



# GUT HEALTH

## DIET & PROTOCOL



# Nutrition



## GUT HEALTH DIET & PROTOCOL

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# 01

## WHAT IS LEAKY GUT?



# WHAT IS LEAKY GUT?

## WHAT IS LEAKY GUT & HOW IS IT HEALED?

Functional medicine recognizes something many in traditional medicine do not and that is the importance of digestive health. We know that digestive problems can create problems for your entire body, not just your digestive system. Digestive problems are linked to autoimmune diseases, cancer, dementia, chronic fatigue, arthritis, autism, mood disorders, and skin disorders like eczema, acne, and rashes. Having a healthy gut is so much more than freedom from heartburn, gas, bloating, and stomach cramping. It is central to your overall health as it is connected to everything happening in your body. The first step to any chronic health condition is helping you treat your gut.

Your digestive system could be the root cause for any health conditions you have, making you sick and preventing control over weight gain. More than 100 million Americans have digestive problems and is likely that you too may suffer from some type of digestive disorder like irritable bowel syndrome, bloating, diarrhea, constipation, reflux, or heartburn. In fact, digestive disorders are one of the most common reasons for visits to healthcare providers. With more than 200 over-the-counter medications available, patients often attempt to treat their issues unknowing that many of these medications can create additional digestive problems.

### WHAT CAUSES LEAKY GUT?

While the exact cause of leaky gut is unclear, we do know that increased intestinal permeability is well-known and occurs alongside several chronic diseases. Inside your body, you have an extensive intestinal lining that if stretched out, would measure more than 4,000 square feet, approximately the size of a tennis court. While this thin lining is only the thickness of one cell, it is very durable. When working properly, this lining forms a tight barrier that controls what gets absorbed into your bloodstream. However, when the gut lining has large cracks or holes, these allow partially digested food, toxins, and microbes to penetrate the tissue beneath it. This triggers inflammation and changes the normal bacteria in your gut which can lead to problems with your digestive system and may play a role in the development of several other common chronic diseases.

### HEALTHY GUT vs. UNHEALTHY GUT

Intestinal health is when your digestive system is working optimally with proper absorption of food and nutrients. The health of your gut determines what nutrients are absorbed and what allergens, toxics, and unhealthy microbes or bugs are kept out. A healthy gut has more than 500 species of good “bugs” with nearly 3 pounds of bacteria that are used for digestion, excrete toxins, regulate hormones, and produce vitamins and healing compounds that keep your gut and your body in good health.

Your body contains more bacterial cells than human cells, some of which are essential to your health. However, it is important that there is balance of these bacteria in your gut. When your gut has too much “bad” bacteria like yeast and parasites, overtime this overrides your “good” bacteria which can be the starting point for other seemingly unrelated health problems. The health of your gut relies on “good” bacteria like the probiotics Lactobacillus or Bifidobacterium. With your gut is out of balance, your body shows outward signs with diseases like psoriasis, arthritis, and eczema to name a few.

### YOUR SECOND BRAIN

As the conversation surrounding gut health becomes more common place, you may have heard of your gut being referred to as your “second brain”. This is your gut's nervous system or the enteric nervous system. It is a very intricate system that is wired to message your brain via neurotransmitters. These transmitters communicate message between your “second brain” and the brain in your head. Any small disruption in this messaging system between your two brains can cause your health to suffer.

# 02

## RISKS TO GUT HEALTH



# RISKS TO GUT HEALTH

## RISKS OF GUT HEALTH

### OVER-THE-COUNTER-MEDICATIONS

Relying on over-the-counter medications in lieu of treating gut issues at their source can result in damage to the gut or inhibit normal digestive function. Medications such as anti-inflammatories like aspirin, Aleve, and Advil, acid blockers like Prilosec and Nexium contribute to your gut issues while temporarily alleviating symptoms at best. Prescription drugs can also be a culprit of an imbalanced digestive system. Overuse of antibiotics and steroids are contributors to poor gut health so it is important to talk with your healthcare provider if you are prescribed these to treat other health conditions. While they cannot always be eliminated from the course of treatment, measures to reduce their effect on your gut can be employed.

### STRESS

It has been thoroughly studied and is a well-known fact that chronic stress has a negative impact on your health. This is especially true with your gut. Long-term stress can alter the gut's nervous system creating a breech in the thin lining causing leaky gut. This changes the normal bacteria in the gut causing an imbalance leading to a leaky gut.

### TOXINS & MOLDS

Toxins are bad for your body and bad for your gut, especially those like mercury and mold toxins. Environmental factors can lead to exposure of these toxins causing damage to the gut. It is important to factor in lifestyle changes limiting exposure to these toxins when looking to repair your gut and achieve good gut health.

### BODY-WIDE PROBLEMS DUE TO LEAKY GUT

Problems in your gut can lead to body-wide problems in a number of ways. Leaky gut places stress on your liver which is responsible for processing and eliminating toxins from your body. When undigested particles of food, carcinogens, and toxins breach the lining of your gut and flow into the bloodstream, the liver becomes overwhelmed and sluggish. This creates an environment where toxins begin to accumulate in the body leading to oxidative stress and inflammation which can cause other health conditions including acne, arthritis, chronic fatigue, fibromyalgia, and painful joints.

The inflammation itself can be a contributing factor in developing leaky gut. The more severe the leaky gut becomes, the more inflammation in the body. It becomes a vicious cycle that self-perpetuates leading to chronic issues and symptoms of leaky gut.

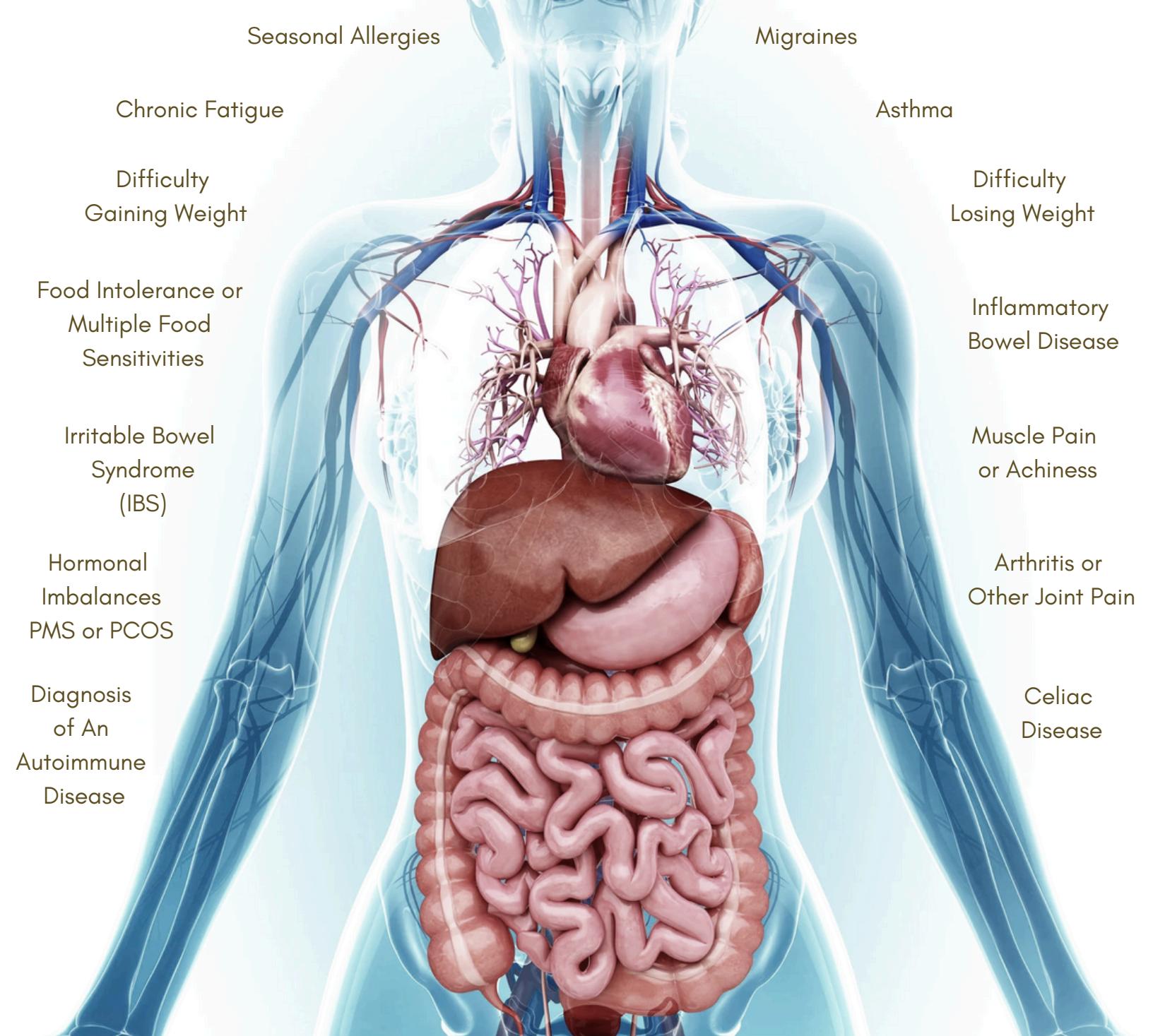
Leaky gut can become taxing on your immune system. Your immune system responds to toxins in the bloodstream by bolstering its effort to do its job which is to protect your body from harmful bacteria, toxins, and other pathogens. However, sometimes a large flow of toxins that has leaked into the body triggers the immune system to overact mistaking otherwise harmless food or body tissue for dangerous pathogens. This overreaction contributes to the possible development of auto-immune diseases as well as food intolerance and allergies.

