

## Gut Healing Program

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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 with the following key considerations:

## Gluten & Grain-Free

Gluten may affect the microbiome composition and diversity and enhance intestinal permeability. Following a gluten-free diet can also be helpful for certain non-celiac autoimmune diseases. This gluten-free and grain-free plan uses nutrient-dense alternatives like sweet potato, broccoli, cabbage, and cauliflower 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 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 meal plan includes fiber at every meal from fruits and vegetables.

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## Quality Protein

High-quality protein sources with a variety of amino acids can help improve gut microbiota and wound healing. Low collagen is a marker for inflammation in inflammatory bowel disease and is added to this plan from bone broth, salmon, and eggs. Glutamine plays an important role in gut microbiota and immunity and is found in chicken, spinach, and cabbage.

## Anti-Inflammatory Foods























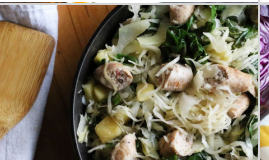

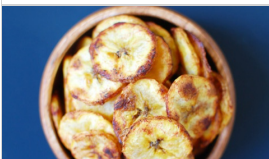
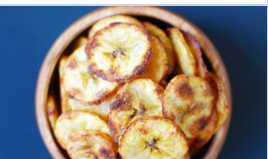


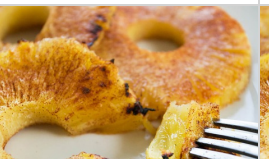
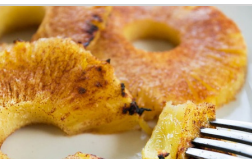
This meal plan contains polyphenols and antioxidants to help manage inflammation. Polyphenols are found in apples, berries, parsley, celery, and kale. The polyphenol curcumin in turmeric is incorporated in the meal plan as it is a powerful anti-inflammatory agent. Essential fat-soluble antioxidants like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

## Probiotics & Prebiotics

Illness and physical stress from exercise can impact your gut microbiota. 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 and reduce inflammation. Prebiotics are added to this plan from flaxseeds, bananas, garlic, and onion. These foods support digestive health by feeding the good bacteria and are important to create a healthy gut microbiome.

## Clean Fifteen™

- Avocados
- Sweet Corn
- Pineapple
- Onions
- Papaya
- Sweet Peas Frozen
- Eggplant
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew Melon
- Kiwi

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	 Gut Healing Green Smoothie	 Gut Healing Green Smoothie	 Gut Healing Green Smoothie	 Paleo Sweet Potato Porridge	 Paleo Sweet Potato Porridge	 Paleo Sweet Potato Porridge
Lunch	 Tuna Salad Stuffed Avocado with Hot Sauce	 Slow Cooker Rotisserie Chicken	 One Pan Honey Garlic Salmon with Bok Choy	 Kimchi Fried Cauliflower Rice	 Roasted Brussels Sprouts Caesar Salad	 Sausage & Sauerkraut Skillet
Snack 1	 Orange	 Immunity Boosting Bone Broth	 Immunity Boosting Bone Broth	 Golden Turmeric Latte	 Golden Turmeric Latte	 Orange
Dinner	 Slow Cooker Rotisserie Chicken	 One Pan Honey Garlic Salmon with Bok Choy	 Kimchi Fried Cauliflower Rice	 Roasted Brussels Sprouts Caesar Salad	 Sausage & Sauerkraut Skillet	 Sausage, Broccoli & Cabbage Stir Fry
Snack 2	 Plantain Chips	 Plantain Chips	 Strawberry Ice Cream	 Strawberry Ice Cream	 Broiled Pineapple with Cinnamon	 Broiled Pineapple with Cinnamon

### Fruits

- 2 Apple
- 2 1/2 Avocado
- 7 Banana
- 3/4 Lemon
- 4 Navel Orange
- 4 cups Pineapple
- 4 Plantain
- 3 cups Raspberries

