



# WYLDER SPACE

## *Ancestral Foods*



RESET GUIDE & WORKBOOK

# WELCOME TO YOUR ANCESTRAL RESET JOURNEY!



This easy-to-follow guide will help you rediscover vibrant health through nourishing, traditional foods.

Inside This Guide:

- ✓ Gentle 7-Day Meal Plans (Inspired by Nourishing Traditions)
- ✓ Simple Food Swaps to enhance digestion and energy
- ✓ Traditional Food Preparation Techniques simplified for modern living

*Molly Bravo*



# Ancestral Foods Reset – Syllabus & Workbook



## **01 – WELCOME & GETTING STARTED**

LESSON 1.1: INTRODUCTION TO ANCESTRAL EATING

- ESSENTIALS OF ANCESTRAL EATING
- BENEFITS FOR HEALTH AND WELLBEING

LESSON 1.2: HOW TO USE THIS MINI-COURSE

- GUIDELINES AND TIPS FOR OPTIMAL RESULTS
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## **02 – MINDSET**

MODULE 2: THE ANCESTRAL FOODS RESET

LESSON 2.1: UNDERSTANDING THE RESET

- PURPOSE AND HEALTH BENEFITS

LESSON 2.2: SIMPLE ANCESTRAL FOOD SWAPS

- PRACTICAL SWAPS FROM PROCESSED TO NOURISHING  
FOODS

LESSON 2.3: YOUR 7-DAY MEAL PLAN

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## **03 – TIMELESS PREPARATION TECHNIQUES**

LESSON 3.1: FERMENTATION & GUT HEALTH

- EASY METHODS FOR FERMENTING FOODS

LESSON 3.2: SOAKING, SPROUTING, AND SOURDOUGH

- STEPS FOR PREPARING GRAINS, LEGUMES & SEEDS

LESSON 3.3: BONE BROTHS & NOSE-TO-TAIL EATING

- NUTRITIOUS BROTH RECIPES & ORGAN MEATS



## **04 – ANCESTRAL LIFESTYLE & LONGEVITY**

### LESSON 4.1: EATING WITH THE SEASONS

- SEASONAL EATING FOR OPTIMAL HEALTH

### LESSON 4.2: FOOD & ANCESTRAL WISDOM CONNECTION

- DEEPENING YOUR UNDERSTANDING

### LESSON 4.3: SUSTAINABLE & MINDFUL EATING

- INTEGRATING ANCESTRAL HABITS TODAY
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## **05 – BRINGING IT ALL TOGETHER + BONUS**

### LESSON 5.1: YOUR NEXT STEPS

- MAINTAIN & EXPAND YOUR PRACTICES

### LESSON 5.2: BONUS MINI-WORKSHOP "ANCESTRAL COOKING MADE SIMPLE"

- PRACTICAL COOKING DEMONSTRATIONS

### LESSON 5.3: JOIN THE CULTIVATOR COMMUNITY

- ENGAGE IN A NOURISHING, SUPPORTIVE COMMUNITY
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# HOW TO USE THIS WORKBOOK WITH YOUR ONLINE COURSE:

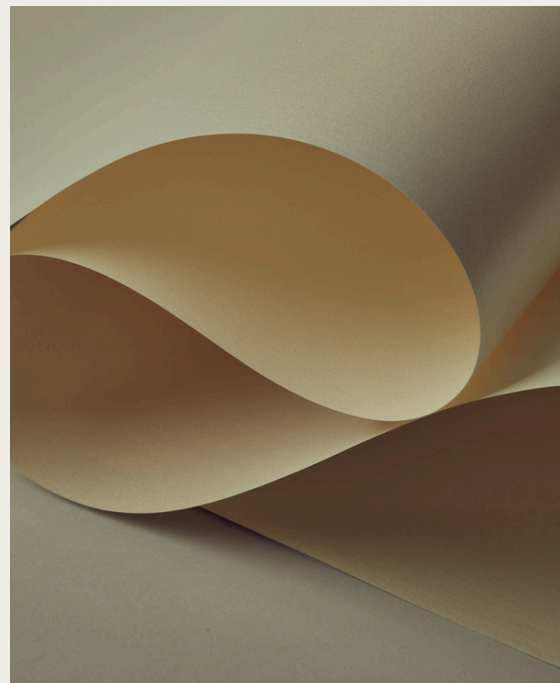
1. Follow the Syllabus: Progress through the workbook modules as you complete corresponding online course lessons.
2. Daily Meal Tracking: Use the workbook's meal plan to track your meals, note any adjustments, and reflect on your body's responses.
3. Take Notes: During each online lesson, jot down key insights, techniques, and questions directly in your workbook.
4. Apply and Reflect: After each lesson, apply the teachings practically in your kitchen. Reflect regularly on your progress and insights.
5. Engage in Community: Join our online Cultivator Community (Lesson 5.3) to share experiences, ask questions, and receive support throughout your journey.



