

Plan S Dietary Guidelines

Please read this document completely before beginning the program. Use these Dietary Guidelines until the beginning of Step 5 when you'll transition to the "80/20" Rule.

Diet is crucial to the success of the program. Give yourself time to adjust to this new way of eating. The effort you put into the next few weeks will be more than worth it!

This handout includes:



[Picture Your Plate](#)
[\(Pages 2-5\)](#) for food groups and portions macronutrients (proteins, carbs, and fats)



[Foods to Enjoy and Avoid](#)
[\(Pages 5-13\)](#) for a list of foods included and not included on the program.



[Meal Plans/Shopping Lists](#)
[\(Pages 14-36\)](#) for meal plans for each step of the program along with shopping lists.

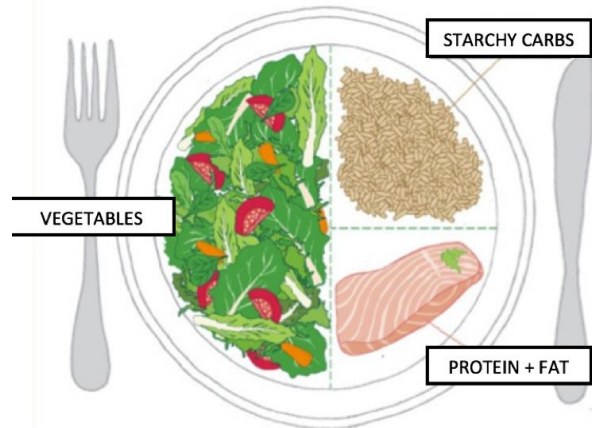
What if I'm a Vegan or Vegetarian?

If you are following a vegan or vegetarian diet, see the [Vegan/ Vegetarian Considerations](#) handout in the program portal for additional information.

Picture Your Plate

Use the information below to help visualize the amount of food you will be eating each day. Keep in mind that portion sizes vary from person to person (i.e., a man who weighs 175 pounds needs more food than a woman who weighs 125 pounds).

We don't expect you to carry around a measuring cup, but it may be helpful to measure the starchy vegetables, grains, legumes, and fruits in the beginning just to help you stay on track. These are the foods that break down into sugar in your digestive tract and feed unwanted microorganisms when eaten in large quantities.



Non-starchy Vegetables (click [HERE](#) for examples)

Serving size: 2 cups uncooked leafy greens or raw vegetables or 1 cup cooked vegetables

Breakfast: Whenever possible, add sautéed vegetables to eggs and greens to smoothies (fresh or powdered).

Lunch and Dinner: Aim for at least 2-3 servings at both meals. Half of your plate should be non-starchy vegetables.

Tips:

- Adding large amounts of fiber to your diet too quickly can contribute to digestive discomfort and gas. **Go slowly** and gradually increase fiber, once you know it is well tolerated.
- Getting in enough non-starchy vegetables can be challenging. Try making green juices or purchasing green juice without added fruit. You can add a teaspoon of melted coconut oil or avocado oil to your juice for extra energy if you are having it as a snack. Adding 1/4 teaspoon of Himalayan salt or sea salt helps support the adrenal glands.

Starchy Vegetables, Grains, Legumes and Resistant Starch

Serving size: 1/4 - 3/4 cup, depending upon individual needs

Breakfast: 1/4 - 1/3 cup

Do not include starchy vegetables, grains, or legumes with breakfast if you are having fruit with your meal.

Lunch: 1/2 - 2/3 cup

Dinner: 2/3 - 3/4 cup



Tips:

- Gradually increase the portion size of your carbohydrates as the day progresses. Limiting carbs during Gut Thrive will help starve the pathogenic overgrowth, while still providing adequate quantities to maintain energy.
- If you are suffering from energy issues, or adrenal fatigue, you can increase your carbohydrate content by approximately 10-15%

After Week 6:

- If using canned beans or lentils, purchase brands with BPA-free liners.
- When cooking grains, soak them in water overnight and rinse them in the morning. This process removes phytic acid and makes them more digestible.



Low Sugar Fruit

Limit fruit to 1-2 servings per day.

Serving size: 1 cup organic berries, 2/3 green banana (or 1/2 cup berries and 1/2 green banana).

