



Clean Eating

GUT HAPPY

HOW TO CREATE
A HEALTHY GUT

EBOOK
SPECIAL

Kimchi

good health starts in the gut

PROBIOTIC FREE • WHOLE-BODY BENEFITS • NON-GMO

Winner
of
NEXTY
EDITORS' CHOICE

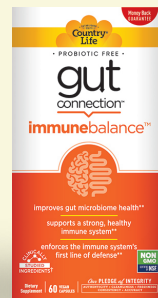


It takes more than Probiotics to maintain a balanced gut microbiome.*

Enter Gut Connection™ - scientifically formulated supplements that connect the gut to individual health issues that matter.



This whole food fermentate is balanced with **clinically researched ingredients** for your overall health.



Learn more at www.countrylifevitamins.com/gut-connection



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Clean Eating

GUT HEALTH GUIDE

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Herbed Chicken
Meatball Marinara
with Zoodles & Pesto

↪ (pg 10)

Good Health Starts *in the Gut*

For decades, we thought that the digestive system was just a long tube through which food was consumed, digested, absorbed, and excreted.

More recently, the gut is being rediscovered through a new lens. Researchers have uncovered a new world in which the gut is more like a communications hub, “talking” to all of the other systems in the body and having a direct impact on the health of all of them.

The gut microbiome refers to the microorganisms (bacteria, fungi, viruses) that live in your intestines. A person can have hundreds or even thousands of different species of bacteria living inside their digestive tract, some of which are harmful while many others are helpful. The goal is to have a microbiome with a rich diversity of the good guys (a.k.a., probiotics) and very few bad ones.

According to researchers, having a good gut microbiome can help enhance your immune system, better manage your stress and mood, improve your digestion, support brain function, and synthesize neurotransmitters and vitamins.



PHOTO BY VINCENZO PISTRITTO



How to Improve Your Gut

Improving gut health involves supporting the health of the lining of the digestive tract AND nourishing the good gut bugs that live within.

Gut Structure

Your gastrointestinal tract consists of a large surface area in which nutrients, water, and electrolytes are absorbed. Nourishing it with omega-3 fatty acids, vitamin D, collagen, zinc, and l-glutamine will help it function properly. As you will read below, the good bacteria that live in your intestines produce short-chain fatty acids (SCFAs) which help nourish the cells of the colon/large intestines.

Bacteria – The Good, the Bad, and the Balance

There are hundreds of strains of bacteria that live inside your digestive tract. Our goal is to have the probiotics (good bacteria) outnumber the bad bacteria as well as have a robust diversity of probiotics. Many foods are excellent sources of probiotics, including kefir, kimchi, sauerkraut, miso, and pickles.

PHOTO BY VINCENZO PISTRITTO

Prebiotics

The good gut bugs need a healthy diet in order to thrive. They need to be fed prebiotics, a type of fiber found in plants. When the probiotics digest and ferment the fiber, they create SCFAs which promote mucus production and help support the gut lining. Some of the best sources of prebiotics include asparagus, artichokes, onions, garlic, and green (under-ripe) bananas. Country Life's new Gut Connection Digestive Balance contains a specialized blend of prebiotics that will help nourish the probiotics in your digestive tract.

While the good bugs love fiber, the bad bugs thrive on the sugar, refined carbohydrates, and bad fats found in the Standard American Diet.

Limiting sugar and replacing refined carbohydrates with high-fiber fruits, vegetables, nuts, seeds, and whole grains will help shift the bacterial balance to a larger ratio of beneficial bacteria.

Collagen

Collagen is an important protein that is found in almost every tissue in the body, including the lining of your digestive tract. By increasing collagen intake from bone broth or collagen peptides, you could help support the lining of the digestive tract and promote gut health. Bone broth is made by simmering bones, skin, and connective tissue from animals for a long time (24-48 hours) to extract the nutrients and gelatin. Powdered gelatin is another option to increase collagen intake. The most popular food to increase collagen intake is collagen peptides, a form of collagen that has been broken down so the amino acids can be more easily digested and absorbed. It can be added to coffee, tea, smoothies, and even cooked into soups, stews and baked goods.

