

the SIBO bi-phasic diet[®]

DR NIRALA JACOBI ND

NEWLY
REVISED AND
EXPANDED



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Dr. Nirala Jacobi is a naturopathic doctor and internationally recognized expert on small intestinal bacterial overgrowth (SIBO). She is the clinic director of The Biome Clinic in New South Wales, Australia, where she's known for her systematic and effective approach to treating functional digestive disorders.

Dr. Jacobi is driven by science and analytics and is the medical director of SIBO Test, providing innovative testing options for SIBO and IBS. She is also the host of The SIBO Doctor Podcast and the founder of The SIBO Doctor, an online educational platform for both practitioners and patients.

The SIBO Bi-Phasic Diet is Dr. Jacobi's most popular and widely accessed resource. It combines thorough research in the latest nutritional science with her more than two decades of clinical experience and expertise.



Disclaimer: The SIBO Bi-Phasic Diet is not intended to diagnose, treat, cure, or prevent any disease. The included guidelines and recipes are for educational purposes and are not a substitute for medical advice. Please consult with a qualified healthcare professional to determine if this protocol is appropriate for your condition before starting.

the SIBO bi-phasic diet[©]

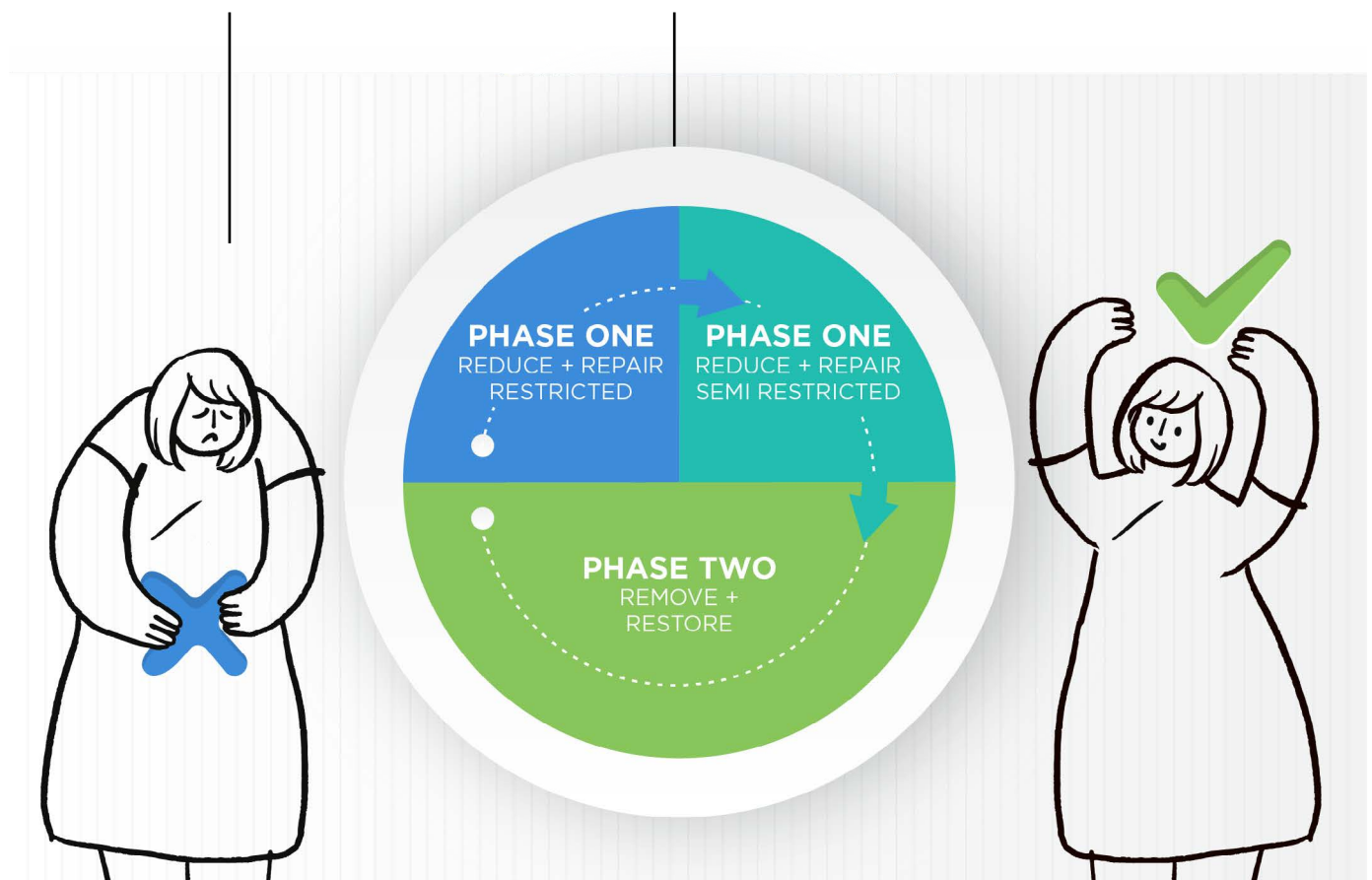
DR NIRALA JACOBI ND

WHAT IS SIBO?

Small intestine bacterial overgrowth is a condition where bacteria that are normally found lower in the large intestine have overgrown in the small intestine instead. Here they can ferment foods and cause symptoms such as gas, bloating, reflux and more.

WHAT IS THE SIBO BI-PHASIC DIET?

The SIBO Bi-Phasic Diet is a 3-month protocol that has helped thousands of SIBO sufferers around the globe. Created by Dr. Nirala Jacobi, “The SIBO Doctor,” this diet works because it initially eliminates the primary food source for bacteria in the gut — fermentable fibres. It also teaches food preparation methods that make the foods better tolerated and safer for SIBO sufferers.



Oftentimes, antimicrobial treatments are prescribed for SIBO. This can be helpful to remove bacterial overgrowth, but without accompanying dietary changes, this approach can create side effects of bacterial and fungal “die-off.” The SIBO Bi-Phasic Diet uses a phased approach to limit these symptoms. **That means you’ll feel better sooner!**

The SIBO Bi-Phasic Diet initially reduces fermentable fibres in the diet, but these are an important part of a healthy diet as they feed your microbiome. Once you complete the Bi-Phasic Diet, you will rebuild the diet to include these again. **That means you will not be on this diet forever!**

The SIBO Bi-Phasic Diet is designed to work synergistically with Dr. Jacobi’s comprehensive dietary supplement protocol, The SIBO Bi-Phasic Solution.

**Order The SIBO Bi-Phasic Solution supplement bundle
at www.biphasic.shop**

PHASE ONE: REDUCE (4-6 weeks)

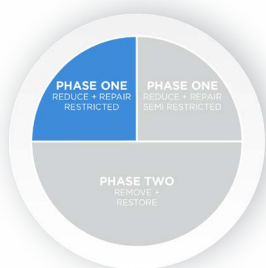
WHY PHASE ONE IS IMPORTANT

The preferred fuel source for intestinal bacteria is fermentable starches and fibres. The first phase of the diet focuses on reducing these fermentable starches and fibres to starve bacteria so they will begin to die off.

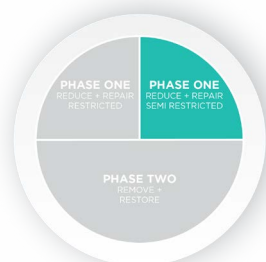
DIETARY SUPPLEMENTS TO COMPLEMENT PHASE ONE

While reducing fermentable fibres in the diet, phase one is an important time to begin repairing the intestinal damage that has resulted from SIBO in the gut. Gut healing nutrients and other supplements can be used at this time to support and repair digestive health. You can order the supplement bundle for SIBO relief at www.biphasic.shop

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



PHASE ONE 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 you improve. If you are greatly improved after the first week, talk to your practitioner about moving into the semi-restricted diet. If at any point you suffer a relapse of symptoms, please go back to the restricted diet.



