



Gut Healing Program

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Gut Healing Program

HEAVY METAL FITNESS

THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, EVIDENCE, MEAL PLAN TIPS, & PREP GUIDE

A program designed to get that belly feeling beautiful. Gut health is so important. If the gut is unhealthy, every aspect of overall health can become compromised from immunity, to skin quality and even mental health. This program gives the gut a break from common irritants like grains and legumes. It incorporates gut-loving nutrients like collagen and glutamine. We've also added fermented foods to help replenish the gut with good bacteria.

This program was created by a Registered Dietician with the following key considerations:

GLUTEN & GRAIN-FREE

Gluten may affect the microbiome composition and diversity and enhance intestinal permeability. Following a gluten-free diet can also be helpful for certain non-celiac autoimmune diseases. This gluten-free and grain-free plan uses nutrient-dense alternatives like sweet potato, broccoli, cabbage, and cauliflower which provide indoles, such as indole-3-Carbinol to support immune function.

FIBER

Eating fiber-rich foods is linked to an increase in short-chain fatty acids. These short-chain fatty acids may help reduce intestinal permeability and promote the growth of good gut bacteria. Fiber also lowers C-reactive protein (CRP), a substance in the blood that indicates inflammation. This meal plan includes fiber at every meal from fruits and vegetables.

QUALITY PROTEIN

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

ANTI-INFLAMMATORY FOODS

This meal plan contains polyphenols and antioxidants to help manage inflammation. Polyphenols are found in



apples, berries, parsley, celery, and kale. The polyphenol [curcumin](#) in turmeric is incorporated in the meal plan as it is a powerful anti-inflammatory agent. Essential fat-soluble [antioxidants](#) like [vitamin A](#) and [vitamin E](#) reduce oxidative stress. This meal plan is packed with vitamin A sources like sweet potato, carrots, spinach, and incorporates vitamin E through a daily dose of healthy oils and seeds.

PROBIOTICS & PREBIOTICS

[Illness](#) and physical [stress from exercise](#) can impact your gut microbiota. This program incorporates prebiotics and probiotics to bring good bacteria into the gut. [Probiotics](#) found in fermented foods like sauerkraut are live bacteria that can help stabilize the [intestinal barrier](#) and reduce inflammation. [Prebiotics](#) are added to this plan from flaxseeds, bananas, garlic, and onion. These foods support digestive health by feeding the good bacteria and are important to create a [healthy gut microbiome](#).

GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



MON



BREAKFAST
Gut Healing Green Smoothie



LUNCH
Tuna Salad Stuffed Avocado with Hot Sauce



SNACK 1
Orange



DINNER
Slow Cooker Rotisserie Chicken



SNACK 2
Plantain Chips

TUE



BREAKFAST
Gut Healing Green Smoothie



LUNCH
Slow Cooker Rotisserie Chicken



SNACK 1
Immunity Boosting Bone Broth



DINNER
One Pan Honey Garlic Salmon with Bok Choy



SNACK 2
Plantain Chips

WED



BREAKFAST
Gut Healing Green Smoothie



LUNCH
One Pan Honey Garlic Salmon with Bok Choy



SNACK 1
Immunity Boosting Bone Broth



DINNER
Kimchi Fried Cauliflower Rice



SNACK 2
Strawberry Ice Cream

THU



BREAKFAST
Paleo Sweet Potato Porridge



LUNCH
Kimchi Fried Cauliflower Rice



SNACK 1
Golden Turmeric Latte



DINNER
Roasted Brussels Sprouts Caesar Salad



SNACK 2
Strawberry Ice Cream

FRI



BREAKFAST
Paleo Sweet Potato Porridge



LUNCH
Roasted Brussels Sprouts Caesar Salad



SNACK 1
Golden Turmeric Latte



DINNER
Sausage & Sauerkraut Skillet



SNACK 2
Broiled Pineapple with Cinnamon

SAT



BREAKFAST
Paleo Sweet Potato Porridge



LUNCH
Sausage & Sauerkraut Skillet



SNACK 1
Orange



DINNER
Sausage, Broccoli & Cabbage Stir Fry



SNACK 2
Broiled Pineapple with Cinnamon

MON**FAT 31%** **CARBS 40%** **PROTEIN 29%**

Calories 1734 Cholesterol 325mg
 Fat 63g Sodium 2527mg
 Carbs 180g Vitamin A 16285IU
 Fiber 31g Vitamin C 255mg
 Sugar 89g Calcium 382mg
 Protein 131g Iron 14mg

