HOW TO FLUSH YOUR GUT AND FEEL GREAT IN 30 DAYS

EATING FOODS THAT DETOX YOUR GUT



LETISHA **LARMOND**

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HOW TO FLUSH YOUR WAIST AND FEEL GREAT IN 30 DAYS

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WELCOME

We all know that our lifestyle affects our health. We hear all the time that.

I hope that this guide gives you an insight into the beginning of your journey to understand how to have a healthier gut and the role it will play in creating optimum health.



I'M LETISHA LARMOND

Thanks for downloading this free guide. My name is Letisha Larmond and I have a passion to help people improve their gut health and overcome any chronic health conditions they may have. Gut health is hardly spoken about, but it is so important to our overall digestive system and health.

In a time where we live in a fast-food nation, where you can order food at the drop of an app ie. UberEats, HungryHouse, Deliveroo. It has changed the way we consume foods and health condition such as diabetes, obesity, kidney disease, strokes, and arthritis has been on a rise.

We see more genetically modified foods and lab-engineered processed foods that take away the nutrients our body needs to thrive.

PASSIONATE
ABOUT GUT HEALTH

I was born with one working kidney, and my parents taught me from an early age that the food on my plate was just as important as how I nourished myself in other areas of my life. As I grew up, I learned that my overall health and well-being were affected by my diet and lifestyle, and I became obsessed with digestive health.

Now, I, alongside scientists, strongly believe gut health is the foundation of overall health. Our body cannot fundamentally work okay if our gut is not okay. That's because our gut influences every critical part of our body, including our mood and immunity. Since essential gut health education is not widely available, I'm on a mission to make it accessible to everyone.

So just like my parents wanted for me, everyone else too can be their best natural self!

WHY DETOXING IS IMPORTANT

In today's world, where we are constantly exposed to toxins in our environment and the Western diet can lead to inflammation and oxidative stress in the body, detoxing is crucial to maintaining a healthy body and mind. When we don't detox enough, we may experience symptoms such as fatigue, brain fog, skin issues, and digestive problems. These symptoms can impact our daily life, making it difficult to concentrate, feel energized, or enjoy activities we normally love.

Detoxing can help rid the body of harmful toxins that accumulate over time and promote overall health and wellbeing. By detoxing, we can experience a range of health benefits, such as improved digestion, increased energy levels, clearer skin, and reduced inflammation. Detoxing can also help reset our taste buds and reduce cravings for unhealthy foods, making it easier to maintain a healthy diet in the long run.

However, it's important to note that detoxing should be done safely and with caution, as some detox programs can have negative consequences if not done properly. Always consult with a healthcare professional before starting a detox program to ensure that it is safe and effective for you. With proper guidance, detoxing can be a powerful tool for improving our health and wellbeing and help us feel our best every day.

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7 BENEFITS OF DETOXING

1. Removing toxins: Our bodies are constantly exposed to toxins from the environment, such as pollution, chemicals in food and water, and stress.

2. Detoxing can help to remove these toxins and improve overall health.

3. Boosting energy levels: By removing toxins from the body, detoxing can help to improve energy levels and reduce feelings of fatigue.

4. Supporting the immune system: Detoxing can help to support the immune system by removing harmful substances that can weaken immune function.

5. Promoting weight loss: Detoxing can help to promote weight loss by eliminating toxins that can interfere with metabolism and cause weight gain.

FUN FACTS

Drinking plenty of water is one of the easiest and most effective ways to support your body's natural detoxification process.

6. Improving digestion: By removing toxins from the body, detoxing can help to improve digestion and reduce symptoms such as bloating, constipation, and gas.

7. Clearing skin: Detoxing can help to clear up skin issues, such as acne and eczema, by removing toxins that can contribute to these conditions.

Overall, detoxing can be an important part of maintaining overall health and wellness.



GOOD HEALTH STARTS IN THE GUT

We all know that our lifestyle affects our health. We hear all the time that we should eat healthily and exercise more to prevent disease. But did you know our diet and lifestyle can affect the type of bacteria found in our gut and that the type of bacteria in our gut affects our physical and mental health? It's true! Our gut does so much more than help us digest food; the bacteria in our gut play an important role in our health and wellbeing. Sounds great but how does our gut affect our health? To answer this let's start by looking at what a healthy gut is.



LIFESTYLE FACTS

The gut goes all the way from your mouth to your bottom.

WHAT IS GUT HEALTH?

Most people know that a healthy diet is important for their overall health. But what many of us don't know is that our gut health plays an integral role in whether we are healthy or not. The health of your digestive system—otherwise known as gut health—is directly related to your overall well-being, so it's important you take care of it.

The gut, or gastrointestinal tract, is a long tube-like organ that's responsible for digestion. It begins in your mouth and ends at your anus, where it digests food and absorbs nutrients. The digestive system is made up of several organs—including your stomach, intestines and liver—that work together to break down food into nutrients that can be absorbed by your body.

Gut Health refers to the balance between good and bad micro-organisms that reside in your digestive tract. According to Dr Will Cole, there are approximately 100 trillion bacteria living in your digestive tract. These bacteria, yeasts and viruses are also known as a gut microbiome or gut flora.

The good bacteria, known as probiotics, exist to protect our body from harm. They play a variety of roles like digesting food and absorbing nutrients, converting the food into usable energy, and strengthening our immune system as well as regulating our hormones.

The bad bacteria, on the other hand, grow and multiply to cause harm. Since over 70% of your immune system is located in the gut, if your gut health is poor, you will be at a greater risk of illnesses, viruses and inflammation. Inflammation is one of the major reasons for heart disease and mental disorders.

As gut health is directly related to how your body absorbs nutrients, a damaged or poorly functioning digestive system can lead to nutrient deficiencies and a range of other health issues. For example, a lack of 'good' bacteria in your gut can cause you experience nausea, bloating and abdominal pain. Poor gut health may also be linked with more serious conditions such as irritable bowel syndrome (IBS), Crohn's disease, ulcerative colitis, inflammatory bowel disease (IBD) and Celiac disease.

BENEFITS OF GOOD GUT HEALTH

BETTER MOOD AND MENTAL HEALTH

Serotonin also called the 'feel good hormone' can act both as a hormone and a neurotransmitter. It is responsible for regulating things in the body like mood, appetite, and sleep. It is also termed as an anti-depressant hormone.

Serotonin is actually produced in the gut by the bacteria and cells. With 90% of serotonin coming from the gut, it is fair to say that a healthy gut will produce plenty serotonin to keep you happy and energised.

In addition to serotonin, the beneficial bacteria in your gut also does increase GABA receptors in the brain. GABA is also a neurotransmitter that has been associated with mood disorders, like chronic depression.

WEIGHT LOSS

Poor gut health can inhibit weight loss in two ways - slower metabolism and insulin resistance.

Metabolism is a holistic name given to all the biological and physiological processes that occur within your body naturally. Every day, your body requires a number of calories in order to process all these processes. A healthy gut keeps your metabolism going and ensures that all these processes are carried out appropriately.

On the other hand, insulin resistance means that your body stops responding to insulin. Firstly, I'll explain the role of insulin and then you'll understand why that's a bad thing in terms of weight loss. So, insulin is a hormone that is responsible for regulating blood sugar levels by pushing circulating sugars into tissues like muscle and organs like liver. When these tissues become resistant, the body cannot deal with the circulating sugars in the blood. Therefore, the body sends signals to the brain to store these sugars in the body. This leads to fat gain and fatty liver.

WHAT CAUSES BAD GUT HEALTH?

Bad gut health can be caused by several factors. One of these factors is what you eat. The food that you consume contains bacteria, which end up in your intestines when digested. Most people don't have any problems with their gut bacteria and they even benefit from it. However, many foods we eat can be harmful if consumed regularly or in large amounts. For example, fatty foods like chocolate, mayonnaise or cheeses contain a lot of good fat but also a lot of calories; eating too much of these will lead to weight gain and subsequent bad gut health over time.

In general, the health of your gut is dependent on a number of factors, including your diet and lifestyle choices.

For example, bacteria in your gut are particularly susceptible to stress and other factors that affect your mood and overall health. By reducing stress and creating a healthy environment for good bacteria in your gut, you can help ensure proper digestion, encourage weight loss and better manage any digestive issues you might be experiencing.

GUT FACTS

A poor diet and lifestyle can increase bad bacteria (the bad guys) in the gut. The higher the amount of bad bacteria the more inflammation has the opportunity to harm the body, as we have less good bacteria (the good guys) to protect us. Hence dis-ease begins.

SYMPTOMS OF BAD GUT HEALTH

- Stomach ache
- Bloating
- Cramping
- Fluctuating weight
- Food intolerances
- Diarrhoea and Constipation

If you loose control of your microbiome, the imbalance will cause dysbiosis. Dysbiosis is when you have more bad bacteria than good ones. Meaning your body is no longer in a state that can support good health and sustain life. Dysbiosis is the root cause of many auto immune conditions, digestive challenges, skin conditions and widespread inflammation which causes diseases such, diabetes, skin conditions and world documented degenerative conditions.