Fermented Foods

Popular fermented foods include kimchi, sauerkraut, pickles, tempeh, miso, and yogurt. Fermentation is a

method of preserving food, during which probiotics are produced. Eating fermented foods have been associated with a range of health benefits, from better digestion to improved immune function.

FODMAPs

FODMAPs stands for Fermented Oligo-, Di-, Mono-saccharides and Polyols. They are types of carbohydrates found in many plants and dairy products and can be difficult to digest, especially if your microbiome is out of balance. Studies have shown that consumption of FODMAPs is linked to gas, bloating, abdominal pain, diarrhea, and constipation.

Common FODMAPs include:

Fructose: sugar found in fruits, vegetables and sugar

Lactose: sugar in dairy products

Fructans: wheat, spelt, rye, barley

Galactans: legumes

Polyols: sugar alcohols, like xylitol, mannitol, and sorbitol

References: Omega 3 Visit URL: ncbi.nlm.nih.gov/pmc/articles/PMC2174995/, Vitamin D Visit URL: ncbi.nlm.nih.gov/pmc/articles/PMC3738984/, Collagen Visit URL: medlineplus.gov/ency/article/002467.htm, Zinc Visit URL: ods.od.nih.gov/factsheets/Zinc-HealthProfessional/, Glutamine Visit URL: ncbi.nlm.nih.gov/pubmed/28498331, Probiotics Visit URL: ncbi.nlm.nih.gov/pmc/articles/PMC6041804/, onlinelibrary.wiley.com/doi/abs/10.1177/0148607111413772, ncbi.nlm.nih.gov/pmc/articles/PMC3957428/, ncbi.nlm.nih.gov/pubmed/25231862, ncbi.nlm.nih.gov/pmc/articles/PMC3687783/#R33, ncbi.nlm.nih.gov/pmc/articles/PMC5872783/, Fermented Foods Visit URL: journals.plos.org/plosgenetics/article?id=10.1371/journal.pgen.1008145

TIPS AND TRICKS

to a Healthier Gut Through Lifestyle Changes

1 | Meal Timing

Most people do best when they eat three meals a day. This allows the digestive system enough time to digest and absorb the nutrients from your food as well as move undigested food, particles, and bacteria through your GI tract. Plus, the fewer times you eat per day, the more it allows the many organs involved in digestion to rest.

2 | Pace of Eating/ Mindful Eating

Eating slowly will help your digestion and will train you to eat mindfully. Take the time to stop, relax, eat without any distractions. Turn off the TV and computer and avoid reading, texting, or using your cell phone. Enjoy calming music or good company. Practice taking a few deep breaths before you start eating. Eat slowly and chew your food with every mouthful (between 15 to 20 times before you swallow).

3 | Fluid Intake

Getting enough water every day is important for your health. Water helps your body by keeping your temperature normal, lubricating and cushioning joints, and removing waste through urination, perspiration, and bowel movements. Start your morning with a large glass of warm water with fresh lemon juice to help promote digestion and elimination.

4 | Breath Work and Meditation

Stress may lead to changes in the gut microbiota by changing the normal bacteria in the gut. Finding ways to de-stress such as breath work, yoga, meditation, or spending time in nature on a daily or weekly basis can make a difference to digestion and help promote gut balance. The l-tyrosine, Ashwagandha, and l-theanine in Country Life's Gut Connection Stress Balance can help your body better deal with stress.