### GUT & BODY-WIDE SYMPTOMS RELATED TO LEAKY GUT

Gut Related Symptoms, Abdominal Cramps, Discomfort or Pain, Bloating, Gas & Flatulence

### BODY-WIDE SYMPTOMS

ADD & ADHD, Acne, Anxiety, Arthritis, Asthma, Auto-Immune Diseases, Brain Fog, Depression, Diabetes 1 & 2, Difficulties Losing Weight, Chronic Fatigue, Chronic Pain, Concentration Issues, Eczema, Fibromyalgia, Food Intolerance, Headaches & Migraines, Hormonal Imbalances, Hyperactivity, IBS, Multiple Chemical Sensitivities, Multiple Sclerosis, Parkinson's Disease, Psoriasis, Rashes & Rosacea, Respiratory Issues, Schizophrenia, Seasonal Allergies, Thyroid Disease, Ulcerative Colitis, Yeast Infections



Seasonal Allergies

Migraines

Chronic Fatigue

Asthma

Difficulty  
Gaining Weight

Difficulty  
Losing Weight

Food Intolerance or  
Multiple Food  
Sensitivities

Inflammatory  
Bowel Disease

Irritable Bowel  
Syndrome  
(IBS)

Muscle Pain  
or Achiness

Hormonal  
Imbalances  
PMS or PCOS

Arthritis or  
Other Joint Pain

Diagnosis  
of An  
Autoimmune  
Disease

Celiac  
Disease

## LEAKY GUT AFFECTS YOUR ENTIRE BODY

### GUT SYMPTOMS

- Diarrhea
- Constipation
- Heartburn
- Gas & Bloating
- Burping

### SKIN SYMPTOMS

- Itchy Skin
- Rashes
- Eczema
- Rosacea
- Acne
- Hives
- Psoriasis

### BRAIN SYMPTOMS

- Brain Fog
- Chronic Headaches
- Depression/Anxiety
- Mood Imbalances
- ADD/ADHD

# 03

## MAINTAINING A HEALTHY GUT



# 04

## TIPS FOR SUCCESS WITH HEALING A LEAKY GUT



# HOW TO MAINTAIN A HEALTHY GUT

## WHAT CAN BE DONE TO MAINTAIN A HEALTHY DIET?

### ADOPT A WHOLE FOOD DIET

Adopting a diet filled with quality, nutrient-rich whole foods is one of the easiest paths to good overall health. A wide variety of factors can irritate the delicate lining of the gut especially those items that are high in sugar and carbohydrates, including processed foods and those low in phytonutrient-rich whole foods. Consuming foods that are rich in fiber like vegetables, beans, whole grains, nuts, and seeds are an excellent way to help maintain a healthy gut.

### FOOD SENSITIVITIES

There are many people with known food allergies, but there are many more with food sensitivities that are unknown. While a food sensitivity doesn't necessarily present the same symptoms as an allergy, consider trying a diet that is free of gluten, dairy, yeast, soy, corn, and eggs for two weeks. If you find that your gut feels better and other symptoms have improved, try adding one item at a time from this list for a few days and see which of these common offenders is your trigger. This will help you to eliminate those items you are most sensitive to.

### YEASTS & PARASITIC INFECTIONS

It is important to treat any infection that may occur in the gut. This is also true with yeasts or candida as well as parasites that can lead to an imbalance in the gut. When yeast overgrowth happens, your body's bad bacteria outweigh the good. Candida, the most common fungus present in your mouth or gut, is productive in small amounts, however, when it is overgrown, it breaks through the intestinal wall and leaks into your bloodstream causing leaky gut which is at the root of your problems.

### DIGESTIVE ENZYMES & PROBIOTICS

The proper balance of enzymes is one of the crucial components to good gut health. When your gut doesn't have enough enzymes, it cannot convert the foods you consume into the raw materials needed for your body and brain to function. By supplementing with a broad-spectrum enzyme taken with your food, you can effectively restore balance in your gut. The same is true for probiotics. Probiotics will help to restore the healthy bacteria that is essential to gut health. Be sure to look for a broad-spectrum probiotic containing Lactobacillus and Bifidobacterium.

### SUPPLEMENT

Repairing your digestive system requires time and patience but can be done. Gut-healing nutrients such as L-glutamine and zinc can help to repair the delicate lining in your gut enabling it to return to its normal function. Inflammation in the gut is a common issue requiring attention if you are looking to achieve good gut health. Supplementing with extra omega-3 fatty acids is an excellent way to combat inflammation.

*You can improve gut health with these few measures by helping to eliminate symptoms, lose weight, and ultimately achieve good overall health. But there are also things you must avoid if you are trying to get your gut in balance. It is just as important to have an understanding of what might be behind your gut issues as it is knowing how to heal them. Avoiding problems and reducing risks can be easier than remedying them.*

# TIPS FOR SUCCESS WITH HEALING A LEAKY GUT

## TIPS FOR SUCCESS IN HEALING YOUR GUT

### DIET TIPS FOR SUCCESS IN HEALING A LEAKY GUT

The following provides more detailed information to keep in mind when planning your leaky gut diet. These can help you achieve success in your journey to a healthy gut and better overall health.

#### ADJUST FOOD RATIOS

It is important to find your optimal food ratio when planning your diet. Each of us is genetically and ethnically different. While some do better with a higher protein diet, others succeed with more carbohydrates, while some require an equal balance. Experiment by testing both ends of the spectrum. Consume a meal that is primarily meat with very little vegetables. Note how you felt afterwards. At another meal, eat mostly vegetables, a little meat, and a small amount of grains. Again, note how you felt afterwards. Take the food ratio that you felt best with and begin to fine tune your diet from there. In short order, you will find the proper ratios for all your meals that work best for your body.

#### PROTEINS

Eating chicken and turkey breast without the skin is a good source of protein though it is important not to overcook. When meats are overcooked this can make the fibers difficult to chew. This is a good indication it will be difficult for your gut to digest. Fatty fish like salmon or tuna is also good for leaky gut and helps to reduce inflammation. Eggs are a small but plentiful source of protein and B12. They are versatile and can be prepared a variety of ways and pair well with other foods. Avoid or limit any high-fat or irritating oils, butter, and spices. If you are someone who prefers not to consume animal protein, tempeh and tofu are versatile alternatives and can be prepared a number of different ways. Beans and legumes offer a significant amount of protein for those on a plant-based diet, however, they can cause gas in some. Those with digestive disorders may have difficulties digesting nuts and nut butters due to their high-fat content. It is best to sample these in small amounts to see if you are symptomatic.

#### PLANT-BASED MILKS

There are many with digestive issues who find dairy products worsen their symptoms even if they are not lactose intolerant. Experiment with dairy alternatives like soy, coconut, and almond milks which are readily available at most groceries.

#### REFINED OILS

Cooking and baking with refined oils such as canola, sunflower, soybean, and safflower oils can be detrimental to your gut health and should be avoided. Instead, substitute with olive oil, a mono-unsaturated fat loaded with good fats your body needs.

#### FRUITS & VEGETABLES

Raw fruits and vegetables are packed with fiber that can be problematic for those with a digestive disease as they are a little more difficult to digest. If you experience symptoms while eating them raw, try peeling, chopping, and cooking your fruits and vegetables to make them easier to digest. Restrict or avoid high-fiber fruits and vegetables such as broccoli, corn, or prunes that are known to cause gas. Fruits that are already low in fiber can be juiced or puréed and used in smoothies. It is best to choose fruits with a lower glycemic load like apples, pears, lemons, and grapefruit. These fruits are alkaline as well preventing the body from becoming too acidic.

# TIPS FOR SUCCESS WITH HEALING A LEAKY GUT

## CONTINUED: TIPS FOR SUCCESS IN HEALING YOUR GUT

### BEETS

The consumption of beets benefit both the gut and the liver. A cup of beets has approximately 4 grams of insoluble fiber helping your digestive system to function properly and helping to keep you regular. But be careful of the sugar it contains and eat in moderation. Beets have been found to be helpful in controlling high blood pressure. Don't be alarmed if you see any pink or red in your urine after consuming beets. This is not uncommon and is harmless.

### SWITCH TO NATURAL SEA SALT

Salt has an adverse effect on our health. However, salt, or sodium chloride is a very important element our bodies need to function properly. Natural sea salt, on the other hand, has natural trace minerals and is the form that your body can use best. It isn't bleached and doesn't contain toxic agents added preventing it from caking.

### GRAINS & PASTA

When choosing grains, whole grains are a healthier option. However, if you have a hard time digesting fiber, grains in general may not be the most comfortable option for you. Many who enjoy pasta, but are looking for gluten-free alternatives, might enjoy pastas made from brown rice, chickpea, quinoa, or zucchini. These are great options while not having to compromise taste and nutritional goals.

### DESSERTS

The primary ingredients in desserts are white flour and sugar and have no nutritional value and actually rob your body of much needed nutrients. This includes cakes, cookies, and pastries. Dairy-based desserts can create digestive issues for some as well. When cutting back on your sugar intake, be certain to exclude sugar substitutes like sorbitol and xylitol. They are often found in "sugar-free" products and are known to create digestive distress.

### BEVERAGES

Good hydration is essential for digestive health especially if your intestinal permeability is not working as it should. Caffeine from coffee and tea can also aggravate leaky gut. It is best to limit or completely avoid alcoholic beverages as they also increases intestinal permeability. It is always best to hydrate with water. Bone broth is a nutritious and comforting option if you are in search of something warm. If you are experiencing diarrhea, electrolyte-replacement drinks can be helpful but many contain sugar or artificial sweeteners. So be sure to read the labels first.

### FERMENTED FOODS

Fermented foods should be a staple in your diet if you have a leaky gut. Fermented foods are great for creating optimal gut health as they are intensely alive with good bacteria and nutrients your gut needs. While you can supplement your body with taking a daily probiotic, it is always better to get what you need from what you eat. Some fermented foods include sauerkraut, kombucha, kefir, and apple cider vinegar (ACV) to name a few. It is best to consume organic whenever possible to avoid pesticides used on many of our plant-based foods.

These are simple but effective ways to help you gain control over your gut health and relieving you from chronic symptoms. Do you suffer from digestive issues and other health conditions linked to leaky gut? If so, schedule an appointment with your healthcare provider and get yourself on the road to good health.

