

7-Day Gut Reboot Meal Plan

Better Belly Nutrition

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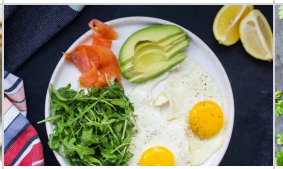
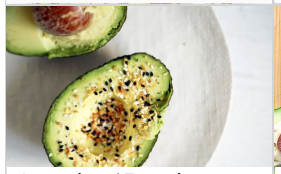
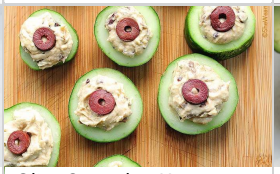
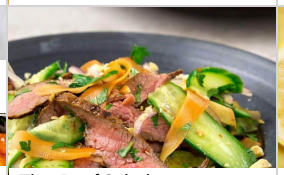
Welcome to Your 7-Day Gut Reboot Meal Plan!

I'm so excited for you to dive into these delicious, whole-food recipes designed to nourish your gut with nutrient-dense, anti-inflammatory ingredients. This meal plan is here to support your digestion, energy, and overall well-being!

No need to follow it perfectly—start by incorporating just a few meals each week, and over time, you'll build a repertoire of gut-loving recipes that make you feel amazing.

I'd love to see what you're cooking! Share your meals and tag **@betterbellynutrition** on Instagram so I can cheer you on.

Happy cooking and happy gut!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Upon Waking	 Water w/ Lemon or Electrolytes	 Water w/ Lemon or Electrolytes	 Water w/ Lemon or Electrolytes	 Water w/ Lemon or Electrolytes	 Water w/ Lemon or Electrolytes	 Water w/ Lemon or Electrolytes	 Water w/ Lemon or Electrolytes
Breakfast	 Green Power Smoothie	 Sweet Potato Pancakes  Free Choice Eggs	 Chia Seed Pudding	 Coconut Yogurt, Blueberries & Pumpkin Seeds  Paleo Granola	 Chia Seed Pudding	 Eggs, Arugula & Smoked Salmon Plate	 Ground Beef and Sweet Potato Hash
Lunch	 Honey Mustard Chicken & Brussels Sprouts	 Spinach Avocado Chicken Burgers  Free Choice Green Salad	 Thai Beef Salad	 Greek Lemon Chicken Soup	 Greek Sheet Pan Chicken Dinner	 Spaghetti Squash With Herb Sauce	 Beef Lettuce Wraps
Snack	 Avocado w/ Everything Bagel Seasoning	 Olive Cucumber Hummus Bites	 Avocado w/ Everything Bagel Seasoning	 Celery & Hummus	 Crunchy Veggies with Paleo Ranch Dressing & Dip  Primal Kitchen Ranch	 Paleo Granola	 Celery & Almond Butter
Dinner	 Spinach Avocado Chicken Burgers  Roasted Sweet Potato Wedges	 Thai Beef Salad	 Greek Lemon Chicken Soup	 Greek Sheet Pan Chicken Dinner	 Spaghetti Squash With Herb Sauce	 Beef Lettuce Wraps	 Creamy Tuscan Salmon (Paleo) Roasted Garlicky Broccoli
Treat/Tea/Broth	Apple Dips	Gut Healing Bone Broth	Herbal Tea	Pomegranate Yogurt Bites	Gut Healing Bone Broth	Herbal Tea	Dark Chocolate & Walnuts

Fruits

- [ ] 1 Apple
- [ ] 3 Avocado
- [ ] 1 Banana
- [ ] 1/2 cup Blueberries
- [ ] 1 Juice Of One Lime
- [ ] 1 unit Juice Of One Lime
- [ ] 1/2 cup Kalamata Olives
- [ ] 1 Lemon)
- [ ] 2/3 cup Lemon Juice
- [ ] 3 1/2 Lemon Juice
- [ ] 0 Lemon Wedges And Lemon Zest To Serve
- [ ] 1/4 cup Lime Juice
- [ ] 2 Medium Avocados
- [ ] 3/4 cup Pomegranate Seeds
- [ ] 1 Small Avocado

Breakfast

- [ ] 1/3 cup Almond Butter

Seeds, Nuts & Spices

- [ ] 1 cup 2 Cups Nuts
- [ ] 1/2 cup Almond Butter
- [ ] 1 1/3 tsps Black Pepper
- [ ] 0 Black Pepper
- [ ] 1/2 tsp Cayenne
- [ ] 1/2 cup Chia Seeds
- [ ] 1 tsp Chili Powder
- [ ] 1 3/4 tsps Cinnamon
- [ ] 1/2 tsp Cumin
- [ ] 1/2 tsp Dried Dill
- [ ] 2 1/4 tsps Dried Oregano
- [ ] 1 tsp Dried Parsley
- [ ] 1 tsp Dried Thyme
- [ ] 1 1/3 tbsps Everything Bagel Seasoning
- [ ] 0 Freshly Cracked Pepper
- [ ] 1/2 tsp Freshly Ground Black Pepper
- [ ] 1 1/16 tbsps Garlic Powder
- [ ] 2 tsps Ground Cinnamon
- [ ] 1/2 cup Hemp Seeds
- [ ] 1 tsp Kosher Salt

