
REPAIRVITE DIET 4 WEEK MEAL PLAN

By: Stephanie Ewals

DIETARY GUIDELINES FOR THE DIET

FOODS TO EAT:

ORGANIC VEGETABLES: (no tomatoes, potatoes, mushrooms)

- arrowroot
- artichoke
- arugula
- asparagus
- avocado
- bamboo shoot
- beet greens, beets
- borage
- broccoli rabe
- broccoli
- brussels sprouts
- cabbage
- carrot, cassava
- cauliflower
- celeriac (celery root)
- celery
- chicory root
- collars
- cucumber
- dandelion greens
- endive, watercress
- fennel
- garlic
- ginger root
- jerusalem artichoke
- jicama
- kale
- kohlrabi
- leek
- lettuce (green,red)
- mustard greens
- onion, shallots
- plantain
- pumpkin
- radicchio
- radish
- shallot
- spinach
- squash (all)
- sweet potato (yarn)
- swiss chard
- taro
- turnips and greens
- zucchini

FERMENTED FOODS: sauerkraut, kimchi, kombucha (keep your eye on the sugar content—only drink those that are 4 grams or less of sugar per bottle which means 2 grams per serving), water kefir, coconut yogurt (again watch the sugar content-it is probably best to make it at home), other fermented vegetables such as carrots, beets, ginger.

MEAT: beef, bison, lamb, that, chicken, turkey, organ meats (offal), venison, duck, goose, fish that is low in mercury. Grass fed beef, organic pastured poultry, wild caught fish and game would be ideal choices here but do the best you can. If you are buying standard grocery store meat, buy leaner cuts or trim the fat.

LOW GLYCEMIC FRUITS:

- all berries
- apples
- apricots
- avocados
- cherries
- grapefruit
- grapes
- kiwi
- lemons
- limes
- oranges
- pears
- peaches
- plums
- prunes

COCONUT:

- coconut oil
- coconut butter (mana)
- coconut milk
- coconut flakes, unsweetened

*coconut milk should be full fat, canned with no guar gum. Natural Value from [amazon.com](https://www.amazon.com) is a good brand.

MISC:

- olive oil
- olives
- tallow or lard from grass fed or pastured sources
- herbal teas (check ingredients to be sure they are only herbal)
- pure filtered water
- raw apple cider vinegar
- bone broth

FOODS TO AVOID:

SUGAR: corn syrup, high fructose corn syrup, molasses, honey, etc. (see comprehensive list in this packet)

HIGH GLYCEMIC FRUIT: bananas, all melons (watermelon, cantaloupe, honeydew etc), mangos, papaya, black grapes. These vegetables are also high glycemic and should be eaten in smaller amounts with some fat: manioc (tapioca), rutabaga, corn, turnips, parsnips, beets.

GRAINS: wheat (including einkorn, durum and semolina), oats, rice, barley, buckwheat, bulgur, corn (maize), couscous, wheat germ, spelt, amaranth, kamut, millet, quinoa, fonio, job's tears, rye, sorghum, teff, triticale, wild rice, and chia.

GLUTEN-CONTAINING FOODS: processed salad dressings, soy sauce, BBQ sauce, many condiments. (see comprehensive list of gluten containing foods in this packet).

DAIRY AND EGGS: milk, whey, cheese, creams, butter, margarine, goat or sheep milk, yogurt (except coconut) eggs and products containing eggs such as mayonnaise.

FUNGI: all edible fungi and mushrooms.

SOY: all soy should be avoided including soy milk, soy sauce, soy protein, edamame, miso, tempeh and tofu.

ALCOHOL: all beer, wine, sake, and all liqueur. All alcohol.

NUTS AND SEEDS: (lectins) all nuts and seeds including but not limited to almonds, peanuts, cashews, hazelnuts and their by products such as nut butters and nut milks, sunflower seeds, sesame seeds, pumpkin seeds, chia seeds, hemp seeds, poppy seeds.

BEANS AND LEGUMES: (lectins) black beans, black eyed peas, chickpeas or garbanzo beans, great northern beans, kidney beans, lentils, lima beans, mung beans, navy beans, split peas, soybeans, pinto beans, fava beans, green beans

NIGHTSHADES: potatoes, tomatoes, eggplant, peppers and other nightshades (see comprehensive list at the back of this packet).

OILS: Avoid all vegetable oils including peanut oil, canola oil, sunflower oil, soybean oil, corn oil, cottonseed oil, palm kernel oil, safflower oil, partially hydrogenated vegetable oil or trans fats.

MISC: avoid coffee, caffeinated teas, all processed food and canned foods.

Buy organic produce if at all possible. If you are on a budget then you can look up the latest edition of the list of The Dirty Dozen and The Clean Fifteen from the environmental working group (www.EWG.org). They have a great list of the fruits and veggies that are okay to buy conventional and the ones that should only be purchased organic. Whatever you buy conventional should be washed/rinsed well before consuming.

THE RECIPES

The Basics

Bone Broth

2 lbs of beef bones (knuckle, marrow, meaty bones) OR
1 leftover roasted chicken carcass and 1 raw chicken back or 2 chicken necks and feet OR Leftover turkey bones from breast and legs and a turkey neck or back
1-2 T apple cider vinegar such as Braggs
4 quarts filtered water
2 tsp Celtic Sea Salt, Pink Himalayan Salt or Redmond Real Salt

Optional but recommended:

1 large carrot or two medium carrots cut in quarters
2 stalks celery
6 cloves garlic, crushed
1 large onion cut into eighths or 1 med onion quartered

Instructions for cooking:

place ingredients in a slow cooker. Cook on low for 24 hours. Strain stock, let cool and store in jars in the fridge if you intend to consume in a couple of days or store 2 cups each in zip top storage bags and lay flat in the freezer for easier storage.

This can be used to drink as you would your morning coffee or in soups and stews or to deglaze a pan.

Vegetable Broth

4 quarts of water

2 medium yellow onions, sliced

3 medium carrots, peeled and sliced

2 stalks celery, sliced

3 cloves garlic, halved

3 bay leaves

4 sprigs parsley

(You could add any vegetable from the 'foods to eat' list to make this any flavor you like)

Instructions for cooking:

Place all Ingredients in a large stock pot and add 4 quarts of water. Bring to a boil over medium heat and then simmer for two hours with a lid on the pot. Strain veggies and let cool. Store as you would bone broth.

Sausage Spice Blend

1 T each ground fennel, sage, garlic powder, onion powder

1 tsp sea salt

Combine spices and store in a small glass container. Add up to 2 T of spice blend per pound of ground meat.

Snacks

Coconut Milk Yogurt

1 cans of full fat coconut milk such as Natural Value brand

2 1/2-3 tsp gelatin such as Great Lakes (orange can)

2 tsp raw honey

1 20 billion CFU probiotic or 1 package of dairy free yogurt starter

3 tsp vanilla extract, optional

Place coconut milk and gelatin (and vanilla if using) in a medium saucepan and let sit for a couple of

minutes to let the gelatin soak in to the milk. Heat on medium low, stirring occasionally until mixture reaches 120 degrees. Take pan off heat and let cool to between 100 degrees and 105 degrees and add the probiotic or starter. Stir in the honey (the honey feeds the culture, not you). Poor in to clean jars or the jars of a yogurt maker and let “cook” for 12-18 hours. Alternatively you can make it in your stove by putting in the stove and turning the light on and let sit in there for 12 hours. I have not tried this method though so I cannot attest to its efficacy. Yogurt makers can be purchased for around \$30.

*If you are unable to order Natural Value coconut milk from [amazon.com](https://www.amazon.com) then use any coconut milk you can that doesn't have added gums to it.

Applesauce/Fried Apples

4-5 green apples
cinnamon
coconut oil
water

Peel, core and chop the apples to about 1 inch chunks.

