

Gut Healing Elimination Diet Meal Plan

Not only will this elimination diet help you discover food sensitivities but it is designed to improve gut healing so you can feel your best.



Week 1

SUNDAY

- B** Balanced Smoothie
- L** Pomegranate Spinach Salad
- D** Pulled Pork and Sweet Potatoes

MONDAY

- B** Blueberry Muffins (Freeze remaining, will have again Wednesday)
- L** Herb Turkey Patties (save half recipe for tomorrow)
- D** Left overs from last night

TUESDAY

- B** Ground Chicken & Veggie Skillet (Save half recipe for Thursday)
- L** Herb Turkey Patties
- D** Mashed Turnip & Carrots with Steak

WEDNESDAY

- B** Blueberry Muffins
- L** Chicken Salad Wrap
- D** Left overs from last night

THURSDAY

- B** Ground Chicken & Veggie Skillet
- L** Chicken Salad Wrap
- D** Roasted Root Veggies and Chicken Thighs

FRIDAY

- B** Sweet Potato Smoked Salmon
- L** Creamy Cauliflower & Parsnip Soup with Chicken (save half recipe for tomorrow)
- D** Left overs from last night

SATURDAY

- B** "Cheesy" Roasted Cauliflower (make half recipe)
- L** Creamy Cauliflower & Parsnip Soup with Chicken
- D** Lemon Dill Salmon Sheet Pan Dinner (make half recipe)_

SHOPPING LIST

PRODUCE

- 2 cups (42 g) baby spinach
- 1 cup (20 g) arugula
- 1 yellow onion
- 1 small red onion
- 7 cloves garlic
- 6 medium sweet potatoes
- 1 stalk green onions
- 1 bundle fresh parsley
- 1 package shredded carrots
- 2 turnips
- 10 medium carrots
- 4 parsnips
- 2 large heads of cauliflower
- 1 bag shredded red cabbage
- 1 large head of broccoli
- 1 small container raspberries
- 1 medium container blueberries
- 3 avocados
- 1 banana
- 1 peach
- 1 small container pomegranate arils
- 2 lemons
- 1 pear
- 2 cups (302 g) grapes
- 2 red apples
- 1 honey dew melon
- 1 jar kalamata pitted olives
- 1 small container brocolli sprouts

MEAT, POULTRY, FISH

- 3 chicken breasts, skinless and boneless
- 8oz (228 g) ground turkey
- 8 oz (228 g) ground chicken
- 2, 5 oz (125 g) cans organic chicken
- 10 oz (283 g) chicken thighs, skinless and boneless
- 10 oz (284 g) pork tenderloin
- 2, 4 oz (66 g) filet mignon
- 1 small package organic uncured bacon
- 4 oz (113 g) smoked salmon
- 1, 5 oz (140 g) salmon filet

MISCELLANEOUS

- Ground cinnamon
- Dried oregano
- Dried basil
- Dried thyme
- Dill weed
- Dried rosemary
- Sea salt
- Baking soda
- Nutritional yeast
- 32 oz (218 g) box bone broth
- Cassava flour
- Coconut flour
- Olive oil
- Coconut oil
- Avocado oil
- 1 can coconut milk, full fat
- Honey
- Gelatins
- Collagen powder
- Coconut flour wraps

DAILY AVERAGES

Calories: 1,357

Carbohydrate: 109 grams, Protein: 78 grams, Fat: 73 grams

How to Meal Prep Week 1

- Make blueberry muffins on Sunday evening, to be had for breakfast on Monday and Wednesday.
- Cook herbed turkey burgers Sunday evening, to be had for lunch on Monday and Tuesday.
- Precut sweet potato on Monday to be had with breakfast on Tuesday.
- Bake a sweet potato on Thursday evening while cooking dinner. Save the sweet potato to be had with breakfast on Friday.
- Be sure to save half of the cooked dinner recipes Sunday, Tuesday, and Thursday to be had for dinner the following evening.



Week 2

SUNDAY

- B** Tropical Coconut Smoothie
- L** Chicken Salad Wrap
- D** Baked Chicken with Maple Cinnamon Brussels Sprouts

MONDAY

- B** Veggie Hash With Bacon (save half recipe for Wednesday)
- L** Grab and Go Lunch
- D** Left overs from last night

TUESDAY

- B** Ground Chicken & Veggie Skillet (save half recipe for Thursday)
- L** Grab and Go Lunch
- D** Pesto Pasta and Meatballs

WEDNESDAY

- B** Veggie Hash With Bacon
- L** Tuna Fig Salad
- D** Left overs from last night

THURSDAY

- B** Ground Chicken & Veggie Skillet
- L** Tuna Fig Salad
- D** Honey Garlic Stir Fry

FRIDAY

- B** Tropical Coconut Smoothie
- L** Ground Chicken Kofta & Slaw (save half recipe for tomorrow)
- D** Left overs from last night

