

LIFETIMESM

THE HEALTHY WAY OF LIFE COMPANY

GUT.FIXSM

DIGESTIVE HEALTH PROGRAM

PROGRAM GUIDE

GUT.FIXSM is a nutrition & dietary supplement program designed to support your body's digestive system by following a modified elimination diet nutritional plan that eliminates certain highly-processed foods along with taking certain nutritional supplements. Responses to the GUT.FIXSM program will vary based on individual characteristics. The GUT.FIXSM program and materials are for educational use only and should not be considered or used as a substitute for medical advice, diagnosis or treatment. Participants should seek the advice of a physician or other qualified health care provider with any questions regarding personal health or medical conditions or before beginning any new dietary or nutritional supplement program. Individual results may vary. Factors such as diet, genetic makeup, overall health and physiological differences may influence results. You expressly assume any and all risks of injury relating to the GUT.FIXSM program and release Life Time Fitness, Inc. from any and all claims arising out of such.

Welcome

Congratulations for purchasing the GUT.FIXSM program. You are 30 days away from experiencing better digestive health.

Through this program, you will help optimize your digestive health and in the process, lay the foundation for a successful weight loss program or simply feel better than you do today.

We have kept our GUT.FIX program as easy for you to follow as possible: Simply take the supplements and eat from the approved foods list.

But in this Program Guide, we've also included some additional resources to help coach you through the next 30 days. Plus, you can email our team anytime if you have questions.

Good luck. And here's to better digestive health!

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What in the world is a GUT.FIX program?
Here are the rules for the next 30 days.



Follow the approved and non-approved foods list, favoring the "best tolerated" foods category, as well as cooked vegetables over raw for easier digestion.



Take our GUT.FIX supplements:

- Take 1–2 Digestive Enzymes with meals
- L-Glutamine powder 1 to 3 times daily
- Multi-Pro 30B probiotic each evening



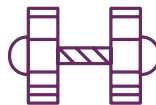
Change your mealtime habits to allow yourself to chew thoroughly and focus on your food without distraction.



Go to bed on time, treat yourself to an "unplugged" bedroom, and give yourself a chance to consistently get those 8 hours in.



Stay hydrated. Aim for half of your goal body weight in ounces of water daily, consumed mostly away from meals.



Keep your exercise routine consistent. Do not aim for increases in intensity or duration during the program.



Get adequate movement outside of exercise – 10,000 steps per day is what is recommended.



Manage your stress! It's often one of the most overlooked areas when we focus our attention on gut health. Prioritize healthy stress management habits: deep breathing, meditation, prayer, yoga, massage, tai chi, reading or gardening.

GUT.FIX can help lay the foundation for optimizing your digestive health

Most of us do not consciously think about our gut health on a daily basis, unless we're having overt and uncomfortable gastrointestinal (G.I.) symptoms such as diarrhea, gas, constipation, or bloating. But did you know that imbalanced gut health can present itself in ways that might surprise you, including fatigue and trouble losing weight? In fact, excess fat and poor energy are two of the hallmark signs that your gut needs some TLC. Other red flags may include skin issues, joint pain, and autoimmune issues.

Your body's response to any nutrition program is predicated on how well your GI tract is functioning. Your digestive process is actually highly complex and there are many, many opportunities for things to go wrong. In the simplest terms, to have a healthy, functioning GI tract, foods must break down adequately, the lining of the small intestine must not leak and the large intestine should contain ample healthy bacteria. This process is much easier said than done. Add to that, our environment plays a role in our GI tract as well. Unfortunately, our high-stress, on-the-go lifestyles, heavy consumption of processed foods, (often high in sugar) and exposure to environmental toxins can take a toll on our gut health as well.

It's time to take back control! That's where our 30-day, game-changing GUT.FIX program comes in, providing:

- the support of quality supplements aimed at optimizing digestive function
- a heightened level of attention to our meal time habits
- a step-by-step guide to consuming a gut-friendly elimination diet

In the next 30 days, you will reboot your digestive tract by changing your diet, eating habits and adding supplementation in a strategic way to support gut health and help get the results you deserve.

You'll notice that the food plan includes both best-tolerated and moderately-tolerated foods. We recommend sticking to the best-tolerated food list for the 30 days, whenever possible. However, we recognize that different approaches are needed for different people. A more liberalized approach includes the moderately tolerated foods as well.

Please read this before you begin:

It's important to realize that gut health can be incredibly complex. When switching from processed foods to real foods, a reasonable level of gas, bloating or discomfort is to be expected at first.

The GUT.FIX program addresses several of the most common factors that can disrupt optimal digestive health. However, there is a chance your symptoms are related to something the GUT.FIX kit may only provide slight relief from.

There are a number of gut health factors that you directly control, but many more that can control you, such as ulcers, gut infections and underlying sensitivities and allergies, to name a few.

The factors that commonly affect gut health that are not in your direct control often require medical attention from a licensed practitioner. Even with gut-friendly eating and mealtime habits, healing your gut may need extra attention if there are other issues wreaking havoc in your system.

We recommend working closely with a medical practitioner that is skilled in assessing digestive function and addressing treatment plans to help get to the root cause and address it to alleviate the symptoms. Make sure you check with your physician before beginning any new program.

Good luck!

We are here for you any time at GUT.FIX@lifetimefitness.com.

The GUT.FIX approach is free of:

Gluten

Essentially, gluten is a protein found in wheat, barley, and rye. Many gluten-containing grains are sources of fructans, a type of carbohydrate that can be more difficult to digest.

Excessive amounts of added sugar

Excess sugar intake can contribute to imbalances of good-to-bad bacteria in the gut.

Corn

Much of the corn we are exposed to comes from genetically modified organisms or GMOs, which are plants in which the DNA has been altered.

Beans, legumes & lentils

While rich in fiber and plant-based proteins, they often cause gas and digestive discomfort.

Eggs

A temporary elimination of eggs will help determine whether or not including eggs on a regular basis is good for your digestive system.

Soy

Today's plentiful soy products are most often genetically modified and used in highly processed products and may be associated with changes in immune system function and skin issues. Because gut health, immunity and skin health are

closely related, eliminating soy for a short term will help determine your tolerance.

Dairy

Because a gluten intolerance often goes hand in hand with digestive issues with dairy, doing a temporary elimination of both gluten and dairy, with a staged reintroduction, can help determine your individual tolerance to each.

Peanut (legume)

When addressing and working toward improved overall health, it may be helpful to avoid the type of lectin found specifically in peanuts.

Cashews, hazelnuts, & pistachios

While our best tolerated approach eliminates all nuts and seeds for 14–30 days, these three are the top ones to avoid during GUT.FIX.

Processed vegetable oils

These oils often require an extensive amount of processing to produce, resulting in an unbalanced ratio of omega-6 fatty acids. This imbalance can ultimately have a potent impact on health.

Alcohol & Caffeine

These are both common culprits for disruptive digestive function.

The "best tolerated," GUT.FIX approach is also free of:

FODMAPs

This stands for "fermentable oligosaccharides, disaccharides, monosaccharides and polyols," a group of carbohydrate types that may not be completely absorbed in the digestive tract and may trigger gut distress. Garlic and onion are the top offenders.

All nuts & seeds, including cocoa & coffee

This category of foods is a common allergen. Eliminating these items in the short term, followed by a reintroduction, is the gold standard in determining individual tolerance to specific foods.

All grains, including gluten-free grains

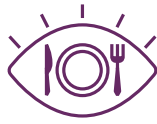
Grains may be disruptive to digestive function for some people. A full elimination and reintroduction will determine your unique tolerance.

Nightshade plants

This otherwise healthy group of plants may be a concern to those with impaired digestion. Common nightshades include, tomatoes, paprika, white potatoes, bell peppers, hot peppers, chili powders, goji berries, and eggplant.

Fermented foods

Some of nature's best sources of probiotics, fermented foods are critical for optimal GI health. But for some people, these foods exacerbate their symptoms while working through digestive issues. However, if you find that you can tolerate sauerkraut and kim chi, please include them throughout the program.



