



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.



ALMOND FLOUR PANCAKES WITH PEACHES

INGREDIENTS: ALMOND FLOUR, TAPIOCA FLOUR, BAKING POWDER, SEA SALT, EGGS, PEACH PUREE, VANILLA EXTRACT, COCONUT OIL OR GHEE, PEACHES, BLUEBERRIES, MAPLE SYRUP (OPTIONAL).

CALORIES = 137
CARBOHYDRATE = 12
FAT = 8.5 G
PROTEIN = 4.2 G



EGG MUFFIN TINS

INGREDIENTS: EGGS, COCONUT OIL, KALE, BABY SPINACH, ONIONS, TOMATOES, RED BELL PEPPERS, GREEN PEPPERS, MUSHROOMS, GOAT CHEESE, BASIL, MOZZARELLA, SALT, PEPPER, SALSA.

TWO EGG MUFFINS
CALORIES = 120
CARBOHYDRATE = 4 G
FAT = 8 G
PROTEIN = 12 G



OATMEAL WITH PEACHES AND BLUEBERRIES

INGREDIENTS: NONDAIRY MILK (1 CUP), CHOPPED PEACHES (1 SMALL PEACH), BLUEBERRIES (1/4 CUP), ALMOND BUTTER (1 TBSP), OATMEAL (1/2 CUP DRY).

CALORIES = 388
CARBOHYDRATE = 50 G
FAT = 15 G
PROTEIN = 12 G



LEMON COOKIE BE WELL SMOOTHIE

INGREDIENTS: VANILLA PROTEIN POWDER, COCONUT OIL, CHIA, LEMON JUICE, NUT MILK, LEMON ZEST.

CALORIES = 440
CARBOHYDRATE = 17.5 G
FAT = 26.5 G
PROTEIN = 30 G



APPLE MUFFINS WITH ALMOND BUTTER

INGREDIENTS: EGGS, APPLE SAUCE, BUTTER OR COCONUT OIL, PURE MAPLE SYRUP, OAT FLOUR, COCONUT FLOUR, BAKING POWDER, CINNAMON, SEA SALT, RAISINS, APPLES, ALMOND BUTTER (1TBSP).

ONE MUFFIN WITH NUT BUTTER
CALORIES = 206
CARBOHYDRATE = 21 G
FAT = 13 G
PROTEIN = 5.5 G



ANTI-INFLAMMATORY CHERRY AND SPINACH SMOOTHIE

INGREDIENTS: PLAIN KEFIR, FROZEN CHERRIES, SPINACH LEAVES, AVOCADO, ALMOND BUTTER, GINGER, CHIA SEEDS.

CALORIES = 410
CARBOHYDRATE = 46.5 G
FAT = 20 G
PROTEIN = 17.5 G



FRIED EGG PLATE

INGREDIENTS: TWO EGGS, ARUGULA (1/2 CUP), TOMATOES (1/2 CUP), ALMONDS (2 TBSP), SALT, AND PEPPER.

CALORIES = 355
CARBOHYDRATE = 21 G
FAT = 24 G
PROTEIN = 19 G



YOGURT WITH FRUIT, ALMONDS, AND FLAXSEED

INGREDIENTS: FULL FAT GREEK OR ICELANDIC YOGURT (1 CUP), KIWI (1 SMALL), BLUEBERRIES (1/4 CUP), ALMONDS (2 TBSP), CINNAMON, FLAXSEED (1/2 TSP).

CALORIES = 375
CARBOHYDRATE = 29 G
FAT = 24 G
PROTEIN = 25 G

LUNCH

You Choose

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



CHICKEN SALAD OVER WATERCRESS & CUCUMBERS

INGREDIENTS: ORGANIC CANNED CHICKEN, AVOCADO MAYO, EGGS, CELERY, RELISH, WATERCRESS (2 CUPS), CUCUMBERS (1/4 CUP), SALT, PEPPER.