Vegetables

- [ ] 1 cup Arugula
- [ ] 2 cups Baby Spinach
- [ ] 1 handful Baby Spinach
- [ ] 1 1/2 tbsps Basil Leaves
- [ ] 6 cups Broccoli
- [ ] 4 Butter Lettuce Leaves
- [ ] 1 cup Carrot
- [ ] 4 Carrot
- [ ] 2 cups Cauliflower
- [ ] 12 stalks Celery
- [ ] 1 pint Cherry Or Grape Tomatoes
- [ ] 3 tbsps Chives
- [ ] 1 1/8 cups Cilantro
- [ ] 1 1/2 Cucumber
- [ ] 1 Favorite Additions
- [ ] 2 tbsps Finely Chopped Fresh Parsley
- [ ] 1 tbsp Fresh Dill
- [ ] 2 tbsps Fresh Parsley
- [ ] 3 Garlic
- [ ] 10 cloves Garlic
- [ ] 7 Garlic Cloves
- [ ] 1 lb Grass Fed Ground Beef
- [ ] 1 Green Bell Pepper
- [ ] 2 cups Green Lettuce
- [ ] 1 cup Kale
- [ ] 1/2 Large Red Onion
- [ ] 1 Large Sweet Potato
- [ ] 8 Leaves Of Romaine Or Butter Lettuce
- [ ] 1 Med Small Spaghetti Squash
- [ ] 1 Medium Carrot
- [ ] 2 Medium Sweet Potatoes
- [ ] 1/2 Medium Yellow Onion
- [ ] 1 Medium Zucchini
- [ ] 1 cup Mint Leaves
- [ ] 2 cups Mixed Greens
- [ ] 4 cloves Of Garlic
- [ ] 6 Olive Slices
- [ ] 1 1/16 cups Parsley
- [ ] 1 Red Hot Chili Pepper
- [ ] 6 Scallions

Bread, Fish, Meat & Cheese

- [ ] 0 Approx. 16 Med-Large Shrimp, Thawed, Peeled + Deveined
- [ ] 6 Chicken Thighs
- [ ] 1 lb Flank Steak
- [ ] 1 lb Ground Beef
- [ ] 1 lb Ground Chicken
- [ ] 2 Pasture-Raised Eggs
- [ ] 1 1/2 lbs Salmon
- [ ] 1 lb Shredded Chicken
- [ ] 2 ozs Smoked Salmon
- [ ] 1 Whole Chicken Carcass

Condiments & Oils

- [ ] 3 tbsps Apple Cider Vinegar
- [ ] 2/3 cup Avocado Oil
- [ ] 2 tbsps Avocado Or Olive Oil
- [ ] 1 tbsp Cider Vinegar Or Rice Vinegar
- [ ] 1 tsp Dijon Mustard
- [ ] 2 tbsps Extra Virgin Olive Oil
- [ ] 1 1/8 cups Olive Oil
- [ ] 1 Primal Kitchen Ranch
- [ ] 1/4 cup Sesame Oil
- [ ] 2/3 cup Sun Dried Tomatoes
- [ ] 1 tbsp Sunflower Seed Butter
- [ ] 1/4 cup Virgin Coconut Oil

Cold

- [ ] 6 Egg
- [ ] 3 Egg Yolks
- [ ] 1 1/4 tbsps Ghee
- [ ] 1 cup Hummus
- [ ] 1/2 cup Hummus Made W/ Olive Oil
- [ ] 2 cups Unsweetened Coconut Yogurt

Other

- [ ] 1 scoop Collagen Powder
- [ ] 2 Herbal Tea
- [ ] 3 ozs Preferred Protein
- [ ] 3 scoops Protein Powder
- [ ] 7 1/8 cups Water
- [ ] 3 1/2 quarts Water

- [ ] **6 ozs** Macadamia Nuts
- [ ] **0 pinch** Of Red Pepper Flakes
- [ ] **1 pinch** Of Sea Salt
- [ ] **3/4 tsp** Onion Powder
- [ ] **2 1/2 tsps** Paprika
- [ ] **1/2 tsp** Pepper
- [ ] **1/2 cup** Raw Pumpkin Seeds
- [ ] **1/3 cup** Raw Sunflower Seeds
- [ ] **7 pinches** Redmond Real Salt
- [ ] **2 tsps** Salt
- [ ] **2 pinches** Salt
- [ ] **0** Salt + Pepper,
- [ ] **2 3/4 tsps** Sea Salt
- [ ] **0** Sea Salt
- [ ] **1 to taste** Sea Salt
- [ ] **1** Sea Salt & Black Pepper
- [ ] **1 to taste** Sea Salt & Black Pepper
- [ ] **1/2 packet** Siete Taco Seasoning
- [ ] **1 1/4 tsps** Smoked Paprika
- [ ] **1/2** Tsp black Pepper
- [ ] **1** Tsp dried Dill
- [ ] **2 tsps** Tsp garlic Powder
- [ ] **2** Tsp onion Powder
- [ ] **1** Tsp salt
- [ ] **1** Tsp sea Salt
- [ ] **1 cup** Walnuts

Frozen

- [ ] **1/2 cup** Frozen Pineapple
- [ ] **2 cups** Ice Cubes
- [ ] **2 tbsps** Shallot
- [ ] **1/2** Small Red Cabbage
- [ ] **2 cups** Small Red Cabbage
- [ ] **1/2 cup** Spinach
- [ ] **2** Sweet Potato
- [ ] **1** Yellow Bell Pepper
- [ ] **2 1/2** Yellow Onion

