

Summer

# GUT HEALING MEAL GUIDE

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## ABOUT THE **MEAL GUIDE**

This meal guide is not to be used as a strict meal plan, however this can help you visualize how to eat in a day to support gut health.

These recipes are designed to reduce stress on the digestive system and prioritize healing foods in your diet.

This is not a one size fits all plan so be sure to listen to your body and take note of how certain foods make you feel.

This plan is gluten free and contains mostly dairy free options as well. In recipes that contain dairy, there is always a dairy free option listed.

# Best Oils to use for Gut Health

When it comes to cooking your food, the fats and oils you use to cook with can make a big impact on your gut health.

**Coconut Oil** specifically is not just a stable fat to use when cooking at high heat but it also provides anti bacterial and anti fungal properties that support gut health.

**Olive Oil** is also a great oil that can support healthy bowel movements when used appropriately. Avoid cooking with olive oil as this will oxidize the fats, which can contribute to inflammation in the body. Instead, use this as a dressing or finishing oil.

**Ghee** is a great lactose free version of butter that will provide you many similar benefits of butter like the nutrient Retinol. This nutrient supports a healthy metabolism which in return supports a healthy and balanced digestive system. If you can use butter, this is also a great fat to consume! These fats can be used for medium to high heat cooking.

# Product Recommendations

Here are our product recommendations for food items that are used throughout this meal guide.

## Collagen

- Perfect Supplements (use code restored10 for a discount)
- Great Lakes Wellness Collagen

## Gelatin

- Perfect Supplements (use code restored10 for a discount)
- Great Lakes Wellness Gelatin

## Bone Broth

- Kettle and Fire (use code restored\_nutrition for a discount)
- Bonafide Provisions
- Homemade (Recipe under the "Snack" highlight in the app)

## Sauerkraut / Kimchi

- Wild Brine
- Or look for an option in the refrigerated section to ensure probiotics are live

# Product Recommendations

## Dairy Free Yogurt

- GTS Cocoyo Coconut Yogurt
- Cocojune Coconut Yogurt

## Bee Pollen

- Beekeeper's Naturals
- Greenbow Organic Raw Bee Pollen
- Or look for a local, raw and organic bee pollen

## Dark Chocolate

- Alter Eco
- Theo
- Hu
- Enjoy Life Chocolate Chips

## Nutritional Yeast

- Anthony's Premium Nutritional Yeast Flakes (or other *NON-FORTIFIED nutritional yeast*)

# DAY ONE

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## **Breakfast**

Soft Boiled Eggs with Sautéed Greens  
Pineapple Collagen Boosting Smoothie

## **Lunch**

Beef Barbacoa Tacos with Cassava  
Flour Tortillas

## **Snack**

Papaya and Pineapple Popsicles

## **Dinner**

Bone Broth BBQ Chicken with Baked  
Potatoes & Roasted Vegetables

## **Snack**

Kombucha Gummies +  
Ginger Root Tea

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# DAY TWO

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## **Breakfast**

Blueberry Ginger Smoothie  
2 Sausage Links

## **Lunch**

Shrimp and Rice Bowl with  
Carrots, Cucumber & Kimchi

## **Snack 2**

Dandelion Root Tea Latte  
1 Orange

## **Dinner**

Gut Healing Whole Roasted Chicken

## **Snack**

Banana with Bee Pollen & Dark  
Chocolate

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# DAY THREE

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## **Breakfast**

Papaya Parfait with Bee Pollen and Berries

## **Lunch**

Crockpot Meatballs with Roasted Spaghetti Squash

## **Snack 2**

Raw Carrot Salad +  
1 Cup Bone Broth

## **Dinner**

Roasted Salmon, Beets & Butternut Squash with Pesto

## **Snack**

Dragon Fruit Gummies

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# RECIPES

Recipes are listed in order as they appear in the meal guide.

# Homemade Coconut Milk

If you are not able to consume dairy, finding a dairy replacement that is not filled with additives is important to supporting the healing of your gut. This is my favorite dairy free milk to use in place of milk in recipes.

## INGREDIENTS

- 1 can organic full fat or light coconut milk
- Filtered water
- 32 oz glass jar or container

## DIRECTIONS

1. Pour 1 can of coconut milk into a 32 oz glass jar.
2. Fill the jar with filtered water.
3. Shake well and store in the fridge for 5-7 days.
4. Shake before each use.

## NOTES

If you can find a coconut milk without Guar Gum that is a better option. However these can be difficult to come by. It is OK if your coconut milk contains guar gum. This is still a better option than the gums, emulsifiers, and additives in most other dairy free milks.