CALORIES = 245
CARBOHYDRATE = 13 G
FAT = 9 G
PROTEIN = 27 G



CACAO OVERNIGHT OATS (ADD HEMP SEEDS & BERRIES)

INGREDIENTS: GLUTEN FREE OATS, NON DAIRY MILK, CACAO POWDER, PURE MAPLE SYRUP, HEMP HEARTS, BERRIES.

CALORIES = 380
CARBOHYDRATE = 48 G
FAT = 15 G
PROTEIN = 12 G



WATERCRESS AND ARUGULA SMOKED SALMON SALAD

INGREDIENTS: WATERCRESS (1 CUP), ARUGULA (1 CUP), SMOKED SALMON (3 OZ), TOMATOES (1/4 CUP), AVOCADO (1/2 MEDIUM), DILL, SEA SALT, OLIVE OIL (1 TBSP).

CALORIES = 400
CARBOHYDRATE = 9 G
FAT = 32.5 G
PROTEIN = 22.5 G



TURKEY PATTY ON SALAD

INGREDIENTS: GROUND TURKEY COOKED AS A PATTY (4 OZ), AVOCADO (1/2 MEDIUM), TOMATOES (1/4 CUP), RED ONION 1/4 CUP), ARUGULA (1 CUP), OLIVE OIL (1 TBSP), SALT, PEPPER.

CALORIES = 500
CARBOHYDRATE = 15 G
FAT = 38 G
PROTEIN = 28 G



ORANGE AND BEET SALAD

INGREDIENTS: ARUGULA (2 CUPS), ORANGE SLICES (1/2 ORANGE), PINE NUTS (OR PISTACHIOS, 2 TBSP), HEMP SEEDS (1 TBSP), COOKED BEETS (1/4 CUP), GOAT CHEESE (1 OZ), OLIVE OIL (1 TBSP).

CALORIES = 500
CARBOHYDRATE = 23 G
FAT = 41 G
PROTEIN = 18 G



EGG SALAD SANDWICH WITH CANTALOUPE AND CUCUMBERS.

INGREDIENTS: HARD BOILED EGGS (TWO), AVOCADO OIL MAYO (1 TBSP), DILL, SPROUTED GRAIN TOAST (1 SLICE), CUCUMBERS (1/2 CUP), CANTALOUPE (1/2 CUP).

CALORIES = 370
CARBOHYDRATE = 24 G
FAT = 23 G
PROTEIN = 17 G



QUINOA BOWL

INGREDIENTS: QUINOA (1/2 CUP COOKED), BROCCOLI (1/2 CUP), SHREDDED CARROTS (1/4 CUP), SPROUTS, AVOCADO (1/2 MEDIUM), POMEGRANATE (2 TBSP), LEMON JUICE, OLIVE OIL (1 TBSP), SALT, CHICKEN (4 OZ).

CALORIES = 670
CARBOHYDRATE = 60 G
FAT = 36.5 G
PROTEIN = 23.5 G



TUNA SALAD & CUCUMBERS

INGREDIENTS: CANNED TUNA (5OZ), AVOCADO OIL MAYO (1 TBSP), LEAFY GREENS OR PARSLEY, RED BELL PEPPER (1/4 CUP), SALT, PEPPER, CUCUMBERS (FOR DIPPING). OPTION TO ADD GLUTEN FREE CRACKERS.

CALORIES = 252
CARBOHYDRATE = 15 G
FAT = 12 G
PROTEIN = 21 G

DINNER

You Choose

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



CHICKEN STIR FRY

INGREDIENTS: CHICKEN THIGHS, ZUCCHINI, AVOCADO OIL, GRASS FED BUTTER, BROCCOLI, CARROTS, MUSHROOMS, RED BELL PEPPER, MINCED GARLIC, GINGER, ONION, CASHEWS, PRE-MADE STIR FRY SAUCE (OR CHICKEN BROTH, SOY SAUCE, HONEY, CORNSTARCH).