For Sauce: add about 1/4 cup water to a saucepan along with the apples. Cook over a low heat until mushy or the consistency you like: Stir in cinnamon to taste (optional).

For Fried: add 1 tablespoon of coconut oil to a fry pan and heat over med heat. Once melted add apples to pan and sprinkle with cinnamon. Stir the apples. Cook until soft and slightly browned.

Serve warm with 1/4 cup coconut milk if desired.

Kale Chips

One bunch kale, curly or flat
1 T melted coconut oil
salt

Heat oven to 350 degrees. Remove kale from stems and break or chop in to large pieces. Wash it and dry it completely. Rub coconut oil over ever spot on the kale leaves and put on parchment lined baking sheet. You may need to use two half sheet pans for this. You don't want to crowd the pans or your chips won't cook evenly. Sprinkle with salt and bake until crispy 10-15 minutes. You may find some crisp up before others. You can remove those while the others cook or you will end up with burnt kale chips. I

have also found that turning the oven off while most pieces of kale are crispy and leaving the oven door open a crack the remaining pieces of kale with crisp up. Alternately you can put the kale leaves in a dehydrator and dehydrate them until crispy.

Gut Healing Gummies

3/4 cup lemon juice
1/2 cup water
zest from juiced lemons (optional)
4-5 T gelatin (Great Lakes Orange Can)

Combine all ingredients in to a small or medium saucepan and whisk to combine the gelatin and it begins to dissolve. Heat on medium low heat for about 5 minutes until all the gelatin is dissolved. Pour into an 8x8 square baking dish. Chill and store in the fridge. Cut in to fun shapes or squares, whatever you desire.

Avocado Chocolate Pudding

1 avocado, ripe
1/4-1/2 cup coconut milk
1-2 tablespoons carob powder
Dash of vanilla extract or vanilla bean powder

Breakfast

Green Juice

1 stalk celery
1/4-1/3 cucumber
1/2- 1 cup of greens (or a small handful)
1/4 cup of parsley (small chunk from the bunch)
1/2 to 1 lemon squeezed/juiced or 1/2 lemon and 1/2 lime
1/2 inch chunk of ginger or as much as you like to taste, optional
1/4 inch chunk of turmeric root or to taste, optional
1/2-3/4 cup of water

3-4 ice cubes

Place all ingredients in to high powered blender and blend on high until smooth. This produces a fair amount of foam on the top and the amount of water you use will depend upon the amount of veggies in the blender. The more water the “juicier” it will be. The less water the thicker it will be. Drink immediately. Makes 2 servings or one really big serving.

Protein Smoothie

1/2 cup blueberries, raspberries or blackberries frozen (if fresh add a couple of ice cubes)

2 inch piece of cucumber

1/4 cup aloe vera juice

2 T full fat coconut milk or 1/4 cup coconut meat/flakes (unsweetened)

1/2 an avocado

2 T Great Lakes Gelatin (green can)

small handful of greens such as spinach or any lettuce

1/2-3/4 cup water

Combine all ingredients and only 1/2 cup of the water in a blender. Blend. Add more water to make the smoothie to your desired thickness and blend again. You can make this with any of the allowed fruits and play around with amounts of each ingredient to make it your own. I don't recommend this be a meal replacement but in addition to your breakfast, lunch, or dinner.

Sweet Potato Hash

1-2 Sweet Potatoes, Chopped or shredded

1 T coconut oil or lard

spices of your choice

Heat oil of choice in 10-12 inch cast iron skillet over medium heat. Add potatoes and stir to combine with oil. Add spices of choice. For example: add 1 tsp cinnamon for a sweeter version or chop half an onion and minced garlic and season with salt. Whatever you choose, cover and let cook.

Place all ingredients in a food processor or blender and process until smooth and creamy. Serve. Makes two servings. If you like texture you can add a tablespoon of coconut flakes to this. You could also add a bit of nut butter in the end for a ribbon of nuttiness throughout. This pudding freezes well to make your own fudge pops.

Guacamole

- 1 avocado
- 1 garlic clove, minced
- 1 tsp lime juice

Plantain chips, cucumbers, carrot sticks, celery sticks for dipping.

Mash avocado, combine with garlic and lime juice. Enjoy.

Veggie Hash with Sausage or Bacon

Veggies of your choice such as:

- 1 cup brussels sprouts, cut at least in half
- 1 cup broccoli, chopped
- 1 cup cauliflower, chopped
- leftover roasted fennel
- 1 cup romanesco, chopped
- leftover sauteed cabbage leftover roasted veggies
- 1 sweet potato, peeled and cut into bite size pieces
- 1/2 an onion of your choice, chopped
- 1 garlic clove, minced

salt

1-2 T coconut oil, lard or bacon fat

4-8 pieces of bacon, chopped or 1/2 - 1 lb of pork sausage made with spice blend

Chop your vegetables of choice in to bite-sized pieces. You can use anything you want for this recipe. I enjoy using leftover veggies because they cook quicker and get crispy which is nice. If you don't have an onion, use a leek, a shallot, or green onions. What ever you have. The choices here are endless. Use your imagination and make a huge batch so you can eat it for breakfast for a couple days or have it for a snack. If you are using a sweet potato it helps to add that to the skillet first and cover the skillet to help it cook quicker. Once it is about half way cooked you can add the rest of the veggies.

Heat your oil of choice in a large skillet until melted. Add onion and sauté until translucent. Add bacon or spice blended ground pork (you could even use ground beef) and cook until crisp (for bacon) or

until no longer pink. Add veggies of choice, garlic and season with salt. Continue cooking until meat is cooked through and veggies are browned, stirring occasionally. Serve.

Plantain and Apple Fritter

1 plantain (the more ripe, the sweeter it will be)
1 green apple, peeled and shredded
1-2 tsp cinnamon
Coconut oil for the pan

Peel and mash the plantain, leaving some chunks. Combine with the shredded apple and add in the cinnamon. Drop on to hot oiled pan (cast iron is ideal so they don't stick). Make each drop about 2-3 inches in diameter. Cook on med to med low heat until browned on the bottom and then flip and cook the second side until browned adding more oil if needed (you will need it). You can serve warm or eat with breakfast sausage patties and use the Fritter as the bun.

Pork Breakfast Sausage

1 pound of ground pork (you could use ground turkey or chicken but you may need to add some fat to the pan when cooking)
1 Tablespoon of Sausage Spice Blend

Combine pork and spice blend and make into patties about 2 inches in diameter. Fry over medium heat until browned, turn over and fry until browned and cooked through.

Acorn Squash Sweet or Savory

One acorn squash cut in half

For Sweet:

2 tsp cinnamon (you can adjust to your preference)
2 Tablespoons Coconut butter (coconut manna)

Scoop out the seeds and throw them away. Place the cut squash flesh side down on a baking sheet and bake about 20 minutes in a 375 degree oven. Once squash is fork tender take out of oven, add coconut butter to each half and sprinkle with cinnamon. Enjoy.

For Savory:

1/2 to 3/4 pound of uncooked breakfast sausage 1/2 a med onion diced
1 garlic clove minced

Cook the squash as in the sweet version. While squash is cooking, sauté onions in a tsp or so of coconut oil or lard until translucent. Add breakfast sausage and cook until almost done. When squash is done, scoop it out of the shells and add it to the sausage mixture in the pan. Save the shells. Add the garlic, mix everything well and scoop it into the empty shells. Place back on the baking sheet and put in a 375 degree oven and bake until sausage is cooked through and the top is browned. If you are able to reintroduce eggs at some point you can crack an egg on to the top before baking and cook until egg is done to your liking.

Salads and Dressings

The Great Big Salad

You can get creative and really use just about anything you can think of to make a salad.