# 05

## EATING FOR A HEALTHY GUT & WHAT TO AVOID



# EATING FOR A HEALTHY GUT

## EATING FOR A LEAKY GUT

While everyone can benefit from a well-balanced diet of nutritious, whole foods, what you choose to eat is even more important when your digestive system isn't functioning optimally. A leaky gut diet focuses on foods that provide energy and nourishment while being gentle on your digestive system. It can take time to see results, so it is important to be patient. Be mindful of your symptoms to see which ones begin to improve.

### WHAT TO EAT WITH A LEAKY GUT

There are general guidelines to keep in mind when following a diet for leaky gut. You can tailor your specific eating plan to suit your tastes and preferences. You may have additional needs to consider like any allergy triggering foods discovered in testing or via an elimination diet. If you have other digestive disorders, speak with your healthcare provider and consider working with a functional nutritionist to help tailor a plan for you.

### FOODS TO EAT WITH A LEAKY GUT

- Fruits & Vegetables Cooked
- Skinless Chicken or Turkey Breast
- Fatty Fish – Herring, Salmon, or Tuna
- Grits & Oatmeal
- Herbs & Spices
- Soups Including Bone Broth
- Sprouted Flax, Chia & Sunflower Seeds
- Cultured Dairy Products
- Dairy Alternatives (*almond, soy, or coconut milks*)
- Low-Fat Cheeses
- Probiotic-Rich Fermented Foods (*yogurt, kombucha & kefir*)
- Tofu, Tempeh & Plant-Based Meat Alternatives
- Pasta (*avoid gluten-free options made with beans, legumes, or corn*)
- Nuts & Smooth Nut Butters (*almond & cashew butters*)
- Sourdough Bread, Gluten-Free Grains, Whole Grains
- Water, Coconut Water, Fruit Juice Without Sugar & Unsweetened Tea

*See Grocery List*

# WHAT TO AVOID WHEN HEALING YOUR GUT

## WHAT TO AVOID WHEN HEALING YOUR GUT

- Dairy Products
- Beans, Legumes & Corn
- Cruciferous Vegetables
- Raw Fruits & Vegetables With Seeds & Skins *(if symptoms are present)*
- Bran, Cereal, or Granola With Nuts/Fruit & Dried Fruit
- Whole-grain Bread, Pasta, Crackers *(if symptoms are present)*
- Luncheon Meats or Processed Meats – Hotdogs & Sausages
- Tough, Fatty Cuts of Meat
- Pastries, Cakes, Cookies, Candies & Chocolates
- Sugar Substitutes – Xylitol & Sorbitol
- Greasy, Fatty, Spicy or Fried Foods
- Processed Foods – Snack Foods & Desserts
- Sodas & Energy Drinks
- Sweetened Fruit Juices
- Caffeinated Coffee & Tea
- Alcohol

# GUT HEALTHY GROCERY LIST

## PROTEIN

- Bone Broth
- Chicken/ Turkey Breast
- Eggs
- Herring
- Salmon
- Tuna

## FRUITS & VEGETABLES

- Apples
- Artichokes Hearts
- Asparagus
- Avocado
- Baby Spinach
- Fresh Herbs
- Beets
- Bell Pepper
- Blackberries
- Blueberries
- Broccoli Florets
- Brussel Sprouts
- Carrots
- Celery
- Corn Kernels
- Dates
- Garlic Cloves
- Ginger
- Green Cabbage
- Green Onions
- Green Peas
- Jalapeno
- Kiwis
- Lemons
- Limes
- Lettuce
- Mangos
- Nappa Cabbage
- Olives
- Onions
- Orange Juice
- Pickling Cucumbers
- Pineapples
- Radishes
- Raspberries

- Red Cabbage

- Red Onion
- Rosemary
- Scallions
- Seedless Grapes
- Seedless Watermelon
- Shallot
- Strawberries
- Tangerines
- Tomatoes
- Zucchini

## DAIRY

- Butter
- Greek Yogurt
- Kefir
- Kombucha
- Creme Fresh
- Dairy products
- Parmesan Cheese
- Regular Cream
- Unsalted Butter

## SPICES/BAKING

- Almond Flour
- Apple Cider Vinegar
- Avocado Oil
- Baking Powder/Soda
- Balsamic Vinegar
- Buckwheat Groats
- Caraway Seeds
- Cassava Flour
- Cayenne Pepper
- Cinnamon
- Coconut Oil
- Cream of Tartar
- Dried Dill
- Garlic Powder
- Gluten-Free Flour
- Ground Ginger
- Honey
- Italian Seasoning

- Kosher Salt

- Paprika
- Pepper
- Pumpkin Spice
- Red Pepper Flakes
- Red Wine Vinegar
- Sea Salt
- Turbinado Sugar
- Turmeric
- Vanilla Extract

## OTHER

- Almond Slivers
- Cauliflower Rice
- Capers
- Chia Seeds
- Coconut Milk
- Coconut Water
- Dark Chocolate
- Dijon Mustard
- Dried Fruit
- Flax Seeds
- Gluten-free BBQ Sauce
- Gluten-Free Crackers
- Hummus
- Red Pepper
- Mayonnaise
- Pecan Halves
- Pineapple Juice
- Pumpkin Seeds
- Rolled Oats
- Sesame Oil
- Sunflower Seeds
- Walnuts
- Tea
- Tempeh
- Tofu
- Quinoa
- Unsweetened Coconut
- Vegan Protein
- Vegetable Broth
- White Miso

--ALL FOODS LISTED IN ORANGE ARE HIGH FODMAP FOODS--

# 06

## WHAT ARE PROBIOTICS





# Probiotic Foods

# PROBIOTICS

*Meaning: Pro- "In favor of" Biotic- "life"*

## WHAT ARE PROBIOTICS?

Probiotics are living microorganisms which include bacteria and yeast and are found within the body's gut microbiome that are beneficial for good overall health. There are two types of bacteria; good bacteria and bad bacteria, and probiotics are a form of good bacteria. They help to support digestion, immune health, and overall health.

Probiotics have been a part of traditional diets. They have been consumed from fresh foods, grown in good soil, and fermented to keep them from spoiling. Today in the standard Western diet, foods with probiotics can still be found on many grocery stores shelves. You just have to search a little harder.

## WHAT ARE PROBIOTIC FOODS?

Probiotics are naturally found in fermented foods. Fermentation is the chemical process created by bacteria and yeast to break down sugars in foods. This process helps to preserve the foods longer while naturally producing probiotics as a bi-product.

Fermentation can take place via different processes and produce different outcomes. Not all components produce probiotic foods and probiotics. The process of making beer is a fermentation process using yeast. In this instance, the acid, sugar, and alcohol produced in beer counterbalances the fermentation process. Sorry, beer is not a probiotic!



# 07

## BREAKFAST



# BREAKFAST

# BANANA PANCAKES

## INGREDIENTS

- 3/4 cup Egg Whites
- 1 Small Banana
- Optional Ingredients-vanilla, cinnamon, pumpkin pie spice

## INSTRUCTIONS

Mash your banana, once it's mashed add in your egg whites and stir to combine, once combined you can add in your optional ingredients.

Grease your pan with cooking spray. Pour mixture into the pan and then turn on the heat to medium. (*Be careful not to turn it up too high or you'r pancake will char before it has set*). Let pancake set while the pan and pancake heat up. After about 5 minutes (*when the pancake is almost set*), spray with cooking oil spray and flip.

If you mess up flipping, no worries-it happens. This also taste good even messy!

Topping options-Banana Slices, a little nut butter, a drizzle of honey or maple syrup! Enjoy!



# BREAKFAST

# CRUSTLESS QUICHE

## INGREDIENTS

- 6 Eggs
- 1 cup Milk Alternative (coconut, almond, etc.)
- Salt & Pepper To Taste
- 1 cup Optional Ingredients \*\*

## INSTRUCTIONS

Preheat your oven to 350 degrees F.

In a large bowl whisk together the milk, egg, salt & pepper.

Stir in any additional ingredients.

Pour the egg mixture into a 9-inch pie pan, and bake uncovered for about 45 minutes. Or until the center is set, and not jiggly.

Store any leftovers in an airtight dish in the refrigerator.

\*\* Optional Add-in's-Be creative to your taste!

- Green Onions
- Broccoli
- Spinach
- Onions
- Garlic
- Chives
- Asparagus
- Tomatoes
- Any type of meat you desire



# BREAKFAST

## EGG BURRITO

### INGREDIENTS

- Egg Burrito
- 1 Egg White Tortilla
- 1/2 Avocado Sliced
- 2 tbsp Refried Beans
- 1 tbsp Salsa
- Diced Green or Red Pepper
- Sprinkle of Dairy-Free cheese

### INSTRUCTIONS

Warm your egg tortilla, spread the center with refried beans and a sprinkle of cheese.

Microwave for 15-30 seconds, place avocado slices on top with a little salsa, roll up, and enjoy!



# BREAKFAST

# QUINOA BREAKFAST BOWL

## INGREDIENTS

- Quinoa (Follow cooking instructions on the package.)
- 1-2 Eggs
- Bacon or sausage
- Dairy-Free Cheese
- Salt & Pepper To Taste

## INSTRUCTIONS

Cook quinoa following instruction on the package. Once quinoa is cooking, start cooking you'r bacon or sausage.

Once your quinoa is finished, scoop it into a bowl and top with your meat and dairy-free cheese. Cook one or two eggs to your liking. (*I prefer easy-over-sunny-side so my yolk can run over my food*) and place on top of bowl.

Season and enjoy!

*This dish can be made ahead of time too. On weekends, I cook a big batch of quinoa and warm up a bowl at a time then add my eggs and precooked meat to the top and enjoy!*



# BREAKFAST

# CHIA SEED PUDDING

## INGREDIENTS

- 2 cups Coconut Milk
- 1/2 cup Chia Seeds
- 1/4 cup Berry Of Your Choice  
• (strawberry, blueberries, black berries, raspberries)
- 1/2 teaspoon Vanilla Extract
- 1/2 cup Maple Syrup or Local Honey

## INSTRUCTIONS

Add chia seeds to a container you can close with a lid, add coconut milk, fruit, extract, and sweetener. Stir until incorporated and place lid on. Place in the refrigerator overnight for breakfast.