TIPS FOR IMPROVING YOUR GUT HEALTH

FIBER

Fiber can have a powerful effect on your gut microbiome. High-fiber foods like fruits, vegetables, whole grains and beans can help crowd out unhealthier bacteria by providing food for good bacteria instead. Fiber also absorbs water, which helps keep stools soft and easy to pass. This can prevent or treat constipation and its accompanying symptoms like bloating and gas. Aim for at least 25 grams of fiber per day if you're trying to improve your gut health—the recommended daily intake is 28 grams for women and 38 grams for men.



DRINK PROBIOTIC BEVERAGES

In order to maximize your gut health, you should be consuming probiotic-rich foods and beverages every day. Yogurt with active cultures is a good choice, as is kefir, which has been shown in studies to improve both gut health and lactose intolerance. To ensure proper digestion of these probiotic-rich foods, drink a glass of water along with them. If you've taken an anti-biotic which wipes away your good bacteria, you can also get an added boost by taking supplemental probiotics. Make sure you're purchasing from a reputable brand that includes at least 10 billion colony forming units (CFUs) per serving.

EAT FERMENTED FOODS

Fermented foods like kimchi, sauerkraut, water or milk kefir and yogurt are great options for improving your gut health. These foods are packed with probiotics—the good bacteria that help keep you healthy. So if you want to stay healthy for longer, eat more fermented foods!

EXERCISE DAILY

A number of studies have found that exercise can improve mood, your gut health, and help you maintain a healthy weight. That's because regular physical activity can reduce levels of stress hormones in your body, strengthen your immune system, reduce your levels of ghrelin (known as the hunger hormone), increase useful serotonin levels in your brain, and more. It can also help you sleep better at night! Get active today by taking a walk outside if weather permits, going for a jog or bike ride; get off your feet if it doesn't or join an indoor cycling class. You will notice some immediate positive changes in how you feel and how others respond to you.

CRUCIFEROUS VEGETABLES

Cruciferous vegetables are high in fiber and nutrients, and they also contain compounds called glucosinolates that support gut health. Glucosinolates help keep the gut microbiome healthy by inhibiting the growth of harmful bacteria and promoting the growth of beneficial bacteria. Cruciferous vegetables include broccoli, cauliflower, Brussels sprouts, cabbage, kale, and bok choy. Try to include several servings of cruciferous vegetables in your diet each week.

WHOLE GRAINS

Whole grains are high in fiber and nutrients, and they also contain compounds called polyphenols that support gut health. Polyphenols help keep the gut microbiome healthy by inhibiting the growth of harmful bacteria and promoting the growth of beneficial bacteria.

YOGURT

Yogurt is high in beneficial bacteria that support gut health, and it also contains probiotics – friendly bacteria that help keep the gut microbiome healthy.

SUPPLEMENTS

There are a number of supplements that can be great for gut health. Some of the most popular ones include probiotics, prebiotics, and fiber.

SOURDOUGH BREAD

These breads have been carefully fermented with a variety of naturally occurring bacteria, and the extended fermentation process helps the friendly bacteria to break down proteins that may cause digestive issues.

MANAGE YOUR STRESS

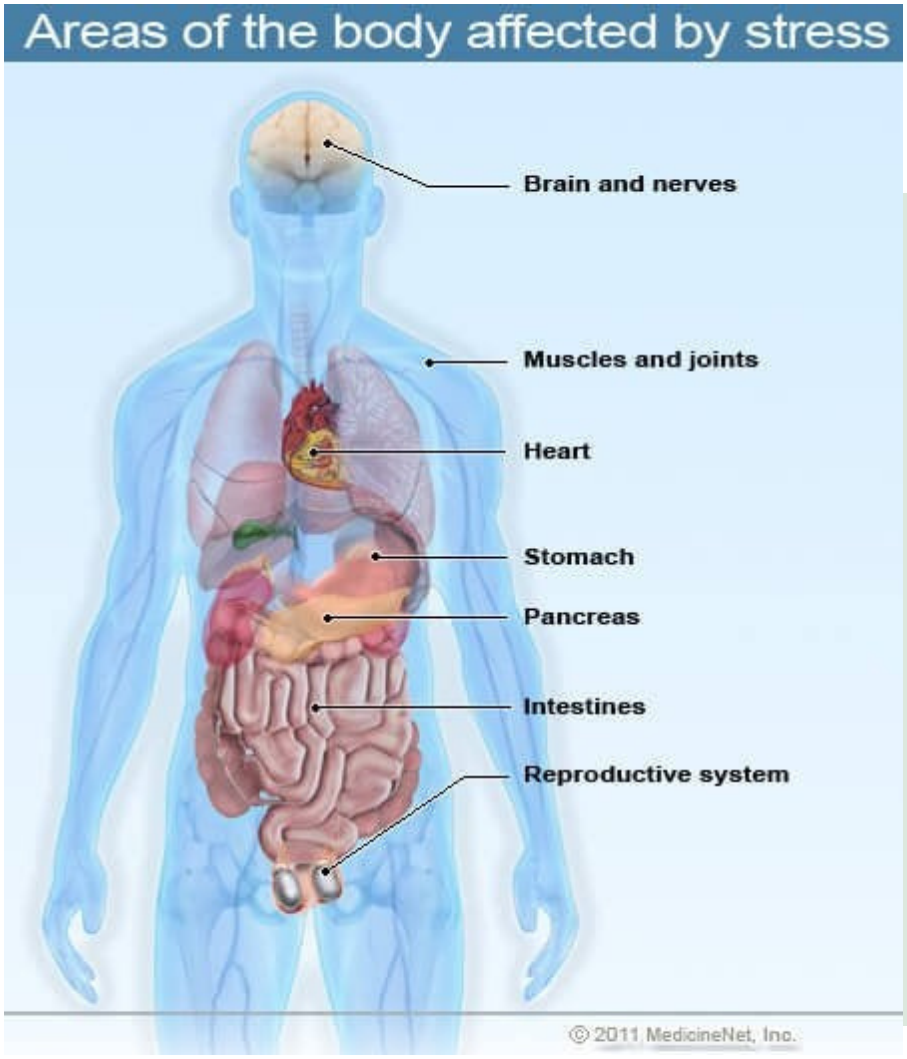
There are many different techniques that can be used for stress management. Some people find relaxation techniques like yoga or meditation helpful, while others prefer to exercise or listen to music.

With meditation being the most widely used, you should try mindfulness meditation. This involves focusing on your breath and becoming aware of your thoughts and feelings without judgment. You can also focus on a certain object or mantra to help you stay focused.

If you feel like you don't have the patience to do yoga or meditation, then exercise might be your next best thing.

The best type of exercise for stress management is weight lifting and high-intensity exercise. In these exercises, your heart rate raises and you can exert all the frustration to the exercises.

It's important to find a technique that works for you and that you will be able to stick with.



DESTRESS

When we stress our body moves into a "fight or flight" mode where our adrenalin levels rise. This increases blood flow to our limbs making us more alert and switches off our 'rest and digest' state. A pro-longed fight or flight state is bad because only in our rest and digest phase can we reduce our heart rate and prioritise blood flow to our internal organs which can help us relax, digest and heal for optimal gut health.

FOODS TO AVOID

There are some foods that are known to be bad for gut health. By avoiding them, you can help keep your gut microbiome in balance and support gut flora growth. Here are six of the worst offenders:

1 SUGARY DRINKS

Sugary drinks like soda and juice are packed with empty calories and can wreak havoc on gut health. The fructose in these drinks can promote the growth of harmful bacteria in the gut, leading to problems like inflammation and diarrhea.

2 PROCESSED MEATS

Processed meats like hot dogs, bacon, and sausage are high in nitrates and nitrites, which can damage the gut microbiome. These chemicals can also increase the risk cancer and other chronic diseases.

3 REFINED CARBS

Refined carbs like white bread, pasta, and rice are low in fiber and nutrients and can cause blood sugar fluctuations. This can lead to the growth of harmful bacteria in the gut.

4 ARTIFICIAL SWEETENERS

Artificial sweeteners like aspartame and saccharin are known to kill beneficial gut bacteria. They also increase the risk of obesity and other chronic diseases. Artificial sweeteners are found in many everyday foods so be wary.

5 DAIRY PRODUCTS

Dairy products like milk, cheese, and yogurt can cause inflammation and upset stomachs in some people. They also contain unhealthy saturated fats that can damage the gut microbiome.

IMPORTANT

Please note: The worst foods ie. junk food, sugars feed the worst bacteria. These create inflammation and sickness in the body.

6 ANTIBIOTICS

They may kill beneficial bacteria, which can lead to problems like inflammation and diarrhea.

While most people recover from the natural gut microbiota that antibiotics affect, some people experience long-term side effects; they need to work with their doctor for a regimen of probiotics to re-establish the gut's microbial balance. There are many ways our gut health affects our daily lives - when it becomes disrupted, it can lead to chronic illness or obesity.

By avoiding these six foods, you can support gut health and keep your gut microbiome balance.

SUMMARY

Eating a diet high in unhealthy foods can have a negative impact on gut health and can disrupt the balance of bacteria in the gut. This can lead to inflammation, and damage to the gut lining and increase the risk of gut-related conditions such as auto immune disorders.

On the other hand, a diet rich in fiber, whole foods, and fermented foods can help promote the growth of helpful bacteria and maintain a healthy gut environment.

By avoiding bad foods and instead focusing on eating a varied nutritious diet, you can support gut health and overall wellness.



