

Gut Rescue

MEAL PLAN & RECIPES



EFFORTLESSLY BANISH BLOATING, CRAVINGS, AND BELLY FAT

Welcome To Your Meal Plan!

You don't need to worry about what to eat for the next 28 days - we've got you covered!

There are 38 delicious recipes - breakfast, lunch, and dinner! All of these recipes contain the fuel your microbiome needs to restore diversity and beneficial bacteria and stay healthy long-term.

Making Substitutions on the Meal Plan

Is there a meal you don't like on the meal plans? Traveling and need to eat out? You can always make substitutions to the Meal Plan. Just keep these guidelines in mind!

Every meal you eat should contain:

- Protein
- Healthy fats
- Fiber and carbs from fruits & veggies (starchy, non-starchy, and leafy green veggies!)

You should also aim for:

- A mix of raw and cooked foods (both have benefits!)
- As much diversity as possible

Don't eat the exact same foods over and over again everyday - diversity is what your microbiome craves!

Here's an example of a gut-healthy meal:

- 4-6 ounces wild-caught salmon
- Small baked sweet potato
- Kale cooked in olive oil
- Half an avocado

It's a mix of raw & cooked foods, includes healthy fats from the avocado, salmon, and coconut oil, starchy veggies, & green veggies (for fiber and carbs), and protein!

Gut Rescue Challenge Foods List

Here is the list of foods that will support you in healing your microbiome. The **YES FOODS** are foods you can always feel good about eating. The **SOMETIMES FOODS** should be enjoyed in moderation. And the **NO FOODS** should be avoided while healing your gut.

Yes! Foods



Grass-fed and pasture-raised meats

- Beef
- Chicken
- Goat
- Lamb
- Pork
- Turkey



Wild caught Seafood

• Abalone	• Herring	• Red Snapper
• Anchovies	• Lobster	• Rockfish
• Bass	• Monkfish	• Salmon
• Clams	• Mullet	• Sardines
• Cod	• Mussels	• Scallops
• Crab	• Northern Pike	• Shrimp
• Crayfish	• Oysters	• Tilapia
• Eel	• Perch	• Tuna
• Haddock	• Prawns	• Walleye



Wild Game Meat

• Buffalo	• Goose	• Rabbit
• Caribou	• Kangaroo	• Snakes
• Duck	• Ostrich	• Venison
• Elk	• Pheasant	
• Emu	• Quail	



Pastured or wild eggs

- Chicken
- Pheasant
- Duck
- Quail
- Goose
- Fish



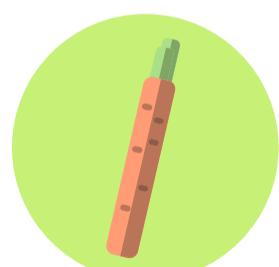
Nuts and seeds

- Almonds
- Macadamias
- Brazil Nuts
- Pecans
- Nut Butters (avoid peanut)
- Pine Nuts
- Hazelnuts
- Pistachios
- Hemp Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts



Non-starchy vegetables

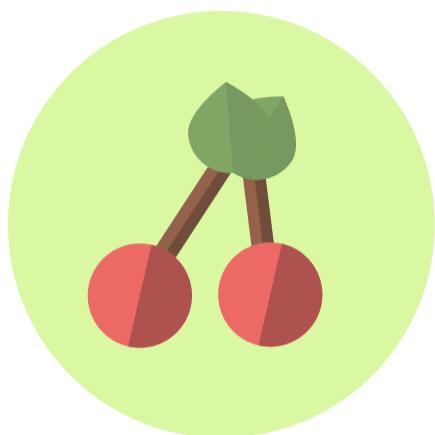
- Artichoke
- Eggplant
- Arugula
- Endive
- Asparagus
- Fennel
- Beets/Beet Greens
- Fiddlehead Ferns
- Bok Choy
- Garlic
- Broccoli
- Green Beans
- Broccoli Rabe
- Jerusalem Artichokes
- Brussels Sprouts
- Jicama
- Cabbage
- Kale
- Carrots
- Kohlrabi
- Cauliflower
- Leeks
- Celery
- Lettuce (all kinds)
- Celery Root
- Mushrooms
- Collards
- Mustard Greens
- Cucumbers
- Turnip Greens
- Watercress
- Spinach
- Swiss Chard
- Sea Vegetables
- Radishes
- Purslane
- Olives
- Onions
- Parsnips
- Peppers (all kinds)





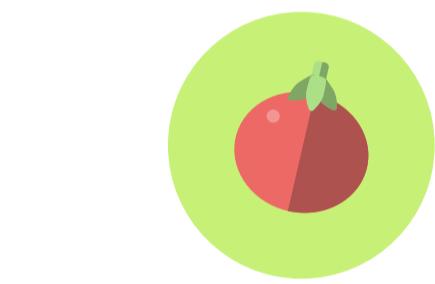
Starchy vegetables

- Squash (all kinds)
- Cassava
- Potatoes
- Pumpkin
- Rutabaga
- Sweet Potatoes
- Taro
- Turnips
- Yams



Fruits

- Apple
- Apricot
- Banana
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Cherries
- Coconut
- Cranberries
- Figs
- Goji Berries
- Gooseberries
- Grapefruit
- Grapes
- Guava
- Honeydew Melon
- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Nectarine
- Orange
- Papaya
- Passion Fruit
- Peaches
- Pears
- Persimmon
- Plantain
- Plums
- Pomegranate
- Raspberries
- Rhubarb
- Star Fruit
- Strawberries
- Tangerine
- Tomatoes
- Watermelon



Fats & Oils

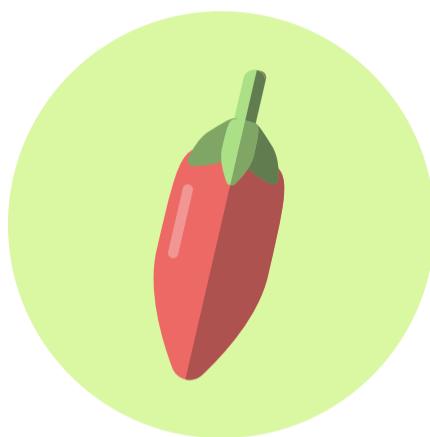
- Avocado oil (virgin, unrefined)
- Butter and ghee (grass-fed)
- Coconut oil (virgin, unrefined)
- Lard (pasture-raised)
- Olive oil (extra virgin)
- Palm oil (virgin, unrefined)
- Tallow (grass fed)





Naturally Fermented Foods

- Kefir
- Kimchi
- Kombucha (low sugar)
- Pickles
- Sauerkraut
- Yogurt (sheep, goat, cow, or alternative milk)



Spices & Herbs

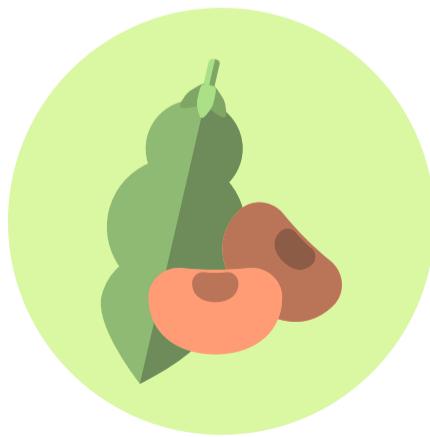
- All fresh herbs
- Spices without added ingredients



Tea

- Organic and unsweetened

Sometimes? Foods



Legumes

- Black beans
- Chickpeas (Garbanzo beans)
- Kidney beans
- Lentils



Gluten-Free Grains

- Gluten-free oats
- Amaranth
- Buckwheat
- Millet
- Quinoa
- Rice (all varieties)



Coffee

Grass-fed and raw dairy

- Yogurt
- Kefir
- Cheese



Dark Chocolate

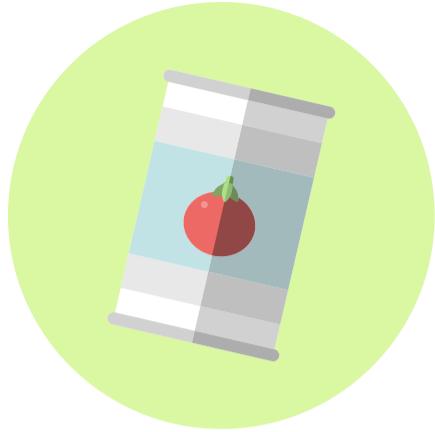
Nut & Seed Oils

- Macadamia Oil
- Sesame Oil
- Walnut Oil



Natural Sweeteners

- Honey
- Maple syrup
- Dates
- Coconut sugar
- Stevia



Whole-Food Minimally Processed Packaged Foods

- Vegetable Chips made with healthy oils
- Healthy condiments
- Single ingredient canned vegetables
- Gluten-free bread, crackers, or chips
- Minimally processed meat sticks and jerky

