

## Phase 2 — Regenerate

Repairing the ground — gut & good fats: fibre, prebiotics, fermented foods, omegas



**We support the gut (often called the “second brain”) and stock up on good fats. On the menu:** fibre and prebiotics to feed the microbiome, fermented foods to seed it, and omega-3s for your daily good fats. Rotate the menu across the 4 weeks.

**No time or no appetite for cooking?** Part 2 of this booklet — “Eating well without cooking” — gives you the back-up pantry, the express meals (5 minutes, no cooking) and the slip-up survival guide. It starts right after the shopping guide.

— The week menu

| DAY | MORNING                                            | LUNCH                                         | SNACK                                 | EVENING                                      |
|-----|----------------------------------------------------|-----------------------------------------------|---------------------------------------|----------------------------------------------|
| Mon | Buckwheat porridge, coconut milk, flaxseed, pear   | Mackerel, brown rice, slow-cooked leeks       | Unsweetened apple compote + hazelnuts | Vegetable broth + sweet potato + poached egg |
| Tue | 1 egg, mushrooms, onions, avocado                  | Chicken, quinoa, asparagus, garlic            | Plant yoghurt + chia seeds            | Miso soup + vegetables + tofu                |
| Wed | Plant yoghurt, quinoa flakes, blueberries, walnuts | Sardines, lentils, tomato, red onion, parsley | Apple + almonds                       | Parcel-baked cod, fennel, courgette          |
| Thu | Buckwheat pancake, almond butter, berries          | Beef, brown rice, broccoli, garlic            | Vegetable sticks + hummus             | Creamy squash soup + roasted chickpeas       |
| Fri | Herb omelette, spinach, avocado                    | Sardines, sweet potato, leeks                 | Pear + Brazil nuts                    | Mild vegetable curry (coconut) + brown rice  |
| Sat | Quinoa porridge, almond milk, flaxseed, plum       | Chicken, quinoa, artichoke, salad             | Plant yoghurt + blueberries           | Bone broth + root vegetables                 |
| Sun | 1 scrambled egg, onions, herbs, buckwheat pancake  | Salmon, brown rice, roasted fennel            | Dark chocolate ≥70% + almonds         | Lacto-fermented vegetables + lentil soup     |

**Chrono tip:** keep regular mealtimes, with a few hours between meals; in the evening, go easy on the starches.

**Interchangeable fish:** sardine, mackerel, herring, salmon, sea bream, sole — avoid tuna and large predators (heavy metals).

## — The swap bank — build your own variety

The weekly menu is your framework. Here are dozens of interchangeable options, all in line with the rules of the programme: pick, swap and vary with your cravings and the season.

### Breakfasts

- Buckwheat porridge, coconut milk, flaxseed, pear
- 1 egg + mushrooms + onions + avocado
- Plant yoghurt, quinoa flakes, blueberries, walnuts
- Buckwheat pancake, almond butter, berries
- Chia pudding with almond milk, unsweetened apple compote, hazelnuts
- Herb omelette + spinach + avocado

### Lunches

- Mackerel + brown rice + slow-cooked leeks
- Chicken + quinoa + asparagus + garlic
- Sardines + lentils + tomato, red onion, parsley
- Beef + brown rice + broccoli + garlic
- Sardines + sweet potato + leeks
- Chicken + quinoa + artichoke + salad
- Mackerel + brown rice + roasted fennel
- Pulse bowl + roasted vegetables + herbs

### Dinners (light)

- Vegetable broth + sweet potato + poached egg
- Miso soup + vegetables + tofu
- Parcel-baked cod + fennel + courgette
- Creamy squash soup + roasted chickpeas
- Mild vegetable curry (coconut) + brown rice
- Bone broth + root vegetables
- Lacto-fermented vegetables + lentil soup
- Pan-fried seasonal vegetables + sea bream

### Snacks

- Unsweetened apple compote + hazelnuts
- Plant yoghurt + chia seeds
- Vegetable sticks + hummus
- Apple + almonds
- Pear + Brazil nuts
- Water kefir + a few nuts and seeds
- MiaM chocolate bar (a healthy alternative, worth keeping on you)

## — Foods to discover in this phase

- **Lacto-fermented foods (raw sauerkraut, lacto-fermented vegetables, miso)** — sources of live cultures for the microbiome; in the chilled or organic aisle, never boiled.
- **Prebiotics (leek, onion, garlic, asparagus, Jerusalem artichoke, globe artichoke)** — they feed the good bacteria; bring them in gently cooked.
- **Homemade bone broth** — rich in collagen and amino acids; simmered long and slow.
- **Water kefir** — a fermented drink with no cow's milk, a source of live cultures.
- **Ginger & turmeric** — they go hand in hand with digestive comfort.

