

A rustic wooden background with various items: a bundle of cinnamon sticks tied with twine, two star anise pods, a bowl of dark beer with foam, a wooden box with a metal latch, and a metal spoon. The text is overlaid on a semi-transparent white rectangle.

Flexible Meal Plan

RIGID MEAL PLANS AREN'T FOR EVERYONE. IF YOU JUST NEED SOME INSPIRATION FOR COMPLETE MEALS THAT ARE GREAT FOR GUT AND BRAIN HEALTH HERE IT IS! ADD THREE TO FOUR FROM EACH CATEGORY TO THIS MONTHS ROTATION!

BREAKFAST

You Choose

PICK THREE TO FOUR OF THE FOLLOWING BREAKFAST OPTIONS FOR EACH WEEK.



OATMEAL WITH GOJI BERRY

INGREDIENTS: COOKED OATMEAL (1/2 CUP WHEN DRY) WITH COCONUT MILK (1 CUP) TOPPED WITH DRIED GOJI BERRIES (2 TBSP) AND WALNUTS (2 TBSP).

CALORIES = 400
CARBOHYDRATE = 43 G
FAT = 14 G
PROTEIN = 12 G



AVOCADO TOAST AND EGGS

INGREDIENTS: SPROUTED GRAIN TOAST (2 SLICES), AVOCADO (1/2 MEDIUM), HARD BOILED EGGS (TWO MEDIUM), SPROUTS, SALT, PEPPER.

CALORIES = 480
CARBOHYDRATES = 36 G
FAT = 21.5 G
PROTIEN = 17.5 G



YOGURT AND BERRIES

INGREDIENTS: FULL FAT GREEK OR ICELANDIC YOGURT (1 CUP), BLUEBERRIES (1/4 CUP), SLICED ALMONDS (1 TBSP), GROUND FLAX OR CHIA SEEDS (1 TBSP).

CALORIES = 345
CARBOHYDRATES = 26.5 G
FAT = 22 G
PROTIEN = 13.25 G



NUT BUTTER TOAST

INGREDIENTS: SPROUTED GRAIN TOAST (1 SLICE), NUT BUTTER (1 TBSP), SLICED APPLES (1 SMALL APPLE), CINNAMON.

CALORIES = 260
CARBOHYDRATES = 41
FAT = 10
PROTIEN = 9



OATMEAL BREAKFAST MUFFIN

INGREDIENTS: OLD FASHIONED ROLLED OATS, OVERRIPE BANANAS, EGGS, HONEY, MILK, REAL VANILLA, BAKING POWDER, BAKING SODA, SALT, CINNAMON. TOP WITH 1 TBSP ALMOND BUTTER.

1 MUFFIN WITH NUT BUTTER
CALORIES = 260
CARBOHYDRATES = 32 G
FAT = 12 G
PROTIEN = 10 G



SCRAMBLED EGGS WITH GREENS

INGREDIENTS: EGGS (TWO WHOLE), GOAT CHEESE (1 OZ), SPROUTS OR ARUGULA (1/2 CUP).

CALORIES = 260
CARBOHYDRATES = 2 G
FAT = 18 G
PROTIEN = 18 G



CHOCOLATE CHIA SEED PUDDING

INGREDIENTS: CACAO POWDER, VANILLA EXTRACT, MAPLE SYRUP, CHIA SEEDS, UNSWEETENED ALMOND OR LIGHT COCONUT MILK, CINNAMON, SEA SALT, BERRIES (1/4 CUP TO TOP).

CALORIES = 190
CARBOHYDRATES = 25 G
FAT = 8 G
PROTIEN = 5 G



BREAKFAST ENERGY BITES

INGREDIENTS: NUT BUTTER, OLD FASHIONED ROLLED OATS, PROTEIN POWDER, CHIA SEEDS, VANILLA EXTRACT, CASHEWS, SLIVERED ALMONDS, DARK CHOCOLATE CHIPS (OPTIONAL)

2 PROTEIN BALLS
CALORIES = 280
CARBOHYDRATES = 18 G
FAT = 18 G
PROTIEN = 12 G

LUNCH

You Choose

PICK THREE TO FOUR OF THE FOLLOWING LUNCH OPTIONS FOR EACH WEEK.