Breakfast or Snack: Add fruit to breakfast smoothies or include it with your meal, unless the meal contains starchy vegetables, grains, or legumes. Otherwise, you can have fruit as part of your snack.

Tips:

- Do not consume fruit with starchy vegetables, grains, or legumes as a general rule. Eating these foods together can create gas and bloating.
- If you have adrenal fatigue or exhaustion, you can have up to 2 servings of fruit per day to help keep blood sugar stable.
- Cooking fruit will make it easier to digest.

Protein

Serving size: 3 - 4 ounces per meal

Breakfast: 2 eggs or 2 tablespoons/scoops of protein powder

Lunch: 3 ounces

Dinner: 3 ounces



Tips:

- A 3-ounce portion of meat is about the size of a deck of cards.
- Avoid using protein powders that contain probiotics until Step 4.



Fats, Oils and Nuts

Include some type of fat or oil with each meal. You will be using healthy fats for energy while limiting your carbohydrate intake.

Breakfast: Add avocado slices to egg dishes (if tolerated), coconut butter or coconut cream to smoothies, and cook with avocado oil.

Lunch and Dinner: Use extra virgin olive oil (EVOO) in salad dressings and coconut oil or avocado oil for sautéing greens.

Tips:

- Limit nuts to 1 serving per day (a palmful of raw, soaked, or slow roasted nuts, OR 2 tablespoons of nut butter (as tolerated).
- Purchase oils in glass containers and store away from heat.
- Purchase raw nuts and seeds and store in the refrigerator to prevent mold.

Foods to Enjoy and Foods to Avoid

Whenever possible, **purchase organic, local, non-genetically modified foods (non-GMO)**. For links to suggested brands for some of the food items, see the [Product Recommendations handout](#). Also review the [Snack Recipe Guide](#) handout for additional ideas.

Use this [FODMAP/SIBO chart](#) for more information about choosing foods to include in your diet.

If you have an autoimmune condition, **avoid nightshades during the program** (tomatoes, peppers, eggplant, white potato, and goji berries).

Important:

Take note of the foods that are included in the “**as tolerated**” category. Listen to your body to help determine whether these foods agree with you. If you are not able to tolerate a food in the beginning of the program, you may be able to add it back in Step 5 without any discomfort (i.e., bloating). When reintroducing foods, always add them back one at a time, so you know how well you are responding.

During the first 6 weeks, **80% of the foods in your diet should be cooked.**

Highlighted foods are especially helpful for Plan S.



Beverages

Foods to Enjoy	Foods To Avoid
· Peppermint tea, chamomile tea	· Alcohol
· Coconut water: up to 8 oz per day	· Black tea
· Cumin, Coriander, Fennel tea (CCF tea; see Recipes)	· Any beverage containing carrageenan
· Golden Milk (see Recipes)	· Coffee and Teecino
· Green tea, Yerbe Mate, or herbal tea	· Fruit juices
· Sparkling water as an occasional treat	· Kombucha
· Bone broth (as tolerated , see Recipes or purchase)	· Kefir
· Green juices (without fruit)	
· Turmeric Ginger Lemonade (see Recipes)	
· Unsweetened coconut, almond, or hemp milk (without carrageenan or guar gum)	
· Mineral water or filtered water with berries, lemon, lime, cucumber, or mint	

Tip: Many people find it challenging to give up coffee during the program. Green tea or Yerba Mate (with or without almond or coconut milk) can help with cravings. Drinking green juice first thing in the morning can also be very helpful.



Condiments, Flavorings, and Seasonings

Foods to Enjoy	Foods to Avoid
· Turmeric	· Carrageenan
· Cleaning Cilantro Pesto (see Recipes – omit garlic if it causes bloating to discomfort)	· All products containing sugar or vinegar (e.g., BBQ sauce, ketchup, prepared mustard, salad dressings, etc.).
· Ginger	· Citric acid, MSG
· Mayonnaise, vinegar-free (see Recipes)	· Apple cider vinegar (until Step 4, can be used for bone broth throughout the program)
· Himalayan salt, Celtic Sea salt, pepper	· Fermented products (e.g., coconut aminos, miso, tempeh, tamari, soy sauce)
· Herbs and spices: use liberally, especially cumin, coriander, cinnamon (especially Ceylon), nutmeg, dill, rosemary, mint, parsley (add fresh parsley to food – it's helpful when chewed after meals), fennel (helpful when chewed after meals)	· Sauerkraut, kimchi (until Step 4, as tolerated)
· Cacao nibs/powder (after week 6; if it causes bloating, omit, and reintroduce in Step 5)	· Brewer's yeast or any products containing yeast



