

The Vegetarian SIBO Bi-Phasic Diet[©]

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3 month treatment protocol to help restore the function of the small intestine

WHAT IS SIBO?

Small intestine bacterial overgrowth is a condition where bacteria which are normally found lower in the large intestine have overgrown in the small intestine instead.



Health care disclaimer: This treatment protocol is not intended as medical advice and is best used with the guidance of a health care professional. Please ask your doctor if this protocol is appropriate for your condition before starting.

Abnormal amounts of these bacteria cause a number of problems

1. **They damage the microvilli** — the absorptive surface of the small intestine. This can lead to malabsorption of nutrients. Microvilli are also responsible for the digestion of small starch molecules from food. When the microvilli are not working, the bacteria use these small starch molecules to cause fermentation. This bacterial fermentation produces methane and hydrogen gas. Not only is this uncomfortable, but causes further damage to the microvilli.

Research has now shown that SIBO is a major cause of intestinal permeability, or 'leaky gut', a condition where partially digested food particles are absorbed through the lining of the small intestines where they can cause an immune reaction. Leaky gut also causes bacterial by-products to be absorbed — a major trigger of inflammation.
2. Leaky gut can also cause **malabsorption of nutrients** from your food which can cause a wide variety of symptoms such as restless legs at night, fatigue, skin rashes, muscle aching as well as a host of digestive symptoms.
3. The bacteria cause the **motility** of the small intestine to slow down or work improperly, causing further fermentation. Restoring proper motility in the small intestines is a major focus of eliminating SIBO for good.
4. Many people who test positive for SIBO will also have a co-infection with fungal organisms, a condition known as **SIFO** (small intestine fungal overgrowth) — the SIBO Bi-Phasic diet helps to address this as well.

Visit www.TheSIBODoctor.com for more information



WHAT IS THE VEGETARIAN SIBO BI-PHASIC DIET?

This protocol of diet combined with specific gut healing and antimicrobial phases was created by Dr. Nirala Jacobi.

The Vegetarian SIBO Bi-Phasic Diet Protocol eliminates fermentable foods from your diet and teaches you how to prepare vegetarian protein such as legumes (lentils and peas), by sprouting them before cooking or consuming them. This way they are much safer foods whilst treating SIBO.

This diet uses a phased approach to diet and treatment which limits the side effects of bacterial and fungal 'die-off'. The die-off process occurs when bacterial and fungal endotoxins released by their elimination are absorbed and cause physical symptoms. Die-off can be intense for some people. Phasing the treatment through stages also aims to prioritise the repair of disturbed digestion over the use of antimicrobials. That means you'll feel better sooner!

It is important to note that fermentable fibres are an important part of a healthy diet as they feed our microbiome — the communities of organisms living in our gut which perform many vital functions for us. The goal of treatment is to eventually reintroduce these fibres again.

PHASE 1: REDUCE AND REPAIR (4-6 weeks)

Reduce

The first phase of the diet focuses on reducing fermentable starches and fibres, which is necessary to starve bacteria of their preferred fuel so they will begin to die-off.

Repair

Repairing the damage to the integrity of the intestinal lining, as well as repairing proper digestion, is a key element of this phase.

Your practitioner may prescribe digestive support, gut healing nutrients and targeted probiotics to repair the intestinal lining and digestive processes during this phase.

This phase is divided into two groups to be able to adjust the strictness of the diet.

- **Phase 1 restricted diet** – everyone starts with this diet. Some have to stay on this diet for the entire 6 weeks. How quickly you can move to the semi-restricted diet 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, please go back to the restricted diet.
- **Phase 1 semi-restricted diet** – this diet builds on the restricted diet but allows for 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: REMOVE AND RESTORE (4-6 weeks)

Remove

Remove remaining overgrown bacteria and fungi from the small intestines: In this phase of the protocol, antimicrobials will be prescribed by your practitioner. While still a low fibre diet, the protocol becomes a bit more lenient to allow for some bacterial growth so that antimicrobials are more successful.

Restore

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

This phase builds on the allowable foods from Phase 1.

