EDIBLE *Earth*

ONLINE HEALTH COACHING FOR WOMEN

your free

THE GLOW RESET

A 4-Week Full-Body Detox & Healthy Weight Kickstarter

I help women reverse the root causes of premature aging, weight gain and hormone havoc — using epigenetics, bio-active ocean & earth botanicals, and a holistic root-cause approach. No injections or prescriptions. No diet shakes. No calorie counting.



www.edibleearth.com.au



EDIBLE *Earth*

WELCOME, GLOW GIRL

Hey glow gang — I'm so glad you're here.

For the next four weeks, you have a coach in your corner. This isn't a crash diet or a punishing "detox tea" — it's a science-led, root-cause reset designed to help your body do what it was always built to do: release stored fat, rebalance hormones, repair from the inside, and glow.

I built Edible Earth after losing my partner, Lee, to cancer. That loss cracked me open and set me on a path through nutritional biochemistry and epigenetics — the science of how our daily choices switch our genes on and off. What I learned is that so much of what we accept as "just getting older" is not fixed. It's reversible.

So we don't count calories. We don't inject. We don't live on shakes. We feed the body real, bio-active nutrition from the ocean and the earth, and we work *with* your biology instead of against it.

This is your invitation to come home to your body.

Love Sarah & Team Earth

xox

EDIBLE *Earth*

THE EDIBLE EARTH PROMISE

I help women

reverse the root causes of premature aging, weight gain & hormone havoc.

Using **epigenetics**, **bio-active ocean & earth botanicals**, and a unique **holistic root-cause approach**.

No	No	No
INJECTIONS OR PRESCRIPTIONS	DIET SHAKES	CALORIE COUNTING

Just real food, targeted bio-active formulas, and daily rituals that restore your gut, your hormones and your cells — so the weight, the energy and the glow take care of themselves.

You are not broken — your *biology* is asking for help.

If weight has crept on and won't budge, if your energy and mood have shifted, you are not imagining it and you are far from alone. The data tells the story of a system under strain.

2 in 3

Australian adults are living with overweight or obesity — now the nation's **leading** risk factor for chronic disease.

~50%

of women experience significant weight gain through the peri-/menopause transition — often despite eating the same.

~10kg

average gain across the menopause transition — roughly 1.5 kg a year, much of it stubborn belly fat.

5→15%

jump in visceral (organ) fat as oestrogen falls — the most metabolically dangerous fat there is.

200–250

fewer calories burned per day at rest as lean muscle is lost in midlife — metabolism slows quietly.

↓ insulin

sensitivity through menopause raises the risk of type 2 diabetes, heart disease & more.

Here's the hopeful part: excess weight and its downstream effects are largely *preventable and reversible*. The same levers that drive the problem — gut health, hormones, muscle, blood sugar and cellular repair — are exactly the ones this programme is built to pull.

Sources: Australian Institute of Health & Welfare, Overweight & Obesity / Burden of Disease 2024; World Obesity Federation; SWAN & Healthy Women studies via the British Menopause Society. General education only.

THE ROOT-CAUSE APPROACH

Stop chasing symptoms. Change the *signal.*

Most weight-loss advice fights the body: eat less, move more, white-knuckle through hunger. It ignores *why* the body is holding weight in the first place. We do the opposite. We find the root signals — and we change them.

Epigenetics is the science of how your environment switches genes on and off. You can't change your DNA, but you can change which genes are *expressed* — through food, light, movement, stress, sleep and the nutrients you feed your cells. Your genes load the gun; your lifestyle pulls the trigger. This programme aims it at repair.

- **Bio-active ocean & earth botanicals.** Marine collagen, medicinal mushrooms, sea minerals and plant actives — nutrients in forms the body actually recognises and uses.
- **Food as information.** Every meal is a message to your genes. We send messages of satiety, stable blood sugar and repair.
- **The whole woman.** Gut, hormones, nervous system, mitochondria and mindset are one connected system — so we treat them as one.



work with
your body,
not against it

HOW IT WORKS INSIDE YOU

The bio-mechanics of your reset

When these five systems come back online, sustainable fat loss and a younger biological age are the natural by-products — not the fight.