### Seeds, Nuts & Spices

- 1 1/2 tsps Black Pepper
- 1/2 tsp Cayenne Pepper
- 3 tbsps Chia Seeds
- 1 1/2 tsps Chili Powder
- 1 3/4 tbsps Cinnamon
- 1 tsp Dried Thyme
- 1/3 cup Ground Flax Seed
- 3/4 cup Hemp Seeds
- 2 tsps Italian Seasoning
- 1 tsp Onion Powder
- 2 tsps Paprika
- 1/2 cup Pumpkin Seeds
- 1/2 tsp Red Pepper Flakes
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/2 tbsps Sesame Seeds
- 2 tsps Turmeric

### Frozen

- 1 cup Frozen Peas
- 2 cups Frozen Strawberries

### Vegetables

- 1/2 cup Baby Spinach
- 4 cups Bok Choy
- 2 cups Broccoli
- 9 cups Brussels Sprouts
- 1 Carrot
- 1 head Cauliflower
- 3 stalks Celery
- 10 Garlic
- 2 tbsps Ginger
- 3 stalks Green Onion
- 6 cups Kale Leaves
- 1 cup Parsley
- 2 cups Purple Cabbage
- 1/2 cup Radishes
- 5 Sweet Potato
- 4 cups Swiss Chard
- 2 1/2 Yellow Onion

### Boxed & Canned

- 3 1/2 cups Canned Coconut Milk
- 1 can Tuna

### Baking

- 1/2 cup Raw Honey
- 3 tbsps Unsweetened Coconut Flakes

### Bread, Fish, Meat & Cheese

- 15 ozs Chicken Sausage
- 1 lb Extra Lean Ground Chicken
- 1 1/4 lbs Salmon Fillet
- 1 Whole Chicken Carcass
- 4 lbs Whole Roasting Chicken

### Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 1/2 cup Coconut Oil
- 3 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 cups Kimchi
- 2 cups Sauerkraut
- 1 tbsp Sesame Oil
- 1/2 tsp Tabasco Sauce
- 1/4 cup Tamari

### Cold

- 4 Egg

### Other

- 17 cups Water



## Gut Healing Green Smoothie

2 servings

5 minutes

### Ingredients

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



## Paleo Sweet Potato Porridge

2 servings  
20 minutes

### Ingredients

- 1 Sweet Potato
- 1/2 cup Canned Coconut Milk
- 1/2 cup Water
- 1 cup Raspberries
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 1 tbsp Unsweetened Coconut Flakes

### Directions

- 1 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 2 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 3 Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- 4 Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

### Notes

**Other Toppings:** Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

**Leftovers:** Store in an airtight container in the fridge up to 3 to 4 days.



## Tuna Salad Stuffed Avocado with Hot Sauce

2 servings  
20 minutes

### Ingredients

- 1 Avocado
- 1 can Tuna (drained and flaked)
- 1 stalk Celery (finely diced)
- 1/2 cup Baby Spinach (finely chopped)
- 1/2 Garlic (clove, minced)
- 1 tbsp Dijon Mustard
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Tabasco Sauce

### Directions

- 1 Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
- 2 Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
- 3 Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

### Notes

**Canned Tuna:** One can of tuna is equal to 165 grams (5.8 ounces).

**Additional Toppings:** Sunflower seeds.

**No Avocado:** Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

**No Fish:** Use a can of white beans instead.





## Orange

2 servings

2 minutes

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### Ingredients

2 Navel Orange

### Directions

- 1 Slice into wedges or peel and section. 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.



## Golden Turmeric Latte

2 servings  
10 minutes

### Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Canned Coconut Milk
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tbsp Raw Honey
- 1/2 tsp Cinnamon
- 1 1/2 tsps 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.



## Slow Cooker Rotisserie Chicken

4 servings

4 hours

### Ingredients

- 4 lbs Whole Roasting Chicken
- 1 tbsp Sea Salt
- 2 tsps Paprika
- 1 tsp Onion Powder
- 1 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1/2 tsp Cayenne Pepper
- 1 tsp Black Pepper
- 2 Sweet Potato (diced into 1 inch cubes)
- 4 cups Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

### Directions

- 1 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 2 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 3 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 4 Place chicken (breast side up) in the slow cooker on top of the foil balls. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). Check that it is cooked through by using a knife to make a slit to the bone. The chicken should be cooked at the bone and no longer pink.
- 5 One hour before you are ready to eat, preheat your oven to 415°F (215°C). Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 6 Remove vegetables from the oven and increase heat to 450°F (235°C). Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 7 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