Greens: arugula, baby greens, beet greens, broccoli leaves, dandelion greens, endive, kale, radish greens, spinach, and your standard green and red lettuce including romaine. Stay away from iceberg as it is not very nutrient dense.

Vegetables: Go crazy with the list of veggies in this guide.

Fruits: add a small amount of fruit to a salad such as 1/4 cup blueberries, strawberries or 1/2 a sectioned orange (any variety)

Fat and Proteins: Avocado, bacon, any pastured meats you have leftover from dinner, olives, fish such as wild caught tuna, salmon or shrimp or even sardines if you like them.

A good general guide for your salad is to start with 4 cups of greens and add your extras from there. Make it as big as you are hungry.

Here is an example:

4 cups mixed greens

5 or 6 slices of cucumber, chopped
small handful of shredded beets and carrots
½ cup roasted sweet potato
few slices of red onion
1/2 a chicken breast, shredded or chopped
olive oil and balsamic vinegar to taste

Add all ingredients to a large container with a lid. Put the lid on and shake vigorously to distribute the dressing. Remove lid and eat.

Tips:

Use a food processor to shred some of your favorite veggies and store in the fridge for the week. For example, shred a beet and 4 carrots (together or separate) and add to your salad.

Peel and slice a sweet potato in to bite sized chunks, toss with some olive oil and roast until tender. Store In an airtight container in the fridge for adding to your salad.

Pre slice any veggies you want and store in fridge for your salads for the week.

Salad Dressing

Basic

3 T olive oil
1 1/2 T balsamic vinegar (or apple cider vinegar or lemon juice)
pinch of salt

Another Basic

1/4 cup olive oil
1/2 tsp dijon mustard (read label and make sure it is gluten free)
1 T apple cider vinegar

Creamy Dressing

1/4 cup olive oil
2 T balsamic vinegar
1/2 an avocado
pinch of salt

Combine all ingredients in a mini food processor or blender.

Greek Dressing

1/4 cup olive oil
1 T lemon juice
2-3 T apple cider vinegar
1/2 tsp oregano
1 clove garlic
pinch of salt

Combine all ingredients in a mini food processor or blender until smooth.

Italian Dressing

3 T olive oil
2 T apple cider vinegar
1 1/2 tsp Italian Spice blend or
1/8 tsp each of oregano, rosemary, thyme
1 clove garlic

Combine all ingredients in a mini food processor or blender until smooth.

Citrus Vinaigrette

2 T fresh orange or red grapefruit juice
1 T apple cider vinegar
3-4 T olive oil
pinch of salt

Liver Gallbladder Salad

There are no real measurements for this salad as it is done to taste. This one will be good in the fridge for 3-4 days so only make a small amount unless you plan to eat a bit at every meal. Beets are excellent at thinning the bile and cleaning it up (so are dandelion greens). We want our bile thin and free flowing so it can do its job of emulsifying fats and helping the liver to do its many functions. This salad is a good way to provide your body with some house cleaning.

Equal parts shredded beets and shredded carrots (approximately 2 cups each)

1 bunch dandelion greens, chopped (these can be purchased at Supertarget or a natural foods store. If they don't have them, ask them to order them for you)

Olive oil (approximately 1/8 to 1/4 cup)

Raw apple cider vinegar such as Bragg's (2-3 Tablespoons)
Salt (Redmond Real or Celtic Sea Salt) (1/2 tsp)

Combine all ingredients in a large bowl. Let sit for a couple hours to overnight. Have some with each meal as a condiment or add some protein and have as a meal.

Soups

Butternut Squash Soup

1 butternut squash, peeled, seeded and cut up
1 med or large onion, diced (the larger the squash, the larger the onion)
4-5 cloves garlic chopped
4-6 cups chicken bone broth or vegetable broth (again, the size of the squash will depend on how much liquid you need).
*2 inch chunk of ginger, skin on, scrubbed and chopped
lard or coconut oil
1/4-1/2 cup coconut milk, optional

Add one to two tablespoons of fat to a large dutch oven or pot on medium heat. Add the onion and sauté over medium heat until translucent. Add cut up squash, chicken broth and ginger. Bring to a boil. Cover and simmer until squash is fork tender, about 15-20 minutes depending on the size of your chunks. Once they are cooked, add garlic and coconut milk. If you have an immersion or stick blender use it to puree the soup in the pot being careful not to splash and burn yourself. If you have a standard blender transfer soup 1-2 cups at a time to the blender and blend with lid cracked to let steam escape until well blended. Continue blending soup 1-2 cups at a time until all soup is blended and add back to pot. Serve.

*If you are not a fan of ginger you can replace the ginger with dried sage (about 1 Tablespoon).

Celery Root Soup

1 large red onion, chopped
3 leeks, sliced
3 T coconut oil or lard

- 1 sweet potato, cubed
- 1 medium head cauliflower, chopped
- 1/2 celery root (celeriac), cubed \
- 2 cloves garlic, crushed
- 4 cups of broth of choice
- 1 can full fat coconut milk
- 2 tsp sea salt

In a large dutch oven or soup pot heat oil/fat over medium heat. Add the onions and leeks and cook, stirring occasionally until onions are translucent. Add sweet potato, cauliflower and celeriac to the pot and stir. Add the broth and 1 tsp salt. Bring to a boil. Cover, reduce heat and simmer for about 15 minutes. Check that the veggies are fork tender. If they are then add the coconut milk, and garlic otherwise let them cook another five minutes or so until they are fork tender then add the coconut milk and garlic. You can then blend the soup in a blender or with an immersion blender leaving some chunks of veggies if you like or blend it all for a smooth creamy soup. Add more salt to taste.

*If you only have a white or yellow onion, use that. If you don't have leeks or don't want to go the store, then use another onion or leave the leeks out. You can use any sweet potato or yam. Celery root or celeriac is in season in winter and spring and can be found at most natural grocery stores. If you can't find it you could use chopped celery but the flavor will be stronger.

Broccoli and Cauliflower Soup

- 1 med onion, chopped
- 4 cloves garlic, minced
- 1 bunch broccoli and stems, chopped large
- 1 head cauliflower, chopped large
- 6 cups chicken or vegetable broth 2 tsp salt
- 3 T coconut oil or lard

In a large dutch oven, melt the fat of choice then add the onions. Sauté until translucent. Add the broccoli and cauliflower and stir to coat. Add the chicken or vegetable broth. Bring to a boil, reduce heat and simmer covered until veggies are fork tender about 20 minutes depending on the size of the veggies. Add garlic and cook another five minutes. Transfer about 2 cups at a time to a blender and blend until smooth or use an immersion blender and blend right in the pot. Remember to be careful when using the blender as the heat of the soup will cause pressure in the blender with the lid on. You should make sure to let some steam escape when using a blender with hot liquid. Top with real bacon bits if desired.

Fish Soup

- 1 fish, approximately 3 pounds (a whole entire fish)
- 1 large onion, chopped
- 1 large carrot, chopped
- 3 T lard, coconut oil or olive oil
- 1T apple cider vinegar
- 1 T ginger root, chopped
- 12 cups water
- 4 cloves garlic, minced
- 2 zucchini, made into noodles with a spiralizer or veg peeler, or just cut in to bite sized pieces
- 2 carrots, chopped
- 2 bunches green onions, white and green parts chopped
- 1 teaspoon salt

In large dutch oven or soup pot, add oil/fat of choice and heat over med. heat. Add onions and carrots and cook until onions are translucent. Add fish, water, acv and ginger. Bring to a boil, skimming the foam off the water. Reduce heat, cover and simmer for 3-4 hours or even overnight. Once simmered, take fish out of pot and strain the rest in to a clean pot or bowl. Take meat from fish and add it back to the soup along with the garlic, zucchini, carrots and green onions. Add salt to taste and simmer for 10-15 minutes until carrots are tender.