Focus on food

Eat sitting down, away from distractions like the phone, TV and computer



Plate it out

Use garnishes; make your meal look good



Be prepared

Set out silverware and other items you need at the start of your meal



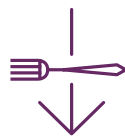
Control your portions

Make sure your portions are appropriately sized versus family-style or buffet-style portions



More eating, less drinking

Avoid drinking large amounts of liquid at meals; avoid coffee/tea which can impact nutrient absorption



Stop and savor

Put the fork down between bites



Take a break

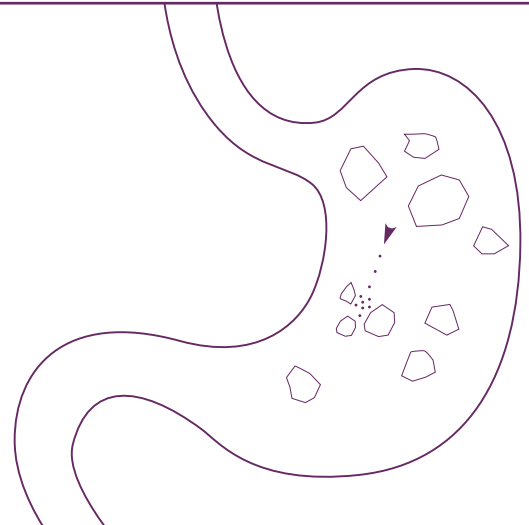
When $\frac{3}{4}$ done with your plate of food, stop for a few minutes to see if you are still hungry

1-2 CAPSULE(S) WITH EVERY MAIN MEAL



Life Time Digestive Enzyme Complex helps support proper levels of stomach acid and digestive enzymes. These make the breakdown of food easier for better absorption of nutrients.[†]

Low enzyme levels can make it more difficult to get the nutrition your body needs and can contribute to fatigue and bloating.[†]

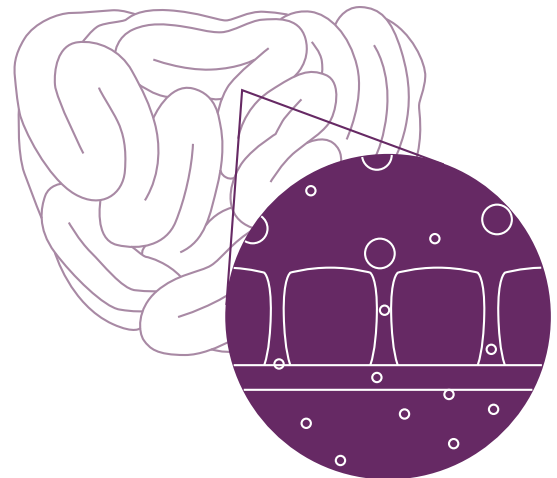


1 SCOOP 3 TIMES DAILY IN COLD LIQUID



L-Glutamine is an amino acid that is important for muscle repair and recovery from exercise.[†]

This protein building block supports the health of small-intestine cells that regulate the digestive and immune systems, and can help in treating leaky gut symptoms.[†]

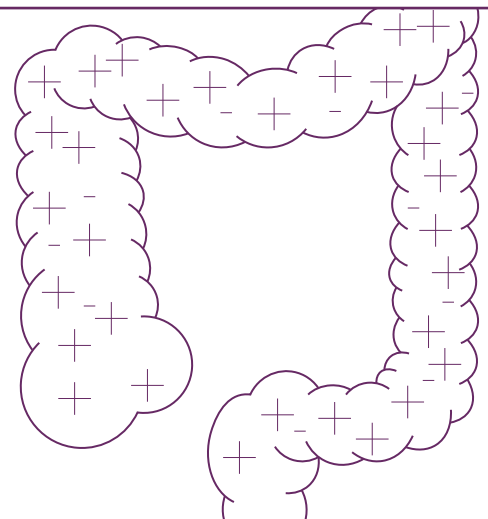


1 CAPSULE EVERY EVENING



Multi-Probiotic 30B helps support a healthy balance of good bacteria in the colon, which is important to keep it functioning properly.[†]

The bacteria levels in your colon can become off balance due to antibiotic use, a diet high in sugar or processed foods, or from not eating enough fermentable fibers and fermented foods.[†]



[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

| Food Group | Approved | Non-approved |
|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Veggies Cooked are easier to digest than raw</p> | <p>Best tolerated Bamboo shoots, bok choy, carrots, chives, endive, green onions (green part only), leek (leaf part only), cucumbers, lettuce, spinach, yellow squash, zucchini, kale, lettuce, pumpkin, collard greens, Swiss chard, watercress, water chestnuts, green beans, spaghetti squash, radishes, water chestnuts, okra, parsley, lemongrass, saffron, thyme</p> <p>Moderately tolerated – FODMAP (fructans) Shallots, broccoli, Brussels sprouts (1 cup or less), fennel, peas, garlic, onions, butternut squash</p> <p>Moderately tolerated – FODMAP (fructose) Artichokes, asparagus, sun-dried tomatoes</p> <p>Moderately tolerated – FODMAP (polyols) Avocados (1/3 at a time), cauliflower (1 cup or less), celery, mushrooms, snow peas</p> <p>Moderately tolerated – Nightshades Bell peppers, tomatoes, eggplant, tomatillos, white potatoes</p> <p>Moderately tolerated – Fermented Kimchi, sauerkraut made without vinegar</p> | <p>Corn, beans, lentils</p> |
| <p>Fruits</p> | <p>Best tolerated Bananas (unripe), blueberries, cantaloupe, melons, oranges, lemons, limes, kiwis, tangerines, strawberries, raspberries, rhubarb, cranberries, pineapples</p> <p>Moderately tolerated – FODMAP (fructose and polyols) Cherries, apples, pears, watermelon, coconuts (keep to ¼ cup or less)</p> <p>Moderately tolerated – FODMAP (fructose) Grapes, mangoes</p> <p>Moderately tolerated – FODMAP (polyols) Avocados (1/3 at a time), blackberries, apricots, plums, nectarines, peaches</p> <p>Moderately tolerated – Nightshades Goji berries</p> | <p>Dried fruit (dates, figs, raisins)</p> |
| <p>Starches Use caution if lower GI symptoms—gas/bloating</p> | <p>Best tolerated Plantains, sweet potatoes, yams, acorn squash, parsnips, turnips, pumpkin, beets, rutabagas strawberries, raspberries, rhubarb, cranberries, pineapples</p> <p>Moderately tolerated – Grains Rice cakes, rice, gluten-free steel-cut oats</p> <p>Moderately tolerated – FODMAP (fructans) Butternut squash, green peas</p> <p>Moderately tolerated – Nightshades White potatoes</p> | <p>Breads, cereals, gluten, wheat, rye, barley, corn, beans, lentils, cous-cous, hummus, soybeans</p> |
| <p>Protein Rotate proteins</p> | <p>Best tolerated Life Time Amino Complex, Life Time BCAA Recovery, grass-fed collagen protein, grass-fed gelatin protein, organic chicken and turkey, grass-fed beef, bison, lamb, buffalo, wild-caught fish (salmon, sardines, cod, haddock, hake, halibut, perch, pollock, snapper, trout), pastured pork, wild-caught shellfish (shrimp, scallops, lobster, oyster, crab), wild game, prosciutto, nitrite-/nitrate-free bacon</p> | <p>Dairy (including cow's milk dairy, goat's milk dairy and sheep's milk dairy, as well as any creams, cheeses or yogurts that come from them), whey protein, soy, soybeans, tempeh, tofu, beans, legumes, eggs</p> |

