sauce ingredients together. Taste and season with salt accordingly. Set aside.

Place a non-stick frying pan over a medium heat. Melt the coconut oil then add the fish cakes. Cook for a few minutes on each side until cooked through and golden on both sides.

Serve the fish cakes with the dipping sauce and the crunchy Asian salad, [see recipe page 20](#).



SERVES 2



SERVES 4

crunchy asian salad

I love crunchy salads and I love Asian flavours, so this salad is a perfect combination. The fresh vegetables provide a wonderful texture while the dressing provides just enough spice without being overpowering. This pairs well with seafood, poultry and meat or can be eaten on its own.

- 1 cup macadamia nuts
- 1 tbs coconut oil, melted
- 1 tsp sea salt
- 2 ¼ cups shredded Chinese/ napa/wombok cabbage
- 5 snow peas/mangetout, sliced
- 1 large carrot, julienned
- 1 red capsicum/pepper, thinly sliced
- 1 cucumber, seeds removed, thinly sliced
- 1 large handful coriander/ cilantro leaves, washed and leaves picked
- 1 large handful Vietnamese mint leaves, washed and leaves picked

DRESSING

- 1 tsp grated ginger
- ½ long red chilli, finely minced
- 1 lime, juice and rind
- 1 tbs apple cider vinegar
- 1 tbs sesame oil

Pre-heat the oven to 180C/350F. Line a baking tray with baking paper. Place the macadamia nuts in a bowl and cover with the melted coconut oil and sea salt. Stir to combine.

Place the macadamia nuts on the baking tray and bake for 10 minutes or until golden. Remove from the oven and cool. Once cool enough to handle, chop roughly and set aside.

Meanwhile, place the cabbage, snow peas/ mangetout, carrot, capsicum/pepper, cucumber, coriander/cilantro and mint in a large bowl. Stir to combine.

In a separate bowl, mix all of the dressing ingredients together.

When ready to serve, pour the dressing over the salad and stir to combine. Top with the chopped macadamia nuts.

NOTE: To extend the life of your leftovers, only pour dressing on the portion of salad you are eating now, saving some of the dressing for the future portions.



SERVES 2

aussie burger with the lot and a side of carrot fries

Just because you are treating SIBO doesn't mean you have to miss out on burgers. You won't even notice the lack of bun with this juicy Aussie burger, and the carrot fries are a fun play on the traditional potato fries.

- 1 whole beetroot, cleaned
- 2 carrots, peeled, cut into battons
- 2 tbs lard, [see recipe page 33](#)
- 300g/10oz minced/ground beef
- 3 free range eggs
- 1 tsp dried parsley
- 1 tsp dried oregano
- ½ tsp salt
- ½ tsp black pepper, freshly ground
- 4 rashers free range bacon, free from sugar and nitrates
- 4 leaves iceberg lettuce, washed
- 2 tbs mustard, free from garlic and nitrates
- Salt and pepper

Pre-heat the oven to 200C/400F.

Wrap the washed, unpeeled whole beetroot in foil. Place in the oven to cook for 1 hour. Remove from the oven and allow to cool.

Once cool enough to handle, unwrap the foil and discard. Peel off all of the skin and then slice thickly. Set aside.

Place the carrot batons in a bowl. Melt 1 tablespoon of lard and pour over the carrots. Sprinkle with salt and pepper and mix to combine. Cover a baking tray with baking paper. Spread the carrots out evenly on the tray and cook for 30–45 minutes, or until cooked and slightly crispy.

Meanwhile, place the beef, 1 egg, parsley, oregano, ½ teaspoon of salt and ½ teaspoon of pepper in a large bowl. Using your hands, mix until thoroughly combined and the mixture has come together. Form into 2 large patties. Place in the fridge for 30 minutes to firm.

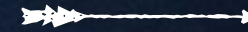
Heat a non-stick pan over a medium heat. Melt 1 tablespoon of lard then add the patties to the pan. Cook the patties to your liking. Remove from the pan.

In the same pan, add the bacon and eggs, and cook to your liking. Remove from the heat.