7 WAYS TO FLUSH YOUR WAIST

AND RESTORE YOUR GUT TO OPTIMUM HEALTH

Here are 7 easy changes we can gradually incorporate into our daily routine that will make a big difference to your gut bacteria and overall health and well-being.

1 EAT MORE HIGH-FIBRE FOODS

Fibre adds bulk to foods but our bodies can't digest it. This means fibre makes us feel full so we eat less without consuming as many calories. Fibre feeds our good gut bacteria, helping them to grow, and improves the balance between our good and bad gut bacteria. We can get fibre from eating a variety of fruits, vegetables, grains, nuts, seeds and beans. Eating 30 different types of high fibre plant foods every week has been shown to optimise the diversity of good bacteria in our gut.



2 EAT WHOLE PLANT FOODS

Eating plant foods that have not been processed, like a whole piece of fruit or vegetable. Plant foods have tough cell walls which are difficult for our body to break down. If we eat plant foods in their whole form then the cell walls are still in tack and our bodies are unable to get all of the calories available from the food. We can eat the same amount and get fewer calories. Plant foods include fruits, vegetables, grains, legumes, beans, nuts and seeds.

Vegetarian and vegan meat alternatives can be very processed with lots of added salt and artificial ingredients and are low in vitamins, minerals and fibre. Therefore do not provide us the same health benefits as eating whole plant foods.



3 EAT LESS ANIMAL PRODUCTS

Eating animal products can increase the number of bacteria that makes it difficult for our bodies to lose weight. By reducing our intake of meat and dairy we can lose weight quicker. Animals are given antibiotics so when we eat their meat we are also consuming antibiotics. Antibiotics are designed to kill bad bacteria that cause infections but they also kill our good gut bacteria. It can take months or years for the balance of our gut bacteria to recover.

4 DRINK ENOUGH FLUIDS

Drinking water and other fluids help us digest food so we can get more nutrients from the food. Water is also needed to dissolve the fibre that we cannot digest. The dissolved fibre lines our gut helping the nutrients to be absorbed through the gut and feeding our good gut bacteria. Water also adds bulk and softens our stools, which prevents constipation. When we have constipation our stools stay in our gut for too long causing a build-up of toxins. The toxins cause inflammation and increase the number of bad gut bacteria, leading to weight gain. Always carrying a bottle of water with us and sipping it throughout the day is an easy way to reach the 2 litres of fluid we need every day to reduce constipation and inflammation and increase our good gut bacteria.

5 EAT LESS ULTRA PROCESSSED FOODS

Ultra processed foods are foods and drinks that have undergone a lot of processing which has changed them from their natural state such as adding lots of salt, sugar, fat, artificial colours and flavours. Ultra processed foods include ready meals, soft drinks, cold cuts, fast food, many packaged snack foods. We can recognise ultra processed foods as they contain ingredients that we would not use when cooking at home such as hydrogenated oils, high-fructose corn syrup, flavoring agents and emulsifiers. Ultra processed foods have had their fibre and nutrients removed, so have no nutritional benefit and starve our good gut bacteria. Processing of these foods makes them easier for our body to break down, so they don't keep us full for as long compared to eating whole foods. This can cause us to eat more and eat quicker, leading to weight gain.

GUT

Studies show that the single biggest determinant of gooad gut health is our diet and that good gut health strongly correlates with improved overall health.

6 REDUCE STRESS

Stress and anxiety can reduce the number of good bacteria in our gut, allowing room for more bad bacteria to grow. This is why stress can cause digestive discomfort like bloating and pain. We all face stress in our daily lives but there are easy steps we can take to reduce our overall stress levels, such as meditation, breathing exercises, and exercise. These activities calm our minds and help release hormones that improve our mood, so we can reduce stress and increase our good gut bacteria.

7 IMPROVE SLEEP

Not getting enough sleep, even just for a couple of nights, can affect the balance between our good and bad gut bacteria. An increase in bad bacteria from a lack of sleep can actually make it even harder to get a good night's sleep as the bad bacteria can reduce our quality of sleep, meaning we wake up more frequently during the night. Getting enough sleep is easier said than done, but taking the time to relax and unwind before going to bed, such as doing 5 minutes of meditation, can help us fall asleep quicker and get better quality sleep.

TOP 4 HIGH-FIBER FOODS

Getting your fill of fiber can seem tough, especially if you're not in the mood for vegetables. But here are some we recommend.

1. Legumes

Lentils, peas and beans are an easy way to sneak fiber into your diet in soups, stews and salads. Some beans, like edamame (which is a steamed soy bean), are even a great fiber-filled snack. There are 9 grams of fiber in a half-cup serving of shelled edamame. A bonus? All of these provide a source of plant protein, too. Some bakers have even started including beans or bean flours in their baked goods, which research suggests can still make quality cakes.

2. Broccoli

This veggie can be known as the 'fiber vegetable'. Its cruciferous nature—meaning it's from the Brassica genus of plants along with cauliflower, cabbage and kale—makes it rich in many nutrients in addition to fiber. Studies have shown that broccoli's 5 grams of fiber per cup can positively support the bacteria in the gut, which may help your gut stay healthy and balanced.

3. Berries

Berries get a lot of attention for their antioxidants, but they're full of fiber, too. Just a cup of fresh blueberries can give you almost 4 grams of fiber, and there is nearly the same amount of fiber in a cup of frozen unsweetened blueberries. Blackberries, strawberries and raspberries are also great sources of fiber. Of course, one of the biggest benefits of berries is that they're naturally low in calories, too.

4. Avocados

Avocados pretty much go with everything—toast, salads, entrees —and while they're often recognized for their hefty dose of healthy fats, there are 10 grams of fiber in one cup of avocado (so just imagine how much is in your guacamole)

NOURISH YOUR GUT

30 DAY MEAL PLAN

TIPS FOR IMPROVING YOUR GUT HEALTH

Diversity is king! The more diverse your diet is = the healthier your gut gets - it's that simple.

Eating a variety of plant-based foods, such as fruits, vegetables, whole grains, legumes, and nuts, is important for maintaining good gut health. Having a diverse range of plants in your diet helps support the growth of a diverse population of gut bacteria, which is associated with better health outcomes. Aim to eat the recommended amount of at least 30 different plant species each week to promote optimal gut health.



START YOUR JOURNEY TODAY

NOURISH YOUR GUT

30 DAY MEAL PLAN

TIPS FOR IMPROVING YOUR GUT HEALTH

WEEK 1



DAILY DRINKS TO ALKALIZE AND GET RID OF THE BLOAT

DRINK A LIME ELIXIR

UPON WAKING

- 1 key lime/ lemon, flesh only, pith removed
- ½ oz fresh turmeric
- 24 oz water
- 1 lemon, cut in wedges and thinly sliced
- 1 oz ginger, thinly sliced
- 1 oz honey (optional)
- 2 tsp apple cider vinegar
- 1 pinch ground black pepper
- 3 pinches ground cayenne pepper, divided, to serve

Stimulates digestion, releases toxins from the liver, and jumpstarts your digestive enzymes.

DRINK A CHLOROPHYLLTO ALKALIZE

BEFORE BED

- 1 Tablespoon chlorophyll in 12 ounces of water Juice from 1 lemon

In my own life, I've come to love anti-inflammatory foods because I want to feel good. I eat chlorophyll rich foods daily. You may be wondering what chlorophyll is and why I've been sneaking this amazing superfood into my children's drinks since they were born.



Chlorophyll is an amazing cleanser, blood nourisher, detoxifier, and a superfood. Chlorophyll can actually build red blood cells, remove heavy metals from the body, eliminate bad breath, and improve digestion. In addition, it's a prebiotic, because it creates the proper garden in your belly for good bacteria to thrive.

Chlorophyll is found in all leafy greens, but my favorites include kale, collard greens, parsley, cilantro, and spinach. I juice daily, which has been amazing for healing my own digestion and personal health problems. My clients experience drastic improvements in energy when they starting incorporation Chloryphyll rich juices and foods in their diet.