SYSTEM 01 · THE GUT

Your second brain & hormone HQ

Roughly 70% of your immune system and much of your hormone metabolism live in the gut. A healthy gut lining and microbiome regulate appetite hormones (ghrelin, leptin, GLP-1), clear used oestrogen, and calm inflammation that drives fat storage. **We repair the lining and feed the good bugs.**

SYSTEM 02 · HORMONES

Insulin, cortisol, oestrogen, thyroid

Stable blood sugar means less insulin, and lower insulin lets the body release fat. Lower cortisol (stress) stops the belly-fat signal. Balanced oestrogen and thyroid keep metabolism humming. **Real food + adaptogens + sleep recalibrate the whole orchestra.**

SYSTEM 03 · CELLS & DNA

Mitochondria & biological age

Your mitochondria make energy; NAD+ powers them and fuels DNA repair, both of which decline with age. Supporting NAD+ and reducing oxidative stress helps cells work like younger cells — more energy, better repair, a lower biological age. **This is true anti-aging, from the inside.**

SYSTEM 04 · MUSCLE & METABOLISM

Your metabolic engine

Muscle is the organ of longevity — it burns fat at rest and soaks up blood sugar. Midlife muscle loss is why metabolism stalls. Protein-forward meals plus creatine help preserve and build lean tissue, **raising your resting burn without a single calorie counted.**

SYSTEM 05 · DETOX & LYMPH

Liver, kidneys, lymph & skin

Your body detoxes itself — through the liver, kidneys, gut, lymph and skin. We don't 'flush' with gimmicks; we **support the organs that do the work** — starting every morning with our DETOX micronutrient elixir (raw bee pollen) — plus hydration, bitter greens, sweating and movement, so they run clean and efficient.

THE PAY-OFF

Quality of life

Deeper sleep, steady energy and mood, clearer skin, sharper focus, easier digestion, fewer cravings, and a body that feels like *yours* again. Weight loss becomes a side-effect of a body that finally feels safe enough to let it go.

YOUR 4-WEEK MAP

The Glow Reset, week by week

Each week builds on the last. You'll never be overwhelmed — just one simple focus, the same nourishing rhythm, and small daily rituals that compound.

	WEEK	WHAT WE FOCUS ON	SYSTEM WE TARGET
01	Reset & Release	Clear the noise: blood-sugar stabilising, gut soothing, hydration, sleep & light.	Gut · Blood sugar
02	Repair & Rebalance	Rebuild the gut lining, support liver detox pathways, calm cortisol.	Gut · Hormones · Detox
03	Restore & Renew	Build lean muscle, switch on cellular repair & NAD+, deepen rituals.	Muscle · Cells & DNA
04	Reveal & Rise	Lock in the new normal, celebrate the glow, plan your forever rhythm.	Whole-body · Mindset

The daily non-negotiables

- Protein-forward keto-carnivore meals (recipes inside)
- Your Edible Earth elixir ritual, morning & night
- 2–3L water with a pinch of sea salt
- Morning light + movement; screens down before bed
- One restorative ritual a day (you choose)





WEEK

01

let go

THIS WEEK

Reset & Release

We begin by clearing the noise. This week is about steadying your blood sugar, soothing your gut and flooding your body with hydration, light and sleep — the foundations everything else is built on.

WHY IT WORKS

When blood sugar stops spiking, insulin drops, and the body finally switches from fat-storing to fat-releasing. Soothing the gut lining lowers the inflammation that keeps weight locked on.

