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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Carrot Cake Chia Pudding	 Carrot Cake Chia Pudding	 Zucchini Turkey Breakfast Skillet	 Zucchini Turkey Breakfast Skillet	 Zucchini Turkey Breakfast Skillet	 Gut Healing Green Smoothie	 Gut Healing Green Smoothie
Snack 1	 Dried Mango & Brazil Nuts	 Immunity Boosting Bone Broth	 Dried Mango & Brazil Nuts	 Immunity Boosting Bone Broth	 Apple Slices & Nori Crisps	 Dried Mango & Brazil Nuts	 Smoked Salmon Wrapped Avocado
Lunch	 Slow Cooker Cod & Sea Veggie Soup	 Baked Salmon with Broccoli & Quinoa	 15 Minute Shrimp & Cabbage Stir Fry	 Slow Cooker Cod & Sea Veggie Soup	 Sausage & Sauerkraut Skillet	 Zucchini Alfredo with Turmeric Chicken	 Slow Cooker Cod & Sea Veggie Soup
Snack 2	 Immunity Boosting Bone Broth	 Apple Slices & Nori Crisps	 Immunity Boosting Bone Broth	 Dried Mango & Brazil Nuts	 Smoked Salmon Wrapped Avocado	 Smoked Salmon Wrapped Avocado	 Apple Slices & Nori Crisps
Dinner	 Baked Salmon with Broccoli & Quinoa	 15 Minute Shrimp & Cabbage Stir Fry	 Slow Cooker Cod & Sea Veggie Soup	 Sausage & Sauerkraut Skillet	 Zucchini Alfredo with Turmeric Chicken	 Rosemary Lamb Chops with Sweet Potato Mash	 Rosemary Lamb Chops with Sweet Potato Mash

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  43%	Fat  41%	Fat  40%	Fat  42%	Fat  54%	Fat  57%	Fat  41%
Carbs  32%	Carbs  33%	Carbs  25%	Carbs  29%	Carbs  23%	Carbs  25%	Carbs  32%
Protein  25%	Protein  26%	Protein  35%	Protein  29%	Protein  23%	Protein  18%	Protein  27%
Calories 1687	Calories 1505	Calories 1626	Calories 1423	Calories 1571	Calories 1856	Calories 1443
Fat 85g	Fat 72g	Fat 74g	Fat 68g	Fat 98g	Fat 124g	Fat 69g
Carbs 141g	Carbs 130g	Carbs 107g	Carbs 107g	Carbs 92g	Carbs 122g	Carbs 121g
Fiber 36g	Fiber 42g	Fiber 25g	Fiber 21g	Fiber 31g	Fiber 33g	Fiber 32g
Sugar 48g	Sugar 39g	Sugar 62g	Sugar 65g	Sugar 49g	Sugar 66g	Sugar 56g
Protein 108g	Protein 106g	Protein 146g	Protein 106g	Protein 94g	Protein 87g	Protein 99g
Cholesterol 177mg	Cholesterol 443mg	Cholesterol 762mg	Cholesterol 482mg	Cholesterol 477mg	Cholesterol 161mg	Cholesterol 178mg
Sodium 2595mg	Sodium 1288mg	Sodium 3423mg	Sodium 4368mg	Sodium 2539mg	Sodium 1815mg	Sodium 3367mg
Vitamin A 22678IU	Vitamin A 12149IU	Vitamin A 17464IU	Vitamin A 19189IU	Vitamin A 4966IU	Vitamin A 16871IU	Vitamin A 26162IU
Vitamin C 211mg	Vitamin C 344mg	Vitamin C 210mg	Vitamin C 95mg	Vitamin C 125mg	Vitamin C 117mg	Vitamin C 79mg
Calcium 1147mg	Calcium 1384mg	Calcium 757mg	Calcium 500mg	Calcium 342mg	Calcium 399mg	Calcium 407mg
Iron 18mg	Iron 16mg	Iron 17mg	Iron 19mg	Iron 15mg	Iron 11mg	Iron 14mg





Fruits

- 4 Apple
- 3 Avocado
- 1 Banana
- 1 3/4 Lemon

Breakfast

- 20 pieces Dried Unsweetened Mango

Seeds, Nuts & Spices

- 1 cup Brazil Nuts
- 1/2 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1 tsp Dried Rosemary
- 2 tbsps Ground Flax Seed
- 1/4 tsp Ground Ginger
- 1/4 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1/2 tsp Red Pepper Flakes
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds
- 1 tsp Turmeric
- 1/4 cup Walnuts