To assemble your burger, place 2 lettuce leaves on a plate. Top with the burger, 2 slices of beetroot, 2 rashers of bacon and 1 egg. Serve with the carrot fries and mustard.



dinners



Dinner gives you the opportunity to sit down and enjoy something delicious while relaxing after a busy day. Make enough to take for lunch the following day. It will not only save you time, but ensure you have a delicious lunch to look forward to.

thai style marinated chicken drumsticks

These Thai style chicken drumsticks are delicious served hot or cold and make an excellent dish for a picnic.

2 tsp grated ginger

1 tsp grated turmeric

4 spring onions/scallions,
green part only, roughly
chopped

1 long red chilli, roughly
chopped

1 lemongrass stalk, white
part only, roughly chopped

1 lime, zest and juice

4 tbs coconut oil, melted

1 tsp salt

8 free range chicken
drumsticks

Place the ginger, turmeric, spring onions/scallions, chilli, lemongrass, lime, coconut oil and salt in a blender. Mix until a thick paste forms.

Place the chicken drumsticks in a bag and pour the marinade over them. Place in the refrigerator for 4 hours or preferably overnight.

Heat the oven to 180C/350F. Place the drumsticks in a roasting tin and place in the oven to cook for 45 minutes or until cooked through.

Remove and serve while warm, or they can be taken cold to a picnic.

Serve with the crunchy Asian salad, [see recipe page 20](#).



SERVES 4

stir fry beef with snake beans

I am fascinated by snake beans, because they really do look like little snakes. They make a simple dish quite interesting with the use of a more unusual ingredient. This recipe is a great mid-week meal as it is so quick and easy to prepare and cook.

800g/2lbs beef rump steak,
thinly sliced

1 tbs sesame oil

1 tbs grated ginger

2 tbs coconut oil

1 bunch snake beans

1 red capsicum/pepper, diced

2 tbs tomato paste

2 tbs apple cider vinegar

½ tsp white pepper

Salt to taste

Place the steak in a glass or ceramic bowl and cover with the sesame oil and ginger. Add a sprinkling of salt. Marinate for at least 30 minutes.

Heat a large wok over a high heat. Melt 1 tablespoon of coconut oil. Remove the steak from the marinade and add to the wok, stirring frequently so the meat cooks quickly. Reserve the marinade.

Once the meat has cooked, remove from the wok and set aside. Bring the wok back to temperature, then add 1 tablespoon of coconut oil. Add the capsicum/pepper and snake beans, stirring frequently for 1 minute. Add the reserved marinade and cook for 2 minutes, until bubbling vigorously. Add the tomato paste, vinegar and pepper. Cook until the sauce has thickened slightly. Return the beef to the pan to re-heat.

Serve immediately.

NOTE: Snake beans can be found in Asian supermarkets. If they are unavailable, replace with a large handful of green beans.



SERVES 4

lemon and lime bbq snapper

Fish cooked on the BBQ/grill is so easy to cook, yet so delicious and the citrus imparts a lovely flavour to the delicate snapper.

2 large snapper, or
other whole fish,
cleaned and scaled

4 lemons, sliced

4 limes, sliced

2 handfuls parsley

4 cm/1 ½ inch ginger, sliced

Coconut oil for greasing

Salt and pepper

Heat the BBQ/grill to a medium heat.

Place foil on the bench so that it is large enough to cover the fish. You may need to wrap two pieces of foil around the fish if it is large.

Grease the foil with some coconut oil. This will help prevent the fish from sticking to it during cooking.

Lay $\frac{1}{3}$ of the lemon and lime slices down on the foil. Top with the fish. Insert $\frac{1}{3}$ of the lemon and lime slices into the cavity along with the parsley and ginger. Top the fish with the remaining lemon and lime. Sprinkle with salt and pepper.

Wrap the foil around the fish, ensuring it is wrapped securely. Repeat for the second fish.

Place the fish on the BBQ/grill. If you have a lid, close the lid during cooking to ensure the fish is cooked evenly. If you do not have a lid, you will need to turn the fish over halfway. Depending on the size of the fish, and the heat of your BBQ/grill, you may need to cook it for 20–40 minutes.

Serve with the crunchy Asian salad [see recipe page 20](#).



SERVES 4

Butter chicken with celery root rice

Butter chicken is a hugely popular Indian curry, yet normally contains onion, garlic and cream, making it unsuitable for those treating SIBO. This version packs a flavour punch and tastes just as good as the real thing, without causing any irritation.