Your daily rhythm

- **First thing** — DETOX micronutrient elixir (raw WA bee pollen) on an empty stomach
- **Then** — Warm lemon water + a pinch of sea salt & 1 tsp olive oil (first 3 days); 5 min morning sun
- **Morning drink** — GLOW collagen blended into your coffee, tea or cacao
- **Meals** — 3 protein-forward keto-carnivore meals; 2–3L water through the day
- **Afternoon** — 10-min walk after lunch to blunt blood-sugar spikes
- **Evening** — CALM mushrooms in cacao or tea before bed; screens off 60 mins prior

Rituals to layer in this week

- **Infrared or traditional sauna** · 15–20 min, 3× this week
- **4×4 cardio base** · brisk walk/jog intervals, 20 min, 2×
- **Dry brushing + Epsom bath** · to move lymph & unwind
- **Cold shower** · finish cold 30–60s daily — build toward an ice bath
- **Sunlight + breathwork** · every morning, to set your clock & calm cortisol

This week's mission: No added sugar and no liquid calories for 7 days. Notice your energy and cravings settle.



THIS WEEK

Repair & Rebalance

Now we rebuild. This week we repair the gut lining, gently support your liver's natural detox pathways, and bring cortisol down so your hormones can find their rhythm again.

WHY IT WORKS

A sealed gut lining means less inflammation and better hormone clearance — especially of used oestrogen. Supporting the liver helps the body process and remove what it no longer needs, efficiently.

Your daily rhythm

- **First thing** — DETOX bee pollen elixir, then warm lemon water + sea salt (+ olive oil if still in your first 3 days)
- **Morning drink** — GLOW Gut Repair collagen in your coffee, tea or cacao
- **Meals** — Add bitter greens & collagen-rich broths to repair the lining
- **Midday** — Box breathing x5 before lunch to drop cortisol
- **Evening** — CALM mushrooms in cacao before bed; Epsom bath or sauna + magnesium
- **Daily ritual** — Dry body brushing toward the heart to move lymph

Rituals to layer in this week

- **Infrared or traditional sauna** · 20 min, 3–4×, finish with a cold plunge
- **4×4 interval run** · 4 min near-max, 4 min walk ×3 (~20 min), 2–3×
- **Grounding** · bare feet on the earth or an ocean swim, 3×
- **Ice bath or cold shower** · 1–2 min, daily
- **Sound healing or meditation** · 10 min daily

This week's mission: Add one bone broth or collagen-rich meal a day, and one liver-loving bitter green (rocket, kale, dandelion).



WEEK

03

come alive

THIS WEEK

Restore & Renew

With your foundations solid, we build. This week is about protecting and growing lean muscle and switching on cellular repair — the engine of a faster metabolism and a younger biological age.

WHY IT WORKS

Muscle is your metabolic furnace and your blood-sugar sponge. Supporting NAD+ and mitochondria gives cells the energy to repair DNA and work like younger cells — more energy now, slower aging long-term.

Your daily rhythm

- **First thing** — DETOX bee pollen elixir; GLOW collagen in coffee or tea; morning light
- **Movement** — Strength/resistance 3× this week — even bodyweight counts
- **After lunch** — AGELESS (NMN) to power cellular energy & DNA repair
- **After food / training** — LIMITLESS creatine with a protein-rich meal
- **Afternoon** — Cold exposure: finish your shower cold for 30–60s
- **Evening** — CALM mushrooms in cacao before bed; sound healing or meditation

Rituals to layer in this week

- **Resistance training** · 3 full-body sessions — progressive overload
- **4×4 interval run** · 4 min max + 4 min walk ×3, 3× this week — shown to turn back biological age by up to a decade on its own
- **Infrared or traditional sauna** · 20 min post-training, 3–4×
- **Ice bath / cold plunge** · 2–3 min after sauna (contrast therapy)
- **Yoga nidra / NSDR** · for deep recovery & sleep

This week's mission: Move with resistance 3 times and hit your protein at every meal. Muscle is the goal, not the scale.



WEEK

04

THIS WEEK

Reveal & Rise

The reveal. By now your energy, sleep, digestion and waistband are telling the story. This week we lock in the habits that worked and design the forever-rhythm you'll carry well beyond 28 days.

WHY IT WORKS

Lasting change isn't about intensity — it's about identity. When these rituals become simply 'how you live,' your results compound for years, not weeks. This is biological age, reversing.

