EDIBLE Earth

THE GLOW RESET · YOUR NOURISH LIST

The Glow Reset *shopping list*

Your fat-burning, hormone-loving trolley for the 28 days. Keto · carnivore · paleo-friendly whole foods, chosen to feed your gut, steady your blood sugar, balance your hormones and switch on cellular repair. Buy grass-fed, wild-caught & organic where you can — and let every choice be a message of repair to your cells.

GUT digestion & lining **MICROBIOME** good bugs **HORMONES** balance **WEIGHT** blood sugar & fat release **NERVOUS** calm & sleep **MUSCLE** lean & strong **ANTI-AGE** cells & DNA **DETOX** liver & lymph

Protein & Seafood

YOUR MUSCLE, YOUR METABOLISM, YOUR FOUNDATION

Pasture-raised eggs
MUSCLE · HORMONES · DETOX
Complete protein plus **choline** for hormone production and a happy liver. Your most forgiving daily staple.

Grass-fed beef — steak, mince, ribeye
MUSCLE · ANTI-AGE · HORMONES
Iron, B12, zinc, creatine and glycine to **preserve lean muscle** — the organ of longevity and your resting fat-burner.

Lamb (cutlets, mince, shoulder)
HORMONES · MUSCLE
Zinc and CLA support healthy hormones and a strong metabolism; deeply satiating.

Wild salmon & oily fish
NERVOUS · ANTI-AGE · HORMONES
Omega-3 DHA/EPA calms inflammation, lifts mood, softens fine lines and steadies the hormonal orchestra.

Prawns, barramundi & white fish
HORMONES · MUSCLE
Lean ocean protein with selenium and iodine to feed a sluggish thyroid — your metabolic thermostat.

Chicken thighs (skin on)
MUSCLE · GUT
Affordable protein with skin-and-bone glycine that helps repair the gut lining.

Clean bacon & pork (nitrate-free)
WEIGHT · NERVOUS
Satisfying fats and protein that keep blood sugar flat and afternoon cravings quiet.

Liver / organ meats (optional, weekly)
ANTI-AGE · HORMONES
Nature's multivitamin — B-vitamins, retinol and copper for energy, skin and deep cellular nourishment.

Healthy Fats & Dairy

SLOW-BURNING FUEL THAT TURNS OFF HUNGER

Grass-fed butter & ghee
GUT · ANTI-AGE
A natural source of **butyrate** that feeds your colon cells, plus fat-soluble vitamins A, D & K2.

Avocados
HORMONES · WEIGHT · GUT
Potassium, gentle fibre and monounsaturated fat for satiety, steady energy and hormone-building cholesterol.

Extra-virgin olive oil
ANTI-AGE · NERVOUS
Polyphenols that protect cells and blood vessels — drizzle generously, never heat too hard.

Coconut oil / MCT
WEIGHT · NERVOUS
Converts straight to ketones — clean brain fuel that supports the fat-burning switch.

Whole raw cream milk *(if you tolerate dairy & can source it from a trusted farm)*
MUSCLE · NERVOUS
Whole-fat, living dairy with fat-soluble vitamins and calcium for bones and a calm nervous system.

...or sugar-free organic almond, or almond–coconut blend
NERVOUS · WEIGHT
Creamy dairy-free base for coffee, cacao and collagen — vitamin E and magnesium, no hidden sugars.

Full-fat Greek yogurt & aged cheese *(as tolerated)*
MICROBIOME · MUSCLE
Live cultures plus protein and calcium. Go gentle if you're histamine-sensitive (see overleaf).

Low-Carb Veg & Bitter Greens

COLOUR, FIBRE & LIVER LOVE

Leafy greens — spinach, rocket, kale
DETOX · NERVOUS · HORMONES
Magnesium, folate and chlorophyll to fuel detox pathways and soothe the nervous system.

Bitter greens — rocket, dandelion, endive
GUT · HORMONES · DETOX
Stimulate bile and the liver to **clear used oestrogen** and digest fats well. One bitter green a day.

Cruciferous — broccoli, cauliflower, cabbage
HORMONES · ANTI-AGE · DETOX
Sulforaphane and DIM support healthy oestrogen metabolism and cellular protection.

Cucumber, celery, zucchini, asparagus
MICROBIOME · GUT
Hydrating, prebiotic and low-carb — fibre that feeds your good bugs without spiking blood sugar.

Fresh herbs — parsley, coriander, rosemary, thyme
ANTI-AGE · DETOX
Tiny antioxidant powerhouses that bind toxins and add flavour for zero carbs.

Ginger & turmeric
GUT · NERVOUS
Warming anti-inflammatories that ease digestion and calm a reactive gut.



real food, real glow

nourish to flourish

Fermented & Gut-Loving

LIVING FOODS THAT RE-SEED YOUR MICROBIOME

Kimchi
MICROBIOME · GUT · HORMONES
Live lactobacillus plus fibre — a daily forkful helps crowd out the bugs that drive cravings and bloat.