SERVES 4

MARINADE

- 2 tsp garam masala
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground ginger
- 1 tsp ground cardamom
- 1 tsp salt
- ½ tsp ground paprika
- ¼ - ½ tsp ground cayenne pepper
- 1 cup coconut milk

BUTTER CHICKEN

- 6 chicken thigh fillets, cubed
- 2 tbs coconut oil
- 2 tbs tomato paste
- ½ lemon, juiced
- ½ bunch coriander/cilantro, chopped

CELERY ROOT RICE

- 2 cups celery root, chopped
- 1 tbs coconut oil
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp salt
- ¼ bunch coriander/cilantro, chopped

To make the marinade, mix all of the spices together in a large bowl. Add in the chicken pieces, and stir to cover. Marinate for at least 6 hours, or preferably overnight.

To make the curry, remove the chicken pieces from the marinade, reserving the marinade.

Heat the coconut oil in a wok or deep frying pan over a medium-high heat. Add the chicken and marinade to the pan, stirring frequently for 2-3 minutes. Stir in the tomato paste and lemon juice. Reduce the heat to low, and simmer for 10 minutes, stirring occasionally.

Meanwhile, make the celery root rice. Place the chopped celery root in a food processor and blitz until it resembles rice.

Heat a wok over a high heat and melt the coconut oil. Add in the celery root and stir fry for 5 minutes. Stir in the spices and salt. Remove from the heat and stir in the chopped coriander/cilantro.

Serve the butter chicken with the celery root rice and sprinkle with some extra chopped coriander/cilantro. You could also serve this with some steamed vegetables.

singapore style chilli prawns with stir fry vegetables

This dish is a variation of the famous Singapore chilli crab. The prawns are just as delicious as the original dish, and work well as part of a main meal. Served with some stir fry vegetables, your taste buds will take a trip to Asia without leaving the comfort of your home.



SERVES 4

1kg/2lbs raw prawns/raw jumbo shrimp

2 tbs coconut oil

1 cup tomato passata/purée

1 tbs tomato paste

2 tsp apple cider vinegar

1 tsp salt

SPICE PASTE

4 red chillies, chopped

1 tsp belachan

4 spring onions/scallions, green part only, chopped

1 tbs coconut oil, melted

STIR FRY VEGETABLES

2 tbs coconut oil

1 tbs grated ginger

2 cups broccoli florets

2 carrots, thinly sliced

1 red capsicum/pepper, thinly sliced

2 bok choy

1 tbs sesame oil

½ tsp salt

Place all of the spice paste ingredients in a blender. Blitz until it resembles a paste.

Heat a large wok over a high heat. Melt the coconut oil then add the spice paste. Stir fry for several minutes, or until the paste starts to change colour.

Add the tomato passata/purée, coconut aminos, tomato paste, vinegar and salt and bring to the boil. Cook for several minutes or until the sauce has thickened slightly.

Add the prawns/jumbo shrimp and stir to coat thoroughly. Cook until the prawns/jumbo shrimp have turned pink and are cooked through. Remove from the heat.

In a separate frying pan, heat the coconut oil until melted then add the ginger then vegetables. Stir fry for a few minutes or until the vegetables are lightly cooked. Add the sesame oil and season with salt.

Serve the prawns/jumbo shrimp with the stir fry vegetables in a large bowl or plate, along with plenty of napkins for sticky fingers.

NOTE: Belachan is a dried shrimp paste and can be found in Asian supermarkets.



SERVES 2

sibo pizza with the lot

When commencing your SIBO treatment, many favourites may be off-limits. This SIBO-friendly pizza will become a regular fixture in your weekly meal plan. It is extremely satisfying due to the meat base and tastes just like pizza should.

400g/1lbs minced/ground beef

1 free range egg

1 tsp dried parsley

1 tsp dried basil

½ tsp salt

½ tsp pepper

½ cup tomato passata/purée

2 tbs tomato paste, free from sugar and nitrates

½ red capsicum/pepper, diced

½ green capsicum/pepper, diced

6 slices prosciutto, free from sugar and nitrates

½ cup olives, in brine or olive oil (no balsamic vinegar)

6 anchovies

Small handful of fresh basil

Pre-heat the oven to 230C/445F. Line a baking tray with baking paper.

