

momo bowl.

momo[food]

the bowl i keep making. **oats, chia, poached apple** + the order i put it together.



soak · 20 min **simmer** · 15 min **chia in, lid on** · 10 min

what goes in.

- **2/3 cup** gluten free rolled oats
- **about 1 1/2 cups** fresh cooking water
- **1/2** banana · optional
- **a pinch of** salt
- **a shake of** ceylon cinnamon
- **about 1/4 tsp** vanilla
- **1 tsp** chia seeds
- **1 1/4 scoops** protein powder
- **1/4 cup** walnuts, macadamias or pecans
- **1/2** poached apple
- **1 tbsp** ground flax

my protein pick: grass-fed whey sweetened with stevia, preferably from new zealand. **scoop sizes vary by product.**

put it together.

1. **soak the oats.** warm water, 20 minutes. drain + rinse.
2. **fresh water in.** about 1 1/2 cups, then banana, salt, cinnamon + vanilla.
3. **boil, then turn it down.** simmer for 15 minutes. add more water if u like it looser.
4. **off the heat.** stir in the chia. lid on, 10 minutes.
5. **protein in, then the nuts.** top with half a poached apple + the ground flax.

the protein goes in after the rest. let the pot cool before mixing it in.

the apples.

3 or 4 sweet red apples, skin on
a few spoons of water
a pinch of salt
a shake of ceylon cinnamon or a dash of vanilla

skin on, core + chop. add the apples, water, salt + cinnamon or vanilla to a pan. lid on, low heat, **10 to 15 minutes** until soft.

off the heat: fresh ginger + a little ghee are optional. use **half an apple** on the bowl.

make the topping while the oats cook.

single as fuck chia pudding.

momo[food]

craving chocolate? need it at home, gluten free? **here is what your body is asking for.**



melt · low, never boil **shake** · every few minutes, 20 min **fridge** · overnight, or 1 to 2 hours

what goes in.

- **1/2 cup + 2 tbsp** canned coconut milk
- **1/2 cup + 2 tbsp** nut milk, unsweetened
- **3 tbsp** ceremonial cacao, chopped or grated
- **1 tbsp** vanilla bean paste
- **a spoon of** almond + macadamia butter
- **a pinch of** celtic salt
- **4 tbsp** chia seeds
- **on top:** poached apples + walnuts

4 tablespoons of chia to 1 1/4 cups of liquid. new to fibre? start at 2 tbsp, and drink water with it.

put it together.

1. **melt.** everything but the chia in a small pan, low heat. simmer, never boil. the cacao has to melt.
2. **into the jar.** about 330 ml. add the chia, lid on.
3. **shake.** then shake again every few minutes for the first 20, or it clumps.
4. **the fridge.** overnight is the one. 1 to 2 hours if u are impatient.
5. **warm it gently** in the pan before u eat it. poached apples + walnuts on top.

sweeter? a drizzle of raw honey off the heat. raw honey is never for a baby under one.

the cacao.

a solid block, chopped or grated. it should taste like a cacao drink.

buy a brand that publishes its heavy metal tests. a lot of dark cacao tests high in lead and cadmium, ceremonial included.

reactive? 1 tbsp of cacao, almond milk in place of the coconut, and the nut butter later.

the muscle maker pancakes.

momo[food]

pancakes, and still the physique? **here you go.**



blend · until smooth **pan** · medium heat, 2 minutes a side **double it** · freeze them

what goes in.

- **1** ripe banana
- **1/2 cup** gluten free rolled oats
- **2** eggs
- **1/3 cup** cottage cheese, low fat
- **3/4 scoop** vanilla protein powder
- **1 tbsp** vanilla
- **a pinch of** celtic salt + **a dash of** ceylon cinnamon
- **on top:** fresh blueberries, or 72 percent dark chocolate chips, and maple syrup

my protein pick: grass-fed whey sweetened with stevia, preferably from new zealand. pea or rice if whey flares you.

put it together.