DAY	BREAKFAST	LUNCH	DINNER	SNACK
WEEK 1 MONDAY NUTRIENTS: Calories: 1786, Fat: 111.1g, Sat. Fat: 59.8g, Carbs: 180.1g, Fiber: 39.5g, Sugar: 22g, Protein: 36.7g, Sodium: 142mg, Cholesterol: 0	Chickpea Scrambled Egg: Mix ½ cup chickpea flour, ½ tsp sea salt, and ½ tsp onion powder. Gradually mix in ½ cup spring water. Preheat a non-stick pan on medium-high heat and add 1 tbsp avocado oil and chickpea mixture. Reduce heat to medium and let "the eggs" cook for 3 - 4 minutes before scrambling. Cook for another 2 - 3 minutes, it should feel soft but not mushy. Place in a bowl and set aside.	2 Bean burger: (1 (15-ounce) can kidney beans, drained and rinsed or use 1 1/2 cups cooked kidney beans, 2 medium cloves garlic, 2 scallions- ends trimmed and roughly chopped, 1/2 cup (50 grams) old fashioned rolled oats, 1/2 teaspoon chili powder, 1/2 teaspoon smoked paprika, 1 tablespoon light soy sauce or tamari, 1 tablespoon red wine vinegar, 1 teaspoon maple syrup, 1 tablespoon oil for cooking) w/ salad: 1/4 lettuce, 4 chopped cherry tomatoes, 1 shredded carrot, 3 sliced radishes, dressing of your choice	Broccoli Soup: Serves 2, Chop 4 cups broccoli florets, 2 potatoes, 4 cloves of garlic, and 1 onion. Heat 1 tbsp olive oil in a pan. Add the onions and garlic subsequently until cooked. Add the broccoli, potatoes, 2 cups of water or stock, and 1 cup of coconut milk. Bring to a boil until broccoli and potatoes are tender then simmer. Blend together and add salt and pepper to taste. reheat before serving	AM SNACK: Traditional Baobab Drink: 1 tbsp Aduna Baobob powder, 1 large glass of your favourite milk (almond, coconut, etc.), 1/2 large glass of Water, agave to taste PM SNACK: 1 cup brewed green tea Sliced baked 2 cups sweet potatoes, and 2 tbsp ready-made pico de gallo
TUESDAY NUTRIENTS: Calories: 1540, Fat: 91.2g, Sat. Fat: 16.7g, Carbs: 172.8g, Fiber: 38.4g, Sugar: 78.5g, Protein: 29.5g, Sodium: 62mg, Cholesterol: 0	Coconut Yogurt with Chia fruit Jam: 1 cup of Coconut yogurt mixed with 2 cups of frozen berries or your desired fruit, 3 tbsp chia seeds, 1 tbsp maple syrup, 1 tbsp lemon juice, a pinch of cinnamon and a touch of apple juice (optional)	1-Seeded Whole Wheat Wrap: Prepare ¼ cup black beans (rinsed and drained), ½ avocado, ¼ cup corn (or any vegetables you want ie. Bell peppers, onions, cilantro, lemon juice, tomatoes). Toast your 1 or 2 whole wheat pita, and top with fillings prepared, add 1 tsp taco seasoning (or seasoning of your choice) and 2 tbsp ready-made salsa	Tomato soup and rye bread: Serves 2 1 tin chopped tomato, ½ small leek finely chopped, ½ small onion roughly chopped, 1 celery sticks finely chopped, 1 garlic clove crushed and chopped, ½ tbsp tomato puree, pinch of smoked paprika, salt and pepper, basil, 4 tbsp olive oil	AM SNACK: 1 cup brewed green tea Sliced baked 2 cups sweet potatoes, and 2 tbsp ready-made pico de gallo PM SNACK: 1 pc banana
WEDNESDAY NUTRIENTS: Calories: 1713, Fat: 95.6g, Sat. Fat: 57.5g, Carbs: 210g, Fiber: 38.6g, Sugar: 66.5g, Protein: 33.2g, Sodium: 592mg, Cholesterol: 0	Bircher: Serves 2, 165g porridge oats, 230ml apple juice clouded, ½ tsp lemon juice and zest, 2 tbsp coconut yogurt, 1 grated apple	Hearty Veggie Salad with Couscous: Serves 2, Wash and prepare the following in a bowl: 1/2 red bell pepper, cut into slices, ½ red onion, peeled and cut into 12 wedges, ½ large eggplant, sliced vertically into ½ cm, ½ zucchini, sliced vertically into thin slices, ½ small squash, sliced into thin slices. Add 1 tbsp olive oil, Salt, Pepper, a dash of parsley or coriander leaves and optional lemon wedges, for garnish (add to desired taste) Accompanied by tomato couscous: 1 cup couscous, ½ tsp Ras el hanout 35 spices (Morocan spice mix), 100ml canned tomatoes, 1 tbsp tomato puree, onions, chopped coriander, parsley, ½ vegetable stock, salt and pepper to taste, olive oil, water.	Broccoli Soup: (use Monday left over if possible)	AM/PM SNACK: Chocolate smoothie: 1 medium banana (frozen) 1 handful spinach, 1 scoop cocoa powder, 1/4 tsp cinnamon, 1 cup unsweetened almond milk (plain or vanilla)
THURSDAY NUTRIENTS: Calories: 1673, Fat: 112.1g, Sat. Fat: 36.3g, Carbs: 164.4g, Fiber: 40.5g, Sugar: 51.6g, Protein: 34.3g, Sodium: 795mg, Cholesterol: 0	Breakfast Buckwheat Porridge with Chia and Banana: Prepare and soak 1/4 cup (45 grams) of raw buckwheat groats. Heat ½ cup of plant milk (almond or any available) then add the buckwheat groats together with 2 tbsp chia seeds, 1/4 tsp ground cinnamon, a pinch of sea salt, 1 small banana (about 1/3 cup or 80 grams; really ripe will be sweeter and easier to mash). Add 2 tsp pure maple syrup and 1/2 tsp of vanilla extract to taste. Optional toppings: raisins; 1/3 pumpkin puree, shredded coconut; nuts, seeds, and/or another teaspoon of buckwheat groats for extra crunch; an extra drizzle of maple syrup if more sweetness is preferred	Bean Stew: (200g mixed bean can, 2 tbsp olive oil, 1 large onion, finely chopped, 1 tbsp smoked paprika, 200g can be chopped tomato with garlic), and 1/2 baked and seedless butternut squash. Put the bean stew in the butternut squash hole. Add salt and pepper to taste	Tomato soup and rye bread: (use Tuesdays left over if possible)	AM SNACK: 1 cup brewed green tea Nutball, ½ cup almonds, ½ cup walnuts, ¼ Dates, ¼ Raisins, ¼ pumpkin seeds, ¼ sunflowers seeds, 1 tbsp cinnamon, ½ tbsp cocoa nibs, ½ tbsp maple syrup. Blend until it resembles bread crumbs, add a splash of water to help bind it together, mold into balls, and keep in your fridge or freezer until needed PM SNACK: Leftover Nutballs if possible
FRIDAY NUTRIENTS: Calories: 1558, Fat: 67.4g, Sat. Fat: 9.9g, Carbs: 212.8g, Fiber: 39.2g, Sugar: 66.3g, Protein: 38.8g, Sodium: 97mg, Cholesterol: 0	Bircher: (use Wednesday's leftovers if possible)	Mediterranean salad: Marinate ½ cup chopped cucumber and ¼ cup chopped carrot with ¼ cup rice vinegar. Combine with 1/3 cup chickpea, ½ cherry tomato, chopped ¼ cup chopped roasted red pepper, and 2 tbsp chopped onion. Whisk together 1 tbsp each lemon juice and 2 tbsp Extra virgin olive oil, 1 tbsp chopped parsley and cilantro, 1/8 tsp pepper, and pinch salt, and toss with salad	Baked Sweet Potato with Beans: Serves 2, Place the 2 medium sweet potatoes in a lightly greased baking tray and bake for 55-60 minutes. Prepare the sides by cooking ½ sliced onion in ½ tbsp olive oil, and mix in ½ tin of pinto beans. Once soft, add 1 and coarsely chopped tomato. Mix and season with ½ tsp ground cumin and ½ tsp coriander.	AM SNACK: Half an apple, with 1 tbsp 100% raw peanut butter PM SNACK: Frozen Grapes/ blueberries

DAY	BREAKFAST	LUNCH	DINNER	SNACK
SATURDAY NUTRIENTS: Calories: 1712, Fat: 117.7g, Sat. Fat: 39.4g, Carbs: 144.7g, Fiber: 40.9g, Sugar: 29.6g, Protein: 44.1g, Sodium: 180mg, Cholesterol: 0	Chickpea Scrambled Egg: Mix ½ cup chickpea flour, ½ tsp sea salt, and ½ tsp onion powder. Gradually mix in ½ cup spring water. Preheat a non-stick pan on medium-high heat, and add 1 tbsp avocado oil and chickpea mixture. Reduce heat to medium and let "the eggs" cook for 3 - 4 minutes before scrambling. Cook for another 2 - 3 minutes, it should feel soft but not mushy. Place in a bowl and set aside.	1-Seeded Whole Wheat Wrap: Prepare ¼ cup black beans (rinsed and drained), ½ avocado, ¼ cup corn (or any vegetables you want ie. Bell peppers, onions, cilantro, lemon juice, tomatoes). Toast your 1 or 2 whole wheat pita, and top with fillings prepared, add 1 tsp taco seasoning (or seasoning of your choice) and 2 tbsp ready- made salsa	Broccoli Soup: Serves 2, Chop 4 cups broccoli florets, 2 potatoes, 4 cloves of garlic, and 1 onion. Heat 1 tbsp olive oil in a pan. Add the onions and garlic subsequently until cooked. Add the broccoli, potatoes, 2 cups of water or stock, and 1 cup of coconut milk. Bring to a boil until broccoli and potatoes are tender then simmer. Blend together and add salt and pepper to taste. reheat before serving	AM SNACK: 1 cup brewed green tea Tamari sauce: 50g sunflower seeds, 50g pumpkin seeds, 1 tbsp tamari PM SNACK: Leftover nutballs
SUNDAY NUTRIENTS: Calories: 1608, Fat: 94.3g, Sat. Fat: 29g, Carbs: 172.8g, Fiber: 40.4g, Sugar: 42.4g, Protein: 35g, Sodium: 586mg, Cholesterol: 0	Black bean Avocado Salad with Rye Bread: Prepare ¼ cup canned black beans and mix with ½ avocado slices, 1 cup mushroom, 1 small clove garlic (finely minced) and ¼ diced onion. Then season with 2 tsp olive oil, 1/8 tsp sea salt, and black pepper, and a a dash of cilantro. Pair with 2 pcs Rye bread	Mediterranean salad: Combine half a cup of couscous, lettuce, roasted sweet potatoes,1/2 red onion, ½ sliced cucumber, roasted tender stem broccoli, 4 tbsp extra virgin olive oil, ½ cup butter beans (washed, drained), chili oil, chili flakes, 1/8 tsp pepper, and pinch salt	Baked Sweet Potato with Beans: Serves 2, Place the 2 medium sweet potatoes in a lightly greased baking tray and bake for 55-60 minutes. Prepare the sides by cooking ½ sliced onion in ½ tbsp olive oil, and mix in ½ tin of pinto beans. Once soft, add 1 and coarsely chopped tomato. Mix and season with ½ tsp ground cumin and ½ tsp coriander.	AM/PM SNACK: Chocolate chia pudding, whisk together the following ingredients and chill for a few hours or overnight: 2 tbsp chia seeds, 2 tsp cocoa powder you can add more for an even chocolatey flavor, ¼ tsp vanilla extract, 1 ½ tbsp maple syrup more or less to taste, 1 tbsp plain granola and 2/3 cup plant milk