| Food Group | Approved | Non-approved |
|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Nuts / seeds Raw ¼ cup or less, 2 tablespoons or less for nut butters/seed butters</p> | <p>Moderately tolerated Almonds, pumpkin seeds, sunflower seeds, ground flax seeds, chia seeds, hemp seeds, Brazil nuts, macadamia nuts, unsweetened coconut, sprouted sunflower seed butter, sprouted pumpkin seed butter, sprouted almond butter, coconut butter</p> | <p>Peanuts, cashews, hazelnuts, pistachios (higher FODMAP)</p> |
| <p>Healthy fats and oils</p> | <p>Best tolerated Cold-pressed olive oil, coconut oil, grass-fed beef tallow, pastured pork lard, cage-free duck fat, red palm oil, grass-fed ghee</p> <p>Moderately tolerated – Nuts/seeds Macadamia nut oil, walnut oil, avocado oil, coconut butter, coconut (keep to ¼ cup or less)</p> <p>Moderately tolerated – FODMAP Garlic-infused olive oil (no garlic pieces), onion-infused olive oil (no onion pieces)</p> | <p>Margarine, butter, butter replacements, soybean oil, canola oil, rapeseed oil, vegetable oil, cottonseed oil, peanut oil, corn oil, safflower oil, palm kernel oil</p> |
| <p>Seasonings</p> | <p>Best tolerated Allspice, star anise, capers, Celtic/Himalayan sea salt, cinnamon, basil, sage, thyme, ginger, parsley, cilantro, coriander, mint, oregano, rosemary, tarragon, cloves, vanilla bean, mustard (1 Tbs or less), horseradish, lemongrass, saffron, apple cider vinegar</p> <p>Moderately tolerated – FODMAP (fructans) Garlic, onions</p> <p>Moderately tolerated – Nuts/seeds Cocoa, caraway, cumin, cardamom</p> <p>Moderately tolerated – Nightshades Paprika, cayenne pepper, chili powder, red pepper flakes, most curry powders</p> <p>Moderately tolerated – Fermented Red wine vinegar, coconut aminos, fish sauce</p> | <p>Soy sauce, balsamic vinegar, bouillon cubes, carob powder, condiments with added sugar (e.g. teriyaki sauce, ketchup)</p> |
| <p>Beverages</p> | <p>Best tolerated Unsweetened coconut milk, homemade broth, green tea, sparkling water, UCAN Hydrate electrolyte support powder with water, Life Time Amino Complex with water, Life Time BCAA Recovery with water</p> <p>Moderately tolerated – Potential FODMAP Chamomile tea, herbal teas</p> <p>Moderately tolerated – Nuts/seeds Organic coffee (one cup or less per day), Unsweetened almond milk, unsweetened hemp milk</p> <p>Moderately tolerated – Fermented Kombucha</p> | <p>Fruit juice, beer, wine, liquor, instant coffee, energy drinks, soft drinks, hot cocoa, rice milk</p> |
| <p>Sweeteners</p> | <p>Best tolerated Stevia, monk fruit extract</p> <p>Moderately tolerated Maple Syrup (1 Tbs or less)</p> <p>Moderately tolerated – FODMAP (fructose) Honey (1 Tbs or less)</p> | <p>Sugar, sugar alcohols (sorbitol, xylitol), agave, aspartame, corn syrup, fruit juice concentrate, jams, jellies, saccharin, sucralose, blackstrap molasses, sugar-free candy/gum</p> |

■ BEST TOLERATED ■ MODERATELY TOLERATED

Greens

| | |
|---------------------------------|---------------------|
| Bok choy | Spinach* |
| Chives | Swiss chard* |
| Cilantro | Thyme |
| Collard greens* | Watercress* |
| Cucumber* | Zucchini* |
| Endive | Apples* |
| Green beans | Artichokes |
| Green onion (green part) | Asparagus |
| Kale* | Avocado |
| Kiwi | Broccoli |
| Leek (green part) | Brussels sprouts |
| Lemongrass | Celery* |
| Lettuce* | Green peppers* |
| Lime | Peas |
| Mint | Snow peas |
| Okra | |
| Parsley * | |

Reds

Beets
Cranberry
Radish
Raspberries*
Rhubarb
Saffron
Strawberries*
Apples
Cherries
Goji berries
Red peppers
Tomatoes
Watermelon

Whites

Bamboo shoots
Daikon radish
Parsnips
Water chestnuts
Cauliflower
Coconut
Garlic
Mushrooms
Onion
Potato*

Oranges & Yellows

| | |
|-------------------------|-----------------|
| Acorn squash | Nectarine* |
| Banana (unripe) | Orange peppers* |
| Cantaloupe | Peach* |
| Carrots | |
| Lemon | |
| Orange | |
| Pineapple | |
| Plantain | |
| Pumpkin | |
| Spaghetti squash | |
| Sweet potato* | |
| Tangerine | |
| Yam* | |
| Yellow squash | |
| Apricots* | |
| Butternut squash | |
| Mango | |

Blues & Purples

Blueberry*
Purple kale*
Purple sweet potato*
Rutabega
Turnips
Blackberries*
Eggplant
Grapes*
Shallot

*purchase organic

■ BEST TOLERATED ■ MODERATELY TOLERATED

PROTEINS

Meat

Bacon (preservative-free)
Bison
Buffalo
Grass-fed beef (steak, ground, roast—all cuts encouraged)
Lamb
Pastured pork
Prosciutto (pork and salt only)
Wild game

Powders

Grass-fed collagen proteins
Grass-fed gelatin powder
Life Time Amino Complex
Life Time BCAA Recovery
Life Time L-Glutamine

Poultry

Dark meat and light meat ok. Skin on is acceptable.
Organic chicken
Organic turkey

Shellfish

Crab
Lobster
Mussels
Oysters
Scallops
Shrimp

Fish

Atlantic mackerel
Cod
Haddock
Hake
Halibut
Herring
Perch
Pollock
Rainbow trout
Salmon
Sardines
Snapper

Jarred items

Apple cider vinegar
Capers
Coconut milk – unsweetened, no guar gum
Coconut oil
Cold-pressed olive oil
Duck Fat
Fresh horseradish
Grass-fed ghee
Lard
Mustard (Gluten-free)
Red palm oil
Stevia – liquid
Tallow
Avocado oil
Coconut aminos (soy sauce substitute)
Fish sauce (Gluten-free)
Fresh horseradish
Garlic-infused olive oil
Kimchi (refrigerated)
Kombucha (refrigerated)
Macadamia nut oil
Onion-infused olive oil
Red wine vinegar
Sauerkraut made without vinegar (refrigerated)
Walnut oil

Dry Ingredients

| | | |
|----------------------------|-------------------------------------------|----------------------------------|
| Almond butter (sprouted) | Hemp seeds | Steel-cut oats (Gluten-free) |
| Almonds | Macadamia nuts | Sunflower seed butter (sprouted) |
| Brazil nuts | Paprika | Sunflower seeds |
| Chia Seeds | Pumpkin seed butter (Sprouted) | |
| Cocoa | Pumpkin seeds | |
| Coconut (unsweetened) | Rice (white or brown) | |
| Coconut butter | Rice cakes (Gluten-free, plain or salted) | |
| Curry powder (Gluten-free) | | |
| Ground flax seeds | | |

Spices

| | | |
|-----------------|-------------------------|----------------------------|
| Allspice | Oregano | Caraway |
| Basil | Parsley | Cardamom |
| Celtic sea salt | Pink Himalayan sea salt | Cayenne pepper |
| Cilantro | Rosemary | Chili powder |
| Cinnamon | Saffron | Cocoa |
| Cloves | Sage | Cumin |
| Coriander | Star anise | Curry powder (gluten-free) |
| Ginger | Tarragon | Red pepper flakes |
| Lemongrass | Thyme | |
| Mint | Vanilla bean | |

Refrigerated

Milk – unsweetened
Almond milk
Cashew milk
Coconut milk
Hemp milk
Kimchi (refrigerated)
Kombucha (refrigerated)
Sauerkraut made without vinegar (refrigerated)

| Day | Morning | Noon | Evening | Snack |
|-----|---------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| 1 | Chicken breakfast patties Page 18 | Soothing chicken soup Page 19 | Grilled rosemary chicken and easy zucchini Page 20 & 27 | Life Time Amino Complex and L-Glutamine |
| 2 | Smoked salmon and capers | Chilled cooked shrimp with leftover zucchini | Weeknight salmon with steamed kale, drizzled with olive oil and lemon juice Page 21 & 28 | Life Time Amino Complex and L-Glutamine |
| 3 | Bacon strips and collard greens Page 18 & 31 | Mini pork sausage meatballs with leftover collard greens Page 20 | Shredded pork with cabbage Page 21 | Prosciutto slices |
| 4 | Chicken breakfast patties Page 18 | Greek meatballs over spinach Page 19 & 27 | Lamb chops with roasted carrots Page 22 & 27 | Kale chips Page 32 |
| 5 | Herbed beef breakfast patties Page 18 | Basic burger with leftover carrots Page 20 | Seasoned steak with steamed chard Page 21 & 28 | Beef jerky |
| 6 | Pork sausage Page 20 | Shredded pork with cabbage Page 21 | Grilled pork chops with steamed baby bok choy and ghee Page 22 & 28 | Prosciutto slices |
| 7 | Leftover grilled pork chops | Pork sausage and leftover bok choy Page 20 | Soothing chicken soup Page 19 | Bacon strips Page 18 |

