



Leaky Gut Diet

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Leaky Gut Diet

HEAVY METAL FITNESS

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

Nutrition therapy to heal intestinal hyperpermeability - Leaky Gut Syndrome is a key contributor to many health issues, from autoimmunity to skin problems. Our 7-Day Leaky Gut Program is a great meal plan for your clients to follow while on a gut healing protocol. This meal plan includes plenty of easily digestible meals focusing on phytonutrient rich plants. Anti-inflammatory omega-3 fats and turmeric help reduce inflammation. Fermented foods like sauerkraut and kimchi bring good bacteria back into the gut and healing bone broth provides gelatin to soothe and support damaged gut lining.

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 enhances intestinal permeability. Following a gluten-free diet can be helpful for leaky gut and certain non-celiac autoimmune diseases. This gluten-free and grain-free plan uses nutrient-dense alternatives like zucchini noodles, spaghetti squash, and cauliflower rice 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 improve symptoms of leaky gut syndrome by reducing intestinal permeability and promoting the growth of good gut bacteria. This meal plan includes fiber at every meal from fruits and vegetables.

PROBIOTICS & PREBIOTICS

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, fight off bad bacteria, and reduce inflammation. Prebiotics are added to this plan from asparagus, banana, garlic, and onion. These foods support digestive health by feeding the good bacteria and are important to create a healthy gut microbiome.



ZINC

Zinc is essential for cell survival and function and maintains the gut membrane barrier integrity. A zinc deficiency can impair immune function and membrane permeability. You can find zinc sources in this meal plan from chicken, cashews, sesame seeds, and peas.

ANTI-INFLAMMATORY FOODS

This meal plan contains polyphenols and antioxidants to help manage inflammation. It includes polyphenols found in apples, blueberries, parsley, celery, and kale. The polyphenol curcumin in turmeric is incorporated 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 carrots, spinach, and eggs, and incorporates vitamin E through a daily dose of healthy oils and seeds.

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.



MON



BREAKFAST
Gut Healing Green Smoothie



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Cream of Celery & Asparagus Soup



SNACK 2
Golden Turmeric Latte



DINNER
Spaghetti Squash Chow Mein

TUE



BREAKFAST
Gut Healing Green Smoothie



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Spaghetti Squash Chow Mein



SNACK 2
Golden Turmeric Latte



DINNER
Zucchini Alfredo with Turmeric Chicken

WED



BREAKFAST
Gut Healing Green Smoothie



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Zucchini Alfredo with Turmeric Chicken



SNACK 2
Cream of Celery & Asparagus Soup



DINNER
Spaghetti Squash Chow Mein

THU



BREAKFAST
Blueberry Energy Smoothie



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Spaghetti Squash Chow Mein



SNACK 2
Golden Turmeric Latte



DINNER
One Pan Chicken, Golden Cauliflower & Carrot Fries

FRI



BREAKFAST
Blueberry Energy Smoothie



SNACK 1
Immunity Boosting Bone Broth



LUNCH
One Pan Chicken, Golden Cauliflower & Carrot Fries



SNACK 2
Carrots & Guacamole



DINNER
Kimchi Fried Cauliflower Rice

SAT



BREAKFAST
Bacon, Eggs, Avocado & Sauerkraut



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Kimchi Fried Cauliflower Rice



SNACK 2
Carrots & Guacamole



DINNER
Sausage & Sauerkraut Skillet

SUN



BREAKFAST
Bacon, Eggs, Avocado & Sauerkraut



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Cream of Celery & Asparagus Soup



SNACK 2
Carrots & Guacamole



DINNER
Sausage & Sauerkraut Skillet

MON

FAT 56% **CARBS 30%** **PROTEIN 14%**

Calories 1250 Cholesterol 98mg
Fat 82g Sodium 1766mg
Carbs 100g Vitamin A 12466IU
Fiber 23g Vitamin C 119mg
Sugar 51g Calcium 503mg
Protein 46g Iron 15mg

TUE

FAT 59% **CARBS 25%** **PROTEIN 16%**

Calories 1637 Cholesterol 180mg
Fat 111g Sodium 1200mg
Carbs 108g Vitamin A 9192IU
Fiber 27g Vitamin C 152mg
Sugar 53g Calcium 429mg
Protein 68g Iron 12mg