MOROCCAN LENTILS AND QUINOA

Serves **2.**

- 1 cup vegetable broth
- 1/2 cup chopped sweet onion (such as Vidalia)
- 1/2 cup roasted red pepper, diced
- 1/4 cup quinoa, rinsed
- 2 tsp lemon zest
- 1 clove garlic, minced
- 1/2 tsp each smoked paprika and ground cumin
- 1/4 tsp sea salt
- 1/2 cup chopped fresh cilantro

To a medium saucepan on a 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.



MY FAVORITE SIMPLE JUICE RECIPE

A SIMPLE GREEN TONIC

Gluten-free, dairy-free, vegan

PREP TIME: 10 MINUTES
2 SERVINGS

- 1 whole lemon, halved, with seeds removed - if organic, include the rind
- 1 green apple (or the apple of your choice), cored and seeded - if organic, include the skin
- 1/2 of a banana
- 1 handful of spinach
- turmeric root (approximately 1 to 2 inches of turmeric)
- 1 inch of ginger root
- coconut water (at least 8 ounces)
- 1 avocado

The ingredients in this smoothie are delicious and packed with nutrients – one of the best ways possible to get your daily vegetables and fruits.



BLACKBERRY CINNAMON

Gluten-free, dairy-free, vegan

PREP TIME: 10 MINUTES
2 SERVINGS

- 1 cup frozen berries
- 1 cup water or dairy free milk
- 1/4 avocado
- 1 lemon, cut in wedges and thinly sliced
- 1 oz ginger, thinly sliced
- 1 oz honey (optional)
- 2 tsp apple cider vinegar
- 1 pinch ground black pepper
- 3 pinches ground cayenne pepper, divided, to serve

The ingredients in this smoothie are delicious and packed with nutrients – one of the best ways possible to get your daily vegetables and fruits.



FUN FACT:

This smoothie offers many health benefits: good fats (avocado); digestive aids (ginger and fennel), inflammation prevention (turmeric and fennel); fiber (apple); plus an immune boost (lemon) - need I say more! Drink it as an addition to any meal, or as a pick-me-up in the afternoon.
From my table to yours - enjoy!

BREAKFAST BUCKWHEAT PORRIDGE WITH CHIA AND BANANA

*Serves **1.***

- 1/4 cup (45 grams) of raw buckwheat groats
- 1/2 cup of plant milk (almond or any available)
- 2 tbsp chia seeds
- 1/4 tsp ground cinnamon
- A pinch of salt
- 1 small banana
- 2 tsp pure maple syrup
- 1/2 tsp of vanilla extract

Prepare and soak 1/4 cup (45 grams) of raw buckwheat groats. Heat ½ cup of plant milk (almond or any available) then add the buckwheat groats together with 2 tbsp chia seeds, 1/4 tsp ground cinnamon, a pinch of sea salt, 1 small banana (about 1/3 cup or 80 grams; really ripe will be sweeter and easier to mash). Add 2 tsp pure maple syrup and 1/2 tsp of vanilla extract to taste.

Optional toppings: raisins; 1/3 pumpkin puree, shredded coconut; nuts, seeds, and/or another teaspoon of buckwheat groats for extra crunch; an extra drizzle of maple syrup if more sweetness is preferred



MOROCCAN LENTILS AND QUINOA

*Serves **2.***

- 1 cup low-sodium vegetable broth
- 1/2 cup chopped sweet onion (such as Vidalia)
- 1/2 cup roasted red pepper, diced
- 1/4 cup quinoa, rinsed
- 2 tsp lemon zest
- 1 clove garlic, minced
- 1/2 tsp each smoked paprika and ground cumin
- 1/4 tsp sea salt
- 1/2 cup chopped fresh cilantro

To a medium saucepan on a 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 (WEEK 1)

PROTEINS & NON-DAIRY

- [ ] 2 liters unsweetened Almond Milk
- [ ] 270g Couscous
- [ ] 295g Coconut yogurt
- [ ] 500ml Coconut Milk

VEGGIES & FRUITS

- [ ] 1 Butternut Squash
- [ ] 15g Baobab
- [ ] 1 Eggplant
- [ ] 1 Leek
- [ ] 1 Red Bell Pepper
- [ ] 1 Zucchini
- [ ] 12 Cloves Garlic
- [ ] 150g Grapes
- [ ] 15g Cacao Nibs
- [ ] 15g Fresh Spinach
- [ ] 2 Apples
- [ ] 2 Broccoli
- [ ] 2 Cans (400g) Chopped Tomatoes
- [ ] 2 Cucumbers
- [ ] 2 Lemons
- [ ] 2 Scallions
- [ ] 2 Strawberries
- [ ] 3 Bananas
- [ ] 3 Carrots
- [ ] 3 Fresh tomatoes
- [ ] 3 Red peppers
- [ ] 35g Coriander
- [ ] 4 Potatoes
- [ ] 40g Dates
- [ ] 40g Raisins
- [ ] 45g of Fresh Parsley
- [ ] 6 Onions
- [ ] 6 pcs Sweet Potato
- [ ] 80g Corn

FROZEN FRUITS

- [ ] 380g Frozen Berries

NUTS, SEEDS, & OIL

- [ ] 1 Small Bottle of Avocado Oil
- [ ] 1 Small Bottle Olive Oil
- [ ] 105g Chia Seeds
- [ ] 180g Black Beans
- [ ] 200g Can Mixed Beans
- [ ] 60g Chickpeas
- [ ] 725g Kidney Beans
- [ ] 80g Almonds
- [ ] 80g Pumpkin Seeds
- [ ] 80g Sunflower Seeds
- [ ] 80g Walnuts

EXTRAS

- [ ] 1 Small Bottle Agave or Alternative
- [ ] 10g Taco Seasoning
- [ ] 120g Pico de Gallo
- [ ] 120ml Ready-made Salsa
- [ ] 15g 100% Raw Peanut Butter
- [ ] 15g Aduna Baobab
- [ ] 15g Red Wine Vinegar
- [ ] 15g Tomato Pure
- [ ] 20g Paprika
- [ ] 215g Rolled/Porridge Oats
- [ ] 240ml Apple Juice
- [ ] 250g Chickpea Flour
- [ ] 25g Ground Cinnamon
- [ ] 30g Cocoa Powder
- [ ] 4 Bags of Green Tea
- [ ] 4 Pita Breads
- [ ] 45 ml Tamari
- [ ] 45g Buckwheat Groats
- [ ] 5g Chili Powder
- [ ] 5g Onion Powder
- [ ] 5g Rasel Hanout
- [ ] 6 slices Rye Bread
- [ ] 60g Ground pepper



CHICKPEA SCRAMBLED EGG

1 serving

- 1/2 cup chickpea flour
- 1/2 tsp sea salt
- 1/2 tsp onion powder
- 1 tbsp avocado oil
- 1/2 cup spring water

Mix ½ cup chickpea flour, ½ tsp sea salt, and ½ tsp onion powder. Gradually mix in ½ cup spring water. Preheat a non-stick pan on medium-high heat and add 1 tbsp avocado oil and chickpea mixture. Reduce heat to medium and let "the eggs" cook for 3 - 4 minutes before scrambling. Cook for another 2 - 3 minutes, it should feel soft but not mushy. Place in a bowl and set aside.