PHASE ONE 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 TWO: REINTRODUCE (4-6 weeks)

WHY PHASE TWO IS IMPORTANT

You will begin to reintroduce some fermentable starches and fibres back into your diet during phase two. This fuel source will allow for some bacterial growth and improve the success of supplements or practitioner-prescribed antimicrobial therapies.

DIETARY SUPPLEMENTS TO COMPLEMENT PHASE TWO

Phase two is an important time to remove bacterial overgrowth with the use of supplements or practitioner-prescribed antimicrobial therapies. You can order the supplement bundle for SIBO relief at www.biphasic.shop

This phase builds on the allowable foods from Phase One.

PHASE ONE DIET

REDUCE (4–6 WEEKS)

| | RESTRICTED | SEMI-RESTRICTED — ADD THESE FOODS (NOTHING TO ADD IF BLANK) | AVOID |
|---|--|---|--|
| PROTEIN – OMNIVORE OPTIONS organic, grass-fed where possible | MEAT: Beef Organ meats Chicken Pork Duck Quail Game hens Turkey Kangaroo Venison Lamb EGGS: chicken, quail, duck | | Processed deli meats |
| PROTEIN – CLEAN SEAFOOD low in pollutants | Alaskan or Pacific salmon (wild caught) Barramundi Herring Pacific cod Oysters Sardines Scallops Shrimp/prawns (local) Snapper Trout Whiting | | Farmed seafood Marlin Shark Shrimp/prawns (imported) Swordfish Tuna |
| PROTEIN – PLANT-BASED OPTIONS organic where possible, non-GMO | Tofu firm – 100g Tempeh – 100g SIBO-friendly protein powder (see page 14) | SOAKED AND COOKED: ¼ cup Black eye peas Lima (butter) beans Mung beans Red/brown lentils | All legumes not listed in the 'approved' list |
| DAIRY | AVOID | AVOID | AVOID |
| VEGETABLES unlimited | LETTUCE: All loose leaf lettuce Chicory Endive Gem varieties Head lettuce varieties: iceberg, butter, bib, mignonette, cos, romaine etc Radicchio Rocket/arugula Witlof VEGETABLES: Bamboo shoots Ginger Capsicum/pepper (red) Cucumber Eggplant Olives (in brine or olive oil) Spring onion (green part only) Tomato Yellow squash (summer/button) LEAFY GREENS: Bok choy Chard leaves (swiss, silverbeet etc) Choy sum Kale (tuscan, curly leaf) | Parsnip | Canned vegetables Cauliflower Corn Garlic Mushrooms Onions Products containing starch powder (corn, potato, rice, tapioca) |

VEGETABLES unlimited ... continued over page

PHASE ONE DIET

REDUCE (CONT'D)

| | RESTRICTED | SEMI-RESTRICTED — ADD THESE FOODS (NOTHING TO ADD IF BLANK) | AVOID |
|---|---|--|---|
| VEGETABLES CONT'D unlimited | SPROUTS: Alfalfa Broccoli Mung bean (sprout length = 7cm) Radish Snow peas Sunflower | | |
| VEGETABLES limited to 2 serves per meal | Asparagus – 1 spear Artichoke hearts – 1/8 cup Beetroot – 1/4 cup Broccoli – 1/2 cup Brussels sprouts – 2 sprouts Cabbage – 1/2 cup Cabbage (savoy, wombok, red, green) – 1/2 cup Carrot (orange) – 1 cup Celery – 1 stick Celery root – 1/2 cup Fennel bulb – 1/2 cup Green beans – 10 beans Leek (green leaf) – 1/3 cup Nori seaweed – 1 sheet Peas (green) – 1/4 cup Sugar snap or Snow peas – 5 pods Spinach (baby) – 1 1/2 cups (raw) Spinach (English, mature) – 2 cups Squash (spaghetti) – 1/2 cup Zucchini (yellow/green) – 3/4 cup | Asparagus – 2-3 spears Brussels sprouts – 1/2 cup Pumpkin – 1/2 cup Leek – 1/2 ea Spinach – >15 leaves/150g Zucchini – 1 cup | |
| STARCHY VEGETABLES limited to 1 serve per meal | Carrot (yellow/purple/red/white) – 1/4 cup Pumpkin (kabocha, kent, butternut) – 1/4 cup | Potato (peeled) – 1/2 cup Pumpkin – 1/2 cup | Potato (unpeeled) Sweet potato |
| FRUIT 2 serves per day | Lemons Limes | Avocado – 1/4 Banana – 1/2 Berries (all varieties) – 1/2 cup Carambola/Star fruit – 1 med size Cherries – 3 Citrus – 1 piece Grapes – 10 Honeydew – 1/4 cup Kiwi – 1 piece Lychee – 5 Papaya – 1/4 cup Passion fruit – 1 piece Pineapple – 1/4 cup Pomegranate – 1/2 small or 1/4 cup of seeds Rhubarb – 1 stalk Rockmelon/cantaloupe – 1/4 cup | Apple Apricot Blackberries Canned fruit in fruit juice Custard apple Fig Jam Mango Nashi Nectarine Peach Pear Persimmon Plum |

PHASE ONE DIET

REDUCE (CONT'D)

| | RESTRICTED | SEMI-RESTRICTED — ADD THESE FOODS (NOTHING TO ADD IF BLANK) | AVOID |
|--|---|--|---|
| GRAINS, STARCHES, BREADS AND CEREALS Check with your practitioner if you have food allergies | | SOAKED AND COOKED: ½ cup Buckwheat Hulled millet Quinoa (white/red) Rice (basmati/jasmine) NOODLES: Kelp/konjac – ½ cup cooked PORRIDGE FLAKES: ¼ cup uncooked Buckwheat Hulled millet Quinoa Rice Arrowroot flour – 2 tbsp | Avoid all other grains not listed, unless approved by your practitioner |
| SOUPS | Homemade broths made with allowed proteins and vegetables | Homemade broths made with allowed proteins and vegetables | Canned soups and soup bouillons, broths made from vegetables in the 'avoid' category |
| BEVERAGES | Coffee (organic) – 1 cup per day MILKS: Almond, Coconut, Hemp, or Rice (no added sugar, gums or thickeners) – 1 cup per day Tea (black/herbal) Water (filtered) | Alcohol (clear spirits) – no more than 30ml twice weekly Coffee – 1 cup per day Soy milk (organic, unsweetened, no added gums or thickeners) – 3 tbsp Tea (black/herbal) Water (filtered) | Beer Energy drinks Fruit juices Liqueurs and spirits (dark) Soft drinks Wine |
| SWEETENERS | Stevia (100% pure, no inulin) | Dextrose Glucose Honey (organic, clear) — no more than 2 tbsp per day | Agave nectar Artificial sweeteners Maple syrup Xylitol |
| NUTS AND SEEDS 1 serve per meal | Almonds – 10 ea OR Almond flour/meal – 2 tbsp Almond butter – 1 tbsp Chia seeds – 1 tbsp Coconut (flour/shredded) – ¼ cup Coconut cream – 2 tbsp Coconut milk (no thickeners or gums) – ¼ cup Flaxseed – ½ tbsp Hazelnuts – 5 nuts Hemp seeds – 2 tbsp Macadamias – 10 nuts Mixed nuts – 2 tbsp Pecans – 10 halves Pine nuts – 1 tbsp Pumpkin seeds – 2 tbsp Sesame seeds – 1 tbsp Sunflower seeds – 2 tsp Walnuts – 10 halves | Chia seeds – 2 tbsp Flaxseed – 1 tbsp Hazelnuts – 10 nuts Pecans 20 halves Walnuts – 10 halves | Cashews Peanuts Pistachios |