Fruits

Foods to Enjoy	Foods to Avoid
<ul style="list-style-type: none">• Berries (especially blueberries and strawberries)	<ul style="list-style-type: none">• All fruits, except those listed under “Foods to Enjoy”
<ul style="list-style-type: none">• Lemon, lime, avocado (as tolerated)	<ul style="list-style-type: none">• Dried fruits (except Goji berries, as tolerated, limit to 1-2 Tablespoons)
<ul style="list-style-type: none">• Slightly green bananas (should be difficult to peel; resistant starch)	
<ul style="list-style-type: none">• Green banana flour (resistant starch)	
<ul style="list-style-type: none">• Pomegranates, green apples (after week 6; if it causes bloating, omit and reintroduce in Step 5)	

Grains, Gluten-Free (After Week 6 - as tolerated)

These are the only grains allowed on the program, and in moderation. Soak before cooking or use “sprouted” versions. **If they cause bloating, omit until Step 5.**

Foods to Enjoy	Foods to Avoid
<ul style="list-style-type: none">• Black rice, wild rice	<ul style="list-style-type: none">• Amaranth, barley, buckwheat, millet, rye, wheat, white rice
<ul style="list-style-type: none">• Quinoa	<ul style="list-style-type: none">• Oats (even gluten-free)
	<ul style="list-style-type: none">• Corn (unless vegan, but must be non-GMO)
	<ul style="list-style-type: none">• Processed grain products (including gluten-free); breakfast cereals, brown rice wraps, gluten-free breads, and pastas



Legumes

Use in moderation after Week 6, as tolerated. If they cause bloating, omit until Step 5.

Foods to Enjoy	Foods to Avoid
· Adzuki beans, black beans (best choices for beans)	· Kidney beans
· Lentils, garbanzo beans, pinto beans	· Soybeans and soy products (unless you are vegan, but must be non-GMO)
· Green peas (resistant starch)	· Bragg's liquid aminos

Sweeteners

Foods to Enjoy	Foods to Avoid
· Dark liquid stevia	· Agave, coconut sugar, cane sugar, date sugar, corn syrup
· Monk fruit (check for other ingredients)	· Artificial sweeteners, sugar alcohols, xylitol, fructose, maple syrup, honey

Nuts and Seeds

Store in the refrigerator and soak all raw nuts and seeds.

Foods to Enjoy	Foods to Avoid
· Almonds, Brazil nuts, macadamias, pecans, walnuts	· Peanuts
· Pumpkin, sesame, sunflower, and fresh ground flax seeds (<1 Tbsp)	· Pistachios
· Cashews (as tolerated)	· Chia seeds (until Step 5, as tolerated)



- Unsweetened coconut products: coconut flakes, wraps, flour; fresh coconut

Oils and Fats

For Cooking:

Foods to Enjoy	Foods to Avoid
<ul style="list-style-type: none">· Avocado oil, duck fat, ghee, grass-fed or pastured butter, raw butter	<ul style="list-style-type: none">· Hydrogenated oils (e.g., peanut, cottonseed, vegetable)
<ul style="list-style-type: none">· Virgin or extra virgin cold-pressed coconut oil (for low-heat or non-heat, more coconut flavor than expeller pressed)	<ul style="list-style-type: none">· Fried foods (unless fried in coconut oil)
<ul style="list-style-type: none">· Virgin or extra-virgin expeller-pressed coconut oil (for high-heat)	<ul style="list-style-type: none">· Highly refined oils (canola, corn, soy)

For Salads (with lemon or lime juice and herbs):

Foods to Enjoy	Foods to Avoid
<ul style="list-style-type: none">· Expeller/cold pressed flax, walnut, avocado, macadamia, or sesame oils	<ul style="list-style-type: none">· Hydrogenated oils (e.g., peanut, cottonseed, vegetable)
<ul style="list-style-type: none">· Extra virgin olive oil (EVOO)	<ul style="list-style-type: none">· Highly refined oils (canola, corn, soy)

For Spreads or Smoothies:

Foods to Enjoy	Foods to Avoid
<ul style="list-style-type: none">· Virgin/extra virgin cold-pressed coconut oil	<ul style="list-style-type: none">· Hydrogenated oils (e.g., peanut, cottonseed, vegetable)
<ul style="list-style-type: none">· Coconut butter or manna, coconut cream	<ul style="list-style-type: none">· Highly refined oils (canola, corn, soy)



- Avocado, extra virgin olive oil
- Ghee, grass-fed or pastured butter, raw butter

Animal Proteins

Foods to Enjoy	Foods to Avoid
· Grass-fed beef, pork (from a sustainable farm)	· Processed or smoked meats
· Chicken, turkey, game hens	· Raw meats
· Fish: wild caught – salmon, small halibut, cod, snapper, and sole are the best choices	· Conventional meat products (they're typically fed GMO grains and contain antibiotic residue)
· Bison, buffalo	· Farmed fish and other seafood
· Eggs: pasture-raised	· Sushi
· Bacon: nitrate-free, pastured, and without added sugar	

Protein Powders (as tolerated)

Foods to Enjoy	Foods to Avoid
· Collagen powder	· Soy- or casein-based powders
· Hemp protein powder and other plant-based protein	· Powders with carrageenan, gluten, corn, or artificial flavors
· Whey or goat whey protein powder	· Powders with hydrogenated oils
· Pea protein powder (do not combine with fruit)	· Powders with highly refined oils



Vegetables, Low-Starch

Foods to Enjoy	Foods to Avoid
<ul style="list-style-type: none">· Cucumber, green beans, peppers, radishes, summer squash, zucchini	<ul style="list-style-type: none">· Tomatoes (only avoid if acidic or autoimmune during the first two weeks of the program)
<ul style="list-style-type: none">· Chard, collard greens, mustard greens, dandelion greens, Bok choy, spinach, kale	<ul style="list-style-type: none">· Mushrooms (except shitake, maitake or medicinal mushroom powder boosts for smoothies, soups, etc.)
<ul style="list-style-type: none">· Sea vegetables: from Korea (after Week 6; avoid if you have Hashimoto's Thyroiditis)	<ul style="list-style-type: none">· If autoimmune, avoid nightshades (e.g., peppers, eggplant)
<ul style="list-style-type: none">· Arugula, butter lettuce, red and green leaf lettuce, romaine lettuce	
<ul style="list-style-type: none">· Broccoli, Brussels sprouts, cabbage, cauliflower (as tolerated)	
<ul style="list-style-type: none">· Artichokes, asparagus, celery, garlic leeks, onions (as tolerated)	

Vegetables and Roots, High-Starch

Foods to Enjoy	Foods to Avoid
<ul style="list-style-type: none">· Carrots, celery root, parsnips, rutabaga	<ul style="list-style-type: none">· If autoimmune, avoid nightshades (e.g., white potato)
<ul style="list-style-type: none">· Pumpkin, acorn, butternut, spaghetti, and other winter squashes	
<ul style="list-style-type: none">· White potato (as tolerated; resistant starch when cooked and cooled)	



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| · After Week 6: Sweet potatoes, yams, unmodified raw potato starch (resistant starch) | |
| · After Week 6: Cassava chips, cassava root (tapioca) flour, cassava wraps (resistant starch) | |

Dairy Products

Foods to Enjoy	Foods to Avoid
· Grass-fed or pastured butter, raw butter, and ghee	· All other dairy products
· Top quality whey protein powder (if you digest it well)	



Plan S Meal Plans and Shopping Lists

Shopping Guidelines for Plan S Meal Plans

Whenever possible, purchase organic produce; grass-fed, hormone-free meat; wild caught fish; organic or grass-fed butter or ghee; and organic dry goods.

Tip: Add additional ingredients to your grocery list for snacks, making bone broth etc.

For your convenience, the following items can be stocked in your pantry at the beginning of the program. Add them to your shopping list whenever you run out.

How Do I Get Started?

The meal plans begin in Week 2 (Step 1).

Use Week 1 to begin transitioning your diet to the Dietary Guidelines.

Gradually reduce caffeine intake and eliminate gluten, dairy, and all added sugars.

See the [Week One Breakfast Ideas](#) handout, to help get you started.