TUE**FAT 29%** **CARBS 38%** **PROTEIN 33%**

Calories 1688 Cholesterol 373mg
 Fat 57g Sodium 3477mg
 Carbs 167g Vitamin A 22425IU
 Fiber 24g Vitamin C 211mg
 Sugar 84g Calcium 474mg
 Protein 144g Iron 16mg

WED**FAT 39%** **CARBS 40%** **PROTEIN 21%**

Calories 1040 Cholesterol 264mg
 Fat 48g Sodium 2321mg
 Carbs 112g Vitamin A 10284IU
 Fiber 25g Vitamin C 216mg
 Sugar 57g Calcium 515mg
 Protein 59g Iron 13mg

THU**FAT 57%** **CARBS 30%** **PROTEIN 13%**

Calories 1380 Cholesterol 284mg
 Fat 92g Sodium 1300mg
 Carbs 106g Vitamin A 11744IU
 Fiber 26g Vitamin C 248mg
 Sugar 44g Calcium 315mg
 Protein 48g Iron 13mg

FRI**FAT 58%** **CARBS 29%** **PROTEIN 13%**

Calories 1351 Cholesterol 183mg
 Fat 91g Sodium 1558mg
 Carbs 100g Vitamin A 12441IU
 Fiber 23g Vitamin C 221mg
 Sugar 50g Calcium 307mg
 Protein 45g Iron 14mg

SAT**FAT 41%** **CARBS 46%** **PROTEIN 13%**

Calories 917 Cholesterol 170mg
 Fat 44g Sodium 2126mg
 Carbs 111g Vitamin A 13514IU
 Fiber 24g Vitamin C 338mg
 Sugar 58g Calcium 438mg
 Protein 31g Iron 14mg



FRUITS

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

SEEDS, NUTS & SPICES

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

FROZEN

- 1 cup Frozen Peas
- 2 cups Frozen Strawberries

VEGETABLES

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

BOXED & CANNED

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

BAKING

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

BREAD, FISH, MEAT & CHEESE

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

CONDIMENTS & OILS

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

COLD

- 4 Egg

OTHER

- 17 cups Water



SAVE **\$15** ON YOUR FIRST MONTH OF
NUTRITION COACHING

Behavior-Based Food Habits & Accountability

Discount for new nutrition clients only. Can only be used once. Mention this ad to your coach!

Using small, consistent actions, you can build the habits you need to look and feel better for life.

“I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT.”

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

\$195/MONTH

No rules. No restrictions. Just good habits for life.

Here's what's in the Nutrition Coaching Program:

-  **30 Minute Coaching Call Twice a Month**
-  **Custom Calorie / Macro / Portion Guide**
-  **Access to Coaching Software & Mobile App**
-  **Optional Integration with MyFitnessPal & Fitbit**
-  **Daily App Check-ins & Personal Reminders**
-  **In-App Messaging & Feedback**
-  **Monthly Macro-Based Recipe Suggestions***
-  **Optional Access to Meal Planning App for Recipe DIY***
-  **Your Choice of 4 7-Day RD-Created Meal Plans***
-  **Exclusive Resources to help you implement your habits**

 **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY

Gut Healing Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO KALE

Use spinach instead.

NO HONEY

Use maple syrup, dates or extra banana to sweeten instead.

LIKES IT CREAMY

Use almond milk instead of water for extra creaminess.

