

INTERNAL WELLNESS PLAN



# LEAKY GUT

BY TASTE SYMMETRY



## Leaky Gut Diet

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Welcome to your meal plan! On the next pages, you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

## Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

This program was created with the following key considerations:

## Gluten & Grain-Free

Gluten may affect the microbiome composition and diversity and enhances intestinal permeability. Following a gluten-free diet can be helpful for leaky gut and certain non-celiac autoimmune diseases. This gluten-free and grain-free plan uses nutrient-dense alternatives like zucchini noodles, spaghetti squash, and cauliflower rice which provide indoles, such as indole-3-Carbinol to support immune function.

## Fiber

Eating fiber-rich foods is linked to an increase in short-chain fatty acids. These short-chain fatty acids may help improve symptoms of leaky gut syndrome by reducing intestinal permeability and promoting the growth of good gut bacteria. This meal plan includes fiber at every meal from fruits and vegetables.

## Probiotics & Prebiotics




































This program incorporates prebiotics and probiotics to bring good bacteria into the gut. Probiotics found in fermented foods like sauerkraut are live bacteria that can help stabilize the intestinal barrier, fight off bad bacteria, and reduce inflammation. Prebiotics are added to this plan from asparagus, banana, garlic, and onion. These foods support digestive health by feeding the good bacteria and are important to create a healthy gut microbiome.

## Zinc

Zinc is essential for cell survival and function and maintains the gut membrane barrier integrity. A zinc deficiency can impair immune function and membrane permeability. You can find zinc sources in this meal plan from chicken, cashews, sesame seeds, and peas.

## Anti-Inflammatory Foods

This meal plan contains polyphenols and antioxidants to help manage inflammation. It includes polyphenols found in apples, blueberries, parsley, celery, and kale. The polyphenol curcumin in turmeric is incorporated as it is a powerful anti-inflammatory agent. Essential fat-soluble antioxidants like vitamin A and vitamin E reduce oxidative stress. This meal plan is packed with vitamin A sources like carrots, spinach, and eggs, and incorporates vitamin E through a daily dose of healthy oils and seeds.

|           | Mon   | Tue  | Wed   | Thu   | Fri   | Sat  | Sun  |
|-----------|---|--|---|---|---|--|--|
| Breakfast | <br>Gut Healing Green Smoothie       | <br>Gut Healing Green Smoothie              | <br>Gut Healing Green Smoothie             | <br>Blueberry Energy Smoothie                           | <br>Blueberry Energy Smoothie                          | <br>Bacon, Eggs, Avocado & Sauerkraut | <br>Bacon, Eggs, Avocado & Sauerkraut |
| Snack 1   | <br>Immunity Boosting Bone Broth     | <br>Immunity Boosting Bone Broth            | <br>Immunity Boosting Bone Broth           | <br>Immunity Boosting Bone Broth                        | <br>Immunity Boosting Bone Broth                       | <br>Immunity Boosting Bone Broth      | <br>Immunity Boosting Bone Broth      |
| Lunch     | <br>Cream of Celery & Asparagus Soup | <br>Spaghetti Squash Chow Mein              | <br>Zucchini Alfredo with Turmeric Chicken | <br>Spaghetti Squash Chow Mein                          | <br>One Pan Chicken, Golden Cauliflower & Carrot Fries | <br>Kimchi Fried Cauliflower Rice     | <br>Cream of Celery & Asparagus Soup  |
| Snack 2   | <br>Golden Turmeric Latte            | <br>Golden Turmeric Latte                   | <br>Cream of Celery & Asparagus Soup       | <br>Golden Turmeric Latte                               | <br>Carrots & Guacamole                                | <br>Carrots & Guacamole               | <br>Carrots & Guacamole               |
| Dinner    | <br>Spaghetti Squash Chow Mein      | <br>Zucchini Alfredo with Turmeric Chicken | <br>Spaghetti Squash Chow Mein            | <br>One Pan Chicken, Golden Cauliflower & Carrot Fries | <br>Kimchi Fried Cauliflower Rice                     | <br>Sausage & Sauerkraut Skillet     | <br>Sausage & Sauerkraut Skillet     |

### Fruits

- 1 Apple
- 4 Avocado
- 1 1/2 Banana
- 1/2 Lemon
- 1 1/4 Lime

### Seeds, Nuts & Spices

- 3/4 tsp Black Pepper
- 1/2 cup Cashews
- 1 1/2 tbsps Chia Seeds
- 3/4 tsp Cinnamon
- 1 tsp Dried Thyme
- 3 tbsps Ground Flax Seed
- 1 1/8 cups Hemp Seeds
- 1 tsp Italian Seasoning
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsps Sesame Seeds
- 1 1/8 tbsps Turmeric