QUESTIONS?

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# ✓ QUICK HEALTH TIP

**Instantly improve your health by eliminating processed seed oils. Choose healthier alternatives like coconut oil, olive oil, butter, or ghee for cooking and dressing.**





7 DAY MEAL PLAN

# FOR INSPIRATION IN THE KITCHEN

## Quick Prep Techniques for Nutrient-Dense Eating

- Batch prepare bone broth weekly
- Pre-soak grains and legumes overnight
- Chop and store vegetables ahead of time
- Utilize slow cookers for effortless cooking



## HEARTY TRADITIONAL BEEF STEW

SERVES 4-6 | PREP TIME: 20 MINS | COOK TIME: 6-8 HOURS (SLOW COOKER) OR 2-3 HOURS (STOVETOP)

THIS DEEPLY NOURISHING STEW HONORS THE PRINCIPLES OF TRADITIONAL COOKING: SLOW-COOKED GRASS-FED BEEF AND MINERAL-RICH BONE BROTH, COMBINED WITH SEASONAL ROOT VEGETABLES AND HERBS. IT'S A WARMING, COMPLETE MEAL THAT STRENGTHENS DIGESTION AND SUPPORTS IMMUNITY.

### INGREDIENTS:

1½ LBS GRASS-FED BEEF CHUCK, CUT INTO 1-INCH CUBES  
2 TBSP EXTRA VIRGIN OLIVE OIL OR BEEF TALLOW  
3 CUPS BEEF BONE BROTH (HOMEMADE PREFERRED)  
2 CARROTS, PEELED AND SLICED  
2 PARSNIPS, PEELED AND CHOPPED  
2 MEDIUM POTATOES, CUBED (OPTIONAL)  
1 ONION, CHOPPED  
2 CLOVES GARLIC, MINCED  
1 BAY LEAF  
1 TSP DRIED THYME  
SEA SALT AND FRESHLY GROUND BLACK PEPPER, TO TASTE

### INSTRUCTIONS:

1. SEAR THE MEAT: HEAT OIL OR TALLOW IN A HEAVY-BOTTOMED PAN. BROWN BEEF CUBES ON ALL SIDES. SET ASIDE.
2. BUILD THE BASE: IN THE SAME PAN, SAUTÉ ONIONS AND GARLIC UNTIL TRANSLUCENT.
3. ASSEMBLE STEW: IN A SLOW COOKER OR LARGE POT, COMBINE ALL INGREDIENTS—BEEF, SAUTÉED AROMATICS, VEGETABLES, BROTH, AND HERBS.
4. SIMMER SLOWLY:
  - FOR A SLOW COOKER, COOK ON LOW FOR 6-8 HOURS.
  - FOR STOVETOP, SIMMER COVERED ON LOW HEAT FOR 2-3 HOURS.
5. FINISH & SERVE: TASTE AND ADJUST SEASONING. SERVE HOT WITH CULTURED SOURDOUGH BREAD OR OVER MASHED ROOT VEGGIES.

### TRADITIONAL TIP:

LET THE STEW REST AFTER COOKING TO DEEPEN FLAVOR. ALWAYS USE HOMEMADE BROTH FOR BEST MINERAL CONTENT.