Place the beef, egg, parsley, basil, salt and pepper in a large bowl. Mix well with your hands until all ingredients are well combined. Roll into a large ball then place on the prepared baking tray. Using your hands, flatten the mixture across the tray until it covers it completely and is an even thickness.

Place the tray in the oven and cook for 10 minutes.

Meanwhile, mix the tomato passata/purée and tomato paste together.

Remove the base from the oven. If there is some liquid on the tray, pour it off before adding the toppings.

Spread the tomato mixture across the base, then top with the capsicum/pepper, olives, prosciutto and anchovies.

Return to the oven and cook for 10 minutes, or until cooked to your liking.

Remove from the oven, top with fresh basil leaves and serve immediately. If also cooking for a non-SIBOer, you can add some shaved parmesan cheese to their serve.

succulent lemon and thyme roast chicken

The addition of the herbs under the skin of this chicken transforms it into a taste sensation, while the ghee keeps the meat juicy and tender. The carrots absorb the flavours from the chicken and herbs and pair with it perfectly.

1 whole free range chicken

4 tbs ghee, softened, [see recipe page 32](#)

1 lemon

1 bunch thyme

2 tsp salt

2 tsp pepper

1 tbs olive oil

1 bunch baby carrots, washed and trimmed

Pre-heat your oven to 180C/350F.

Place the softened ghee in a bowl. Zest the lemon and add it to the bowl. Set the lemon aside. Remove about 1 tablespoon of thyme leaves from the bunch and chop lightly. Add to the bowl. Add 1 teaspoon each of salt and pepper. Stir to combine. Set aside.

Rinse and pat dry your chicken. Carefully separate the skin away from the meat on the breast and leg meat, by sliding your finger under the skin and gently pulling it away from the meat. This will allow you to create a pocket for the flavoured ghee.

Taking a spoonful at a time, slide the ghee mixture under the skin, being careful not to pierce the skin. Insert ghee to cover the breast and leg meat. Place the lemon inside the cavity along with half of the thyme. Secure the legs together with kitchen string. Rub olive oil over the chicken, then sprinkle with the remaining salt and pepper.

Place the remaining thyme on the base of a roasting tray. Place the chicken on top of it. Add the carrots around the chicken. Place in the oven for 1 hour, or until the chicken is cooked through. If the chicken is browning too quickly, cover it lightly with foil.

Once cooked, remove from the oven, cover and let rest for 15 minutes before carving. Serve with [roast fennel](#), [roast pumpkin](#) and [thyme roasted carrots](#).



SERVES 4



SERVES 4

Nothing beats gorgeous roasted vegetables, and this trio work perfectly with roast meats, fish and poultry. They are the perfect partners to a big Sunday roast lunch or dinner.

roast pumpkin

2 cups pumpkin/squash,
sliced or chunks

½ tsp ground cumin

1 tsp salt

1 tbs olive oil

Pre-heat the oven to 180C/350F. Place the pumpkin/squash in a large bowl. Sprinkle with the cumin and salt and drizzle with olive oil. Stir to combine. Line a baking tray with baking paper then place the pumpkin/squash on it. Place in the oven and roast for 45–60 minutes, or until it is golden brown and cooked through.

thyme roasted carrots

2 bunches baby carrots,
trimmed and washed

2 tbs ghee, melted,
[see recipe 32](#)

½ bunch thyme,
leaves picked

½ tsp salt

½ tsp pepper

Pre-heat the oven to 180C/350F. Place the baby carrots in a large bowl. Drizzle with melted ghee, and sprinkle with the thyme leaves, salt and pepper. Stir to combine. Line a baking tray with baking paper then place the carrots on it. Place in the oven and roast for 45–60 minutes, or until they are golden brown and cooked through.

roast fennel

2 fennel, quartered

2 tbs olive oil

1 lemon, sliced

Salt and pepper

Pre-heat the oven to 180C/350F. Line a baking tray with baking paper then place the fennel on it. Drizzle with olive oil, scatter with lemon slices, and sprinkle with salt and pepper. Place in the oven and roast for 45–60 minutes, or until the fennel is soft and cooked through.



extras



Use these recipes to add some extra flavour to your creations.

ghee

Ghee has a lovely nutty flavour and is traditionally used in Indian cooking. Ghee is simply melted butter with the dairy proteins removed, so people with a dairy intolerance may find they can tolerate ghee. Store bought ghee can be expensive, so why not make your own? It is easy and lasts for a long time. Make sure to buy butter made from cows that have been pasture fed.