PHASE ONE DIET

REDUCE (CONT'D)

| | RESTRICTED | SEMI-RESTRICTED — ADD THESE FOODS (NOTHING TO ADD IF BLANK) | AVOID |
|--|---|--|--|
| CONDIMENTS, HERBS / SPICES Always read the labels. Ingredients vary by brand and may contain ingredients on the 'avoid' list | Chives/Asian garlic chives Chili – 11cm/28g Mayonnaise (sugarless) Mustard (without garlic) Tabasco Herbs + Spices (fresh/dried) but not spice blends. Turmeric and ginger particularly beneficial as they are anti-inflammatory | Braggs liquid aminos Coconut aminos Fish sauce Miso Tamari | Spice sachets or pre-mixes. READ LABELS! No Maltodextrin, Starches, Sugar etc Balsamic vinegar Chicory root Garlic Gums/carrageenans/thickeners Onions Soy sauce (due to gluten) |
| FATS AND OILS non-GMO, organic where possible | Avocado Coconut Flax (low lignin) Ghee Grapeseed MCT Olive (including infused ie. garlic/chili) Rice brain SEED OILS: Pumpkin Safflower Sesame Sunflower Walnut | Butter (organic, grass-fed) | All GMO oils Corn, Palm, Peanut, Soybean |

PHASE TWO DIET

REINTRODUCE (4–6 WEEKS)

| | APPROVED | AVOID |
|---|--|--|
| PROTEIN – OMNIVORE OPTIONS organic, grass-fed where possible | MEAT: Beef Organ meats Chicken Pork Duck Quail Game hens Turkey Kangaroo Venison Lamb EGGS: chicken, quail, duck | Processed deli meats |
| PROTEIN – CLEAN SEAFOOD low in pollutants | Alaskan or Pacific salmon (wild caught) Barramundi Herring Pacific cod Oysters Sardines Scallops Shrimp/prawns (local) Snapper Trout Whiting | Farmed seafood Marlin Shark Shrimp/prawns (imported) Swordfish Tuna |
| PROTEIN – PLANT-BASED OPTIONS organic where possible, non-GMO | Tofu firm – 100g Tempeh – 100g SIBO-friendly protein powder SOAKED AND COOKED: ½ cup Adzuki beans Black eye peas Lentils (red/brown) Lima (butter) beans Mung beans | All legumes not listed in the 'APPROVED' list |
| DAIRY/ NON-DAIRY organic, grass-fed where possible | CHEESE: ⅓ cup/40g Cheddar Parmesan Goat Pecorino Haloumi Soy Havarti Swiss Mozzarella CHEESE - OTHER: 2 tbsp Cottage, Feta, Quark YOGURT: Coconut – ½ cup Cow/goat milk (24 hr ferment) – ½ cup Lactose free – ¾ cup Kefir – 2 tbsp Quark – 2 tbsp | All other dairy products unless allowed by your practitioner |
| VEGETABLES unlimited | LETTUCE: All loose leaf lettuce Chicory Endive Gem varieties Head lettuce varieties: Iceberg, Butter, Bib, Mignonette, Cos, Romaine etc Radicchio Rocket/Arugula Witlof | Cauliflower Corn Garlic Mushrooms Onions Avoid canned vegetables with preservatives + additives |

VEGETABLES unlimited ... continued over page

PHASE TWO DIET

REINTRODUCE (CONT'D)

| | APPROVED | AVOID |
|---|--|--|
| VEGETABLES CONT'D unlimited | VEGETABLES: Bamboo shoots Capsicum/Pepper (red) Cucumber Eggplant Olives (in brine or olive oil) Parsnip Spring onion (green part only) Tomato Yellow squash (summer/button) LEAFY GREEN: Bok choy Chard leaves (swiss, silverbeet etc) Choy sum Kale (tuscan, curly leaf) SPROUTS: Alfalfa Broccoli Ginger Sunflower Mung bean (sprout length = 7cm) Parsnip Radish (all varieties) Snow peas | Cauliflower Corn Garlic Mushrooms Onions Avoid canned vegetables with preservatives and additives |
| VEGETABLES choose 2 per meal | Asparagus – 2 to 3 spears Artichoke hearts – ¼ cup Beetroot – ¼ cup Broccoli – ½ cup Brussels sprouts – ½ sprouts Cabbage (savoy, wombok, red, green) – ¾ cup Carrot (orange) – 1 cup Celery – 1 stick Celery root – ½ cup Fennel bulb – ½ cup Green beans – 14 beans Leek (green leaf) – ⅓ cup Peas (green) – ¼ cup Snow or Sugar snap peas – 5 pods Spinach (baby) – 1 ½ cups (raw) Spinach (English, mature) – 2 cups Squash (spaghetti) – ½ cup Zucchini (yellow/green) – 1 cup | Vegetables not listed may be discussed with your practitioner |
| STARCHY VEGETABLES limited to 1 serve per meal | Carrot (yellow/purple/red/white) – ¼ cup Pumpkin (kabocha, kent, butternut) – ½ cup Potato (unpeeled) – 1 medium size Sweet potato (cooked) – ½ cup | |
| FRUIT 2 serves per day | Avocado – ¼ Banana – ½ Berries (all varieties) – ½ cup Cherries – 3 Citrus – 1 piece Dragon fruit – 1 medium size Grapes – 10 | Apple Apricot Blackberries Canned fruit in fruit juice Custard apple Date Fig |

FRUIT ... continued over page

PHASE TWO DIET

REINTRODUCE (CONT'D)

| | APPROVED | AVOID |
|--|---|---|
| FRUIT CONT'D 2 serves per day | Honeydew – ¼ cup Kiwi fruit – 1 piece Lychee – 5 Passionfruit – 1 piece Papaya – ¼ cup Pineapple – ¼ cup Pomegranate – ½ small size or ¼ cup of seeds Rhubarb – 1 stalk Rockmelon/Cantaloupe – ¼ cup | Jam Mango Nashi Nectarine Peach Pear Persimmon Plum Dried fruit unless directed by your practitioner |
| GRAINS, STARCHES, BREADS AND CEREALS Choose one per meal. Check with your practitioner if you have food allergies | Crackers made from 'approved' grains – 10 small or 2 large NOODLES: Kelp/konjac – ½ cup cooked Rice – ½ cup cooked PORRIDGE FLAKES: ¼ cup uncooked Buckwheat Gluten-free oats Hulled millet Quinoa Rice Rice cakes (plain) – 2 thick or 3 thin cakes SOAKED AND COOKED: ½ cup Buckwheat Hulled millet Quinoa (white/red) Rice (basmati/jasmine) Arrowroot flour – 2 tbsp | Check with your practitioner about the following grains/starches (if tolerated). Corn flour and tortillas Some gluten-free, yeast-free breads Avoid all other grains not listed unless approved by your practitioner |
| SOUPS | Homemade broths made with 'approved' proteins and 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 – 1 cup per day Nut milks (no added sugar, gums or thickeners) – 1 cup per day Soy milk (organic, unsweetened, no added gums or thickeners) – 1 cup Tea (black/herbal) Water (filtered) | Beer Energy drinks Fruit juices Liqueurs and spirits (dark) Soft drinks Wine |
| SWEETENERS | Cacao (raw) – 1 tsp per day, Dextrose Honey (organic, clear) – no more than 2 tbsp per day Stevia | Agave nectar Artificial sweeteners Maple syrup Xylitol |