# Day One Recipes

# Soft Boiled Eggs with Sautéed Greens

*1 serving*

## **INGREDIENTS**

- 1-2 pasture raised eggs
- 2 handfuls bitter greens (spinach, kale, arugula, etc...)
- 2 tsp coconut oil
- Salt & Pepper to Taste

## **DIRECTIONS**

1. Fill a medium pot with water and heat to a gentle simmer, just below boiling. Using a slotted spoon, carefully lower the eggs into the water and let simmer for 7 minutes (6 minutes for a runnier egg). Set a bowl of ice water nearby.
2. Remove and chill immediately in the ice water for a minute or two until the eggs are cool enough to handle.
3. Meanwhile, heat coconut oil in a pan over medium heat. Add greens and sauté until wilted.
4. Serve 1-2 eggs with a side of sauteed greens. Season generously with salt and pepper.

## **NOTES**

Meal Prep: Boil enough eggs for a few days to save you time. After you remove the eggs from the ice bath, keep them in their shell. Store in the fridge for 3-4 days.

# Pineapple Collagen Boosting Smoothie

*1 serving*

## **INGREDIENTS**

- 1/2 cup pineapple (fresh or frozen)
- 1/2 frozen banana
- 1 cup homemade coconut milk
- Pinch sea salt
- 1 serving collagen

## **DIRECTIONS**

1. Blend all ingredients until well combined. Add ice for a creamier consistency. Add more coconut milk or water for a thinner consistency.



# Beef Barbacoa Tacos

*5-6 servings*

## INGREDIENTS

- 2-3 lbs grass fed chuck or rump roast
- 1 red onion, diced (optional)
- 14 oz can organic diced tomatoes with green chilis (see notes)
- 1/2 cup grass-fed beef bone broth
- 4-5 cloves garlic, minced
- 2 tbsp lime juice
- 1 tbsp apple cider vinegar
- 1 tbsp cumin
- 1 tsp oregano
- 1 tsp sea salt
- 1/2 tsp black pepper
- 2 bay leaves, optional

Serve over Siete cassava tortillas, organic corn tortilla, or roasted potatoes and top with shredded lettuce, green onions, avocado, greek yogurt or coconut cream, salsa, or cilantro.

## NOTES

*If you cannot find a combined can of diced tomatoes with green chilies, use 1 can of diced tomatoes + 1 small can of diced green chilies.*



# Beef Barbacoa Tacos

## DIRECTIONS

1. Place roast in the base of a crockpot. Add diced onion, tomatoes, broth, garlic, lime juice, and vinegar to the pot. Stir around the roast to mix together liquid ingredients.
2. Whisk together seasonings (cumin through the black pepper) in a small bowl. Sprinkle half over the roast. Flip the roast over and sprinkle the remaining seasoning over the other side.
3. Place bay leaves on top of the roast if using. Cook on high for 4 hours or on low for 6-8 hours. To test for doneness, the meat will shred easily with a fork.
4. Once done, remove bay leaves and shred the meat. Return to the crockpot.
5. Serve over a tortilla topped with your favorite toppings!



# Papaya & Pineapple Popsicles

*about 6 servings*

*(depends on size of popsicle mold)*

## INGREDIENTS

- 2 cups diced papaya
- 2 cups diced pineapple
- 1 cup kefir (or light coconut milk)
- 1/2 cup coconut water
- 2-4 scoops collagen
- 1/2 tsp sea salt

## DIRECTIONS

1. Place all ingredients into a blender and blend until smooth and well combined. Adjust liquid if needed.
2. Pour into popsicle molds and freezer for at least 4 hours.

## NOTES

*Kefir Recommendations: Look for an organic, grass-fed/pasture-raised kefir. If you are sensitive to cow's dairy, look for a goat kefir for an easier to digest option. A few of my favorite brands include Kalona Supernatural, Maple Hill Creamery, and Green Valley Creamery.*

*Dairy-Free or Vegan: Swap Kefir for Light Coconut Milk*

*Picking a Ripe Papaya: Find a papaya that is more yellow than green. You should be able to press your thumb lightly into the flesh of a ripe papaya. Unripe papaya will be bright green and firm. These are often bitter and lack flavor.*



# Bone Broth BBQ Chicken with Baked Potatoes & Roasted Vegetables

*4 servings*

## INGREDIENTS

### Bone Broth BBQ Sauce

- 1/2 cup bone broth
- 1 cup organic ketchup (Check label for additives, refer to Gut Healing Guide)
- 2 Tbsp apple cider vinegar
- 2-3 Tbsp maple syrup
- 1/2 tsp garlic
- 1/2 tsp pepper
- 1/2 tsp salt