# BREAKFAST

## SEED OATMEAL

### INGREDIENTS

- ½ cup Gluten-Free Quick Cook Oats
- 1 cup Water
- 1 tbsp Flax Meal
- 3 tbsp Hemp Seeds
- 1 tbsp Chia Seeds
- 2 tbsp Maple Syrup or Local Honey
- 1/4 cup Almond Milk/Oat, etc.

*(or less, I find just a splash is good enough for me)*

- Fresh Berries or Banana's

### INSTRUCTIONS

To your bowl add your oats, flax meal, hemp seeds, chia seeds, and water. Stir to incorporate and microwave for 1 ½ to 2 minutes depending on the thickness you prefer.

Once it's cooked to your desired thickness, add your maple syrup or honey, splash of almond/oat milk, and fresh fruit.

Enjoy right away!



# CREAMY AVOCADO EGG BAKE

Avocado egg is the perfect breakfast. Baked avocado is so creamy! This dish is also substantial enough for a meatless dinner.

## INGREDIENTS

- 1 large Haas Avocado, Ripe But Firm (*not very soft*)
- 2 eggs, Smaller The Better
- 1/2 tsp Diamond Crystal Kosher Salt-Divided
- 1/4 tsp Freshly Ground Black Pepper, Divided
- 1/4 tsp Red Pepper Flakes
- 1 tbsp Chopped Parsley

## INSTRUCTIONS

Preheat oven to 450 degrees F.

Line a baking dish with foil for easy cleanup. Look for a small baking dish that would allow the avocado halves to stand upright.

Cut the avocado in half lengthwise and remove the pit. Using a spoon, scoop out a little of the flesh of each avocado half. (*You want it to be large enough to accommodate a medium egg.*)

Season the avocado halves with half of the kosher salt and black pepper then place them in the prepared baking dish.

Break each egg into a small bowl and carefully slide the yolk, and as much as will fit from the white, into the center of each avocado half.

Bake until the whites are set, about 15 minutes. If the egg yolks have developed a thin crust while baking, you can remove it carefully with a small sharp knife.

Season the avocado egg with the remaining kosher salt, freshly ground black pepper, and red pepper flakes, and garnish with chopped parsley.

Serve immediately.



# BREAKFAST

# KEFIR & COLLAGEN SMOOTHIE

## INGREDIENTS

- 1-1/2 cups Frozen Berries (*mixed or your choice*)
- 1 cup Plain Kefir
- 1/2 Banana
- 2 scoops Collagen Powder

## INSTRUCTIONS

Place all ingredients in a blender or smoothie cup and blend until smooth.

Enjoy!



# BERRY COLLAGEN ICE DREAM

## INGREDIENTS

- 1 cups Frozen Berries (*mixed or your choice*)
- 1 Frozen Banana
- 2 scoops Collagen Powder

## INSTRUCTIONS

Similar to the kefir and collagen smoothie but with the creamy consistency of ice cream. Just add all of the ingredients to your food processor and pulse until it reaches a creamy consistency.

Enjoy!



# BREAKFAST

## EGG CUPS

### INGREDIENTS

- 1 cup Diced Red Pepper (*I find this to equal 1 red pepper*)
- 1 cup Diced Green Pepper
- 1 cup Dice Yellow Onion (*You can use white if that's what you have.*)
- 2 cups Packed Baby Spinach Roughly Chopped
- 1 cup Mushrooms Diced
- 2 Minced Garlic Cloves
- Salt To Taste
- 4 Large Eggs
- 4 Large Egg Whites
- \*\*Optional Toppings-hot sauce, chives, dairy free sour cream

Once the vegetables are chopped, this comes together very quickly!

Preheat oven to 350 degrees F and generously grease a standard non-stick 12-slot muffin tin with cooking spray. Set aside.

In a large non-stick cooking pan, cook red pepper, green pepper, and onion in oil until the peppers have softened. Add in spinach, mushrooms, and garlic and continue cooking for 2 minutes. Season with salt, then set aside.

Whisk together eggs until smooth, then stir in the cooked vegetables.

Pour the egg/veggie mixture evenly into the prepared muffin pan, then bake until the eggs have cooked through.

*These are easily kept in the refrigerator for heat and eat breakfasts. You can also freeze them on a single sheet pan in the freezer until frozen and then place in a gallon zip lock bag!*



# 08

## LUNCH/DINNER



# STUFFED ZUCCHINI BOATS

## INGREDIENTS

- 4 Zucchini's
- 1 Jar of Your Favorite Marinara
- 1 Pound Lean (98%) Ground Turkey Meat
- Shredded or Thinly Sliced Almond Cheese

Wash your zucchini's and cut them right down the middle lengthwise. Take out a spoon and scoop out the middle/flesh. Put flesh aside in a small bowl. Once they are all cut and flesh scooped out, line them up in a baking pan.

Preheat your oven to 400. Begin frying your ground turkey in a skillet until all pink is gone, chopping as it cooks into small pieces. Once the turkey is fully cooked, add your marinara sauce to the ground turkey and stir until combined and slightly warm.

Take your baking pan lined with zucchini's and scoop the turkey and marinara mixture into the "boats". Once they are full, sprinkle or line the top with your almond cheese. Cover them with aluminum foil and place in the oven for 25 mins or until the zucchini's are fork tender. Enjoy!

*These store in the fridge for 5 days safely. To reheat you can microwave them until warm or re-bake in the oven until warm.*



# HARVEST SKILLET

## INGREDIENTS

- 3/4 lb. Bacon
- 3/4 lb Broccoli Florets
- 2 Parsnips
- 2 Apples
- 1 Onion
- 1 tbsp Dried Sage
- 1/2 tsp Salt

Cut bacon into 1-inch pieces. Add to a skillet and cook over medium heat for 12 minutes, or until golden, stirring a few times. When cooked, use a slotted spatula to transfer to a plate lined with a paper towel, reserving the bacon fat in the skillet.

While the bacon is cooking, cut the broccoli florets into 1/2 inch pieces. Peel and dice the parsnips into 1/4 inch pieces. Core and chop the apples. Chop the onion.

Add the broccoli, parsnips, apples, onion, sage, and salt to the skillet. Cover and cook over medium heat, stirring a few times until tender about 12 minutes. Add the bacon back to the skillet and mix well.

Check the seasoning and adjust to taste.

*Divide mixture into 4 containers and store in the refrigerator.*



# BAKED CHICKEN BREAST

## INGREDIENTS

1 Chicken Breast (Preferably organic, free-range)

## INSTRUCTIONS

First Pre-heat your oven to 450 degrees.

*(This seems high, but with chicken breast, higher and shorter helps to prevent drying them out.)*

Wash and season your chicken breast how you would like.

## SUGGESTED SEASONINGS

*Italian Seasoning, plain salt & pepper, turmeric, garlic, chili powder*

Be as creative as you would like-to your taste preference.

Grease the baking pan with oil or butter.

Place your chicken breast on the greased sheet and cover with aluminum foil and place in the oven.

Set you timer for 15 mins and check your chicken with a meat thermometer it should read 165 for safety.



# OPEN FACED BURGER

What is an opened face burger you may ask?

It's a burger without a bun!

Use your lettuce as your bun and make your burgers as you prefer.

Pop in some sweet potato fries and you have a fast and easy meal!



# ROASTED CHICKEN

Preheat your oven to 350 degrees.

Wash and pat dry your chicken and place in a roaster pan.

Season the chicken inside and out with salt and pepper-massaging all the way around.

Use garlic and butter to rub inside the bird cavity, leaving the remaining inside.

Bake chicken uncovered in the preheated oven until no longer pink at the bone and the juices run clear, about 1 hour and 15 minutes.

An instant-read thermometer inserted into the thickest part of the thigh, near the bone, should read 180 degrees F. (82 degrees C)

Remove from heat and baste with melted margarine and drippings.

Cover with aluminum foil and allow to rest about 30 minutes before serving.



Once your chicken has cooled and you've eaten dinner, remove the remaining meat off the bones and store in a glass container for upcoming recipes.

Take the bones of your chicken and either freeze them in a gallon bag or let's make some bone broth! This takes some time, but it is super easy and has amazing benefits for your digestion and your body!

# BONE BROTH

2 1/2 lbs. of Chicken Bones of 1 Chicken Carcass  
1 Tbsp Apple Cider Vinegar (ACV)  
1 tsp Salt  
1 Medium Onion, Peeled & Halved  
2 Ribs/Sticks Celery Stalks (*cut into thirds, with leaves attached*)  
2 Medium Carrots, Peeled & Halved  
2 smashed garlic cloves  
1 Bay Leaf (*optional, but nice*)

Filtered Water (*stockpot: 16 cups, 6Qt Slow Cooker: 12 cups, Instant Pot: 10-11 cups*)  
*I prefer filtered water but this depends on how you feel about your faucet water-use what you feel best with.*

Place everything in a slow cooker on low heat and forget it for 15 hours! Once it's done you should have a rich in color and nourishment broth!

Strain everything out and bottle it up. I use mason jars; they work the best.  
*Keep refrigerated.*

Pull out to drink through out the day or use in other recipes or you can make a delicious soup. Enjoy!



# VEGETABLE SOUP

Speaking of soup...we will be using the broth in this recipe!

## INGREDIENTS

1 tbsp Olive Oil  
1 Medium Yellow Onion Diced  
1 Large Carrot Peeled & Chopped  
2 Celery Stalks, Chopped  
1 Red Bell Pepper, Seeded & Chopped  
4 Garlic Cloves Chopped  
2 cups Green Beans, Trimmed & Chopped  
1-28-ounce Can of Diced Tomatoes  
4 cups Your Homemade Chicken Bone Broth  
1 1/2 tsp Dried Oregano  
1 tsp Dried Basil  
1/2 tsp Dried Thyme  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
4 cups of Kale, Stemmed & Chopped  
2 tbsp Fresh Parsley, Chopped

This recipe is crazy easy!