PHASE TWO DIET

REINTRODUCE (CONT'D)

| | APPROVED | AVOID |
|---|--|--|
| NUTS AND SEEDS 1-2 serves per meal if tolerated | Almonds – 10 Almond flour/meal – 2 tbsp Chia seeds – 2 tbsp Coconut (flour/shredded) – ¼ cup Coconut milk (no thickeners or gums) – ¼ cup Coconut cream – 2-3 tbsp Flaxseed – 1 tbsp Hazelnuts – 10 Hemp seeds – 2 tbsp Macadamias – 20 Pecans – 40 halves Pine nuts – 1 tbsp Pumpkin seeds – 2 tbsp Sesame seeds – 1 tbsp Sunflower seeds – 2 tbsp Walnuts – 10 halves | Cashews Peanuts Pistachios |
| CONDIMENTS | Braggs aminos Chili – 11cm/28g Chives/Asian garlic chives Coconut aminos Herbs + spices (fresh and dried) but not spice blends. Turmeric and ginger are particularly beneficial as they are anti-inflammatory Mayonnaise (sugarless) Miso Mustard (without garlic) Tabasco, Tamari Vinegar (apple cider, distilled, rice, white/red) Wasabi | Spice sachets or pre-mixes. READ LABELS! No maltodextrin, starches, sugar etc Balsamic vinegar Chicory root Garlic Gums/carrageenans/thickeners Onions Soy sauce (due to the gluten) |
| FATS/OILS organic and cold pressed | Avocado Butter Coconut Flax (low lignin) Ghee Grapeseed MCT Olive (including infused ie. garlic/chili) Rice bran SEED OILS: Pumpkin Safflower Sesame Sunflower Walnut | All GMO oils Corn, palm, peanut, soybean |

SOAKING AND SPROUTING

You'll notice on the food lists that many grains and legumes should be soaked before preparation. Another option is to use sprouting. When sprouting occurs, a few key actions take place. A sprouted 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.



| ALLOWED | SOAKING DIRECTIONS | SPROUTING INSTRUCTIONS |
|--|--|---|
| GRAINS Buckwheat Hulled millet ¹ Quinoa (white/red only) Rice ² (basmati/jasmine) Note: Portion per meal of cooked grain determined by the Diet Phase being undertaken | Soaking ratio: 1:3 (1 cup of grain to 3 cups of water.) Add 1 tablespoon of apple cider vinegar or lemon juice (per 1 cup of grain). Soaking time: 6-12 hours. May be left in refrigerator overnight — which will shorten the cooking time. Rinse well until you can no longer smell the apple cider vinegar or lemon juice. Place in saucepan and cover with filtered water. Simmer until water is absorbed. | Rinse and remove all debris from grains/legumes. Place grains in jar and fill jar with filtered water. Soak for 8-12 hours or overnight. Drain off water and invert jar over a bowl at an angle to allow drainage and airflow. Drain and rinse 3-4 times per day. Once little tails appear, sprouting is complete. |
| LEGUMES Adzuki beans (Phase Two) Black eye peas Lentils (red/brown) Lima (Butter) beans Mung beans Split peas ³ | Soaking ratio: 1:3 for black eye peas, lima beans and mung beans (1 cup of dried legume to 3 cups of water). Add 1/8 teaspoon bicarb soda to soaking water. Soaking ratio: 1:3 for lentils and split peas (1 cup of dried legume to 3 cups of water). Add 1 tablespoon of apple cider vinegar or lemon juice (per 1 cup of legume) to soaking water. Soak 12-24 hours. Rinse well and add fresh water to cook. | Timing differs based on the grain/legume and ambient temperature of the kitchen Store in the refrigerator in an air-tight container. Cooked sprouts will last 2-3 days. Uncooked sprouts will last 4-5 days. |

1. Not all of the hulled millet grains will sprout, but the lower fibre content is better tolerated in Phase One of the diet.

2. Rice does not sprout.

3. Split peas have a 50% sprout rate only.

OTHER HANDY INFORMATION



SEAFOOD Eat low on the food chain. Smaller fish such as sardines, anchovies, farmed trout, fresh tilapia, arctic char; and bivalves such as scallops, clams, and oysters don't build up as many contaminants as the large carnivores. Small fish also reproduce quickly, so their populations can recover from overfishing much more easily.



EGG REPLACEMENTS FOR BAKING

- 1 tablespoon of ground flaxseed and 3 tablespoon of water = 1 egg
- ¼ cup of puréed silken tofu = 1 egg
- 1 teaspoon of baking soda mixed with 1 tablespoon of white vinegar = 1 egg
- Different sources recommend ½ to 1 mashed banana as a replacement for 1 egg



CHOOSING A PROTEIN POWDER ... There are so many options in every country, so 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, monkfruit and thaumatin (also known as talin).



CLEAN FOOD INFORMATION Please visit the Environmental Working Group www.ewg.org for more information on: clean seafood; organic vs non-organic foods; and the danger of GMO foods .

Dietary supplements are a valuable complement to the SIBO Bi-Phasic Diet.

Learn about Dr. Jacobi's supplement bundle for SIBO relief at www.biphasic.shop



TO GET YOU STARTED ...

PHASE ONE RESTRICTED RECIPES

Purchase the
SIBO cookbooks at
theSIBOdoctor.com



Almond Milk

INGREDIENTS

1 cup almonds
2½ cups water
Nut bag or piece of muslin

METHOD

1. Soak the almonds in water overnight.
2. Drain from the soaking water and place in the blender with the fresh water and blitz for a few minutes.
3. Pour the almond mixture into the nut bag over a bowl to catch the milk. Squeeze the bag to get as much liquid out as you can.



Bone Broth

INGREDIENTS

Bones from raw or cooked meat (avoid chicken frames)
1/8 – 1/4 cup of apple cider vinegar
Water: enough to cover the bones + a bit more

METHOD

- Using a crockpot.
 - Bones size 6–12.5cm.
1. Add in water and apple cider vinegar.
 2. Simmer for 24 hours on low.
 3. Remove bones, strain soup. Marrow should fall off the bones.

PHASE ONE RESTRICTED RECIPES

Vegetable Stock



INGREDIENTS

2 tbsp olive oil or garlic-infused olive oil
 1 cup (72g) chopped leeks, green part only
 1 cup (64g) chopped spring onions, green part only
 1 cup fresh flat-leaf parsley, roughly chopped
 6 medium sprigs of fresh thyme
 1 tsp ground black pepper
 1 tbsp Himalayan salt
 2 bay leaves
 3 medium carrots, scrubbed, peeled intact, then cut into 2.5cm pieces
 1 medium white potato, scrubbed and quartered
 ½ fennel bulb, root end trimmed away, bulb sliced and fronds (top feathery leaves) and stems chopped
 1 medium celery stalk, diced
 Filtered water

METHOD

1. Rinse all vegetables.
2. Heat olive oil in large pan.
3. Saute leek, spring onions, carrots and celery until soft (2-3 mins).
4. Add parsley, thyme, ground pepper, bay leaves, potato, fennel, celery and salt to the pot.
5. Add water — enough to cover vegetables by around 13cms.
6. Cover pot and bring to a simmer over medium heat then adjust heat and cook at a gentle simmer for 1 hour.
7. Skim off any froth that rises to the top during the first half hour of simmering.
8. Simmer for longer if the broth seems weak in flavour.
9. Strain and discard solids.
10. Let broth cool and decant into jars or containers.
11. Last for three days refrigerated or up to six months frozen.