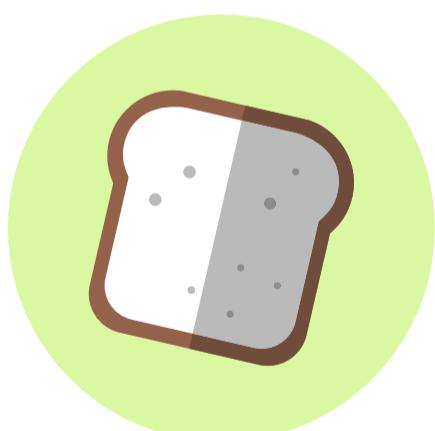
No! Foods



Gluten-containing grains

- Wheat
- Barley
- Rye

Peanuts



Highly Processed and refined foods

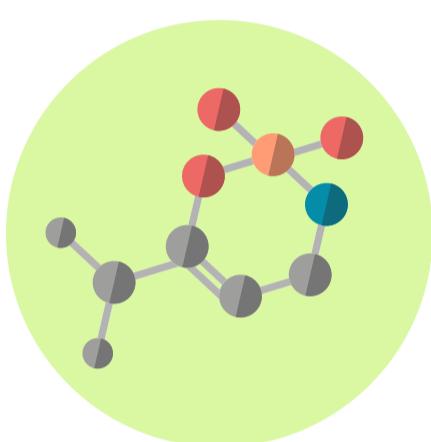
- Frozen prepared foods
- Cereals
- Pasta
- Bread
- Canned foods
- Deli meats

Processed Sugars



- Sugar
- Corn syrup
- Caramel
- Cane sugar
- Cane juice crystals
- Fruit juice concentrate
- Agave nectar
- Fructose
- Dextrose
- Dextrin
- Maltose
- Lactose
- High-fructose corn syrup
- Glucose
- Galactose
- Sucrose
- Molasses
- Malt syrup

Artificial sweeteners



- Acesulfame Potassium (Sweet One)
- Aspartame (Nutrasweet, Equal)
- Saccharin (Sweet 'N Low)
- Sucratose (Splenda)

Soy



- Soy milk
- Soy sauce
- Tofu and tempeh
- Soy isolate protein

Processed Oils



- Trans fats
- Hydrogenated oils
- Vegetable oil
- Corn oil
- Soybean oil
- Peanut oil
- Canola oil
- Cottonseed oil

What About Snacks?

Snacks aren't included in the Meal Plans because not everyone needs snacks between meals. It's a good idea to give the digestive system time to "reset" by not snacking between meals - but some people DO need to snack! If you're very active, have a very high metabolism, can only eat small amounts at meals, or have hormone issues, snacking might be a good choice for you. If you're someone who needs to snack, you can add snacks into the meal plan as needed.



Good Snack Options If Needed

- Fresh fruit & vegetables
- Minimally processed meats snack sticks and jerky
- Nuts and seeds
- Nut Butters
- Sweet potato or plantain chips
- Raw whole-fat yogurt or kefir
- Kimchi or pickled vegetables
- Guacamole and whole avocados
- Hard-boiled eggs
- Olives

Putting It All Together

The 28-Day Meal Plan is just a suggestion to help you along your gut healing journey. Feel free to make substitutions, repeat your favorite recipes, change around the days, eat leftovers, or create your own recipes using the Gut Rescue Food List.

The most important thing is to make this plan work for you!

28-Day Gut Rescue Challenge Meal Plan

Day	Breakfast	Lunch	Dinner
1	Baked Zoodles & Eggs with Avocado	Superfood Cleansing Salad with Citrus Dressing	"Spaghetti" Squash and Meat Sauce
2	Berry Probiotic Chia Pudding	Avocado Chicken Salad Cups with Carrot Slaw	Apple Sage Mini Meatloaf with Cauli Mash & Asparagus
3	Bell Pepper and Sausage Breakfast Hash	Taco Salad with Lime Cream and Grain-Free Tortilla Chips	Herb Roasted Chicken with Root Vegetables
4	Gluten-Free Avocado Toast with Breakfast Sausage	Tuna Salad Stuffed Avocados with Jicama	Lemon-Dill Halibut with Roasted Beets and Chard
5	Pumpkin Apple Spice Porridge	On The Go Deviled Egg and Veggie Packable Lunch	Smoky Pork Tenderloin with Roasted Carrots
6	Collard Green and Garlic Omelet	Easy Blueberry and Almond Kale Salad	Flank Steak with Roasted Sweet Potatoes and Kale
7	Black Cherry-Chocolate Collagen Smoothie	Chimichurri Flank Steak Salad with Baked Plantains	Tandoori Chicken with Raita and Cauli Rice
8	Breakfast Kale Stuffed Peppers with Sweet Potato Hash	Superfood Cleansing Salad with Citrus Dressing	Baked Salmon with Dill-Avocado Yogurt and Cucumber Salad
9	Spiced Apple Quinoa Muffins with Cinnamon Yogurt	Avocado Chicken Salad Cups with Carrot Slaw	Herbed Lamb Chops with Butternut Squash and Broccoli

Day	Breakfast	Lunch	Dinner
10	Brussel Sprout Breakfast Bake	Pulled Pork Stuffed Sweet Potato with Sauerkraut	Slow Cooker Bone Broth Beef Stew with Spinach
11	Blueberry Coconut Pancakes with Blueberry Sauce	Ahi Poke with Kimchi and Steamed Rice	Easy Garlic and Lemon Chicken Zoodles
12	Rainbow Superfood Bowl	Turkey Burgers with Avocado and Sweet Potato Chips	Apple Cider Slow Cooked Pork with Cabbage
13	Baked Zoodles & Eggs with Avocado	Curry Lamb and Sweet Potato Stew	Spicy Lime Grilled Cod with Zucchini
14	Berry Probiotic Chia Pudding	Garlic Roasted Shrimp on Zucchini Pasta	Seared Scallops with Arugula and Cauliflower Mash
15	Bell Pepper and Sausage Breakfast Hash	Superfood Cleansing Salad with Citrus Dressing	“Spaghetti” Squash and Meat Sauce
16	Gluten-Free Avocado Toast with Breakfast Sausage	Avocado Chicken Salad Cups with Carrot Slaw	Apple Sage Mini Meatloaf with Cauli Mash & Asparagus
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25	Baked Zoodles & Eggs with Avocado	Ahi Poke with Kimchi and Steamed Rice	Easy Garlic and Lemon Chicken Zoodles
26	Berry Probiotic Chia Pudding	Turkey Burgers with Avocado and Sweet Potato Chips	Apple Cider Slow Cooked Pork with Cabbage
27	Bell Pepper and Sausage Breakfast Hash	Curry Lamb and Sweet Potato Stew	Spicy Lime Grilled Cod with Zucchini
28	Gluten-Free Avocado Toast with Breakfast Sausage	Garlic Roasted Shrimp on Zucchini Pasta	Seared Scallops with Arugula and Cauliflower Mash

Gut Healing Breakfasts



Rainbow Superfood Collagen Bowl

Yield: 2 Servings | **Total Time:** 5 Minutes | **Prep Time:** 5 Minutes | **Cook Time:** 0 Minutes

Ingredients

- $\frac{1}{4}$ cup frozen raspberries
- $\frac{1}{4}$ cup frozen blueberries
- $\frac{1}{2}$ cup full-fat yogurt (unsweetened dairy or non-dairy)
- 1 tsp chia seeds
- 1 tsp acai powder
- 3 scoops collagen peptides (such as Vital Proteins)
- 1 mango, sliced
- 1- $\frac{1}{2}$ tbsp blueberries
- 2 strawberries, hulled, sliced
- $\frac{1}{4}$ ripe banana, sliced
- 1 small orange, segmented
- 1 tbsp pistachios, chopped

Directions

- In a blender, blend together, berries, yogurt, chia seed, acai powder, collagen, and mango until very smooth
- Spoon mixture into two serving bowls and top each with fresh blueberries, strawberries, bananas, oranges, and pistachios

Baked Zoodles & Egg with Avocado

Yield: 2 Servings | Total Time: 26 Minutes | Prep Time: 15 Minutes | Cook Time: 11 Minutes

Ingredients

- 4 tbsp olive oil
- 3 zucchini, spiralized into noodles
- Sea salt and black pepper to taste
- 4 pastured eggs
- Fresh basil
- Red-pepper flakes to taste
- 2 avocados, thinly sliced

Directions

- Preheat oven to 350° F.
- In a large bowl, toss together zucchini noodles and olive oil until well coated; season with salt and pepper.
- On a parchment lined baking sheet, divide zucchini noodles into four equal portions, shaping each into a nest.
- Depress the center of each nest with a spoon and crack an egg into each nest.
- Bake in oven for 11 minutes or until the eggs are set.
- Remove from oven and season with additional salt and pepper.
- To serve, arrange nests on plate and garnish with basil and red pepper flakes. Serve with avocado slices on the side.

Additional Serving Options: Add small bowl of berries.