## — Winning pairings

Pairing foods well means absorbing them better:

- **Prebiotics + fermented foods:** the “food + cultures” duo that supports the microbiome.
- **Fibre + hydration:** they belong together for comfortable transit.
- **Omega-3s (fish) + colourful vegetables:** the good fats + antioxidants duo of your phase.
- **Turmeric + white pepper + fat:** the piperine in pepper markedly improves the absorption of curcumin.

## — Les aliments à éviter

Applies throughout the programme:

- **Banana & kiwi:** often picked before they are ripe and ripened artificially, with a pesticide load. Swap them for seasonal fruit picked ripe (apple, pear, berries, citrus, plum, grapes).
- **Cow's milk & dairy:** excluded. Go for plant milks (almond, coconut, rice, hazelnut); sheep's or goat's only as an option, if you have no other choice.
- **Wheat, gluten & oats:** to be avoided (oats contain gluten). Go for buckwheat, quinoa, brown rice, sweet potato and pulses (and, if you eat bread, einkorn sourdough or gluten-free).
- **Added sugars & ultra-processed foods:** off the table. To sweeten: cinnamon or a little xylitol (in moderation). Otherwise, sweetness comes from seasonal fruit and dark chocolate  $\geq 70\%$ .

## — Good to know — preparation & choices

- **Eggs:** one fresh egg a day — no more.
- **Almonds:** choose blanched ones (skins removed).
- **Pepper:** white rather than black.
- **Flaxseed:** grind it just before eating, so you absorb it properly.
- **High-heat cooking:** goose or duck fat (high smoke point) rather than butter or olive oil; keep olive oil for raw dressings.
- **Milks & yoghurts:** go for plant-based (almond, coconut, rice, hazelnut); sheep's or goat's only as an option, if you have no other choice.
- **To sweeten:** cinnamon or a little xylitol; never added sugar.
- **Grains:** gluten-free (buckwheat, quinoa, rice) — avoid oats and wheat.

## — Shopping guide & tips

- **Where to shop:** the organic chilled aisle for fermented foods (unpasteurised); bones and carcasses from the butcher for your broth; seasonal root vegetables.
- **How to choose:** fermented foods marked “raw / unpasteurised”, a variety of pulses, oily fish.
- **Budget & organisation:** one big batch of broth frozen in portions; dried pulses; soups made in batches.
- **Hydration:** water, ginger infusions; water kefir as a living drink.



**Keep in mind** — This booklet is a source of inspiration, not a medical diet: adapt the dishes to your tastes, your appetite and any allergies or intolerances. If you have a health condition or are on medication, ask a healthcare professional for advice.

## PART 2 · CURE VITA — EATING WELL WITHOUT COOKING

# The express option

for the days when you have neither the time nor the inclination to cook



Some people will enjoy cooking — for them, the menu booklets are enough. For everyone else (snowed under, at work, no prep done the night before), here is the express option. The principle is simple: you don't need to cook, just to assemble. Keep your booklets for the “cooking” days, keep this guide for all the others — and above all, never feel guilty: the best meal is the one you can actually stick to.

## — 1. The back-up pantry (and fridge)

With these basics always in stock, a decent meal is five minutes away — and you are never “forced” into junk food.

- **Tinned fish:** sardines, mackerel, herring (in spring water or in olive oil); salmon and white fish (sea bream, sole) fresh or frozen — avoid tuna, too heavily loaded with heavy metals.
- **Pulses in jars:** chickpeas, lentils, beans (already cooked, ready to use).
- **Fresh:** eggs (1 fresh egg a day), avocados, pre-washed salads, hummus, cherry tomatoes, carrots, plant cheese (or sheep's/goat's as an option).
- **Pantry:** buckwheat pancakes, pouches of pre-cooked quinoa/brown rice, nuts (blanched almonds), almond butter, olive oil (for raw dressings), goose or duck fat (for high-heat cooking), olives, dark chocolate  $\geq 70\%$ .
- **Freezer:** plain vegetables, berries, plain fish fillets, herbs.
- **Bread back-up:** einkorn sourdough bread, sliced and frozen, ready for the toaster.