All listed quantities are per meal

PHASE 1 REDUCE AND REPAIR (4–6 WEEKS)

	RESTRICTED DIET	SEMI-RESTRICTED Add (or increase) these foods from the Restricted Diet	AVOID until further notice
PROTEIN	Eggs Firm tofu – 100g/3.5oz Tempeh – 100g/3.5oz SIBO friendly protein powder	Sprouted, soaked & cooked: Black eye peas – ¼ cup Lima beans – ¼ cup Mung beans – ¼ cup Red/brown lentils – ¼ cup	All legumes not listed in the approved list
DAIRY PRODUCTS	Avoid	Avoid	Avoid
VEGETABLES unlimited	Alfalfa sprouts, Bamboo shoots, Bok choy, Capsicum, Carrot, Chives, Cucumber, Eggplant, Endive, Mung bean sprouts (7cm/3in), Olives, Radicchio, Radish, Rocket, Spring onion (green part only), Sunflower sprouts, Tomatoes/sundried	Parsnip	Canned vegetables, Cauliflower, Garlic, Mushrooms, Onions, Potato (sweet), Potato (white), Starch powder (arrowroot, corn, rice, tapioca)
VEGETABLES one per meal	Asparagus – 1 spear Artichoke hearts – 1/8 cup Beetroot – 2 slices Broccoli – ½ cup Brussels sprouts – 2 ea Cabbage – ½ cup Cabbage, savoy – ¾ cup (wombok) Celery – 1 stick Celery root – ½ cup Chili – 11cm/28g (4.25in/1oz) Fennel bulb – ½ cup Green beans – 10 ea Peas (green) – ¼ cup Pumpkin – ¼ cup Snow peas – 5 pods Spinach – 15 leaves Zucchini – ¾ cup	Asparagus – 2-3 spears Brussels sprouts – ½ cup Pumpkin – ½ cup Leek – ½ ea Spinach – >15 leaves/150g (5oz) Zucchini – 1 cup	
FRUITS two serves per day	Lemons, Limes	Avocado – ¼ Banana – ½ Berries (all varieties) – ½ cup Cherries – 3 Citrus – 1 piece Grapes – 10 Honeydew – ¼ cup Kiwi – 1 piece Lychee – 5 Passion fruit – 1 piece Papaya – ¼ cup Pineapple – ¼ cup Pomegranate – ½ small or ¼ cup of seeds Rhubarb – 1 stalk Rockmelon/Cantaloupe – ¼ cup	Apple, Apricot, Blackberries, Canned fruit in fruit juice, Custard apple, Fig, Jam, Mango, Nashi, Nectarine, Peach, Pear, Persimmon, Plum, Watermelon – allowed after Phase 2 at discretion of practitioner

ea = each tsp = teaspoon tbsp = tablespoon

All listed quantities are per meal

PHASE 1 REDUCE AND REPAIR (4–6 WEEKS)

	RESTRICTED DIET	SEMI-RESTRICTED Add (or increase) these foods from the Restricted Diet	AVOID until further notice
GRAINS, STARCHES, BREADS AND CEREALS		½ cup cooked per serve: White rice – basmati or jasmine only Sprouted, soaked & cooked: Buckwheat, Millet, Quinoa	Avoid all other grains not listed, unless approved by your practitioner
SOUPS	Homemade broths made with allowed vegetables		Canned soups and soup bouillions, broths made from vegetables in the 'Avoid' category
BEVERAGES	Coffee (black) – 1 cup per day, Tea (black), Tea (herbal), Water	Alcohol (clear spirits) – no more than 30ml twice weekly, Coffee (black) – 1 cup per day, Tea (black), Tea (herbal), Water	Beer, Energy drinks, Fruit juices, Liqueurs and spirits (dark), Soft drinks, Wine
SWEETENERS	Stevia (100% pure, no inulin)	Dextrose, Glucose, Organic honey (clear) – no more than 2 tbsp per day	Agave nectar, Artificial sweeteners, Maple syrup, Xylitol
NUTS AND SEEDS	Almonds – 10 ea OR Almond flour/meal – 2 tbsp Coconut (flour/shredded) – ¼ cup OR Coconut milk (without thickeners/gums) – ¼ cup OR Coconut cream – 2 tbsp Hazelnuts – 10 ea Macadamias – 20 ea Pecans – 10 ea Pine nuts – 1 tbsp Pumpkin seeds – 2 tbsp Sesame seeds – 1 tbsp Sunflower seeds – 2 tsp Walnuts – 10 ea	Almond milk (unsweetened, without added thickeners) – 1 cup Hazelnuts – 20 ea Pecans – 40 ea Walnuts – 10 ea	Cashews, Chia seeds, Flaxseed, Peanuts
CONDIMENTS	Mayonnaise (sugarless), Mustard (without garlic), Tabasco, Vinegar (apple cider, distilled, white/red), Wasabi, 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, Tamari	Spice sachets or pre-mixes READ LABELS! No Maltodextrin, Starches, Sugar etc Asafetida, Balsamic vinegar, Chicory root, Garlic, Gums/carrageenans/thickeners, Onions, Soy sauce
FATS/OILS	Coconut, Infused (ie. garlic, chili), Flax (low lignin), Ghee, Grapeseed, MCT, Olive, Polyunsaturated vegetable, Pumpkin seed, Rice bran, Sesame, Sunflower, Walnut	Butter	Palm, Soy bean