Quantity: 3 litres (approx)

PHASE ONE RESTRICTED RECIPES — BREAKFAST



Almond Pancakes ^(V)

INGREDIENTS

2 tbsp almond meal
2 tbsp coconut flour
1 organic free range egg
1 organic or free range 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.

Serves: Makes about 4 small pancakes.



Grilled Salmon and Spinach Frittata

INGREDIENTS

10 organic eggs, whisked
1 large can salmon, drained
12 fresh spinach leaves
½ tsp dried thyme
½ tsp dried basil
½ tsp rosemary
Salt + pepper, to taste
1 tbsp olive oil
Diced tomato (optional)

METHOD

1. Preheat oven to 170°C degrees; prepare tray.
2. Mix eggs, salmon, herbs, salt and pepper.
3. Pour into prepared tray.
4. Distribute spinach leaves evenly on top.
5. Bake for 18-20 mins or until middle of frittata is completely cooked through.
6. Serve with topping, such as diced tomato.

Serves: 4-6



Granola ^(V)

INGREDIENTS

1 cup whole almonds
1 cup pecans
1 cup dried cranberries
½ cup pumpkin seeds
½ cup dessicated coconut
¼ cup flax seeds
¼ cup sunflower seeds
¼ cup sesame seeds
1 tsp kosher salt
1 tsp ground cinnamon
½ tsp ground nutmeg
3 tbsp coconut oil — melted
2 tbsp stevia
1 tsp pure vanilla extract

METHOD

1. Preheat oven to 190° and line a baking sheet with baking paper. In a large bowl combine almonds, pecans, cranberries, pumpkin seeds, coconut, flax seeds, sunflower seeds, sesame seeds, salt, cinnamon, and nutmeg.
2. In a small bowl, whisk together oil, stevia, and vanilla.
3. Pour over seeds and toss to coat. Spread granola on prepared baking sheet in an even layer.
4. Bake until golden and nuts are toasted, approx 23 mins.
5. Let cool completely on baking sheet before storing in a resealable container.

Servings: 10

PHASE ONE RESTRICTED RECIPES — LUNCH/DINNER

Nourish Bowl (V AND VO OPTIONS)

DRESSING (CHOOSE 1)

Garlic- or chili-infused olive oil
Lemon or lime juice
Mayonnaise (sugarless)
Mustard (without garlic)
Sesame oil
Tahini (1 tsp) and olive oil

TOPPINGS (CHOOSE 2)

Almonds – 5
Nori, shredded – 1 sheet
Pine nuts – ½ tsp
Sprouts (see list pg.13)
Sunflower seeds – 1 tsp
Walnuts – 5

VEGETABLES (CHOOSE 3-6)

Capsicum
Cucumber
Eggplant — grilled
Green leaves (rocket, cos, romaine etc)
Kale
Radicchio
Snow peas
Spring onion (green part only)
Tomato



GRAINS — SOAKED + COOKED

None. Grains can be introduced in Phase 1 Semi-Restricted Diet

VEGETABLES (CHOOSE 1-2 SERVES)

Baby spinach – 1 cup
Baked or grated beetroot – ¼ cup
Baked pumpkin – ¼ cup
Broccoli – ½ cup
Fennel bulb – ¼ cup
Grated carrot – ¼ cup

PROTEIN (CHOOSE 1-2 SERVES)

Boiled or fried egg
Chicken
Firm tofu – 100g
Sardines
Tempeh – 100g
Wild-caught salmon

PHASE ONE RESTRICTED RECIPES — LUNCH/DINNER

Tofu Schnitzels ^(VO)

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 mins until golden and crispy.
7. Serve with mixed vegetables (or if allowed, sprouted grains).

Serves: 2Vegan Shakshuka ^(VO)

A traditional Israeli breakfast stew of tomatoes, bell peppers/capsicum and vegetables. Add any veggies you like that are included in the Phase 1 Restricted Diet list. Usually, eggs are baked into shakshuka but the tofu dumplings make a refreshing change and great for people on a plant based diet.



INGREDIENTS

5 tomatoes, diced small
 1 stalk celery, cut small
 4 spring onions – green part only, cut small
 1 red capsicum, diced small
 2 cups spinach
 1 tsp cumin
 1 tsp smoked paprika (optional)
 200g tofu
 2 tbsp parsley
 Salt + pepper to taste
 Splash of oil for cooking

METHOD

1. In a wok or saucepan place the oil and celery and a touch of salt and cook for 2 mins. Add ½ of the spring onion and cook for a further 2 mins, then add the cumin and smoked paprika and cook for a further minute.
2. Next add the tomatoes and capsicum and put the lid on and cook for 5-10 mins or until the tomatoes have broken down. If there is too much liquid leave the lid off and cook until thickened.
3. Add the spinach and cook for a few minutes or until the spinach has wilted.
4. In a food processor place the tofu, the other half of the green spring onion, chopped parsley, salt and pepper to taste and pulse until it is soft and starts to form a ball.
5. Roll balls of the tofu and place on top of the Shakshuka in the frying pan and put the heat back on and the lid on and cook for 5 mins or until tofu has cooked through.

Alternatively you can put the Shakshuka in an oven proof dish and put the tofu on top and bake in the oven for 15-20 mins so the tofu becomes a bit crispy on top.

Serves: 2

PHASE ONE RESTRICTED RECIPES — LUNCH/DINNER

Tunaless Tempeh Salad Bowl (VO)**INGREDIENTS**

200g tempeh
 2 spring onions – green part only, sliced finely
 1 sheet nori sheet, crumbled
 4 green olives for Restricted Diet or 1 tbsp capers for Semi-Restricted Diet
 3 tbsp mayonnaise
 2 cups rocket
 ½ cucumber, sliced
 Choice of veg – select two from unlimited category of vegetables (see pg. 5)
 1 cup cooked millet
 8 green beans, cut small

DRESSING

2 tbsp lemon juice
 1 tbsp olive oil
 ½ tsp mustard (without garlic)
 1 tbsp sesame seeds
 Salt + pepper to taste

METHOD

1. Crumble the tempeh and fry it in a dry frying pan for a few minutes. Mix in the spring onion, nori sheet, olives or capers and mayonnaise.
2. Bring 4 cups of water to boil in a saucepan with some salt then add the millet and cook for 15 mins, then add the green beans and cook for a further 5 mins or until the millet is cooked.
3. Prepare the dressing by placing everything in a jar and shaking.
4. Assemble the salad in a bowl, add the millet and the tempeh.

Serves: 2Chicken Curry (MAKE V / VO WITH TOFU)**INGREDIENTS**

700g chicken thighs, bite-size pieces
 1 tsp olive oil
 2 chilies, seeded, chopped (optional)
 1 tbsp ginger minced
 2 ½ tsp curry powder
 2 medium size tomatoes, chopped
 ½ cup coconut milk
 1 ½ cups water
 Salt to taste

METHOD

1. Saute salt, ginger, curry powder for 1-2 mins, stirring to prevent sticking.
2. Add tomatoes and mix well.
3. Stir in chicken pieces, mixing it with the spices.
4. Pour in water to cover the mixture.
5. Cook on medium-low heat for 20-30 mins or until chicken cooked through.