Your daily rhythm

- **First thing** — DETOX bee pollen elixir, GLOW in your coffee, morning light + movement
- **Through the day** — NMN after lunch · creatine after food · CALM mushrooms before bed
- **Meals** — Keep meals protein-forward; reintroduce foods mindfully & notice how you feel
- **Weekly** — Take your progress photos & measurements, celebrate the wins
- **Community** — Share your glow — tag us & claim your free collagen

Rituals to layer in this week

- **Resistance training** · 3 sessions — keep progressing
- **Sauna + cold contrast** · 3–4×: sauna, then plunge
- **Choose your forever 2** · keep the therapies you loved most, for life
- **4×4 interval run** · 3× this week — your forever cardio
- **Sound healing or breathwork** · daily

This week's mission: Write your 'forever 3': the three non-negotiables you'll keep for life. Then share your transformation with us.

glow on

Small rituals, *big* shifts

These are the free, ancient tools that regulate your nervous system, support detox and tell your body it's safe to heal. Choose at least one a day — stack more as you fall in love with them.

Breathwork

Slow nasal breathing & box breathing flip you out of stress mode into 'rest & digest' — lowering cortisol, the hormone that drives belly fat.

Meditation

Even 5–10 minutes lowers stress hormones, improves sleep and reduces emotional eating by widening the gap between urge and action.

Sound healing

Sound baths & binaural tones shift brainwaves toward calm, easing the chronic stress that disrupts hormones and sleep.

Infrared sauna

Gentle heat promotes sweating & circulation, supports the skin and lymph as detox organs, and triggers heat-shock proteins that aid cellular repair.

Cold exposure

Cold showers or ice baths boost mood & resilience, activate calorie-burning brown fat, and reduce inflammation. Start with 30–60 seconds.

Morning sunlight

Light in your eyes within an hour of waking sets your circadian clock — anchoring sleep, appetite hormones and energy for the whole day.

Grounding & nature

Bare feet on earth, ocean swims and time outdoors lower stress markers and inflammation — very on-brand for an ocean-and-earth life.

Dry body brushing

A few minutes before showering stimulates lymphatic flow, supporting your body's natural waste clearance and leaving skin glowing.

Sacred sleep

7–9 hours is non-negotiable: deep sleep is when you burn fat, balance hunger hormones, and repair DNA. Cool, dark, screen-free.

A simple day: DETOX bee pollen elixir first · sunlight + breathwork · GLOW collagen in your coffee · movement · NMN after lunch · a walk · creatine after food · sauna or cold + sound healing · CALM mushrooms in cacao before bed · screens down, magnesium, sleep. That's the whole reset.

How each elixir works for you

Food first, always — but these bio-active formulas are the targeted support that makes your reset faster. Here's exactly how each one works for your gut, hormones and cellular repair.

FORMULA	DAILY DOSE	GUT	HORMONES	DNA / CELLULAR & WEIGHT
GLOW Youth Elixir 01 · Marine collagen + Vit C	20g/day	Glycine & proline help repair the gut lining for less inflammation.	Protein supports satiety & steady blood sugar, easing cravings.	Collagen rebuilds skin, hair & connective tissue — visible youth.
GLOW Beauty Elixir 03 · Collagen + Hyaluronic acid	20g/day	Soothes & strengthens the gut barrier alongside the microbiome.	Hydration & skin support reduce the visible signs of hormonal aging.	Hyaluronic acid + collagen plump skin & cushion joints.
GLOW Gut Repair Marine collagen, gut-soothing blend	20g/day	Directly targets a leaky, inflamed lining — the root of so much.	A calmer gut clears used oestrogen & steadies appetite hormones.	Lower gut inflammation lowers fat-storing signals body-wide.
DETOX Micronutrient Elixir Raw WA bee pollen · first thing AM	5–10g/day	Feeds good bacteria & brings unique digestive enzymes to repair the gut.	Whole-spectrum micronutrient base that supports hormone production.	Most nutrient-dense food on earth — free-form amino acids fuel repair.
CALM Medicinal mushroom blend	5–10g/day	Prebiotic mushroom fibres feed a healthy microbiome.	Adaptogens help lower cortisol — the belly-fat & sleep hormone.	Less chronic stress = better repair, sleep & fat release.
AGELESS NAD+ / NMN	NMN 1000mg/day	Cellular energy supports gut-cell turnover & repair.	Better mitochondrial function supports whole-system hormone health.	Fuels NAD+ for DNA repair & energy — true biological-age support.
LIMITLESS Creatine monohydrate	5–10g/day	—	Supports stable energy & mood via better cellular energetics.	Preserves & builds lean muscle — raising resting metabolism.