Boxed & Canned

- [ ] **2 cups** Canned Coconut Milk
- [ ] **6 cups** Chicken Broth
- [ ] **2 cans** Full Fat Coconut Milk

Baking

- [ ] **2 tbsps** Cacao Powder
- [ ] **2 tbsps** Coconut Flour
- [ ] **3 1/2 ozs** Dark Chocolate
- [ ] **1 tsp** Pure Vanilla Extract
- [ ] **1/2 cup** Unsweetened Coconut Chips
- [ ] **2 tbsps** Unsweetened Shredded Coconut
- [ ] **2 1/4 tsps** Vanilla Extract

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Water w/ Lemon or Electrolytes

1 serving
1 minute

Ingredients

1 pint Water
1/2 Lemon Juice (juice of 1/2 lemon)
1 pinch Redmond Real Salt

Directions

1. First thing in the morning drink a big glass of water with a squeeze of fresh lemon & pinch of sea salt feel free to add an LMNT electrolyte packet or tablespoon of salt solé.

Notes

Approved Electrolyte Packets: LMNT: https://amzn.to/4hS6hcu Cure: https://amzn.to/3X4EQ74 Needed: https://amzn.to/3EHD9q9

Salt Sole Crystals : Redmond's Real Salt: https://redmond.life/pages/real-salt Original Himalayan Salt Crystals: https://amzn.to/4baQinO

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Green Power Smoothie

1 serving
10 minutes

Ingredients

1/2 Avocado
1/2 cup Frozen Pineapple
1 tbsp Sunflower Seed Butter (heaping tbsp (can also use nut butter))
1 handful Baby Spinach
1 scoop Protein Powder
1 tbsp Hemp Seeds
1 tbsp Chia Seeds
2 cups Ice Cubes (use more or less for desired consistency)
1 cup Water (As as much water as needed for desired consistency.)

Directions

1. Add all ingredients to a blender and blend until smooth. Add more water or ice as needed.

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Sweet Potato Pancakes

2 servings
20 minutes

Ingredients

2 Sweet Potato (small)
4 Egg (whisked)
1 scoop Collagen Powder
1 tbsp Ghee (or butter or coconut oil)
1/2 tsp Cinnamon
1/4 cup Almond Butter (or other preferred nut/seed butter)

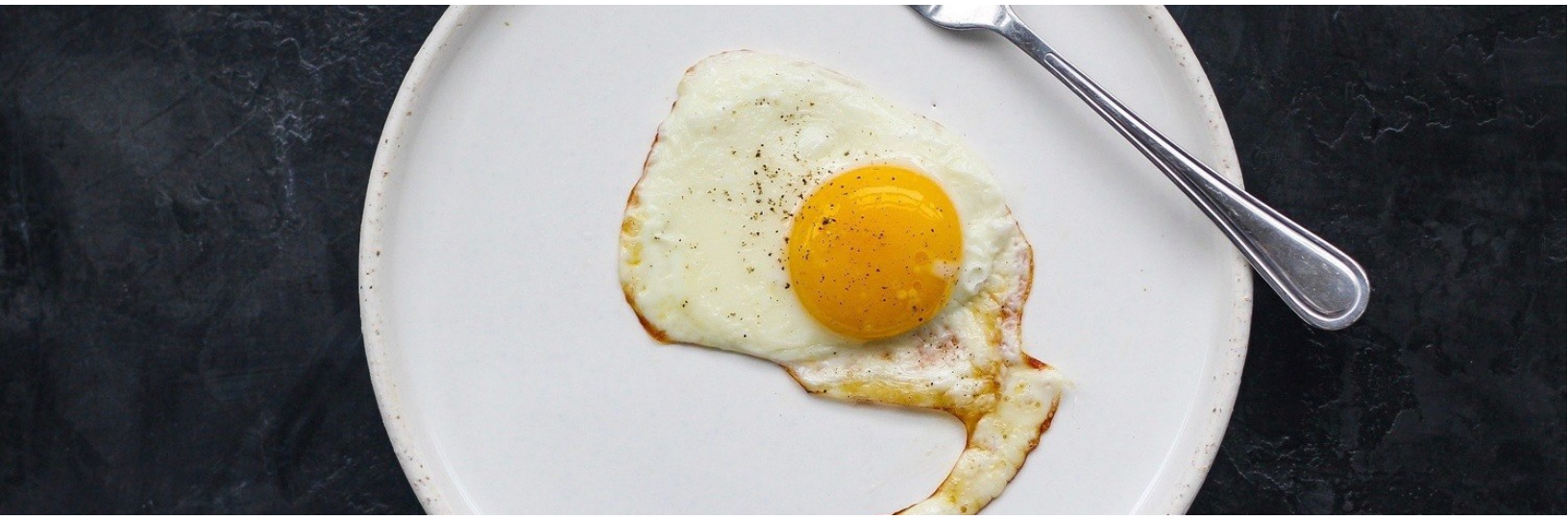
Directions

1. Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
2. Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
3. Melt ghee in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and nut butter. Enjoy!

Notes

Serving Size: One serving equals four 3-inch pancakes.
Spice it Up: Add nutmeg and/or ginger spice.
Toppings: You can also top with 1/2 cup banana slices or other fresh fruit, shredded coconut and chopped nuts.
Make ahead of time: These can be make ahead of time and stored in the fridge or freezer. Just pop in a toaster over or pan for a few minutes to reheat.