Heat up a large pot over med-high heat and add olive oil.

Throw in onion, carrot, celery and cook for 3-5 minutes or until onions are translucent.

Add in garlic and bell pepper then cook for 1 minute longer.

Add in green beans and cook for another minute.

Top with diced tomatoes, chicken stock and spices and give it a stir.

Bring to a boil and let simmer uncovered over med-low heat for 25 minutes.

Add in kale and cook for 5 more minutes. (*It will wilt.*)

Top with fresh parsley and serve warm-also experiment with toppings to your taste!  
My family really likes dipping Gluten-free garlic bread in it!

Will keep for a week in refrigerator and freezes well. Enjoy!



# GREEN CURRY & LENTIL SOUP

## INGREDIENTS

1 tbsp Olive Oil  
1 Small Onion, Diced  
2 Garlic Cloves, Minced  
2 cups Cauliflower Florets  
2 cups Cubed Sweet Potato (*about 1 large*)  
1 tbsp Fresh Turmeric, Grated  
1 tbsp Fresh Ginger, Grated  
Pinch of Salt & Pepper  
3 tbsp Green Curry Paste  
1 cup Green Lentils  
1 can Coconut Milk  
1 can Lite Coconut Milk (*or full-fat*)  
2 cups Water (*you can always add a little more*)  
2 - 3 cups Spinach

## INSTRUCTIONS

Heat the oil in a large stockpot adding the onions and garlic and sauté until just starting to soften.

Add the cauliflower, sweet potato, and sauté for another few minutes. Add the spices, curry paste, salt, pepper and lentils and stir to combine. Cook for a couple of minutes.

Add all of the liquid into the pot and combine. Bring the soup to a boil, then cover and reduce to simmer for approximately 30 minutes until the lentils have cooked and the sweet potato is fork tender. Add more water if needed.

Stir in the greens once you have removed the soup from the heat. The greens will wilt after stirring a couple of minutes.

Serve immediately and enjoy!



# LUNCH/DINNER

# EGG & AVOCADO SALAD

## INGREDIENTS

2 Avocados, Small & Ripe  
2 tbsp Chives, Fresh  
6 Eggs  
1/3 cup Sauerkraut  
2 tbsp Lemon Juice  
1 Black Pepper  
1/2 tsp Salt  
1/2 tsp Garlic  
1/4 tsp Dill  
2 tbsp GreekYogurt, Plain

## INSTRUCTIONS

Cut the avocado into cubes. Place in bowl and gently mash with a fork.

Chop the eggs, add to the bowl with other ingredients and combine well.

Can be served over a bed of lettuce, a scooped out tomato half or as a sandwich between two pieces of gluten-free bread.



# MIDDLE EASTERN PILAF

## INGREDIENTS

3 tbsp Extra Virgin Olive Oil (EVOO)  
1 tbsp Minced Garlic  
1 cup Porcini Mushrooms, Sliced  
1 cup Chickpeas  
1/2 red Chili Pepper, Minced  
1 tsp Turmeric Powder  
3 tsp Curry Powder  
2 cups Uncooked White Basmati  
2 3/4 cups Bone Broth  
1 1/2 tsp Black Pepper  
2/3 cup Fresh Basil, Chopped  
Salt To Taste  
Lemon Juice, To Serve  
Greek Yogurt, To Serve

## INSTRUCTIONS

Warm bone broth in a saucepan until it comes to a rolling boil.

Heat oil in a non-stick heavy saucepan with a tightly fitting lid, add garlic and chilis over a high heat for about 2 minutes. Add spices and cook for another minute.

Add rice and briefly sauté, then add boiling bone broth. Stir constantly for another 10 minutes.

Cover and cook reducing the heat to very low. Cook for 30 minutes or until broth has been absorbed. Remove from oven or stove and let sit with lid on for 15 minutes.

Uncover, cool slightly and stir through basil and chives. Serve with a topping of yogurt and a squeeze of the lemon.



# VEGGIE BURGER

## INGREDIENTS

2-1/2 cups mashed potatoes  
1/2 cup Cooked Quinoa  
1/4 Gluten-free Bread Crumbs  
1-1/2 tbsp Coconut Aminos  
1 medium Carrot, Grated  
1/2 small Zucchini, Grated (*Remove excess liquid*)  
1 tsp Grated ginger  
1 Egg  
2-1/2 tbsp Shaved Parmesan  
2-1/2 tbsp fresh Parsley

## INSTRUCTIONS

Peel and boil potatoes until very soft, mash, and allow to cool. This can be done ahead of time and refrigerated or use leftovers. Do the same for the quinoa.

Once potato and quinoa have cooled down, place into a bowl with all other ingredients and incorporate. Form the burgers making them approximately 1" in thickness.

Spray or drizzle olive oil into a skillet on medium heat. Once the oil is hot but not smoking, add the burgers and lightly brown the outside for about 5 minutes. Turn the heat to low and cook for another 12-15 minutes. Be mindful to only turn them one time, after browning on that side.



# VEGGIE & FETA FRITTATA

## INGREDIENTS

6 eggs  
1/2 cup Lactose Free Milk  
1/2 cup Feta Cheese  
1 cup Diced Sweet Potato  
1/2 Grated Zucchini  
1 cup Chopped Spinach  
Paprika (or spice of choice)  
Thyme  
1/4 cup Chopped Green Onion

## INSTRUCTIONS

Preheat oven to 350 F. Prepare a cast iron skillet or glass baking dish by coating it with olive oil.

Microwave chopped sweet potato in a bowl until slightly soft.

In a bowl, whisk together eggs, milk, and seasonings. Fold in the sweet potatoes, spinach, and zucchini and pour into prepared skillet or baking dish.

Bake for 40-45 Minutes. If you find the top is getting over-baked, simply cover with a piece of foil for the remainder of the cooking time or until the center is no longer loose.



# TOFU & VERMICELLI NOODLES WITH PEANUT SAUCE

## INGREDIENTS

- 1 Nest of vermicelli Noodles, Uncooked
- 1/2 cup Firm Tofu, Cubed
- 1/3 cup Red Cabbage, Shredded
- 1 tbsp Peanuts, Chopped
- 1 tbsp Green Onion Tops, C
- 1 Shredded Carrot (*if desired*)

## SAUCE

- 1 tbsp Organic Smooth Peanut Butter
- 1 tsp Sesame Oil
- 1 tbsp Coconut Aminos
- 1 tsp Maple Syrup
- 1 tsp Water/Broth
- 1 tsp Sriracha (*optional if you don't care for a little spice*)

## INSTRUCTIONS

Prepare the vermicelli noodles according to the instructions on the package, place in a bowl to serve and set aside.

Heat a teaspoon of oil in a small skillet or wok and add tofu cubes. Lightly brown all sides. This should take approximately 5 minutes.

## SAUCE

Whisk together the sesame oil, peanut butter, maple syrup, coconut aminos, sriracha, and water/broth and mix well. You can add a little liquid if you want a thinner consistency.

In the bowl with noodles, add tofu, shredded cabbage, carrot, and drizzle peanut sauce. Top with chopped peanuts and chopped green onions and serve. Enjoy!



# BETTER THAN MAC & CHEESE

## INGREDIENTS

1-1/2 15 oz cans Organic Pumpkin  
2 Thyme  
4 Garlic Cloves  
1-1/2 cans, 13.5 oz can Coconut Milk  
3 Tbsp Organic Miso Paste  
4 cups Gluten-free Pasta Shells or Penne, Cooked & Drained (*Try Banza Chickpea*)  
Olive oil cooking spray

## TOPPING

1/2 cup Panko Bread Crumbs  
2 Tbsp Nutritional Yeast  
1 Tbsp Granulated Garlic Powder  
1/4 tsp Sea Salt  
1/2 cup Finely Chopped Parsley

Preheat the oven to 375°F and lightly coat a 9×13-inch pan with olive oil cooking spray.

In a large stockpot, combine the pumpkin, garlic cloves, thyme, salt, and coconut milk.

Cook over medium heat, uncovered, stirring occasionally, about 30 minutes.

Mix the mixture with an immersion blender adding in miso paste and purée until all velvety smooth.

Meanwhile, cook the pasta in salted water until al dente. Rinse and drain very well.

Spread out the pasta in the prepared pan pouring the pumpkin mixture over the pasta the fold in nutritional yeast and mix well. Cover with aluminum foil and bake for approximately 30 minutes.

Meanwhile, in a small bowl, combine the ingredients for the topping.

Remove the Better Than Mac & Cheese from the oven and sprinkle the top with the breadcrumb topping. Broil for a couple of minutes until golden brown.

Serve immediately and enjoy. This is a family favorite!

LUNCH/DINNER



BETTER THAN  
MAC & CHEESE

# PULLED PORK WITH PINEAPPLE SLAW

## SLOW COOKER RECIPE

### INGREDIENTS

3 pound Pork Shoulder (bone-in or boneless)  
1/2 cup Chicken Broth  
1/2 cup Balsamic Vinegar  
1/4 Coconut Aminos  
1/8 tsp Salt & Pepper Each

### COLESLAW

1-2 bags of Coleslaw Cabbage (or 1 bag coleslaw and 1 bag shredded purple cabbage)  
1 tbsp Apple cider vinegar  
1 tbsp Avocado Oil (or olive oil)  
Strained Plain Yogurt (about 1/4 cup)-Use enough to make creamy

### SALSA

2 cups Fresh Pineapple, Diced  
1/4 cup Red Onion & Red/Orange Pepper Each-Finely Chopped  
1/4 cup Fresh Cilantro, Minced (if desired)  
1 Jalapeno Pepper, Seeded & Minced  
Juice of 1 Lime  
1/8 teaspoon of salt

Place pork in the slow cooker and season with salt, pepper, coconut aminos, chicken broth, and balsamic vinegar.

Cover and cook on low for approximately 8 hours or until pork pulls apart easily. Shred.