Serves: 2-3

PHASE ONE RESTRICTED RECIPES — LUNCH/DINNER

Kofta Balls with Pepita Sauce (VO)

Indian spiced vegetable balls served in a creamy curry sauce. If you don't have time to make balls you can always steam the veg, tofu or mung beans and serve them with the sauce and call it a curry.



INGREDIENTS

1 cup broccoli, cut up small
 ½ cup carrot, diced
 ½ cup pumpkin
 200g tofu, crumbled
 ½ tsp ground cumin
 ½ tsp ground coriander
 ¼ tsp cinnamon ground
 ¼ tsp cardamom ground
 ½ tsp salt or to taste

SAUCE

4 spring onions, green part
 1 cm piece ginger
 ¼ tsp cinnamon
 2 cloves
 ¼ tsp cardamom
 ½ tsp turmeric
 ¼ tsp fenugreek
 ½ tsp mustard seeds
 2 medium tomatoes
 2 tbsp pepitas
 1 cup water
 ½ tsp paprika
 Dash of pepper
 ½ tsp salt or to taste
 Fresh coriander garnish

METHOD

1. Steam the carrot and pumpkin for 5 mins then add the broccoli and steam for a further 5-8 mins. Remove from steamer and mash and add the rest of the ingredients for the koftas. Place in fridge while making the sauce.
2. Place all of the sauce ingredients except the coriander garnish in a wok and cook for 20 mins. You can add more water if it starts to evaporate. Let cool and roll the kofta mix into 1-2 tbsp-size balls. Place on baking paper and bake in the oven for 30 mins or until brown on the outside.
3. Place the cooked sauce in a blender in two batches and blend until smooth adding more water if too thick. Taste for seasoning and add more salt if needed.

Serves: 2

Chicken Soup for the Sensitive Gut



INGREDIENTS

3-4 pieces of either chicken drumstick or thigh
 2-3 carrots, peeled only
 3 celery stalks
 Green tops of spring onions
 3 sprigs of parsley
 Pinch of celtic or himalayan salt
 Water

All ingredients should be organic or free range

METHOD

1. Using a **crockpot**, add chicken pieces.
2. Add in peeled carrots.
3. Add in spring onions, celery, parsley.
4. Fill pot with water.
5. Simmer for between 4-8 hours on high or 8-10 hours on low. If crockpot not available, use a normal pot and simmer for 2 hours.
6. Strain soup, skim off layer of fat.
7. Remove spring onions, celery and parsley, do not consume these at this point.
8. Remove and puree carrots only and add back into the soup.

Serves: 3-4

PHASE ONE SEMI-RESTRICTED — BREAKFAST

Berry Smoothie (VO OPTION)



INGREDIENTS

½ cup fresh/frozen berries
500ml filtered water
2 tbsp of coconut oil
2 scoops hydrolyzed whey
(if tolerated) or equivalent low
fibre/carbohydrate protein
powder
Ice

METHOD

1. Combine ingredients and blend.
2. Optional – sprinkle nutmeg on top.

Note: Berries have anti-inflammatory properties as well as being high in antioxidants.

Scrambled Tofu (VO)



INGREDIENTS

100g tofu
1 tsp fresh chives
1 tbsp chopped sundried tomato
1 tsp to 1 tbsp aminos of choice
1 tbsp oil of choice - for cooking

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).

Serves: 1

Sprouted Grain Breakfast Bowl (VO)



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.

Serves: 1

PHASE ONE SEMI-RESTRICTED — LUNCH/DINNER

Nourish Bowl (V/VO OPTIONS)

DRESSING (CHOOSE 1)

Bragg's liquid aminos
Coconut aminos
Garlic- or chili-infused olive oil
Lemon or lime juice
Mayonnaise (sugarless)
Miso
Mustard (without garlic)
Sesame oil
Tahini (1 tsp) and olive oil
Tamari

TOPPINGS (CHOOSE 2)

Almonds – 5
Nori, shredded – 1 sheet
Pine nuts – ½ tsp
Pomegranate seeds – ¼ cup
Sprouts (see list pg.13)
Sunflower seeds – 1 tsp
Walnuts – 5

VEGETABLES (CHOOSE 3-6)

Capsicum
Cucumber
Eggplant — grilled
Green leaves (rocket, cos, romaine etc)
Kale
Radicchio
Snow peas
Spring onion (green part only)
Tomato



GRAINS — SOAKED + COOKED (CHOOSE 1)

Basmati or Jasmine rice – ½ cup
Buckwheat – ½ cup
Hulled millet – ½ cup
Kelp or konjac noodles – ½ cup
Quinoa – ½ cup

VEGETABLES (CHOOSE 1-2 SERVES)

Avocado (¼)
Baby spinach – 1 cup
Baked or grated beetroots – ¼ cup
Baked pumpkin – ¼ cup
Broccoli – ½ cup
Fennel bulb – ¼ cup
Grated carrot – ¼ cup

PROTEIN (CHOOSE 1-2 SERVES)

Boiled or fried egg
Chicken
Firm tofu – 100g
Mung beans
Sardines
Tempeh – 100g
Wild-caught salmon

PHASE ONE SEMI-RESTRICTED — LUNCH/DINNER

Anne's Protein Patties ^(VO)**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 eg. cumin, paprika, fenugreek, etc. Choose flavors to suit the legumes/grains such as Indian, Mexican or Mediterranean
 1 tsp salt
 ½ tsp pepper

METHOD

- Preheat oven to 180°C/350°F; prepare tray, line with baking paper.
- Sauté onion/chive, capsicum, spinach and herbs in garlic infused oil.
- 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.
- 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
- Place on baking tray and drizzle with oil (rice bran, MCT or olive work well).
- Bake 20-30 mins (turning half way through baking) until crisp/golden.
- Top with coconut yogurt sauce (chopped cucumber, chives, salt, pepper and lemon juice). Serve with mixed vegetables of choice.

Serves: 2Black Eye Pea and Quinoa-stuffed Red Capsicum ^(VO)**INGREDIENTS**

2 large red capsicums, 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 only)
 Salt + pepper to taste
 ¼ tsp turmeric
 ¼ cup chopped pecans and pumpkin seeds
 Oil of choice for baking

METHOD

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

Serves: 2

PHASE ONE SEMI-RESTRICTED — LUNCH/DINNER

Pumpkin Soup (MAKE VO USING SIBO-FRIENDLY VEGGIE STOCK (PG.15))

INGREDIENTS

500g pumpkin, skinned and cubed
 2 cups chicken broth (use homemade SIBO-friendly broth)
 1 leek (optional)
 ½ can coconut milk (optional)
 1 tbsp ginger
 Salt + pepper to taste

METHOD

1. Place all ingredients in crockpot and cook on medium heat until soft. A crockpot, pressure cooker or InstaPot speeds up this process.
2. Using a blender, process — either puree or leave a bit chunky.

Serves: 2

Thai Fish Cakes



INGREDIENTS

400g boneless white fish, chopped
 1 tsp red chili, chopped
 2 tsp fish sauce
 4 kaffir lime leaves, chopped
 ½ cup green beans, finely sliced
 ½ cup red capsicum, finely chopped
 Coconut oil for frying

METHOD

1. Place fish, chili, fish sauce, kaffir lime leaves into a food processor and process until smooth.
2. Transfer mixture to a bowl and add beans, capsicum and mix through.
3. Heat pan. Divide mixture and shape into 8 balls.
4. Fry evenly on both sides for about 4 mins until golden brown and cooked through.

Serves: 2

Tempeh Croutons (VO)

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 mins.
4. Drain and spread on prepared tray
5. Bake for 18-20 mins until golden and crispy.