Vegetable Soup

- 1 large onion or 2 large leeks, chopped
- 3 carrots, chopped
- 2 stalks of celery, chopped
- 3-4 T olive oil, lard, or coconut oil
- 1 large white sweet potato, chopped in to bite sized pieces.
- 8 cups chicken broth, veg broth or water
- 2 tsp spice of choice such as thyme, rosemary or oregano
- 3 cloves garlic, minced
- 3-4 zucchini sliced and cut in to half moon shapes
- sea salt

In large stock pot or dutch oven warm fat of choice over medium heat. Add onions, carrots and celery, stirring to coat and cooking until onions are translucent. Add the liquid of choice and the spices along

with the potato. Bring to a boil and then reduce heat to simmer covered. When potato is about half way done, add the zucchini and garlic and cook until zucchini and potato are cooked through. You can add about a half inch of turmeric root when you add the zucchini too. It can be found at many natural grocery stores or just add the ground spice when you add the other spices.

Garlic and Squash Soup

- 1 large onion, choppe
- 2 heads garlic, chopped
- 2 stalks celery, chopped
- 2 carrots, chopped
- 3-4 T lard, olive oil or coconut oil
- 1 large white sweet potato, chopped
- 1-2 tsp spice of choice such as rosemary, oregano or thyme
- 3 yellow squash or zucchini, sliced
- 1-2 tsp salt
- 6-8 cups chicken broth, vegetable broth or water

In large dutch oven or stock pot heat fat of choice over med heat and add onion, celery, and carrots. Cook until onions have become translucent, stirring occasionally. Add garlic, stirring to coat and cook an additional 3-4 minutes. Add liquid of choice with the potatoes and spices. Bring to a boil. Cover and simmer until potatoes are fork tender. Add squash and simmer until it is fork tender about an additional 10 minutes. Blend with immersion blender or in a regular blender being careful to allow steam to escape so as not build up too much pressure. Serve.

Carrot Soup

- 1 large onion, chopped
- 10-12 carrots, chopped
- 2 stalks celery, chopped
- 3-4 cloves garlic, minced
- 3-4 T olive oil, lard, or coconut oil
- 6-8 cups broth of choice or water
- 2 tsp spice of choice such as rosemary, oregano or thyme
- 1/2 tsp lemon peel
- 1/2 tsp grated ginger
- 1-2 tsp salt

In a large dutch oven or stock pot heat oil of choice over med heat. Add onions, carrots and celery stirring to coat. Cook until onions are translucent and carrots are tender about 20 minutes. Add spices and garlic and cook an additional 3-5 minutes stirring occasionally. Add liquid of choice, bring to a boil. Cover and simmer about 10-15 minutes until everything is cooked through. Blend in pot with an immersion blender or transfer liquid to a regular blender being careful not to burn yourself. Allow some steam to escape from top of blender while blending.

Beef Soup

2 T bacon fat, lard or coconut oil
1 med onion, chopped
2 stalks celery, chopped
2 carrots, chopped
3-4 cloves garlic, minced
2 pounds beef stew meat with bones
8 cups water
1 large sweet potato, cut in to bite sized pieces
salt and spices of choice such as rosemary or oregano
2 T gelatin (optional)
1 bunch of parsley, chopped (optional)

In large stock pot or dutch oven heat 1 T of fat of choice over medium heat. Add stew meat and cook until browned on all sides. Remove from pan and set aside. Add the remaining fat and onions, celery and carrots stirring to coat. Cook until onions become translucent. Add meat and juices from meat back to the pan along with water, gelatin and garlic. Bring to a boil. Simmer, covered 3-4 hours. Add sweet potato and simmer until cooked through about 30 minutes.

Main Dishes

Your options for main dishes are endless when you consider all the different kinds of meats available to you. If you don't feel like cooking and you like canned salmon, tuna or sardines you can easily use a can of fish along with some veggies as a quick on the go meal. If you are cooking something, consider doubling your batch so you have leftovers. It is so helpful on this diet to not be out of food to eat. If you run out it makes it too tempting to go for foods not allowed on the diet.

Roasted Chicken

1 whole chicken (or two if you plan to eat the whole thing at dinner)
3 T olive oil
salt and spice of your choice such as thyme, oregano, rosemary, marjoram or tarragon

Preheat oven to 375 degrees. Clean neck, and other parts out of cavity of chicken and rinse under cold running water. If you like chicken liver, you can sauté that up and have it for a snack. I cook all the extra parts and give them to my dogs, reserving the neck for making stock. Rub the outside of the chicken with the olive oil and put some under the skin on the breast side as well. Place on a baking sheet or in a cake pan and roast until juices run clear or the thigh reaches an internal temp of around 167 degrees. Remove from oven. Let sit covered for 15 minutes. Serve. Save the carcass for making bone broth.

Roasted Turkey Breast (bone in)

1 whole turkey breast or two halves
2 T olive oil
salt and spices of choice (see above)

Preheat oven to 375 degrees. Coat breast with oil and spices. Roast on baking sheet until internal temperature of the breast reaches about 167 (170 is done according to USDA). Remove from oven and let sit covered with foil about 15 minutes. The breast will continue to cook outside of the oven and should reach 170 while resting. Serve. Reserve bones for making broth.

Baked Chicken Pieces

2 packages cut up chicken parts such as all legs, all thighs, all breasts or a combination of the three
Olive oil
Dijon Mustard (read the label and make sure it is gluten free)
1 Tablespoon tarragon or other spice adjusting to taste
Salt

Preheat oven to 350 degrees. Remove chicken from package and place all pieces on baking sheet. Coat with olive oil, spice and salt. Bake for 35-45 minutes depending on how many you are cooking and what size the pieces are. Serve. Reserve the bones for broth if desired.

Variation:

Use all chicken thighs and wrap bacon around each thigh and bake as above.

Add chopped garlic to the olive oil and rub that all over the chicken pieces and before adding to the pan put brussels sprouts and chopped sweet potatoes in the pan and top with the garlic coated chicken.

Squeeze fresh lemon juice over the chicken before baking.

Pork Chops

4 bone in pork chops (or however many you need to feed your family)

salt and garlic powder or any spice you like

Remove from package and add salt and spice of choice

Preheat skillet, grill or oven (350). Cook on heat source of choice until done. Time will depend on how thick they are and how well you like them done.

Pork Tenderloin

2 pork tenderloins

3 T bacon fat or other fat of choice

4 cloves garlic, minced or smashed

2 tsp salt and 1 T spice of choice

Heat oven to 375 degrees. Pat tenderloins dry with paper towel. Heat a large ovenproof skillet over med-high heat and add the bacon fat. Sprinkle the tenderloin with salt and spice of choice. Sear tenderloin on all sides until golden brown. Remove from heat. Coat with minced or crushed garlic and place pan in oven to roast the tenderloins for approximately 25-30 minutes until internal temperature reaches 145 degrees.

Steak Bites

This recipe is best with venison but you can use a high quality cut of beef such as rib eye.

1 pound venison chops or steaks cut in to 1 inch chunks

2 T lard or bacon fat

salt and spice of choice such as garlic powder

Heat a cast iron skillet over med to med-high heat. Add fat of choice. Season steak pieces and add to skillet being careful not to overcrowd the pan or they won't get brown. You will have to cook these in batches. Let them brown in the pan before stirring or flipping them. Cook to medium and transfer to a

plate so you can cook the rest of the pieces. These are great served with a side of fried onions, sautéed mushrooms and a Salad or any roasted veggie.

Grilled Steak

Steak of choice, patted dry
salt and garlic or spice of choice

Heat grill to med high. Grill steak for 5 min per side. Remove from heat and let rest, covered, 10 minutes. Leftover steak is great sliced thin and used on a salad for lunch.