| Day | Morning | Noon | Evening | Snack |
|-----|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| 1 | Turkey sausage meatballs Page 19 | Soothing chicken soup Page 19 | Grilled rosemary chicken and roasted beets Page 20 & | Turkey sausage meatballs Page 19 |
| 2 | Herbed beef breakfast patties Page 18 | Basic burger with leftover beets Page 20 | One-pot Asian beef Page 22 | Life Time Amino Complex and L-Glutamine |
| 3 | Smoked salmon and capers | Leftover Asian beef | Baked whitefish with steamed kale and spaghetti squash Page 21 & 29 | Quick salmon salad Page 32 |
| 4 | Baked bacon and melon chunks Page 18 | Mini pork sausage meatballs and leftover kale Page 20 | Savory Sunday pork tenderloin and roasted root vegetables Page 24 & 30 | Prosciutto slices |
| 5 | Leftover pork sausage and leftover root vegetables | Pork tenderloin with bacon-sautéed chard Page 24 & 30 | Simple scallops with sautéed spinach Page 26 & 27 | Sardines in olive oil |
| 6 | Herbed beef breakfast patties and strawberries Page 18 | Basic burger with leftover spinach Page 20 | Slow cooker beef roast with cabbage and parsnips Page 23 | Beef jerky |
| 7 | Greek meatballs Page 19 | Slow cooker beef and cabbage Page 23 | Lamb chops with mock tzatziki sauce and sweet potato Page 24 & 31 | Mock white chocolate dessert bar Page 32 |

| Day | Morning | Noon | Evening | Snack |
|-----|----------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| 1 | Smoked salmon and kale chips Page 32 | Quick tuna salad with lemon, parsley, herb salad mix and olive oil Page 32 | Baked whitefish and steamed kale Page 21 & 28 | Kale chips Page 32 |
| 2 | Turkey sausage meatballs Page 19 | Leftover whitefish over herb salad and 1/3 avocado | Turkey burgers with easy zucchini Page 26 & 27 | Sardines |
| 3 | Turkey sausage meatballs Page 19 | Shredded chicken and zucchini Page 25 & 27 | Soothing chicken soup and sweet potato Page 19 & 31 | Turkey jerky |
| 4 | Bacon and fresh strawberries Page 18 | Soothing chicken soup Page 19 | Pork tenderloin and raw spinach with olive oil and leftover sweet potato Page 24 | Bacon slices |
| 5 | Pork sausage and melon cubes Page 20 | Leftover pork tenderloin over salad mix and olive oil | Seasoned steak and sautéed chard Page 21 & 30 | Banana snack strips Page 33 |
| 6 | Blueberry and mint refresher Page 33 | Leftover steak and peeled, sliced cucumbers | Slow cooker beef roast with cabbage and parsnips Page 23 | Mock white chocolate dessert bar Page 32 |
| 7 | Herbed beef breakfast patties Page 18 | Slow cooker beef roast with cabbage and parsnips Page 23 | Simple scallops and roasted carrots Page 26 & 27 | Beef jerky |

| Day | Morning | Noon | Evening | Snack |
|-----|--------------------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| 1 | Smoked salmon and capers | Leftover scallops and carrots Page 27 | Salmon with roasted butternut squash Page 21 & 29 | Sardines |
| 2 | Chicken breakfast patties Page 18 | Leftover salmon with butternut squash | Grilled rosemary chicken and grilled romaine Page 20 & 28 | Turkey sausage meatballs Page 19 |
| 3 | Turkey sausage meatballs Page 19 | Leftover rosemary chicken and salad | Shredded pork with cabbage, ¼ cup sauerkraut Page 21 | Bacon with roasted broccoli Page 18 & 30 |
| 4 | Bacon or pork sausage, ¼ cup sauerkraut Page 18 or 20 | Shredded pork with cabbage Page 21 | Grilled herb pork chops and steamed bok choy and sweet potato Page 22, 28 & 31 | Prosciutto |
| 5 | Leftover pork chops | Slow cooker beef roast with cabbage and parsnips Page 23 | Basic burger with green beans, ¼ cup kimchi Page 20 | Blueberry and mint refresher Page 33 |
| 6 | Leftover burger and fresh strawberries | Greek meatballs and leftover green beans Page 19 | Lamb chops and grilled romaine Page 22 & 28 | Greek meatballs, kombucha tea Page 19 |
| 7 | Chicken breakfast patties Page 18 | Lamb chops over salad Page 22 | One-pot slow cooker chicken and carrots, ¼ cup sauerkraut Page 25 | Banana snack strips Page 33 |

Food

What did you eat? Also note the time, how many caps of digestive enzymes you took per meal, and your energy level (1 – 10) at the time of eating.

| DAY | MORNING | NOON | EVENING | SNACK |
|-----|----------------|----------------|----------------|-------|
| 1 | ENZYMES ENERGY | ENZYMES ENERGY | ENZYMES ENERGY | |
| 2 | ENZYMES ENERGY | ENZYMES ENERGY | ENZYMES ENERGY | |
| 3 | ENZYMES ENERGY | ENZYMES ENERGY | ENZYMES ENERGY | |
| 4 | ENZYMES ENERGY | ENZYMES ENERGY | ENZYMES ENERGY | |
| 5 | ENZYMES ENERGY | ENZYMES ENERGY | ENZYMES ENERGY | |
| 6 | ENZYMES ENERGY | ENZYMES ENERGY | ENZYMES ENERGY | |
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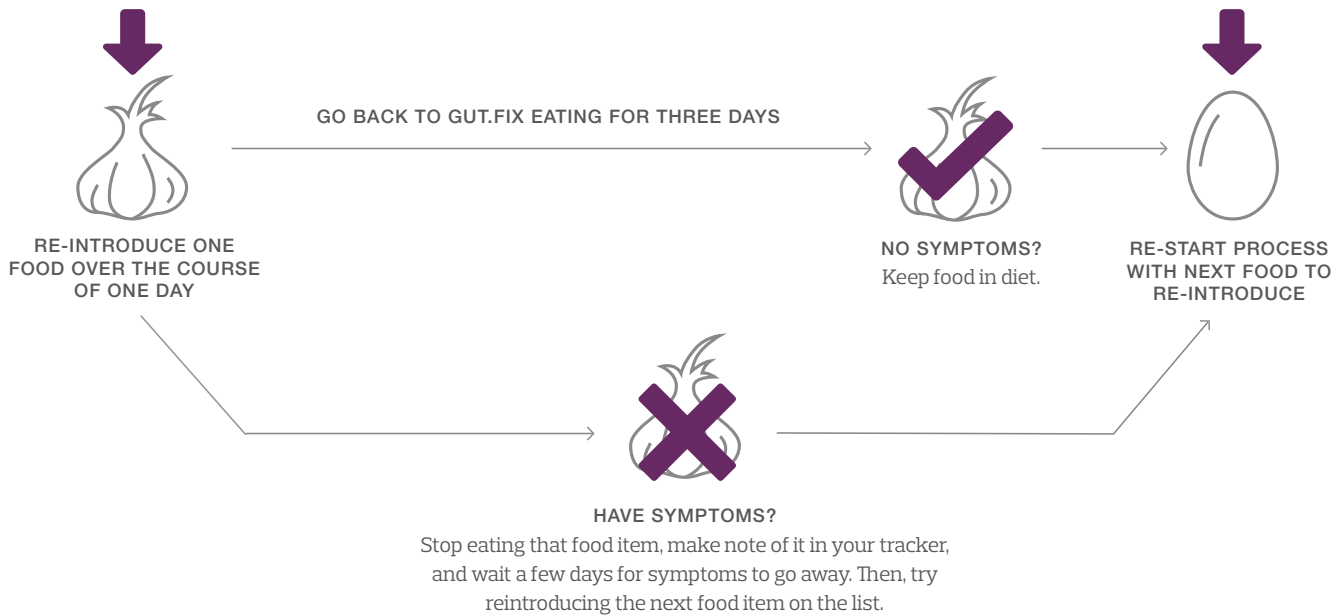
Gut Issues

Supplements

Sleep

Stress

| DAY | SYMPTOMS | DATE & TIME | L-G SCOOPS | MULTI-PRO 30B | HOURS IN BED | WHAT TIME DID YOU LIE DOWN? | WHEN DID YOU FALL ASLEEP? | TROUBLE FALLING ASLEEP? | TROUBLE STAYING ASLEEP? | 1 – 10 |
|-----|----------|-------------|------------|--------------------------|--------------|-----------------------------|---------------------------|--------------------------|--------------------------|--------|
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Symptoms to look out for

- Overt GI symptoms (diarrhea, constipation, gas, nausea, heartburn)
- Sinus congestion or drip
- Fatigue
- Mood changes or irritability
- Joint aches, muscle pain
- Brain fog
- Trouble sleeping
- Skin issues (dry skin, acne, redness, etc)

Food Order

There is a right way! Add foods one at a time and track if any symptoms appear. It is not necessary to reintroduce a food if you do not want it to be a part of your regular diet.