1. **blend** everything on medium until smooth.
2. **a pan on medium heat**, a little avocado oil.
3. **pour a couple of pancakes.** brown for two minutes, toppings on.
4. **flip**, cook the other side.
5. **maple syrup, then eat.** one batch serves one. double it and freeze them.

no sugar in the batter. the banana is the sugar.

steady weeks.

not a week-one recipe. week one is the bowl.

eggs, cottage cheese + whey are not week-one foods if your gut is loud. once things have been quiet for a few weeks, these come back, and this is the nicest way to follow the oldest fighter rule: protein + starch on one plate after training.

the bitter green salad.

momo[food]

bloated after the plate? **eat this first.** the bitter greens go in before the meal, and the meal sits easier for it.



what goes in.

- **a big handful** arugula [stomach acid]
- **1/2** cucumber, in long batons [hydration]
- **1/2** avocado, sliced [slow fat]
- **a handful** kalamata olives [histamine, if sensitive]
- **a few pieces** vegan mozzarella, made from soy, torn [plant protein]
- **a handful** pine nuts, toasted [magnesium, slow fat]
- **a sprinkle** black sesame, toasted [calcium]
- **a good pour** cold pressed olive oil [the good fat]
- **1/2** lemon, squeezed [wakes the acid]
- **a pinch** celtic salt [minerals]

put it together.

1. **wash + dry the greens.** cucumber in long batons, avocado in slices.
2. **toast the pine nuts + sesame** in a dry pan, two minutes, until gold.
3. **into the bowl:** greens, cucumber, avocado, olives + the torn cheese.
4. **the pour.** olive oil, half a lemon, a pinch of celtic salt. toss.
5. **seeds on top. eat it first,** then the meal.

why first.

bitter before the meal is an old habit, and mine. the greens go in, then the plate, and the plate sits easier.

olives + a cultured soy cheese can trigger histamine if you are sensitive. leave them out and it is still the salad.

no measuring. a handful is a handful. the lemon and the salt are the only two i count.

the salmon dinner. ♦

momo[food]

what is for dinner, most nights? **this**. norwegian salmon with dill, rosemary + garlic, a tray of roasted vegetables, garlic rice, coconut yogurt on the side.

the tray · 25 to 30 min **the salmon** · 6 to 8 min on the skin, 1 flipped, 2 to rest **the rice** · while the tray roasts



what goes in.

- **1 fillet each** norwegian salmon, skin on, about an inch thick
- **a handful** fresh dill + **a sprig** rosemary
- **3 cloves** garlic, chopped
- **a tray** of vegetables: baby potatoes, yellow onion + red peppers, or squash, broccoli + carrots
- **1 cup** white rice, cooked
- **a spoon** of ghee + **1 clove** garlic, for the rice
- **a spoon** coconut yogurt, on the side
- **1/2** lemon + celtic salt, to taste
- **a pour** cold pressed olive oil

variety is the key. change the vegetables every time u make it. a different vegetable feeds a different bacteria.

put it together.

1. **the oven on, hot.** vegetables on a tray with olive oil + salt. 25 to 30 minutes, until the edges catch.
2. **the rice on** while they roast. fry a clove of garlic in a spoon of ghee, fold it through at the end.
3. **the salmon, skin on.** pat the skin dry + salt it. a hot pan, a little ghee. skin side down, **press it flat for 20 seconds**, then leave it: 6 to 8 minutes, until the skin lets go on its own.
4. **garlic, rosemary + dill on top.** flip, 1 minute. off the heat, 2 minutes to rest.
5. **eat the crispy skin.** that is where the collagen is. coconut yogurt on the side, lemon + salt at the table.

the pan.

enamelled cast iron, or stainless steel. hot before the fish. never the old black non-stick: its coating breaks down at searing heat.

why this one: protein + starch on one plate, the fighter rule, and the tray changes every night. the fish stays.

reacting to everything? salmon, rice, one steamed vegetable, salt.

the leftovers scramble.

momo[food]

not an oats morning? if eggs do not react to u, **this is the other breakfast.** last night's roast vegetables, back in the pan with the eggs. a bowl of healthy fats, minerals + prebiotics.



what goes in.