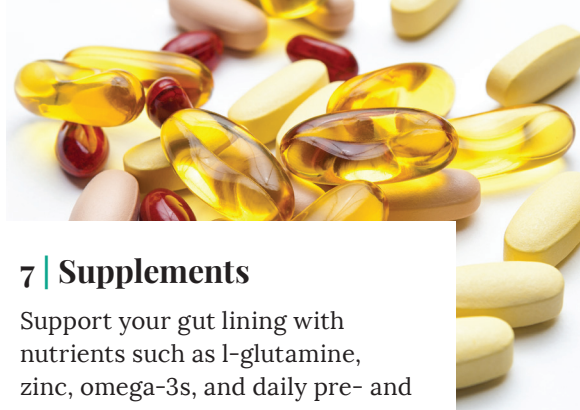
PHOTO BY LUCKY BUSINESS/SHUTTERSTOCK.COM

5 | Sleep

Lack of sleep or disruption of the circadian rhythm may cause gut microbiome imbalances as well as disruption in the two key hormones that regulate hunger and fullness. To support gut health, get 7-8 hours of quality sleep a night. Create a regular sleep schedule of avoiding blue light exposure at night. Nutrients like 5-HTP and melatonin can help your body settle down at night when it's time to sleep.

6 | Movement

Exercise and gravity help food travel throughout your digestive system. Walking after meals not only helps food travel more quickly through the GI tract, it also helps to decrease increased blood sugar levels.



7 | Supplements

Support your gut lining with nutrients such as l-glutamine, zinc, omega-3s, and daily pre- and probiotics. In addition, consider supplementing your diet with broad-spectrum digestive enzymes. It is always best to work with a medical professional before taking supplements.

8 | Food Sensitivities & Intolerances

If you think you have food sensitivities, you might want to try an elimination diet. Removing foods that may give you GI discomfort, such as gluten, dairy, yeast, corn, soy, and eggs for a week or two will allow you to see if your gut feels any different.

EXERCISES THAT HELP SUPPORT YOUR GI TRACT FUNCTION

Walking: The easiest thing you can do to promote the health of your digestive system. Taking a 10-15-minute walk after meals helps to speed the rate at which food moves through the digestive tract as well as improve post-meal blood sugar levels.

Targeted yoga poses:

Ardha Pawamuktasana (Half Gas Release Pose) - This pose compresses the ascending colon on the right side and descending colon on the left, stimulating the nerves to aid elimination.

Savasana (Corpse Pose) - This poses help calm the nervous system, allowing blood to come to the digestive tract to help better digest food.



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Nourish Your Gut

7-DAY MEAL PLAN

This meal plan ditches gluten and refined sugars and embraces fermented foods, prebiotics and collagen - just what the dietitian ordered for a full week of gut-healthy eating.

BY ERIN MACDONALD, RDN, AND TIFFANI BACHUS, RDN,
PHOTOGRAPHY BY BEATA LUBAS

Herbed Chicken
Meatball Marinara
with Zoodles & Pesto

LEAD PHOTO BY RONALD TSANG, FOOD STYLING BY NANCY MIDWICKI, PROP STYLING BY THE PROPS

Herbed Chicken Meatball Marinara with Zoodles & Pesto

SERVES 4. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 55 MINUTES.

MEATBALLS

- 4 oz** cremini mushrooms, halved
- ¼ cup** roughly chopped sweet onion (such as Vidalia)
- 2 cloves** garlic, roughly chopped
- 1½ tsp** avocado oil
- 1 lb** ground chicken
- 1 large** egg
- 2 tbsp** unsalted Italian seasoning
- 1 tbsp** ground flaxseed
- 1 tbsp** nutritional yeast
- ½ tsp** each sea salt and ground black pepper
- 3 cups** marinara sauce

PESTO

- 1 cup** fresh basil
- ¼ cup** raw unsalted walnuts
- 1 tbsp** nutritional yeast
- 1 tbsp** lemon zest + 1 tbsp fresh lemon juice
- 1 clove** garlic

¼ tsp ground black pepper

1 tbsp avocado oil

ZOODLES

- 2 tbsp** avocado oil
- 4** zucchini, spiralized
- sea salt and ground black pepper, to taste

1. Prepare meatballs: Heat oven to 350°F. To a food processor, add mushrooms, onions and garlic and pulse until minced. In a small nonstick skillet on medium-high, heat oil. Add mushroom mixture and sauté for 4 minutes. Transfer to a large mixing bowl and set aside to cool for 10 minutes. Wipe out processor.