Apple Cider Vinegar and Oils

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| • Sesame oil | • Avocado oil | • Coconut oil |
| • Extra virgin olive oil (EVOO) | • Apple Cider Vinegar, raw (for bone broth and Wk 10) | |

Nuts, Seeds, Grains, and Roots

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| • Black rice (Forbidden Rice) quinoa, wild rice (after Week 6) | • Coconut, almond or hemp beverages in cartons, unsweetened | • Raw nuts: Brazil, macadamia, cashews, walnuts, almonds, pecans |
| • Raw seeds: chia, flax, hemp, sesame, pumpkin (sprouted, if available) | • Coconut butter (manna) | • Cacao nibs or powder |
| • Cassava wraps | • Coconut flour | • Coconut wraps |
| • Coconut milk, canned | • Coconut, shredded | |

Miscellaneous		
· Camu Camu	· Cassava Chips	· Hemp protein powder
· Plantain Chips	· Stevia, dark liquid	· Whey protein powder
Herbs and Spices		
· Basil, dried	· Bay leaves	· Black pepper, peppercorns
· Cardamom	· Cayenne pepper	· Cinnamon (Ceylon)
· Cloves, ground	· Coriander, dried	· Cumin powder
· Curry powder	· Dill, dried	· Fennel seeds
· Garlic powder	· Garlic salt	· Ginger, powdered
· Himalayan or sea salt	· Kelp flakes	· Mustard, ground
· Nutmeg, ground	· Onion powder	· Oregano, dried
· Paprika	· Parsley, dried	· Red chili flakes
· Rosemary	· Sage, ground	· Thyme, dried
· Turmeric, ground		

Additional advice:

If you run out of an ingredient for a recipe, it is okay to substitute with something else that you have on hand, as long as the food is included in the program Dietary Guidelines. Read through your recipes at the beginning of the week. Prepare foods such as mayonnaise and Cleansing Pesto ahead of time and freeze leftover quinoa, wild rice, or black rice for later use. Check for items that have longer cooking times or require soaking. Familiarize yourself with the recipes. This will make the cooking process much more enjoyable.

Note: L = leftovers in the meal plans.

STEP 1: Slashing Inflammation (Weeks 2-3)

Week 2	Breakfast	Lunch	Dinner
Day 1	My Smoothie	Chicken Breast, Steamed Carrots	Chicken Vegetable Soup with Greens, Cooled White Potato
Day 2	Popeye Scramble with Dill Butter and Coconut Wrap	Dinner Leftovers, Beets	Italian Grilled Shrimp Skewers, Power Kale
Day 3	Gut Thrive Pancake with Homemade Nut Butter	Dinner Leftovers, Steamed Carrots	Chicken Vegetable Soup with Greens, Cooled White Potato (L)
Day 4	Berry Smoothie	Dinner Leftovers, Beets	Grilled Chicken with Curried Cauliflower Bites
Day 5	Butternut Squash Pancake with 1/2 Avocado	Dinner Leftovers, Broccoli	Salmon Salad Wrap
Day 6	Green and Bacon Omelet w/ Dill Butter Spread	Grass-fed Burger, Arugula and Cucumber Salad	Lettuce Wraps, Beets
Day 7	Nutrient Dense Smoothie 1	Baked Fish, Power Kale	Roasted Chicken with Bok Choy



QTY	ITEM
	PRODUCE
6	LEMONS
1/2 CUP	BERRIES
1	GREEN BANANAS OR PLANTAINS
2	AVOCADO
1	CAULIFLOWER
2	CELERY
6	CARROTS
4	BEETS
1	BROCCOLI
1	CUCUMBER
1	BUTTERNUT SQUASH
1	TOMATO
6	BOK CHOY
1	ONION
2	SHALLOTS
1	RED ONION
1	WHITE POTATO
1	GARLIC
1	GINGER
8 CUPS	SPINACH
2 BUNCH	KALE
3 CUPS	ARUGULA
1 CUP	MIXED GREENS
1 BUNCH	THYME
1 BUNCH	DILL
1 BUNCH	ROSEMARY
1 BUNCH	MINT
1 BUNCH	BASIL

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Step 1: Slashing Inflammation (Weeks 2-3)

