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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  56%	Fat  59%	Fat  56%	Fat  58%	Fat  55%	Fat  59%	Fat  62%
Carbs  30%	Carbs  25%	Carbs  26%	Carbs  24%	Carbs  27%	Carbs  25%	Carbs  23%
Protein  14%	Protein  16%	Protein  18%	Protein  18%	Protein  18%	Protein  16%	Protein  15%
Calories 1250	Calories 1637	Calories 1578	Calories 1408	Calories 1238	Calories 1278	Calories 1264
Fat 82g	Fat 111g	Fat 103g	Fat 94g	Fat 80g	Fat 88g	Fat 91g
Carbs 100g	Carbs 108g	Carbs 106g	Carbs 88g	Carbs 89g	Carbs 84g	Carbs 78g
Fiber 23g	Fiber 27g	Fiber 31g	Fiber 19g	Fiber 30g	Fiber 33g	Fiber 31g
Sugar 51g	Sugar 53g	Sugar 48g	Sugar 40g	Sugar 34g	Sugar 33g	Sugar 32g
Protein 46g	Protein 68g	Protein 76g	Protein 67g	Protein 60g	Protein 53g	Protein 49g
Cholesterol 98mg	Cholesterol 180mg	Cholesterol 180mg	Cholesterol 180mg	Cholesterol 268mg	Cholesterol 680mg	Cholesterol 494mg
Sodium 1766mg	Sodium 1200mg	Sodium 1837mg	Sodium 1395mg	Sodium 2365mg	Sodium 4128mg	Sodium 3777mg
Vitamin A 12466IU	Vitamin A 9192IU	Vitamin A 13037IU	Vitamin A 20608IU	Vitamin A 39112IU	Vitamin A 28977IU	Vitamin A 31282IU
Vitamin C 119mg	Vitamin C 152mg	Vitamin C 169mg	Vitamin C 158mg	Vitamin C 208mg	Vitamin C 163mg	Vitamin C 104mg
Calcium 503mg	Calcium 429mg	Calcium 534mg	Calcium 385mg	Calcium 448mg	Calcium 497mg	Calcium 481mg
Iron 15mg	Iron 12mg	Iron 17mg	Iron 14mg	Iron 16mg	Iron 17mg	Iron 18mg





### 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 tbsp 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 tbsp 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

### 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.



## 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

### Nutrition

Amount per serving	
Calories	374
Fat	27g
Carbs	28g
Fiber	6g
Sugar	12g
Protein	13g
Cholesterol	0mg
Sodium	36mg
Vitamin A	2869IU
Vitamin C	11mg
Calcium	92mg
Iron	5mg

### 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

### Nutrition

Amount per serving	
Calories	531
Fat	45g
Carbs	11g
Fiber	8g
Sugar	2g
Protein	23g
Cholesterol	409mg
Sodium	804mg
Vitamin A	714IU
Vitamin C	15mg
Calcium	82mg
Iron	3mg

### 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

### 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.





## 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

### Nutrition

Amount per serving	
Calories	222
Fat	17g
Carbs	12g
Fiber	5g
Sugar	5g
Protein	10g
Cholesterol	0mg
Sodium	671mg
Vitamin A	3847IU
Vitamin C	17mg
Calcium	131mg
Iron	6mg

### 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

### Nutrition

Amount per serving	
Calories	281
Fat	25g
Carbs	14g
Fiber	1g
Sugar	10g
Protein	2g
Cholesterol	0mg
Sodium	34mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	26mg
Iron	1mg

### 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)

### Nutrition

Amount per serving	
Calories	216
Fat	15g
Carbs	22g
Fiber	10g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	387mg
Vitamin A	20539IU
Vitamin C	24mg
Calcium	55mg
Iron	1mg

### 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

### Nutrition

Amount per serving	
Calories	341
Fat	18g
Carbs	25g
Fiber	5g
Sugar	9g
Protein	22g
Cholesterol	98mg
Sodium	405mg
Vitamin A	3575IU
Vitamin C	50mg
Calcium	113mg
Iron	3mg

### 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)

### 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.



## 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

### Nutrition

Amount per serving	
Calories	382
Fat	24g
Carbs	14g
Fiber	5g
Sugar	6g
Protein	29g
Cholesterol	82mg
Sodium	286mg
Vitamin A	10244IU
Vitamin C	75mg
Calcium	70mg
Iron	3mg

### 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

### Nutrition

Amount per serving	
Calories	236
Fat	14g
Carbs	18g
Fiber	7g
Sugar	6g
Protein	14g
Cholesterol	186mg
Sodium	1022mg
Vitamin A	1542IU
Vitamin C	76mg
Calcium	147mg
Iron	5mg

### 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)

### 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.