PHASE ONE SEMI-RESTRICTED — LUNCH/DINNER

Thai Larb with Noodle Salad (V/VO OPTION = TOFU)



INGREDIENTS

¼ cup soaked sprouted and dehydrated buckwheat
 200g tofu crumbled or
 200g chicken mince
 ½ tbsp sunflower oil or use water for oil free
 2 spring onions green parts only cut on an angle
 2 tsp ginger grated
 1 stalk lemon grass cut very fine (or ground in a coffee grinder) white bit only
 2 kaffir lime leaves cut very fine (or ground in a coffee grinder)
 1 chili cut fine (optional)
 Juice of 1 lime
 1 tbsp tamari
 ¼ to ½ cup water
 Cos or iceberg lettuce leaves, 2 per person
 Grated carrot (garnish and optional)

SALAD

2 massive handfuls of herbs — I use mint and coriander — you could also use Thai basil
 8 cherry tomatoes, cut in quarters
 1 cucumber, julienned
 2 cups rice noodles
 2 tsp toasted sesame oil (optional)
 Juice of 1 lime
 1 tbsp tamari (less if you want less sodium)

METHOD

1. Dry fry the buckwheat until it browns a little. Let cool down.
2. Cook the noodles to packet instructions and cool down then mix all the salad ingredients with the noodles.
3. Grind the buckwheat until it forms a flour.
4. Place the sunflower oil in a wok or frying pan and add the spring onions, ginger, lemon grass, chili and kaffir lime leaves. Cook for a few minutes then add the tofu and cook for 5 mins stirring occasionally.
NOTE: If using chicken instead of tofu, fry chicken until cooked through, before adding other ingredients.
5. Add in 2 tbsp of the buckwheat flour and ½ cup water and stir until the water has evaporated and the flour is cooked through.
6. Serve the tofu into lettuce cups on a plate and add the noodle salad to the side of the plate.

Serves: 2

PHASE ONE SEMI-RESTRICTED — LUNCH/DINNER



Ginger Chili Vegetable Stir Fry ^(VO)

INGREDIENTS

½ tsp crushed red pepper or chili flakes
1 cup broccoli
125g (2 stalks) celery
1 bunch Choy Sum or spinach/ gai lam
1 bunch bok choy
10 snow peas
200g chicken, optional
100g (1 cup) jasmine rice, cooked
2 tbsp oil (rice bran, olive or coconut)

SAUCE

50ml veg. stock (see pg 15)
15ml tamari
5ml sesame oil
15g ginger
½ tsp honey (Phase Two only)

METHOD

1. Make stir fry sauce: Mix veg stock, tamari, sesame oil, chili flakes, ginger (and honey, if using). Blend and set aside.
2. Chop all vegetables and cook on a high heat with oil, cooking the leafy veg last. Add sauce and cook a further one minute.
3. Add chicken (optional) and serve with jasmine rice

Serves: 2



Prawn Cocktail ^(V)

INGREDIENTS

175g prawns, peeled and cooked
1 lettuce — romaine, baby gem or baby cos all work well
Radish and/or chopped chives (for garnish)

DRESSING

½ avocado
10ml (2 tbsp) lime juice
1 tbsp coriander
10ml (2 tbsp) extra virgin olive oil
¼ tsp cumin powder
Salt + pepper to taste

METHOD

1. Make the dressing: blend avocado with lime juice, coriander, extra virgin olive oil and salt, pepper and cumin to taste.
2. Lay some lettuce leaves in a bowl, top with the dressing, add prawns and garnish with radish and a little chopped chives.

Serves: 2

PHASE TWO — BREAKFAST



Sprouted Buckwheat Pancake (VO)

INGREDIENTS

½ cup soaked sprouted and dehydrated buckwheat kernels (in shops they are called activated buckwheat)
¼ cup almond meal
1 cup freshly made almond milk (see pg 28)
1 banana
2 tsp sunflower oil
2 tsp apple cider vinegar
½ cup berries of choice
Sunflower oil for frying

MACADAMIA CREAM

Makes enough for 4 pancakes and will freeze well if you've made too much.

20 macadamia nuts
¼-½ cup water
1 tsp maple syrup (optional)

METHOD

1. For the macadamia cream place everything in a blender and blend until smooth.
2. Grind the buckwheat until it forms a flour. Mix in a bowl with the almond meal.
3. Mash the banana and mix the oil and apple cider vinegar in with the banana.
4. Gradually add the buckwheat flour and almond meal to the banana mixture until combined then slowly add almond milk until it is the consistency you like for pancakes. You can make them thick or thin.
5. Place a small amount of oil in a small frying pan and let it heat up a bit, then pour in the pancake mix to cover the pan. Cook for 4 mins or so or until the pancake browns and then flip the pancake over.
6. Serve the pancakes with the fresh fruit and macadamia cream.

TIP: New to making pancakes? You may want to make them small in size until you get the hang of it.

Serves: 2

Granola and Berry Parfait (VO)



INGREDIENTS

½ cup granola (see pg 17)
½ cup coconut milk or coconut yoghurt
1 cup blueberries

METHOD

1. Layer granola, berries and coconut milk in a jar. Leave overnight and eat in the morning.

Serves: 1

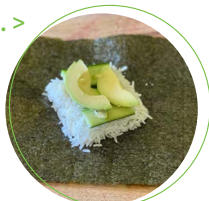
PHASE TWO — LUNCH/DINNER



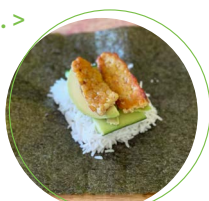
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Nori Sandwich with Sashimi Tomato (VO)

INGREDIENTS

2 pieces nori sheet
1 cup cooked basmati rice
½ avocado sliced
4 slices of tempeh, fried
Few leaves of lettuce, cut roughly
4 slices (lengthways) Lebanese cucumber

SASHIMI TOMATO

1 tsp liquid aminos
1 tsp tamari
1 tsp apple cider vinegar
1 large tomato

METHOD

1. For the tomato sashimi place a long cut in the tomato skin then place in a bowl and pour on boiling water. Let sit for 5 mins then the skin will peel off easily.
2. Cut the tomato into quarters and scoop out the seeds. Slice the tomato flesh into 2 cm strips and place in a bowl with the liquid aminos, tamari and apple cider vinegar and let sit while you prepare the rest of the ingredients for the sushi.
3. Place the nori sheet in front of you with the long side facing you. Place a thin layer of rice in the middle of the nori and make a square shape at a 45° angle facing you. Then place 2 slices of tempeh, a few slices of avocado, 2 slices of cucumber and 2 slices of tomato sashimi and some lettuce. Spoon on a thin layer of rice.
4. To shape the sandwich take one of the corners of the sushi and fold it into the centre of the rice and place on top. Do that with all of the corners so you end up with a square shape. Turn it over and press it down. Leave for 5-10 mins so the rice and seaweed stick together. Then cut in half so you have 2 x ½ sandwich shapes.