Spiced Apple Quinoa Muffins with Cinnamon Yogurt

Yield: 3 Servings | Total Time: 45 Minutes | Prep Time: 20 Minutes | Cook Time: 25 Minutes

Ingredients

- 2 tbsp coconut oil
- 3 tbsp water
- 1 tbsp flaxseed meal
- $\frac{1}{4}$ cup maple syrup
- 3 $\frac{1}{2}$ cups yogurt (full-fat unsweetened dairy or non-dairy), divided
- $\frac{1}{2}$ cup applesauce (no additional sugar added)
- $\frac{1}{2}$ cup bananasbanana, mashed
- 1 tsp liquid stevia
- $\frac{1}{2}$ cup quinoa flakes
- $\frac{1}{2}$ cup blanched almond flour
- 1- $\frac{1}{4}$ cup oat flour
- $\frac{1}{2}$ tsp vanilla bean powder
- 1 tsp nutmeg
- 1- $\frac{1}{2}$ tsp cinnamon, divided
- 2 tsp baking powder (non-gmo and gluten-free such as Rumford)
- $\frac{1}{4}$ tsp sea salt
- $\frac{1}{2}$ cup quinoa flakes
- Small apple, cored and thinly sliced

Directions

- Preheat oven to 350° F.
- Liberally grease a standard 12-cup muffin tin with coconut oil; set aside.
- In a small bowl, combine water and flax; set aside.
- In another bowl, whisk together $\frac{1}{2}$ cup yogurt, applesauce, banana, and stevia until well combined; whisk in the flax mixture until well blended.
- In a separate bowl, whisk together the quinoa flakes, almond flour, oat flour, vanilla powder, nutmeg, 1 tsp cinnamon, baking powder, and salt until well combined; whisk in the wet ingredients until well blended.
- Fill 6 muffin cups with batter to about $\frac{3}{4}$ way full.
- Fill the empty cups with water and bake for about 25 minutes or until tester inserted into the center comes out clean.
- Remove from oven and let rest for at least 5 minutes before transferring to a wire rack to cool completely.
- Divide the remaining yogurt in 3 bowls, sprinkle with additional cinnamon and garnish with sliced apples.
- Serve each person a bowl of yogurt and 2 muffins.

Collard Green and Garlic Omelet

Yield: 4 Servings | Total Time: 15 Minutes | Prep Time: 5 Minutes | Cook Time: 10 Minutes

Ingredients

- 1 red onion, finely chopped
- 3 tbsp parsley, chopped
- 1 bunch of collard greens, chopped
- 1 clove garlic, minced
- 8 pastured eggs
- 1/8 tsp sea salt
- 1 tsp allspice
- 6 tbsp olive oil

Directions

- Chop onion, parsley, and collard greens, and mince garlic.
- Beat the eggs in large bowl and add in onion, garlic, collard greens, parsley, salt, and allspice. Continue beating until all ingredients are well mixed.
- Add olive oil to a skillet and warm over medium heat. Add the egg mixture and cook for about 5 minutes or until it turns golden brown. Use a spatula to flip the omelet and cook the other side for 5 minutes or until it turns golden brown.
- To serve, cut omelette into desired portions and serve.

Additional Serving Options: Serve with small bowl of berries, banana, or gluten-free toast.

Bell Pepper and Sausage Breakfast Hash

Yield: 4-6 Servings | Total Time: 40 Minutes | Prep Time: 10 Minutes | Cook Time: 30 Minutes

Ingredients

- 1 lb breakfast sausage (nitrate-free)
- 3 medium sweet potatoes, diced
- 4 tbsp olive oil, divided
- $\frac{1}{2}$ red onion, chopped
- $\frac{1}{2}$ yellow bell pepper, diced
- $\frac{1}{2}$ red bell pepper, diced
- $\frac{1}{2}$ tsp sea salt
- $\frac{1}{2}$ tsp black pepper
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp ground cumin
- Fresh chives, chopped

Directions

- Preheat oven to 375° F.
- Peel and dice sweet potatoes. Toss with 1 tbsp olive oil and paprika. Spread out on a baking sheet and roast in the oven for 25 minutes or until tender.
- While the potatoes roast, heat remaining olive oil in a large skillet over medium heat. Add the sausage and cook until brown, about 5 minutes. Remove the meat from pan; set aside.
- Chop onion and bell peppers and add them to the skillet with the salt, black pepper, paprika, garlic, and cumin. Cook until the vegetables are tender.
- Return the sausage to the skillet along with the sweet potatoes and mix with vegetables.
- Garnish with chives and serve.

Brussel Sprout Breakfast Bake

Yield: 4 Servings | Total Time: 40 Minutes | Prep Time: 10 Minutes | Cook Time: 30 Minutes

Ingredients

- 1 lb pastured bacon (uncured, nitrate free)
- 1-¾ lbs brussel sprouts
- 2 tbsp apple cider vinegar
- 2 tsp garlic powder
- ¼ tsp sea salt
- ⅛ tsp black pepper
- 8 pastured eggs

Directions

- Preheat oven to 400° F.
- Bake bacon in oven on lined baking sheet for 7 minutes or until bacon is starting to crisp.
- Remove bacon from baking sheet and reserve bacon fat into a large bowl.
- Chop bacon; set aside.
- Trim and quarter brussel sprouts. Add brussel sprouts to bowl with bacon fat. Add vinegar, garlic powder, salt, and pepper to the bowl as well and toss to combine.
- In a deep casserole dish, add the brussel sprout mixture in an even layer. Roast for 20 minutes, or until brussel sprouts begin to brown. Remove from oven.
- Reduce oven to 375° F.
- Crack eggs into a bowl and whisk until combined. Pour on top of brussel sprouts. Top with chopped bacon.
- Bake at 375° F for 8 minutes, or until eggs are set. Remove from oven and let cool 1 minute.
- Cut and serve with additional salt and pepper to taste.

Additional Serving Options: Serve with small bowl of berries, banana, or gluten-free toast.

Blueberry Coconut Pancakes with Blueberry Sauce

Yield: 4 Servings | Total Time: 25 Minutes | Prep Time: 5 Minutes | Cook Time: 20 Minutes

Ingredients

- 3 pastured eggs
- 1 banana
- $\frac{1}{2}$ cup coconut flour
- $\frac{1}{3}$ cup coconut milk
- $\frac{1}{2}$ cup cashews, soaked
- 1 cup almond flour
- $\frac{1}{2}$ tsp baking soda
- 1 cup fresh blueberries
- 2 tbsp grass-fed ghee

Blueberry Sauce

- 2 cups blueberries
- $\frac{1}{2}$ cup 100% real maple syrup
- Pinch of sea salt

Directions

- Soak cashews in water for an hour prior to preparation. When done remove from water.
- To make sauce, add blueberries and maple syrup to a saucepan over medium heat. Let simmer stirring occasionally until sauce has thickened, usually 10-15 minutes. Once thickened, stir in salt and turn off heat. Keep in pan on stove with heat off while you make the pancakes.
- To make pancakes, in a blender combine eggs, banana, coconut flour, and milk, cashews, almond flour, and baking soda until smooth.
- Gently mix in fresh blueberries by hand.
- Heat a skillet over medium heat. Add ghee. Once the pan is hot, pour pancake batter into pan, making 3-inch round pancakes. Once bubbles start to form, flip pancakes. Repeat process until all pancakes are cooked.

Additional Serving Options: Serve with nitrate-free bacon or breakfast sausage.

Breakfast Kale Stuffed Peppers with Sweet Potato Hash

Yield: 4 Servings | Total Time: 50 Minutes | Prep Time: 10 Minutes | Cook Time: 40 Minutes

Ingredients

- 3 tbsp coconut oil, divided
- 2 sweet potatoes, cubed
- $\frac{1}{2}$ onion, diced
- 1 large bunch kale, chopped
- 4 bell peppers, tops removed and seeded
- 1 tbsp olive oil
- 4 pastured eggs
- $\frac{1}{2}$ tsp paprika
- $\frac{1}{2}$ tsp garlic powder
- Pinch red pepper flakes
- Sea salt and pepper to taste

Directions

- Preheat the oven to 400 F.
- Grease large baking dish with 1 tbsp coconut oil.
- Chop kale, peel and dice sweet potatoes, and dice onions; set aside.
- Cut off the top of each pepper, and remove core and seeds. Place cut side up in baking dish and bake for 15 minutes.
- While peppers are baking, add olive oil to a skillet and saute kale until wilted. Remove from heat.
- Remove peppers from oven and stuff with kale and crack an egg into each pepper. Return to oven to bake for another 20 minutes or until eggs are set.
- While peppers continue to cook, return the skillet to the stove over medium-high heat. Add remaining 2 tbsp coconut oil and sweet potatoes, onion, paprika, garlic powder, red pepper flakes, salt, and pepper. Cook 15-20 minutes until potatoes are fork-tender, stirring often.
- Serve peppers with hash on the side.

Pumpkin Apple Spice Protein Porridge

Yield: 4 Servings | **Total Time:** 45 Minutes | **Prep Time:** 5 Minutes | **Cook Time:** 40 Minutes

Ingredients

- 1 cup quinoa, cooked
- $\frac{1}{2}$ cup chia seeds
- 1 cup hemp seed
- 3 cups water, divided
- 1 cup almond milk
- 1 can coconut milk
- 1 tbsp pumpkin pie spice
- 1 tbsp cinnamon
- 3 scoops collagen peptides (such as Vital Proteins)
- $\frac{1}{2}$ cup almonds, chopped
- $\frac{1}{4}$ cup pumpkin seeds

Apple Spice Topping

- 2 apples, peeled & diced
- $\frac{1}{2}$ cup coconut milk
- 1 tsp cinnamon
- $\frac{1}{8}$ tsp nutmeg
- $\frac{1}{8}$ tsp pinch salt

Directions

- Peel and dice apples; set aside
- Add quinoa and 2 cups of water to pot. Bring to a boil. Cover and reduce heat to medium-low and simmer until water is absorbed, 15-20 minutes. Remove from heat, fluff with a fork, and set aside.
- In a bowl, combine chia, hemp, 1 cup water, almond milk, coconut milk, pumpkin pie spice, and cinnamon.
- Pour mixture into a saucepan. Simmer over medium heat for 25 minutes or until porridge thickens. Stir regularly to avoid sticking. If it becomes too thick, add additional water.
- Once starting to thicken, add quinoa and collagen and mix together.
- To make apple spice topping, add apples, coconut milk, cinnamon, nutmeg, and salt to a saucepan over medium heat. Stir regularly until apples are soft and the sauce and sauce thickens.
- To serve, divide porridge into bowls and top with apple spice topping, almonds & pumpkin seeds.