Your daily timing: DETOX micronutrient elixir first thing each morning, on an empty stomach · GLOW collagen blended into your morning coffee, tea or cacao · AGELESS (NMN) after lunch · LIMITLESS creatine after food · CALM mushrooms before bed with cacao or tea. Consistency beats intensity — daily is the magic.



THE HERO INGREDIENT

DETOX Micronutrient Elixir

Raw Western Australian Bee Pollen

Before anything else passes your lips, you take your DETOX micronutrient elixir — raw WA bee pollen, widely regarded as the **most nutrient-dense superfood on earth**. Ancient civilisations called it the food of the gods. In parts of Europe it is recognised as a therapeutic medicine, and it was used in clinical settings as far back as the 1950s.

- One of the **rare plant-origin sources of vitamin B12**
- **More protein, gram for gram, than red meat** — with all essential amino acids in free-form, highly bio-available state
- **Raw & alive** — more bio-available than any synthetic multivitamin
- **Feeds your good gut bacteria** and delivers unique digestive enzymes
- A true foundation for **overall health, gut repair & healthy weight loss**

How & when: 5–10g first thing each morning, on an empty stomach — the very first thing we reach for. It sets the nutritional tone for your entire day.



THE KITCHEN

Easy, tasty keto-carnivore *nourishment*

Twenty-eight simple recipes — breakfast, lunch & dinner — built protein-first to keep you full, stabilise blood sugar and protect your muscle. Mostly animal-based, with gut-loving low-carb plants and our elixirs woven through.

- **Protein-forward & satisfying** — no hunger, no calorie counting
- **Real ingredients** — meat, seafood, eggs, healthy fats, low-carb veg
- **Fast & forgiving** — most ready in 15–25 minutes
- **Macros at a glance** — shown as a guide, never a rule

Note · P = protein, F = fat, C = net carbs (grams, approx, per serve). Listen to your hunger — eat to satisfied, not stuffed, not starving.

Breakfasts

01 Collagen Glow Coffee

Creamy, frothy & satiating — your morning ritual in a cup.

Ingredients · Hot coffee/espresso; 1 tbsp grass-fed butter or MCT oil; 20g GLOW collagen; cinnamon

Method · Blend everything 20 seconds until frothy. Sip slowly with morning light.

P 14g F 18g C 2g

02 Smoked Salmon Egg Stack

Omega-rich and elegant in 8 minutes.

Ingredients · 2 eggs; 80g smoked salmon; ½ avocado; lemon; dill; sea salt

Method · Soft-scramble eggs in butter, layer over salmon & sliced avo, finish with lemon & dill.

P 26g F 30g C 3g

03 Three-Cheese Herb Omelette

Fluffy, cheesy, ready before your coffee cools.

Ingredients · 3 eggs; cheddar; parmesan; 1 tbsp cream cheese; chives; butter

Method · Whisk eggs, cook gently in butter, fold in cheeses & herbs, fold and serve.

P 28g F 34g C 2g





start the day strong, never starving

Breakfasts *cont.*

04 Bacon & Egg Power Bowl

The classic, built for fat-burning.

Ingredients · 3 rashers bacon; 2 eggs; handful spinach; ½ avocado

Method · Crisp bacon, fry eggs in the fat, wilt spinach, plate with avocado.