## **SPROUTED LENTIL HERB SALAD**

SERVES 2-4 | PREP TIME: 10 MINS + SPROUTING TIME: 2-3 DAYS

**SPROUTING UNLOCKS THE NUTRITIONAL POWER OF LENTILS, IMPROVING DIGESTIBILITY AND VITAMIN CONTENT. THIS REFRESHING SALAD IS ENLIVENED WITH LEMON, COLD-PRESSED OLIVE OIL, AND FRESH HERBS—PERFECT FOR LIGHT LUNCHES OR AS A DIGESTIVE SIDE.**

### **INGREDIENTS:**

- 1 CUP GREEN OR BROWN LENTILS
- FILTERED WATER FOR SOAKING AND RINSING
- 2 TBSP EXTRA VIRGIN OLIVE OIL
- 1 TBSP FRESH LEMON JUICE
- 2 TBSP FINELY CHOPPED PARSLEY OR MINT
- SEA SALT, TO TASTE
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### **INSTRUCTIONS:**

#### **1. SPROUT THE LENTILS:**

- RINSE LENTILS AND SOAK IN FILTERED WATER FOR 8-12 HOURS.
- DRAIN AND RINSE, THEN PLACE IN A SPROUTING JAR OR FINE SIEVE.
- RINSE TWICE DAILY FOR 2-3 DAYS UNTIL LITTLE TAILS APPEAR.

#### **2. MAKE THE SALAD:**

- IN A BOWL, COMBINE 1 CUP SPROUTED LENTILS, OLIVE OIL, LEMON JUICE, HERBS, AND SALT.
- TOSS GENTLY AND REFRIGERATE FOR AT LEAST 30 MINUTES BEFORE SERVING.

### **TRADITIONAL TIP:**

ADD A SPOONFUL OF CULTURED CRÈME FRAÎCHE OR FERMENTED VEGETABLES FOR PROBIOTIC BENEFIT AND FLAVOR BALANCE.

## **SOAKED OAT PORRIDGE WITH BUTTER & HONEY**

**SERVES 2 | SOAK TIME: OVERNIGHT | COOK TIME: 5–10 MINS**

**SOAKING OATS OVERNIGHT NEUTRALIZES PHYTIC ACID AND ACTIVATES ENZYMES, MAKING MINERALS MORE BIOAVAILABLE. THIS CREAMY, GENTLY COOKED PORRIDGE IS COMFORTING, NUTRIENT-DENSE, AND IDEAL FOR A WHOLESOME START TO YOUR DAY.**

### **INGREDIENTS:**

- 1 CUP ROLLED OATS
- 1 CUP WARM FILTERED WATER
- 2 TBSP YOGURT, KEFIR, OR WHEY (FOR SOAKING)
- ½ TSP SEA SALT
- 1 TBSP RAW BUTTER OR CULTURED GHEE
- 1 TBSP RAW HONEY (ADDED AFTER COOKING)

### **INSTRUCTIONS:**

#### **1. SOAK OATS:**

- MIX OATS, WARM WATER, AND YOGURT (OR KEFIR/WHEY) IN A BOWL.
- COVER AND SOAK AT ROOM TEMPERATURE OVERNIGHT (12–24 HOURS).

#### **2. COOK GENTLY:**

- TRANSFER SOAKED OATS TO A SAUCEPAN. ADD A BIT OF WATER OR MILK IF TOO THICK.
- ADD SEA SALT AND COOK OVER LOW HEAT, STIRRING FREQUENTLY FOR 5–10 MINUTES.

#### **3. FINISH:**

- STIR IN BUTTER.
- REMOVE FROM HEAT AND ADD RAW HONEY TO TASTE (DON'T COOK THE HONEY).

### **TRADITIONAL TIP:**

ADD CINNAMON, SOAKED RAISINS, OR CHOPPED SOAKED NUTS FOR VARIETY AND EXTRA NUTRITION.