Gluten-Free Avocado Toast with Breakfast Sausage

Yield: 4 Servings | **Total Time:** 22 Minutes | **Prep Time:** 10 Minutes | **Cook Time:** 12 Minutes

Ingredients

- 2 avocados
- 3 tbsp lime juice
- 1- $\frac{1}{2}$ tsp sea salt, divided
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{2}$ tsp dried sage
- $\frac{1}{2}$ tsp dried thyme
- 3 tbsp apple cider vinegar
- 1 lb ground pastured pork (or turkey)
- 2 tbsp coconut oil
- 8 slices gluten-free bread
- 6 tbsp broccoli sprouts

Directions

- Scrape avocado into small bowl and combine with lemon juice and $\frac{1}{2}$ tsp salt. Mix well, cover and refrigerate until ready to use.
- In a large bowl, combine remaining 1 tsp of salt, black pepper, sage, thyme, and apple cider vinegar. Add pork to bowl and mix with hands until well combined.
- Shape pork mixture into 8 patties.
- Over medium-high heat, warm coconut oil in large skillet. Add patties and fry each side for 5 minutes or until cooked through. Set aside.
- Toast gluten-free bread.
- To serve, spread avocado mixture on toast and top with broccoli sprouts. Serve sausages on the side.

Black Cherry-Chocolate Collagen Smoothie

Yield: 1-2 Servings | Total Time: 5 Minutes | Prep Time: 5 Minutes | Cook Time: 0 Minutes

Ingredients

- 2 tbsp coconut butter, softened
- 1 scoop collagen peptides (such as Vital Proteins)
- 1 cup coconut milk (more depending on desired thickness)
- 1-½ cups frozen black cherries
- 4 pitted Medjool Dates
- 1 tsp raw honey
- 3 tbsp cacao powder (unsweetened)

Directions

- If coconut butter is hard, warm 20 seconds in microwave.
- Add softened coconut butter, collagen, and coconut milk to blender. Pulse until blended well.
- Add frozen black cherries, dates, honey, and cacao powder to the blender; blend until smooth.
- Slowly add more coconut milk if you'd like it less thick.
- Pour into glass and serve.

Berry Probiotic Chia Pudding

Yield: 2 Servings | **Total Time:** 30 Minutes | **Prep Time:** 30 Minutes | **Cook Time:** 0 Minutes

Ingredients

- $\frac{3}{4}$ cup chia seeds
- 2 cups coconut or almond milk
- 1 cups frozen blueberries
- 1 cups frozen raspberries
- 1 cup kefir (dairy or non-dairy)
- Optional Toppings: Fresh berries, cacao nibs, hemp hearts, chopped nuts.

Directions

- Stir chia seeds into 2 cups of almond or coconut milk until thoroughly combined. Let soak for at least 20 minutes to overnight.
- Add frozen blueberries, raspberries, and kefir to your blender. Blend on high until thick and creamy.
- To serve, divide the berry mixture into the bottom of two cups or bowls. Top each cup or bowl with the chia pudding and garnish with additional toppings desired.

Gut Healing Lunches



Garlic Roasted Shrimp on Zucchini Pasta

Yield: 4 Servings | **Total Time:** 25 Minutes | **Prep Time:** 10 Minutes | **Cook Time:** 15 Minutes

Ingredients

- 2 lemons, zested and juiced
- 4 garlic cloves, minced
- 6 tbsp grass-fed ghee, melted, divided
- 4 tbsp olive oil
- 1 lb shrimp, cleaned and deveined
- Salt and pepper to taste
- 2 medium zucchinis, cut into thin strips or spaghetti noodles

Directions

- Preheat the oven to 4000 F.
- In a mixing bowl, mix lemon juice and zest, garlic, 4 tbsp ghee, olive oil, and shrimp. Toss to coat the shrimp. Season with salt and pepper to taste. Transfer to baking dish.
- Bake for 10 minutes, or until shrimp turns pink.
- While the shrimp is cooking. Slice zucchini into thin strips or spiralize.
- Add remaining 2 tbsp of ghee to saute pan, add zucchini and saute until tender. Season with salt and pepper to taste.
- Toss shrimp with zucchini. Plate and serve.

Turkey Burgers with Avocado and Sweet Potato Chips

Yield: 4 Servings | **Total Time:** 25 Minutes | **Prep Time:** 10 Minutes | **Cook Time:** 15 Minutes

Ingredients

- 1 head butter or green gem lettuce
- 1 small onion, sliced
- 2 avocados
- 1-½ lbs pastured ground dark meat turkey
- 1 egg yolk
- ¼ tsp Red Boat fish sauce (optional)
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- 1-½ tsp sea salt
- 3 tbsp avocado oil
- Optional Burger Toppings: arugula, tomato, pickles or kimchi (naturally fermented or made at home) mustard, aioli (made from olive or avocado oil), sprouts
- Package sweet potato chips (cooked in coconut or avocado oil, purchased or homemade)

Directions

- Wash and rinse the lettuce leaves being careful to keep them intact (especially the largest ones). Set aside to dry thoroughly.
- Slice onion and avocado. Set aside.
- Make the patties by combining the turkey, egg yolk, paprika, garlic powder, onion powder, and salt. Form the meat mixture into ½ inch thick patties. Set aside.
- In a large skillet, heat 2 tbsp avocado oil until hot but not smoking. Sear the burgers for about 1 minute on each side, then reduce heat to low, cover and continue cooking until center is no longer pink, about 5-7 minutes. Remove burgers and set aside.
- In the same skillet used for the burgers, add an additional 1 tbsp avocado oil and sliced onions. Cook on high heat for about 5 minutes or until onions are translucent and browning.
- To assemble the burgers, place 1-3 large lettuce leaves on plate, top with burger, top burger with onions, avocados and optional toppings of your choice. Add additional lettuce leaves to top burger toppings and wrap the lettuce around burger to create a “bun”.
- Serve with homemade or store-bought sweet potato chips (be sure they are cooked in high-quality oil like coconut or avocado - Jackson's Honest is a good brand)

Additional Serving Options: Serve with a side of kimchi or pickled vegetables, or side salad with olive oil and apple cider vinegar.

Superfood Cleansing Salad with Citrus Dressing

Yield: 4 Servings | **Total Time:** 15 Minutes | **Prep Time:** 15 Minutes | **Cook Time:** 0 Minutes

Ingredients

- 2 cups red cabbage, chopped
- 2 cups kale, chopped
- 1 head cauliflower, roughly chopped
- 1 red onion, chopped
- 2 cups carrots, chopped
- $\frac{1}{3}$ cup fresh cilantro, chopped
- $\frac{1}{3}$ cup sunflower seeds
- $\frac{1}{2}$ cup raw hemp hearts

Citrus Dressing

• 2 tbsp fresh lime juice	• $\frac{1}{2}$ tbsp fresh cilantro
• 2 tbsp fresh lemon juice	• $\frac{1}{2}$ tbsp minced ginger
• $\frac{1}{3}$ cup apple cider vinegar	• $\frac{1}{2}$ tbsp raw honey
• $\frac{1}{4}$ cup avocado oil	• $\frac{1}{2}$ tsp sea salt
• $\frac{1}{2}$ avocado	• $\frac{1}{4}$ tsp black pepper
• 2 cloves garlic	

Directions

- Combine cabbage, kale, cauliflower, onion, carrots, and cilantro in a food processor; shred.
- Transfer the shredded vegetables to a large bowl and mix in sunflower seeds, and hemp hearts.
- Combine all dressing ingredients in a blender and blend until very smooth.
- Serve the salad in salad bowls drizzled with the citrus dressing.

Additional Serving Options: Add grilled chicken, salmon, or steak if more protein is desired. Add fruit, sweet potato, or side of rice if additional carbs are desired.

Avocado Chicken Salad Cups with Carrot Slaw

Yield: 4 Servings | Total Time: 27 Minutes | Prep Time: 15 Minutes | Cook Time: 12 Minutes

Ingredients

- Romaine lettuce leaves
- 2 lbs boneless, skinless pastured chicken breast, shredded
- 2 avocados, diced
- 2 tbsp avocado based mayonnaise (such as Primal Kitchen)
- 4 stalks celery, chopped
- 2 tbsp fresh cilantro, chopped
- $\frac{1}{4}$ cup onions, small diced
- Sea salt to taste
- Romaine lettuce leaves (to make lettuce wraps)

Carrot Slaw

- 4 carrots, peeled and grated
- $\frac{1}{3}$ cup green onions, chopped
- $\frac{1}{4}$ cup fresh cilantro, chopped
- $\frac{1}{4}$ cup avocado based mayonnaise
- 1 tsp coriander, ground
- $\frac{1}{4}$ tsp black pepper
- $\frac{1}{3}$ tsp sea salt
- 2 tablespoons lime or lemon juice

Directions

- Wash large lettuce leaves. Set aside to dry thoroughly.
- Place chicken breasts in a saucepan, cover with water; bring to a boil, simmer until chicken meat is no longer pink, 10-12 minutes.
- Transfer chicken to a bowl, allow to cool; shred the chicken with 2 forks.
- While chicken is poaching, mash diced avocados in a large bowl and mix in mayo.
- Chop celery and cilantro, and finely dice onions.
- Add shredded chicken, celery, cilantro, and onions to the avocado mixture. Season with salt to taste. Stir to combine. Set Aside
- To prepare the slaw, peel and grate carrots, chop green onion and cilantro, add to bowl with mayo, coriander, pepper, salt, and lime juice. Mix well.
- To serve, scoop chicken salad into individual lettuce leaves to act as a wrap. Serve carrot slaw on the side.