SATURDAY

- B** Sweet Potato Smoked Salmon
- L** Ground Chicken Kofta & Slaw
- D** Beef Tacos (make half recipe)

SHOPPING LIST

PRODUCE

- 1 package shredded carrots
- 1 package baby carrots
- 4 carrots
- 1 red onion
- 2 yellow onions
- 6 cups (550 g) brussels sprouts
- 11 cloves garlic
- 2 large heads of broccoli
- 1 butternut squash
- 2 cucumbers
- 2 sweet potatoes
- 4 cups (80 g) arugula
- 4 carrots
- 1 summer squash
- 3 cups (300 g) cauliflower rice
- 1 package shredded green cabbage
- 1 package shredded red cabbage
- 1 bundle fresh cilantro
- 1 bundle fresh basil
- 1 bundle fresh parsley
- 1 banana
- 4 red apples
- 4 medium figs
- 2 lemons
- 2 oranges
- 3 avocados
- 1 package frozen pineapple and mango
- 1 jar kalamata olives
- Ginger
- 1 small container Broccoli sprouts

MEAT, POULTRY, FISH

- 1, 5 oz can (142 g) organic chicken
- 5 chicken breasts, skinless and boneless
- 16 oz (454 g) ground chicken
- 12 oz (340 g) ground beef or bison
- 1 package organic uncured bacon
- 8 slices organic turkey breast
- 2, 3 oz (85 g) wild caught tuna
- 4 oz (113 g) smoked salmon

MISCELLANEOUS

- Dill weed
- Dried thyme
- Ground cinnamon
- Sea salt
- Dried oregano
- Garlic powder
- Onion powder
- Ground turmeric
- Collagen powder
- Coconut flour wraps
- Cassava flour tortillas
- Cassava flour
- Arrowroot starch
- 1 container coconut milk yogurt
- 1 can coconut milk, full fat
- Apple cider vinegar
- Coconut aminos
- Avocado oil
- Olive oil
- Maple syrup
- Honey
- Cassava flour pasta

DAILY AVERAGES

Calories: 1,396

Carbohydrate: 111 grams, Protein: 80 grams, Fat: 75 grams

How to Meal Prep Week 2

- Precut onion, butternut squash, brussels sprouts, and broccoli on Sunday evening to be had with breakfast on Monday.
- Precut sweet potato to be had with breakfast on Tuesday.
- Make ground chicken kofta on Thursday evening to be had with lunch on Friday and Saturday.
- Bake a sweet potato on Friday evening and save to be had with breakfast on Saturday.
- Be sure to save half of the cooked dinner recipes Sunday, Tuesday, and Thursday to be had for dinner the following evening.



Week 3

SUNDAY

- B** Blueberry Muffins (freeze remaining, will have again Friday))
- L** Shrimp Avocado Salad
- D** Baked Chicken with Maple Cinnamon Brussels Sprouts

MONDAY

- B** Veggie Hash With Bacon (save half recipe for Wednesday)
- L** Arugula Chicken Salad
- D** Left overs from last night

TUESDAY

- B** Coconut Yogurt Parfait
- L** Arugula Chicken Salad
- D** Ground Pork & Spaghetti Squash

WEDNESDAY

- B** Veggie Hash With Bacon
- L** Herb Turkey Patties (save half recipe for tomorrow)
- D** Left overs from last night

THURSDAY

- B** Coconut Yogurt Parfait
- L** Herb Turkey Patties
- D** Honey Garlic Stir Fry

FRIDAY

- B** Blueberry Muffins
- L** Chicken and Veggie Soup (save half recipe for tomorrow)
- D** Left overs from last night

SATURDAY

- B** "Cheesy" Roasted Cauliflower (make half recipe)
- L** Chicken and Veggie Soup
- D** Lemon Dill Salmon Sheet Pan Dinner (make half recipe)

SHOPPING LIST

PRODUCE

- 2 cups (42 g) baby spinach
- 4 cups (113 g) arugula
- 2 cooked beets or jarred beets
- 1 small red onion
- 2 yellow onion
- 6 cups (550 g) brussels sprouts
- 7 cloves garlic
- 1 butternut squash
- 4 stalks celery
- 1 cup (96 g) button mushrooms
- 1 bundle fresh parsley
- 5 carrots
- 1 spaghetti squash
- 1 jar kalamata olives
- 1 summer squash
- 1 bundle asparagus
- 1 head cauliflower
- 1 scallion
- 1 sweet potato
- 1 medium contain blueberries
- 1/3 cup raspberries
- 2 avocados
- 1 orange
- 4 red apples
- 2 peaches
- 3 cups (450 g) grapes
- 1 homey dew melon
- 2 lemons
- 2 packages riced cauliflower

MEAT, POULTRY, FISH

- 6 chicken breasts, boneless and skinless
- 2, 5 oz (140 g) organic canned chicken breast
- 8 oz (228 g) ground turkey
- 1 package organic uncured bacon
- 8 oz (227) ground pork
- 4 oz (113 g) cooked shrimp
- 1, 5oz (140 g) wild caught salmon filet