Baked Salmon

1 wild caught salmon filet
Olive oil
1 lemon
1/2 tsp salt

Preheat oven to 350 degrees. Place salmon, skin side down on a baking sheet coated with olive oil. Place filet on baking sheet and brush with olive oil and lemon juice and sprinkle with salt. Bake in oven for 10-15 minutes until almost done. Remove from oven. Serve.

Alternately you can grill the salmon being careful not to overcoat. *It is important to always buy wild caught salmon. Farmed salmon does not have the natural pink color but is injected with color to make it look natural. This is because it does not have the opportunity to eat its natural diet which is what makes it so healthy in the first place.

Lamb Chops

1-2 pounds of lamb chops
Bacon fat
salt and spice of choice such as oregano

Preheat cast iron skillet to medium-high heat. Put 1 T bacon fat in the pan. Sprinkle chops with spices and salt. Add to pan and cook over medium-high heat for 2-3 minutes per side.

Roasted Pork Shoulder

1 pork shoulder, 3-4 pounds
8 cloves garlic, minced
2 tsp dried oregano
1 tsp salt
Olive oil

Preheat oven to 275 or use a crockpot on the low setting (adding 1T water to the bottom of crockpot). Pat pork dry with paper towels, cover in olive oil, oregano, garlic and salt. Place in roasting pan and cover with foil. Roast for approximately 6 hours uncovering at hour 5. Meat should be fork tender. Alternately put roast in crockpot and cook on low 6-8 hours.

Hamburgers

1 pound ground beef
seasoning of choice

Make patties and cook or grill to desired doneness

Variation:

Mix 1 pound of burger with 1 pound of finely chopped bacon and make patties and cook as desired.

Stir Fry

1 pound of beef, pork, chicken, or fish cut into bite-size pieces
1 T coconut aminos
1 T coconut vinegar
1 med onion cut in to 8 wedges
1 pound of veggies cut in to same size as meat
1 T garlic, minced
1 T ginger, minced
3 T coconut oil

3 T lemon juice
1/4 cup broth

1 T coconut aminos
1-2 tsp arrowroot starch

Toss your meat with the coconut aminos and vinegar and let sit while you prepare the vegetables. Combine lemon juice, broth coconut aminos, and arrowroot, set aside. Heat a large skillet over med high heat (you may need to open a window or use your exhaust fan for this one).

Add 1 T oil to the hot pan and sauté half the meat until just cooked through. Transfer to a clean bowl. Stir fry the remaining meat and then transfer to the same bowl when it is cooked through. Add the remaining oil to the pan and add the onion, stirring and frying until brown and crispy, add the garlic and ginger, stir, then add the veggies of choice. Cook until veggies are tender but still crisp. Return meat to the pan. Add the lemon juice mixture and stir well and cook until it thickens a bit. If it gets too thick, add a little more broth. Serve immediately.

Basic Ground Burger Lettuce Boats

1 pound ground meat such as beef, turkey, chicken, lamb or venison
1 med onion, chopped
2 cloves garlic, minced salt and spices of choice
1 T coconut oil
sliced olives, optional

In med sauté pan, melt oil over medium heat. Add onion and cook until onion is translucent. Add burger, salt and spices and brown. When burger is almost done, add garlic and sauté until burger is done. Serve in romaine lettuce leaves.

Side Dishes

You can go wild with any of the veggies listed at the beginning of this guide roasting or steaming and seasoning as you like. In general you can roast any veggie in a 350 degree oven. Coat them with olive oil, coconut oil or lard (even bacon fat) and roast until fork tender or less. It really depends on how you like your veggies. Asparagus only takes 5 or so minutes and cauliflower will take up to 30 minutes. The leftover veggies are great for breakfast hash the next day.

Roasted Vegetables

1 head broccoli, broken into florets (you can use the stems too if you want)
1 head cauliflower, broken into florets
2-3 carrots cut into sticks
Olive oil
salt

Preheat oven to 350 degrees. On a large baking sheet place the veggies (make sure they are all about the same thickness with the carrots being a little thinner as they will take the longest to cook). Drizzle with olive oil and sprinkle with salt. Roast until they start to get brown and are fork tender. You can change this up and use romanesco, brussels sprouts, fennel or really anything.

Roasted Asparagus

2 bunches asparagus (the thinner the better)
olive oil
salt
lemon

Trim the bottoms of the asparagus off (about 2 inches worth). Preheat oven to 350 degrees. Place asparagus on baking sheet and drizzle with olive oil and salt. Bake for about 10-15 minutes. Remove from oven and squeeze juice of the lemon over the asparagus.

Roasted Brussel Sprouts

1 pound brussels sprouts, trimmed and cut in half
2 T bacon fat or coconut oil, melted
Salt

Preheat oven to 350 degrees. Place sprouts on baking sheet and coat with melted oil. Sprinkle with salt. Bake for approximately 20 minutes.

Variation:

Add thinly slice fennel to the sprouts and roast.

Roasted Beets

2 large beets, peeled and cut in to 1 inch pieces
2-3 T olive oil or coconut oil
salt

Preheat oven to 350 degrees. Coat beets with oil of choice. Place on baking sheet, sprinkle with salt. Roast for approximately 30 minutes until beets are fork tender.

Variation:

Add sliced fennel to the beets and roast.

Roasted Fennel and Apples

2 bulbs fennel, sliced 1/8 inch thick
2 med apples, peeled cored and chopped to 1 inch pieces
2-3 T olive oil, or coconut oil
salt

Preheat oven to 375 degrees. Coat apples and fennel with oil. Place on baking sheet in single layer. Sprinkle with salt (alternately you could sprinkle them with cinnamon if you wanted a sweet dish). Roast for 20-30 minutes until browned and fork tender.

Roasted Sweet Potatoes

2 large sweet potatoes, peeled and chopped to 1 inch chunks
3 T coconut oil or olive oil
salt

Preheat oven to 350 degrees. Coat sweet potatoes with oil. Place on baking sheet and sprinkle with salt (alternately you could sprinkle with cinnamon). Bake until fork tender, about 30 minutes.

Roasted Squash

5 pounds winter squash such as butternut, buttercup, kabocha or other squash peeled, seeded and cut in to 1 inch chunks.
2 T olive oil or coconut oil

1 tsp salt
4 cloves garlic

Preheat oven to 350 degrees. Toss squash with oil and garlic. Place on baking sheet, sprinkle with salt and roast until golden brown and fork tender approximately 30 minutes. Time frame will depend on the squash you are cooking.

Cauliflower Rice

1 head cauliflower shredded in a food processor or chopped fine
1 T coconut oil or olive oil
Salt

Heat a large skillet over medium heat and add the oil. Once oil is heated add the cauliflower and cook over med or med high heat stirring frequently until it is cooked through.

Sauerkraut

1 head cabbage, outer leaves reserved
1-2 T sea salt
1 or 2 quart mason jars

Shred cabbage with knife or in food processor. Add a couple handfuls of cabbage to a large bowl and sprinkle with salt. Massage cabbage and salt until cabbage begins to release its juices. Add another handful of cabbage to the bowl and sprinkle with salt. Continue this process until all the cabbage and salt are used up. The more salt you use the saltier the end product will be. Once you have really wet cabbage you can start packing it in to the quart size mason jar. Really pack it in tight so that all the juices you have extracted come to the top and begin to cover the cabbage.

The fermentation process happens under the liquid so it is imperative that the cabbage remain under liquid. You can use the reserved leaves to press the cabbage in to the jar leaving them in the jar covered in liquid. You can press a smaller glass in to the cabbage and secure it by wrapping a cloth over the top of the jar and securing it with a rubber band. Make sure to leave 1-2 inches of space at the top as the liquid will expand. You may need two jars depending on the size of your cabbage. If your mixture didn't leave enough liquid to cover the cabbage you can add a little bit of water.