## — 2. The express repertoire — 5 minutes, no cooking

Assembly meals, no pan required:

- Sardine or mackerel bowl + chickpeas + tomatoes + olive oil + lemon
- Pre-washed salad + 1 hard-boiled egg + seeds + avocado
- Buckwheat wrap + hummus + raw veg + smoked salmon
- Rotisserie chicken (shop-bought) + raw veg + hummus
- Pre-cooked quinoa bowl + pulses + vegetables + olive oil
- Buckwheat pancake or sourdough toast + smashed avocado + hard-boiled egg + seeds
- Mackerel + cooked beetroot (vacuum-packed) + rocket + walnuts
- Lentil bowl (from the jar) + plant cheese + tomatoes + parsley
- **“Nibbles-for-dinner” plate:** raw veg + hummus + 1 hard-boiled egg + nuts
- Soup (a good-quality carton, no added sugar) + hard-boiled egg + seeds

## — 3. The lunchbox that travels (at the office, no microwave)

Cold means no reheating — and it travels better. Three bases that hold up all morning:

- **Bento 1:** quinoa + chickpeas + crunchy vegetables + plant cheese + dressing on the side.
- **Bento 2:** brown rice salad + mackerel + raw veg + olives.
- **Bento 3:** buckwheat wraps + chicken + raw veg + hummus.

Tips: keep the dressing on the side (nothing goes soggy), add a piece of fruit and a handful of nuts for your snack, and simply double last night's dinner to take with you the next day.



## — 4. Sunday prep in one hour

Not expert batch cooking — a mini-ritual that covers the week:

- **Step 1:** a big pan of quinoa or brown rice.
- **Step 2:** a tray of roasted vegetables in the oven (while the rest cooks).
- **Step 3:** hard-boiled eggs (1 a day, so around 6 for the week).
- **Step 4:** 2 homemade dressings or sauces.

The result: 3 to 4 “assemble-and-go” lunches ready for the week. Round them out with a quick protein (tinned fish, rotisserie chicken). One hour invested on Sunday = five lunchtimes saved.



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## — 5. The slip-up survival guide — when you eat out

Let's stop pretending nobody ever eats out. The principle: no guilt, you make the least bad choice, and you stay on the programme.

### At the bakery

- A wrap (buckwheat pancake or tortilla) filled with protein + raw veg, rather than a white-bread sandwich, a pastry or a pizza.
- Go easy on shop-bought sauces; a piece of fruit alongside if you can.

### At the supermarket (your best ally)

- **In 2 minutes:** a ready-made salad + a tin of sardines or mackerel + a piece of fruit + some nuts.
- **Or:** 1 hard-boiled egg + raw veg + hummus. Decent, quick, no cooking.

### At the deli counter / quick-service restaurant

- A bowl or poke without a sweet sauce, a salad with protein, dishes built on vegetables and protein.
- Avoid fried food and sweet sauces; water rather than a fizzy drink.

### At the fast-food counter (Dagobert, pizza, chips, McDo, Quick...) — the least bad choices

- **The rule:** cut back on sugar, fried food and fizzy drinks, add vegetables and protein, drink water.
- **Wrap or sandwich:** go for the wrap; if it's a sandwich (a Dagobert, say), protein + raw veg, the least white bread you can find, easy on the sauce.
- **Burger:** a plain burger without a sweet sauce rather than an XL meal; skip the chips-and-fizzy-drink duo.
- **Pizza:** thin crust, tomato base + vegetables; one slice with a salad rather than the whole pizza.
- **Always:** go for a salad with protein if there is one, and water instead of a fizzy drink.

The golden rule: an occasional slip-up doesn't undo the programme. You don't stop — you simply put things right at the next meal.

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## — 6. Back-up snacks (to head off the cravings)

The 4pm craving is dealt with in the morning. Always keep something on you to see you through:

- A handful of nuts (blanched almonds, walnuts, hazelnuts).
- A piece of seasonal fruit (apple, pear, citrus...).
- One or two squares of dark chocolate  $\geq 70\%$ .
- A MiaM chocolate bar — an excellent healthy alternative to keep on you.

With that in your bag, the vending machine and the bakery on the corner stop being an option.

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**Worth keeping in mind** — This guide is an option for the busy days. Every choice here follows the rules of the programme: no banana or kiwi, no cow's milk (plant milks preferred), no gluten or oats, dark chocolate  $\geq 70\%$ , cinnamon or xylitol to sweeten. This is not a medical diet: adapt it to your tastes and your constraints, and if you have a health condition or are on medication, ask a professional for advice.

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