## 7-DAY TRADITIONAL MEAL PLAN (WHOLE-FOODS BASED) ALIGNED WITH NOURISHING TRADITIONS PRINCIPLES

### BREAKFAST | LUNCH | DINNER

#### MONDAY

SOAKED OATMEAL W/ BUTTER & HONEY  
SPROUTED LENTIL SALAD + BOILED EGG  
HEARTY BEEF STEW + SOURDOUGH BREAD

#### TUESDAY

SCRAMBLED EGGS W/ FERMENTED SALSA  
LEFTOVER BEEF STEW  
ROAST CHICKEN + FERMENTED VEG + POTATOES

#### WEDNESDAY

SOAKED OATS + CHOPPED APPLES  
SPROUTED LENTILS + AVOCADO + RAW CHEESE  
LAMB STEW OR BEEF BONE BROTH SOUP

#### THURSDAY

YOGURT + SOAKED GRANOLA  
RAW CHEESE & SAUERKRAUT SANDWICH  
BAKED WILD SALMON + STEAMED VEG + QUINOA

#### FRIDAY

EGG MUFFINS (EGGS, SPINACH, CHEESE)  
SPROUTED LENTIL WRAP + PICKLES  
SHEPHERD'S PIE (LEFTOVER BEEF + VEGGIES)

#### SATURDAY

KEFIR SMOOTHIE + SOAKED OATS  
CHICKEN BROTH + LENTILS + GARLIC TOAST  
MEATBALLS IN TOMATO SAUCE + ZUCCHINI NOODLES

#### SUNDAY

CULTURED YOGURT W/ FRUIT + HONEY  
GARDEN SALAD + TUNA W/ OLIVE OIL & LEMON  
CHICKEN SOUP + FERMENTED VEG + RICE

✓ MEALS ARE BASED ON WHOLE INGREDIENTS, TRADITIONAL PREPARATION (SOAKING, SPROUTING, FERMENTING), AND DIGESTION-ENHANCING COMBINATIONS.



## GROCERY LIST FOR 3 RECIPES (PRINTABLE FORMAT)

### PORTIONS FOR 4–6 SERVINGS PER RECIPE

#### MEAT & PROTEIN

- 1½ LBS GRASS-FED BEEF CHUCK
- 1 CUP DRY LENTILS (FOR SPROUTING)
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#### VEGETABLES

- 2 CARROTS
- 2 PARSNIPS
- 2 MEDIUM POTATOES (OPTIONAL)
- 1 ONION
- 2 CLOVES GARLIC
- FRESH HERBS: PARSLEY AND/OR MINT (1 SMALL BUNCH)
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#### GRAINS & LEGUMES

- 1 CUP ROLLED OATS

#### OILS & FATS

- EXTRA VIRGIN OLIVE OIL (AT LEAST 4 TBSP)
- RAW BUTTER OR CULTURED GHEE (2 TBSP)
- BEEF TALLOW (OPTIONAL FOR BROWNING BEEF)

#### CONDIMENTS & PANTRY

- RAW HONEY (1–2 TBSP)
- SEA SALT (TO TASTE)
- FRESH LEMON JUICE (1 LEMON OR 2 TBSP)
- DRIED HERBS: THYME, BAY LEAF (1 TSP EACH)

#### DAIRY & FERMENTS

- YOGURT, KEFIR, OR WHEY (2 TBSP FOR SOAKING OATS)
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#### BROTH

- 3 CUPS HOMEMADE BEEF BONE BROTH (OR STORE-BOUGHT TRADITIONAL BROTH)



SHARE HOW YOU FEEL, THOUGHTS AND  
INSPIRATION IN THE KITCHEN DAILY

# TRACK YOUR MEALS



DATE

MOOD



# DAILY MEDITATIONS

YOUR THOUGHTS

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GOALS

TO DO

# CONGRATULATIONS

CONGRATULATIONS ON  
FINISHING THIS WORKBOOK!

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Through this workbook, you've gained valuable insights into ancestral nourishment, embraced gentle meal planning, and incorporated traditional preparation techniques into your modern lifestyle. You're now equipped with foundational knowledge and practices for sustained wellness.

To further deepen your ancestral eating journey, consider joining our Harvester Community. Enjoy personalized 1:1 coaching, customized workshops, interactive classes, and ongoing support to continue thriving in your ancestral lifestyle.



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