Week 3	Breakfast	Lunch	Dinner
Day 1	Green and Bacon Omelet	Dinner Leftovers, Carrots and Snow Peas	Beef Soup with Greens
Day 2	Nutrient Dense Smoothie I	Dinner Leftovers, Collard Greens	Baked Salmon with Leeks, Carrots and Snow Peas
Day 3	Beef Soup with Greens (L), Poached Eggs and Dill Spread	Dinner Leftovers, Broccoli	Curry Flower Soup with Poached Eggs and White Potato, Cooked and Cooled
Day 4	Avocado Pancake with 1/2 cup Berries	Dinner Leftovers, Rutabaga Puree	Chicken Breast, Pan Seared Asparagus with Crispy Ginger
Day 5	Berry Smoothie	Dinner Leftovers, Rutabaga Puree	Baked Fish, Curry Flower Soup (L), Asparagus with Crispy Ginger (L)
Day 6	Breakfast Wrap (herb) w/ Arugula	Simple Tuna Salad with Curry Flower Soup (L)	Chicken Breast (L), Carrots and Snow Peas
Day 7	Sweet Pancake w/ Homemade Nut Butter	BLTA with Paleo Wrap	Grass-fed Burger, Broccoli

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STEP 2: The Pathogen Purge (Weeks 4-7)

Week 4	Breakfast	Lunch	Dinner
Day 1	Fresh Morning Wrap	Dinner Leftovers, Tasty Salad	African Chicken, Steamed Carrots
Day 2	Coconut Delight Smoothie	Dinner Leftovers, Easy Chard	Turkey Burger with Zoodles
Day 3	Nutty Breakfast Wrap, 1/2 cup Berries	Dinner Leftovers, Tasty Salad	African Chicken (L), Steamed Carrots (L)
Day 4	4-Day Fast	4-Day Fast	4-Day Fast
Day 5	4-Day Fast	4-Day Fast	4-Day Fast
Day 6	4-Day Fast	4-Day Fast	4-Day Fast
Day 7	4-Day Fast	4-Day Fast	4-Day Fast

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STEP 2: The Pathogen Purge (PART 2)

Week 5	Breakfast	Lunch	Dinner
Day 1	Popeye's Scramble, Dill Spread, Bacon	Salmon Salad Wrap w/ Pesto	Turkey Burgers, Broccoli
Day 2	Creamy Smoothie	Dinner Leftovers, Carrots and Snow Peas	Lamb Chops, Power Kale
Day 3	Nutty Breakfast Wrap, 1/2 cup Berries	Dinner Leftovers, Daikon Salad	Cauliflower Steak w/ Sautéed Mushrooms, Power Kale (L)
Day 4	Nutrient Dense Smoothie	Dinner Leftovers, Carrots and Snow Peas	Lamb Chops (L) Butternut Squash Puree
Day 5	Butternut Pancakes, Bacon	Dinner Leftovers, Daikon Salad	Roasted Chicken with Bok Choy
Day 6	Energy Boosting Breakfast Wrap	Dinner Leftovers, Ginger Soup	Baked Wild Salmon with Leeks, Easy Chard
Day 7	Berry Smoothie	Dinner Leftovers, Ginger Soup	Roasted Chicken with Bok Choy (L)

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STEP 2: The Pathogen Purge (Weeks 4-7)

Week 6	Breakfast	Lunch	Dinner
Day 1	Fresh Morning Wrap	Dinner Leftovers, Beets	Ginger Halibut with Shredded Daikon, Fennel Soup
Day 2	Nutrient Dense Smoothie I	Dinner Leftovers, Broccoli	Turkey Burger with Zoodles
Day 3	Nutty Breakfast Wrap, 1/2 cup Berries	Dinner Leftovers, Steamed Carrots	Grilled Moroccan Lamb Steak, Butternut Squash Soup
Day 4	Fennel Soup with Poached Eggs	Dinner Leftovers, Easy Chard	Herb Steak, Steamed Carrots
Day 5	Popeye's Scramble, Bacon, Dill Spread	Dinner Leftovers, Simple Salad	Italian Shrimp Skewers, Green Beans with Oregano
Day 6	Gut Thrive Pancake, Homemade Nut Butter	Simple Tuna Salad Wrap	Chicken Breast, Easy Chard (L),
Day 7	Nutrient Dense Smoothie I	Dinner Leftovers, Beets	Baked Salmon, Roasted Brussel Sprouts with Goji Berries

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STEP 2: The Pathogen Purge/Transition Week