CALORIES = 523

CARBOHYDRATE = 25 G

FAT = 36 G

PROTEIN = 26 G



SEARED SALMON OVER 50/50 NOODLES (RECIPE MAKE 4 SERVINGS)

INGREDIENTS: PESTO, OLIVE OIL, GHEE OR GRASS FED BUTTER, CHERRY TOMATOES, GARLIC, THYME, SPAGHETTI, ZUCCHINI NOODLES, WILD CAUGHT SALMON, SALT, PEPPER, PARMESAN (OPTIONAL).

CALORIES = 370

CARBOHYDRATE = 19 G

FAT = 28 G

PROTEIN = 11 G



CROCKPOT CHICKEN FAJITAS

INGREDIENTS: CHICKEN BREAST, CANNED DICED TOMATOES, CANNED DICED GREEN CHILIS, BELL PEPPERS, YELLOW ONION, CHILI POWDER, CUMIN, SALT, GARLIC POWDER, OREGANO, PAPRIKA, GROUND CORIANDER, PEPPER, TORTILLAS, GUACAMOLE, SALSA.

CALORIES = 206

CARBOHYDRATE = 21 G

FAT = 13 G

PROTEIN = 5.5 G



GROUND BEEF TACOS

INGREDIENTS: CHILI POWDER, CUMIN, SALT, OREGANO, PAPRIKA, CAYENNE, OLIVE OIL, ONION, MINCED GARLIC, GROUND BEEF, TOMATO SAUCE, JALAPENO, TORTILLAS, ROMAINE LETTUCE, TOMATOES, CHEESE.

CALORIES = 387

CARBOHYDRATE = 37 G

FAT = 8 G

PROTEIN = 38 G



BEEF STIR FRY (SERVE OVER 1/2 CUP QUINOA)

INGREDIENTS: STEAK, OLIVE OIL, MINCED GARLIC, CARROTS, ASPARAGUS, RED AND YELLOW BELL PEPPER, SNAP PEAS, SESAME SEEDS, SEA SALT, PEPPER, COCONUT AMINOS, RICE VINEGAR, ORANGE, HONEY, CORNSTARCH, SESAME OIL.

CALORIES = 473

CARBOHYDRATE = 49 G

FAT = 17.5 G

PROTEIN = 32 G



QUINOA BOWL WITH SWEET POTATOES

INGREDIENTS: COOKED QUINOA (1/2 CUP), CANNED BLACK BEANS (1/4 CUP), ROASTED SWEET POTATOES (1/2 CUP) WITH OLIVE OIL (1 TBSP) AND SALT, AVOCADO (1/2 MEDIUM), SEASONING OF CHOICE.

CALORIES = 505

CARBOHYDRATE = 45.5 G

FAT = 30.5 G

PROTEIN = 16 G



MEDITERRANEAN SLOW COOKER CHICKPEA STEW

INGREDIENTS: DRIED OR CANNED CHICKPEAS, YELLOW ONION, CANNED DICED TOMATOES, TOMATO PASTE, GARLIC, BAY LEAF, CUMIN, PAPRIKA, CAYENNE, PEPPER, CHICKEN THIGHS, ARTICHOKE HEARTS, OLIVES, PARSLEY.

CALORIES = 206

CARBOHYDRATE = 21 G

FAT = 13 G

PROTEIN = 5.5 G



SHRIMP AND ASPARAGUS (SERVE WITH A BAKED SWEET POTATO)

INGREDIENTS: ASPARAGUS, OLIVE OIL, MINCED GARLIC, SALT, PEPPER, SHRIMP, PAPRIKA, RED PEPPER FLAKES (OPTIONAL), PARSLEY, LEMON, GHEE OR GRASS FED BUTTER, SWEET POTATOES.

CALORIES = 447

CARBOHYDRATE = 43 G

FAT = 15.3 G

PROTEIN = 33.6 G