- 1 Fermented vegetables, such as sauerkraut, kombucha and kimchi
- 2 Raw nuts or seeds
- 3 Garlic and garlic powder
- 4 Onion and onion powder
- 5 FODMAPs (a group of foods that often cause digestive issues) include asparagus, cauliflower, kidney beans, lima beans and more.
- 6 Egg yolks
- 7 Whole eggs
- 8 Grass-fed butter
- 9 Nightshades (tomatoes, paprika, white potatoes, bell peppers, chili powder, etc.)
- 10 Lentils
- 11 Black beans
- 12 Other beans/legumes
- 13 Fermented organic, full-fat plain dairy (yogurt and kefir)
- 14 Gluten-free grains (rice, quinoa, etc.)

Chicken breakfast patties

Prep: 5 minutes

Cook: 20 minutes

Serves: 4-6

INGREDIENTS

1.5 pounds ground chicken
1 ¼ tsp Celtic or Himalayan sea salt
½ tsp ground sage
½ tsp dried rosemary
½ tsp dried thyme
¼ tsp ginger
¼ cup coconut flour + 1 Tbs, divided
2 Tbs coconut oil

PREPARATION

1. Preheat oven to 400 degrees and line baking sheet with parchment paper.
2. Mix ground chicken with salt, spices and 1 Tbs coconut flour.
3. Gently press into remaining coconut flour on a plate to lightly coat.
4. Bake for 25 minutes or until internal temperature reaches 165 degrees. They also may be cooked on the stove in a hot skillet with coconut oil.

Baked bacon

Prep: 5 minutes

Cook: 20 minutes

Serves: 4-6

INGREDIENTS

1 pack of nitrate-/nitrite-free bacon

PREPARATION

1. Line a rimmed baking sheet with parchment paper.
2. Lay bacon in single layer on baking sheet.
3. Place baking sheet in a cold oven. Turn oven to 400 degrees, and set timer for 17 minutes.
4. At the 17-minute mark, check bacon every two minutes until desired doneness is reached (total time in oven usually ranges 17-23 minutes, depending on oven).
5. Remove from oven and drain bacon on paper towel-lined baking sheets.

Optional: Once cool enough to handle, carefully add bacon drippings to a glass or ceramic dish. Refrigerate to use as a cooking fat over the next 5-7 days

Herbed beef breakfast patties

Prep: 5 minutes

Cook: 10-20 minutes

Serves: 2-3

INGREDIENTS

1 pound grass-fed ground beef or lamb
1 tsp Celtic or Himalayan sea salt
1 tsp dried ground sage
1 tsp dried thyme
1 tsp dried rosemary
½ tsp cinnamon
1-2 Tbs coconut oil or beef tallow

PREPARATION

1. Mix all ingredients together and form into 4 patties.
2. Melt cooking fat over medium high until glossy.
3. Cook patties in a skillet 5-10 minutes per side, or until fully cooked.

Turkey sausage meatballs

Prep: 5 minutes

Cook: 25 minutes

Serves: 6

INGREDIENTS

2 pounds ground turkey (dark meat preferred, but will work with white meat)
1 Tbs real maple syrup (this amount for entire recipe is acceptable)
1 ½ tsp each: Celtic or Himalayan sea salt, ground sage, and ground thyme

PREPARATION

1. Preheat oven to 400 degrees.
2. Mix all ingredients together in bowl.
3. Form into meatballs and bake in lined mini muffin tin 20–25 minutes or until internal temperature reaches 165 degrees. Alternatively, they can be made into patties and fried in a skillet with coconut oil until done.

Soothing chicken soup

Prep: 15 minutes

Cook: 45 minutes

Serves: 6

INGREDIENTS

1 whole chicken
⅓ to ½ cup fresh thyme (whole sprigs)
1.5 Tbs turmeric
1 celery stalk (limit to 1), cut in half
One 3-inch chunk of fresh, peeled ginger
5 whole cloves
6 carrots, whole or cut widthwise in half to fit pot
2.5 Tbs Celtic or Himalayan sea salt

PREPARATION

1. Add all ingredients to large stock pot and cover with water.
2. Bring to a boil, then reduce to a low simmer. Remove any foam formed on the surface.
3. Simmer about 40–45 minutes, until chicken is cooked through.
4. Remove chicken and carrots.
5. Carefully strain the broth from the rest of the ingredients; discard solids and keep broth.
6. Once chicken is cool enough to handle, remove the meat from the bones and skin. Reserve the meat and discard the rest.
7. Slice carrots when cool enough to handle.
8. When ready to serve, put desired amount of chicken and carrot in bowl, cover with broth, and serve. If tolerated, you may add some cooked rice.

Greek meatballs

Prep: 10 minutes

Cook: 20–25 minutes

Serves: 4–6

INGREDIENTS

2 pounds ground lamb
5 scallions, green part only, finely chopped
¼ cup fresh parsley, packed and finely chopped
¼ cup fresh mint, finely chopped
1 Tbs dried oregano
2 tsp Celtic or Himalayan sea salt

PREPARATION

1. Preheat oven to 400 degrees.
2. Mix all ingredients together in bowl.
3. Form into meatballs and bake in lined mini muffin tin at 350 20–25 minutes or until internal temperature reaches 165 degrees. Alternatively, they can be made into patties and fried in a skillet with coconut oil until done.

Mini pork sausage meatballs — two variations

Prep: 5 minutes

Cook: 25 minutes

Serves: 3–4

INGREDIENTS

1 pound ground pork, plus
Option 1:
2 tsp dried tarragon, ground
Zest of one lemon
1 tsp fine ground Celtic or Himalayan sea salt
1 pound ground pork
Option 2:
1 tsp fine ground Celtic sea salt
½ tsp dried sage
¼ tsp dried thyme
¼ tsp dried ginger

PREPARATION

1. Preheat oven to 400 degrees.
2. Mix all ingredients and roll into 1-inch meatballs.
3. Place in lined mini muffin tins and bake at 400 degrees 25 minutes, or form into patties and fry in coconut oil until done. With either cooking method, ensure pork reaches 160 degrees.

Basic burger

Prep: 5 minutes

Cook: 10–20 minutes

Serves: 2–3

INGREDIENTS

1 tsp dried oregano
1 tsp Celtic or Himalayan sea salt
½ tsp ground turmeric or rosemary
1 pound 80% or 85% lean grass-fed ground beef
1–2 Tbs beef tallow, red palm oil or coconut oil, if using cast-iron skillet

PREPARATION

1. Mix spices and salt together.
2. Form the beef into 3 patties, and use your thumb to add a small dimple in the middle of each. Try to not "work" the beef too much so that it stays tender.
3. Season all sides of the beef with seasoning mixture, and discard any extra.
4. Either grill until done, or heat the cooking fat over medium-high in a cast-iron skillet, add the patties and let sear approximately 3 minutes per side, then turn heat down to medium and cook until desired doneness.

Grilled rosemary chicken

Prep: 10 minutes
+ overnight
marinade

Cook: 15–20 minutes

Serves: 6

INGREDIENTS

3 lemons, juiced
2 sprigs fresh rosemary
¼ cup olive oil (garlic-infused if available)
1 tsp Celtic or Himalayan sea salt
1 Tbs Dijon mustard
6 chicken breasts

PREPARATION

1. Combine first five ingredients and mix well.
2. Add in chicken breasts and marinate overnight.
3. Remove chicken from marinade and grill or broil until cooked or internal temperature reaches 165 degrees.

Simply prepared weeknight salmon may substitute wild-caught whitefish

Prep: 5 minutes

Cook: 15 minutes

Serves: 4

INGREDIENTS

4 salmon fillets
2 lemons, thinly sliced + juice of 1 lemon
4 tsp capers, drained
½ tsp Celtic or Himalayan sea salt, or to taste
½ tsp dried parsley

PREPARATION

1. Preheat oven to 425 degrees.
2. Line a baking sheet with parchment paper, and lay salmon skin-side down.
3. Pour lemon juice over fillets and sprinkle with salt and parsley
4. Carefully put approximately 1 tsp capers on top of each filet.
5. Layer lemon slices on top of capers on the fillets.
6. Bake 12-15 minutes or until salmon flakes easily with a fork.