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Free Choice Eggs

1 serving
5 minutes

Ingredients

3/4 tsp Ghee (EVOO, avocado, coconut oil or butter also ok)
2 Pasture-Raised Eggs
Sea Salt & Black Pepper (to taste)

Directions

1. In a medium pan, heat ghee over medium heat.
2. Prepare eggs to your preference ~ fried, scrambled poached, etc...
3. Sprinkle with Maldon salt & enjoy!

Notes

No Ghee?: Use avocado, olive, coconut oil or butter instead.

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Chia Seed Pudding

2 servings
4 hours 5 minutes

Ingredients

1/4 cup Chia Seeds
1 cup Canned Coconut Milk (can sub with any other non-dairy milk)
1/2 Banana (Or 1/2 cup of other fruit like dark berries.)
1 tsp Vanilla Extract
1/2 tsp Cinnamon (optional)
1 tbsp Cacao Powder (optional)
1 scoop Protein Powder
1 pinch Salt (optional)

Directions

1. In a small bowl or blender whisk together all ingredients. Transfer to airtight containers or mason jar and refrigerate for minimum 4 hours or overnight.
2. After approximately 1-2 hours in the fridge, give the mixture a good stir then place back in the fridge until minimum 4 hours have passed.
3. Remove from fridge, add optional toppings, and serve immediately. Enjoy!
4. Optional toppings: Chopped nuts, pumpkin, hemp, sunflower seeds, coconut shreds, kiwi, berries, pomegranate seeds

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Coconut Yogurt, Blueberries & Pumpkin Seeds

1 serving
5 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt
1/2 cup Blueberries
2 tbsps Raw Pumpkin Seeds

Directions

1. Add the yogurt, blueberries & pumpkin seeds to a bowl. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate for up to two days.
Serving Size: One serving is approximately one cup.
Additional Toppings: Chia, hemp and flax seeds, your preferred nuts & coconut chips/shreds.

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Paleo Granola

12 servings
35 minutes

Ingredients

1 cup 2 Cups Nuts (walnuts, almonds, cashews, pecans, etc...)
1/3 cup Raw Pumpkin Seeds
1/3 cup Raw Sunflower Seeds
1/2 cup Unsweetened Coconut Chips
1/4 cup Virgin Coconut Oil
1 tsp Pure Vanilla Extract
1 pinch Of Sea Salt
2 tsps Ground Cinnamon
1/2 cup Almond Butter (Optional)

Directions

1. Preheat oven to 275 °F.
2. In a food processor or blender, add almonds, cashews, and coconut chips to chop into small pieces. Do not over blend.
3. Heat coconut oil & nut butter (if using) over medium heat in a large saucepan until melted. Remove from heat and stir in vanilla and salt. Pour over nuts & seeds and stir to combine.
4. Spread granola mixture evenly onto a baking sheet lined with parchment paper.
5. Bake for 20-25 minutes or until lightly browned. Remove from oven and add dried cranberries if desired. Can omit dried fruit for a lower sugar granola.
6. Allow to cool for about 20 minutes or until hardened. Break apart granola. Store in an airtight container or mason jar for up to 2 weeks.

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Eggs, Arugula & Smoked Salmon Plate

1 serving
10 minutes

Ingredients

2 Egg
Sea Salt & Black Pepper (to taste)
1 cup Arugula
2 ozs Smoked Salmon (sliced)
1/2 Avocado (sliced)
1 tbsp Lemon Juice

Directions

1. Heat a skillet over medium heat and crack two eggs in the pan. Cook until whites are set and yolks are cooked to your liking. Season with sea salt and pepper.
2. Plate the eggs with the arugula, salmon, and avocado.
3. Drizzle with high quality olive oil + lemon juice and sprinkle with Maldon salt. Enjoy!

Notes

No Arugula: Use another green such as baby spinach or baby kale.
No Smoked Salmon: Replace with roasted chickpeas or smoked trout.
More Flavor: Drizzle everything with lemon juice before serving.

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Ground Beef and Sweet Potato Hash

4 servings
20 minutes

Ingredients

2 tbsps Avocado Or Olive Oil
1 Large Sweet Potato (peeled and cut into 1 1/2 inch cubes)
1 lb Grass Fed Ground Beef (use leftover taco meat if possible)
1/2 Yellow Onion (diced)
1 Green Bell Pepper (diced)
4 cloves Of Garlic (minced)
1 1/2 tsps Salt
Freshly Cracked Pepper
1 tsp Chili Powder
1/2 tsp Cumin
1/2 tsp Smoked Paprika
1/4 tsp Dried Oregano
Of Red Pepper Flakes (optional)

Directions

1. Use leftover taco meat, if possible!
2. Heat a T of avocado or olive oil in your cast iron skillet; when hot add ground beef and cook, breaking up with the back of your spoon until fully cooked and crumbly.
3. Drain any excess grease (if there is any), then add in sweet potatoes, onion, garlic, bell pepper, and spices. Reduce heat to medium and cook for 10 -15 minutes, stirring every few minutes, until sweet potatoes are fork tender. Add more oil if necessary.
4. Serve with eggs and avocado!