2. Line a large rimmed baking sheet with parchment. To bowl with mushroom mixture, add chicken, egg, Italian seasoning, flaxseed, nutritional yeast, salt and pepper. Use your hands to thoroughly combine. Scoop out

meatballs (about 2 tbsp per meatball) onto prepared sheet. Cover with marinara sauce. Bake for 20 minutes, until cooked through.

3. Meanwhile, prepare pesto: Place all pesto ingredients, except oil, into food processor. Pulse to finely chop. With motor running, add oil and process 30 seconds more.

4. Prepare zoodles: In a large nonstick skillet on medium-high, heat half of oil. Add half of zucchini and season with salt and pepper; sauté 3 to 4 minutes. Transfer to a bowl and repeat with remaining oil and zucchini. Toss pesto with zoodles then top with meatballs.

NOTE: If following our meal plan, save meatballs, zoodles and pesto separately; combine before serving (heat, if desired).

PER SERVING (4 meatballs, ¼ of zucchini, 1 tbsp pesto): Calories: 470, Fat: 30 g, Sat. Fat: 5 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 8 g, Carbs: 24 g, Fiber: 6.5 g, Sugar: 13 g, Protein: 30 g, Sodium: 406 mg, Cholesterol: 144 mg

CHOCOLATE CHIA PUDDING

SERVES 2.

- 1 cup** plain whole-milk kefir
- ¼ cup** ground chia seeds
- ¼ cup** raw cacao powder
- 2 tbsp** (2 scoops) collagen powder
- 1 tbsp** raw honey
- 1 tsp** pure vanilla extract
- 1 tsp** ground cinnamon
- Pinch** sea salt
- 2 tsp** cacao nibs, for garnish
- sliced banana, optional

To a blender, add kefir, chia, cacao powder, collagen, honey, vanilla, cinnamon and salt; blend until smooth. Transfer to 2 small Mason jars and place in the refrigerator for at least 4 hours to thicken. Garnish with cacao nibs before serving. (**TIP:** For an extra-pretty presentation, line the jar with banana slices before adding the pudding.)