Shredded pork with cabbage

Prep: 10 minutes

Cook: 4-6 hours in slow cooker

Serves: 4-6

INGREDIENTS

4-5 pound pork shoulder roast or other fattier cut
8 bacon slices
1.5 Tbs pink Himalayan sea salt
2 Tbs liquid smoke
2 bags of shredded cabbage

PREPARATION

1. Line bottom of slow cooker with 4 slices of bacon.
2. Rub pork roast all over with 1.5 Tbs salt and place in slow cooker.
3. Pour liquid smoke over roast, and top with 4 more bacon slices.
4. Cook 4-6 hours in slow cooker on high.
5. When done, remove roast from slow cooker and let rest before shredding.
6. Remove the liquid from the slow cooker and put in a saucepan. Add cabbage to saucepan, and bring to a boil. (Add a cup of water if needed). Simmer 5-10 minutes, until cabbage wilts.
7. Serve shredded pork over cabbage and enjoy!

Seasoned steak

Prep: 5 minutes

Cook: 10-20 minutes

Serves: 4-6

INGREDIENTS

4 grass-fed sirloin, ribeye or New York strip steaks, brought to room temperature over 30 minutes
1 Tbs Celtic or Himalayan sea salt
1 Tbs dried rosemary
¾ Tbs ground sage
¾ Tbs thyme
¾ tsp cinnamon
½ tsp ginger

PREPARATION

1. Mix spices together and rub into steak.
2. Broil or grill steak 5-7 minutes per side, or until esired doneness is reached.

Grilled herb breakfast chops

Prep: overnight
marinade

Cook: 10 minutes

Serves: 5

INGREDIENTS

5 thick, bone-in pork chops
2 tsp dried sage
2 tsp dried rosemary
2 bay leaves
½ cup olive oil
5 drops clear liquid stevia
2 tsp Celtic or Himalayan sea salt

PREPARATION

1. Marinate pork chops in a mixture of all other ingredients overnight.
2. Grill or broil 3–5 minutes per side, or until internal temperature reaches 145 degrees after a three-minute rest.

One-pot Asian beef

Prep: 10 minutes

Cook: 20 minutes

Serves: 4–6

INGREDIENTS

2 pounds grass-fed ground beef
½ Tbs ground ginger
1 tsp Celtic or Himalayan sea salt
½ tsp turmeric
10–20 drops clear liquid stevia
¼ cup orange juice (small amount for entire recipe is acceptable)
2–4 Tbs coconut aminos
Two 10-oz bags of shredded broccoli/cabbage slaw
Zest of one orange (optional)

PREPARATION

1. Add ground beef to large pot, browning while breaking it up with a spatula.
2. As the fat starts to release, add in ginger, salt, turmeric and stevia. Continue to mix well while cooking, ensuring the spices do not burn.
3. When the meat is browned, pour in orange juice, aminos and zest (if using). Mix well until meat is cooked through.
4. Add both bags of broccoli slaw and mix well to incorporate meat mixture. Put the lid on the pot and periodically stir the mixture. The vegetables will begin to release liquid and tenderize, making veggie “noodles.”
5. Cook until desired vegetable tenderness is reached.

Pot roast and rainbow carrots

Prep: 10 minutes

Cook: 8 hours in slow cooker

Serves: 8-12

INGREDIENTS

4-pound beef roast
½ Tbs each: Celtic or Himalayan sea salt, dried thyme, dried rosemary and dried oregano
3 Tbs coconut oil
½ cup water
½ Tbs apple cider vinegar
2-3 pounds rainbow carrots, roughly chopped

PREPARATION

1. Mix the salt and spices together and rub all over roast.
2. Heat the coconut oil over medium-high and brown roast on all sides.
3. Add carrots to slow cooker, and once beef is browned, place it on top.
4. Mix water and vinegar together and pour over roast.
5. Cook on high for one hour, then reduce to low and cook 6-8 hours or until done.

Easy slow cooker beef roast

Prep: 20 minutes

Cook: 6 hours in slow cooker

Serves: 4-6

INGREDIENTS

2 pounds cubed beef roast or shoulder
1 large leek, green part only, thinly sliced
1 bay leaf
2 large parsnips, cut into chunks
4 carrots, cut into chunks
4 cups shredded cabbage
2 celery ribs, sliced
2 Tbs dried thyme
1 Tbs each: dried oregano, dried rosemary, Celtic or Himalayan sea salt
2 Tbs beef tallow, coconut oil or red palm oil
¼ cup of water

PREPARATION

1. Mix spices together and toss well with beef.
2. Heat cooking oil in a large skillet and brown beef cubes. Add to slow cooker.
3. Add leek and celery to skillet and saute for 5-10 minutes. Add to slow cooker.
4. Add ¼ cup of water to skillet and de-glaze the pan, scraping the browned bits off the bottom. Add to slow cooker.
5. Add the rest of ingredients to the slow cooker and cook on high 4-6 hours or until meat is tender.

Lamb chops in tzatziki marinade

Prep: overnight marinade

Cook: 15 minutes

Serves: 4

INGREDIENTS

2 pounds lamb, cubed, or whole bone-in chops
2 cups plain, unsweetened coconut milk yogurt
2 lemons, juiced, with about half the zest reserved
1 T dried rosemary
¼ cup fresh mint, chopped
4 Tbs olive oil
2 tsp Celtic or Himalayan sea salt

PREPARATION

1. Combine all ingredients except lamb.
2. Add lamb and marinate overnight.
3. Broil or grill 4–6 minutes per side, or until internal temperature is 145 degrees after a 3-minute rest.

Optional: Set aside ¼ cup of the marinade before adding lamb for overnight marinade. Once the rest of the lamb is cooked, drizzle on top as a garnish.

Savory Sunday pork tenderloin

Prep: 5 minutes

Cook: 2–3 hours in oven

Serves: 6–10

INGREDIENTS

3–4 pounds pork tenderloin
4 bay leaves
½ cup apple cider vinegar
Juice of two lemons
Zest of one lemon
1 ½ Tbs fresh rosemary chopped, or 2 ½ tsp dried
1 Tbs fresh thyme, chopped, or 1 tsp dried
½ Tbs Celtic or Himalayan sea salt
5 carrots, roughly chopped into large chunks

PREPARATION

1. Preheat oven to 325 degrees.
2. Place bay leaves in bottom of roasting pan.
3. Place the roast on top of the bay leaves, and pour apple cider vinegar and lemon juice over the roast.
4. Combine thyme, rosemary, salt, and lemon zest. Rub all over roast. Add carrots.
5. Bake, covered, in oven 2–3 hours, or until pork temps at 145 degrees after a 3-minute rest. Baste with more apple cider vinegar during baking if needed.

Broiled lobster

Prep: 10 minutes

Cook: 10 minutes

Serves: 4

INGREDIENTS

Four 6-oz lobster tails
½ cup ghee, divided
2 tsp Celtic or Himalayan sea salt
1 tsp white pepper (optional)
2 lemons

PREPARATION

1. Carefully cut lobster shells lengthwise across the top and slightly pull apart.
2. Melt ¼ cup of the ghee and add salt and white pepper; brush the lobster tails with mixture and keep the tails in the shell.
3. Broil 5–10 minutes, being careful not to overcook.
4. Melt the rest of the ghee for dipping and squeeze lemon over the finished lobster. Enjoy!

Skillet chicken with orange-raspberry sauce may also substitute pork chops

Prep: 10 minutes

Cook: 25 minutes

Serves: 4

INGREDIENTS

- ½ tsp dried thyme
- ½ tsp dried sage
- ½ tsp Celtic or Himalayan sea salt
- 4 boneless chicken breasts, cut into chunks
- 2 Tbs ghee (clarified butter)
- 1/2 cup no-sugar-added raspberry preserves
- 6 Tbs orange juice
- 2 Tbs white wine vinegar

PREPARATION

1. Combine dried spices and salt and rub over chicken breasts.
2. Heat ghee over medium-high, and cook chicken until juices run clear. Remove chicken and set aside; keep warm.
3. Add preserves, orange juice and white wine vinegar to the skillet, scraping up any browned bits and cooking about 3 minutes or so. Sauce thickens as it cools.
4. Spoon sauce over chicken and enjoy!