SMOKED SALMON SALAD

INGREDIENTS: BABY SPINACH (2 CUPS), RED ONION (1/4 CUP), CHERRY TOMATOES (1/4 CUP), SMOKED SALMON (3 OZ), OLIVE OIL (1 TBSP), LEMON OR LIME JUICE (1 TBSP), SEA SALT, PEPPER.

CALORIES = 280

CARBOHYDRATE = 8 G

FAT = 18 G

PROTEIN = 17 G



MICROWAVE QUESADILLA

INGREDIENTS: SPROUTED GRAIN TORTILLA, CHERRY TOMATOES, RED BELL PEPPER, CANNED CORN, SHREDDED MOZZARELLA AND CHEDDAR CHEESE, PESTO.

CALORIES = 530

CARBOHYDRATE = 31 G

FAT = 28 G

PROTEIN = 20.5 G



EGG SALAD OVER ARUGULA

INGREDIENTS: TWO HARD BOILED EGGS CHOPPED AND MIXED WITH AVOCADO MAYO (1 TBSP) AND DILL. SERVE OVER ARUGULA (1 CUP), CUCUMBERS (1/4 CUP), SHREDDED CARROTS (1/4 CUP).

CALORIES = 320

CARBOHYDRATE = 15 G

FAT = 22 G

PROTEIN = 12 G



QUINOA SALAD

INGREDIENTS: COOKED QUINOA, SLICED CUCUMBER, SHREDDED CARROTS, SHREDDED PURPLE CABBAGE, CHERRY TOMATOES, AVOCADO (1/4 CUP EACH), OLIVE OIL, LEMON JUICE (1 TBSP EACH), HEMP HEARTS (2 TBSP).

CALORIES = 355

CARBOHYDRATE = 26 G

FAT = 26 G

PROTEIN = 10 G



TUNA SALAD TOAST

INGREDIENTS: CANNED TUNA (5 OZ) MIXED WITH AVOCADO OIL MAYO (1 TBSP), SALT, AND PEPPER OVER SPROUTED GRAIN TOAST (1 SLICE). TOP WITH MIXED GREENS. SERVE WITH GRAPES OR APPLE.

CALORIES = 425

CARBOHYDRATE = 40 G

FAT = 16.5 G

PROTEIN = 35.5 G



NUT BUTTER RICE CAKES

INGREDIENTS: RICE CAKES (TWO), NUT BUTTER (2TBSP) SLICED APPLE (1 SMALL), HEMP HEARTS (2 TBSP).

CALORIES = 540

CARBOHYDRATE = 49 G

FAT = 29 G

PROTEIN = 15.5 G



HUMMUS PLATTER

INGREDIENTS: HUMMUS (1/4 CUP), SNAP PEAS (1/2 CUP), SLICED CUCUMBERS (1/4 CUP), CARROTS (1/4 CUP), MARINATED OLIVES (2 TBSP), MINI MOZZARELLA BALLS (1 OZ).

CALORIES = 270

CARBOHYDRATE = 22 G

FAT = 14 G

PROTEIN = 15 G



AVOCADO AND ROTISSERIE CHICKEN SALAD

INGREDIENTS: ARUGULA OR MIXED GREENS (2 CUPS), AVOCADO (1/2 AVOCADO), ROTISSERIE CHICKEN SLICES (4 OZ), CHERRY TOMATOES (1/4 CUP), BALSAMIC VINEGAR, OLIVE OIL (1 TBSP), SALT, PEPPER.

CALORIES = 580

CARBOHYDRATE = 13 G

FAT = 44 G

PROTEIN = 33 G

DINNER

You Choose

PICK THREE TO FOUR OF THE FOLLOWING DINNER OPTIONS FOR EACH WEEK.



CHICKEN STIR FRY

INGREDIENTS: BONELESS SKINLESS CHICKEN BREAST, OLIVE OIL, BROCCOLI, YELLOW BELL PEPPER, RED BELL PEPPER, BABY CARROTS MINCED GINGER, GARLIC, CORN STARCH, CHICKEN BROTH, SOY SAUCE, HONEY, SESAME OIL, RED PEPPER FLAKES, SALT, PEPPER.