On The Go Deviled Egg and Veggie Packable Lunch

Yield: 3 Servings | Total Time: 35 Minutes | Prep Time: 20 Minutes | Cook Time: 15 Minutes

Ingredients

- 6 pastured eggs
- 1 avocado
- Juice of 1 lime
- $\frac{1}{8}$ cup avocado based mayonnaise (such as Primal Kitchen)
- $\frac{1}{2}$ tsp chipotle chili powder, more for garnish
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{2}$ tsp ground cumin
- Sea salt to taste
- 4 large carrots, peeled and cut into 4" sticks
- 4 celery stalks, cut into 4" sticks
- 2 cups broccoli, chopped florets
- 1 small jicama, cut into sticks
- 12 cherry tomatoes, whole
- Optional Additions: Raw nuts and seeds, plantain chips cooked in coconut oil, gluten-free crackers, healthy fermented meat sticks (such as Paleovalley), apple

Directions

- Place eggs in a saucepan, and cover with water. Bring to a boil; cover, remove from heat and let stand 15 minutes. Set a timer
- While eggs are cooking, peel and chop carrots, celery, broccoli, and jicama. Set aside.
- As soon as timer rings, drain eggs immediately and fill the saucepan with cold water and ice.
- Once eggs cool, tap each on a counter until cracks form all over the shell. Peel under cold running water.
- Once the eggs are peeled, cut them in half (lengthwise) and scoop the yolks into a food processor with the avocado, lime juice, aioli, chili powder, garlic powder, cumin, and sea salt; process until smooth.
- Spoon the mixture into the egg white halves then garnish with a pinch of chili powder.
- If eating at home, divide eggs, vegetables, and any additions desired and serve. If taking to go, pack up in stainless steel containers, and enjoy your meal away from home.

Taco Salad with Cilantro Cream and Grain-Free Tortilla Chips

Yield: 4 Servings | **Total Time:** 1 Hour 10 Minutes | **Prep Time:** 1 Hour | **Cook Time:** 10 Minutes

Ingredients

- 1 bunch romaine lettuce, chopped
- 1 bell pepper, diced
- 1 cucumber, peeled and diced
- 1 jicama, peeled and diced
- $\frac{1}{4}$ bunch fresh cilantro, chopped
- 1 tbsp olive oil
- 1- $\frac{1}{2}$ lbs grass-fed ground beef
- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp sea salt
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{2}$ tsp oregano
- $\frac{1}{2}$ tsp paprika
- $\frac{1}{2}$ tsp garlic, minced
- $\frac{1}{4}$ tsp onion powder
- 2 limes, juiced
- 4 servings grain-free tortilla chips (such as Siete Brand)
- Optional: Salsa (no sugar added, homemade preferred)

Cilantro Lime Cream

- $\frac{1}{2}$ cup cashews, soaked for at least 1 hour, drained & rinsed
- 1 lime, juiced
- $\frac{1}{4}$ tsp sea salt
- $\frac{1}{4}$ cup fresh cilantro, chopped
- $\frac{1}{4}$ tsp ground coriander

Directions

- Soak cashews in water for at least one hour.
- While soaking, chop the lettuce, bell pepper, cucumber, jicama, and cilantro. Set aside.
- Add olive oil to a skillet; heat on medium-high heat. Add ground beef and brown.
- When beef is no longer pink, add chili powder, cumin, salt, pepper, oregano, paprika, garlic, onion powder, and lime juice to the skillet and mix well with meat.
- While meat is cooking, prepare the cilantro lime cream by adding soaked cashews, lime juice, salt, cilantro, and coriander to a blender and process until smooth. Chill until ready to use.
- To serve, plate meat on top of lettuce. Top meat with chopped vegetables and drizzle with cilantro lime cream. Add grain-free tortilla chips on the side and salsa if desired.

Chimichurri Flank Steak Salad with Baked Plantains

Yield: 4 Servings | **Total Time:** 3 Hours | **Prep Time:** 2 hours 10 Minutes | **Cook Time:** 50 Minutes

Ingredients

- 1 bunch fresh parsley
- 1 cup olive oil, divided
- $\frac{1}{2}$ tsp sea salt
- 1 tsp pepper
- $\frac{1}{4}$ cup apple cider vinegar
- 7 garlic cloves, minced
- 1 tbsp fresh oregano

- $\frac{1}{2}$ tsp red pepper flakes
- 2 tsp fresh lemon juice
- 1- $\frac{1}{2}$ lbs grass-fed steak
- 1 bunch romaine lettuce, chopped
- 1 avocado, sliced
- 1 onion, thinly sliced

Baked Plantains

- $\frac{1}{2}$ cup cashews, soaked for at least 1 hour, drained & rinsed
- 1 lime, juiced
- $\frac{1}{4}$ tsp sea salt
- $\frac{1}{4}$ cup fresh cilantro, chopped
- $\frac{1}{4}$ tsp ground coriander

Directions

- Prepare chimichurri sauce by mixing parsley, $\frac{3}{4}$ cup olive oil, salt, pepper, apple cider vinegar, garlic, oregano, red pepper flakes, and lemon juice in a blender for about 10 seconds or until ingredients are evenly mixed.
- Divide the chimichurri into two equal amounts placing one half in a covered glass container (this will be used for serving), and the other half in a large sealable plastic bag. Add the steak to the sealable plastic bag. Place both containers in the refrigerator and allow the steak to marinate 2 hours to overnight.
- When steak is almost done marinating, preheat the oven to 400 ° F.
- Chop lettuce and slice avocados and onions. Set aside.
- Peel and slice plantains into rounds about $\frac{1}{2}$ " thick. Toss with coconut oil and salt and lay flat on lined baking sheet. Bake in oven for 40 minutes, flipping halfway through. Cook longer if both sides aren't golden brown after 40 minutes.
- When steak is done marinating, remove from bag and discard marinade.
- Preheat grill to medium heat (350° to 450° F) and coat cooking grate with remaining olive oil.
- Place steak on hot grate directly over heat source. Cook 5-7 minutes on each side for or until desired doneness.
- Remove steak from grill and let sit 5-10 minutes then slice steak across the grain in thin slices.
- Toss lettuce, avocado, and onion and top with steak slices. Drizzle with remaining chimichurri and add baked plantains on the side.

Additional Serving Options: Serve with side salad with olive oil and apple cider vinegar, or side of steamed vegetables.

Pulled Pork Stuffed Sweet Potato with Sauerkraut

Yield: 4 Servings | **Total Time:** 10 Hours 30 Minutes | **Prep Time:** 30 Minutes | **Cook Time:** 10 Hours

Ingredients

- 1 tsp sea salt
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp cumin
- 1 tbsp chili powder
- 1 tbsp oregano
- 1 tbsp dried mustard powder
- 2 lbs pastured pork shoulder roast
- $\frac{1}{4}$ cup beef bone broth (such as Kettle & Fire, or homemade)
- 4 small-medium sweet potatoes
- 4 tsp olive oil
- 3 tbsp fresh chives, chopped
- 1 cup Sauerkraut (such as Bubbies or homemade)

Directions

- In a small bowl, create a dry rub by combining the salt, garlic powder, onion powder, cumin, chili powder, oregano, and dried mustard powder. Coat the pork shoulder with the dry rub by massaging it in. Cover and refrigerate for at least an hour up to 1 day.
- Place pork shoulder in a slow cooker. Add broth, cover and & cook on low 8-9 hours.
- When roast is almost done, preheat oven to 375° F.
- Wash and scrub potatoes well. Pierce with fork several times and wipe dry.
- Rub each potato with a thin layer of olive oil and place on a foil-lined baking sheet.
- Bake 45-60 minutes, or until you can pierce them easily with a knife. Remove from oven; set aside.
- Once roast is cooked through, transfer roast with juices to a large bowl and use two forks to shred.
- To serve, slice potatoes open lengthwise and using a fork smash and fluff the insides and then stuff with pulled pork. Top with fresh chives and sauerkraut on the side.

Additional Serving Options:

Serve with side salad with olive oil and apple cider vinegar, or side of steamed vegetables.

Ahi Poke with Kimchi and Steamed Rice

Yield: 4 Servings | **Total Time:** 30 Minutes | **Prep Time:** 10 Minutes | **Cook Time:** 20 Minutes

Ingredients

- 1 lb ahi tuna steaks
- Sea salt to taste
- Black pepper to taste
- 1 tbsp avocado oil
- 2 tbsp coconut aminos
- 2 tbsp rice vinegar
- 2 tsp toasted sesame oil
- 2 tsp ginger paste
- 1 cup kimchi (such as Farmhouse Culture or homemade)
- 2 cups steamed white rice
- 1 avocado, thinly sliced
- 4 scallions, thinly sliced at an angle
- Optional: sesame seeds

Directions

- Rinse tuna and pat dry. Season liberally with salt and pepper.
- In a large sauté pan sear tuna with avocado oil over medium-high heat. About 2-3 minutes on each side (or to your desired doneness). Remove from the heat and set aside to cool.
- Once cool, slice tuna into $\frac{1}{4}$ " thick cubes. Set aside.
- In a bowl, whisk together coconut aminos, rice vinegar, sesame oil, and ginger paste until combined. Set aside.
- Steam rice and slice avocado.
- To serve, plate tuna over kimchi and steamed rice, and sliced avocados and top with dressing, scallions, and sesame seeds.