One-pot slow cooker chicken

Prep: 10 minutes

Cook: 5–9 hours in
slow cooker

Serves: 4–6

INGREDIENTS

- 6 large carrots, roughly chopped
- 1 large sweet potato, roughly chopped
- 3–4 pound whole chicken
- 3 green onions (green part only), chopped
- 1 Tbs dried thyme
- 1 Tbs dried rosemary
- ½ Tbs Celtic or Himalayan sea salt
- 1 tsp dried marjoram
- 1 Tbs garlic-infused olive oil or chopped garlic scapes/green garlic (optional)

PREPARATION

1. Place carrots and sweet potato in bottom of slow cooker.
2. Mix the thyme, rosemary, salt, marjoram, and whatever version of garlic (if using) all over chicken, under the skin as much as possible.
3. Place chicken on top of veggies in the slow cooker and top with green onion.
4. Cook on high 4–6 hours, or low for 7–9 hours (first hour on high) until the chicken falls apart (a thermometer in the thickest part of the thigh should read 165 degrees).

6-ingredient shredded chicken

Prep: 15 minutes

Cook: 4 hours in slow
cooker

Serves: 6–8

INGREDIENTS

- 6 organic chicken breasts
- Pack of organic bacon
- 2 Tbs dried thyme
- 1.5 Tbs dried rosemary
- 1.5 Tbs dried oregano
- 1 Tbs Celtic or Himalayan sea salt

PREPARATION

1. Add all ingredients to slow cooker.
2. Cook on high 4 hours, or until chicken shreds easily with a fork.

Turkey burgers

Prep: 20 minutes

Cook: 15–20 minutes

Serves: 4–6

INGREDIENTS

2 pounds ground turkey (dark meat)
1 celery rib, chopped finely
¼ cup cilantro, chopped finely
½ cup carrot, chopped finely
2 scallions, green part only, chopped finely
2 tsp fine-ground Celtic or Himalayan sea salt
½ tsp ground ginger

PREPARATION

1. Mix all ingredients together in a bowl.
2. Form into patties (about 6) and grill or fry in coconut oil until internal temperature reaches 165 degrees.

Parsley and dijon whitefish

Prep: 5 minutes

Cook: 5 minutes

Serves: 4

INGREDIENTS

4 wild-caught cod fillets (or whitefish of choice)
1 lemon
4 tsp gluten-free Dijon mustard
2 Tbs coconut flour
1 tsp Celtic or Himalayan sea salt
2 tsp dried parsley
4 springs fresh parsley and lemon wedges, for garnish

PREPARATION

1. Preheat oven to 425 degrees.
2. Line baking sheet with parchment paper and place fish on the baking sheet.
3. Squeeze lemon over the fish and use a spoon to smear 1 tsp of mustard on each fillet.
4. Mix coconut flour, salt and dried parsley. Sprinkle evenly over fillets and pat down.
5. Bake 10–15 minutes, or until fish flakes easily with a fork. Garnish with fresh parsley and lemon wedges.

Super simple scallops

Prep: 5 minutes

Cook: 5 minutes

Serves: 4–6

INGREDIENTS

1–2 pounds scallops, rinsed and patted dry
Celtic or Himalayan sea salt to taste
1–2 Tbs ghee
1 lemon, cut into wedges
½ cup fresh parsley, chopped

PREPARATION

1. Heat ghee in skillet until it is hot enough for a few drops of water to sizzle when added.
2. Add scallops, ensuring they sizzle on contact and have room between each one. Let cook 2 minutes. Flip and cook 2–3 more minutes until cooked and opaque (if overcooked, they will be tough).
3. Remove from heat, squeeze lemon over scallops and garnish with parsley.

Sautéed spinach

Prep: none

Cook: 5 minutes

Serves: 4

INGREDIENTS

One 5-oz package of pre-washed, organic spinach
½ Tbs heat-stable cooking fat, such as bacon drippings, coconut oil, lard, duck fat, ghee
Celtic or Himalayan sea salt, to taste
Optional: ginger and turmeric to taste

PREPARATION

1. Heat cooking fat over medium-high until melted.
2. Add spinach to pan, quickly stirring to coat with fat.
3. When spinach starts to release water, cover to trap steam, stirring occasionally until wilted (about 5 minutes).
4. Add salt to taste.

Roasted carrots

Prep: 10 minutes

Cook: 30–40 minutes

Serves: 4–6

INGREDIENTS

10 carrots, washed, peeled and chopped into ½ inch segments
¼ cup chopped fresh rosemary (or 2 Tbs dried)
1 Tbs fresh thyme (or 1 tsp dried)
1.5 Tbs heat-stable cooking fat, such as bacon drippings, coconut oil, lard, duck fat, ghee
Celtic or Himalayan sea salt to taste

PREPARATION

1. Preheat oven to 425 degrees.
2. Place chopped carrots in a large mixing bowl. Add in rosemary and thyme.
3. Warm cooking fat until melted, but not scalding hot (you want to be able to handle it with your bare hands without it hurting you).
4. Drizzle the fat over the carrots and herbs, and use your hands to mix quickly before the fat cools and hardens.
5. Place carrots and herb mixture in a single layer on a baking sheet. Sprinkle with salt to taste.
6. Roast in heated oven 30–45 minutes, stirring halfway through and roasting until they are tender and lightly bronzed.

Easy zucchini and yellow squash

Prep: 5 minutes

Cook: 15 minutes

Serves: 4

INGREDIENTS

2 Tbs coconut oil
2 tsp Celtic or Himalayan sea salt
4–6 zucchini, yellow squash, or both

PREPARATION

1. Melt coconut oil over medium-high in sauté pan.
2. Slice zucchini and squash once lengthwise, then widthwise into half-moons.
3. Add to pan and sprinkle with salt. Cover.
4. Mix periodically over 10–15 minutes, or until zucchini and squash is softened and begins to lightly brown.

Roasted beets

Prep: 10 minutes

Cook: 40–50 minutes

INGREDIENTS

One bunch of beets, washed, with stems removed
2 T olive oil

PREPARATION

1. Preheat oven to 450 degrees.
2. Coat beets with oil, and wrap each beet individually with a piece of foil.
3. Roast in the oven on a baking sheet 30–60 minutes, or until pierced easily with a fork. The smaller beets will take less time than the larger beets.

Steamed kale can substitute chard or other hearty leafy green

Prep: 5 minutes

Cook: 5–7 minutes

Serves: 2

INGREDIENTS

1 bunch kale
1 Tbs olive oil or melted ghee
1 tsp Celtic or Himalayan sea salt

PREPARATION

1. Wash kale and pat dry.
2. Tear the leaves off of the rough stems.
3. Add leaves to a vegetable steamer basket in a saucepan with an inch of water at the bottom.
4. Bring water to a boil, then reduce to a simmer, cover and steam on low-medium until kale wilts down (about 5 minutes)
5. Use tongs to remove kale from vegetable steamer when done, and mix with olive oil/ghee and salt.

Steamed bok choy

Prep: none

Cook: 10 minutes

Serves: 2–4

INGREDIENTS

8 bunches of baby bok choy, rinsed
1 Tbs ghee, melted
Celtic or Himalayan sea salt to taste

PREPARATION

1. Place water in a saucepan, along with a veggie steamer basket. Place bok choy in basket.
2. Turn heat up to medium-high. Cover and let the bok choy steam until tender, about 7–10 minutes
3. Use tongs to remove and drizzle with melted ghee. Sprinkle with salt.

Grilled romaine hearts

Prep: 10 minutes

Cook: 5 minutes

Serves: 4

INGREDIENTS

2 hearts of romaine
¼ cup olive oil
1 lemon
½ Tbs Celtic or Himalayan sea salt

PREPARATION

1. Rinse romaine hearts, shake off excess water, and trim down the stem, ensuring that the romaine hearts stay intact.
2. Pat the romaine dry and brush with olive oil.
3. Sprinkle with salt, and grill the romaine hearts whole for 3–5 minutes per side, until slightly charred.
4. Squeeze lemon over romaine and serve.

Spaghetti squash

Prep: 5 minutes

Cook: 40–50 minutes

Serves: 4

INGREDIENTS

- 1 large spaghetti squash
- 2 Tbs avocado oil
- ½ Tbs celtic or Himalayan sea salt

PREPARATION

1. Preheat oven to 425 degrees.
2. Cut spaghetti squash in half lengthwise; scoop out seeds and inner parts, leaving flesh intact.
3. Rub 1 Tbs oil into each half on the flesh side, sprinkle with salt.
4. Put flesh-side down onto rimmed baking sheet. Add ½ cup water to baking sheet and roast in oven 45 minutes, or until it can be pierced with a fork.
5. Once cool enough to handle, flip over and run a fork over the flesh, lifting the "spaghetti" strands off of the skin.