P 27g F 38g C 3g

05 Steak & Eggs

Protein royalty to start the day strong.

Ingredients · 120g minute steak; 2 eggs; butter; garlic; parsley

Method · Sear steak 1–2 min/side in butter, rest; fry eggs in the pan; top with garlic parsley.

P 42g F 30g C 1g

06 Berry Collagen Chia Pudding

Make ahead; grab and glow.

Ingredients · 3 tbsp chia; 200ml coconut milk; 20g GLOW collagen; ¼ cup berries

Method · Stir chia, milk & collagen; chill overnight; top with berries.

P 16g F 22g C 7g





start the day strong, never starving

Breakfasts *cont.*

07 Sausage & Mushroom Skillet

One pan, deeply savoury.

Ingredients · 2 good pork sausages; button mushrooms; butter; 1 egg; thyme

Method · Brown sausages, add mushrooms & butter, crack in an egg, cover till set.

P 30g F 40g C 4g

08 Greek Yogurt Glow Bowl

Cool, creamy, gut-friendly.

Ingredients · 200g full-fat Greek yogurt; 20g GLOW collagen; macadamias; cinnamon

Method · Stir collagen through yogurt, top with crushed macadamias & cinnamon.

P 24g F 26g C 6g

09 Salmon Frittata Cups

Batch-bake for grab-and-go mornings.

Ingredients · 5 eggs; 100g salmon; feta; spinach; cream

Method · Whisk eggs & cream, fold in salmon, feta & spinach, bake in muffin tin 18 min at 180°C.

P 22g F 24g C 2g





start the day strong, never starving

Lunches

10 Chicken Caesar (no croutons)

All the flavour, none of the bread.

Ingredients · Grilled chicken thigh; cos lettuce; parmesan; bacon; anchovy-yogurt dressing

Method · Toss cos with dressing, top with sliced chicken, bacon & shaved parmesan.

P 38g F 26g C 4g

11 Tuna Avocado Boats

Five minutes, zero cooking.

Ingredients · 1 tin tuna; 1 tbsp mayo; 1 avocado; lemon; celery; pepper

Method · Mix tuna, mayo, diced celery & lemon; pile into avocado halves.

P 30g F 32g C 5g

12 Beef & Halloumi Skewers

Smoky, squeaky, satisfying.

Ingredients · 150g beef; 80g halloumi; olive oil; oregano; lemon

Method · Thread beef & halloumi, brush with oil & oregano, grill 8–10 min, squeeze lemon.

P 40g F 34g C 3g





lunch that fuels, not crashes

Lunches *cont.*

13 Prawn & Avocado Salad

Light, fresh, ocean-bright.

Ingredients · 12 cooked prawns; 1 avocado; rocket; olive oil; lemon; chilli

Method · Toss rocket with oil & lemon, add prawns & avocado, scatter chilli.

P 28g F 26g C 4g

14 Lamb Lettuce Cups

Spiced, juicy, hands-on.

Ingredients · 200g lamb mince; cumin; cos cups; yogurt; mint

Method · Brown lamb with cumin, spoon into lettuce cups, top with yogurt & mint.

P 32g F 30g C 4g

15 Keto Salmon Niçoise

A French classic, carb-light.

Ingredients · 120g salmon; 1 egg; green beans; olives; olive oil; dijon

Method · Sear salmon, boil egg & beans, plate with olives, dress with oil & dijon.

P 34g F 28g C 5g





lunch that fuels, not crashes

Lunches *cont.*

16 Chicken & Bacon Cobb

The everything salad.

Ingredients · Chicken; bacon; egg; avocado; blue cheese; cos; olive oil

Method · Arrange chopped ingredients over cos, crumble blue cheese, drizzle oil.

P 40g F 36g C 5g

17 Egg Salad Avocado

Creamy, simple, portable.

Ingredients · 3 boiled eggs; 1 tbsp mayo; 1 avocado; chives; mustard

Method · Mash eggs with mayo & mustard, fold through avocado, top with chives.