CALORIES = 343

CARBOHYDRATE = 29 G

FAT = 13 G

PROTEIN = 26 G



20 MINUTE WHITE BEAN CHILI

INGREDIENTS: OLIVE OIL, YELLOW ONION, DRIED OREGANO, GARLIC CLOVES, CUMIN, VEGETABLE BROTH, CANNED NAVY BEANS, CANNED CANNELLINI BEANS, CANNED CHICKPEAS, CANNED DICED GREEN CHILES, GROUND CLOVES, GROUND CAYENNE RED PEPPER, LIME, SALT, PEPPER.

CALORIES = 158

CARBOHYDRATE = 17 G

FAT = 9 G

PROTEIN = 4 G



SLOW COOKER PORK

TENDERLOIN

INGREDIENTS: LEAN PORK TENDERLOIN, SOY SAUCE, CHICKEN BROTH, WHOLE GRAIN MUSTARD, OLIVE OIL, MAPLE SYRUP, SHALLOT, RED ONION, SALT, PEPPER. SERVE WITH STEAMED BROCCOLI AND CAULIFLOWER.

CALORIES = 260

CARBOHYDRATE = 19 G

FAT = 6 G

PROTEIN = 33 G



GARLIC BUTTER SALMON

INGREDIENTS: FINGERLING POTATOES, OLIVE OIL, SKINLESS SALMON FILLETS, MINCED GARLIC, PARSLEY, LEMON JUICE, GRASS FED BUTTER, ASPARAGUS, DRY WHITE WINE (OR CHICKEN BROTH), SALT, PEPPER.

CALORIES = 513

CARBOHYDRATE = 19 G

FAT = 38 G

PROTEIN = 37 G



FIVE SPICE CHICKEN SHEET

PAN DINNER

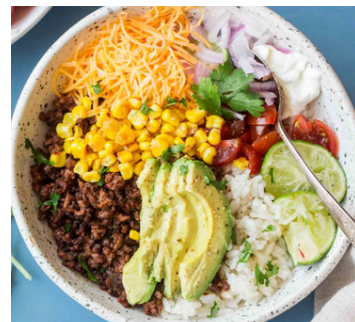
INGREDIENTS: CINNAMON, FENNEL, CLOVES, STAR ANISE, WHITE PEPPER, BONE IN SKIN ON CHICKEN THIGHS, CABBAGE, CARROTS, SOY SAUCE, HONEY, GARLIC, OLIVE OIL, RED PEPPER FLAKES, GREEN ONIONS.

CALORIES = 409

CARBOHYDRATE = 12 G

FAT = 30 G

PROTEIN = 24 G



TURKEY TACO BOWLS

INGREDIENTS: GRASS FED GROUND BEEF, TACO SEASONING, WHITE OR BROWN RICE, CILANTRO, CANNED CORN, AVOCADO, RED ONION, TOMATOES, SHREDDED CHEESE, SALT, PEPPER, SOUR CREAM AND HOT SAUCE (OPTIONAL).

CALORIES = 470

CARBOHYDRATE = 68 G

FAT = 4 G

PROTEIN = 42 G



SLOW COOKER POT ROAST

INGREDIENTS: PORK ROAST, CHICKEN BROTH, BALSAMIC VINEGAR, SOY SAUCE, HONEY, MINCED GARLIC, CORNSTARCH. SERVE WITH STEAMED BROCCOLI AND CARROTS.

CALORIES = 361

CARBOHYDRATE = 15 G

FAT = 9 G

PROTEIN = 51 G



LEMON BUTTER FISH

INGREDIENTS: FIRM WHITE FISH FILLETS (COD HALIBUT, MAHI), GRASS FED BUTTER, LEMON JUICE, GARLIC POWDER, ONION POWDER, PAPRIKA, OLIVE OIL, PARSLEY, SALT, PEPPER. SERVE WITH BAKED SWEET POTATO AND ARUGULA.

CALORIES = 416

CARBOHYDRATE = 37 G

FAT = 20 G

PROTEIN = 28 G