Vegetables

- 3 cups Baby Spinach
- 4 cups Broccoli
- 2 Carrot
- 2 stalks Celery
- 10 Garlic
- 2 tbsps Ginger
- 8 cups Green Cabbage
- 2 cups Kale Leaves
- 4 cups Mushrooms
- 1 cup Parsley
- 3 Sweet Potato
- 2 cups Swiss Chard
- 2 1/2 Yellow Onion
- 4 Zucchini

Boxed & Canned

- 1 cup Canned Coconut Milk
- 1/2 cup Quinoa
- 1 cup Salsa
- 8 cups Vegetable Broth

Baking

- 1/8 tsp Ground Cloves
- 2 tbsps Raw Honey
- 1 tsp Stevia Powder
- 2 tbsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 5 ozs Chicken Sausage
- 4 Cod Fillet
- 1 lb Extra Lean Ground Turkey
- 8 ozs Lamb Shoulder Chop
- 10 ozs Salmon Fillet
- 1 lb Shrimp
- 5 1/4 ozs Smoked Salmon
- 1 Whole Chicken Carcass

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1/3 cup Coconut Oil
- 3 1/8 tbsps Extra Virgin Olive Oil
- 1 cup Sauerkraut

Cold

- 3 Egg
- 2 cups Unsweetened Almond Milk

Other

- 1 1/3 ozs Dulce
- 6 Nori Sheets
- 9 1/4 cups Water



Carrot Cake Chia Pudding

2 servings

3 hours

Ingredients

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/4 cup Walnuts (chopped)
- 2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	415
Fat	32g
Carbs	30g
Fiber	16g
Sugar	2g
Protein	12g
Cholesterol	0mg
Sodium	184mg
Vitamin A	5597IU
Vitamin C	2mg
Calcium	751mg
Iron	5mg

Directions

- 1 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 2 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage: Keeps well in the fridge for 3 to 4 days.

Extra Creamy: Replace half of the almond milk with full-fat canned coconut milk.



Zucchini Turkey Breakfast Skillet

3 servings

20 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1 lb Extra Lean Ground Turkey
- 2 Zucchini (large, finely diced)
- 1 cup Salsa
- 3 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	366
Fat	20g
Carbs	10g
Fiber	3g
Sugar	7g
Protein	37g
Cholesterol	298mg
Sodium	802mg
Vitamin A	1041IU
Vitamin C	25mg
Calcium	107mg
Iron	4mg

Directions

- 1 Add the coconut oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

Leftovers: For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

More Protein: Add extra eggs.

Vegetarian: Use lentils instead of ground turkey.

More Greens: Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa: Use crushed tomatoes instead.



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

Nutrition

Amount per serving	
Calories	376
Fat	22g
Carbs	42g
Fiber	10g
Sugar	24g
Protein	11g
Cholesterol	0mg
Sodium	22mg
Vitamin A	1124IU
Vitamin C	30mg
Calcium	149mg
Iron	3mg

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.



Dried Mango & Brazil Nuts

4 servings

3 minutes

Ingredients

20 pieces Dried Unsweetened Mango
(large)

1 cup Brazil Nuts

Directions

- 1 Divide dried mango and brazil nuts between bowls. Enjoy!

Nutrition

Amount per serving	
Calories	339
Fat	22g
Carbs	36g
Fiber	4g
Sugar	31g
Protein	7g
Cholesterol	0mg
Sodium	1mg
Vitamin A	1500IU
Vitamin C	12mg
Calcium	73mg
Iron	1mg



Slow Cooker Cod & Sea Veggie Soup

4 servings

6 hours

Ingredients

- 3 tbsps Coconut Oil
- 1 Yellow Onion (medium, diced)
- 4 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 2 tbsps Ginger (peeled and grated)
- 1 1/3 ozs Dulse (torn apart into small pieces)
- 2 Sweet Potato (medium, diced)
- 4 Cod Fillet (cubed)
- 8 cups Vegetable Broth (or bone broth)

Nutrition

Amount per serving	
Calories	423
Fat	12g
Carbs	28g
Fiber	6g
Sugar	9g
Protein	49g
Cholesterol	99mg
Sodium	1650mg
Vitamin A	10466IU
Vitamin C	10mg
Calcium	107mg
Iron	6mg

Directions

- 1 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 2 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 3 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 4 Divide between bowls and enjoy!

Notes

Leftovers: Store in an airtight container up to 3 days or freeze.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.



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

Nutrition

Amount per serving	
Calories	30
Fat	0g
Carbs	7g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	634mg
Vitamin A	3918IU
Vitamin C	22mg
Calcium	84mg
Iron	2mg

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.