P 20g F 30g C 4g

18 Roast Beef Roll-Ups

No-cook protein, ready in minutes.

Ingredients · 150g roast beef slices; cream cheese; cucumber; rocket

Method · Spread beef with cream cheese, add cucumber batons & rocket, roll & slice.

P 32g F 22g C 3g





lunch that fuels, not crashes

Dinners

19 Butter-Basted Ribeye

The hero dinner — rich & restorative.

Ingredients · 200g ribeye; butter; garlic; thyme; sautéed greens

Method · Sear steak, baste with butter, garlic & thyme; rest 5 min; serve with greens.

P 46g F 48g C 3g

20 Garlic Butter Salmon

Omega-3 gold in 15 minutes.

Ingredients · 180g salmon; butter; garlic; asparagus; lemon

Method · Pan-sear salmon skin-down, add butter & garlic, roast asparagus alongside.

P 38g F 32g C 4g

21 Slow-Cooked Lamb Shoulder

Set, forget, fall apart.

Ingredients · Lamb shoulder; rosemary; garlic; bone broth; sea salt

Method · Sear, then slow-cook in broth with rosemary 3–4 hrs at 150°C until tender.

P 44g F 40g C 2g





dinner is a ritual, not a restriction

Dinners *cont.*

22 Creamy Tuscan Chicken

Restaurant-worthy, one pan.

Ingredients · 2 chicken thighs; cream; spinach; sun-dried tomato; parmesan

Method · Sear chicken, add cream, spinach & tomato, simmer 8 min, finish with parmesan.

P 42g F 38g C 6g

23 Keto Beef & Broccoli

Takeaway flavour, clean ingredients.

Ingredients · 200g beef strips; broccoli; tamari; ginger; garlic; sesame oil

Method · Stir-fry beef hot & fast, add broccoli, ginger, garlic & tamari, toss 4 min.

P 40g F 26g C 7g

24 Pan-Seared Barramundi

Delicate WA fish, brown-butter finish.

Ingredients · 180g barramundi; butter; zucchini ribbons; capers; lemon

Method · Sear fish, make brown butter with capers, serve over zucchini ribbons.

P 36g F 24g C 4g





dinner is a ritual, not a restriction

Dinners *cont.*

25 Pork Belly & Slaw

Crackling crunch with a fresh crunch.

Ingredients · 200g pork belly; cabbage; mayo; apple-cider vinegar; mustard

Method · Roast pork belly till crisp; toss cabbage with mayo, vinegar & mustard.

P 34g F 52g C 5g

26 Meatballs in Cream Sauce

Comfort food, zoodle-style.

Ingredients · Beef & pork mince; egg; parmesan; cream; zucchini noodles

Method · Roll & brown meatballs, simmer in cream & parmesan, serve over zoodles.

P 38g F 42g C 6g

27 Lamb Cutlets & Cauli Mash

Elegant, cosy, deeply satisfying.

Ingredients · 4 lamb cutlets; cauliflower; butter; cream; rosemary

Method · Grill cutlets to your liking; steam & blend cauliflower with butter & cream.

P 40g F 38g C 6g





dinner is a ritual, not a restriction

Dinners *cont.*

28 Bunless Burger Stack

Friday-night feeling, fat-burning fuel.

Ingredients · 180g beef patty; cheese; bacon; egg; avocado; lettuce

Method · Grill patty, stack with cheese, bacon, fried egg & avocado in lettuce.

P 44g F 46g C 4g





dinner is a ritual, not a restriction

SHOPPING LISTS

Stock your kitchen for success

A body set up to win starts at the trolley. Quantities flex to your household — buy fresh weekly, build a fat-burning pantry once. Choose grass-fed, wild-caught & organic where you can.