Try it in the microwave

Prep: 5 minutes

Cook: 15 minutes

Serves: 1–2

INGREDIENTS

- 1 spaghetti squash

PREPARATION

1. Score the outside of the squash with a knife, and use a fork to poke holes all over. Microwave for just a few minutes to soften a bit (3–5 minutes), but not enough to allow steam to build up.
2. Cut the spaghetti squash in half lengthwise and scoop out seeds.
3. Place half of the spaghetti squash flesh-side down in a microwave-safe casserole dish with about an inch of water. Microwave 8–15 minutes or until tender.
4. Repeat with other half if desired; otherwise, save for later use.

Roasted butternut squash

Prep: 10 minutes

Cook: 40–50 minutes

Serves: 2

INGREDIENTS

- 1 large butternut squash
- 2 Tbs olive oil
- 2 tsp Celtic or Himalayan sea salt
- Optional: 1 tsp ground sage and 1 tsp cinnamon

PREPARATION

1. Preheat oven to 425 degrees.
2. Wash and cut squash lengthwise. Remove seeds and discard.
3. Rub oil, salt, and optional herbs onto fleshy part of squash.
4. Place flesh-side down onto rimmed baking sheet with a few tablespoons of water.
5. Roast in oven 30 minutes. Flip squash halves over and continue to roast until flesh pierces easily with a fork.

Roasted root vegetables

Prep: 10 minutes

Cook: 45 minutes

Serves: 6–8

INGREDIENTS

1.5 Tbs Celtic or Himalayan sea salt
1 Tbs ground dried sage
½ tsp cinnamon
2 large sweet potatoes, chopped
5 large carrots, chopped
2 turnips, chopped
2 Tbs coconut oil, melted

PREPARATION

1. Preheat oven to 425 degrees and line a baking sheet with parchment paper.
2. Mix together salt, sage and cinnamon, then toss with chopped veggies and melted coconut oil. Work quickly, as the coconut oil will start to harden.
3. Spread in an even layer on baking sheet and roast 40–50 minutes, or until the veggies are pierced easily with a fork.

Bacon-sautéed chard

Prep: 5 minutes

Cook: 15 minutes

Serves: 3–5

INGREDIENTS

5 strips bacon
3–4 cups of chard, washed, patted dry, and torn off the stem into bite-sized pieces
Celtic or Himalayan sea salt to taste

PREPARATION

1. Cook bacon in a skillet over medium-high until cooked; remove and drain on paper towels.
2. Add chard to pan and stir to coat chard with bacon drippings.
3. Cook 5 minutes or until chard is wilted and tender.
4. Add salt to taste.

Bacon-roasted broccoli * can substitute halved Brussels sprouts, cauliflower florets, or chopped carrots

Prep: 10 minutes

Cook: 50 minutes

Serves: 6–8

INGREDIENTS

1 pack of bacon
4–6 cups of raw chopped broccoli florets

PREPARATION

1. Line a rimmed baking sheet with bacon.
2. Place sheet in a cold oven. Set oven to 400 degrees and cook bacon 17–23 minutes until done.
3. Remove sheet from oven; remove bacon and place on paper towel-lined plate, leaving bacon drippings in the baking sheet.
4. Carefully add broccoli to sheet, gently stirring to cover with bacon drippings without splattering.
5. Turn up oven temperature to 450 degrees and place baking sheet with broccoli back in oven.
6. Roast broccoli 25–35 minutes, or until edges begin to brown.
7. Enjoy with bacon crumbled on top, or save bacon strips for a snack later!

Chilled zoodle salad

Prep: 10 minutes

Cook: None

Serves: 3–4

INGREDIENTS

4 medium zucchinis, spiralized into “zoodles”
2 yellow summer squash, spiralized into “zoodles”
3 medium carrots
1 cup chopped fresh parsley
½ cup chopped fresh basil
½ cup cold pressed olive oil
9–12 oz fully cooked cubed ham, nitrate-free
Celtic sea salt to taste

PREPARATION

1. Mix all ingredients and serve chilled.

Easy “get-your-greens” greens can substitute collard greens, kale, or other leafy greens

Prep: 5 minutes

Cook: 20 minutes

Serves: 4

INGREDIENTS

1–2 bunches of rainbow chard, washed and torn into pieces
6 slices of bacon
½ cup coconut aminos
½–1 cup of water
½ tsp Celtic or Himalayan sea salt
Garnish: 2 scallions, green part only, chopped (optional)

PREPARATION

1. Cook bacon in the bottom of a large stock pot. Remove when crisp, leaving fat behind. Drain on paper towels.
2. Add coconut aminos, water and chard to stock pot. Mix well, adding salt and mixing greens until desired tenderness is reached. Add more water during cooking if more wilted greens are desired.
3. Top with green part of scallions and crumbled bacon and serve.

Microwave sweet potato

Prep: 1 minute

Cook: 10 minutes

Serves: 1–2

INGREDIENTS

1 sweet potato
Optional: coconut oil and cinnamon

PREPARATION

1. Use a fork to prick sweet potato all over.
2. Wrap loosely in a wet paper towel and microwave on a plate 3–4 minutes. Stop, turn and microwave another 3–4 minutes until tender.
3. Cut open and top with coconut oil and cinnamon to taste.

Kale chips

Prep: 5 minutes

Cook: 15 minutes

Serves: 2-3

INGREDIENTS

1 large bunch of kale
2-4 Tbs avocado or macadamia nut oil to taste
Celtic or Himalayan sea salt to taste

PREPARATION

1. Preheat oven to 350. Line a baking sheet with parchment paper.
2. Wash kale and tear off the stems. Pat dry completely.
3. Toss kale with oil and salt and place on baking sheet in a single layer.
4. Bake 11-15 minutes or until lightly brown. Watch closely the last few minutes—they turn from light "chips" to a burnt leaf pretty quickly, depending on your oven.

Quick salmon salad can substitute tuna

Prep: 5 minutes

Cook: none

Serves: 1-2

INGREDIENTS

3 cups organic salad mix
2 Tbs lemon juice
2 Tbs olive oil
One 5-oz can wild-caught canned salmon (BPA-free can)
¼ cup chopped parsley
Optional: 2 Tbs chopped dill or basil

PREPARATION

1. Top salad mix with salmon.
2. Mix together lemon juice, olive oil and herbs.
3. Watch out for salmon bones and enjoy!

Mock white chocolate dessert bars

Prep: 15 minutes

Cook: none

Chill: 30-60 minutes

Serves: 18

INGREDIENTS

1.5 cups coconut butter, warmed and softened until creamy
1 cup beef collagen hydrolysate powder
7 Tbs honey (this amount for entire recipe is acceptable)
6 Tbs coconut oil, melted
1.5 tsp vanilla extract + optional ½ tsp almond extract
¼ tsp fine ground Celtic salt
½ tsp cinnamon

PREPARATION

1. Line 11 x 7 dish with parchment paper.
2. Combine first 5 ingredients while coconut butter and oil are still warm and mixable. Mix well.
3. Quickly stir in salt and cinnamon
4. Press mixture into dish. Use a butter knife to cut into 18 squares (2 scores lengthwise and 5 scores widthwise). It is ok if the "dough" meshes back together—it will still be easier to separate once chilled.
5. Chill in fridge for one hour. Store in fridge until ready to serve.

Banana snack strips

Prep: 15 minutes

Cook: 30–45 minutes

INGREDIENTS

8 bananas, pureed
1 tsp ground cinnamon
½ cup coconut oil, melted
Optional: berries, coconut milk yogurt

PREPARATION

1. Blend all ingredients except berries and yogurt in a high-powered blender until well combined.
 2. Pour into a parchment-lined rimmed baking sheet.
 3. Bake at 340 degrees 30 minutes or until set.
- Once cooled, cut into strips and roll up with berries and coconut milk yogurt.

Blueberry, pineapple, and mint refresher

Prep: 10 minutes

Cook: none

Serves: 2

INGREDIENTS

½ cucumber
1 cup baby kale or spinach
1 cup frozen blueberries
¾ cup frozen pineapple
½ avocado
1 small lime
⅓ cup fresh mint
½ cup collagen hydrolysate powder
1 scoop of L-glutamine
8–12 oz water

PREPARATION

1. Blend all ingredients in a high-powered blender until smooth.