### PINEAPPLE SALSA

Place diced pineapple, chopped red onion and pepper in a bowl and combine. Season with salt, add lime juice, and minced Jalapeno pepper. (Add cilantro if you wish.)

In a separate bowl, mix cabbage, oil, vinegar, yogurt, and combine.

Refrigerate an hour prior to serving to let the flavors combine.

Top pulled pork with coleslaw and pineapple salsa and serve! Try over a bed of romaine lettuce or on a gluten-free bun.



# ROASTED PARSNIPS

## INGREDIENTS

2 tbsp Maple Syrup  
1 tbsp Honey  
1 tbsp thyme leaves  
4 Parsnips, Core Removed & Quartered  
4 tbsp Extra Virgin Olive Oil (EVOO)  
Salt & Pepper To Taste

## INSTRUCTIONS

Preheat the oven to 425 F.

Combine maple syrup, honey, and thyme in a large bowl, and set aside. (*Sometimes it is helpful to warm this mixture a little.*)

Bring a pot of salted water to the boil, add the parsnips, and cook for 6 mins or until just tender. Drain.

While parsnips are still hot, toss maple and honey mixture to coat the parsnips. (*This is where it is easier if this mixture is warm even though the parsnips are.*)

On a baking pan covered with a sheet of baking paper, lightly grease the paper with olive oil and spread the parsnips over the pan giving each space. Roast for 30-40 minutes depending on the size of the parsnip wedges and rotate the pan halfway through the cooking.

Sprinkle with salt and pepper then serve. Enjoy!



# LUNCH/DINNER

## CHICKEN PAD THAI

### INGREDIENTS

1/4cup Coconut Aminos  
1 tbsp Maple Syrup  
2 tbsp Fresh Ground Organic Peanut Butter  
Rice Noodles Cooked According To Package  
11bsp Sesame Oil  
1 Clove Garlic Crushed  
1/4 cup Lime Juice  
2 Chicken Breasts, Cubed  
2 Eggs, Whisked  
2 tsp Minced Ginger  
1 Minced Chili Pepper  
1 Shredded Carrot  
½ cup Chopped Spring Onion  
1 cup Coriander Leaves (*Cilantro*) - Optional To Taste

### INSTRUCTIONS

Whisk together coconut aminos, lime juice, maple syrup, and peanut butter.

Prepare rice noodles as per packet instructions.

In a large skillet or wok on medium heat, heat the crushed garlic in sesame oil and add the cubed chicken along with the minced chili pepper and ginger. Stir-fry until the chicken is cooked all the way through. This should take about ten minutes depending on the size of the cubes.

Remove skillet or wok from the heat and add the whisked eggs. Toss gently. The heat from the mixture will cook the egg. Place this mixture in a large bowl.

Add the chicken and egg mixture, shredded carrots, and cooked rice noodles. Toss to combine.

If you want to serve this in the traditional Thai manner, top with a tbsp crushed peanuts, bean sprouts, chopped coriander, and a wedge of lime. Enjoy!



# CHICKEN MEATBALLS WITH HERB SAUCE

## INGREDIENTS

Olive Oil Spray  
1 tbsp Extra Virgin Olive Oil (EVOO)  
1/2 Red Onion, Minced  
2 Garlic Cloves, Minced  
1 Pound Ground Chicken  
1/4 cup Chopped Fresh Parsley  
1 tbsp Dijon Mustard  
3/4 tsp Kosher Salt  
1/2 tsp Fresh Ground Pepper  
1/2 tsp Paprika

## SAUCE

One 14-ounce Can of Coconut Milk  
1 cup Chopped Fresh Parsley, Divided  
4 Chopped Green Onions  
1 Garlic Clove, Peeled & Minced  
Zest & Juice of 1 Lemon  
Sea Salt & Ground Pepper  
Crushed Red Pepper Flakes (for serving)

## INSTRUCTIONS

Preheat the oven to 375°F. Line a baking sheet with aluminum foil and spray it with olive oil.

In a skillet, heat the olive oil over medium heat and sauté onions until translucent. Add the garlic.

Cool onion garlic mixture slightly and stir in the chicken, parsley, and mustard. Add a dash of salt and pepper. Begin making the chicken balls forming the mixture into small balls and transfer to the prepared baking sheet. Bake the meatballs until fully cooked for approximately 18-20 minutes. Meat should reach the 165F in temperature.

## SAUCE

Combine the coconut milk, parsley, scallions, garlic, lemon zest, and lemon juice in a blender until smooth. Add salt and pepper to taste.



# SPANIKOPITA

## INGREDIENTS

1 Bag of Organic Spinach Leaves, Chopped with Stems Removed  
2 tbsp Extra Virgin Olive Oil (EVOO)  
Extra Virgin Olive Oil (EVOO)-(for greasing pastry)  
2 cups Leeks, Roughly Chopped (*Only the greens*)  
1 cup Green Onions, Chopped  
1 4oz. Container of Crumbled Feta Cheese  
2 Eggs, Beaten  
2 tbsp Minced Garlic  
4 tbsp Dill, Chopped  
1 tbsp Mint Leaves, Chopped  
Zest of 1 Lemon  
1/2 tsp Nutmeg  
2 tbsp Grated Parmesan Cheese  
12 sheets of Phyllo Pastry (*about 18 sheets*)  
*Black Sesame Seeds (optional)*

## INSTRUCTIONS

Preheat the oven to 400F. Grease the 9 X 13" glass pan with oil.

Place the olive oil, leek, and spring onion greens in a medium sized pan and on low to medium heat. Cook until softened and place in a bowl. Add spinach, leek & spring onion greens, feta, herbs, eggs, lemon zest, and nutmeg into a bowl and mix well.

Line rimmed baking sheet with parchment paper and brush lightly with extra virgin olive oil.

*Don't let the phyllo dry-out: This is a very important step that should not be overlooked. Keep the phyllo dough covered with a damp kitchen towel while working with the phyllo sheets.*

- Layer 1 = 10 Phyllo Sheets: Lay 1 phyllo sheet on the oiled parchment. Brush the sheet thoroughly with oil. Repeat with 9 more phyllo sheets, brushing each one with oil. You should have a total of 10 layers of Phyllo.
- Layer 2 = Spinach Mixture: Spread the spinach mixture evenly over the phyllo, leaving about 1/4 -inch border on all sides.
- Layer 3 = 8 Phyllo Sheets: Cover the spinach mixture with a sheet of phyllo, brush it with oil and sprinkle it with about 2 tablespoons of Parmesan cheese. Repeat with 5 more phyllo sheets brushing each one with oil and sprinkling with Parmesan. Lay two more layers, brushing each with oil (don't sprinkle any cheese on the last 2 layers).

Score Top: Working from the center outward, use the palms of your hands to gently compress the layers and press out any air pockets. Using a sharp knife, score the spanakopita through the top 3 layers of phyllo into 24 equal pieces. *Top with black sesame if desired.*

Bake: Bake for about 20 to 25 minutes or until the phyllo is golden and crisp. Remove from the oven and allow it to cool for about 10 minutes (or up to 2 hours).

Enjoy!



SPANIKOPITA

# LUNCH/DINNER

# THAI CHICKEN CURRY

## SLOW COOKER RECIPE

### INGREDIENTS

2 cups Chicken Stock  
4 tbsp Thai Thai Red Curry Paste  
1 Coconut Aminos  
1 tablespoon Coconut Sugar (*You can sweeten with maple syrup too.*)  
1 tablespoon Minced Ginger  
1 tablespoon Fish Sauce  
3 Cloves Garlic, Minced  
1 lb. Chicken Breast Cut Into Small Pieces  
1 small Butternut Squash Cut Into 1" Cubes  
1 Medium Sweet Vidalia Onion, Chopped  
1-2 Chili Peppers (*Use less or more depending on the amount of heat you like.*)  
14 ounce Can Coconut Milk

\*\* Optional-Cilantro, Chili Pepper, & Lime To Serve

### INSTRUCTIONS

Place all the ingredients, except *for the coconut milk* into your slow cooker and stir together well. Set your crockpot to cook on high for 4 hours.

After 4 hours, stir in the coconut milk and let it sit while you prepare the rice, cauliflower rice, or quinoa to serve.

Top with a little cilantro, lime, and, if you like it extra spicy, some chopped chili peppers.

Enjoy!



# SWEET POTATOE WEDGES

## INGREDIENTS

- 2 Medium Sweet Potatoes
- 1 tbsp Extra Virgin Olive Oil (EVOO)
- Salt & Pepper to Taste
- 1 tsp Chilli Powder
- 1/4 tsp Ground Cinnamon

## INSTRUCTIONS

Preheat oven to 350.

Slice the potatoes lengthwise into long wedges. Each potato should make 8 thin wedges.

Place in a large bowl and toss in the olive oil and spices until the potatoes are completely covered in the chili mixture.

Spread the potatoes on a prepared pan with olive oil or for easy clean-up, I like to use a baking paper.

Bake for approximately 30 minutes until the edges of the potatoes have browned and the centers are cooked and tender. *(Cut them into smaller strips for faster cooking time.)*

Serve with Cashew Dip for a satisfying lunch or dinner.



# CASHEW DIP

## INGREDIENTS

- 1/2 cup coconut milk
- 1 cup Raw Cashews
- 2 tbsp Lemon Juice
- 1 tsp Extra Virgin Olive Oil (EVOO)

## OPTIONAL CHILI TOPPING

- 1 Minced Red Chili Pepper
- 1 Garlic Clove, Crushed
- 1 tsp Apple Cider Vinegar (ACV)
- 2 tbsp Local Honey

## INSTRUCTIONS

Place cashews in a bowl and cover with cold water. Set aside for 4 hours to soak.

Drain cashews and transfer to the bowl of a food processor. Add the coconut milk and lemon juice. Pulse until the mixture is smooth and has a creamy consistency.

## CHILI TOPPING

In a frying pan on medium heat, add the chili pepper and garlic and cook for a minute or two. Add the honey and apple cider vinegar and mix. Season to your taste.

Place the cashew mixture in a bowl and swirl the chili pepper mixture over the top of the cashew cream.