START YOUR JOURNEY TODAY

NOURISH YOUR GUT

30 DAY MEAL PLAN

TIPS FOR IMPROVING YOUR GUT HEALTH

WEEK 2



DAY	BREAKFAST	LUNCH	DINNER	SNACK
WEEK 2 MONDAY NUTRIENTS: Calories: 1803, Fat: 62.5g, Sat. Fat: 10g, Carbs: 253.8g, Fiber: 37.2g, Sugar: 36.9g, Protein: 70.9g, Sodium: 754mg, Cholesterol: 0	Sprouted-Grain Toast with Peanut Butter & Banana: Toast the grained bread up to the desired doneness, spread 1 tablespoon of 100% raw peanut butter, and top with 1 slice of medium-sized banana	Baked Sweet Potato with Chickpeas: Rub 1pc of sweet potato in oil and bake in an oven of 180c for 60 mins. Place ½ tin of chickpeas on a baking tray and drizzle with olive oil and paprika then bake for 30 mins at 180c. Peel, grate, and mix 1 pc garlic, 1 small ginger, and 2 tbsp of tahini, add water to thin it. Slice the sweet potato lengthwise in the center, and add the chickpeas and sauce as desired	Black-Bean Quinoa Bowl: Combine 1/2 cup canned black beans and ⅔ cup cooked quinoa in a bowl. Stir ¼ cup hummus and 1 tbsp lime juice in a small bowl; thin with water to desired consistency. Drizzle the hummus dressing over the beans and quinoa. Top with ¼ cup diced avocado, 2 tbsp ready-made pico de gallo, and 2 tbsp cilantro.	AM SNACK: Frozen Yogurt Coated Berries, A handful of blueberries, (or any berries available) coated in plant-based yogurt frozen for 1 hour PM SNACK: ¼ cup dry roasted almonds, salted
TUESDAY NUTRIENTS: Calories: 1686, Fat: 67.7g, Sat. Fat: 39.8g, Carbs: 180g, Fiber: 40.2g, Sugar: 108.3g, Protein: 33.9g, Sodium: 1728mg, Cholesterol: 5mg	Creamy Acai Bowl: Blend ½ avocado, 1 cup almond milk/alternative, 2 tbsp acai, 1 pinch cinnamon, and 1 tbsp banana powder. Top with 1 tbsp roasted pumpkins (optional) and cacao nibs	Tofu Curry: Pat 1 pc tofu dry and cut into cubes, fry until golden. In a pan, place 1 cup of brown rice (leftovers will do) and add 1 pc of chopped onion, courgette, aubergine, and ½ cup of green beans. Add 2 tbsp of red curry paste, and cook until soft. Add ½ tin of unsweetened coconut milk while stirring continuously.	Watermelon Steak: Combine and marinate 3 cups of watermelon, 3 tsp of coconut Aminos, 2 tsp olive oil, 1 shredded Nori Sheet, ½ tsp Kelp Granules, and a pinch of Seasalt. Pan-fry the watermelons for 4-6 minutes and add sauce if desired.	AM SNACK: Banana Smoothie with almond milk or yogurt PM SNACK: Frozen/Fresh Grapes. 1 cup of grapes placed in the freezer or eaten directly
WEDNESDAY NUTRIENTS: Calories: 1792, Fat: 48.7g, Sat. Fat: 10.7g, Carbs: 229.3g, Fiber: 35.4g, Sugar: 85.8g, Protein: 63.1g, Sodium: 2116mg, Cholesterol: 30mg	Mango Topped Oat Meal: Place a ⅓ cup of oats, 1 tbsp flax seeds, and 1 slice of diced mango in a container and chill (preferably overnight), and add 1 cup of Non-Dairy Milk to your desired consistency	Salad and Cashew Cheese Pita: Prepare 4 slices of cucumber, 2 tbsp sundried cherry tomatoes, ¼ pc bell pepper, and ½ cup of vegan Cashew Cheese. Toast the Pita and wrap all the ingredients together.	Mexican Salad: Chop 1 pc of red onion, bell pepper, tomatoes, and ¼ avocado. Mix these with ½ tin of sweet corn and black beans. To prepare the dressing, blend ¼ cup water, 1 tsp olive oil, 1 tbsp lime juice, 1 tsp chili powder, and ¼ tsp cumin. Mix until you've reached your desired consistency and pour over the salad.	AM/PM SNACK: Granola Bars. (Makes 15, Consume about 2 per snack time) Put 350g of dates and 600 ml water in a pan. Bring to a boil for about 5 mins. Whilst the dates are boiling add 2 pcs of banana and 50g flax seeds to the processor and blitz to a liquid form. Add 100g Sunflower Seeds, 150g Pumpkin Seeds, 75g Pecan Nuts (crushed), 150g desiccated coconut, 3 tbsp Cinnamon, 3.5 tbsp Chia Seeds, 240g Oats 600ml water to a bowl; mix well. After reaching boiling point switch off the heat and allow them to steep for 5 mins then pore the dates and water into the blender containing the banana and chia seeds and blend until it is a toffee-like texture. Add the wet mix to the dry mix and stir in well. Grease a tray with oil then pour in the mix. Place in a preheated oven at 180 deg for 30-40 mins Allow to cool fully before turning out and slicing.
THURSDAY NUTRIENTS: Calories: 1753, Fat: 40.6g, Sat. Fat: 19g, Carbs: 291.9g, Fiber: 38.1g, Sugar: 53.9g, Protein: 71.2g, Sodium: 2117mg, Cholesterol: 97mg	Mediterranean Style Couscous Salad: Dissolve 1 vegetable cube in boiling water. Pour stock over ½ cup couscous and cover, leave for 5 minutes. Chop a handful of cherry tomatoes, ½ cup chopped scallions, 2 tbsp fresh parsley, 2 tsp dried basil, and ½ cup vegan cashew cheese. Mix the vegetables, herbs, and cashew cheese into the couscous	Stuffed Butter squash: Preheat oven to 425 F, cut 1 butternut squash through the middle, pit and coat with 1 tsp avocado oil, place it skin down on the baking pan, and roast for 45 minutes or until tender. While the butter squash roasts, pre-heat skillet over medium-high, once hot add 2 tsp of avocado oil and 300g mushrooms. Cook for 5 minutes then add ½ onion and desired seasonings. Once onions are translucent add 1 cup of kale and 1 cup of wild rice. Remove from heat and set aside.	Green bean Casserole: Preheat oven to 350F. Heat oil in a pan, add 1 pc onion, and stir occasionally to soften and become translucent. Add ¼ cup flour and stir well until it becomes a dry mixture. Add salt and ½ tsp garlic powder. Add 2 cups water and let simmer for a few minutes to allow it to thicken, then remove from heat. Pour 2 bags of green beans into a baking dish add the gravy mixture and stir well to combine. Place in the oven for 30 mins until cooked.	AM SNACK: Green Smoothie. Mix and blend all these in a blender: 1 cup coconut water, 1 sliced banana, 3 handfuls of fresh spinach, ½ cup frozen mango, ½ cup frozen pineapple, 1 tablespoon hemp seeds/alternative PM SNACK: Alternative Flapjacks. (makes 20 slices, consume about 2) Preheat the oven to 200c . Mix 3 pcs of bananas, ½ cup raisins, 4 tbsp honey, 4 tbsp coconut oil,6 tbsp nut butter, and 1 tbsp ground ginger into a food processor and wiz it into a paste. Thoroughly fold 360g porridge oats in the paste. Pour the mixture into a greased baking pan. Bake for 15-20 mins until the top goes golden brown Let cool before slicing.
FRIDAY NUTRIENTS: Calories: 1633, Fat: 52.4g, Sat. Fat: 8g, Carbs: 222.8g, Fiber: 39.8g, Sugar: 73.7g, Protein: 88.9g, Sodium: 4903mg, Cholesterol: 47mg	Quinoa Porridge: Add ¼ cup porridge oats, ½ cup quinoa, ½ cup dried cranberries, ¼ cup flaxseeds, 1 tsp cinnamon, and 1 cup of plant-based milk to a pot. Bring to boil and simmer for 15 mins	Cream of Asparagus Soup: Add 1 lb of asparagus in 1 tbsp oil in a pan over medium-high heat. Stir in 1 chopped yellow onion and 3-4 cloves of garlic and cook until onions are translucent. Add ½ head of cauliflower, and 6 cups of vegetable broth. Bring to a boil, then reduce heat to a simmer. Simmer for about 10 minutes, until the asparagus and cauliflower are tender. Transfer soup to a blender and blend until smooth.	Veggie Pasta Bake: Chop 1 head of broccoli, 1 pc bell pepper, a handful of mushrooms, and 1 courgette together with onions and garlic. Boil 4 handfuls of pasta and simmer for 10 minutes. Heat 1 tsp olive oil, sweat onion, and garlic for 3 mins. Add all other vegetables and fry for 10 minutes. Add pasta, and vegetables, 1 tin of both red lentils, and chopped tomatoes to a casserole dish. Season with salt and pepper and mix.	AM SNACK: Apple Slices PM SNACK: Sliced Vegetables dipped in Hummus (preferably the excess from previous meals)