Additional Serving Options: Serve with side salad with olive oil and apple cider vinegar, or side of steamed vegetables.

Turkey Burgers with Avocado and Sweet Potato Chips

Yield: 4 Servings | **Total Time:** 25 Minutes | **Prep Time:** 10 Minutes | **Cook Time:** 15 Minutes

Ingredients

- 1 head butter or green gem lettuce
- 1 small onion, sliced
- 2 avocados
- 1-½ lbs pastured ground dark meat turkey
- 1 egg yolk
- ¼ tsp Red Boat fish sauce (optional)
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- 1½ tsp sea salt
- 3 tbsp avocado oil
- Optional Burger Toppings: arugula, tomato, pickles or kimchi (naturally fermented or made at home) mustard, aioli (made from olive or avocado oil), sprouts
- Package sweet potato chips (cooked in coconut or avocado oil, purchased or homemade)

Directions

- Wash and rinse the lettuce leaves being careful to keep them intact (especially the largest ones). Set aside to dry thoroughly.
- Slice onion and avocado. Set aside.
- Make the patties by combining the turkey, egg yolk, paprika, garlic powder, onion powder, and salt. Form the meat mixture into ½ inch thick patties. Set aside.
- In a large skillet, heat 2 tbsp avocado oil until hot but not smoking. Sear the burgers for about 1 minute on each side, then reduce heat to low, cover and continue cooking until center is no longer pink, about 5-7 minutes. Remove burgers and set aside.
- In the same skillet used for the burgers, add an additional 1 tbsp avocado oil and sliced onions. Cook on high heat for about 5 minutes or until onions are translucent and browning.
- To assemble the burgers, place 1-3 large lettuce leaves on plate, top with burger, top burger with onions, avocados and optional toppings of your choice. Add additional lettuce leaves to top burger toppings and wrap the lettuce around burger to create a “bun”.
- Serve with homemade or store-bought sweet potato chips (be sure they are cooked in high- quality oil like coconut or avocado - Jackson's Honest is a good brand)

Additional Serving Options: Serve with a side of kimchi or pickled vegetables, or side salad with olive oil and apple cider vinegar.

Curry Lamb and Sweet Potato Stew

Yield: 4 Servings | **Total Time:** 6-8 Hours | **Prep Time:** 20 Minutes | **Cook Time:** 6-8 Hours

Ingredients

- 1 large sweet potato, diced
- 2 lbs grass-fed lamb leg, trimmed from fat and cut into chunks
- 1 tsp sea salt
- $\frac{1}{2}$ tsp black pepper
- 1- $\frac{1}{2}$ tsp curry powder, divided
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 cup beef bone broth (such as Kettle & Fire or homemade)
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{3}$ cup manzanilla olives
- 1 (14.5 oz) can diced tomatoes
- 4 artichoke hearts, quartered
- 2 tbsp onion powder
- 2 tsp ginger root, grated
- 1 tsp garam masala
- 1 tbsp fresh lemon juice

Directions

- Peel and dice sweet potato into 1-2" cubes. Set aside.
- Trim fat from lamb and cut into chunks. Place meat in bowl and toss with salt, pepper, and $\frac{1}{2}$ tbsp curry powder.
- Heat olive oil in a saute pan over medium-high. Add the lamb and saute until all sides are brown. Remove lamb from pan; set aside.
- Add garlic and ginger to the pan and saute until fragrant, 1-2 minutes.
- Add the lamb, garlic-ginger mixture, sweet potatoes, broth, cinnamon, olives, tomatoes, artichoke hearts, onion powder, ginger, garam masala, and remaining curry powder to slow cooker. Stir. Cover and cook on low for 6-8 hours.
- When done, add lemon juice and let simmer for another 5 minutes.
- Serve with salt and pepper to taste.

Easy Blueberry and Almond Kale Salad

Yield: 2 Servings | **Total Time:** 5 Minutes | **Prep Time:** 5 Minutes | **Cook Time:** 0 Minutes

Ingredients

- 1 large bunch kale, stemmed and chopped
- 2 cups blueberries
- 4 tbsp almonds, sliced
- 1 tbsp fresh parsley, chopped
- 4 tbsp lemon juice
- 6 tbsp olive oil
- Salt and pepper to taste.

Directions

- Stem and chop kale.
- In a large bowl combine kale, blueberries, almonds, parsley, lemon juice, and olive oil. Toss.
- Season with salt and pepper and serve.

Additional Serving Options: Add grilled chicken, salmon, or steak if more protein is desired.

Tuna Salad Stuffed Avocados with Jicama

Yield: 3-4 Servings | **Total Time:** 5 Minutes | **Prep Time:** 5 Minutes | **Cook Time:** 0 Minutes

Ingredients

- 2 cans wild-caught albacore tuna in water
- 4 tbsp avocado based mayonnaise (such as Primal Kitchen)
- 1 tbsp lemon juice
- $\frac{1}{4}$ tsp sea salt
- $\frac{1}{4}$ tsp black pepper
- 1 cup grape tomatoes, halved
- $\frac{1}{4}$ cup olives, chopped
- $\frac{1}{4}$ cup red onion, finely diced
- $\frac{1}{4}$ cup fresh parsley, chopped
- $\frac{1}{4}$ cup fresh dill, chopped
- 2 avocados, halved & pit removed
- Fresh arugula
- Jicama, peeled and cut into sticks

Directions

- Drain tuna and add to a medium bowl. Add mayonnaise, lemon juice, salt, and pepper. Stir to combine, breaking up any large chunks of tuna.
- Halve tomatoes, chop olives, dice onions, and chop parsley and dill. Add to tuna. Mix well.
- Slice avocados lengthwise and remove the pit.
- Mash the inside of the avocados a bit with fork and fill with tuna mixture.
- Peel and cut jicama into sticks.
- To serve, arrange stuffed avocados on bed of arugula with jicama sticks on the side.

Gut Healing Dinners



Easy Garlic and Lemon Chicken Zoodles

Yield: 4 Servings | **Total Time:** 25 Minutes | **Prep Time:** 15 Minutes | **Cook Time:** 10 Minutes

Ingredients

- 4 chicken breasts, cut into $\frac{1}{2}$ " chunks
- 4 zucchinis, spiralized (or store- bought package)
- 4 tbsp olive oil
- 4 cloves garlic, minced
- Sea salt to taste
- Black pepper to taste
- 2 tbsp lemon juice
- 2 tsp grated lemon zest

Directions

- Chop chicken into $\frac{1}{2}$ " chunks.
- Use a spiralizer to create "zoodles" out of the zucchini. (If using store- bought zoodles, make sure to defrost them if frozen.)
- Heat olive oil in a large pan on medium heat. Add minced garlic; cook until fragrant.
- Add chicken, salt, and pepper to the pan; cook for 6-7 minutes or until chicken is golden and cooked through.
- Add spiralized zoodles, lemon juice, and lemon zest to the pan; cook for an additional 2-3 minutes until zoodles are tender.
- Season with salt and pepper to taste and serve.

Spicy Lime Grilled Cod with Zucchini

Yields: 4 Servings | Total Time: 35 Minutes | Prep Time: 15 Minutes | Cook Time: 20 Minutes

Ingredients

- 5 tbsp fresh lime juice
- 3 tsp grated lime zest
- 2-½ tsp fresh lemon juice
- 3 minced garlic cloves
- ¼ tsp cayenne pepper
- 4 tbsp extra-virgin olive oil, divided
- 4 (6 oz) wild-caught cod fillets
- 5-6 small to medium zucchini, cut into sticks
- ½ small bunch fresh cilantro, chopped

Directions

- In a bowl, mix together lime juice, lime zest, lemon juice, garlic, cayenne pepper, and 2 tablespoons of extra virgin olive oil.
- Place cod in a dish and add the marinade, reserving ¼ cup for basting and serving.
- Marinate in the refrigerator for at least 30 minutes.
- While marinating, peel and chop zucchini into sticks; add to large skillet with remaining 2 tablespoons of olive oil.
- Broil or grill the marinated fish for about 4 minutes per side, basting regularly with ½ of the reserved marinade.
- While fish is cooking, sauté zucchini over medium heat. Tossing occasionally, until tender, about 4-5 minutes.
- Serve the cod on top of the zucchini and top both with the rest of the reserved marinade.
- Garnish with chopped cilantro.