Store the jar(s) in a cool, darker space. Check the jar(s) every couple of days to make sure the cabbage remains under the liquid. White foam may form on top and that is okay. Just remove it with a clean

spoon and add some water again if needed.

You will have sauerkraut in about two weeks. Taste it. If you like how it tastes then it is done. If not, leave it to ferment a few more days. Once ready, place in the fridge where it can remain for 3 months or so. The fermentation process stops with refrigeration.

Fermented foods are great to aid in gut healing and are something you can consume daily.

Parsnip Fries

3 med parsnips, sliced into french fry sticks

lard or coconut oil, melted

Preheat oven to 425. Coat fries with oil, place on baking sheet, sprinkle with salt. Bake in oven for 15-20 minutes or until browned and crisp.

Extras

Ingredients that mean SUGAR on a food label

- agave, agave nectar
- barley malt, barley malt syrup (gluten source)
- beet sugar
- brown rice syrup
- brown sugar
- cane crystals, cane juice, cane sugar
- corn sweetener
- corn syrup, corn syrup solids
- crystalline fructose
- date sugar
- dehydrated cane juice
- demerara sugar
- dextrin
- dextrose (can be found in table salt)
- diastatic malt
- fructose
- fruit juice, fruit juice concentrate
- galactose
- glucose, glucose solids
- golden syrup
- high fructose corn syrup
- honey, raw honey
- inulin
- invert sugar
- lactose
- malt syrup
- maltodextrin
- maltose
- maple syrup
- molasses, blackstrap molasses
- monk fruit (luo han guo)
- muscovado sugar
- palm sugar
- panela
- panaocha
- rapadura
- raw cane sugar, raw sugar
- refined sugar
- rice bran syrup
- rice syrup
- saccharose
- sorghum, sorghum syrup
- sucanat
- sucrose
- sugar
- syrup
- treacle
- turbinado sugar
- yacon syrup

Source: The Paleo Approach Cookbook by Sarah Ballantyne, Ph.D.

What are nightshades?

They are a family of vegetables containing a substance called glycoalkaloids. This substance can be harmful if consumed in excess. Some research has been done on this substance which shows it can kill the cells in your intestines and contribute to intestinal permeability or leaky gut. Nightshades should be avoided until gut healing occurs. ashwagandha, bell peppers, hot peppers, chili type spices including paprika and cayenne, tomatoes, cape.

What are lectins?

A kind of protein that is hard to digest and they cause a problem with the brush border of the small intestine. These proteins can increase intestinal permeability (leaky gut) which can turn on the immune system causing an attack on your own tissues. Grains and legumes are the two main types of foods that have lectins in them. Eating lectins doesn't usually cause an immediate health issue but can instead take years to do enough damage to show up in us as disease. Because we are all bio individual, each one of can react differently to the damage caused or not react at all. They contain something that keeps your digestive enzymes from breaking them down. They go through your stomach to your intestines without being broken down causing damage to the small intestine.

Hidden sources of gluten (and not so hidden)

- Asian rice paper
- atta flour
- bacon (check)
- barley
- barley grass
- barley malt
- beer
- flour
- bran
- bread flour
- breading
- brewer's yeast
- bulgur
- coating mixes
- communion wafers
- condiments
- couscous
- croutons
- dinkle (spelt)
- durum
- einkorn
- emmer (durum wheat)
- farina
- farro
- food starch
- french fries (often coated in flour)
- fu
- gliadin
- glue (envelopes)
- gluten peptides
- glutenin
- graham
- gravies
- hydrolyzed wheat protein
- hydrolyzed wheat gluten
- ice cream (read label)
- imitation fish (crab)
- kamut
- lunch meat (read label)
- maida (indian wheat flour)
- malt
- malt vinegar
- marinades
- matza (matso)
- medications (prescription and over the counter-check)
- mir
- nutritional and herbal supplements (check)
- oats
- panko
- processed cereal (contain barley malt often)
- rye
- salad dressing
- seitán
- self basting poultry
- semolina
- soups and bouillon
- soy/rice drinks
- soy sauce
- spelt
- spice mixes
- starch
- stuffing
- syrups
- thickeners
- triticale
- wheat
- wheat bran
- wheat germ
- wheat grass
- wheat starch

Source: The Paleo Approach by Sarah Ballantyne, Ph.D.

Ingredients Derived from Corn

- acetic acid
- alcohol
- alpha tocopherol
- artificial flavorings
- artificial sweeteners
- ascorbates
- ascorbic acid
- aspartame
- astaxanthin
- baking powder
- barley malt
- bleached flour
- blended sugar
- brown sugar
- calcium citrate
- calcium fumarate
- calcium gluconate
- calcium lactate
- calcium magnesium acetate
- calcium stearate
- calcium stearoyl lactylate
- caramel and caramel color
- carboxymethylcellulose sodium
- cellulose, microcrystalline
- cellulose, powdered
- cetearyl glucoside
- choline chloride
- citric acid
- citrus cloud emulsion (CSS)
- cocoglycerides
- confectioners' sugar
- corn oil
- corn sweetener
- corn sugar, com syrup
- corn syrup solids
- cornmeal/cornstarch
- croscarmellose sodium
- crystalline dextrose
- crystalline fructose
- cyclodextrin
- datum/dough conditioner
- decyl glucoside
- decyl polyglucose
- dextrin
- dextrose (also found in IV solutions)
- d-Gluconic acid
- distilled white vinegar
- drying agent
- erythorbic acid
- erythritol
- ethanol
- Ethocel 20
- ethylcellulose
- ethyl acetate, alcohol, lactate, maltol
- ethylene
- Fibersol-2
- flavorings
- food starch
- fructose
- fruit juice concentrate
- fumaric acid
- germ/germ meal
- gluconate
- gluconic acid
- glucono delta-lactone
- glucosamine
- glucose
- glucose syrup (found in IV Solutions)
- glutamate
- gluten
- gluten feed/meal
- glycerides
- glycerin, glycerol
- golden syrup
- grits, hominy, honey
- hydrolyzed corn (protein)
- hydrolyzed vegetable protein
- hydroxypropyl methylcellulose (phthalate- HPMCP)
- inositol
- invert or sugar syrup
- lactate, lactic acid
- lauryl glucoside
- lecithin
- linoleic acid. lysine
- magnesium fumarate
- maize, malic acid
- malonic acid
- malt syrup from corn
- malt, malt extract
- maltitol, maltose
- mannitol, margarine
- methyl glucose
- methyl glucoside
- methylcellulose
- modified cellulose gum
- modified corn starch/food starch
- molasses containing corn syrup
- mono- and diglycerides
- MSG monosodium glutamate
- monostearate
- natural flavorings
- olestra/Olean
- polenta
- polydextrose, polylactic acid (PLA)
- polysorbates like polysorbate 80
- polyvinyl acetate
- potassium citrate, fumarate, gluconate
- powdered sugar
- pregelatinized starch
- propionic add
- propylene glycol
- saccharin, salt (iodized table)
- semolina (unless from wheat)
- simethicone
- sodium carboxymethylcellulose
- sodium: citrate, erythorbate, tumarate, lactate, starch glycolate, stearoyl furmarate
- sorbate, sorbic acid, sorbitol
- sorbitan (and monooleate, trioleate)
- sorghum (may be mixed with corn)
- Splenda
- starch
- stearic acid
- stearoyls
- sucralose
- sucrose, sugar, talc
- thronine
- tocopherol (vitamin E)
- treacle
- triethyl citrate
- unmodified starch
- vanilla, natural flavoring, pure, extract
- vanillin
- vinyl acetate
- vitamin C, E
- vitamin supplements
- xanthan gum
- xylitol
- yeast
- zea mays
- methyl gluceth
- zein

Source: The Paleo Approach Cookbook by Sarah Ballantyne, Ph.D.