DAY	BREAKFAST	LUNCH	DINNER	SNACK
		Return to heat and stir in 1 juice of lemon, ½ cup nutritional yeast, and salt and pepper to taste.	Sprinkle 30g grated vegan cheese. Place in a preheated oven at 180c for 30 mins	
SATURDAY NUTRIENTS: Calories: 1597, Fat: 90.5g, Sat. Fat: 16.7g, Carbs: 187.6g, Fiber: 39.4g, Sugar: 80.3g, Protein: 32.7g, Sodium: 744mg, Cholesterol: 0mg	Apple Peanut Butter Toast: 4 slices whole meal bread, 1/2 apple, 1 tbsp 100% raw peanut butter, Slice the apples and toast the bread. Top toast with apple slices and spread peanut butter on top	White Bean and Veggie Salad: Combine 1 cup of mixed salad greens like kale and lettuce, ¼ cup of cucumber/tomatoes, a handful of beans, and 1avocado in a medium bowl. Drizzle with vinegar and 3 tsp of olive oil and season with salt and pepper. Toss to combine.	Watermelon Steak: Combine and marinate 3 cups of watermelon, 3 tsp of coconut Aminos, 2 tsp olive oil, 1 shredded Nori Sheet, ½ tsp Kelp Granules, and a pinch of Seasalt. Pan-fry the watermelons for 4-6 minutes and add sauce if desired.	AM SNACK: Vegetable Crisps Peel and slice thinly ¼ cup Carrots and ¼ Cup Parsnips, place in a baking tray, and season with olive oil and paprika. Put in a preheated oven at 180c for 1 hour. PM SNACK: Banana and Peanut Butter. Peel and mash 1 banana and add a teaspoon of 100% raw peanut butter
SUNDAY NUTRIENTS: Calories: 1675, Fat: 33.4g, Sat. Fat: 5.3g, Carbs: 296.7g, Fiber: 33.8g, Sugar: 62.3g, Protein: 32.7g, Sodium: 1473mg, Cholesterol: 15mg	Mango Topped Oat Meal: Place a ⅓ cup of oats, 1 tbsp flax seeds, and 1 slice of diced mango in a container and chill (preferably overnight), and add 1 cup of Non-Dairy Milk to your desired consistency	Salad and Cashew Cheese Pita: Toast the Pita and wrap the ingredients together: 4 slices of cucumber, 2 tbsp sundried cherry tomatoes, ¼ pc bell pepper, and ½ cup of cashew cheese	Stuffed Buttersquash: Preheat oven to 425 F, cut 1 butternut squash through the middle, pit, and coat with 1 tsp avocado oil, place it skin down on the baking pan, and roast for 45 minutes or until tender. While the butter squash roasts, pre-heat skillet over medium-high, once hot add 2 tsp of avocado oil and 300g mushrooms. Cook for 5 minutes then add ½ onion and desired seasonings. Once onions are translucent add in 1 cup kale and 1 cup wild rice. Remove from heat and set aside.	AM SNACK: Sliced Vegetables dipped in Hummous (preferably the excess from previous meals) PM SNACK: ¼ cup dry roasted almonds, salted,

WHITE BEAN AND VEGGIE SALAD

*Serves **2**.*

- 1 cup of mixed salad greens like kale and lettuce
- 1/4 cup of cucumber/ tomatoes
- A handful of beans
- 1 avocado
- Vinegar
- 3 tsp of olive oil
- Salt
- Pepper



Combine 1 cup of mixed salad greens like kale and lettuce, ¼ cup of cucumber/tomatoes, a handful of beans, and 1 avocado in a medium bowl. Drizzle with vinegar and 3 tsp of olive oil and season with salt and pepper. Toss to combine.

RAINBOW NOURISH BOWL

Gluten-free, dairy-free, vegan

PREP TIME: 10 MINUTES
2 SERVINGS

A bright and flavour-packed bowl of crispy miso tempeh, spiced harissa grain medley, garlic and chilli broccoli, roasted sweet chilli beets and a ginger and turmeric chickpea smash. Garnished with mixed seeds and red pepper flakes for extra crunch.



MANGO TOPPED OATMEAL

Serves *1*



- 1/3 cup of oats
- 1 tbsp flax seeds
- 1 sliced of dice mango

Place a ⅓ cup of oats, 1 tbsp flax seeds, and 1 slice of diced mango in a container and chill (preferably overnight), and add 1 cup of Non-Dairy Milk to your desired consistency.

SHOPPING LIST (WEEK 2)

PROTEINS & NON DAIRY

- [ ] 1 Liter Almond Milk/Alternative
- [ ] 240ml Unsweetened Coconut Milk
- [ ] 1 Tofu
- [ ] 360g Cashew Cheese
- [ ] 470g Plant-Based Yogurt
- [ ] 660g Mushrooms

VEGGIES & FRUITS

- [ ] 1 Apple
- [ ] 1 Aubergine
- [ ] 1 Avocado
- [ ] 1 Broccoli head
- [ ] 1 Bulb garlic
- [ ] 1 Butternut squash
- [ ] 1 Can (400g) Cherry Tomatoes
- [ ] 1 Courgette
- [ ] 1 Lemon
- [ ] 1 Lettuce
- [ ] 1 Lime
- [ ] 1 Mango
- [ ] 1 Sweet Potato
- [ ] 1 Watermelon
- [ ] 120g Raisins
- [ ] 120g Cranberries
- [ ] 2 Carrots
- [ ] 2 Cauliflower
- [ ] 2 Cucumbers
- [ ] 200g Kale
- [ ] 3 Bell Peppers
- [ ] 300g Grapes
- [ ] 30g Cilantro
- [ ] 350g Dates
- [ ] 4 Onions
- [ ] 450g Asparagus
- [ ] 50g Parsley/Basil
- [ ] 50g Scallions
- [ ] 6pcs Banana
- [ ] 80g Corn

FROZEN FRUITS

- [ ] 50g Scallions

NUTS, SEEDS, & OIL

- [ ] 1 Small Bottle Olive Oil
- [ ] 100g Pumpkin Seeds
- [ ] 140g Flax Seeds
- [ ] 160g Pumpkin Seeds
- [ ] 220g Chickpeas
- [ ] 300g Black Beans
- [ ] 400g Green Beans
- [ ] 55g Chia Seeds
- [ ] 75g Pecan Nuts
- [ ] 80g Almond Nuts

EXTRAS

- [ ] 10g Paprika
- [ ] 150g Desiccated Coconut
- [ ] 2 Nori Sheets
- [ ] 2 Pita Breads
- [ ] 220g Quinoa
- [ ] 240ml Coconut Water
- [ ] 300g Wild/Brown Rice
- [ ] 30g Curry Paste
- [ ] 30g Nutritional Yeast
- [ ] 30g Pico de Gallo
- [ ] 30ml Coconut Aminos
- [ ] 30ml Tahini
- [ ] 45g 100% Raw Peanut Butter
- [ ] 5 Slice Wheat Bread/Multigrain Bread
- [ ] 55g Cinnamon
- [ ] 5g Kelp Granules
- [ ] 80g Hummus

MEXICAN SALAD

1 serving

- 1/2 cup chickpea flour
- 1 pc red onion
- Bell pepper
- Tomatoes
- 1/4 avocado
- 1/2 tin of sweet corn and black beans
- 1/4 cup of water
- 1 tsp of olive oil
- 1 tbsp lime juice
- 1 tsp chili powder
- 1/4 tsp cumin

Chop 1 pc of red onion, bell pepper, tomatoes, and ¼ avocado. Mix these with ½ tin of sweet corn and black beans. To prepare the dressing, blend ¼ cup water, 1 tsp olive oil, 1 tbsp lime juice, 1 tsp chili powder, and ¼ tsp cumin. Mix until you've reached your desired consistency and pour over the salad.