MONDAY	TUESDAY	WEDNESDAY	
<p>BREAKFAST: <i>Pancakes with Almond Butter & Jam:</i> 4 Green Banana Pancakes (p. 13; save leftovers) made into 2 sandwiches using 1½ tsp almond butter and 1 tsp jam</p> <p>SNACK: 1 cup brewed green tea</p> <p>¼ cup almonds; ½ cup cherries</p> <p>LUNCH: <i>Mediterranean Salad:</i> Marinate ½ cup chopped cucumber and ¼ cup chopped carrot with ¼ cup rice vinegar for 30 minutes. Combine with ⅓ cup chickpeas and ½ Roma tomato, chopped, ¼ cup chopped roasted red pepper and 2 tbsp chopped onion. Whisk together 1 tbsp each lemon juice and EVOO, 1 tbsp each chopped parsley and cilantro, ⅛ tsp pepper and pinch salt; toss with salad.</p> <p>SNACK: <i>Kefir Berry Smoothie:</i> Blend 1 cup frozen mixed berries, ½ cup each kefir and almond milk, 1 scoop (1 tbsp) collagen and 1 tbsp chia seeds until smooth</p> <p>DINNER: <i>Flank Steak Tacos:</i> Marinate 8 oz flank steak with 2 tbsp each lemon juice and EVOO, ½ tsp each cumin and chile powder, 2 cloves garlic, minced, and ¼ tsp each smoked paprika, salt and pepper in fridge for 1 hour. Broil on high for 8 to 12 minutes, turning once. Let rest 15 minutes; slice against grain. Steam 1 each carrot and red bell pepper, thinly sliced. Eat ½ of steak and veggies (save leftovers) in 2 lettuce leaves with 2 tbsp salsa and 2 tbsp guacamole.</p>	<p>BREAKFAST: Scramble 2 eggs in 1½ tsp avocado oil with pinch each salt and pepper. Serve with 4 oz roasted sweet potato and ½ avocado, sliced.</p> <p>SNACK: <i>Pancakes with Almond Butter & Jam:</i> 4 Green Banana Pancakes (leftovers, p. 13) made into 2 sandwiches using 1½ tsp almond butter and 1 tsp jam</p> <p>LUNCH: Flank Steak Tacos with steamed veggies (leftovers) in 2 butter lettuce leaves with 2 tbsp salsa and 2 tbsp guacamole</p> <p>SNACK: <i>Tropical Green Smoothie:</i> Blend 1 cup each coconut milk and baby spinach, ¼ cup each frozen mango and chopped pineapple, 2 tbsp green banana flour, 1 scoop (1 tbsp) collagen, 1 tbsp each lime juice and shredded coconut until smooth</p> <p>DINNER: 1 serving Miso-Glazed Cod with Spicy Orange Baby Bok Choy (p. 12, save leftovers)</p>	<p>BREAKFAST: 2 Blueberry Almond Breakfast Cookies (p. 14, save leftovers)</p> <p>SNACK: 1 cup brewed green tea</p> <p>½ cup chopped pineapple sautéed in 1½ tsp coconut oil; top with 1 tbsp shredded coconut</p> <p>LUNCH: 1 serving Miso-Glazed Cod with Spicy Orange Baby Bok Choy (leftovers, p. 12)</p> <p>SNACK: ½ cup sliced jicama; 1 carrot; 1 stalk celery; 2 tbsp guacamole</p> <p>DINNER: 1 serving Herbed Chicken Meatball Marinara with Zoodles & Pesto (p.10; save leftovers)</p>	
<p>NUTRIENTS: Calories: 1,291, Fat: 73 g, Sat. Fat: 18 g, Carbs: 112 g, Fiber: 29 g, Sugar: 48 g, Protein: 58 g, Sodium: 1,037 mg, Cholesterol: 175 mg</p>	<p>NUTRIENTS: Calories: 1,453, Fat: 77 g, Sat. Fat: 26 g, Carbs: 128 g, Fiber: 21 g, Sugar: 56 g, Protein: 76 g, Sodium: 1,942 mg, Cholesterol: 637 mg</p>	<p>NUTRIENTS: Calories: 1,138, Fat: 66 g, Sat. Fat: 17 g, Carbs: 92 g, Fiber: 21 g, Sugar: 46 g, Protein: 61 g, Sodium: 2,248 mg, Cholesterol: 241 mg</p>	
THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: <i>Green & Lean Smoothie:</i> Blend 1 cup each almond milk and baby kale, 1 peeled kiwi, 1 scoop (1 tbsp) collagen powder, ½ frozen banana and ice until smooth</p> <p>SNACK: <i>Pancakes with Almond Butter & Jam:</i> 4 Green Banana Pancakes (leftovers, p. 13) made into 2 sandwiches using 1½ tsp almond butter and 1 tsp jam</p> <p>LUNCH: 1 serving Herbed Chicken Meatball Marinara with Zoodles & Pesto (leftovers, p. 10)</p> <p>SNACK: 1 serving Chocolate Chia Pudding (p. 10; save leftovers)</p> <p>DINNER: <i>Roasted Salmon & Kale Chips:</i> Season 2 4-oz salmon fillets with pinch each salt and pepper. Roast at 350°F for 8 to 10 minutes. Remove thick stems from 1 bunch kale and tear into pieces. Rub with 1 tbsp avocado oil and place on another baking sheet. Sprinkle with 1 tbsp nutritional yeast; bake 10 minutes. (Eat ½; save leftovers.)</p> <p><i>Pickled Cucumbers:</i> Thinly slice 2 Persian cucumbers and place in a bowl; cover with ½ cup rice vinegar and let sit for 30 minutes; drain. Serve over salmon. (Eat ½; save leftovers.)</p>	<p>BREAKFAST: <i>Pancakes with Almond Butter & Jam:</i> 4 Green Banana Pancakes (leftovers, p. 13) made into 2 sandwiches using 1½ tsp almond butter and 1 tsp jam</p> <p>SNACK: 1 cup brewed green tea</p> <p>¼ cup almonds; ½ cup cherries</p> <p>LUNCH: Roasted Salmon & Kale Chips with Pickled Cucumbers (leftovers)</p> <p>SNACK: <i>Tropical Smoothie:</i> Blend 1 cup each coconut milk and baby spinach, ¼ cup each frozen mango and chopped pineapple, 2 tbsp green banana flour, 1 scoop (1 tbsp) collagen, and 1 tbsp each lime juice and shredded coconut until smooth</p> <p>DINNER: 1 serving Moroccan Lentils & Quinoa (p. 13; save leftovers)</p>	<p>BREAKFAST: Scramble 2 eggs in 1½ tsp avocado oil with pinch each salt and pepper. Serve with 4 oz roasted sweet potato and ½ avocado, sliced.</p> <p>SNACK: 2 Blueberry Almond Breakfast Cookies (leftovers, p. 15)</p> <p>LUNCH: <i>Mediterranean Salad:</i> Marinate ½ cup chopped cucumber and ¼ cup chopped carrot with ¼ cup rice vinegar for 30 minutes. Combine with ½ cup chickpeas and ½ Roma tomato, chopped, ¼ cup chopped roasted red pepper and 2 tbsp chopped onion. Whisk together 1 tbsp each lemon juice and EVOO, 1 tbsp each chopped parsley and cilantro, ⅛ tsp pepper and pinch salt; toss with salad.</p> <p>SNACK: ½ cup sliced jicama; 1 carrot; 1 stalk celery; 2 tbsp guacamole</p> <p>DINNER: 1 serving Herbed Chicken Meatball Marinara with Zoodles & Pesto (leftovers, p. 10)</p>	<p>BREAKFAST: 2 Blueberry Almond Breakfast Cookies (leftovers, p. 14)</p> <p>SNACK: 1 cup brewed green tea</p> <p>½ cup chopped pineapple sautéed in 1½ tsp coconut oil; top with 1 tbsp shredded coconut</p> <p>LUNCH: 1 serving Herbed Chicken Meatball Marinara with Zoodles & Pesto (leftovers, p. 10)</p> <p>SNACK: 1 serving Chocolate Chia Pudding (leftovers, p. 10)</p> <p>DINNER: 1 serving Moroccan Lentils & Quinoa (leftovers, p. 13)</p>
<p>NUTRIENTS: Calories: 1,394, Fat: 71 g, Sat. Fat: 16 g, Carbs: 113 g, Fiber: 20 g, Sugar: 51 g, Protein: 87 g, Sodium: 1,368 mg, Cholesterol: 307 mg</p>	<p>NUTRIENTS: Calories: 1,140, Fat: 55 g, Sat. Fat: 17 g, Carbs: 116 g, Fiber: 23 g, Sugar: 36 g, Protein: 57 g, Sodium: 815 mg, Cholesterol: 170 mg</p>	<p>NUTRIENTS: Calories: 1,507, Fat: 95 g, Sat. Fat: 15 g, Carbs: 120 g, Fiber: 34 g, Sugar: 37 g, Protein: 60 g, Sodium: 1,610 mg, Cholesterol: 631 mg</p>	<p>NUTRIENTS: Calories: 1,290, Fat: 68 g, Sat. Fat: 18 g, Carbs: 116 g, Fiber: 26 g, Sugar: 50 g, Protein: 62 g, Sodium: 1,548 mg, Cholesterol: 209 mg</p>