Apple Cider Slow Cooked Pork with Cabbage

Yield: 4 Servings | Total Time: 8 Hours 25 Minutes | Prep Time: 25 Minutes | Cook Time: 8 Hours

Ingredients

- 2 lbs pastured pork roast
- 2 cups apple cider vinegar
- $\frac{1}{2}$ cup raw honey
- 2 tsp fresh rosemary
- 1 tsp dried thyme
- 1 tsp dried sage
- 2 tsp sea salt
- $\frac{1}{4}$ tsp black pepper
- 1 head of cabbage, chopped
- 1 medium onion, chopped
- 2 apples, cored and dice
- 3 tbsp of olive oil

Directions

- Place pork roast in slow cooker.
- Mix apple cider vinegar, honey, rosemary, thyme, sage, salt, and pepper in a bowl and pour over the roast.
- Cook on low for 8 hours.
- Chop onions, cabbage, and apples while roast is cooking.
- Remove the cooked roast from the slow-cooker. Cover and let cool.
- Pour the remaining sauce from slow cooker into a saucepan and bring to a boil.
- Let it reduce by about half, then reduce heat to low to keep warm while preparing the cabbage and apples.
- Add chopped onions to a large skillet, cook for 3 minutes or until tender.
- Add apples to skillet, stir well.
- Add cabbage to skillet as will fit, stirring frequently and adding cabbage as it cooks down. Once all cabbage is added, cook 8-10 minutes; or until all cabbage is tender.
- Slice the roast and serve on top of a bed of cabbage and apples. Top both with the reduced sauce.

Additional Serving Options: Serve with small sweet potato or steamed rice.

“Spaghetti” Squash and Meat Sauce

Yield: 4-6 Servings | **Total Time:** 1 Hour 15 Minutes | **Prep Time:** 15 Minutes | **Cook Time:** 1 Hour

Ingredients

- 2 lbs ground meat (beef, pork, turkey, etc.)
- 1 onion, diced
- 3 cloves garlic, minced
- 1 (15 oz) can tomato sauce (sugar-free, no salt added)
- 2 (14 oz) can diced tomatoes drained
- 1 (6 oz) can tomato paste (sugar-free, no salt added)
- 1 tbsp dried basil
- 1 tsp dried oregano
- 2- $\frac{1}{2}$ tbsp. garlic powder
- 2 tbsp onion powder
- 1 tbsp italian seasoning
- 1-2 tsp sea salt
- 2 medium spaghetti squashes
- 6 tbsp olive oil
- $\frac{1}{2}$ small bunch fresh parsley, chopped

Directions

- In a large saucepan over medium-high heat, brown the ground meat until cooked through. Drain excess fat.
- Reduce heat to medium and add diced onion and garlic to the meat. Cook until onions are slightly translucent, about 5 minutes.
- Add tomato sauce, diced tomatoes, and tomato paste and stir to mix well.
- Add basil, oregano, garlic powder, onion powder, italian seasoning, and salt. Stir well to combine.
- Reduce heat to low, cover, and let simmer for about 1 hour.
- While sauce is simmering, preheat oven to 400° F.
- Halve the spaghetti squash lengthwise and scoop out the seeds. Drizzle insides with olive oil and lay flat side down on a lined sheet pan.
- Bake spaghetti squash for 25 minutes or until the flesh is tender. Allow the squash to cool before handling, using a fork, scrape out the “spaghetti” noodles into a bowl.
- Top spaghetti squash with meat sauce.
- Garnish with chopped parsley and serve.

Additional Serving Options: Serve with side salad with olive oil and apple cider vinegar.

Apple Sage Mini Meatloaf with Cauli Mash & Asparagus

Yield: 3-4 Servings | Total Time: 40 Minutes | Prep Time: 15 Minutes | Cook Time: 25 Minutes

Ingredients

- 1 large head cauliflower
- 1-½ lbs ground pastured turkey
- 1 egg yolk
- 1 (6 oz) can tomato paste (sugar-free, no salt added)
- 1-¾ tsp sea salt, divided
- 1-½ tbsp apple cider vinegar
- 1-¼ tsp sage
- 2-¼ tsp onion powder, divided
- 2-¼ tsp garlic powder, divided
- 2 bunches of asparagus
- 5 tbsp olive oil, divided
- ¼ tsp black pepper

Directions

- Preheat oven to 350° F.
- Chop cauliflower into florets and boil in a large pot of water for 8-12 minutes, or until cauliflower is fork tender. Drain and set aside.
- While cauliflower is cooking, combine turkey, egg yolk, tomato paste, 1 tsp salt, apple cider vinegar, sage, ¾ tsp onion powder, and ¾ tsp garlic powder in a bowl.
- Once thoroughly combined, scoop into muffin tins.
- Bake meatloaves for 15 minutes, then broil for another 2-3 minutes to caramelize the tops.
- Trim the asparagus and place on a foil- lined baking sheet, drizzle with 2 tbsp olive oil, ¼ tsp salt, and pepper and roast with the meatloaf for about 5-7 minutes.
- Combine the cooked cauliflower with the remaining 3 tbsp olive oil, 1-½ tsp onion powder, 1-½ tsp garlic powder, and ½ tsp salt in a food processor on high until smooth
- Serve meatloaf with cauli mash and asparagus. Season to taste.

Herb Roasted Chicken with Root Vegetables

Yield: 4-5 Servings | Total Time: 55 Minutes | Prep Time: 10 Minutes | Cook Time: 45 Minutes

Ingredients

- 4-5 lbs whole pastured chicken
- Bunch of fresh rosemary sprigs
- Bunch of fresh sage leaves
- Sea salt to taste
- Black Pepper to taste
- 4-6 tbsp avocado oil
- 1 large onion, chopped
- 4 cups carrots, peeled and cut to 2" pieces
- 4 cups rutabagas, peeled and cut to 2" pieces
- 3 garlic cloves, minced
- 1 tbsp dried rosemary
- 1 tbsp dried sage
- 6 tbsp olive oil

Directions

- Preheat oven to 400° F.
- Rinse whole chicken thoroughly and pat dry.
- Stuff the chicken cavity with rosemary sprigs and sage leaves.
- Coat the outside of the chicken in a thin layer of avocado oil and season liberally with salt and pepper.
- Place the prepared chicken on a parchment-lined sheet pan and roast in the preheated oven for 40-45 minutes or until the juices in the pan run clear. (Drizzle additional avocado oil on chicken half-way through cooking if you desire a crispy skin.)
- While chicken is cooking, chop onions, carrots, and rutabagas.
- Combine chopped vegetables in a bowl with garlic, dried rosemary, dried sage, and olive oil and season with salt and pepper to taste. Stir to make sure vegetables are well coated with oil.
- Spread vegetables out on a sheet pan and add to the oven halfway through the cooking of the chicken.
- Roast until the vegetables are fork tender.
- Remove everything from the oven and allow to rest 10 minutes before cutting and serving.

Herbed Lamb Chops with Butternut Squash and Broccoli

Yield: 4 Servings | **Total Time:** 45 Minutes | **Prep Time:** 10 Minutes | **Cook Time:** 35 Minutes

Ingredients

- 6-8 pastured lamb loin chops
- 6 tsp olive oil, divided
- 1 tsp sea salt, divided
- 2 tbsp herbs de Provence blend
- 1 large butternut squash, diced
- $\frac{1}{2}$ tsp garlic powder
- 2 sprigs fresh rosemary, chopped
- 1 large bunch of broccoli, cut into florets

Directions

- Preheat oven to 375° F.
- Rinse and dry lamb chops letting them sit until they are room temperature.
- Rub chops with 2 tbsp olive oil to coat and season with $\frac{1}{2}$ tsp salt
- Press lamb chops with the herb blend until well coated. Set chops aside.
- Peel and dice the butternut squash into cubes.
- In a baking dish, toss the squash with 2 tsp of olive oil, $\frac{1}{2}$ tsp sea salt, and garlic powder.
- Place the squash in oven and roast for 30-35 minutes. Add rosemary to squash in the last 10 minutes of roasting.
- While squash is roasting, heat remaining 2 tsp of olive oil in a heavy ovenproof skillet over high heat. Add lamb; cook until browned, about 3 minutes per side.
- Transfer skillet to oven and roast lamb chops to desired doneness, about 10 minutes for medium-rare.
- While squash and lamb are roasting, set a steamer basket over boiling water and steam broccoli, covered, until crisp-tender, 4-5 minutes.
- Serve the lamb chops on a bed of squash with steamed broccoli on the side.

Tandoori Chicken with Raita and Cauli Rice

Yield: 4 Servings | **Total Time:** 6 Hours | **Prep Time:** 5 Hours 30 Minutes | **Cook Time:** 30 Minutes

Ingredients

- 1-½ cups yogurt, divided (whole-fat unsweetened plain)
- 2 tbsp fresh ginger, peeled and chopped
- 1 tbsp paprika
- 1 tbsp fresh lime juice
- 1 tsp chili powder
- 1 tsp sea salt
- ½ tsp ground turmeric
- 1 tsp ground cumin, divided
- ⅛ tsp ground red pepper
- 4 garlic cloves, chopped
- 4 pastured chicken breasts (boneless, skinless)
- ¾ cup cucumber, peeled, diced, and seeded
- 2 tbsp fresh mint, chopped
- 1 package of cauliflower rice

Directions

- Preheat oven to 400° F.
- Combine ¾ cup yogurt with ginger, paprika, lime juice, chili powder, ¾ tsp salt, turmeric, ½ tsp cumin, red pepper, and garlic in a blender; blend until smooth.
- Pour yogurt mixture into a large zip lock bag and add chicken.
- Marinate chicken in the refrigerator for at least 5 hours or overnight.
- When chicken is almost done marinating, prepare the raita by combine remaining ¾ cup yogurt, cucumber, mint, ½ tsp cumin, and ¼ tsp salt in a bowl; stir well. Cover and refrigerate.
- Remove chicken from marinade and place in baking dish.
- Bake chicken 22-25 minutes or until temperature reaches 165° F.
- While chicken is baking, cook the cauliflower rice according to the package instructions.
- Serve chicken topped with raita yogurt sauce over cauli rice.