Apple Slices & Nori Crisps

3 servings

5 minutes

Ingredients

- 6 Nori Sheets
- 1/2 tsp Extra Virgin Olive Oil
- 3 Apple (medium)

Nutrition

Amount per serving	
Calories	112
Fat	1g
Carbs	27g
Fiber	6g
Sugar	19g
Protein	2g
Cholesterol	0mg
Sodium	8mg
Vitamin A	898IU
Vitamin C	14mg
Calcium	31mg
Iron	1mg

Directions

- 1 Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
- 2 Slice apples and divide onto plates with nori crisps. Enjoy!

Notes

Save Time: Buy pre-toasted nori sheets.



Smoked Salmon Wrapped Avocado

3 servings

5 minutes

Ingredients

- 1 1/2 Avocado
- 5 1/4 ozs Smoked Salmon (sliced)

Directions

- 1 Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Nutrition

Amount per serving	
Calories	219
Fat	17g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	11g
Cholesterol	12mg
Sodium	343mg
Vitamin A	190IU
Vitamin C	10mg
Calcium	18mg
Iron	1mg



Baked Salmon with Broccoli & Quinoa

2 servings

20 minutes

Ingredients

- 10 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Broccoli (sliced into small florets)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 1/4 Lemon (sliced into wedges)

Nutrition

Amount per serving	
Calories	480
Fat	19g
Carbs	40g
Fiber	8g
Sugar	3g
Protein	39g
Cholesterol	78mg
Sodium	126mg
Vitamin A	1197IU
Vitamin C	165mg
Calcium	132mg
Iron	4mg

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers: Store covered in the fridge up to 2 days.

Speed it Up: Cook the quinoa ahead of time.

Vegan: Use tofu steaks instead of salmon fillets.



15 Minute Shrimp & Cabbage Stir Fry

2 servings

15 minutes

Ingredients

- 2 tbsps Coconut Oil (divided)
- 1 lb Shrimp (raw, peeled and deveined)
- 3 Garlic (cloves, minced)
- 1 Lemon (juiced)
- 1/2 tsp Red Pepper Flakes
- 8 cups Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Sesame Seeds

Nutrition

Amount per serving	
Calories	468
Fat	20g
Carbs	26g
Fiber	10g
Sugar	12g
Protein	52g
Cholesterol	365mg
Sodium	336mg
Vitamin A	539IU
Vitamin C	141mg
Calcium	386mg
Iron	4mg

Directions

- 1 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 2 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 3 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs: Serve with brown rice or quinoa.

Leftovers: Store in an airtight container in the fridge up to 2 days.



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)

Nutrition

Amount per serving	
Calories	265
Fat	14g
Carbs	26g
Fiber	6g
Sugar	15g
Protein	12g
Cholesterol	85mg
Sodium	1281mg
Vitamin A	2264IU
Vitamin C	26mg
Calcium	129mg
Iron	6mg

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.



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)

Nutrition

Amount per serving	
Calories	609
Fat	46g
Carbs	20g
Fiber	9g
Sugar	7g
Protein	32g
Cholesterol	82mg
Sodium	105mg
Vitamin A	573IU
Vitamin C	50mg
Calcium	57mg
Iron	3mg

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.



Rosemary Lamb Chops with Sweet Potato Mash

2 servings

35 minutes

Ingredients

- 8 ozs Lamb Shoulder Chop
- 1 tsp Sea Salt (coarse)
- 1 tsp Dried Rosemary
- 1 Sweet Potato (medium, peeled and chopped)
- 1 tbsp Extra Virgin Olive Oil
- 3 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	313
Fat	17g
Carbs	15g
Fiber	3g
Sugar	3g
Protein	26g
Cholesterol	67mg
Sodium	1344mg
Vitamin A	13484IU
Vitamin C	15mg
Calcium	102mg
Iron	3mg

Directions

- 1 Generously season both sides of each lamb chop with sea salt. Let sit for 15 to 20 minutes to tenderize.
- 2 Bring a large pot of water to a boil.
- 3 After the chops have sat for 15 to 20 minutes, rinse them with cold water and pat dry. No need to add more salt, as they should still be seasoned. Sprinkle rosemary over both sides of each chop.
- 4 Heat a grill pan over medium-high heat. Add lamb chops to the pan and cook about 5 minutes per side, for medium rare. At the same time, add the sweet potatoes to the boiling water and cook for about 10 minutes until soft.
- 5 Remove chops from pan and place on a cutting board to rest a few minutes. Drain the sweet potatoes and mash with olive oil, salt and pepper.
- 6 Place spinach in the grill pan over medium heat and saute 1 to 2 minutes until wilted. Season with salt and pepper to taste.
- 7 Divide chops onto plates with sweet potato mash and wilted spinach. Enjoy!

Notes

Leftovers: Store in an airtight container up to 3 days.