Serves: 2

PHASE TWO — LUNCH/DINNER

Sprouted Moong Dhal Omelette ^(VO)**INGREDIENTS**

½ cup soaked and sprouted split mung beans (moong dhal)
 50g potato, diced small
 ¼ cup peas
 1 cup spinach
 4 spring onions green part only
 Olive or sunflower oil to fry omelette
 Lettuce
 Salad ingredients of your choice, grated zucchini, capsicum, grated carrot, tomatoes

DRESSING

2 tbsp hemp seeds or macadamia nuts
 Lemon juice
 Herb of choice
 1 tbsp olive oil
 ¼-½ tsp salt
 Pepper

METHOD

1. Dressing: Place ingredients in blender. Blend until smooth. Add water if too thick.
2. Prepare salad and put on a plate.
3. Place potato in a saucepan with boiling water and a pinch of salt. Bring to the boil then add peas and cook for 5 mins.
4. Add 1 tsp oil to a small frying pan and cook the onion for a couple of minutes then add the spinach and cook until it is wilted. Remove from the heat.
5. Place the moong dhal in a blender with ¼ cup water and blend until smooth. Batter to be a pouring consistency.
6. Pour the moong dhal batter into a bowl. Fold in potato, peas, onion and spinach.
7. Add some oil to a small frying pan and heat. Add omelette mix and cook for 4-5 mins or until omelette starts to brown at the edges.
8. To flip omelette, slide it onto a plate. Put another plate on top and turn plates over so uncooked side is on the bottom plate. Add more oil to the frying pan and slide omelette back into the pan. Cook for 4-5 mins or until cooked through.

Serves: 2Chicken San Choy Bao ^(V/VO OPTIONS)**INGREDIENTS**

500g chicken mince or substitute marinated and baked tofu cubes
 200g carrots, grated
 100g bamboo shoots, roughly chopped
 2 tbsp chives
 1 iceberg lettuce
 50g macadamia nuts, toasted and chopped (optional)
 150g zucchini grated
 2 tbsp coriander, chopped

SAUCE

75ml veg. stock (see pg 15)
 30ml (3 tbsp) tamari
 15ml (1 ½ tbsp) sesame oil
 15g ginger

METHOD

1. Make the sauce: mix veg stock, tamari, sesame oil and ginger and blend.
2. Gently separate lettuce leaves and trim with scissors into 6 lettuce 'cups'.
3. Fry the chicken until crispy, making sure there is no liquid left in the pan, and that the chicken has started to brown. Add grated carrot and zucchini and cook a further 2 mins. Add sauce and fry then add bamboo shoots, chives and coriander.
4. Fill lettuce cups with chicken (tofu) mixture.
5. Garnish with coriander and toasted macadamia nuts.

Serves: 2

PHASE TWO — LUNCH/DINNER

Salmon with Kipfler Potato, Green Beans, Lemon Cucumber Raita and Coriander Radish Salad



INGREDIENTS

2 x 400g salmon fillets
100g green or yellow beans
200g kipfler potatoes
10ml lemon juice
1 radish

RAITA

75g (¼ cup) Greek yogurt
¼ cup continental cucumber – finely diced
5–6 mint leaves
⅛ tsp ground cumin

METHOD

1. Make raita: chiffonade half the mint and cucumber and add to yogurt. Add cumin and season with salt and pepper.
2. Make salad: thinly slice radish and add to remaining mint leaves.
3. Blanch beans. Blanch potato. (Before serving, warm with a little butter)
4. Sear salmon (or preferred fish) until crispy. Flip over (gently) and cook the other side for 2 mins. Finish in the oven for 5-10 mins until medium rare.
5. To assemble: Place kipflers and green beans on the plate, lay fish on top.
6. Dollop raita on top and finish with salad.

Serves: 2

Greek Salad ^(V)



INGREDIENTS

10 cherry tomatoes
1 capsicum/bell pepper — red or green
½ cup cucumber — chopped
1 head cos/romaine lettuce
15g (8) kalamata olives
40g feta cheese

DRESSING

10ml (1 tbsp) olive oil
10ml (1 tbsp) red wine vinegar
½ tsp honey (optional)

METHOD

1. Make dressing: blend olive oil, red wine vinegar and honey (if using).
2. Toss all ingredients in a bowl.
3. Serve with some tofu, seared snapper or chicken to make a more substantial dinner.

Serves: 2

PHASE TWO — LUNCH/DINNER

Nourish Bowl (V/VO OPTIONS)**DRESSING (CHOOSE 1)**

Apple cider vinegar
 Bragg's liquid aminos
 Coconut aminos
 Coconut yogurt
 Cow/goat yogurt
 Garlic- or chili-infused olive oil
 Honey
 Lemon or lime juice
 Mayonnaise (sugarless)
 Miso
 Mustard (without garlic)
 Sesame oil
 Tahini (1 tsp) and olive oil
 Tamari

TOPPINGS (CHOOSE 2)

Almonds – 5
 Nori, shredded – 1 sheet
 Pine nuts – ½ tsp
 Pomegranate seeds – ¼ cup
 Sprouts (see list pg.13)
 Sunflower seeds – 1 tsp
 Walnuts – 5

VEGETABLES (CHOOSE 3-6)

Capsicum
 Cucumber
 Eggplant — grilled
 Green leaves (rocket, cos, romaine etc)
 Kale
 Radicchio
 Snow peas
 Spring onion (green part only)
 Tomato

**GRAINS —
SOAKED + COOKED (CHOOSE 1)**

Basmati or Jasmine rice – ½ cup
 Buckwheat – ½ cup
 Hulled millet – ½ cup
 Kelp or konjac noodles – ½ cup
 Quinoa – ½ cup

**VEGETABLES
(CHOOSE 1-2 SERVES)**

Avocado (¼)
 Baby spinach – 1 cup
 Baked or grated beetroot – ¼ cup
 Baked pumpkin – ¼ cup
 Broccoli – ½ cup
 Fennel bulb – ¼ cup
 Grated carrot – ¼ cup
 Sweet potato – ½ cup

**PROTEIN
(CHOOSE 1-2 SERVES)**

Boiled or fried egg
 Chicken
 Feta – 2 tbsp
 Firm tofu – 100g
 Haloumi
 Mung beans
 Sardines
 Tempeh – 100g
 Wild-caught salmon

PHASE TWO — LUNCH/DINNER

Pumpkin, Haloumi and Rocket Salad ^(V)**INGREDIENTS**

200g (1 cup) butternut pumpkin — cooked
 50g haloumi
 25g (1/8 cup) quinoa
 50g (2 cups) rocket — washed
 2 tbsp rice bran or olive oil (for frying)

DRESSING

10ml (1 tbsp) lemon juice
 10ml (1 tbsp) rice vinegar
 5ml (1 tsp) sesame oil
 5ml (1 tsp) tamari
 1/2 tsp ground cumin
 Salt + pepper to taste
 1 tsp honey (optional)

METHOD

1. Peel and cut pumpkin into cubes. Toss in a little oil, salt and pepper and roast in the oven until crispy on the outside and soft on the inside.
2. Cook quinoa with 1/4 cup water for 10 mins (or per packet instructions)
3. Heat oil in pan, cut haloumi into strips and fry.
4. For dressing: mix rice vinegar, sesame oil, lemon juice, cumin, tamari, salt and pepper (and honey if using).
5. Toss all ingredients together and serve. Keep some of the pumpkin and haloumi to garnish on top.

Serves: 2Rice Cakes ^(VO)**INGREDIENTS**

4 rice cakes or gluten-free and yeast-free bread if approved by your practitioner
 1/2 avocado (1/4 per person)
 1 large tomato
 8 basil leaves, torn
 10ml extra virgin olive oil
 10ml balsamic vinegar

METHOD

1. Slice the tomato and avocado and arrange slices on the rice cakes.
2. Insert pieces of basil leaf in between the avocado and tomato slices.
3. Drizzle with balsamic vinegar and extra virgin olive oil. Season with salt and pepper.

Serves: 2**RECIPE CONTRIBUTORS**

Leela Anna Brett www.yourgourmet.com.au · Veet Karen www.veets.com.au · Anne Criner www.thebiomeclinic.com



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