STORAGE

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Paleo Sweet Potato Porridge

2 SERVINGS 20 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	273	Cholesterol	0mg
Fat	19g	Sodium	54mg
Carbs	23g	Vitamin A	9244IU
Fiber	7g	Vitamin C	18mg
Sugar	6g	Calcium	50mg
Protein	3g	Iron	1mg

DIRECTIONS

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

NOTES

OTHER TOPPINGS

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

LEFTOVERS

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

Tuna Salad Stuffed Avocado with Hot Sauce

2 SERVINGS 20 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	261	Cholesterol	30mg
Fat	17g	Sodium	323mg
Carbs	10g	Vitamin A	1007IU
Fiber	7g	Vitamin C	15mg
Sugar	1g	Calcium	43mg
Protein	18g	Iron	2mg

DIRECTIONS

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

NOTES

MORE PROTEIN & CRUNCH

Add 1/4 cup sunflower seeds.

DON'T LIKE AVOCADOS

Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

DON'T EAT FISH

Use a can of white beans instead.

Orange

2 SERVINGS 2 MINUTES



INGREDIENTS

2 Navel Orange

DIRECTIONS

01 Slice into wedges or peel and section. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	69	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	18g	Vitamin A	346IU
Fiber	3g	Vitamin C	83mg
Sugar	12g	Calcium	60mg
Protein	1g	Iron	0mg

Immunity Boosting Bone Broth

4 SERVINGS 12 HOURS



INGREDIENTS

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 02 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

SERVING SIZE

One serving is approximately 1 to 1 1/2 cups.

LOW FODMAP

Omit garlic and onions.

Golden Turmeric Latte

2 SERVINGS 10 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 02 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

NOTES

USE FRESH TURMERIC ROOT

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

AVOID A MESS

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

ON-THE-GO

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

VEGAN

Use maple syrup to sweeten instead of honey.

Slow Cooker Rotisserie Chicken

4 SERVINGS 4 HOURS



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	636	Cholesterol	295mg
Fat	16g	Sodium	2170mg
Carbs	23g	Vitamin A	10763...
Fiber	6g	Vitamin C	77mg
Sugar	5g	Calcium	115mg
Protein	97g	Iron	7mg

DIRECTIONS

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

NOTES



SAVE THE CARCASS

Make our Immunity Boosting Bone Broth.

AIP-FRIENDLY

Omit the black pepper and cayenne.



One Pan Honey Garlic Salmon with Bok Choy

4 SERVINGS 20 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	254	Cholesterol	78mg
Fat	11g	Sodium	640mg
Carbs	8g	Vitamin A	3575IU
Fiber	1g	Vitamin C	32mg
Sugar	5g	Calcium	111mg
Protein	31g	Iron	2mg

DIRECTIONS

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

NOTES

NO SALMON

Any fish fillet will do. Baking time will vary depending on thickness.

NO BOK CHOY

Use asparagus, green beans or broccoli instead.

MAKE IT ON THE GRILL

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

LEFTOVERS

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

Kimchi Fried Cauliflower Rice

4 SERVINGS 20 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
- 02 Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
- 03 In a separate frying pan, fry your eggs.
- 04 Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

NOTES

NO CAULIFLOWER

Use cooked quinoa or brown rice instead.

MEAT LOVER

Add chopped bacon.

NO EGGS

Use diced chicken breast or roasted chickpeas instead.

Roasted Brussels Sprouts Caesar Salad

4 SERVINGS 1 HOUR



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	446	Cholesterol	98mg
Fat	33g	Sodium	187mg
Carbs	14g	Vitamin A	831IU
Fiber	6g	Vitamin C	98mg
Sugar	3g	Calcium	68mg
Protein	27g	Iron	5mg

DIRECTIONS

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

NOTES

LEFTOVERS

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

SAVE TIME

Cook the ground chicken and make the roasted garlic dressing in advance.

NO EXTRA LEAN GROUND CHICKEN

Use any other type of ground meat instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.