Serve with Seed Crackers or Sweet Potato Wedges.



# 09

## SALADS



# LUNCH/DINNER

# CREAMY CUCUMBER SALAD

## INGREDIENTS

- 1 Cucumber
- 1/2 Greek Yogurt
- 1/2 cup Fresh Chives & Dill
- 2 Tbsp Apple Cider Vinegar

## INSTRUCTIONS

Chop the chives and dill adding them to the yogurt and apple cider vinegar.

Thinly slice the cucumber, add to the bowl with the yogurt mixture, and stir.

Refrigerate until ready to serve.



# TACO SALAD

## INGREDIENTS

4 Tortilla Chips  
2 tsp Extra Virgin Olive Oil, Divided  
3/4 tsp Kosher Salt, Divided  
1/2 tsp Black Pepper, Divided  
1 lb 93% Lean Ground Turkey  
2 Cloves Garlic Minced (or thru a garlic press)  
1 tbsp Chili Powder  
1 head Romaine Lettuce Roughly Chopped  
1 can Low-Sodium Black Beans  
1 can Mexican-style Corn (71 ounces), Drained  
1 tsp Ground Cumin  
1/2 tsp Garlic Powder  
2 cups Cherry Tomatoes, Halved  
1 medium Ripe Avocado, Peeled, Pitted, & Ripe  
1 cup Loosely Packed Chopped Fresh Cilantro  
1/4 cup Diced Green Onions

## SALSA YOGURT DRESSING

1/4 cup Salsa (store-bought or homemade)  
1/4 cup Non-fat Plain Cashew Yogurt or Any Dairy-free Version You Prefer

## INSTRUCTIONS

In a large, nonstick skillet, heat 1 teaspoon olive oil over medium-high. Add turkey, chili powder, cumin, garlic powder, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Break up the meat and stir with a spoon until it is cooked through; about 5 minutes.

In a small bowl, stir together the salsa and yogurt to make the dressing.

Place the romaine in a large serving bowl. Top with 1/4 cup of the salsa-yogurt mixture, the turkey, black beans, corn, tomatoes, avocado, cilantro, cheese, and green onions. Toss lightly to combine, then sprinkle the tortilla strips over the top. Serve immediately with remaining salsa-yogurt dressing as desired.

## PLAN AHEAD OPTIONS

Store the cooked ground turkey in the refrigerator for up to 4 days, the corn and black beans in a separate container for up to 4 days, the dressing in a container for up to 4 days, and the chopped tomatoes in a container for up to 3 days. Washed, chopped lettuce can also be stored in the crisper drawer for 2 to 3 days. Warm the turkey and assemble the salad just before serving.

## STORAGE

Once assembled and dressed, the salad is best eaten within a few hours of serving. However, the deconstructed elements of this salad may be stored separately in airtight containers for 2-4 days in the fridge.

# SALADS



TACO SALAD IS A  
QUICK & HEALTHY MEAL

# GRILLED NECTARINE & CHICKEN SALAD

## INGREDIENTS

2 Chicken Breast Fillets Without Skin  
Salt & Pepper to Taste (For Grilled Chicken)  
1/2 tsp Black Pepper  
1 Bunch Watercress (Optional)  
Romaine Lettuce  
Extra Virgin Olive Oil (EVOO)  
2 Bunches Asparagus (Trim the woody ends.)  
2 Fresh Nectarine, Pit & Slice into Wedges

## DRESSING-Citrus Vinaigrette

1/2 cup Orange Juice  
1/2 tsp Ground Paprika  
1-1/2 tbsp Extra Virgin Olive Oil (EVOO)  
2 tbsp Apple Cider Vinegar  
1 tbsp Local Honey  
1 tsp Wholegrain Mustard

## INSTRUCTIONS

Heat a barbecue grill or chargrill on medium-high. Place the chicken in a bowl. Sprinkle salt and pepper. Drizzle with 2 teaspoons of oil. Season with paprika and toss to coat.

Cook chicken on grill for 4 mins each side or until cooked through. Inside temperature should reach 165 F. Transfer to a plate and cover with foil. Set aside for 5 mins to rest. Thinly slice.

Grill the asparagus turning for 2 mins or until tender. Transfer to a plate.

Lightly brush the nectarine with a little oil. Cook on grill for 1 min each side or until lightly charred.

## DRESSING

Whisk the vinegar, mustard, honey, orange juice, and remaining oil in a bowl. Add pepper to taste.

Arrange greens on a plate and top with asparagus, nectarine, and chicken then drizzle with the dressing. Enjoy!

- *Romaine is great grilled as well. Simply cut the stalk in half, lightly brush with oil and char the leafs lightly on medium heat. You'll have a warm salad with a smoky flavor which balances nicely with the light, citrusy dressing.*



# SALADS

## VERY BERRY SUMMER SALAD

### INGREDIENTS

2 cups Spring Mix Salad Greens  
1/2 cup Blueberries  
5 Large sliced Strawberries  
5 Red Raspberries

### DRESSING-Creamy Kefir Salad Dressing

1/2 cup Kefir, Plain Flavor  
2 tbsp Ground Mustard  
2 tsp Honey  
1 1/2 tbsp Water  
1/2 tsp Apple Cider Vinegar  
1/4 tsp Minced Garlic  
Pinch of Salt & Pepper to Taste  
A Pinch of Oregano or Thyme

### DIRECTIONS

In a bowl or jar combine all dressing ingredients together. Mix well and chill. or use right away.

Place spring greens on a plate and sprinkle with berries. Drizzle with dressing and serve.

You can add a few walnuts and/or a a tablespoon of crumbled goat cheese if you would like.



# SALADS

# ROASTED BROCCOLI DETOX SALAD

## INGREDIENTS

1 lb Broccoli Chopped  
2 cups Spinach or Kale Chopped  
1/2 cup Chopped Sweet Red Pepper (or small sweet peppers)  
2 tsp to 3 tsp Coconut Oil  
1/2 c Plain Yogurt or Kefir Yogurt  
2 tsp Apple Cider Vinegar  
1 Clove of Garlic Minced  
1/2 to 1 tbsp Extra Virgin Olive Oil (EVOO)  
1 tsp Lemon Juice  
1/2 cup Diced Purple Onion  
1/2 tsp Everything Bagel Seasoning or Seasoning of Your Choice  
1/4 cup Sunflower Seeds  
Sea Salt & Pepper to Taste  
(For a little sweet flavor, try adding 1 cup of blueberries.)

## INSTRUCTIONS

Preheat oven to 425F.  
Roast 1/2 lb of broccoli in 2-3 tsp oil and seasoning of your choice for extra flavor for approximately 20 minutes.

Place the other 1/2 lbs broccoli florets in a large mixing bowl. If you don't want to roast half, just toss all raw broccoli florets in a large bowl.

## DRESSING

Mix yogurt, apple cider vinegar, garlic, salt/pepper, olive oil, lemon juice, and onion in a small bowl.

Place roasted broccoli and raw broccoli in one bowl add sunflower seeds, sweet peppers and spinach. Toss gently.

Drizzle dressing, mix, and serve!



# QUINOA SALAD

## INGREDIENTS

1 cup of Quinoa  
1/4 cup Chopped Green Onions  
1/2 cup Sliced Cherry Tomatoes  
2 cups Spinach Chopped  
1/2 cup Cubed Almond Cheese (white or orange)  
2 Cloves Garlic Minced (or thru a garlic press)  
Salt & Pepper To Taste  
1/4 cup Black olives (you can leave this out if you don't like them)  
1 small Cucumber  
2 tbsp Apple Cider Vinegar  
1 tbsp Extra Virgin Olive Oil  
1/2 tsp Bragg's Soy Aminos

Rinse the quinoa. Place quinoa in a fine-mesh strainer and rinse thoroughly under cool, running water. Rub and swish the quinoa with your hand while rinsing. Drain.

Toast the quinoa in a saucepan. Heat the olive oil in a small saucepan over medium-high heat until shimmering. Add the drained quinoa and cook, stirring constantly, to let the water evaporate and toast the quinoa, about 2 minutes. (*This adds a depth of flavor, but not necessary if you don't want it.*)

Add liquid and bring to a boil. Stir in the water or broth and the salt. Bring to a rolling boil.

Lower heat and cook, covered, for 15 minutes. Turn the heat down to the lowest setting. Cover and cook for 15 minutes.



# QUINOA SALAD

## CONTINUED

While the quinoa is cooking you can chop and prepare all your ingredients. Cut up the green onions, cherry tomatoes, cucumber, spinach, almond cheese, spinach, and black olives. Put chopped spinach aside. Place all other cut up ingredients into a large bowl after 15 mins for the quinoa. Let stand, covered, for 5 minutes. Remove the pot from heat and let stand for 5 more minutes, covered. Don't peek!

During your 5 minutes, prepare your dressing. Combine your vinegar, oil, Bragg's soy amino's, and garlic in a small bowl and whisk.

Once 5 minutes have passed fluff your quinoa. You should see tiny spirals (*the germ*) separating from and curling around the quinoa seeds. Fluff the quinoa gently with a fork, If any liquid remains in the bottom of the pan or if the quinoa is still a bit crunchy, return the pot to low heat and cook, covered, for another 5 minutes, until all the water has been absorbed. Set this aside and prepare your bowl of ingredients.

Combine your dressing into the large bowl of vegetables, stir until everything is coated. Once quinoa is ready and a little cooled add that to the large bowl of veggies and dressing and stir to combine! To Serve: place a handful of the cut-up spinach on a plate, top with a scoop of the quinoa and enjoy-salt and pepper to taste.

To store this-place in the refrigerator and eat cold.





