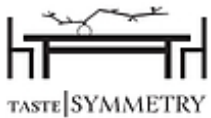


INTERNAL WELLNESS PLAN



# LOW LECTIN

BY TASTE SYMMETRY



## Low Lectin Diet

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Christi Dorsey

<http://www.tastesymmetry.com>

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

## Grocery List Tips

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the "List" tab from your planner. 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

If meals on the plan appear to be grey or 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 using low lectin foods with the following principles in mind:

## Gluten & Grain-Free

Lectins are found in many cereal grains and legumes, which is why this program is gluten-free and grain-free. Low glycemic and nutrient-dense alternatives are incorporated like cauliflower, kale, and cabbage which provide indoles, such as indole-3-Carbinol to support immune function.

## Fiber

High concentrations of lectins can possibly cause damage to the gut wall and disrupt digestion. Eating fiber-rich foods is linked to an increase in short-chain fatty acids, which may help reduce intestinal permeability and promote the growth of good gut bacteria. Fiber also lowers C-reactive protein (CRP), a substance in the blood that indicates inflammation. This low-carbohydrate plan provides up to 30 grams of fiber daily by including vegetables and nuts at every meal and snack.




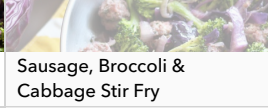









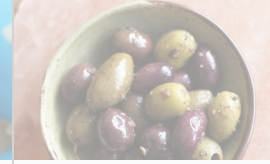





















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## Cooked Foods

Higher temperatures are needed to inactivate the biological and antinutritional effects of lectins. This program uses low lectin foods and cooked meals to avoid the potentially harmful effects of lectins.

## Anti-Inflammatory Foods

This meal plan contains polyphenols and antioxidants to help manage inflammation. Polyphenols help modulate the inflammatory response and are found in walnuts, almonds, spinach, kale, and onion. Essential fat-soluble antioxidants like vitamin A and vitamin E reduce oxidative stress. This meal plan contains vitamin A sources like sweet potato, carrots, eggs, and broccoli, and incorporates vitamin E through a daily dose of healthy oils, nuts, and seeds.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast			 Sausage, Broccoli & Cabbage Stir Fry	 Sausage, Broccoli & Cabbage Stir Fry			
	Green Egg Scramble	Green Egg Scramble	Crispy Roasted Sweet Potato	Crispy Roasted Sweet Potato	10 Minute Cabbage Bowl	10 Minute Cabbage Bowl	10 Minute Cabbage Bowl
Snack 1							
	Olive Medley	Olive Medley	Macadamia Nuts	Macadamia Nuts	Olive Medley	Macadamia Nuts	Olive Medley
Lunch			 Creamy Cauliflower Soup	 Creamy Cauliflower Soup			
	Grilled Cauliflower Steaks with Avocado Chimichurri	Grilled Cauliflower Steaks with Avocado Chimichurri	Mixed Greens with Lemon & Olive Oil	Mixed Greens with Lemon & Olive Oil	Salmon Stuffed Avocado Boats	Chicken, Kale & Cauliflower Bowls	Chicken, Kale & Cauliflower Bowls
Snack 2							
	Carrots & Guacamole	Carrots & Guacamole	Carrots & Guacamole	Hard Boiled Eggs	Hard Boiled Eggs	Toasted Walnuts	Toasted Walnuts
Dinner							
	Massaged Kale Salad with Salmon	Massaged Kale Salad with Salmon	Beef, Sweet Potato & Rapini Skillet	Beef, Sweet Potato & Rapini Skillet	Chicken, Kale & Cauliflower Bowls	15 Minute Halibut with Dill Pesto	15 Minute Halibut with Dill Pesto

### Fruits

- 5 Avocado
- 3 Lemon
- 1 1/2 Lime

### Seeds, Nuts & Spices

- 1/4 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1 cup Macadamia Nuts
- 1/2 tsp Nutmeg
- 2 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 2/3 tbsps Slivered Almonds
- 2/3 cup Walnuts

### Vegetables

- 2 cups Baby Spinach
- 2 cups Broccoli
- 6 1/2 Carrot
- 1 3/4 heads Cauliflower
- 1/2 cup Cilantro
- 9 cups Coleslaw Mix
- 2 tbsps Fresh Dill
- 2 tbsps Fresh Oregano
- 4 Garlic
- 1 1/2 tsps Ginger
- 1 stalk Green Onion
- 12 cups Kale Leaves
- 8 cups Mixed Greens
- 1/2 cup Parsley
- 2 cups Purple Cabbage
- 1/2 bunch Rapini
- 1/4 Sweet Onion
- 2 1/2 Sweet Potato
- 1 Yellow Onion