WEEK 1 · RESET & RELEASE

Protein & seafood

- Eggs (2 dozen)
- Bacon & pork sausages
- Beef minute steak
- Smoked & fresh salmon
- Tinned tuna

Fats & dairy

- Grass-fed butter
- Avocados
- Greek yogurt (full-fat)
- Cheddar & parmesan
- Macadamias

Low-carb veg

- Spinach & rocket
- Kale
- Cucumber
- Asparagus
- Lemons

Pantry & Edible Earth

- Sea salt · olive oil
- Chia seeds & berries
- GLOW Youth/Beauty Elixir
- DETOX Life Elixir

WEEK 2 · REPAIR & REBALANCE

Protein & seafood

- Chicken thighs
- Lamb mince
- Cooked prawns
- White fish (barramundi)
- Eggs (1 dozen)

Fats & dairy

- Cream cheese & feta
- Olives
- Mayo (clean)
- Cream
- Blue cheese

Low-carb veg

- Cos lettuce
- Cabbage
- Green beans
- Zucchini
- Dandelion / bitter greens

Pantry & Edible Earth

- Bone broth
- Apple-cider vinegar
- GLOW Gut Repair
- CALM mushroom blend

WEEK 3 · RESTORE & RENEW

Protein & seafood

- Ribeye / cutlets
- Beef strips
- Pork belly

WEEK 4 · REVEAL & RISE

Protein & seafood

- Your favourites from wks 1–3
- Eggs
- A ‘hero’ steak or roast

YOUR PROGRESS TRACKER

Measure what *truly* matters

The scale is the least interesting part of this journey. Track how you *feel*, how you move and how you glow. Take photos & measurements on day 1 and at the end of each week — same time, same light.

Weekly check-in

WEEK	WAIST (CM)	HIPS (CM)	ENERGY /10	SLEEP /10	MOOD /10	DIGESTION /10
Start						
Week 1						
Week 2						
Week 3						
Week 4						

Daily ritual tracker

Tick each day you complete it — aim for progress, not perfection.

RITUAL	M	T	W	T	F	S	S
Morning elixir							
Protein at every meal							
2–3L water							
Morning light + movement							
One restorative ritual							
Screens off + 7–9h sleep							

Non-scale victories

The wins that actually change your life. Jot them as they happen.

- Clothes fitting differently
- Steadier energy & no afternoon crash
- Sleeping through the night
- Fewer cravings & calmer appetite
- Clearer skin & brighter eyes
- Better mood & focus

SHARE YOUR GLOW

Show us your *transformation*

Your journey could be the reason another woman starts hers. Post your progress — a photo, a win, a feeling — tag us, and we'll send you a thank-you.

Free GLOW collagen, on us

Share your Glow Reset progress and receive a complimentary **GLOW Gut Repair** or **GLOW Youth** marine collagen peptide formula.

- Post your before/after or a moment from your 28 days
- Tag **@__edible_earth** & use **#EdibleEarthGlowUp**
- DM us 'GLOW RESET' and we'll sort your free collagen

Instagram @__edible_earth

Facebook @edibleearthau

Web www.edibleearth.com.au



EDIBLE Earth

this is your

beginning, not a diet.

Four weeks from now, you won't just weigh less — you'll *be* different. Calmer, clearer, stronger, lit from within. Keep the rituals you loved, keep nourishing your cells, and keep coming back to your body. We're cheering you on, always.

THE LONG GAME

Followed consistently over the long term, the Glow Reset can help **turn back your biological age by up to 20 years** — when paired with our holistic anti-aging supplement system. (The 4×4 interval run alone has been shown to take up to a decade off.) Small daily rituals, repeated for years, are the real anti-aging medicine.

Love Sarah & Team Earth xox

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A loving note: This programme is general wellness education, not medical advice, diagnosis or treatment, and results vary from person to person. It is not intended to prevent, treat or cure any disease. Please consult your GP or a qualified healthcare professional before starting any new nutrition, supplement or exercise plan — especially if you are pregnant or breastfeeding, taking medication, or living with a health condition. Edible Earth supplements are complementary to, not a replacement for, a varied diet and healthy lifestyle. Listen to your body, and seek support if anything feels unwell. © Edible Earth.