### Notes

**Save the Carcass:** Make our Immunity Boosting Bone Broth.

**AIP-Friendly:** Omit the black pepper and cayenne.



## One Pan Honey Garlic Salmon with Bok Choy

4 servings  
 20 minutes

### Ingredients

- 1 tbsp Raw Honey
- 2 tbsps Tamari
- 3 Garlic (cloves, minced)
- 1 1/2 tsps Chili Powder
- 1 1/4 lbs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Bok Choy (halved)
- 1 tsp Sesame Oil
- 1/2 tsp Red Pepper Flakes
- 1 1/2 tsps Sesame Seeds

### Directions

- 1 Preheat oven to 510°F (266°C).
- 2 In a bowl, whisk together the honey, half of the tamari, minced garlic and chili powder. Stir well to mix.
- 3 Lay salmon across a baking sheet and season with sea salt and black pepper. Use a brush to paint the honey garlic mix onto the fillets.
- 4 Add bok choy to a large mixing bowl and drizzle with remaining tamari and sesame oil. Toss well. Transfer bok choy to the baking sheet and organize it around the salmon. Place baking sheet in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork and bok choy is starting to char.
- 5 Remove from oven and sprinkle bok choy with red pepper flakes and sesame seeds. Divide onto plates. Enjoy!

### Notes

**No Salmon:** Any fish fillet will do. Baking time will vary depending on thickness.

**No Bok Choy:** Use asparagus, green beans or broccoli instead.

**Make it on the Grill:** Use a grilling basket for the fish and place the bok choy on the grill face down. Cook over medium-low heat.

**Leftovers:** Store in an airtight container in the fridge for two to three days. Enjoy cold or reheat in the microwave or oven.



## Kimchi Fried Cauliflower Rice

4 servings  
20 minutes

### Ingredients

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



## Roasted Brussels Sprouts Caesar Salad

4 servings

1 hour

### Ingredients

1 lb Extra Lean Ground Chicken (cooked)  
 5 cups Brussels Sprouts (halved)  
 1/2 cup Radishes (sliced)  
 1/2 cup Pumpkin Seeds  
 1/3 cup Extra Virgin Olive Oil  
 1 Garlic (whole head)  
 1/2 Lemon (juiced)  
 2 tbsps Dijon Mustard  
 Sea Salt & Black Pepper

### Directions

- 1 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 2 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 3 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 4 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

### Notes

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

**Save Time:** Cook the ground chicken and make the roasted garlic dressing in advance.

**No Extra Lean Ground Chicken:** Use any other type of ground meat instead.

**Vegan & Vegetarian:** Use cooked lentils instead of ground meat.





## Sausage & Sauerkraut Skillet

4 servings  
40 minutes

### Ingredients

- 10 ozs Chicken Sausage
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 Apple (peeled, cored and diced)
- 2 Garlic (cloves, minced)
- 4 cups Swiss Chard (washed, stems removed and chopped)
- 2 cups 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.



## 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.



## Plantain Chips

2 servings  
30 minutes

### Ingredients

2 Plantain (medium size)  
1 tbsp Coconut Oil (melted)  
1/2 tsp Cinnamon

### Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
- 3 Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

### Notes

**Storage:** Store in an airtight container at room temperature.

**Make Them Crispy:** Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.



## Strawberry Ice Cream

2 servings

5 minutes

### Ingredients

- 2 Banana (sliced and frozen)
- 1 cup Frozen Strawberries

### Directions

- 1 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

### Notes

**More Creamy:** Add 2 tbsp coconut milk.

**More Scoopable:** Add 1 tbsp vodka to prevent hard freeze.

**Make it Chunky:** Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.



## Broiled Pineapple with Cinnamon

2 servings  
10 minutes

### Ingredients

2 cups Pineapple (cored and sliced into rounds)  
1 tsp Cinnamon

### Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
- 2 Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
- 3 Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
- 4 Remove from oven and enjoy!

### Notes

Serve it With: Coconut ice cream, granola or over oatmeal.