### Boxed & Canned

- 1/2 cup Canned Coconut Milk
- 4 ozs Canned Wild Salmon
- 1 cup Vegetable Broth

### Bread, Fish, Meat & Cheese

- 12 ozs Chicken Breast
- 5 ozs Chicken Sausage
- 8 ozs Extra Lean Ground Beef
- 10 ozs Halibut Fillet
- 8 ozs Salmon Fillet

### Condiments & Oils

- 4 cups Assorted Olives
- 3 tbsps Avocado Oil
- 1/3 cup Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 1/4 cup Red Wine Vinegar

### Cold

- 14 Egg

### Other

- 1/2 cup Water



## Green Egg Scramble

2 servings  
10 minutes

### Ingredients

4 Egg  
2 cups Baby Spinach  
1/2 tsp Sea Salt  
1 tbsp Coconut Oil

### Directions

- 1 Place eggs, spinach and salt in a blender and blend until well combined.
- 2 Heat coconut oil in a large skillet over medium heat. Pour the mixture into the skillet and continuously stir to scramble the eggs while they cook.
- 3 Divide onto plates and enjoy!

### Notes

**No Coconut Oil:** Use butter, ghee or avocado oil.

**Serve it With:** Bacon, toast, whole grain crackers, or our Grain-Free Flax Bread recipe.



## Sausage, Broccoli & Cabbage Stir Fry

2 servings  
25 minutes

### Ingredients

- 5 ozs Chicken Sausage
- 1/2 Yellow Onion (small, diced)
- 1/2 Garlic (clove, minced)
- 2 cups Broccoli (chopped into small florets)
- 2 cups Purple Cabbage (finely sliced)
- 1 tsp Italian Seasoning

### Directions

- 1 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 2 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to 3 days.

**No Sausage:** Use ground meat instead.

**Make it Quick:** Use bagged coleslaw mix to save time on slicing cabbage.





## Crispy Roasted Sweet Potato

2 servings  
35 minutes

### Ingredients

- 1 1/2 Sweet Potato (medium, diced into 1/2 inch pieces)
- 3/4 tsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (or more to taste)

### Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, tossing at the halfway mark.
- 3 Remove from oven and season with sea salt. Enjoy!

### Notes

Likes it Spicy: Toss in our Cajun Spice or chili powder after baking.



## 10 Minute Cabbage Bowl

1 serving  
10 minutes

### Ingredients

1 tbsp Coconut Oil (divided)  
3 cups Coleslaw Mix  
2 Egg

### Directions

- 1 Heat half of the coconut oil in a large frying pan over medium heat. Add the coleslaw mix. Cover and cook for 5 minutes stirring occasionally.
- 2 Once the coleslaw mixture is softened, season with salt and pepper then transfer to bowls.
- 3 Add the remaining coconut oil to the pan and use it to fry the eggs. Top the cabbage bowls with fried eggs and enjoy!

### Notes

**On-the-Go:** Add a hard boiled egg onto the cabbage bowl instead of fried.



## Olive Medley

4 servings  
2 minutes

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### Ingredients

4 cups Assorted Olives

### Directions

- 1 Divide into bowls and enjoy!



## Macadamia Nuts

3 servings  
2 minutes

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### Ingredients

1 cup Macadamia Nuts

### Directions

- 1 Divide between bowls and enjoy!



## Grilled Cauliflower Steaks with Avocado Chimichurri

2 servings  
30 minutes

### Ingredients

- 1/4 cup Red Wine Vinegar
- 1/2 cup Cilantro (thick stems removed)
- 2 tbsps Fresh Oregano (stems removed)
- 2 Garlic (cloves, minced)
- 1/3 cup Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt
- 1/2 Avocado (peeled and cubed)
- 1/2 head Cauliflower (sliced into steaks)

### Directions

- 1 Add vinegar, cilantro, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 2 Stir in the avocado until well coated and refrigerate.
- 3 Brush each side of the cauliflower steaks with the remaining olive oil. Preheat grill on medium heat. Cook the cauliflower steaks for about 5 to 6 minutes per side with the lid closed, or until tender and slightly charred.
- 4 Transfer to plates and top with your desired amount of avocado chimichurri. Enjoy!

### Notes

**Likes it Spicy:** Add a chili pepper or red pepper flakes to the chimichurri.

**Leftovers:** Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.

**No Cilantro:** Use parsley instead.

**No Cauliflower:** Use zucchini or portobello mushrooms instead.

**No Grill:** Roast cauliflower steaks in the oven at 400°F (204°C) for 30 minutes, flipping halfway.

**No Food Processor:** Use a blender or manually chop the cilantro, oregano, and garlic, then whisk together with the vinegar, oil, and salt.