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Free Choice Green Salad

1 serving
5 minutes

Ingredients

2 cups Green Lettuce (Your choice: spring mix, arugula, spinach, cabbage, etc...)
1 Favorite Additions (tomato, cucumber, red onion, radish, bell pepper, celery, zucchini, avocado, apple, tangerine, date, etc...)
3 ozs Preferred Protein
1 Sea Salt & Black Pepper
1 tbsp Lemon Juice
2 tbsps Extra Virgin Olive Oil

Directions

1. Toss together your favorite salad greens, salad toppings, protein source and dressing or olive oil & lemon. Don't forget the salt & pepper!

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Avocado w/ Everything Bagel Seasoning

1 serving
2 minutes

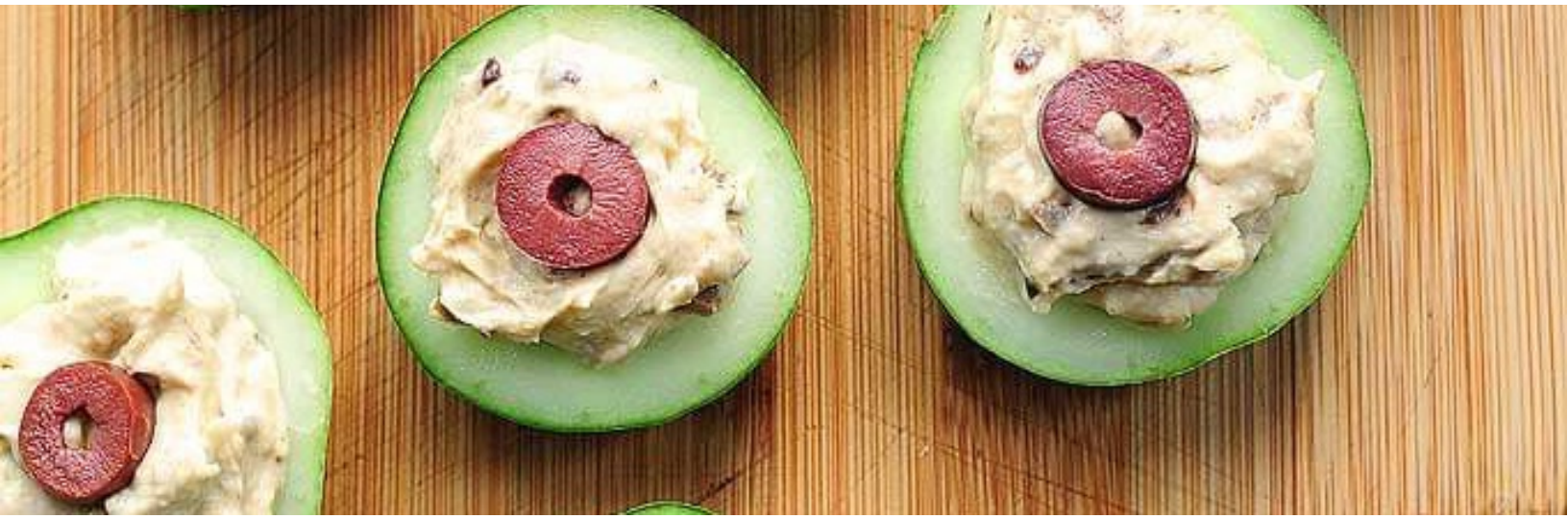
Ingredients

1 Avocado
2 tsps Everything Bagel Seasoning

Directions

1. Cut avocado in halt and sprinkle with seasoning. Option to add fresh squeezed lemon or lime juice.

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Olive Cucumber Hummus Bites

12 servings
15 minutes

Ingredients

1/2 Cucumber (s)
1/2 cup Hummus Made W/ Olive Oil
6 Olive Slices

Directions

1. Slice cucumber
2. Add a dollop of hummus onto each cucumber slice.
3. Top with an olive slice.
4. Enjoy right away or over and refrigerate for up to two days until ready to serve.

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Celery & Hummus

4 servings
5 minutes

Ingredients

8 stalks Celery (cut into sticks)
1 cup Hummus
1 tsp Paprika (optional)

Directions

1. Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

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Crunchy Veggies with Paleo Ranch Dressing & Dip

8 servings
15 minutes

Ingredients

1 can Full Fat Coconut Milk (refridgerated overnight)
1 tsp Dried Parsley
1/2 tsp Dried Dill
1/2 tsp Garlic Powder
2 tbsps Shallot
1/2 tsp Onion Powder
3 tbsps Chives (optional)
1/4 tsp Sea Salt (plus more to taste)
2 tbsps Apple Cider Vinegar
1 1/2 tbsps Parsley
1 1/2 tbsps Basil Leaves
1 tbsp Fresh Dill
1 to taste Sea Salt & Black Pepper

Directions

1. After opening the can, scoop the coconut cream off the top and add it to a large bowl, leaving the coconut water in the can.
2. Add 4 tablespoons of the coconut water into the coconut cream and whisk until smooth (reserve the leftover coconut water, as you may need to whisk in an extra tablespoon or two after refrigerating your dressing depending on your desired thickness).
3. Add in the shallots, garlic, apple cider vinegar, chives, parsley, basil, dill, sea salt, and black pepper. Stir to combine and refrigerate dressing for at least 30 minutes to let the flavors meld together.
4. Enjoy on salad, drizzled on veggies/protein and as a dip!

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Primal Kitchen Ranch

1 serving
1 minute

Ingredients

1 Primal Kitchen Ranch

Directions

1. Pop the top and dip your veggies!
2. Or make your own: blend plain coconut yogurt or greek yogurt w/ a handful of your choice of chopped fresh herbs (parsley, dill, chives, cilantro), lemon juice, sea salt and pepper. So easy!