### Meal

- 1 Tbsp + 2 tsp coconut oil
- 4 large potatoes (Sweet, Russet, or Potato of Choice)
- 1-1.5 lbs chicken breast or thighs
- 3 large Zucchini or Summer Squash, sliced



# Bone Broth BBQ Chicken with Baked Potatoes & Roasted Vegetables

## **DIRECTIONS**

### Bone Broth BBQ Sauce

1. Combine all ingredients together in a sauce pan over medium heat.
2. Bring to a simmer and cook for about 15-20 minutes or until the sauce is reduced by half.
3. Transfer to a jar and store in the fridge.

### Meal

1. Pre heat the oven to 400F.
2. Using a fork, pierce the potatoes several times. Brush with 2 tbsp melted coconut oil. Place in the oven for 30-35 minutes.
3. Brush chicken with bone broth BBQ sauce. Save the rest of the sauce for topping. Place in the oven for 25-30 minutes.
4. Toss sliced zucchini with 2 tsp coconut oil and place on a baking sheet. Roast for 20 minutes.
5. Serve BBQ chicken with a side of roasted zucchini and baked potato. Top potato with 1 tbsp ghee or butter if desired.



# Strawberry Kombucha Gummies

*16 servings*

## INGREDIENTS

- 1 cup water
- 4-6 tbsp gelatin (more for firmer texture, less for softer texture)
- 1 ½ cup Strawberry Kombucha
- 1 ½ cup frozen strawberries
- ¼ cup maple syrup or honey

## DIRECTIONS

1. Pour 1 cup filtered water into a bowl. Sprinkle 4-6 tbsp of gelatin over the water and allow it to “bloom” (or gel).
2. Meanwhile, combine kombucha and berries in a blender and blend until smooth. Pour into a saucepan over medium heat and heat until just steaming. Stir in sweetener.
3. Remove kombucha mixture from the heat. Add the bloomed gelatin into the mixture and gently stir until dissolved.
4. Pour mixture into gummy mold or baking dish of choice. Place in the refrigerator for 4 hours or until they are fully set. Enjoy 2-4 gummies for a balanced snack!



# Ginger Root Tea

*1 serving*

## **INGREDIENTS**

- 1 cup filtered water
- 1-inch chunk of fresh organic ginger, sliced
- 1 slice organic Lemon, Optional
- 1 organic sprig fresh mint

## **DIRECTIONS**

1. Add the ginger, lemon, and water into a saucepan. Bring the water to a simmer for 5 minutes.
2. Place mint in a mug. Pour Ginger tea over the mint.
3. Enjoy!

## **NOTES**

You can also use Ginger Tea from Traditional Medicinals in place of Fresh Ginger Root. Available in most stores and online.

# Day Two Recipes

# Blueberry Ginger Smoothie

*1 Serving*

## **INGREDIENTS**

- 1 cup Homemade Coconut Milk
- 1/4 - 1/2 cup grass fed bone broth
- 1/2 cup organic blueberries
- 1/2 banana
- 1 inch piece fresh ginger root, organic
- 1 tsp coconut oil or 1/4 avocado, optional
- 1 serving collagen or protein powder of choice

## **DIRECTIONS**

1. Blend all ingredients together. Adjust liquid as needed.
2. Enjoy!

Serve with a side of sausage or eggs for a boost of protein if needed.



# Shrimp and Rice Bowl with Carrots, Cucumber, & Kimchi

*4 Servings*

## **INGREDIENTS**

- 1 lb wild caught shrimp
- 2 tsp coconut oil
- 1 cup rice, soaked\*
- 1 cup bone broth
- 1 tbsp butter or ghee
- 1/4 tsp sea salt
- Shredded Raw Carrot
- Sliced Cucumber
- Kimichi
- Chipotle Mayo
  - 1/2 cup avocado oil mayo
  - Juice of 1 lime
  - 1/2 tsp ground chipotle powder
  - 1/4 tsp sea salt

## **NOTES**

Soaking rice before cooking will make it easier to digest, decrease anti-nutrients, and will release vitamins and minerals.

Place rice in a large bowl. Cover rice completely with filtered water. Add 2 tbsp apple cider vinegar. Cover and let set on your counter for 7-8 hours or overnight.