## Creamy Cauliflower Soup

2 servings

1 hour

### Ingredients

- 1 1/2 tps Coconut Oil
- 1/4 Sweet Onion (chopped)
- 1/2 Carrot (chopped)
- 1/2 head Cauliflower (cut into florets)
- 1 cup Vegetable Broth
- 1/2 cup Water
- 1/2 cup Canned Coconut Milk
- 1/8 tsp Sea Salt (or more to taste)
- 1/2 tsp Nutmeg
- 1/2 Avocado (peeled and sliced)
- 1 stalk Green Onion (chopped)

### Directions

- 1 Add coconut oil to a large pot and place over medium heat. Saute the onions and carrots for about 5 minutes or until soft and golden.
- 2 Add the cauliflower and cook until it browns (about 5 minutes).
- 3 Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
- 4 Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
- 5 With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
- 6 Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!

### Notes

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

**Serving Size:** One serving is equal to approximately 1.5 cups of soup.

**More Flavor:** Add fresh garlic, additional salt, and/or black pepper.



## Mixed Greens with Lemon & Olive Oil

2 servings

5 minutes

### Ingredients

4 cups Mixed Greens  
2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
2 tbsps Hemp Seeds

### Directions

1 Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

### Notes

**On-the-Go:** Keep dressing in a separate container on the side. Add just before serving.  
**No Mixed Greens:** Use spinach, kale or romaine instead.



## Salmon Stuffed Avocado Boats

1 serving  
10 minutes

### Ingredients

1 Avocado  
4 ozs Canned Wild Salmon  
1/4 Lemon (juiced)

### Directions

- 1 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 2 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 3 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

### Notes

Likes it Spicy: Add hot sauce.

No Canned Salmon: Use smoked salmon, cooked salmon fillet or tuna instead.





## 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.



## Hard Boiled Eggs

2 servings  
15 minutes

### Ingredients

4 Egg

### Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

### Notes

**Leftovers:** Refrigerate in a covered container with the shell on for up to 7 days.

**Easier to Peel:** Add salt to the water while boiling.



## Toasted Walnuts

2 servings  
15 minutes

### Ingredients

2/3 cup Walnuts (shelled)

### Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

### Notes

Extra Flavour: Sprinkle with sea salt or spices of your choice.



## Massaged Kale Salad with Salmon

2 servings  
20 minutes

### Ingredients

6 cups Kale Leaves (chopped)  
1 Lemon (juiced)  
2 tbsps Hemp Seeds  
Sea Salt & Black Pepper (to taste)  
1/4 cup Extra Virgin Olive Oil (divided)  
8 ozs Salmon Fillet

### Directions

- 1 Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
- 2 Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 3 Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!



## Beef, Sweet Potato & Rapini Skillet

2 servings  
25 minutes

### Ingredients

8 ozs Extra Lean Ground Beef  
1/2 Yellow Onion (sliced)  
1 1/2 tsps Ginger (peeled and grated)  
1 Garlic (cloves, minced)  
1 Sweet Potato (medium sized, grated)  
1/2 bunch Rapini (chopped)  
1/4 tsp Sea Salt (to taste)

### Directions

- 1 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 2 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 3 Divide into bowls. Season with sea salt and enjoy

### Notes

**Vegan and Vegetarian:** Skip the beef. Saute the veggies in olive oil then add cooked lentils.

**No Rapini:** Use kale or broccoli instead.

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



## Chicken, Kale & Cauliflower Bowls

3 servings  
45 minutes

### Ingredients

3/4 head Cauliflower (chopped into florets)  
3 tbsps Avocado Oil (divided)  
12 ozs Chicken Breast (skinless, boneless)  
1/8 tsp Sea Salt  
6 cups Kale Leaves (thinly sliced)  
3/4 Lemon (juiced)  
1 1/2 Avocado (sliced)

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the cauliflower with half the avocado oil and transfer to a baking sheet along with the chicken breasts. Sprinkle everything with sea salt.
- 3 Place the baking sheet in the oven for 30 minutes, or until chicken is cooked through. Toss the cauliflower at the halfway point.
- 4 While the cauliflower and veggies are cooking, massage the kale with lemon juice and remaining oil. Divide between bowls.
- 5 Remove the chicken and cauliflower from the oven and divide between bowls, on top of the kale. Add avocado slices to each bowl and enjoy!

