

Long Covid Practitioner Programme

WEBINAR TWO - addendum

Presented by Antony Haynes, Nutritional Therapist
BA(Hons), Dip ION, mCNHC, mBANT

2. Friday 27th September 12 noon

A Functional Medicine model of Long Covid from Dr Leo Galland, including blood clotting, viral persistence, and mitochondrial disruption.
Nutritional Therapy solutions

Polyphenol-Rich Diet Meal Plan

Dietary Requirements

- Polyphenol Rich Diet
- Wholefoods only
- Gluten Free
- Low Histamine

Day One

- Breakfast: Almond butter banana pancakes made with almond flour, sliced strawberries, and chopped almonds
- High in polyphenols from bananas, almonds, and strawberries
- Lunch: Grilled chicken breast with roasted vegetables (broccoli, carrots, bell peppers)
- Includes lean protein from chicken breast
- High in polyphenols from vegetables
- Dinner: Quinoa salad with mixed greens, cherry tomatoes, cucumber, and avocado
- High in polyphenols from quinoa, mixed greens, and cherry tomatoes

Day Two

- Breakfast: Smoothie bowl with frozen berries, coconut milk, chia seeds, and hemp seeds topped with sliced almonds and shredded coconut
- High in polyphenols from berries, chia seeds, and hemp seeds
- Lunch: Lentil soup with a side of steamed kale
- High in polyphenols from lentils and kale
- Dinner: Grilled salmon with roasted sweet potato and green beans
- Includes lean protein from salmon
- High in polyphenols from sweet potato and green beans

Day Three

- Breakfast: Scrambled eggs with spinach and mushrooms
- Includes lean protein from eggs
- High in polyphenols from spinach and mushrooms
- Lunch: Chickpea and avocado salad with mixed greens and lemon-tahini dressing
- High in polyphenols from chickpeas, avocado, and mixed greens
- Dinner: Grilled turkey burger on a gluten-free bun with roasted Brussels sprouts
- Includes lean protein from turkey burger
- High in polyphenols from Brussels sprouts

Day Four

- Breakfast: Coconut yogurt parfait with sliced mango, chopped walnuts, and chia seeds.
- High in polyphenols from coconut yogurt, mango, and walnuts
- Lunch: Grilled tofu with roasted cauliflower and brown rice
- High in polyphenols from tofu, cauliflower, and brown rice
- Dinner: Shrimp stir-fry with mixed vegetables (bell peppers, onions, snow peas) and brown rice
- Includes lean protein from shrimp
- High in polyphenols from mixed vegetables

Day Five

- Breakfast: Green smoothie with spinach, banana, and almond milk.
- High in polyphenols from spinach and banana
- Lunch: Chicken Caesar salad with romaine lettuce, grilled chicken, and a homemade Caesar dressing
- Includes lean protein from chicken breast
- High in polyphenols from romaine lettuce and homemade Caesar dressing
- Dinner: Pork tenderloin with roasted asparagus and quinoa
- Includes lean protein from pork tenderloin
- High in polyphenols from asparagus and quinoa

Day Six

- Breakfast: Avocado toast on gluten-free bread with scrambled eggs and cherry tomatoes
- High in polyphenols from avocado, eggs, and cherry tomatoes
- Lunch: Turkey and avocado wrap with mixed greens and hummus
- Includes lean protein from turkey breast
- High in polyphenols from avocado, mixed greens, and hummus
- Dinner: Beef stir-fry with mixed vegetables (broccoli, carrots, bell peppers) and brown rice
- Includes lean protein from beef
- High in polyphenols from broccoli, carrots, bell peppers

Day Seven

- Breakfast: Chia seed pudding with coconut milk, sliced mango, and chopped nuts
- High in polyphenols from chia seeds, mango, and nuts
- Lunch: Grilled chicken breast with roasted sweet potatoes and steamed green beans
- Includes lean protein from chicken breast
- High in polyphenols from sweet potatoes and green beans
- Dinner: Baked cod with roasted asparagus and quinoa
- Includes lean protein from cod
- High in polyphenols from asparagus and quinoa