ea = each tsp = teaspoon tbsp = tablespoon

All foods from Phase 1 allowed. Foods listed in **bold** are new in Phase 2

PHASE 2 REMOVE AND RESTORE (4–6 WEEKS)

	PHASE 2 DIET	AVOID until further notice
PROTEIN organic	Eggs Firm tofu – 100g/3.5oz Tempeh – 100g/3.5oz SIBO friendly protein powder Soaked and slow cooked, ½ cup per serve: Dried split peas, Lentils (green and red), Lima beans, Soya beans Sprouted and cooked, ½ cup per serve: Adzuki beans, Black eye peas, Mung beans, Whole lentils (brown and red) Tinned, well rinsed, ¼ cup serving: Brown lentils	
DAIRY organic	Butter, Cheese (aged 1 month or more eg. parmesan, pecorino), Yoghurt (homemade)	All other dairy products
VEGETABLES unlimited	Alfalfa sprouts, Bamboo shoots, Bok choy, Capsicum, Carrot, Chives, Cucumber, Eggplant, Endive, Ginger, Kale, Lettuce, Mung bean sprouts (7cm/3in), Olives, Parsnip, Radicchio, Radish, Rocket/Arugula, Spring onion, Sunflower sprouts, Tomatoes/sundried	Canned vegetables, Garlic, Mushrooms, Onions, Starch powder (arrowroot, corn, rice, tapioca)
VEGETABLES 1-2 serves per meal	Asparagus – 2-3 spears Artichoke hearts – ¼ cup Beetroot – 2 slices Broccoli – ½ cup Brussels sprouts – ½ cup Cabbage – ½ cup Cabbage, savoy – ¾ cup (<i>wombok</i>) Celery – 1 stick Celery root – ½ cup Chili – 11cm/28g (4.25in/1oz) Fennel bulb – ½ cup Green beans – 10 ea Leek – ½ each Peas (green) – ¼ cup Potato – ½ cup cooked Pumpkin – ½ cup Snow peas – 5 pods Spinach – >15 leaves/150g (5oz) Zucchini – ¾ cup	
FRUITS 2 serves per day	Avocado – ¼ Banana – ½ Berries (all varieties) – ½ cup Cherries – 3 Citrus – 1 piece Grapes – 10 Honeydew – ¼ cup Kiwi – 1 piece Lychee – 5	Apple, Apricot, Blackberries, Canned fruit in fruit juice, Custard apple, Fig, Jam, Mango, Nashi, Nectarine, Peach, Pear, Persimmon, Plum, Watermelon – allowed after Phase 2 at discretion of practitioner

ea = each tsp = teaspoon tbsp = tablespoon

All foods from Phase 1 allowed. Foods listed in **bold** are new in Phase 2

PHASE 2 REMOVE AND RESTORE (4–6 WEEKS)