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Celery & Almond Butter

1 serving
5 minutes

Ingredients

2 tbsps Almond Butter
2 stalks Celery (halved)

Directions

1. Spread the almond butter on the celery sticks and enjoy!

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Spinach Avocado Chicken Burgers

4 servings
30 minutes

Ingredients

2 Medium Avocados
1/4 cup Avocado Oil
1 unit Juice Of One Lime
1/4 tsp Sea Salt
1/8 tsp Black Pepper (omit for AIP)
1 lb Ground Chicken
1/2 cup Spinach (finely chopped)
2 tbsps Cilantro (finely chopped)
2 tbsps Coconut Flour (optional- acts as a binder)
1 tbsp Avocado Oil (plus more if you're frying or grilling)
2 tsps Tsp garlic Powder
2 Tsp onion Powder
1 Tsp sea Salt
1/2 Tsp black Pepper (omit for AIP)
1 Juice Of One Lime
1 Small Avocado (or half a large avocado, diced into chunks)
4 Butter Lettuce Leaves (optional)

Directions

1. For the avocado mayo, combine all of the ingredients in a high-speed blender until smooth. Set aside.
2. Prepare either a grill or a grill pan and set to high heat. Add avocado oil to the grill pan if using.
3. Mix the ground chicken with the seasonings, spinach, cilantro, coconut flour, lime juice, and avocado oil until well combined. Very gently fold in the avocado slices, being careful to not smash them.
4. Form the chicken into 4-5 burgers, spacing out the avocado to make sure its evenly dispersed.
5. Grill the burgers on the grill surface (using extra avocado oil if frying in a pan) for about 5 minutes on each side, or until the internal temperature reaches 165 F.
6. Top with optional avocado mayo and serve in lettuce cups like a bun, or enjoy the burgers on their own.

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Roasted Sweet Potato Wedges

6 servings
30 minutes

Ingredients

- 2 Medium Sweet Potatoes
- 1 tbsp Olive Oil
- 3/4 tsp Garlic Powder
- 3/4 tsp Smoked Paprika
- 3/4 tsp Sea Salt
- 1/4 tsp Onion Powder
- 1/4 tsp Black Pepper

Directions

1. Preheat oven to 450 degrees F. Line a large baking sheet with unbleached parchment paper.
2. Wash and dry the sweet potatoes. I leave the skins on, but you can peel the potatoes.
3. With a sharp knife, slice each potato in half lengthwise and then cut into quarters. Slice each quarter into wedges, about 1/2 inch thick at the ends. Try to make sure the wedges are the same size, so they cook evenly.
4. Place the wedges in a medium bowl and drizzle with olive oil. Toss to evenly coat.
5. In a small bowl, combine the garlic powder, paprika, salt, onion powder, and pepper. Pour the seasoning mixture over the sweet potatoes and toss until evenly coated.
6. Place the wedges on the prepared baking sheet, in a single layer, making sure the potatoes aren't touching. If your pan is too crowded, you can divide them up onto 2 baking sheets.
7. Bake for 20 minutes, then remove from the oven and turn the wedges over with a spatula. Return to the oven and bake for another 5 to 10 minutes, or until wedges are lightly browned and tender.
8. Turn the oven to broil and broil the sweet potatoes for 2 to 3 minutes, until crispy. Don't walk away because they will cook quickly under the broiler, you don't want to burn them.
9. Remove from the oven and sprinkle with additional salt, to taste. Serve warm.

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Thai Beef Salad

1 serving
30 minutes

Ingredients

- **1 lb** Flank Steak (grass-fed)
- **2 tbsps** Olive Oil
- **1** Cucumber
- **2** Carrot (finely sliced)
- **2 cups** Small Red Cabbage (finely sliced)
- **2 cups** Mixed Greens
- **6** Scallions (green part only (it tolerated))
- **1 cup** Cilantro
- **1 cup** Mint Leaves
- **6 ozs** Macadamia Nuts (chopped)
- **1/4 cup** Sesame Oil
- **1/4 cup** Lime Juice
- **1** Red Hot Chili Pepper (finely diced, optional)
- **1/2 tsp** Sea Salt
- **1/2 tsp** Black Pepper

Directions

1. Rub the beef with the olive oil and season with salt and pepper. Cook over high heat on a grill/skillet for 3-4 minutes each side or until cooked to your liking. Note, this salad traditionally uses rare to medium rare cooked steak so it's best not to over-cook your steak.
2. Once cooked, remove from the heat and rest, lightly covered with some foil, then slice just before serving.
3. Place all remaining salad ingredients in a bowl. Mix the dressing ingredients in a small bowl or jar.
4. If making the salad ahead of time, place the beef, salad and dressing in separate containers and store in the fridge until ready to eat.
5. To serve, place the salad on a plate, top with the sliced beef then drizzle over the dressing. Enjoy immediately.
6. Check for the following internal temperatures with a meat thermometer so you cook your meat according to your preferred level of doneness. Rare: 140F Medium rare: 140F to 150F Medium: 150F to 160F Well done: 160F to 165F