# SALAD DRESSINGS

# SALAD DRESSINGS

## CITRUS VINAIGRETTE

1/2 cup Orange Juice  
1/2 tsp Ground Paprika  
1-1/2 tbsp Extra Virgin Olive Oil (EVOO)  
2 tbsp Apple Cider Vinegar (ACV)  
1 tbsp Local Honey  
1 tsp Wholegrain Mustard

## CREAMY KEFIR SALAD DRESSING

1/2 cup Kefir, Plain Flavor  
2 tbsp Ground Mustard  
2 tsp Honey  
1-1/2 tbsp Water  
1/2 tsp Apple Cider Vinegar (ACV)  
1/4 tsp Minced Garlic  
Pinch of Salt & Pepper to Taste  
A Pinch of Oregano or Thyme

## SESAME & GINGER DRESSING

1 tbsp Extra Virgin Olive Oil (EVOO)  
1 tbsp Sesame Oil  
1 tbsp Coconut Aminos  
1 tbsp Maple Syrup  
1 tbsp Rice Vinegar  
1 Clove Garlic, Minced  
1 tsp Fresh Ground Ginger  
1/4 tsp Pepper

## GUT HEALTHY RANCH

1 cup Plain Greek Yogurt  
1/2 tsp Garlic Powder  
1/2 tsp Onion Powder  
1/2 tsp Dill Powder  
1 tbsp Fresh Chives, Minced  
Dash of Cayenne Pepper & Salt, To Taste

## GINGER & TURMERIC VINAIGRETTE

1/4 cup Extra Virgin Olive Oil (EVOO)  
2 tbsp Apple Cider Vinegar (ACV)  
1 tsp Turmeric  
1/2 tsp Ground Ginger  
1 tsp Honey  
1 tsp Garlic  
Salt & Pepper, To Taste

## CREAMY HONEY MUSTARD

1/2 cup Kefir  
1/2 tbsp Extra Virgin Olive Oil (EVOO)  
1/3 cup Dijon Mustard  
1-1/2 tbsp Water  
1/2 tsp Apple Cider Vinegar (ACV)  
1/3 cup Honey  
Salt & Pepper, To Taste



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## SNACKS & DRINKS



# SEED CRACKERS

## INGREDIENTS

1-1/2 cups Sunflower Seed Kernels  
1/2 cup Flax Seeds  
1/2 cup Raw Buckwheat  
1/4 cup Chia Seeds  
1 tsp Salt  
1-1/2 cups Warm Water

## INSTRUCTIONS

Place all the ingredients in a bowl and mix thoroughly. Wait approximately 15-20 minutes for seeds to absorb the water.

Preheat the oven to 325.

Line 2 baking trays with non-stick baking paper pressing the sunflower mixture firmly, in a thin layer, over each prepared tray. Make certain there are no gaps. Bake for 1 hour or until golden and crisp.

When cool, break into large pieces.

Enjoy with tuna for a wholesome and satisfying snack!



# GUT HEALING TEAS



## MARSHMALLOW TEA

- Marshmallow creates a gel like material when mixed with water. it works to soothe tissues and mucous membranes such as the lining of your stomach.
- Marshmallow works to coat the inside of your stomach and intestines providing a protective lining or barrier. It also reduces inflammation allowing your gut to start healing.
- Marshmallow works like an insoluble fiber in your gut and is a bulking laxative helping to eliminate waste and keep you regular.
- Marshmallow tea can be consumed 2-3 times a day or mix the herb with a smoothie.
  - *It is very absorbent so it is important to drink extra water with it.*
  - *Because it coats the lining of your stomach so well, do not eat or take medication or supplements within 2 hours of consumption.*

## CALENDULA TEA

- Calendula is both anti-inflammatory properties and antimicrobial and helps to kill bacteria while decreasing inflammation which is caused by the damage in your gut.
- Calendula helps to stimulate the healing process.
- Calendula can be used as tea, added to a healing broth, or added to a fresh salad.



## SLIPPERY ELM

- Slippery elm has similar effects as marshmallow but also works by stimulating nerves in your intestinal tract to help natural mucous production that acts as a protection for your gut.
- It can be used as a tea or added to warm cereal like oatmeal. Additional water should be consumed with slippery elm.
- Do not take medications or supplements within 2 hours of consuming slippery elm.

# GUT HEALING ALOE

The juice from the aloe plant is an excellent gut healer and detoxifier. It works by drawing and absorbing toxins helping you to eliminate them through a bowel movement. Aloe is high in nutrients, soothes and irritated gut, and helps to actively heal the lining of your gut. Available at most grocery stores, you can consume aloe directly from the bottle or use it with fresh juice or added to a smoothie.



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TIPS FOR  
CREATING A  
HEALTHIER GUT



# Tips For A Healthier Gut



Workout



Maintain A Healthy Diet



Consume Smaller But Frequent Meals



Chew Your Meal Until It's Soft



# HABITS TO IMPROVE GUT HEALTH



## HYDRATION

It is important for you to drink plenty of water to stay hydrated throughout the day. Proper hydration will help to flush out toxins and waste softening stool for easy elimination. Stimulating digestion helps to balance the good bacteria in your gut.

## TIPS FOR STAYING HYDRATED

- Make your water bottle your newest accessory and carry it with you everywhere.
- Infuse your water with fruit, cucumber, mint, or some zest from a lemon/lime.
- Set a reminder on your Smart Watch or phone to remind you to drink.
- Try to drink filtered water where possible. Tap water can be contaminated with lead or other substances that harm the gut microbiome.

## LISTEN TO YOUR BODY

- If you are thirsty, your body is already dehydrated. Prevent this from occurring.
- Dark urine colors indicate you are not properly hydrated. Light colored urine means you are properly hydrated.

## EXERCISE

Exercise works to get your blood flowing and directs blood towards your muscles and digestive system. This helps to create stronger intestinal contractions getting your food moving aiding in proper waste elimination preventing constipation.

Exercises such as swimming, cycling, and jogging are especially good for digestion mobility however, low-intensity exercise such as yoga, pilates or a long walk are also effective. Whatever means of exercise you choose, it is most important to remain active.



## SLEEP

Maintaining a regular sleep schedule is important to the health of your gut. The microbiome in your gut has a circadian rhythm just like you do. Eating and sleeping patterns influence your microbiome affecting both the composition and abundance of microflora in your gut. They fluctuate along with your eating and sleeping patterns. This is why your gut can feel a bit off if you are experiencing jetlag. A consistent wake/sleep schedule as well as a sufficient amount and quality sleep can go a long way to ensuring a healthy gut.

# HABITS TO IMPROVE GUT HEALTH



## FIBER & PLANT-BASED DIET

What you put into your gut has a great deal to do with the health of it. Plant-based foods are high in fiber and are anti-inflammatory. Best of all, they are loaded with prebiotic and/or probiotics. Plant-based foods are easy for your digestive system to process and help to boost the number of healthy bacteria in your gut as well as the diversity. All of this is needed for good gut health.

The majority of plant-based foods are high in water concentration and are an added bonus to helping you remain hydrated. Foods such as celery, tomatoes, watermelon, kiwis, apples, pears, and strawberries are just an example of the many fruits and vegetables that can help to keep you hydrated. Try these in a smoothie to maximize their benefits.

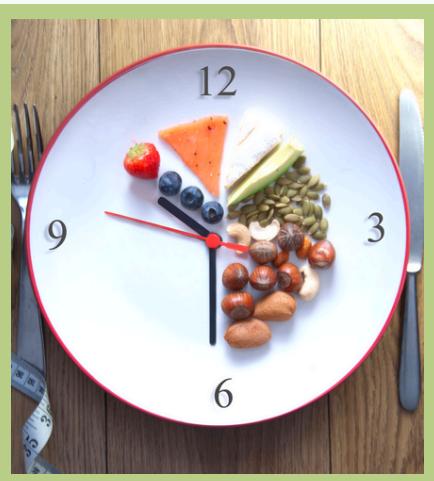


## DESTRESS

When you experience stress, your body triggers hormones such as adrenaline and cortisol which put your body into fight-or-flight diverting your blood to your digestive system. Your digestive system is lined with 4000 sq/ft. lining (*the size of a tennis court*) and measures only one cell thick. Over time when you are consistently stressed the repeated diversion of blood from your digestive tract causes this thin lining to become porous and allow for food particles to leak into your bloodstream resulting in Leaky Gut. Chronic or long-term stress impedes the development of healthy gut bacteria.

### Tips For Stress Relief:

- **Find Your Calm**-hot bath, cup of tea, short nap
- **Reflection**-meditate, journal, pray
- **Find Joy**-hobby, movie, volunteering or anything that brings you joy
- **Build Your Tribe**-surround yourself with positivity and friends and family who support you



## INTERMITTENT FASTING

Intermittent fasting (IF) refers to an eating pattern where you are eating during a certain window of time rather than restricting calories or eating less. Intermittent fasting allows your digestive system a time frame where it can rest. By fasting for a set pattern you are allowing your gut a respite from constant digestion. This allows the gut an opportunity to work to restore itself and begin improving your overall composition of gut flora.

## HOW TO FAST

16/8 - You eat during an 8-hour window and fast for the remaining 16 hours. You are not to consume anything except for water/herbal tea unsweetened during these hours.

# CREATING EVERYDAY GUT HEALTH HABITS

- Go organic whenever possible
- Eliminate alcohol
- Eliminate gluten
- Only use antibiotics when critical
- Eliminate conventional dairy
- Enjoy bone broth on a frequent basis
- Eliminate foods that aggravate your gut
- Add liberal amounts of coconut oil to your diet
- Reduce or eliminate sugar in your diet
- Reduce toxic stress
- Eliminate toxic foods
- Limit amount of soy in your diet
- Go on LDN-Low Dose Naltrexone
- Use a quality probiotic
- Feed your body prebiotics
- Add Hydrochloric acid (HCL)
- Drink lemon water
- Consume 25+ grams of fiber daily
- Fill your diet with wild-caught fish
- Get quality sufficient sleep daily
- Add fresh ginger to your diet liberally
- Add turmeric to as many foods as possible
- Drink a lot of unsweetened tea
- Use a quality digestive enzyme
- Take L-glutamine daily
- Find creative creative ways to add collagen & gelatin to diet
- Adhere to your gut health diet
- Keep your appointments with your healthcare practitioner



LINDGREN  
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LINDGREN FUNCTIONAL NUTRITION