Smoky Pork Tenderloin with Roasted Carrots

Yield: 4 Servings | **Total Time:** 48 Minutes | **Prep Time:** 10 Minutes | **Cook Time:** 38 Minutes

Ingredients

- 1 lb pork tenderloin, trimmed
- 2 tsp smoked paprika
- $\frac{3}{4}$ tsp sea salt, divided
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{2}$ tsp ground cumin
- 3 tbsp olive oil, divided
- 2 large bunches of carrots, peeled and chopped
- $\frac{1}{4}$ cup apple cider vinegar
- 3 tbsp raw honey
- 1 tsp dijon mustard
- 2 thyme sprigs

Directions

- Preheat oven to 450° F.
- Rub pork evenly with paprika, $\frac{1}{4}$ teaspoon salt, pepper, and cumin.
- Heat 1 tbsp olive oil in large skillet over medium-high heat.
- Add pork to skillet; cook 8 minutes, turning to brown on all sides.
- Peel and chop carrots into 2-inch" pieces.
- Place carrots on a baking dish; drizzle with 1 tbsp olive oil.
- Bake carrots for 10 minutes.
- Add pork to baking dish with carrots; stir carrots. Bake for an additional 15-20 minutes or until carrots are tender and pork tenderloin reaches 140° F.
- While baking, combine remaining $\frac{1}{8}$ tsp salt, vinegar, honey, mustard, and thyme in a small saucepan; bring to a boil.
- Cook mustard mixture 3 minutes or until thickened. Add remaining tablespoon olive oil; whisk.
- Remove thyme sprigs; discard.
- Remove baking dish from oven. Sprinkle carrots with $\frac{3}{8}$ tsp salt. Let pork stand 5 minutes before cutting into slices.
- Serve pork on top of carrots and drizzle with mustard mixture.

Flank Steak with Roasted Sweet Potatoes and Kale

Yield: 4-5 Servings | **Total Time:** 1 Hour | **Prep Time:** 25 Minutes | **Cook Time:** 35 Minutes

Ingredients

- 2 garlic cloves, minced
- 2 tsp fresh rosemary, chopped
- 2 tsp fresh thyme, chopped
- 1 tsp black pepper, divided
- $\frac{1}{4}$ cup plus 2 tbsp olive oil, divided
- 2 lbs grass-fed flank steak
- 3 large sweet potatoes, peeled and cut into 1" chunks
- 2 bunches kale, stemmed and chopped

Directions

- Combine garlic, rosemary, thyme, $\frac{1}{2}$ tsp black pepper, and $\frac{1}{4}$ cup olive oil in a bowl; stir.
- Add steak to bowl; cover and chill in the refrigerator for 30 minutes to overnight.
- When steak is done marinating, preheat oven to 450° F.
- Peel and cut sweet potatoes into 1" chunks. Toss with remaining 2 tbsp of olive oil and $\frac{1}{2}$ tsp black pepper.
- Spread potatoes on foil-lined rimmed baking sheet; bake potatoes for 20 minutes.
- While potatoes are baking, wash, stem, and chop kale.
- Remove baking sheet from oven, move potatoes to outer edges of pan and place kale in center of pan and top with marinated steak.
- Turn the oven to broil, place the baking sheet back into the oven and broil 7 minutes.
- Remove the pan, turn steak, stir vegetables, and broil another 7 minutes, or until desired doneness.
- Remove from oven, let stand 7 minutes.
- Cut steak across the grain and serve with kale and sweet potatoes.

Slow Cooker Bone Broth Beef Stew with Spinach

Yield: 6-8 Servings | Total Time: 5-8 Hours | Prep Time: 15 Minutes | Cook Time: 5-8 Hours

Ingredients

- 1 tbsp coconut oil
- 3 lbs grass-fed beef, diced
- 3 cups beef bone broth (such as Kettle & Fire, or homemade)
- 3 carrots, peeled chopped into rounds
- 4 stalks of celery, chopped
- 3 garlic cloves, minced
- 1 (15 oz) can diced tomatoes (nothing added)
- 3 tbsp apple cider vinegar
- 2 tsp dried oregano
- 2 tsp dried rosemary
- 2 tsp dried thyme
- 5 cups fresh spinach
- Salt and pepper to taste

Directions

- Heat coconut oil in a frying pan on medium heat, add beef and brown. Once browned, add beef to slow cooker.
- Add bone broth, carrots, celery, garlic, tomatoes, apple cider vinegar, oregano, rosemary, and thyme to slow cooker; combine well.
- Turn the heat to low, and cook for 5-8 hours.
- When stew is done cooking, steam spinach in a steamer basket on stovetop.
- Add spinach to stew; season with salt and pepper.
- Plate stew and serve.

Seared Scallops with Arugula and Cauliflower Mash

Yield: 4 Servings | **Total Time:** 35 Minutes | **Prep Time:** 15 Minutes | **Cook Time:** 20 Minutes

Ingredients

- 1 head cauliflower, chopped
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp onion powder
- $\frac{3}{4}$ tsp sea salt, divided
- 4 tbsp grass-fed butter, divided
- 2 garlic cloves, minced
- 1- $\frac{1}{2}$ lbs large sea scallops
- 2 tbsp lemon juice
- $\frac{1}{8}$ tsp black pepper
- 1 tbsp olive oil
- 5 cups arugula
- $\frac{1}{4}$ cup fresh parsley, chopped

Directions

- Chop cauliflower and boil in a covered pot of water until tender. Drain and dry thoroughly.
- Blend cauliflower in a blender or food processor with garlic powder, onion powder, $\frac{1}{4}$ tsp of salt, and 1 tbsp butter. Blend until smooth. Set aside.
- Heat remaining butter in a skillet over medium-high heat. Add garlic and cook until fragrant.
- Add scallops and cook for 2-3 minutes, basting with butter. Turn over and cook an additional 1-2 minutes until opaque.
- Remove scallops from pan. Set aside.
- Add lemon juice, remaining salt, and pepper to the pan; stirring to combine while scraping any browned bits from pan and incorporating into sauce. Pour sauce over scallops.
- Add olive oil to the pan and quickly sauté the arugula until lightly wilted.
- Serve scallops with cauliflower mash and arugula.
- Garnish with fresh parsley.

Baked Salmon with Dill-Avocado Yogurt and Cucumber Salad

Yield: 4 Servings | **Total Time:** 20 Minutes | **Prep Time:** 10 Minutes | **Cook Time:** 10 Minutes

Ingredients

- $\frac{1}{2}$ cup yogurt (whole-fat unsweetened plain)
- 1 avocado, diced
- 2 tbsp lemon juice
- 1 clove garlic
- 5 tbsp chopped dill, divided
- 4 (6 oz) wild caught salmon fillets
- 1 tbsp extra virgin olive oil
- 1 tsp sea salt, divided
- Black pepper to taste
- 1 lb english cucumbers
- $\frac{1}{2}$ medium onion, thinly sliced
- 2 tbsp apple cider vinegar

Directions

- Preheat oven to 400°F.
- In a blender, blend together yogurt, avocado, lemon juice, garlic, 3 tablespoons dill, pinch of salt and pepper until very smooth; set aside.
- Place salmon skin side down onto a foil-lined baking sheet.
- Drizzle salmon with extra virgin olive oil and season with a pinch of salt and pepper.
- Bake for about 10 minutes or until cooked through.
- While salmon is baking, slice cucumber and onion into thin slices and place in bowl.
- Add to bowl the remaining dill, remaining salt, pinch of pepper, and apple cider vinegar; toss together.
- Serve salmon topped with dill-avocado yogurt and cucumber salad on the side.

Additional Serving Options: Serve with carrot sticks, small sweet potato, or steamed rice.

Lemon-Dill Halibut with Roasted Beets and Chard

Yield: 4 Servings | **Total Time:** 45 Minutes | **Prep Time:** 10 Minutes | **Cook Time:** 35 Minutes

Ingredients

- $\frac{1}{4}$ cup fresh dill, chopped
- 1 tbsp orange peel, finely grated
- 2 tsp orange juice, fresh squeezed
- 3 medium beets, peeled and chopped
- 5 tbsp olive oil, divided
- $\frac{1}{2}$ cup shallots, thinly sliced
- Sea salt to taste
- Black pepper to taste
- 3 bunches of chard, stemmed and chopped
- 4 (6 oz) halibut fillets

Directions

- Preheat oven to 450°F.
- Combine dill, orange peel, and orange juice in small bowl; set aside.
- Peel and chop beets into 1" cubes; place in large mixing bowl.
- To bowl with beets, add 1 tbsp olive oil, $\frac{1}{2}$ dill and orange mixture, and shallots. Season with salt and pepper; toss well. Set aside.
- In a separate mixing bowl, toss chopped chard, 1 tbsp olive oil, and salt and pepper to taste. Set aside.
- Brush large rimmed baking sheet with 1 tbsp olive oil.
- Spread beet cubes in a single layer on half of the prepared baking sheet. Add chard on the other half of baking sheet.
- Season halibut with salt and pepper; place halibut on top of chard.
- Add the $\frac{1}{2}$ of the remaining dill and orange mixture over halibut and drizzle fish with the remaining 2 tbsp olive oil.
- Roast halibut and vegetables until fish is just opaque in center, about 8 minutes.
- Plate halibut with beets and chard and garnish with the remaining dill and orange mixture.

Gut Rescue

MEAL PLAN &
RECIPES