Week 7	Breakfast	Lunch	Dinner
Day 1	BLTA Wrap	Salmon Salad Wrap w/ Pesto	Grass-fed Burger, Broccoli, White Potato Cooked and Cooled
Day 2	Creamy Smoothie	Dinner Leftovers, Carrots and Snow Peas	Lamb Chops, Power Kale
Day 3	Nutty Breakfast Wrap, 1/2 cup Berries	Dinner Leftovers, Arugula Salad with Roasted Sweet Potato	Chicken Breasts, Cauliflower Steak w/ Mushrooms, Power Kale (L)
Day 4	Berry Smoothie	Dinner Leftovers, Carrots and Snow Peas	Lamb Chops (L), Butternut Squash Puree
Day 5	Avocado Pancakes, Bacon	Dinner Leftovers, Arugula Salad with Roasted Sweet Potato	Roasted Chicken with Bok Choy
Day 6	Energy Boosting Breakfast Wrap	Dinner Leftovers, Ginger Soup	Mayo Free Wild Caught Albacore Tuna Salad, Broccoli
Day 7	Coconut Delight Smoothie	Dinner Leftovers, Ginger Soup	Roasted Chicken with Bok Choy (L)

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STEP 3: Reseeding and Healing Leaky Gut (Weeks 8-9)

Week 8	Breakfast	Lunch	Dinner
Day 1	Sweet Coconut Scrambled Eggs	Dinner Leftovers, 2/3 cup Quinoa	Chicken Sausage and Kale Soup
Day 2	Creamy Smoothie	Dinner Leftovers, 2/3 cup Wild or Black Rice	Baked Fish, Green Beans with Oregano, 1 cup White Potato
Day 3	Poached Eggs, Sausage and Kale	Dinner Leftovers, 2/3 cup Mashed Cauliflower	Chicken Sausage and Kale Soup (L)
Day 4	Berry Smoothie	Dinner Leftovers, 2/3 cup Sweet Potatoes	Stuffed Red Bell Peppers, Easy Chard
Day 5	Gut Thrive Pancake 1/2 Avocado	Dinner Leftovers, Steamed Carrots	Citrus Ginger Mahi Mahi, Asian Sesame Quinoa
Day 6	Green & Bacon Omelet	Salmon Salad Wrap	Stuffed Red Bell Peppers, Easy Chard (L)
Day 7	Nutrient Dense Smoothie I	Dinner Leftovers, 2/3 cup Sweet Potatoes	Lamb Chops, Mashed Cauliflower (L), Sautéed Greens with Parsley

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STEP 3: Reseeding and Healing Leaky Gut (Weeks 8-9)

Week 9	Breakfast	Lunch	Dinner
Day 1	Sweet Coconut Scrambled Eggs, 1/2 cup Berries	Dinner Leftovers, Simple Salad	Creamy Asparagus Soup, Tasty Salad, 1 cup White Potato
Day 2	Creamy Smoothie	Dinner Leftovers, 2/3 cup white potato	Grass-fed Burger, Sautéed Greens w/ Parsley, 1 cup Butternut Puree
Day 3	BLTA with Paleo Wrap	Dinner Leftovers, 2/3 cup Butternut Puree	Baked Salmon, Power Kale, 1 cup Wild or Black Rice
Day 4	Nutrient Dense Smoothie I	Dinner Leftovers, Tasty Salad	Creamy Asparagus Soup (L), Tasty Salad, 1 cup White Potato
Day 5	Sweet Pancake, Homemade Nut Butter	Dinner Leftovers, 2/3 cup Yams	African Chicken, Power Kale (L)
Day 6	Green & Bacon Omelet, 1/2 cup Berries	Simple Tuna Salad in Coconut Wrap	Beef Soup with Greens
Day 7	Berry Smoothie	Dinner Leftovers, 2/3 cup Yams	African Chicken (L), Simple Salad

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STEP 4: HCL Evaluation and Terraforming (Week 10)