EVOO= EXTRA-VIRGIN OLIVE OIL

Miso-Glazed Cod

with Spicy Orange
Baby Bok Choy

SERVES 2.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **1 HOUR.**

- 3 tbsp** coconut aminos, divided
- 1 tbsp** white miso paste
- 1 tbsp** rice vinegar
- 1 tsp** raw honey
- 1 tsp** toasted sesame oil, divided
- 8 oz** boneless, skinless cod, cut into 2 portions
- 3** baby bok choy, halved
- 2 tsp** orange zest + 2 tbsp fresh orange juice
- 1 tsp** arrowroot flour
- ½ tsp** red pepper flakes, or to taste
- 2 tsp** black sesame seeds, for garnish

1. In a medium bowl, whisk 2 tbsp coconut aminos, miso, vinegar, honey and ½ tsp oil until smooth. Add fish to bowl and spoon marinade on top to coat both sides. Cover and refrigerate for 30 minutes.

2. Heat oven to broil on high. Place a rack over a sheet pan and place fish on rack. Broil for 4 minutes. Turn oven to 350°F and bake for an additional 8 minutes, until fish flakes easily with a fork.

3. Meanwhile, in a large nonstick skillet on medium-high, heat remaining ½ tsp oil. Add bok choy, cover and cook 3 to 4 minutes.

4. Whisk together orange zest and juice, remaining 1 tbsp coconut aminos, arrowroot and pepper flakes. Add to skillet with

bok choy and stir to coat; cook for 30 seconds, until sauce thickens. Sprinkle bok choy with seeds. Serve with fish.

PER SERVING (1 piece cod and ½ of bok choy): Calories: 206, Fat: 5 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 2 g, Sat. Fat: 1 g, Carbs: 19 g, Fiber: 3 g, Sugar: 13 g, Protein: 21 g, Sodium: 794 mg, Cholesterol: 43 mg





In the meal plan, we use these pancakes in mini almond butter and jam sandwiches. Add a couple of banana slices if you like an extra bit of sweetness.

GREEN BANANA PANCAKES

SERVES 4.

- 1 cup** green banana flour
- ½ cup** plain unsweetened almond milk
- 2 large** eggs
- 1** banana
- 1 tbsp** ground flaxseed
- 1 tsp** raw apple cider vinegar
- 1 tsp** pure vanilla extract
- ½ tsp** ground cinnamon
- Pinch** sea salt
- 2 tbsp** coconut oil

To a blender, add all ingredients except oil; blend until smooth. In a large nonstick skillet on medium-high, heat 1½ tsp oil. Add batter, 4 pancakes at a time, using 2 tbsp batter per pancake; cook for 6 minutes, flipping halfway. Transfer to a plate. Repeat with remaining oil and batter, making 16 pancakes total. (Divide pancakes into 4 servings of 4 pancakes each.)



MOROCCAN LENTILS & QUINOA

SERVES 2.

- 1 cup** low-sodium chicken broth
- ½ cup** chopped sweet onion (such as Vidalia)
- ½ cup** roasted red pepper, diced
- ¼ cup** quinoa, rinsed
- ¼ cup** red lentils, rinsed
- 2 tsp** lemon zest
- 1 clove** garlic, minced
- ½ tsp** each smoked paprika and ground cumin
- ¼ tsp** sea salt
- ½ cup** chopped fresh cilantro

To a medium saucepan on medium-high, add all ingredients except cilantro. Bring to a boil and then reduce heat to low, cover and simmer for about 15 minutes, until tender. Pour into bowls and top with chopped cilantro.