	PHASE 2 DIET	AVOID until further notice
FRUITS (CONT'D) 2 serves per day	Passion fruit – 1 piece Papaya – ¼ cup Pineapple – ¼ cup Pomegranate – ½ small or ¼ cup of seeds Rhubarb – 1 stalk Rockmelon/Cantaloupe – ¼ cup	See previous page
GRAINS, STARCHES, BREADS AND CEREALS	½ cup cooked per serve: White rice – basmati or jasmine Rice cakes (plain) – 2 Rice noodles – ½ cup cooked Sprouted or soaked and cooked: Buckwheat, Gluten-free oats, Millet, Quinoa Please check with your practitioner if you have food allergies	Avoid all other grains not listed unless approved by your practitioner
SOUPS	Homemade broths made with allowed vegetables	Canned soups and soup bouillons, broths made from vegetables in the 'Avoid' category
BEVERAGES	Alcohol (clear spirits) – no more than 30ml every other day, Coffee (black) – 1 cup per day, Tea (black), Tea (herbal), Water	Beer, Energy drinks, Fruit juices, Liqueurs and spirits (dark), Soft drinks, Wine
SWEETENERS	Cacao (raw) – 1 tsp per day, Dextrose, Glucose, Organic honey (clear) – no more than 2 tbsp per day, Stevia,	Agave nectar, Artificial sweeteners, Maple syrup, Xylitol
NUTS AND SEEDS 1-2 serves per meal	Almonds – 10 ea OR Almond flour/meal – 2 tbsp OR Almond milk (no added thickeners) – 1 cup Coconut (flour/shredded) – ¼ cup OR Coconut milk (without thickeners or gums) – ¼ cup OR Coconut cream – 2-3 tbsp Hazelnuts – 10 ea Macadamias – 20 ea Pecans – 40 ea Pine nuts – 1 tbsp Pumpkin seeds – 2 tbsp Sesame seeds – 1 tbsp Sunflower seeds – 2 tbsp Walnuts – 10 ea	Cashews, Chia seeds, Flaxseed, Peanuts
CONDIMENTS	Braggs aminos, Coconut aminos , Mayonnaise (sugarless), Miso , Mustard (without garlic), Tabasco, Tamari , Vinegar (apple cider, distilled, white/red), Wasabi All fresh and dried herbs and spices but not the spice blends.	Spice sachets or pre-mixes. READ LABELS! No Maltodextrin, Starches, Sugar etc Asafetida, Balsamic vinegar, Chicory root, Garlic, Gums/carrageenans/thickeners, Onions, Soy sauce
FATS/OILS	Butter, Coconut, Infused oils (ie. garlic, chili), Flax (low lignin), Ghee, Grapeseed, MCT, Olive, Polyunsaturated vegetable, Pumpkin seed, Rice bran, Sesame, Sunflower, Walnut	Palm, Soya bean

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SOME RECIPES TO GET YOU STARTED



Almond Pancakes

Serves one

INGREDIENTS

2 tbsp almond meal
2 tbsp coconut flour
1 organic free range egg
1 organic egg white
¼ cup sparkling water
Pinch of salt
Coconut oil for cooking

METHOD

1. Mix all ingredients together in a bowl until there are no lumps
2. Use ¼ cup measure to spoon mixture into pan oiled with coconut oil
3. Look for bubbling or browning of the edges before flipping
4. Makes about 4 small pancakes



Pumpkin Soup

Serves two

INGREDIENTS

500gm (17 oz) pumpkin – skinned and cubed
2 cups vegetable broth
1 tbsp ginger
Salt n pepper to taste

METHOD

1. Place all ingredients in crock pot and mix
2. Set on low for about 8 hours or till pumpkin soft
3. Using a blender process mix ... either puree or leave a bit chunky
4. Serve with tofu schnitzels or top with sprouted lentils and serve with steamed vegetables



Berry Smoothie

Serves one

INGREDIENTS

½ cup fresh/frozen berries
500ml filtered water
2 tbsp of coconut oil
2 scoops hydrolyzed whey (Thorne) or Golden pea protein powder (Clean Lean Protein)
Ice

METHOD

1. Combine ingredients and blend
 2. Option - sprinkle nutmeg on top
- **Note: Berries have anti-inflammatory properties as well as being high in antioxidants.**

MORE RECIPES TO GET YOU STARTED



Tofu Schnitzels Serves two

INGREDIENTS

2 tbsp almond flour
 2 tbsp coconut flour
 200g firm tofu, cut into thick slices
 ½ tsp dried thyme
 ½ tsp dried basil
 ½ tsp rosemary
 ... be creative and use any mixture of fresh or dried herbs for variety
 salt & pepper, to taste
 ¼ cup olive oil

METHOD

1. Preheat oven to 180°C/350°F; prepare tray, line with baking paper
2. Mix flours, herbs, salt and pepper in a bowl.
3. Pour olive oil into a second bowl.
4. Dip tofu slices in oil, then coat with flour mixture.
5. Place on prepared tray.
6. Bake for 18-20 minutes until golden and crispy.
7. Serve with mixed vegetables (or if allowed, sprouted grains).