Soy in Foods and Products that Commonly Contain Soy

- bean curd
- bean sprouts
- edamame
- hydrolyzed soy protein
- kinako
- miso
- mono- and diglycerides
- monosodium glutamate
- natto
- nimame
- okara
- shoyu
- soy albumin, cheese, fiber, flour, grits, ice cream
- soy lecithin (common in chocolate)
- soy meal, nuts, pasta
- soy protein (concentrate, hydrolyzed, isolate)
- soy sauce, sprouts
- soy yogurt, soya
- soybean (curds, granules, oil)
- soymilk
- tamari, tempeh
- teriyaki sauce
- textured vegetable protein (TVP)
- tofu
- yuba
- Asian foods (Chinese, Korean, Japanese, Thai)
- Baked goods, processed foods, frozen pizza
- baking mixes
- bouillon cubes
- candy
- cereal
- chicken processed with chicken broth
- chicken broth
- deli meats
- energy bars
- imitation dairy (most vegan dairy products)
- baby formula
- margarine
- mayonnaise
- meat products with fillers like sausage or processed burgers
- nutrition bars and supplements
- peanut butter and substitutes
- protein powders
- sauces, gravies, soups
- smoothies
- vegetable broth
- vegetarian meat products
- waxes or oils on fruits

Source: The Paleo Approach Cookbook by Sarah Ballantyne, Ph.D

Before your week on the Repairvite Diet begins; you can make some things ahead of time to make your life easier and your diet more successful. Prepare coconut milk yogurt, and kale chips ahead of time. Chop and prep carrot sticks and celery sticks and things like that ahead of time so all you have to do is pull them out of the fridge. Prepping bone broth ahead of time is helpful but if you follow the meal plans you will have made a chicken the first day so you can use that to make broth too. If you are not interested in making sauerkraut you can purchase some. Bubbies is a good brand (they also make fantastic fermented pickles). You can also purchase plantain chips at Trader Joes.