- 2 whole eggs, pasture raised
- 4 egg whites
- **3/4 cup** roast vegetables from dinner: potato, onion, garlic, bell pepper, with the basil + rosemary
- a spoon of ghee
- a handful kalamata olives, halved
- a crumble of goat cheese
- celtic salt + black pepper, to taste

the roast vegetables are the salmon dinner's tray.

roast more than u eat + breakfast is already cooked. a cooled, reheated potato carries resistant starch, the fibre the good bacteria like most.

put it together.

1. **the pan on medium**, a spoon of ghee.
2. **the roast vegetables in first.** two minutes, until the potato edges catch again.
3. **whisk** the two eggs + the four whites with a pinch of salt. pour them over.
4. **fold slowly**, off + on the heat, until just set and still soft.
5. **off the heat:** the olives through, the goat cheese crumbled on top, black pepper. eat it in the sun.

what it does.

the yolks carry the fats + the minerals [choline, selenium, vitamin d]. **the whites** add protein without more fat. **the potato, onion + garlic** are the prebiotics.

if eggs react to u: eggs are a common irritant, egg white most of all, and the olives + goat cheese sit on the same list. week one is the bowl; bring them back one at a time once things are quiet.

eating out.

momo[food]

out, and the menu is a minefield? **order like this.** the same plate as at home: a protein cooked simply, a starch, vegetables, the oil + lemon on the side.



the format.

1. **first, something warm or bitter.** a miso soup, a broth, or the green salad, dressing on the side.
2. **the plate.** grilled or steamed, not fried. rice or potato, not bread. steamed or roasted vegetables.
3. **the oil.** "olive oil + lemon on the side." ask what they fry in; if it is vegetable oil, order the steamed one.
4. **the sauce.** "on the side", and "is there sugar in it?"
5. **the salt.** salt it yourself, at the table.
6. **the swap.** "extra vegetables instead of the fries."

ten starters.

miso soup · enzymes + live cultures	ask for it not boiled. a ferment: once ferments are back for you.
seaweed salad · minerals, iodine	dressing on the side; the sugar in it is the catch.
edamame, sea salt · plant protein	steamed, salted.
a cup of bone broth · the gut lining	plain, a pinch of salt.
the bitter green salad · stomach acid	arugula, oil + lemon on the side.
cucumber salad · hydration	no sugar in the dressing.
avocado, lemon, salt · slow fat	half, before the plate.
steamed greens, olive oil · folate, the bitter	bok choy, kale, broccoli. the oil after.
roasted pumpkin or sweet potato · grounding	roasted, never fried.
papaya with lime · papain, the fruit enzyme	the bali starter.

five soups.

miso soup · the ferment	not boiled.
bone broth · the lining	plain, hot, salted at the table.
pumpkin soup · grounding, beta carotene	coconut cream fine. dairy cream + sugar not; ask.
chicken soup with ginger · the oldest medicine	warm, salty. the one for a low day.
dal · prebiotic fibre, the ayurvedic one	turmeric, cumin, ginger. with rice it is the meal.

the one rule: if u cannot see what is in it, do not order it. a plate u can name, ingredient by ingredient, is a plate your journal can read.

the plates.