### Frozen

- 1 1/2 cups Frozen Blueberries
- 1/2 cup Frozen Peas

### Vegetables

- 3 cups Asparagus
- 6 cups Baby Spinach
- 9 Carrot
- 1 head Cauliflower
- 14 stalks Celery
- 4 cups Coleslaw Mix
- 13 Garlic
- 2 1/2 tbsps Ginger
- 1 1/2 stalks Green Onion
- 3 cups Kale Leaves
- 2 cups Parsley
- 1 Spaghetti Squash
- 2 cups Swiss Chard
- 4 1/2 Yellow Onion
- 2 Zucchini

### Boxed & Canned

- 2 1/2 cups Canned Coconut Milk

### Baking

- 1/4 cup Raw Honey

### Bread, Fish, Meat & Cheese

- 4 slices Bacon
- 1 lb Chicken Breast
- 5 ozs Chicken Sausage
- 1 lb Extra Lean Ground Chicken
- 2 Whole Chicken Carcass

### Condiments & Oils

- 2 1/2 tbsps Apple Cider Vinegar
- 1/4 cup Coconut Aminos
- 1/4 cup Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 1 cup Kimchi
- 1 1/2 cups Sauerkraut
- 2 1/3 tbsps Sesame Oil
- 1 tbsps Tamari

### Cold

- 6 Egg

### Other

- 23 1/4 cups Water



## Gut Healing Green Smoothie

1 serving  
5 minutes

### Ingredients

- 1 1/4 cups Water (cold)
- 1 cup Kale Leaves
- 1/4 Avocado (peeled and pit removed)
- 1/2 Banana (frozen)
- 1 1/2 tsps Chia Seeds
- 1 tbsp Ground Flax Seed
- 2 tsps Hemp Seeds
- 1 tbsp Raw Honey

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Kale:** Use spinach instead.

**No Honey:** Use maple syrup, dates or extra banana to sweeten instead.

**Likes it Creamy:** Use almond milk instead of water for extra creaminess.

**Storage:** Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



## Blueberry Energy Smoothie

2 servings  
10 minutes

### Ingredients

1/2 cup Cashews  
1/4 cup Hemp Seeds  
2 cups Water  
2 cups Baby Spinach  
1 1/2 cups Frozen Blueberries

### Directions

- 1 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 2 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

### Notes

**Make it Sweeter:** Add in a few soaked dates to sweeten it up.





## Bacon, Eggs, Avocado & Sauerkraut

2 servings  
15 minutes

### Ingredients

4 slices Bacon  
4 Egg  
1 Avocado  
1/2 cup Sauerkraut

### Directions

- 1 In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
- 2 Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
- 3 Transfer cooked eggs to plate and add sauerkraut. Enjoy!



## Immunity Boosting Bone Broth

4 servings

12 hours

### Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

### Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 2 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving is approximately 1 to 1 1/2 cups.

**Low FODMAP:** Omit garlic and onions.



## Cream of Celery & Asparagus Soup

4 servings  
25 minutes

### Ingredients

- 2 tbsps Coconut Oil
- 1 Yellow Onion (chopped)
- 6 stalks Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 cups Water
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Hemp Seeds
- 4 cups Baby Spinach

### Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 2 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 3 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

**Serving Size:** One serving is approximately 2 cups.

**No Hemp Seeds:** Use cashews.

**Add Some Crunch:** Set aside a few spears of asparagus, roast before serving and use as a garnish.

**No Spinach:** Use kale, swiss chard or any leafy green.



## Golden Turmeric Latte

1 serving  
10 minutes

### Ingredients

1 1/2 tsps Ginger (grated)  
1/2 cup Canned Coconut Milk  
1/2 cup Water  
1/2 tsp Turmeric (powder)  
1 1/2 tsps Raw Honey  
1/4 tsp Cinnamon  
3/4 tsp Coconut Oil

### Directions

- 1 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 2 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

### Notes

**Use Fresh Turmeric Root:** Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

**Avoid a Mess:** Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

**On-the-Go:** Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

**Vegan:** Use maple syrup to sweeten instead of honey.



## Carrots & Guacamole

3 servings

5 minutes

### Ingredients

6 Carrot (medium)  
1 1/2 Avocado  
1 1/2 Lime (juiced)  
1/3 tsp Sea Salt (or more to taste)

### Directions

- 1 Peel and slice carrots into sticks.  
;
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.  
;
- 3 Dip the carrots into the guac & enjoy!