WEEK ONE

DAY 1

Breakfast

Plantain Apple Fritters
Pork Sausage Patties
1/2 grapefruit

Snack

Celery Sticks

Lunch

Big Salad
w/ canned salmon
sauerkraut

Snack

Green Apple

Dinner

Roasted Chicken
Roasted Broccoli
Chocolate pudding

DAY 2

Breakfast

Pork sausage patties
Sweet Potato Hash
1/2 grapefruit

Snack

Carrot Sticks

Lunch

Big Salad
w/ leftover chicken

Snack

Kale Chips

Dinner

Flank Steak
Baked Beets
sauerkraut

DAY 3

Breakfast

Coconut Milk Yogurt
Plantain Apple Fritters
Sausage Patty

Snack

Cucumbers

Lunch

Big Salad
w/ flank steak water w/
lemon

Snack

Apple

Dinner

Hamburgers
Liver Gallbladder Salad
Parsnip Fries

DAY 4

Breakfast

Hamburger
Bacon
Sweet Potato Hash

Snack

Yogurt

Lunch

Big Salad
w/sardines water

Snack

Carrots Sticks

Dinner

Baked Chicken Thighs
Baked Squash
Roasted Sweet Potatoes

DAY 5

Breakfast

Coconut Milk Yogurt
Bacon
Sweet Potato Hash

Snack

Kale Chips

Lunch

Big Salad
w/ chicken and bacon

Snack

Celery Sticks

Dinner

Beef Steak
Stir Fry
Cauliflower Rice

DAY 6

Breakfast

Leftover Chicken
Parsnip Hash
Sauerkraut

Snack

Apple

Lunch

Leftover Stir Fry
Cauliflower Rice
Water/Herbal Tea

Snack

Cucumbers

Dinner

Broiled Salmon
Roasted Rennel and
Apples

DAY 7

Breakfast

Green Juice Salmon
Roasted Rennel and
Apples

Snack

Small Handful of
Olives

Lunch

Big Salad w/ salmon

Snack

Gut Healing Gummies

Dinner

Roasted Chicken
Baked Squash
Roasted Vegetables

WEEK TWO

DAY 8

Breakfast

Vegetable Soup
Sauerkraut
Green Juice

Snack

Protein Smoothie

Lunch

Big Salad w/ chicken
Liver Gallbladder Salad

Snack

Raw Veggies

Dinner

Ground Beef
Lettuce Boats
Roasted Carrots
Chocolate Pudding

DAY 9

Breakfast

Sweet Potato Hash
Canned Tuna
1/2 Grapefruit

Snack

Gut Healing Gummies

Lunch

Vegetable Soup
Sauerkraut
1/2 Avocado

Snack

Applesauce

Dinner

Pork Tenderloin grilled or
roasted
Roasted Veggies
Liver Gallbladder Salad

DAY 10

Breakfast

Veggie Hash w/ bacon
Coconut Milk Yogurt
Blueberries

Snack

Guacamole
w/plantain chips

Lunch

Leftover Lettuce Boats
Sauerkraut
Liver Gallbladder Salad

Snack

Sliced Raw Veggies

Dinner

Roasted Turkey Breast
Roasted Acorn Squash
Roasted Asparagus

DAY 12

Breakfast

Liver Gallbladder Salad
Bacon
1/2 Grapefruit
Sauerkraut

Snack

Apple

Lunch

Vegetable Soup w/
turkey

Snack

Protein Smoothie

Dinner

Steak Bites
Roasted Asparagus
Liver Gallbladder Salad

DAY 13

Breakfast

Protein Smoothie
Plantain Apple Fritters
Sausage Patties

Snack

Carrot Sticks
Sliced Cucumbers

Lunch

Big Salad w/ steak
Sauerkraut

Snack

Apple

Dinner

Roasted Pork Shoulder
Roasted Brussels Sprouts
Roasted Sweet Potatoes

DAY 14

Breakfast

Green Juice
Parsnip Hash
Bacon

Snack

Plantain chips and
Guacamole

Lunch

Big Salad
Leftover Pork Shoulder

Snack

Gut Healing Gummies

Dinner

Lamb Chops
Butternut Squash Soup
Roasted Asparagus

WEEK 3

DAY 15

Breakfast

Butternut Squash Soup
Bacon
Green Juice

Snack

Radishes and Celery

Lunch

Big Salad w/ tuna

Snack

Handful of Olives

Dinner

grilled or Fried Steak
Broccoli and Cauliflower Soup

DAY 16

Breakfast

Broccoli and
Cauliflower Soup
Protein Smoothie

Snack

Gut Healing Gummies

Lunch

Big Salad w/ steak
sauerkraut

Snack

Apple

Dinner

Pork Tenderloin
Garlic and Squash Soup
Sauerkraut

DAY 17

Breakfast

Pork Tenderloin
green Juice
1/2 Grapefruit

Snack

Kale Chips Olives

Lunch

Vegetable Soup
Small Salad
Gut Healing Gummies

Snack

1/2 Avocado w/ sea salt

Dinner

Baked Salmon
Carrot Soup
Chocolate Pudding

DAY 18

Breakfast

Carrot Soup
Breakfast Sausage
Patties
Sauerkraut

Snack

Coconut Milk w/
berries

Lunch

Garlic and Squash
Small Salad

Snack

Kale Chips

Dinner

Lamb Chops
Liver Gallbladder Salad
Roasted Vegetables

DAY 19

Breakfast

Veggie Hash w/
sausage
Liver Gallbladder
Salad

Snack

Carrot Sticks

Lunch

Big Salad w/
sardines

Snack

Apple

Dinner

Burgers
Bacon Parsnip Fries
Small Salad

DAY 20

Breakfast

Plantain Apple Fritters
Sausage Patties

Snack

1/2 Avocado w/ sea
salt

Lunch

Beef Soup
Small Salad

Snack

Raw Cut Up Veggies

Dinner

Roast Turkey Breast
Roasted Brussels Sprouts
Roasted Sweet Potatoes

DAY 21

Breakfast

Beef Soup
Coconut Milk Yogurt

Snack

Sliced Cucumbers
1/2 Avocado

Lunch

Big Salad w/ roast
turkey

Snack

Apple

Dinner

Steak Bites
Roasted Beets
Roasted Vegetables

WEEK FOUR

DAY 22

Breakfast

Sweet Potato Hash
Bacon
1/2 Grapefruit

Snack

Applesauce

Lunch

Butternut Squash
Soup
Small Salad

Snack

Olives

Dinner

Baked Chicken
Roasted Sweet Potatoes
Liver Gallbladder Salad

DAY 23

Breakfast

Protein Smoothie
Parsnip Hash
Bacon

Snack

Can Sardines

Lunch

Big Salad w/ chicken

Snack

Kale Chips

Dinner

Burgers
Celery Root Soup
Bacon

DAY 24

Breakfast

Coconut Milk Yogurt
Berries
Bacon

Snack

Celery and Guacamole

Lunch

Ground Lamb
Lettuce Boats

Snack

Fried Apples

Dinner

Stir Fry
Cauliflower Rice

DAY 25

Breakfast

Leftover Stir Fry
Green Juice

Snack

Kale Chips

Lunch

Savory Acorn
Squash

Snack

Gut Healing Gummies

Dinner

Baked Salmon
Roasted Squash
Chocolate Pudding

DAY 26

Breakfast

Protein Smoothie w/
coconut milk yogurt

Snack

1 Cup Celery
Root Soup

Lunch

Big Salad w/ salmon

Snack

Applesauce

Dinner

Pork Chops
Vegetable Soup
Chocolate Pudding

DAY 27

Breakfast

Plantain Apple Fritters
Sausage Patties

Snack

Apple

Lunch

Fish Soup
Small Salad

Snack

Sliced Veggies w/
guacamole

Dinner

Roasted Chicken
Roasted Vegetables
Chocolate Pudding

DAY 28

Breakfast

Fish Soup
Green Juice
Gut Healing Gummies

Snack

Olives

Lunch

Vegetable Soup w/
chicken

Snack

Sliced Veggies w/
guacamole

Dinner

Ground Beef Lettuce Boats
Roasted Sweet Potato
Sauerkraut

WEEK ONE

- 1 ripe plantain
 - 1-2 grapefruits
 - 1 bunch celery
 - 1 2 lb bag carrots
 - 4-6 bunches of greens
 - 1 head cabbage
 - 2 heads broccoli
 - 2 avocados, or more if desired
 - 1 or more bunches of radishes
 - 1-2 cucumbers
 - 2 bunches kale
 - 1 bag green apples
 - 4-5 beets
 - 1-2 bunches parsley
 - 2 med parsnips
 - 1 bunch dandelion greens
 - 1 bulb fennel
 - 1-2 squash of choice
 - 6-8 lemons
 - 1 ginger root
 - 1 turmeric root, optional
 - 1 pkg yellow or white onions
 - 1 orange or more if desired
 - 2 heads garlic
 - 1 head cauliflower

 - 1 jar sauerkraut such as Bubbies brand
 - honey (for yogurt making)
- 1 lb pork sausage
 - 1 pack chicken breast
 - 1-2 whole chickens
 - 1 Package wild caught salmon
 - 1-2 lbs flank steak
 - 1 lb bacon
 - 2 pkgs chicken thighs
 - 1-2 lbs steak of choice

 - herbal tea
 - celtic sea salt or redmond real salt
 - 1 can salmon, 1 can sardines
 - 1 16-32 oz jar coconut oil
 - container carob powder
 - 2 cans coconut milk
 - ground fennel, ground sage, garlic powder, onion powder, rosemary, thyme, oregano cinnamon
 - olive oil, highest quality
 - 1 jar olives
 - great lakes gelatin, green arid orange cans
 - vanilla extract or vanilla bean powder
 - apple cider vinegar
 - balsamic vinegar
 - gluten free dijon mustard
 - dairy free yogurt starter or probiotic capsules

WEEK TWO

- 2 large leeks
- 1 lb bag of carrots, if needed
- 1 large sweet potato
- 3-4 zucchini
- 1-2 cucumbers
- 1 bunch parsley
- 6-8 lemons or more if needed
- celery if needed
- 4-5 avocados
- 4-5 bunches of greens
- bunch of raw veggies, whatever you like
- romaine lettuce hearts or belgian endive
- 3-4 sweet potatoes or more
- 1 bag of apples
- 1 head cauliflower
- 1 bunch broccoli
- fresh blueberries
- 1-2 acorn squash
- 1 beat, 1 bunch dandelion greens
- 2-4 bunches asparagus
- 1 lb brussels sprouts
- 1 lg butternut squash
- 1 lb ground beef
- 1 lg or 2 med pork tenderloins
- 1-2 lbs bacon
- 1 whole turkey breast
- 1-2 pkgs pork chops
- 1-2 pkgs steak of choice
- 3-4lb pork shoulder
- 1-2 lbs lamb chops
- 1 whole chicken for broth
- aloe vera juice
- 1 can coconut milk
- plantain chips
- 1 can tuna
- frozen raspberries, blueberries or blackberries

WEEK THREE

- 1 bunch parsley, if you need it
- 1-2 lb bag of carrots if none leftover
- 1 bunch celery
- 1 bunch radishes or more if wanted
- greens, 3-4 bunches or more
- 2 bunches broccoli
- 2 heads cauliflower
- 6-8 lemons or more
- apples of choice
- 3-4 heads garlic
- 2 large sweet potatoes
- 3 yellow squash or zucchini
- 3-4 zucchini
- 2 bunches kale
- 1 grapefruit or more if desired
- 2-3 avocados or more if desired
- 1 pkg berries
- 3-4 sweet potatoes of choice
- 2 med parsnips
- 1 ripe plantain
- 1 bag onions
- 1-2 lbs brussels sprouts
- 1-2 cucumbers
- 1-2 beets
- 1 large butternut squash
- 2 lbs bacon or more if desired
- 1-2 lbs steak
- 1-2 pork tenderloins
- 1 lb pork sausage
- 1-2 lbs lamb chops
- 1 lb burger
- 2 lbs beef stew meat with bones
- turkey breast
- 1 can tuna
- 1 jar olives if needed
- 2 cans of coconut milk
- herbal tea if needed

WEEK FOUR

- 6-8 or more sweet potatoes
- 1-2 grapefruit or more if desired
- 1 orange
- apples
- 2 bunches of kale
- 2 parsnips
- celery root
- 3 heads of cauliflower
- 1 red onion
- 2 yellow onions
- 3 leeks
- veggies for stir fry, your choice
- 1 ginger root if needed
- 4 avocados
- 1 acorn squash
- 1 bunch parsley if needed
- 1 bunch celery if needed
- 1 lb bag of carrots or more if needed
- 1 or 2 heads of garlic
- 2 zucchini
- 2 bunches green onions
- 1-2 bunches of broccoli
- 2-3 lbs of bacon
- 2 whole chickens (1 for bone broth)
- 2 pkgs chicken pieces (thighs, legs, breasts, drummies)
- 1 lb burger
- 1-2 lbs salmon
- 1 lb ground lamb
- 1 lb ground pork
- 1 whole fish
- 1 lb ground meat of choice
- 1 can sardines
- 3 cans coconut milk
- dairy free yogurt starter or probiotic capsules if needed
- frozen berries if needed