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a protein cooked simply, a starch, vegetables. **fish first, chicken second, red meat once in a while.** the oil + lemon on the side, always.

ten fish + meat.

miso cod , or any miso-glazed fish · omega-3, the ferment	glaze light: it is miso + sugar. rice + greens, not the fries.
grilled salmon, skin on · omega-3, the collagen in the skin	"skin on, crispy." lemon on the side.
steamed white fish, ginger + spring onion · the gentlest protein	the chinese way. the one when your gut is loud.
grilled snapper or mahi mahi · lean protein	grilled, lemon. ask what they fry in.
grilled sardines or mackerel · the small fish, omega-3	fresh + grilled. fish builds histamine fast once caught.
prawns with garlic · protein, zinc	grilled, never battered. fresh only.
roast chicken, skin on · protein, the collagen in the skin	a quarter, with vegetables + rice. eat the skin.
poached chicken · the gentlest meat	steamed or poached, ginger on the side.
chicken curry with coconut · the warm one	no sugar, no cream: ask. rice.
slow cooked lamb · iron, zinc, the b vitamins	a stew or a shank, once in a while.

ten bowls + plates.

zoodles, pesto + chicken · vegetables as the noodle	pesto with olive oil, not vegetable oil: ask.
kitchari · the ayurvedic reset: rice + mung dal	grounding, warm, easy. with ghee.
dal + rice, the thali · prebiotic fibre + the starch	dal, rice, one vegetable, the yogurt.
the buddha bowl · the plate rule in a bowl	rice, roasted vegetables, avocado, a protein. dressing on the side.
tempeh with vegetables · plant protein, a ferment	grilled, not deep fried. once ferments are back.
steamed tofu with ginger · plant protein	soft, steamed, ginger + spring onion.
gado-gado, the clean version · steamed vegetables, the bali way	vegetables + egg; olive oil instead of the peanut sauce.
the sweet potato bowl · grounding, fibre	roasted sweet potato, greens, a protein, avocado.
pumpkin + coconut curry · grounding, warm	no sugar: ask. rice, not naan.
nasi campur, the clean version · rice, vegetables, a protein	steamed rice, the vegetables, grilled fish or chicken. sambal only once spice is back.

if you react to everything.

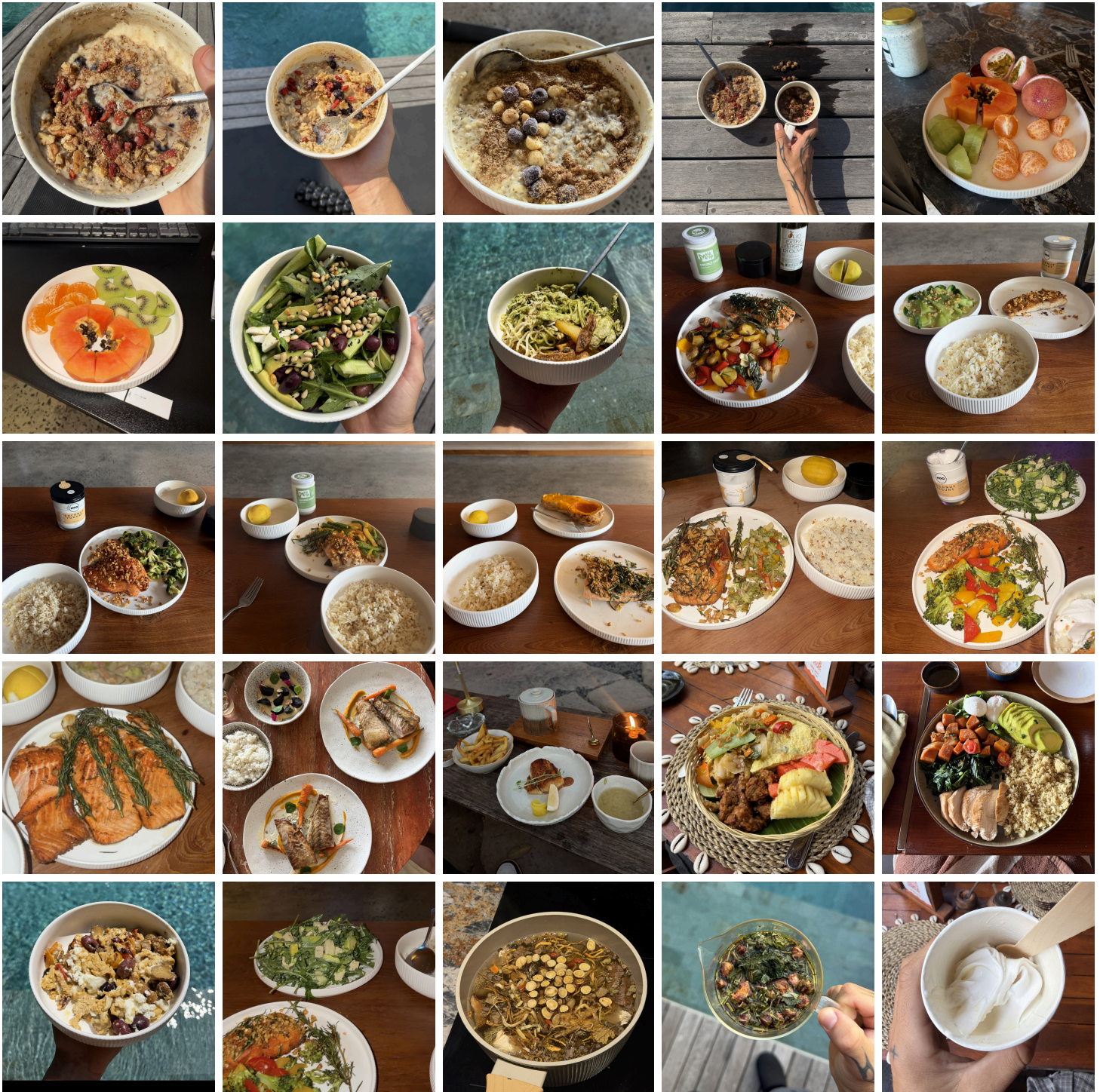
steamed white fish, white rice, steamed greens, salt. every menu has it. the rest is for a quiet journal.