Sausage & Sauerkraut Skillet

4 SERVINGS 40 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 02 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 03 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

NOTES

LEFTOVERS

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

VEGAN AND VEGETARIAN

Skip the sausage and use cooked lentils instead.

NO SWISS CHARD

Use kale or spinach instead.

Sausage, Broccoli & Cabbage Stir Fry

2 SERVINGS 25 MINUTES



INGREDIENTS

- 5 ozs Chicken Sausage
- 1/2 Yellow Onion (small, diced)
- 1/2 Garlic (clove, minced)
- 2 cups Broccoli (chopped into small florets)
- 2 cups Purple Cabbage (finely sliced)
- 1 tsp Italian Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	224	Cholesterol	85mg
Fat	11g	Sodium	788mg
Carbs	21g	Vitamin A	1560IU
Fiber	5g	Vitamin C	132mg
Sugar	9g	Calcium	165mg
Protein	14g	Iron	6mg

DIRECTIONS

- 01 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 02 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

NO SAUSAGE

Use ground meat instead.

MAKE IT QUICK

Use bagged coleslaw mix to save time on slicing cabbage.

Plantain Chips

2 SERVINGS 30 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	392	Cholesterol	0mg
Fat	8g	Sodium	11mg
Carbs	87g	Vitamin A	3045IU
Fiber	5g	Vitamin C	50mg
Sugar	47g	Calcium	15mg
Protein	4g	Iron	2mg

DIRECTIONS

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

NOTES

STORAGE

Store in an airtight container at room temperature.

MAKE THEM CRISPY

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

Strawberry Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen)
1 cup Frozen Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	144	Cholesterol	0mg
Fat	1g	Sodium	3mg
Carbs	37g	Vitamin A	125IU
Fiber	5g	Vitamin C	56mg
Sugar	19g	Calcium	24mg
Protein	2g	Iron	1mg

DIRECTIONS

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

NOTES

MORE CREAMY

Add 2 tbsp coconut milk.

MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

MAKE IT CHUNKY

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

Broiled Pineapple with Cinnamon

2 SERVINGS 10 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	86	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	23g	Vitamin A	100IU
Fiber	3g	Vitamin C	79mg
Sugar	16g	Calcium	34mg
Protein	1g	Iron	1mg

DIRECTIONS

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

NOTES

SERVE IT WITH

Coconut ice cream, granola or over oatmeal.

Day	Task	Notes	
<p style="text-align: center;">0 Sun</p>		<p>Grocery shop.</p>	<p>Grab the grocery list for the Gut Healing Program and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.</p>
		<p>After grocery shopping, freeze the ground meat and sausage to preserve freshness.</p>	<p>You won't be needing these until later on in the week. We'll remind you when to set them out.</p>
		<p>Make up smoothie packs for the Gut Healing Smoothie.</p>	<p>Make enough smoothie packs for Monday, Tuesday and Wednesday breakfasts. Portion out kale, banana, chia seed, flax seed and hemp seeds into containers or ziplock baggies. Store smoothie packs in the freezer.</p>
		<p>Make up Tuna Salad Stuffed Avocado with Hot Sauce.</p>	<p>Place in container in the fridge for tomorrow's lunch.</p>
		<p>Slice sweet potatoes and brussels sprouts for Crock Pot Rotisserie Chicken.</p>	<p>For tomorrow night's dinner. Store in an airtight container in the fridge.</p>
		<p>Make spice rub for the Crock Pot Rotisserie Chicken.</p>	<p>Combine sea salt, paprika, onion powder, dried thyme, Italian seasoning, cayenne pepper and black</p>