3 x 250g/8oz butter

1 large glass jar, sterilised

pork fat, diced

1 large glass jar, sterilised

Place the butter in a saucepan. Heat gently over a low heat. As the butter melts, a white foamy substance will rise to the surface. This is the dairy protein. Scrape this off with a large spoon. If you have someone in your house who can tolerate dairy, you can use this to make delicious pancakes for them.

As you continue cooking, the white foam should decrease until there is nothing left. The oil will also go from an opaque yellow to a clear golden colour. Keep an eye on the bottom of the pan as small bits of dairy protein may fall to the bottom and burn.

Place some paper towel in a fine mesh strainer, over the sterilised glass jar. Slowly pour the hot oil over the strainer. Be careful when touching the jar as it will get very hot from the oil. Allow to cool. You can store your ghee in the fridge or at room temperature.





GF DF LF

Lard

Lard is a wonderful saturated fat made from pork and is a great alternative to use in your cooking. Not only does it impart a lovely flavour to your dishes, it also has a high smoke point, making it ideal to use when cooking at high temperatures.

250g/9oz pork fat, diced

1 large glass jar, sterilised

Place the diced fat into a heavy based saucepan. Pour $\frac{1}{2}$ cup water into the bottom of it so the fat doesn't stick to the bottom of the pan and burn.

Cook gently on a medium heat, stirring occasionally to prevent the fat from sticking to the bottom of the pan. As it heats, the fat will come out of the pieces. The water will evaporate from the saucepan as it cooks, until there is only liquid fat left.

Once the pieces have turned golden and look crispy and the liquid fat is a light golden colour, it is ready to be strained.

Remove the pieces from the fat and discard. Place some paper towel over a fine mesh strainer over a glass jar. Slowly pour the hot fat into the strainer, and let it drip into the glass jar until completely strained.

Store in the fridge and use as required.

roasted tomato and capsicum sauce

This sauce is so easy to make and is incredibly versatile. It can be used with poultry, meat, fish or vegetarian dishes. It can be used as a sauce or a condiment, and served hot or cold. You will never reach for the commercially made tomato sauce again once you've tasted this version.

10 roma tomatoes, quartered

2 red capsicum/peppers,
seeds removed, quartered

4 tbs olive oil

1 tsp salt

1 tsp pepper

2 tbs tomato paste

½ bunch basil, chopped

Pre-heat the oven to 200C/400F.

Place all of the ingredients, except the tomato paste and basil, in a large roasting tin. Mix to combine the olive oil, salt and pepper evenly across the vegetables. Place in the oven and roast for 1.5-2 hours, or until all of the vegetables are soft and roasted. Remove from the oven and cool slightly.

Place the roasted vegetables, tomato paste and basil into a blender and blend until combined and any lumps have been removed.

Pour the sauce into a large sterilised jar. Tip upside down to form a seal and then cool.

The sauce will keep in the fridge unopened for several months. Once opened, consume within a few days.



GF

DF

V

VG

5 CUPS

smoky salsa

Salsa can be eaten as a snack or paired with a meal. Adding a dried ancho chilli gives it a lovely depth of flavour and a slight hint of smokiness that is absolutely delightful.

- 1 dried ancho chilli
- 6 tomatoes, seeded and diced
- 4 spring onions/scallions, green part only, chopped finely
- 1 red chilli, diced
- 1 bunch coriander/cilantro, washed and chopped
- 1 lime juice and zest
- 2 tbs olive oil
- Salt and pepper

Rehydrate the ancho chilli by placing it in a bowl and pouring boiling water over it. Soak for 10-15 minutes. Drain and then chop.

Place the ancho chilli, tomatoes, spring onions/scallions, red chilli, coriander/cilantro, lime juice, zest and olive oil in a large bowl. Stir to combine. Taste and season with salt and pepper.

NOTE: The ancho chilli is the dried version of the poblano chilli. It can be found in specialty food stores. If you can't find it, it can be kept out of the recipe.



ONE MEAL ACCOMPANIMENT



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