# Shrimp and Rice Bowl with Carrots, Cucumber, & Kimchi

*4 Servings*

## **DIRECTIONS**

1. Cook rice in 1 cup of bone broth and additional filtered water according to package directions. Stir in butter and 1/4 tsp sea salt once done. Set aside.
2. Meanwhile, heat coconut oil in a pan. Saute shrimp until cooked through. Set Aside.
3. Mix together the Chipotle Mayo in a bowl.
4. Assemble the bowl: Place rice in a bowl. Top with shrimp, raw carrots, cucumber, and ~2 tbsp kimichi. Drizzle with chipotle mayo.



# Dandelion Root Tea Latte

1 Serving

## INGREDIENTS

- 1 dandelion root tea bag (I recommend Traditional Medicinals Organic Roasted Dandelion Root Tea)
- 1/2 cup water
- 1 cup homemade coconut milk
- 1 scoop collagen (optional)
- 1 tsp local raw honey
- 1/4 tsp *pure* vanilla extract ( not imitation, optional)

## DIRECTIONS

1. Heat water and coconut milk in a saucepan over high heat. Stir in collagen, honey, and vanilla extract.
2. Place tea bag in a mug and pour warm milk over the teabag. Steep for 5-10 minutes.
3. Enjoy!



# Gut Healing Whole Roasted Chicken

*4-5 servings*

## **INGREDIENTS**

3-5 lb whole chicken, pasture raised,  
organic

1 tbsp butter, ghee, or coconut oil

1/2 tsp salt

1/2 tsp pepper

1/2 tsp dried herbs, optional

4 sweet potatoes, diced

3 zucchini, sliced (or seasonal vegetable)

2 tbsp melted coconut oil, butter, or ghee



# Gut Healing Whole Roasted Chicken

## DIRECTIONS

- Preheat the oven to 350 F.
- Place the chicken breast side up on a rimmed baking sheet or large roasting pan. You can line your pan with parchment paper if desired.
- **OPTIONAL:** If you would like to truss the chicken, you can perform that step [here](#). This is more for looks and doesn't impact cooking. Youtube is a great place for a How to Video.
- Rub the butter over the skin of the chicken until it begins to soften into the skin.
- Season with salt, pepper, and herbs if desired.
- Place in the oven and roast chicken 20 minutes per pound plus 15 minutes:
  - 3 lb = 75 minutes
  - 4 lbs = 95 minutes
  - 5 lbs = 115 minutes



# Gut Healing Whole Roasted Chicken

## DIRECTIONS, CONT.

- If making it a meal, toss potatoes with 1 tbsp oil/butter. Place in the oven on the same baking sheet with the chicken (if room) when there is 40 minutes left on the roasting time. Toss the zucchini with the remaining oil/butter. Place in the oven on the same pan (if room) or on its own when there is 20 minutes left on the timer.
- Once the chicken is done, remove from the oven and let rest for 30 minutes before serving.
- To serve, divide the chicken up however you like:
  - 2 chicken breasts, 2 chicken thighs, 2 chicken legs
  - Shred all the meat and split into a dark meat and light meat container
  - Shred all meat and mix together



# Banana, Bee Pollen and Dark Chocolate

*1 Serving*

## **INGREDIENTS**

- 1/2 -1 banana
- 1/4 tsp bee pollen
- 1 oz. Dark Chocolate

## **DIRECTIONS**

1. Slice banana and top with bee pollen. Serve with 1 oz. dark chocolate.

## **NOTES**

Dark Chocolate Recommendations:  
Look for a chocolate that contains very simple ingredients. My favorite brands include Alter Eco, Theo, or Hu. Enjoy Life offers great options for Chocolate Chips.

Day  
Three  
Recipes

# Papaya Parfait with Bee Pollen and Berries

*1 serving*

## **INGREDIENTS**

1 Small Papaya

1 cup plain coconut yogurt or greek yogurt

1/4 tsp bee pollen

1/4 cup berries

1 -2 tsp honey, optional

## **DIRECTIONS**

1. Slice papaya down the center. Scoop out the seeds.
2. Place 1 cup of yogurt into the center of the papaya.
3. Top with bee pollen, berries, and a drizzle of honey.