WED

FAT 56% **CARBS 26%** **PROTEIN 18%**

Calories 1578 Cholesterol 180mg
Fat 103g Sodium 1837mg
Carbs 106g Vitamin A 13037IU
Fiber 31g Vitamin C 169mg
Sugar 48g Calcium 534mg
Protein 76g Iron 17mg

THU

FAT 58% **CARBS 24%** **PROTEIN 18%**

Calories 1408 Cholesterol 180mg
Fat 94g Sodium 1395mg
Carbs 88g Vitamin A 20608IU
Fiber 19g Vitamin C 158mg
Sugar 40g Calcium 385mg
Protein 67g Iron 14mg

FRI

FAT 55% **CARBS 27%** **PROTEIN 18%**

Calories 1238 Cholesterol 268mg
Fat 80g Sodium 2365mg
Carbs 89g Vitamin A 39112IU
Fiber 30g Vitamin C 208mg
Sugar 34g Calcium 448mg
Protein 60g Iron 16mg

SAT

FAT 59% **CARBS 25%** **PROTEIN 16%**

Calories 1278 Cholesterol 680mg
Fat 88g Sodium 4128mg
Carbs 84g Vitamin A 28977IU
Fiber 33g Vitamin C 163mg
Sugar 33g Calcium 497mg
Protein 53g Iron 17mg

SUN

FAT 62% **CARBS 23%** **PROTEIN 15%**

Calories 1264 Cholesterol 494mg
Fat 91g Sodium 3777mg
Carbs 78g Vitamin A 31282IU
Fiber 31g Vitamin C 104mg
Sugar 32g Calcium 481mg
Protein 49g Iron 18mg



FRUITS

- 1 Apple
- 4 Avocado
- 1 1/2 Banana
- 1/2 Lemon
- 1 1/4 Lime

SEEDS, NUTS & SPICES

- 3/4 tsp Black Pepper
- 1/2 cup Cashews
- 1 1/2 tbsps Chia Seeds
- 3/4 tsp Cinnamon
- 1 tsp Dried Thyme
- 3 tbsps Ground Flax Seed
- 1 1/8 cups Hemp Seeds
- 1 tsp Italian Seasoning
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1 1/8 tbsps Turmeric

FROZEN

- 1 1/2 cups Frozen Blueberries
- 1/2 cup Frozen Peas

VEGETABLES

- 3 cups Asparagus
- 6 cups Baby Spinach
- 9 Carrot
- 1 head Cauliflower
- 14 stalks Celery
- 4 cups Coleslaw Mix
- 13 Garlic
- 2 1/2 tbsps Ginger
- 1 1/2 stalks Green Onion
- 3 cups Kale Leaves
- 2 cups Parsley
- 1 Spaghetti Squash
- 2 cups Swiss Chard
- 4 1/2 Yellow Onion
- 2 Zucchini

BOXED & CANNED

- 2 1/2 cups Canned Coconut Milk

BAKING

- 1/4 cup Raw Honey

BREAD, FISH, MEAT & CHEESE

- 4 slices Bacon
- 1 lb Chicken Breast
- 5 ozs Chicken Sausage
- 1 lb Extra Lean Ground Chicken
- 2 Whole Chicken Carcass

CONDIMENTS & OILS

- 2 1/2 tbsps Apple Cider Vinegar
- 1/4 cup Coconut Aminos
- 1/4 cup Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 1 cup Kimchi
- 1 1/2 cups Sauerkraut
- 2 1/3 tbsps Sesame Oil
- 1 tbsps Tamari

COLD

- 6 Egg

OTHER

- 23 1/4 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

1 SERVING 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	376	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.

Blueberry Energy Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Cashews
1/4 cup Hemp Seeds
2 cups Water
2 cups Baby Spinach
1 1/2 cups Frozen Blueberries

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 02 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

NOTES

MAKE IT SWEETER

Add in a few soaked dates to sweeten it up.

Bacon, Eggs, Avocado & Sauerkraut

2 SERVINGS 15 MINUTES



INGREDIENTS

4 slices Bacon
4 Egg
1 Avocado
1/2 cup Sauerkraut

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
- 02 Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
- 03 Transfer cooked eggs to plate and add sauerkraut. Enjoy!

Immunity Boosting Bone Broth

4 SERVINGS 12 HOURS



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	30	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.



Cream of Celery & Asparagus Soup

4 SERVINGS 25 MINUTES



INGREDIENTS

- 2 tbsps Coconut Oil
- 1 Yellow Onion (chopped)
- 6 stalks Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 cups Water
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Hemp Seeds
- 4 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 02 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 03 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

SERVING SIZE

One serving is approximately 2 cups.