Week 10	Breakfast	Lunch	Dinner
Day 1	Beef Soup with Greens, Poached Eggs	Dinner Leftovers, Daikon Salad	Baked Fish, Curried Cauliflower Bites
Day 2	Popeye's Scramble w/ Bacon and Wrap	Dinner Leftovers, Easy Chard	Chicken Vegetable Soup with Greens
Day 3	Nutrient Dense Smoothie II	Dinner Leftovers, 2/3 Black Rice	Herbed Steak, White Potato, Sauteed Greens with Parsley
Day 4	Sweet Pancake, 1 cup Berries	Dinner Leftovers, Daikon Salad	Chicken Vegetable Soup with Greens (L)
Day 5	Nutrient Dense Smoothie III w/ 1 Green Banana	Dinner Leftovers, 2/3 cup Quinoa	Chicken Breasts, Steamed Carrots, Green Beans with Ginger
Day 6	Butternut Pancake, Bacon	Collard Wrap, Beets	Crockpot Stew
Day 7	Nutrient Dense Smoothie III 1/2 Plantain	Dinner Leftovers, Simple Salad	Italian Shrimp Skewers, Zoodles

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STEP 5: The 80/20 Maintenance (Week 11)

Week 11	Breakfast	Lunch	Dinner
Day 1	Popeye's Scramble w/ Raw Goat Cheese 1 cup Berries	Dinner Leftovers	Cole Slaw Fish Tacos
Day 2	My Smoothie	Dinner Leftovers	Grass-fed Burger, Grilled Onions & Mushrooms, Baked Sweet Potatoes w/ Butter
Day 3	Poached Eggs w/ Quinoa and Nutritional Yeast	Dinner Leftovers	Zesty Stir Fry Chicken Quinoa
Day 4	My Smoothie	Dinner Leftovers	Cauliflower Pizza with Goat Cheese Everyday salad
Day 5	Avocado Pancake, Bacon	Dinner Leftovers	Exotic Scallops Mashed Celery Root
Day 6	Sausage and Kale, 1/2 cup Baked Sweet Potato	Dinner Leftovers	Healthy Shepherd's Pie
Day 7	My Smoothie	Dinner Leftovers	Brown Rice Spaghetti with Clams Everyday Salad



Week 11 Shopping List

QTY	ITEM
	PRODUCE
8	LEMONS
1	LIMES
4	ONION
1 BUNCH	GREEN ONION
4	SHALLOTS
1 BUNCH	SPINACH
3	GARLIC BULBS
1 BUNCH	KALE
1 BUNCH	MIXED GREENS
2 CNTNRS	GRAPE TOMATOES
2	RED BELL PEPPER
2 PKGS	BERRIES
4	AVOCADO
1 MEDIUM	CABBAGE
1 LB	BROCCOLI
12 OUNCES	MUSHROOMS (shiitake or maitake)
2 HEADS	CAULIFLOWER
1	CUCUMBER
3	SWEET POTATOES
2-3	GREEN BANANA OR PLANTAIN
3	CARROTS
5 MEDIUM	CELERY ROOT
1 BUNCH	ROSEMARY
3 INCHES	GINGER ROOT
1 BUNCH	OREGANO
1 BUNCH	CILANTRO
1 BUNCH	FLAT LEAF PARSLEY
1 BUNCH	THYME

QTY	ITEM
	REFRIGERATOR
12	EGGS
1 PKG	BACON
2 LBS	GRASS FED GROUND BEEF OR BISON
1 PKG	CHICKEN SAUSAGE
1 LB	CHICKEN BREASTS (skin on)
0.75 LBS	WILD CAUGHT SCALLOPS
1 LB	LING COD OR HALIBUT
24	MANILA OR LITTLENECK CLAMS
1 LB	RAW OR GRASS FED BUTTER
1 PKG	RAW GOAT CHEESE
1 QUART	GRASS FED RAW MILK OR NUT MILK
1 QUART	WATER KEFIR OR RAW MILK KEFIR
1 PKG	SPROUTED CORN TORTILLAS
1 CNTNR	RAW SAUERKRAUT
	DRY/CANNED GOODS
1 PKG	QUINOA
1 PKG	BROWN RICE PASTA
1 JAR	SALSA (vinegar and sugar-free)
2 CANS	TOMATO SAUCE (8oz. sugar-free)
1 CAN	DICED TOMATOES (14oz. sugar-free)
1 CAN	WATER CHESTNUTS
1 JAR	RAW NUT BUTTER
1 CAN	COCONUT MILK
1 CNTNR	CHICKEN BONE BROTH (24oz.)
1 CNTNR	GRASS-FED WHEY and/or HEMP BASED PROTEIN
1 PKG	KOMBU
0.5 LBS	RAW NUTS

[illegible]