Sauerkraut (raw, unpasteurised)
MICROBIOME · DETOX
Probiotics and vitamin C that support digestion and oestrogen clearance. Start with a teaspoon and build.

Coconut & cultured yogurts
MICROBIOME · GUT
Dairy-free live cultures — a gentle way to diversify your good bacteria.

A NOTE ON HISTAMINE

If you're **histamine-sensitive** (flushing, headaches, itchiness after fermented foods), go easy on aged and cultured foods for now — and **skip bone broth and beetroot / beet juice in these first weeks**, as both are very high in histamine and can stall a healing gut. Reintroduce slowly as your lining repairs and your tolerance returns.

Pantry Heroes & Flavour

SMALL ADDITIONS, BIG METABOLIC SHIFTS

Lemons
GUT · DETOX
Warm lemon water first thing wakes up digestion, bile and your morning detox — vitamin C for collagen, too.

Organic apple cider vinegar (with the mother)
WEIGHT · GUT · MICROBIOME
Supports stomach acid and **blunts blood-sugar spikes** before meals; gentle prebiotic support.

Oregano oil
MICROBIOME · GUT
A potent natural antimicrobial used to help rebalance yeast and unfriendly bacteria in the gut.

Unrefined sea salt
NERVOUS · WEIGHT
Trace minerals and electrolytes that support adrenals and energy — a pinch in your water all day.

Raw cacao (unsweetened)
NERVOUS · ANTI-AGE
Magnesium and flavanols for calm, mood and circulation — the base for your evening CALM ritual.

Cinnamon, cumin, chilli, garlic, onion
WEIGHT · MICROBIOME
Cinnamon steadies blood sugar; garlic and onion are prebiotic; chilli gently lifts metabolism.

Olives, capers, mustard, tamari / coconut aminos
GUT · WEIGHT
Flavour with benefits — gut-friendly fats and umami that keep clean eating genuinely delicious.



your daily ritual

Snacks & Seeds

NIBBLES THAT NOURISH, NEVER CRASH

Pumpkin seeds
HORMONES · MICROBIOME · NERVOUS
Zinc and magnesium for hormones and sleep — and traditionally eaten to help keep the gut inhospitable to parasites.

Sunflower seeds
ANTI-AGE · HORMONES
Vitamin E and selenium for skin and thyroid — your go-to if garlic doesn't suit you (see therapeutic notes).

Macadamias & almonds
NERVOUS · MUSCLE
Magnesium-rich good fats that satisfy and steady energy between meals.

Walnuts & Brazil nuts
ANTI-AGE · HORMONES
Omega-3 ALA for the brain; just 1–2 Brazil nuts daily for thyroid-supporting selenium.

Boiled eggs, cheese, clean jerky, olives
MUSCLE · WEIGHT
Grab-and-go protein and fat to keep you full and out of the biscuit tin.

A small handful of berries
ANTI-AGE
Low-sugar antioxidants for a touch of sweetness without the spike.

Drinks, Greens & Soothing Teas

HYDRATE, ALKALISE, SOOTHE

Filtered water + a pinch of sea salt
DETOX · NERVOUS
2–3L a day with minerals to flush, hydrate and carry nutrients into your cells.

Frozen pomegranate arils, or no-sugar organic pomegranate juice
ANTI-AGE · HORMONES
Polyphenols (punicalagins) that feed the gut and convert to **urolithin-A** — a true mitochondrial, anti-aging ally. Keep portions small.

Greens Five juice by Pressed Earth — *or DIY*
DETOX · MICROBIOME
Blend lemon, celery, parsley, spinach, cucumber & ginger for an alkalising, liver-loving daily green.

Slippery elm & marshmallow root tea
GUT · NERVOUS
Demulcent herbs that form a soothing coat over an inflamed stomach lining — calming and complementary.

doTERRA DigestZen
GUT
A gentle botanical blend to ease bloating and settle digestion after meals.

Optional Therapeutic Support

FOR DEEPER GUT-LINING & REPAIR WORK

Omega-3 fish oil
NERVOUS · ANTI-AGE · HORMONES
Calms whole-body inflammation and supports mood, skin and hormone balance — a beautiful daily baseline.

L-glutamine *(alongside 10–20g GLOW Gut Repair)*
GUT
The **primary fuel for your intestinal cells** — pairs with collagen's glycine to accelerate mucosal repair.

Zinc carnosine (150mg)
GUT
Soothes and strengthens the stomach lining — especially supportive in the repair phase if you tend toward gastritis.

Magnesium butyrate
GUT · NERVOUS
Replaces the **butyrate** you'd normally make from oats, beans and resistant starches (which we minimise these first 4 weeks) — feeds colon cells and calms gut inflammation.

Raw crushed garlic in lemon water *(first 2 weeks)*
MICROBIOME
A traditional daily ritual to discourage yeast, fungal and parasitic overgrowth. **Garlic-sensitive?** Swap for pau d'arco tea + sunflower seeds.

come home to your body