SHOPPING LIST

PROTEINS & DAIRY

- 1 dozen pasture-raised large eggs
- ½ qt plain unsweetened almond milk
- ½ qt unsweetened coconut milk
- ½ qt plain whole-milk kefir
- 1 lb organic ground chicken
- 8 oz flank steak
- 2 4-oz wild-caught salmon fillets
- 8 oz wild-caught boneless, skinless cod

VEGGIES & FRUITS

- 1 head butter lettuce
- 6 oz baby spinach
- 3 lemons
- 1 lime
- 2 avocados
- 1 bunch fresh cilantro
- 1 bunch fresh basil
- 1 bunch fresh parsley
- 2 sweet potatoes
- 10 oz carrots
- 1 head garlic
- 4 oz cremini mushrooms
- 3 bananas (freeze 1)
- 1 bunch celery
- 4 oz cherries (with pits)
- 1 English cucumber
- 2 Persian cucumbers
- 1 orange
- 1 kiwi

- 3 heads baby bok choy
- 4 zucchini
- 1½ oz baby kale
- 1 medium bunch kale (Lacinato or dinosaur)
- 1 Roma tomato
- 1 red bell pepper
- 2 sweet onions
- 1 pineapple
- 1 pint blueberries
- 1 jicama

NUTS, SEEDS & OILS

- 1 bottle extra-virgin olive oil
- 1 jar virgin coconut oil
- 1 bottle avocado oil
- 1 bottle toasted sesame oil
- 1 jar raw almond butter
- 1 bag almond flour
- 2½ oz raw almonds
- 1 oz slivered almonds
- 1 oz raw walnuts
- 1 bag chia seeds
- 1 bag black sesame seeds
- 1 bag ground flaxseeds

EXTRAS

- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle smoked paprika
- 1 bottle unsalted Italian seasoning blend
- 1 bag arrowroot powder

- 1 bottle chile powder
- 1 bottle sea salt (**TIP:** Opt for pink Himalayan sea salt if desired.)
- 1 bottle ground black pepper
- 1 bottle pure vanilla extract
- 1 bottle red pepper flakes
- 1 bottle raw apple cider vinegar
- 1 bottle rice vinegar
- 1 24-oz jar all-natural marinara sauce
- 1 jar raw honey
- 1 container collagen powder
- 1 box green tea bags or loose-leaf green tea
- 1 jar strawberry fruit spread
- 1 jar all-natural fresh salsa
- 1 container fresh guacamole
- 1 bag green banana flour
- 1 bag shredded unsweetened coconut
- 1 container nutritional yeast
- 1 jar white miso paste
- 8 oz low-sodium chicken broth
- 1 bottle coconut aminos
- 1 bag cacao nibs
- 1 bag raw cacao powder
- 1 box quinoa
- 2 oz red split lentils
- 1 15-oz BPA-free can unsalted chickpeas
- 1 12-oz jar roasted red peppers
- 1 bag frozen mango
- 1 bag frozen mixed berries

BLUEBERRY ALMOND BREAKFAST COOKIES

MAKES 6 COOKIES.

- 1 banana, mashed
- 1 large egg
- 2 tbsp ground flaxseed
- ½ cup almond flour
- 1 tsp pure vanilla extract
- ¼ tsp ground cinnamon
- Pinch sea salt
- ¼ cup blueberries
- 2 tbsp slivered almonds

Preheat oven to 350°F. Whisk together banana, egg, flaxseed, almond flour, vanilla, cinnamon and salt. Fold in blueberries. Spoon onto a parchment-lined baking sheet using a 2 tbsp measure per cookie, making 6 cookies. Sprinkle with almonds. Bake for 13 to 15 minutes, until puffed up and resembling a muffin top. ©

Introducing a radical and revolutionary approach to digestion

Supporting a balanced microbiota/microbiome and gut-brain communication for better overall wellness**

Have you ever experienced occasional bloating, digestive discomfort or infrequent bowel movements?



Do you have trouble falling asleep?
Need help relaxing your muscles?
Do you feel run down during times of stress?



Do you want to get slimmer around your waist and hips?
Do you feel like you need some extra energy?
Do you need to lose a few pounds?



Do you need a more positive mood?
Do you need to calm your mind?
Feeling stressed or irritable?



Do you occasionally have memory issues?
Do you sometimes have trouble recalling words?

