

THE BRIDGE | SOL | WEEK 3

FOOD JOURNAL NOTES

Here's what I can see right now: With a few small shifts little by little, this will make big improvements!

1. You are under-fuelled babe! Correcting this will change things dramatically for you with just a few amendments.
2. You are "front-loading" fruit sugar (watermelon) and stimulants (mate) which can create glucose spikes and nervous system agitation, which can feed HSV reactivity
3. Too little protein
4. Feeding pattern feels slightly more reactive than rhythmic
5. Unintentionally high-arginine, almost daily
6. Slightly low in healthy fats

AMENDMENTS

KEEP ON REDUCING OR AVOIDING HIGH-ARGININE FOODS

These are the ones showing up the most in your diet and likely aggravating HSV

- Seed breads / crackers / bread mixes
- Hummus, falafel, chickpeas
- Chocolate
- Quinoa, oats, gluten-free crackers
- Granola
- Kombucha (histamine + stimulation)

LONG GAME DEEP WINS

1. PROTIEN ANCHORING

Every meal must contain protein. Eggs, fish, chicken, veal, turkey etc.

- Start with a Protein-centred, savoury breakfast.
- e.g. - *Eggs, avocado, yogurt, cottage cheese, sliced turkey or bacon.* 30 minutes after lemon water.
- Watermelon moves to mid-morning refresher.

2. NO UNINTENTIONAL 'FASTING'

If you choose (and plan) to fast, those days should include 2 litres of liquids: herbal teas, broths, salty tonics or done at home with water, rest and NS practices.

3. REPLACE CHOCOLATE WITH SWEET TREAT "FAT BOMB"

4. SUPPORTED HEALTHY MEALS

This makes even more sense now. Good food delivered will help your intake become more regular and easy.

FAT BOMB RECIPE — “GOLDEN BUTTER”

This is a luxurious, melt-in-your-mouth sweet treat you can go for anytime you'd usually reach for chocolate. It increases healthy fat intake, supports inflammation, and is extremely easy to make and keep on hand. And yummy!

You'll make it directly in a jar of coconut oil and take a spoon as needed. You can also just play and try different flavours.

INGREDIENTS

100 g coconut oil

1 tbsp ground turmeric

1 tsp ground cinnamon

½ tsp vanilla powder or a few drops vanilla extract

1–2 tsp raw honey or maple syrup (to taste)

A pinch of black pepper (optional but improves turmeric absorption)

Optional calming additions: rose powder, cardamom, or a tiny pinch of nutmeg

METHOD

Put all ingredients into a clean glass jar.

Stir well until fully combined. The coconut oil will soften as you mix.

Store in the fridge so it sets into a fudge-like texture.

When solid, take 1 teaspoon as a sweet treat or evening snack.

NOTES

If your coconut oil is liquid, mix everything in the jar and then pour into a small dish or mould and refrigerate. You can break off a piece like bark once set.

It's not nice when fully liquid, but lovely when solid.

You can keep several flavour variations going at once.

DOSAGE / HOW TO USE

1 teaspoon once or twice daily as needed, especially when craving chocolate or sweets.

Great in the afternoon or evening.

Can also be stirred into warm lemon balm tea or golden milk.

WHY THIS WORKS FOR YOU

Coconut oil provides antiviral and stabilising fats. Turmeric and cinnamon are anti-inflammatory and nervous-system calming. Honey or maple gives gentle sweetness without a glucose spike.

No nuts, seeds, cacao, or high-arginine ingredients.