fresh matters. fish + prawns build histamine fast once caught: order them where the fish comes in that morning.

real meals.

momo[food]

none of them are perfect, and that is the point. **change the vegetables. eat the fruit, the potatoes, the oats, the rice, the fish, the broth, the soup.** the same few plates, every week, rotated.



the drink ritual.

come make my morning drinks with me. **warm water, psyllium + a tea with cloves, saffron + rose buds.**

then my coffee, goat kefir + how i portion the aloe for the freezer. i'm still waiting on my mason jars lol.



the cups, in order

what i make	what to know
warm water	water before the coffee. you'll see salt + l-glutamine in my cup. those extras are not a requirement for this ritual, and my serving is not a dose for you. plain drinking water is a place to start.
psyllium	mix 1/2 tsp with 4 to 8 oz warm water and drink promptly.
clove, saffron + rose tea	6 whole cloves, 10 saffron threads + 8 food-grade rose buds in 12 oz hot water. steep, strain + sit down for it. this is my kitchen recipe, not a treatment for depression.
coffee + goat kefir	my coffee comes after food. the kefir is alongside it, not in the hot cup. use pasteurized dairy; skip it with a milk allergy. neither coffee nor kefir is compulsory homework.

the aloe in the freezer

you'll see me portion it in the video. **do not copy an aloe dose from the film.** oral aloe products differ. ask a clinician or pharmacist about the exact product first, then follow its label. skip homemade whole-leaf or latex preparations. oral aloe may be unsafe in pregnancy or while breastfeeding.

get this out first

a cup or jar, a spoon, hot water + a tea strainer. keep a separate glass for the psyllium. a freezer-safe container if you are following the aloe prep.

before the extras

trouble swallowing, a bowel blockage, daily medication, pregnancy, or a heart or kidney condition? check with a clinician before psyllium or supplements. breathing or swallowing trouble after psyllium needs urgent medical help. ongoing diarrhoea is not a detox milestone.

you do not need to add all of this on monday. a cup of water, breakfast + a minute to sit down still count.

already a member? [open the app](#) + find the drink ritual in momo[food].

read the safety notes: [psyllium · medlineplus](#) + [aloe · nccih](#).