Anne's Protein Patties Serves two

INGREDIENTS

½ cup soaked or sprouted cooked approved grain (quinoa, buckwheat, millet etc)
 1 ½ cups soaked and cooked black eye peas (you can use any of the approved beans or legumes in this recipe for variety)
 2 tbsp finely chopped spring onion (white part) or chives
 1-2 tbsp garlic infused oil (to taste)
 2 tbsp frozen spinach (thaw before use)
 2 tbsp finely chopped red capsicum
 2 tbsp mix of any spices e. cumin, paprika, fenugreek, etc. (Make the flavors suit the legumes and grains you have chosen to use such as Indian or Mexican or Mediterranean)
 1 tsp salt
 ½ tsp pepper

METHOD

1. Preheat oven to 180°C/350°F; prepare tray, line with baking paper.
2. Sauté onion/chive, capsicum, spinach and herbs in garlic infused oil.
3. Mash cooked beans in a large bowl, leaving some texture, add cooked grain and sauté mixture, mix until combined. Note: if allowed eggs, 2 eggs (beaten) or flax meal (2 tbsp soaked) added to mixture creates firmer patties.
4. Form balls of mixture and roll in your choice of approved chopped nuts and or seeds and press into palm-sized patties. Note: 2 patties = 1 serve
5. Place on baking tray and drizzle with oil (rice bran, MCT or olive work well)
6. Bake 20-30 minutes (turning half way through baking) until crisp/golden.
7. Top with coconut yogurt sauce (chopped cucumber, chives, salt, pepper and lemon juice). Serve with mixed vegetables of choice.

MORE RECIPES TO GET YOU STARTED



Tempeh Croutons Three serves

INGREDIENTS

300g organic tempeh
2 tbsp Braggs/ coconut aminos or Tamari
¼ cup approved oil of choice

Use as a snack, add to stir-fry at the end of cooking or top a salad to add protein.

METHOD

1. Preheat oven to 180°C/350°F; prepare tray, line with baking paper.
2. Cut tempeh in half, length ways and cube.
3. Mix aminos or tamari and oil and marinate tempeh for 20 minutes.
4. Drain and spread on prepared tray.
5. Bake for 18-20 minutes until golden and crispy.



Sprouted Grain Breakfast Bowl Serves one

INGREDIENTS

½ cup cooked sprouted grain (buckwheat, millet, quinoa)
2 tbsp coconut yogurt
2 tsp mixed nuts and seeds of choice
¼ cup berries

METHOD

1. Warm left over cooked grain with enough water to a preferred consistency (to add kilojoules/ calories you may choose to sauté in ghee or coconut oil).
2. Place in a bowl and top with coconut yogurt berries and mixed seeds. Approved sweetener may be used if your practitioner allows.



Scrambled Tofu Serves one

INGREDIENTS

100g/3.5oz tofu
1 tsp fresh chives
1 tbsp chopped sundried tomato
1 tsp to 1 tbsp aminos of choice
1 tbsp oil of choice

METHOD

1. Mash tofu with fork.
2. Add chives, sundried tomato and aminos.
3. Pan fry in oil of choice until heated through.
4. Serve with thinly sliced (length ways) grilled zucchini or carrot noodles (thinly shaved carrot using a potato peeler).

MORE RECIPES TO GET YOU STARTED



Black Eye Pea and Quinoa Stuffed Red Capsicum Serves two

INGREDIENTS

2 large red capsicum, halved lengthwise and deseeded
 ½ cup soaked or sprouted cooked quinoa
 ½ cup soaked and cooked black eye peas (or other approved legume)
 ¼ cup chopped sundried tomato
 2 green onions chopped (white part)
 Salt and pepper to taste
 ¼ tsp turmeric
 ¼ cup chopped pecans and pumpkin seeds
 Oil of choice

METHOD

1. Preheat oven to 180°C/350°F; prepare tray, line with baking paper.
2. Combine ingredients and fill red capsicum halves. Place on baking tray.
3. Top with pecans and pumpkin seeds, sprinkle turmeric and drizzle oil of choice.
4. Bake 20-30 minutes until crisp on top.
5. Serve with salad or mixed vegetables.

SPROUTING INSTRUCTIONS

When sprouting occurs, a few key actions take place. A spouted seed/grain takes energy from the seed, using it to create the plant life of the sprout, which means a bit of the macronutrient counts, like carbohydrates, are changed.

All seeds contain enzymes and enzyme inhibitors. When sprouted, grains release their enzymes, and the enzyme inhibitors are neutralised. Phytic acid and enzyme inhibitors are a plant's natural defence against degradation. Once sprouted, grains are given the signal to neutralise these substances, improving their digestibility and lowering the fermentable starches in the grain. Always choose grains and legumes to sprout which are organic, whole and raw.

SPROUTING BROWN AND RED LENTILS

Place ½ cup lentils in a sprouting jar or other sprouting container. **Fill** with water, cover with a sprouting screen or mesh sprouting lid. **Soak** overnight or 12 hours.

Drain all water off the lentils. **Invert** the jar over a bowl at an angle so lentils will drain and still allow air to circulate.