# Crockpot Meatballs & Spaghetti Squash

*4 servings*

## INGREDIENTS

- 1 lb ground beef (or meat of choice)
- 1 - 4 oz, liver, diced (optional, if you are new to liver start with 1-2 oz and work your way up)
- 2 large diced mushrooms
- 1 tbsp parsley
- 1 tbsp basil
- 1 egg
- 1 clove garlic
- salt/pepper
- 1 cup shredded parmesan cheese or 2 tbsp nutritional yeast
- 25 oz jar organic pasta sauce of choice
- 1/2 cup bone broth
- 1 large spaghetti squash



# Crockpot Meatballs & Spaghetti Squash

## DIRECTIONS

1. Mix ground meat, liver, mushrooms, parsley, basil, egg, garlic, salt and pepper until well combined. Mix in 1/2 cup parmesan cheese or 2 tbsp nutritional yeast. Form into 16 meatballs.
2. Place meatballs in the base of a crockpot and pour the jar of pasta sauce over the meatballs. Add in 1/2 cup bone broth. Cook on high for 4 hours, low for 6-8 hours, or until the meatballs are cooked through.
3. Meanwhile, preheat the oven to 425 F. Cut spaghetti squash in half and scoop out seeds. Brush the cut side of the squash with a little bit of coconut oil and place the cut side down on a baking sheet. Roasted for 30 minutes or until the skin is easily pierced with a fork. Once done, use a fork to scrape strands of squash out.
4. To assemble, place 2 cups of spaghetti squash in a bowl. Add 4 meatballs with sauce to your bowl. Top with fresh parsley if desired.



# Raw Carrot Salad

*1 Serving*

## INGREDIENTS

- 1 raw carrot
- 1/2 tbsp coconut oil, melted
- 1 tsp vinegar (any kind)
- pinch of sea salt

## DIRECTIONS

1. Peel or shred the carrot. Mix together coconut oil and vinegar. Drizzle over the carrot and add a pinch of sea salt to taste.
2. Serve with a cup of bone broth for a nourishing, gut supportive snack.

## WHY THE RAW CARROT SALAD?

*If you deal with irregular bowel movements, bloating, or hormone imbalances, this is a great snack to include! The specific fiber in carrots can bind to toxins like excess estrogen and carries it out of the body. It can also keep bacteria and yeast levels in check in the gut. This can help reduce inflammation and PMS symptoms, as well as support the liver and encourage daily bowel movements all of which improve overall hormonal balance.*



# Roasted Salmon, Beets & Butternut Squash with Pesto

*4 servings*

## **INGREDIENTS**

### Pesto

2 cups fresh basil

1-2 cloves garlic, optional

1 tbsp lemon juice

1/2 cup cold pressed olive oil

1/2 tsp sea salt

1/4 tsp pepper

2 tbsp nutritional yeast or 1/2 cup

Parmesan cheese

### Meal

4 Wild Caught Salmon Fillets (or fish of choice)

4 beets, peeled and diced

1 small butternut squash, peeled, seeds removed, diced

1 tbsp coconut oil

sea salt and pepper

# Roasted Salmon, Beets & Butternut Squash with Pesto

## **DIRECTIONS**

### **Pesto**

1. Place basil, garlic, lemon juice and 1/4 cup olive oil into a blender or food processor. Blend for 30 seconds or until the sauce is combined.
2. Slowly add the remaining olive oil while continuing to blend until the sauce is well combined. Add in nutritional yeast or cheese and blend again.
3. Season with salt and pepper.

### **Meal**

1. Preheat the oven to 400F.
2. Toss beets and butternut squash with melted coconut oil, sea salt and pepper. Place on a baking sheet and roasted for 35 -40 minutes or until the beets and squash are soft.
3. Meanwhile, place salmon in a glass baking dish. Sprinkle with a pinch of sea salt. Place in the oven and roast for 15 - 20 minutes or until fish easily flakes with a fork.
4. Once everything is done, top each salmon with about a tbsp of pesto. Toss beets and butternut squash with about 1/4 cup of pesto (or desired amount).
5. Enjoy!

# Dragon Fruit Bone Broth Gummies

~8 servings

## INGREDIENTS

- 2/3 cup bone broth (chicken or beef)
- 2-3 scoops Perfect Supplements Gelatin (or 3 tbsp + 1 tsp gelatin of choice)
- 1 cup frozen dragon fruit
- 1/2 cup organic lemon juice
- 1/4 cup honey

## DIRECTIONS

1. Pour bone broth into a sauce pan. Sprinkle gelatin evenly over the top of the bone broth. Let set for 5 - 10 minutes to "bloom" (the broth will thicken and become a gel).
2. Meanwhile, blend together dragon fruit, lemon juice, and honey until smooth.
3. Place sauce pan on the stove and heat bone broth mixture over medium heat. Once the liquid is warm and steaming, stir in dragon fruit mixture until fully combined.
4. Remove from heat.
5. Pour dragon fruit mixture into a glass dish or silicone molds.
6. Place in the refrigerator for 4 hours or until the gummies are completely set. Enjoy!