			pepper in a jar. Mix well and set aside for tomorrow.
1 Mon		Start your Crock Pot Rotisserie Chicken.	Place chicken in the crock pot and rub with the spice you created yesterday. Set on low and cook for 8 hours.
		Make Gut Healing Smoothie.	Add contents of your smoothie pack (kale, banana, chia seed, flax seed and hemp seeds) to the blender. Add in avocado and water. Blend very well until smooth. Transfer to a glass or a mason jar with lid if you are on-the-go.
		Pack your meals if you are on-the-go.	Gut Healing Smoothie, Tuna Salad Stuffed Avocado with Hot Sauce and Orange.
		Finish Crock Pot Rotisserie Chicken.	Roast the brussels sprouts and sweet potato you prepared yesterday. Enjoy for dinner and pack leftovers for your lunch tomorrow.
		Prepare Immunity Boosting Bone Broth.	Place the whole chicken carcass back into the crock pot with all other bone broth ingredients. Cook on low overnight.
		Make Plantain Chips for a snack.	Prepare enough for snacks today and tomorrow. Enjoy a portion tonight and save the rest for tomorrow.

2 Tue		Strain the Immunity Boosting Bone Broth.	Strain the broth through a mesh sack or sieve. Divide into single serving jars and store in the fridge.
		Make Gut Healing Smoothie.	Add contents of your smoothie pack (kale, banana, chia seed, flax seed and hemp seeds) to the blender. Add in avocado and water. Blend very well until smooth. Transfer to a glass or a mason jar with a lid if you are on-the-go.
		Pack your meals if you are on-the-go.	Gut Healing Smoothie, Crock Pot Rotisserie Chicken and Immunity Boosting Bone Broth.
		Make and enjoy Honey Garlic Salmon for dinner.	Pack away a portion for your lunch tomorrow.
		Process your cauliflower into rice for tomorrow night's Kimchi Fried Cauliflower Rice.	Store in an airtight container in the fridge.
		Enjoy Plantain Chips for snack.	If they've lost their crunch, toast them back up in the oven.
3 Wed		Make Gut Healing Green Smoothie.	Add contents of your smoothie pack (kale, banana, chia seed, flax seed and hemp seeds) to the blender. Add in avocado and water. Blend very well until smooth. Transfer to a glass or a mason jar with a lid if you are on-the-go.
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Honey Garlic Salmon

			and Immunity Boosting Bone Broth.
		Make Kimchi Fried Cauliflower Rice for dinner.	Enjoy, then pack a portion for your lunch tomorrow.
		Prepare Paleo Sweet Potato Porridge.	Prepare enough for Thursday, Friday and Saturday breakfasts. Divide into containers and store in the fridge. Reheat before eating.
		Prepare Strawberry Ice Cream for snack.	Enjoy!
		Transfer ground meat from the freezer to the fridge to thaw.	For tomorrow night's Roasted Brussels Sprouts Caesar Salad.
		Prepare Golden Turmeric Lattes.	Add all ingredients except water to a mason jar. When ready to enjoy as a snack, just add hot water from the kettle and shake or mix well.
4 Thu		Pack your breakfast, lunch and snack if you are on-the-go.	Paleo Sweet Potato Porridge, Kimchi Fried Cauliflower Rice and Golden Turmeric Latte.
		Make Roasted Brussels Sprouts Caesar Salad for dinner.	Enjoy and pack away leftovers for tomorrow's lunch.
		Prepare Strawberry Ice Cream for snack.	Enjoy!
		Transfer sausage from the freezer to the fridge to thaw.	For the next two dinners.

5 Fri		Don't forget to pack your lunch!	Paleo Sweet Potato Porridge, Roasted Brussels Sprouts Caesar Salad and Golden Turmeric Latte.
		Make Sausage & Sauerkraut Skillet for dinner.	Set aside leftovers for your lunch tomorrow.
		Make Broiled Pineapple with Cinnamon for snack.	Enjoy!
6 Sat		Pack your lunch if you are on the go.	Paleo Sweet Potato Porridge, Sausage & Sauerkraut Skillet and Orange.
		Make Sausage, Broccoli & Cabbage Stir Fry for dinner.	Enjoy!
		Make Broiled Pineapple with Cinnamon for snack.	Nom nom nom.
7 Sun		Free day or eat-up-your-leftovers day.	Start your planning and meal prep for next week.

WAIVER

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