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Greek Lemon Chicken Soup

4 servings
40 minutes

Ingredients

2 tbsps Olive Oil
1 Yellow Onion (diced)
3 cloves Garlic (minced)
1 cup Carrot (diced)
2 cups Cauliflower (riced)
6 cups Chicken Broth
1/2 cup Lemon Juice
1 lb Shredded Chicken (precooked)
1 Tsp dried Dill
2 tbsps Fresh Parsley (reserve some for topping)
1 Tsp salt (salt further to taste)
1/2 tsp Black Pepper (omit for AIP)
1 cup Kale (chopped)
3 Egg Yolks (omit for AIP)
Lemon Wedges And Lemon Zest To Serve

Directions

1. Using a large stockpot, heat the oil on medium-low heat.
2. Saute the onions on low heat for 3-4 minutes or until lightly translucent. Add the carrots and cauliflower rice and saute for an additional 5 minutes or until slightly softened.
3. Pour in the broth, lemon juice, and herbs and stir well to combine. Simmer on medium heat for 15 minutes. Add the cooked chicken and kale and stir to wilt the kale for about 4-5 minutes.
4. (Skip this step for AIP) In a small bowl whisk together the egg yolks until fully scrambled. Scoop out about a cup of hot broth from the soup. Slowly and carefully pour the cup of hot broth into the egg mixture while continuing to whisk. This will gently cook the egg yolks and make a thick sauce. Pour the yolk mixture into the rest of the soup and stir well to combine. Remove from the heat.
5. Allow the soup to cool and season further to taste. Serve with lemon wedges and fresh parsley.

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Greek Sheet Pan Chicken Dinner

6 servings
1 hour

Ingredients

- **1/2 cup** Olive Oil
- **1** Lemon) (juiced about 3 tablespoons)
- **4** Garlic Cloves (minced)
- **2 tsps** Dried Oregano
- **1 tsp** Dried Thyme
- **1 tsp** Dijon Mustard
- **1 tsp** Kosher Salt
- **1/2 tsp** Freshly Ground Black Pepper
- **6** Chicken Thighs (bone-in, skin-on)
- **1** Medium Zucchini (halved lengthwise and sliced)
- **1** Yellow Bell Pepper (chopped into 1-inch pieces)
- **1/2** Large Red Onion (thinly sliced into wedges)
- **1 pint** Cherry Or Grape Tomatoes
- **1/2 cup** Kalamata Olives (pitted)
- **2 tbsps** Finely Chopped Fresh Parsley

Directions

1. Preheat the oven to 425°F (220°C). In a small bowl, whisk together the oil, lemon juice, garlic, oregano, thyme, Dijon mustard, salt, and pepper.
2. Place the chicken thighs in a bowl and pour ⅔ of the marinade on top, then use your hands to toss the chicken in the marinade and make sure it's well coated. Marinate the chicken for 10 to 15 minutes.
3. While the chicken is marinating, spread the zucchini, bell pepper, red onion, and tomatoes onto the baking sheet and drizzle the remaining marinade on top. Toss together to coat the vegetables.
4. Add the chicken thighs the baking sheet, nestling them around the veggies, and bake for 30 minutes.
5. Remove the baking sheet from the oven, add the olives (can also add feta if allow) and then place it back in the oven for another 10 to 15 minutes, or until the vegetables are softened and the chicken is cooked through to 165°F.
6. Sprinkle the chicken and vegetables with chopped fresh parsley before serving.

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Spaghetti Squash With Herb Sauce

2 servings
40 minutes

Ingredients

1 Med Small Spaghetti Squash
1 tbsp Olive Oil (divided)
Approx. 16 Med-Large Shrimp, Thawed, Peeled + Deveined
Salt + Pepper, (to taste)
2 cloves Garlic
1/4 cup Hemp Seeds
3 tbsps Olive Oil
3 tbsps Water
Salt + Pepper, (to taste)

Directions

1. Preheat oven to 400F. Line a baking sheet with parchment paper.
2. Cut spaghetti squash in half lengthwise and remove seeds. Brush insides of squash with 2 tsp olive oil and sprinkle with salt + pepper.
3. Place spaghetti squash face-side down on baking sheet and bake in oven for 25-35 minutes, depending on size of squash.
4. Meanwhile, make pesto by combining all pesto ingredients into a food processor. Blend until smooth and set aside.
5. Then, heat a large pan over medium-high and add remaining 1 tsp of olive oil. Cook shrimp 1-2 minutes per side, until pink. Remove from heat.
6. When spaghetti squash is cooked, remove from oven and let cool for a few minutes. With a fork, scrape out the flesh of the squash into spaghetti-like strands. Top with herb sauce and shrimp and enjoy!
7. Prepare Magic Green Herb sauce according to directions.

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Beef Lettuce Wraps

4 servings
20 minutes

Ingredients

8 Leaves Of Romaine Or Butter Lettuce (or lettuce of choice)
1 tbsp Olive Oil
1/2 Medium Yellow Onion (finely diced)
1 lb Ground Beef
1/2 packet Siete Taco Seasoning (Or make your own spice mix)
1/2 tsp Salt
1/2 tsp Pepper
1 tsp Paprika
2 tsps Garlic Powder
1/2 tsp Cayenne
1/2 Small Red Cabbage (shredded)
1 Medium Carrot (peeled and shredded)

Directions

1. In a medium non-stick skillet, over medium heat, add oil, and once warm cook onion until translucent and soft. Around 3 to 5 minutes.
2. Add ground beef, season with salt and pepper. Cook the ground beef, breaking it up into small pieces throughout, until browned and no longer pink.
3. Add the Siete taco seasoning.
4. Stir for 2 to 3 minutes until well combined and remove from heat.
5. Assembling the lettuce wraps by dividing the beef filling between 8 lettuce leaves and then top with shredded red cabbage and carrots.
6. Add other favorite toppings: guacamole or avoado, radish, pickled jalapenos, coconut yogurt, etc...