MISCELLANEOUS

- Sea salt
- Dried thyme
- Ground cinnamon
- Dried oregano
- Ground ginger
- Dried parsley
- Dried rosemary
- Dill weed
- Shredded coconut
- Coconut oil
- Olive oil
- Avocado oil
- Bone broth
- 1 large container coconut milk yogurt
- 1 can coconut milk, full fat
- Apple cider vinegar
- Baking soda
- Nutritional yeast
- Arrowroot flour
- Gelatin
- Cassava flour
- Collagen powder
- Coconut flour
- Honey
- Maple syrup

DAILY AVERAGES

Calories: 1,391

Carbohydrate: 113 grams, Protein: 80 grams, Fat: 74 grams

How to Meal Prep Week 3

- Make blueberry muffins on Sunday and freeze remaining servings. These will be had again on Friday.
- Precut onion, butternut squash, brussels sprouts, and broccoli on Sunday evening to be had with breakfast on Monday.
- Make herb turkey patties on Tuesday evening, to be had for lunch on Wednesday and Thursday.
- Make chicken and veggie soup Thursday evening to be had for lunch on Friday and Saturday.
- Be sure to save half of the cooked dinner recipes Sunday, Tuesday, and Thursday to be had for dinner the following evening.



Week 4

SUNDAY

- B** Banana Pancakes (Freeze half recipe for Friday)
- L** Arugula Chicken Salad
- D** Pulled Pork and Sweet Potatoes

MONDAY

- B** Ground Turkey Skillet (save half recipe for Wednesday)
- L** Ground Chicken Kofta & Slaw (save half recipe for tomorrow)
- D** Left overs from last night

TUESDAY

- B** Tropical Coconut Smoothie
- L** Ground Chicken Kofta & Slaw
- D** Mashed Turnip & Carrots with Steak

WEDNESDAY

- B** Ground Turkey Skillet
- L** Grab and Go Lunch
- D** Left overs from last night

THURSDAY

- B** Tropical Coconut Smoothie
- L** Grab and Go Lunch
- D** Beef Tacos

FRIDAY

- B** Banana Pancakes
- L** Shrimp Avocado Salad
- D** Left overs from last night

SATURDAY

- B** Balanced Smoothie
- L** Shrimp Avocado Salad
- D** "Chessy" Sweet Potatoes and Cod (make half recipe)

SHOPPING LIST

PRODUCE

- 1 celery stalk
- 4 cups (114 g) arugula
- 3 cups (134 g) kale
- 4 cups (85 g) baby spinach
- 2 yellow onions
- 7 cloves of garlic
- 3 medium sweet potatoes
- 2 green onions
- 1/2 button mushrooms
- 3 small red onions
- 2 head broccoli
- 1 package shredded carrots
- 1 package baby carrots
- 1 peach
- 1 bundle fresh parsley
- 1 cup (38 g) grapes
- 1 bundle fresh cilantro
- 1 turnip
- 3 carrots
- 1 packaged shredded green and red cabbage
- 4 cooked beets, or one jar of beets
- 3 bananas
- 1 cup (123 g) raspberries
- 1 small package blueberries
- 2 red apples
- 1 honey dew melon
- 1 lemon
- 1 package frozen mango and pineapple
- 4 avocados
- 2 oranges
- 1 jar kalamata olives

MEAT, POULTRY, FISH

- 1, 5 oz (140 g) can organic chicken
- 8 oz (228 g) ground turkey
- 8 oz (228 g) ground chicken
- 8 oz (228 g) ground beef
- 10 oz (284 g) pork tenderloin
- 8 slices organic turkey
- 8 oz (228 g) cooked shrimp
- 5 oz (142 g) cod
- 2, 5 oz (114 g) filet mignon

MISCELLANEOUS

- Sea salt
- Dried oregano
- Ground turmeric
- Onion powder
- Garlic powder
- Ground ginger
- Dried thyme
- Ground cinnamon
- Dill weed
- Vanilla extract
- Apple cider vinegar
- 1 small container coconut milk yogurt
- 1 small container beef bone broth
- 1 can coconut milk, full fat
- Coconut flour
- Cassava flour
- Tapioca flour
- Collagen powder
- Baking soda
- Nutritional yeast
- Coconut oil
- Olive oil
- Avocado oil
- Maple syrup
- Honey

DAILY AVERAGES

Calories: 1,336

Carbohydrate: 110 grams, Protein: 79 grams, Fat: 69 grams

How to Meal Prep Week 4

- Make banana pancakes on Sunday and freeze half to be had again on Friday.
- Precut red onion, kale, and broccoli on Sunday evening to be had with breakfast on Monday.
- Make ground chicken kofta on Sunday evening to be had with lunch on Monday and Tuesday.
- Be sure to save half of the cooked dinner recipes Sunday, Tuesday, and Thursday to be had for dinner the following evening.