### Notes

**Leftovers:** Keeps well in the fridge for 3 to 4 days. Add sliced avocado just before serving.

**More Carbs:** Serve with roasted sweet potato.

**No Avocado Oil:** Use coconut oil instead.



## 15 Minute Halibut with Dill Pesto

2 servings  
15 minutes

### Ingredients

1/2 cup Parsley (packed)  
2 tbsps Fresh Dill (packed)  
2 2/3 tbsps Slivered Almonds  
1 1/2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
1/2 Garlic (clove)  
Sea Salt & Black Pepper  
10 ozs Halibut Fillet  
3/4 tsp Coconut Oil  
4 cups Mixed Greens (or Arugula)

### Directions




- 1 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 2 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 3 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

### Notes







**Nut Free:** Use pumpkin seeds or sunflower seeds instead.



**Save Time:** Blend up the pesto in advance.



**More Carbs:** Serve it with rice, quinoa or roasted mini potatoes.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the chicken breast and halibut.	You'll be reminded later on in the week when to set them out to thaw.
		Portion out your snacks: Olive Medley, Macadamia Nuts, and Walnuts.	Store in small containers for easy grab-and-go snacking throughout the week.
		Make the Grilled Cauliflower Steaks with Avocado Chimichurri.	Divide servings between containers and store in the fridge for lunches on Monday & Tuesday.
		Make Carrots & Guacamole.	Store in the fridge for snacks.
		Make Hard Boiled Eggs.	Cut down on prep time by making your hard boiled eggs now and storing in the fridge for later.
1 Mon		Make the Green Egg Scramble.	Have one serving now and save one for tomorrow.
		Pack your meals if you are on-the-go.	Green Egg Scramble, Olive Medley, Grilled Cauliflower Steaks with Avocado Chimichurri, and Carrots & Guacamole.



		Make the Massaged Kale Salad with Salmon for dinner.	Store leftovers in an airtight container in the fridge for dinner tomorrow.
<b>2 Tue</b>		Pack your meals if you are on-the-go.	Green Egg Scramble, Olive Medley, Grilled Cauliflower Steaks with Avocado Chimichurri, and Carrots & Guacamole.
		Enjoy leftover Massaged Kale Salad with Salmon for dinner.	Eat cold or reheat the salmon in the microwave or toaster oven.
		Make the Creamy Cauliflower Soup and divide mixed greens for the Mixed Greens with Lemon & Olive Oil.	Store in in the fridge for lunches tomorrow and Thursday.
<b>3 Wed</b>		Make the Sausage, Broccoli & Cabbage Stir Fry with Crispy Roasted Sweet Potatoes for breakfast.	Have one serving now and save one for tomorrow.
		Pack your meals if you are on-the-go.	Sausage, Broccoli & Cabbage Stir Fry with Crispy Roasted Sweet Potatoes, Macadamia Nuts, Creamy Cauliflower Soup with Mixed Greens with Lemon & Olive Oil, and Carrots & Guacamole.
		Make the Beef, Sweet Potato & Rapini Skillet for dinner.	Store leftovers in an airtight container in the fridge for dinner tomorrow.
<b>4</b>		Pack your meals if you are on-the-go.	Sausage, Broccoli & Cabbage Stir Fry with Crispy Roasted Sweet Potatoes, Macadamia Nuts, Creamy

<b>Thu</b>			Cauliflower Soup with Mixed Greens with Lemon & Olive Oil, and Hard Boiled Eggs.
		Reheat leftover Beef, Sweet Potato & Rapini Skillet for dinner.	Reheat in the microwave or on the stovetop.
		Take the chicken breast out of the freezer.	Thaw in the fridge for tomorrow night.
<b>5 Fri</b>		Make 10 Minute Cabbage Bowl for Breakfast.	Enjoy!
		Make the Salmon Stuffed Avocado Boats.	Store in an airtight container for lunch.
		Pack your meals if you are on-the-go.	10 Minute Cabbage Bowl, Olive Medley, Salmon Stuffed Avocado Boats, and Hard Boiled Eggs.
		Make the Chicken, Kale & Cauliflower Bowls for dinner.	Transfer leftovers to containers and store in the fridge for lunch tomorrow and Sunday.
		Take the halibut out of the freezer.	Thaw in the fridge for tomorrow night.
<b>6 Sat</b>		Make 10 Minute Cabbage Bowl for Breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	10 Minute Cabbage Bowl, Macadamia Nuts, Chicken, Kale & Cauliflower Bowls, and Walnuts.
		Make 15 Minute Halibut with Dill Pesto for dinner.	Store leftovers in the fridge for dinner tomorrow night.

<p><b>7</b> <b>Sun</b></p>		<p>Make 10 Minute Cabbage Bowl for Breakfast.</p>	<p>Enjoy!</p>
		<p>Pack your meals if you are on-the-go.</p>	<p>10 Minute Cabbage Bowl, Olive Medley, Chicken, Kale &amp; Cauliflower Bowls, and Walnuts.</p>
		<p>Shop and prep for the week ahead.</p>	<p>Don't forget to set aside some time to meal plan and shop for next week!</p>
		<p>Enjoy Leftover 15 Minute Halibut with Dill Pesto for dinner.</p>	<p>at cold or reheat the salmon in the microwave or toaster oven.</p>