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Creamy Tuscan Salmon (Paleo)

4 servings
25 minutes

Ingredients

3 tbsps Avocado Oil
1 1/2 lbs Salmon (cut into filets)
Sea Salt (to taste)
Black Pepper
5 cloves Garlic (minced)
1 can Full Fat Coconut Milk
1 tbsp Cider Vinegar Or Rice Vinegar
2/3 cup Sun Dried Tomatoes (chopped)
1/2 tsp Paprika
2 cups Baby Spinach (optional)

Directions

1. Sprinkle the salmon filets with sea salt and heat the avocado oil in a large skillet (I recommend using a cast iron skillet or a quality nonstick skillet) over high heat. Allow the skillet to heat up for a few minutes until it is sizzling hot - you want it to be around 400 degrees Fahrenheit before you place the salmon on the skillet.
2. Place the salmon in the hot pan flesh side down and sear for 5 minutes.
3. Carefully flip the salmon and cook for another 5 minutes on the skin side, or until the salmon has reached your desired level of doneness. Check the internal temperature of the salmon with a meat thermometer. The FDA considers salmon to be fully cooked at 145 degrees F. Transfer the salmon filets to a plate and set aside.
4. Place the skillet back on the stove top and adjust the heat down to medium-high heat. Add the garlic and sauté for a minute or two, until it is very fragrant.
5. Add the coconut milk, vinegar, sun-dried tomatoes, and paprika to the skillet and stir well. Allow the sauce to cook at a full boil, stirring occasionally, until it has thickened to your desired thickness, about 8 to 12 minutes.
6. Add the baby spinach and continue cooking until the spinach has wilted.
7. Transfer the salmon back to the skillet and spoon the sauce over the salmon. Cook for a few minutes, until the salmon is piping hot. Serve Tuscan Salmon with your favorite side dishes, and enjoy!

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Roasted Garlicky Broccoli

4 servings
35 minutes

Ingredients

6 cups Broccoli (cut into florets)
1 1/2 tbsps Avocado Oil
1 to taste Sea Salt
3 Garlic Cloves (minced (or garlic powder))

Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange the broccoli florets on the baking sheet and season with avocado oil, fresh garlic (or garlic powder) and sea salt. Toss well. Roast in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
3. Remove from the oven and divide between plates. Enjoy!

Notes

Storage: Refrigerate in an airtight container for up to 3 days.
No Avocado Oil: Use olive oil or melted coconut oil instead.
No Garlic Powder: Use freshly ground black pepper, cumin, smoked paprika or onion powder instead.

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Apple Dips

2 servings
15 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt
2 tbsps Unsweetened Shredded Coconut
2 tbsps Hemp Seeds
1/4 tsp Cinnamon
1 Apple (sliced)

Directions

1. Slice apple into wedges.
2. Sprinkle with shredded coconut hemp seeds and cinnamon. Enjoy!
3. Option to freeze for at least 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

Notes

Kid-Friendly: Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

Make it Sweeter: Add honey or maple syrup to the yogurt, or dip in sweetened shredded coconut, sprinkles or bee pollen.

No Coconut: Use almond slices, chia seeds, sunflower seeds, raisins, granola or dark chocolate chips instead.

No Yogurt: Use melted coconut butter, or melted dark chocolate mixed with a bit of coconut oil instead.

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Gut Healing Bone Broth

4 servings
12 hours

Ingredients

1 Whole Chicken Carcass (about 2 lbs of bones)
2 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

Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. 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.
3. Reheat to enjoy. Add a sprinkle of turmeric powder or fresh grated ginger for extra immune boosting benefits!

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.

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Herbal Tea

1 serving
5 minutes

Ingredients

1 Herbal Tea

Directions

1. Enjoy a cup of your favorite non-caffeinated herbal tea. A few favorites brands include: Traditional Medicinals, Yogi Tea, Secrets of the Garden SLO, Rebecca's Apothecary, High Tea Garden

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Pomegranate Yogurt Bites

6 servings
2 hours 10 minutes

Ingredients

1 cup Unsweetened Coconut Yogurt
1/4 tsp Vanilla Extract
3/4 cup Pomegranate Seeds

Directions

1. Line a baking sheet with parchment paper.
2. In a bowl, stir together the yogurt, vanilla and pomegranate seeds.
3. Spoon the yogurt onto the prepared baking sheet in clusters. Transfer to the freezer until set, about two hours.
4. When ready to enjoy, let them sit out for about five to eight minutes to soften a little. Enjoy!

Notes

Leftovers: Keep stored in the freezer.
Serving Size: One serving is two yogurt bites.
More Flavor: Once the bites are frozen, drizzle or dunk in white chocolate and then freeze until the chocolate has set.
No Coconut Yogurt: Use yogurt of choice.

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Dark Chocolate & Walnuts

4 servings
5 minutes

Ingredients

1 cup Walnuts
3 1/2 ozs Dark Chocolate (at least 70% cacao)

Directions

1. Divide dark chocolate and walnuts between bowls. Enjoy!