### Notes

**Leftovers:** Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

**Spice it Up:** Add chili flakes, salsa and/or chopped cilantro to the guacamole.



## Spaghetti Squash Chow Mein

4 servings  
1 hour 30 minutes

### Ingredients

- 1 Spaghetti Squash
- 2 tbsps Sesame Oil
- 1 Yellow Onion (medium, diced)
- 4 stalks Celery (sliced diagonally)
- 4 cups Coleslaw Mix
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 1/2 tsps Coconut Oil
- 1 lb Extra Lean Ground Chicken
- 1/4 cup Coconut Aminos

### Directions

- 1 Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
- 2 While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
- 3 In a separate pan, melt the coconut oil and brown the ground chicken.
- 4 Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

### Notes

**No Coconut Aminos:** Use tamari instead.

**Vegan and Vegetarian:** Replace the ground chicken with scrambled eggs or tofu.

**Likes it Spicy:** Serve with hot sauce.

**Leftovers:** Refrigerate up to 3 days.



## Zucchini Alfredo with Turmeric Chicken

2 servings  
20 minutes

### Ingredients

2 Zucchini  
1 tbsp Extra Virgin Olive Oil  
8 ozs Chicken Breast (sliced)  
1 tsp Turmeric  
1 tsp Italian Seasoning  
Sea Salt & Black Pepper (to taste)  
1 Avocado (peeled and pit removed)  
1 cup Canned Coconut Milk (full fat)  
1/2 Lemon (juiced)

### Directions

- 1 Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
- 2 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
- 3 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 4 Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 5 Divide the creamy zoodles between plates, and top with chicken. Enjoy!

### Notes

**More Carbs:** Use brown rice pasta instead of zucchini noodles.

**Vegan or Vegetarian:** Use chickpeas or white beans instead of chicken.



## One Pan Chicken, Golden Cauliflower & Carrot Fries

2 servings  
40 minutes

### Ingredients

2 Carrot (medium)  
1/2 head Cauliflower  
3 tbsps Extra Virgin Olive Oil (divided  
three ways)  
8 ozs Chicken Breast  
1 tsp Dried Thyme  
1 tsp Turmeric (powder)  
1/8 tsp Sea Salt

### Directions

- 1 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

### Notes

Low FODMAP: Use zucchini instead of cauliflower.





## Kimchi Fried Cauliflower Rice

2 servings  
20 minutes

### Ingredients

- 1/2 head Cauliflower (medium, chopped into florets)
- 1 1/2 tsps Coconut Oil
- 1 cup Kimchi (liquid drained off)
- 1 tbsp Tamari
- 1 1/2 tsps Apple Cider Vinegar
- 1/4 tsp Black Pepper
- 1 tbsp Sesame Seeds
- 1 tsp Sesame Oil
- 1 1/2 stalks Green Onion (chopped)
- 1/2 cup Frozen Peas (thawed)
- 2 Egg

### Directions

- 1 Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
- 2 Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
- 3 In a separate frying pan, fry your eggs.
- 4 Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

### Notes

**No Cauliflower:** Use cooked quinoa or brown rice instead.

**Meat Lover:** Add chopped bacon.

**No Eggs:** Use diced chicken breast or roasted chickpeas instead.



## Sausage & Sauerkraut Skillet

2 servings  
40 minutes

### Ingredients

- 5 ozs Chicken Sausage
- 1 1/2 tsps Coconut Oil
- 1/2 Yellow Onion (diced)
- 1 Apple (peeled, cored and diced)
- 1 Garlic (cloves, minced)
- 2 cups Swiss Chard (washed, stems removed and chopped)
- 1 cup Sauerkraut (liquid drained off)

### Directions



- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 2 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 3 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!




### Notes






**Leftovers:** Store in an airtight container in the fridge up to three days.

**Vegan and Vegetarian:** Skip the sausage and use cooked lentils instead.



**No Swiss Chard:** Use kale or spinach instead.

| Day  | Task  | Notes   |  |
|--|---|---|--|
| <p style="text-align: center;"><b>0</b><br/><b>Sun</b></p> |    | <p>Grocery shop.</p>  | <p>Grab the grocery list for the Leaky Gut Program and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>   |
|  |   | <p>Freeze the sausage and half of the chicken breasts.</p>      | <p>You'll be reminded later on in the week when to set them out to thaw.</p>   |
|  |   | <p>Make the Immunity Boosting Bone Broth.</p>                   | <p>Prepare enough for Monday through Sunday snacks. Follow the recipe and move onto other tasks while it simmers in the slow cooker. Once finished, divide between containers and let cool. Refrigerate enough for snacks Monday through Wednesday and freeze the remainder.</p> |
|  |  | <p>Make the Cream of Celery &amp; Asparagus Soup.</p>           | <p>Follow the recipe, then divide into servings and let cool. Refrigerate portions for lunch on Monday and snack on Tuesday. Freeze the leftovers.</p>   |
|  |   | <p>Prep smoothie packs for the Gut Healing Green Smoothies.</p> | <p>Create single-serving smoothie packs. For each serving, divide the kale leaves, avocado, banana, chia, flax, and hemp seeds into small ziploc baggies. Store packs in the freezer.</p>  |