Drain and rinse 3-4 times daily.

Once sprouts are the same length as the width of the lentil (2-4 days), drain well and cook immediately or transfer to a covered container. Sprouts keep in the refrigerator for several days.

SPROUTING BUCKWHEAT

Place ½ cup buckwheat in a sprouting jar or other sprouting container. **Fill** with water, cover with a sprouting screen or mesh sprouting lid. **Soak** 20-30 minutes.

Drain all water off the buckwheat. **Invert** the jar over a bowl at an angle so the buckwheat will drain and still allow air to circulate.

Drain 1 hour, rinse, and drain again. Repeat rinsing and draining every hour until rinse water runs clear. Buckwheat is very starchy and requires more rinsing at first than other sprouting seeds.

Once initial draining and rinsing is complete, **drain and rinse** 3-4 times daily.

When sprouts reach desired length, usually ½-1 inch, drain well and cook immediately or transfer to a covered container. Sprouts keep in the refrigerator for several days.

SPROUTING MILLET

Rinse ½ cup millet and remove any debris or stones.

Place millet in a sprouting jar or other sprouting container. **Fill** with water, cover with a sprouting screen or mesh sprouting lid. **Soak** about 6 hours.

Drain all water off the millet. **Invert** the jar over a bowl at an angle so that the millet will drain and still allow air to circulate. After 8 hours of draining, rinse and drain again.

SPROUTING MILLET CONTINUED

Repeat rinsing and draining 2-3 times daily.

Sprouts should begin to form in 1-2 days. At this point, sprouting is complete. Millet has a low sprouting rate — about 50%.

Drain the sprouts well and cook immediately or store in container. Sprouts keep in the refrigerator for several days.

SOAKING INSTRUCTIONS

A number of studies show that certain methods of soaking and cooking grains and legumes lowers FODMAPS to acceptable levels while also lowering lectins and trypsin inhibitor activity.

The soaking methods as outlined below assist in the digestion of these plants but will not lower the allergenic properties.

SOAKING GRAINS

1. Place the grain into a glass bowl and cover completely with filtered warm water. For every 1 cup of liquid you will need 1 tbsp of apple cider vinegar. All grains with the exception of brown rice, buckwheat and millet, need to be soaked for 12-24 hours. Buckwheat, brown rice and millet have low levels of phytic acid and require 7 hours soaking time.
2. Now place bowl on the counter top and cover with a clean tea towel.
3. Allow the grain to sit in a warm place for the time needed for that particular grain.
4. After soaking, rinse the grains until water runs clear.
5. Proceed with cooking. Soaked grains take less time to cook than non-soaked grains.

SOAKING BEANS AND LEGUMES

1. For lima beans and black eye peas, add enough water to cover the beans and a pinch of baking soda. Cover and allow to sit in a warm kitchen for 12-24 hours, changing the water and baking soda once or twice.
2. For lentils and soy beans, place beans into bowl and add enough water to cover. For every cup of beans you need 1 tbsp of apple cider vinegar. Soak 12 hours
3. After soaking, rinse the beans until water runs clear, replace the water and cook for 4-8 hours on low heat until beans are tender.

References

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<http://article.sapub.org/10.5923.j.food.20140402.04.html>

https://www.researchgate.net/publication/299239978_Effects_of_Germination_on_Antioxidant_and_Anti-Nutritional_Factors_of_Commonly_Used_Pulses

imagary sources: tofu schnitzels, spryliving.com; protein patties, veganoga.com; tempeh croutons, veganfamily recipes.com; breakfast bowl, lazycatkitchen.com; stuffed capsicums, ambitiouskitchen.com

OTHER HANDY INFORMATION

EGG REPLACEMENTS — FOR BAKING

1 tbsp of ground flaxseed and 3 tbsp of water = 1 egg

¼ cup of puréed silken tofu = 1 egg

1 tsp of baking soda mixed with 1 tbsp of white vinegar = 1 egg

Different sources recommend anywhere from ½ to 1 mashed banana as a replacement for 1 egg

CHOOSING A PROTEIN POWDER

There are so many options in every country so when choosing a high quality whey protein or a vegetarian protein powder (pea, golden pea, rice, carob, hemp) look for the following information on the label before you buy:

- protein content per serve 10g–15g;
- fibre content below 4g per serve;
- sugar content zero and
- acceptable sweeteners stevia and Thaumatin (also known as talin).





TIME TO RE-TEST FOR SIBO?



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AND STAYS GONE!

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