NO HEMP SEEDS

Use cashews.

ADD SOME CRUNCH

Set aside a few spears of asparagus, roast before serving and use as a garnish.

NO SPINACH

Use kale, swiss chard or any leafy green.

Golden Turmeric Latte

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tsps Ginger (grated)
1/2 cup Canned Coconut Milk
1/2 cup Water
1/2 tsp Turmeric (powder)
1 1/2 tsps Raw Honey
1/4 tsp Cinnamon
3/4 tsp Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	281	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.

Carrots & Guacamole

3 SERVINGS 5 MINUTES



INGREDIENTS

6 Carrot (medium)
1 1/2 Avocado
1 1/2 Lime (juiced)
1/3 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

NOTES

LEFTOVERS

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Spaghetti Squash Chow Mein

4 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

- 1 Spaghetti Squash
- 2 tbsps Sesame Oil
- 1 Yellow Onion (medium, diced)
- 4 stalks Celery (sliced diagonally)
- 4 cups Coleslaw Mix
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 1/2 tsps Coconut Oil
- 1 lb Extra Lean Ground Chicken
- 1/4 cup Coconut Aminos

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
- 02 While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
- 03 In a separate pan, melt the coconut oil and brown the ground chicken.
- 04 Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

NOTES

NO COCONUT AMINOS

Use tamari instead.

VEGAN AND VEGETARIAN

Replace the ground chicken with scrambled eggs or tofu.

LIKES IT SPICY

Serve with hot sauce.

LEFTOVERS

Refrigerate up to 3 days.

Zucchini Alfredo with Turmeric Chicken

2 SERVINGS 20 MINUTES



INGREDIENTS

2 Zucchini
1 tbsp Extra Virgin Olive Oil
8 ozs Chicken Breast (sliced)
1 tsp Turmeric
1 tsp Italian Seasoning
Sea Salt & Black Pepper (to taste)
1 Avocado (peeled and pit removed)
1 cup Canned Coconut Milk (full fat)
1/2 Lemon (juiced)

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
- 02 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
- 03 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 04 Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 05 Divide the creamy zoodles between plates, and top with chicken. Enjoy!

NOTES

MORE CARBS

Use brown rice pasta instead of zucchini noodles.

VEGAN OR VEGETARIAN

Use chickpeas or white beans instead of chicken.

One Pan Chicken, Golden Cauliflower & Carrot Fries

2 SERVINGS 40 MINUTES



INGREDIENTS

2 Carrot (medium)
1/2 head Cauliflower
3 tbsps Extra Virgin Olive Oil (divided three ways)
8 ozs Chicken Breast
1 tsp Dried Thyme
1 tsp Turmeric (powder)
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 02 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 03 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 04 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 05 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 06 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 07 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

NOTES

LOW FODMAP

Use zucchini instead of cauliflower.

Kimchi Fried Cauliflower Rice

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 head Cauliflower (medium, chopped into florets)
1 1/2 tps Coconut Oil
1 cup Kimchi (liquid drained off)
1 tbs Tamari
1 1/2 tps Apple Cider Vinegar
1/4 tsp Black Pepper
1 tbs Sesame Seeds
1 tsp Sesame Oil
1 1/2 stalks Green Onion (chopped)
1/2 cup Frozen Peas (thawed)
2 Egg

NUTRITION

AMOUNT PER SERVING

Calories	236	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.

Sausage & Sauerkraut Skillet

2 SERVINGS 40 MINUTES



INGREDIENTS

5 ozs Chicken Sausage
1 1/2 tsps Coconut Oil
1/2 Yellow Onion (diced)
1 Apple (peeled, cored and diced)
1 Garlic (cloves, minced)
2 cups Swiss Chard (washed, stems removed and chopped)
1 cup Sauerkraut (liquid drained off)

NUTRITION

AMOUNT PER SERVING

Calories	265	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.