|                  |   |   |   |
|------------------|---|---|---|
|                  |   | Prep smoothie packs for the Blueberry Energy Smoothies. | Create single-serving smoothie packs. For each serving, divide the cashews, hemp seeds, baby spinach, and blueberries into small ziploc baggies. Store packs in the freezer.        |
|                  |   | Prep Golden Turmeric Lattes.                            | Add all ingredients except water to mason jars (each serving should have its own jar). Store in the fridge. When ready to drink, add hot water from the kettle and shake up to mix. |
| <b>1<br/>Mon</b> |    | Make Gut Healing Green Smoothie.                        | Empty smoothie pack into the blender, add the water and raw honey. Blend until smooth.  |
|                  |   | Pack your meals if you are on-the-go.                   | Gut Healing Green Smoothie, Immunity Boosting Bone Broth, Cream of Celery & Asparagus Soup and Golden Turmeric Latte.   |
|                  |   | Make Spaghetti Squash Chow Mein for dinner.             | Divide leftovers between containers and store in the refrigerator.  |
| <b>2<br/>Tue</b> |  | Make Gut Healing Green Smoothie.                        | Empty smoothie pack into the blender, add the water and raw honey. Blend until smooth.  |
|                  |   | Pack your meals if you are on-the-go.                   | Gut Healing Green Smoothie, Immunity Boosting Bone Broth, Spaghetti Squash Chow Mein and Golden Turmeric Latte.   |

|  |   |   |  |
|--|---|---|--|
|  |    | Make Zucchini Alfredo with Turmeric Chicken for dinner.                 | Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.  |
| <b>3<br/>Wed</b>   |    | Make Gut Healing Green Smoothie.  | Empty smoothie pack into the blender, add the water and raw honey. Blend until smooth.   |
|  |   | Pack your meals if you are on-the-go.                                   | Gut Healing Green Smoothie, Immunity Boosting Bone Broth, Zucchini Alfredo with Turmeric Chicken and Cream of Celery & Asparagus Soup. |
|  |    | Reheat leftover Spaghetti Squash Chow Mein for dinner.                  | Warm on the stove in a frying pan lightly greased with coconut oil   |
| Take chicken breasts, and remaining servings of bone broth out of the freezer. |   | Place in the fridge to thaw.  |  |
| <b>4<br/>Thu</b>   |  | Make Blueberry Energy Smoothie.   | Empty smoothie pack into the blender, add the water. Blend until smooth.   |
|  |   | Pack your meals if you are on-the-go.                                   | Blueberry Energy Smoothie, Immunity Boosting Bone Broth, Spaghetti Squash Chow Mein and Golden Turmeric Latte.                         |
|  |  | Make the One Pan Chicken, Golden Cauliflower & Carrot Fries for dinner. | Transfer the leftovers to a container and store in the refrigerator for tomorrow's lunch.  |

|                  |   |  |  |
|------------------|---|--|--|
|                  |   | Make Carrots & Guacamole snacks.                                     | Portion the guacamole into small containers. Peel and chop the carrots and store in the fridge.                                      |
| <b>5<br/>Fri</b> |    | Make Blueberry Energy Smoothie.                                      | Empty smoothie pack into the blender, add the water. Blend until smooth.   |
|                  |   | Pack your meals if you are on-the-go.                                | Blueberry Energy Smoothie, Immunity Boosting Bone Broth, One Pan Chicken, Golden Cauliflower & Carrot Fries and Carrots & Guacamole. |
|                  |    | Make Kimchi Fried Cauliflower Rice for dinner.                       | Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.  |
|                  |   | Take sausages out of the freezer.                                    | Let thaw in the fridge for dinner tomorrow night.  |
| <b>6<br/>Sat</b> |   | Make Bacon, Eggs, Avocado & Sauerkraut for breakfast.                | Follow the recipe. Divide leftovers into a container for tomorrow's breakfast.   |
|                  |   | Pack your meals if you are on-the-go.                                | Bacon, Eggs, Avocado & Sauerkraut, Immunity Boosting Bone Broth, Kimchi Fried Cauliflower Rice and Carrots & Guacamole.              |
|                  |  | Make the Sausage & Sauerkraut Skillet for dinner.                    | Transfer leftovers into a container and store in the refrigerator for dinner tomorrow.   |
|                  |   | Take leftover Cream of Celery and Asparagus Soup out of the freezer. | Let thaw in the fridge overnight for lunch tomorrow.   |

|                        |   |   |   |
|------------------------|---|---|---|
| <b>7</b><br><b>Sun</b> |  | Pack your meals if you are on-the-go.                   | Bacon, Eggs, Avocado, and Sauerkraut, Immunity Boosting Bone Broth, Cream of Celery and Asparagus Soup and Carrots & Guacamole. |
|                        |  | Enjoy leftover Sausage & Sauerkraut Skillet for dinner. | Reheat in a toaster oven or skillet. Enjoy!   |