Day	Task	Notes	
<p style="text-align: center;">0 Sun</p>		<p>Grocery shop.</p>	<p>Grab the grocery list for the Leaky Gut Program and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>
		<p>Freeze the sausage and half of the chicken breasts.</p>	<p>You'll be reminded later on in the week when to set them out to thaw.</p>
		<p>Make the Immunity Boosting Bone Broth.</p>	<p>Prepare enough for Monday through Sunday snacks. Follow the recipe and move onto other tasks while it simmers in the slow cooker. Once finished, divide between containers and let cool. Refrigerate enough for snacks Monday through Wednesday and freeze the remainder.</p>
		<p>Make the Cream of Celery & Asparagus Soup.</p>	<p>Follow the recipe, then divide into servings and let cool. Refrigerate portions for lunch on Monday and snack on Tuesday. Freeze the leftovers.</p>
		<p>Prep smoothie packs for the Gut Healing Green Smoothies.</p>	<p>Create single-serving smoothie packs. For each serving, divide the kale leaves, avocado, banana, chia, flax, and hemp seeds into small ziploc baggies. Store packs in the freezer.</p>

		Prep smoothie packs for the Blueberry Energy Smoothies.	Create single-serving smoothie packs. For each serving, divide the cashews, hemp seeds, baby spinach, and blueberries into small ziploc baggies. Store packs in the freezer.
		Prep Golden Turmeric Lattes.	Add all ingredients except water to mason jars (each serving should have its own jar). Store in the fridge. When ready to drink, add hot water from the kettle and shake up to mix.
1 Mon		Make Gut Healing Green Smoothie.	Empty smoothie pack into the blender, add the water and raw honey. Blend until smooth.
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Immunity Boosting Bone Broth, Cream of Celery & Asparagus Soup and Golden Turmeric Latte.
		Make Spaghetti Squash Chow Mein for dinner.	Divide leftovers between containers and store in the refrigerator.
2 Tue		Make Gut Healing Green Smoothie.	Empty smoothie pack into the blender, add the water and raw honey. Blend until smooth.
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Immunity Boosting Bone Broth, Spaghetti Squash Chow Mein and Golden Turmeric Latte.

		Make Zucchini Alfredo with Turmeric Chicken for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
3 Wed		Make Gut Healing Green Smoothie.	Empty smoothie pack into the blender, add the water and raw honey. Blend until smooth.
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Immunity Boosting Bone Broth, Zucchini Alfredo with Turmeric Chicken and Cream of Celery & Asparagus Soup.
		Reheat leftover Spaghetti Squash Chow Mein for dinner.	Warm on the stove in a frying pan lightly greased with coconut oil
		Take chicken breasts, and remaining servings of bone broth out of the freezer.	Place in the fridge to thaw.
4 Thu		Make Blueberry Energy Smoothie.	Empty smoothie pack into the blender, add the water. Blend until smooth.
		Pack your meals if you are on-the-go.	Blueberry Energy Smoothie, Immunity Boosting Bone Broth, Spaghetti Squash Chow Mein and Golden Turmeric Latte.
		Make the One Pan Chicken, Golden Cauliflower & Carrot Fries for dinner.	Transfer the leftovers to a container and store in the refrigerator for tomorrow's lunch.

		Make Carrots & Guacamole snacks.	Portion the guacamole into small containers. Peel and chop the carrots and store in the fridge.
5 Fri		Make Blueberry Energy Smoothie.	Empty smoothie pack into the blender, add the water. Blend until smooth.
		Pack your meals if you are on-the-go.	Blueberry Energy Smoothie, Immunity Boosting Bone Broth, One Pan Chicken, Golden Cauliflower & Carrot Fries and Carrots & Guacamole.
		Make Kimchi Fried Cauliflower Rice for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Take sausages out of the freezer.	Let thaw in the fridge for dinner tomorrow night.
6 Sat		Make Bacon, Eggs, Avocado & Sauerkraut for breakfast.	Follow the recipe. Divide leftovers into a container for tomorrow's breakfast.
		Pack your meals if you are on-the-go.	Bacon, Eggs, Avocado & Sauerkraut, Immunity Boosting Bone Broth, Kimchi Fried Cauliflower Rice and Carrots & Guacamole.
		Make the Sausage & Sauerkraut Skillet for dinner.	Transfer leftovers into a container and store in the refrigerator for dinner tomorrow.
		Take leftover Cream of Celery and Asparagus Soup out of the freezer.	Let thaw in the fridge overnight for lunch tomorrow.

7 Sun		Pack your meals if you are on-the-go.	Bacon, Eggs, Avocado, and Sauerkraut, Immunity Boosting Bone Broth, Cream of Celery and Asparagus Soup and Carrots & Guacamole.
		Enjoy leftover Sausage & Sauerkraut Skillet for dinner.	Reheat in a toaster oven or skillet. Enjoy!

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