START YOUR JOURNEY TODAY

NOURISH YOUR GUT

30 DAY MEAL PLAN

TIPS FOR IMPROVING YOUR GUT HEALTH

WEEK 3



DAY	BREAKFAST	LUNCH	DINNER	SNACK
WEEK MONDAY NUTRIENTS: Calories: 1790, Fat: 91.6g, Sat. Fat: 20g, Carbs: 240g, Fiber: 38.4g, Sugar: 106.7g, Protein: 38.6g, Sodium: 1561mg, Cholesterol: 17mg	Cinnamon Spice Roasted Pumpkin Seeds: Preheat oven to 325c. Combine 1 teaspoon of coconut oil, 1 teaspoon of honey and cinnamon, and salt in a mixing bowl. Add 1 cup raw pumpkin seeds to the mixture and toss to coat evenly. Spread the mixture into a baking sheet and bake for 30-45 minutes.	3-Bean Chili: Add ½ cup kidney beans, ½ cup garbanzos, ½ cup black beans, 1 ½ cups yellow corn, and 3 pcs of tomatoes in a heated 2 tsp olive oil in a pan. Add 1 chopped **onion**, 1 red bell pepper, and 2 tsp cumin with 2 tsp chili powder. Add salt and pepper to taste. Reduce to medium-low heat, and allow to simmer for 45 minutes. Serve warm.	Spinach Avocado Salad with Pomegranate Dressing: Place 2 cups of spinach, 1 cup of sliced avocado, 1 ripe plum cut into pieces, 2 tbsp pecans, 1 tbsp raisins, and 30g cashew cheese in a bowl and toss with dressing. Dressing: Combine 1 tbsp pomegranate juice, 1 tsp oil, 1 tsp balsamic vinegar, and 1 teaspoon mint in a bowl. Set aside.	AM/PM SNACKS: Berry Green Smoothies. Mix ½ cup of strawberries, blueberries, kale, and spinach with 1 cup plant milk
TUESDAY NUTRIENTS: Calories: 1632, Fat: 75.3g, Sat. Fat: 12.1g, Carbs: 204.8g, Fiber: 40g, Sugar: 76.7g, Protein: 61.6g, Sodium: 1036mg, Cholesterol: 15mg	Chocolate Chia pudding: 3 tbsp chia seeds, 2 tsp cocoa powder you can add more for an even chocolatey flavor, 1/4 tsp vanilla extract, 1 1/2 tbsp maple syrup more or less to taste, 1 tbsp plain granola, 1 cup plant milk (soy or almond)	Sauteed Shiitake Mushrooms with Ginger and Watercress: Prepare and slice 120g shiitake mushrooms. Heat 2 tsp of olive oil over low-medium heat with 2 garlic cloves and 1 small piece of ginger until fragrant. Increase the heat to medium, add the shiitake mushrooms and cook for 4 minutes. Add ¼ cup of watercress and saute for 2-3 minutes. While it finishes, toast 2 tbsp sesame seeds and sprinkle them to the saute	Mediterranean salad: Marinate ½ cup of chopped cucumber and ½ cup chopped carrot with ¼ cup rice vinegar. Combine with 1/3 cup chickpea, ½ cherry tomato chopped ¼ cup chopped roasted red pepper, and 2 tbsp chopped onion. Whisk together 1 tbsp each of lemon juice and Extra virgin olive oil, 1 tbsp chopped parsley, and cilantro, 1/8 tsp pepper, and pinch salt, and toss with salad	AM SNACK: Turmeric Tea Drink. ½ tsp of turmeric mixed with 1 tsp coconut sugar in hot water. PM SNACK: Blueberry and Strawberry Yogurt. Mix in 1 tbsp of diced blueberries and strawberries into a cup of yogurt.
WEDNESDAY NUTRIENTS: Calories: 1557, Fat: 91.1g, Sat. Fat: 55.9g, Carbs: 178.9g, Fiber: 39.7g, Sugar: 59.2g, Protein: 37.5g, Sodium: 281mg, Cholesterol: 0mg	Strawberry Chia Jam with Wheat Bread Place 1 cup strawberries, 1 tbsp chia seeds, 1 tbsp lemon juice, 1 pitted date into a saucepan and cover. Simmer on low heat so that the strawberries start to break down. Let it cool and mash it. Pour into 2 slices of wheat bread.	Broccoli Soup: Serves 2. Chop 4 cups broccoli florets, 2 potatoes, 4 cloves of garlic, and 1 onion. Heat 1 tbsp olive oil in a pan. Add the onions and garlic subsequently until cooked. Add the broccoli, potatoes, 2 cups of water or stock, and 1 cup of coconut milk. Bring to a boil until broccoli and potatoes are tender then simmer. Blend together, and add salt and pepper to taste. reheat before serving	Cream of Asparagus Soup: Heat 1 tbsp oil in a large stock pot over medium-high heat. Stir in 1 chopped yellow **onion** and 3-4 cloves of garlic and cook until onions are translucent. Add ¾ lb of asparagus, ½ head of cauliflower, and 6 cups of vegetable broth. Bring to a boil, then reduce heat to a simmer. Simmer for about 10 minutes, until the asparagus and cauliflower are tender. Transfer soup to a blender and blend until smooth. Return to heat and stir in 1 juice of lemon, ½ cup nutritional yeast, and salt and pepper to taste.	AM SNACK: Vegetable Crisps Peel and slice thinly ¼ cup **Carrots** and ¼ Cup Parsnips, place in a baking tray, and season with olive oil and paprika. Put in a preheated oven at 180c for 1 hour. PM SNACK: Banana and Peanut Butter. Peel and mash 1 banana and add a teaspoon of 100% raw peanut butter
THURSDAY NUTRIENTS: Calories: 1576, Fat: 74.7g, Sat. Fat: 16.5g, Carbs: 209.1g, Fiber: 40.6g, Sugar: 70.8g, Protein: 40.6g, Sodium: 504mg, Cholesterol: 0mg	Lemon Asparagus with Caramelized Shallots: Remove ends of asparagus and wash. Heat 1 tsp olive oil and 1 thinly sliced shallot in a pan, when it sizzles add 2 cloves of garlic. Wait for it to get dark golden brown as it caramelizes. Add ½ cup asparagus and toss it to coat. Add lemon juice and cook for 3-5 minutes.	Lettuce Radish Salad: In a small bowl, mix ¼ lettuce, 1 sliced cucumber and ½ cup sliced radish, and ½ cup fresh chives and ½ avocado. Toss with vinaigrette.	Baked Sweet Potato with Chickpeas: Rub 2pc of sweet potato in oil and bake in an oven of 180c for 60 mins. Place ½ tin of chickpeas on a baking tray and drizzle with olive oil and paprika then bake for 30 mins at 180c. Peel, grate, and mix 1 pc garlic, 1 small ginger, and 2 tbsp of tahini, add water to thin it. Slice the sweet potato lengthwise in the center, and add the chickpeas and sauce as desired	AM/PM SNACK: Granola Bars from week 2
FRIDAY NUTRIENTS: Calories: 1685, Fat: 35.5g, Sat. Fat: 5.4g, Carbs: 212.8g, Fiber: 40.7g, Sugar: 70.8g, Protein: 61.7g, Sodium: 544mg, Cholesterol: 0mg	Berry Green Smoothies: Mix ½ cups of strawberries, blueberries, kale, and spinach with 1 cup plant milk	Black-Bean Quinoa Bowl: Combine ¾ cup canned black beans and ⅔ cup cooked quinoa in a bowl. Stir ¼ cup hummus and 1 tbsp lime juice in a small bowl; thin with water to desired consistency. Drizzle the hummus dressing over the beans and quinoa. Top with ¼ cup diced avocado, 2 tbsp pico de gallo, and 2 tbsp cilantro.	Green bean Casserole: Preheat oven to 350F. Heat oil in a pan, add 1 pc onion, and stir occasionally to soften and become translucent. Add ¼ cup flour and stir well until it becomes a dry mixture. Add salt and ½ tsp garlic powder. Add 1 cup water and let simmer for a few minutes to allow it to thicken, then remove from heat. Pour 1 (200g) bag of green beans into a baking dish add the gravy mixture and stir well to combine. Place in the oven for 30 mins until cooked.	AM SNACK: Roasted artichoke hearts. ¼ cup of artichokes drizzled with olive oil. Sprinkled in oil and baked in a preheated oven for 10-15 minutes at 425F PM SNACK: ¼ cup roasted, unsalted pistachio nuts each snack time

DAY	BREAKFAST	LUNCH	DINNER	SNACK
SATURDAY NUTRIENTS: Calories: 1686, Fat: 84.6g, Sat. Fat: 58.2g, Carbs: 227.3g, Fiber: 35.1g, Sugar: 100.7g, Protein: 29g, Sodium: 337mg, Cholesterol: 15mg	Blueberry and Banana Porridge: Add ¼ cup porridge oats and 1 cup almond milk into a saucepan and bring to a boil then simmer for 8 minutes. Add 1 slice of banana and about a ¼ cup of sliced blueberries. Add cinnamon to taste.	Cashew Cheese and Spinach Stuffed Tomatoes and Mashed Potatoes: Cut 2 beef tomatoes in half and take out the seeds. Chop 1 shallot, 1 clove of garlic, ¼ bell pepper, and ⅛ cup shiitake mushrooms then shred ⅛ cup of basil and spinach. Heat ½ onion and garlic in a pan then add the pepper, mushrooms and spinach and basil. Spoon this mixture into the tomato halves and crumble cashew cheese or any alternative cheese you desire. This can be baked in the oven for 12 mins at 180c. Mash 2 potatoes, add salt and pepper to taste	Lettuce Radish Salad: In a small bowl, mix ½ lettuce, 1 sliced cucumber and ½ cup sliced radish, and 1 cup fresh chives and ½ avocado. Toss with vinaigrette.	AM SNACK: 1 cup Fresh Apple Juice PM Snack: 1 cup Pomegranate Juice
SUNDAY NUTRIENTS: Calories: 1638, Fat: 57.8g, Sat. Fat: 10.8g, Carbs: 226.4g, Fiber: 40g, Sugar: 108.8g, Protein: 87.1g, Sodium: 1231mg, Cholesterol: 10mg	Peaches Cinnamon Porridge: Add ½ cup porridge oats and 1 cup oat milk to a saucepan and bring to boil. Simmer for 8 mins. Heat 1 peach, peeled and chopped, in a pan until it caramelizes, and add 2 teaspoon cinnamon. Mix ½ apple into the porridge to add flavor.	Curried Tofu Wraps: Toss 3 pcs tofu, cut into cubes in 2 tbsp in curry paste (or leftovers from previous meals) and oil, cook until golden. Mix ½ shredded red cabbage, 4 tbsp vegan yogurt, and 2 tsp mint sauce and saute this together with 2 sliced onions, 2 cloves of garlic. Toast a chapati or pita and wrap in tofu together with the cabbage toppings season with lime if available	Red Cabbage Salad with Apple: Finely chop the remaining half of red cabbage and place in a bowl. Squeeze in ½ cup sauerkraut and add in half cup sliced cucumbers and ½ apple, chopped 1 tbsp dill and ½ cup green onions. You can add ½ cup coconut meat for added flavor. Drizzle salad with 4 tsp olive oil and 1 tbsp white vinegar and a pinch of salt.	AM/PM SNACK: ¼ cup roasted, unsalted pistachio nuts each snack time

LETTUCE RADISH SALAD

*Serves **2.***

- 1/2 lettuce
- 1 sliced cucumber
- 1/2 cup sliced radish
- 1 cup fresh chives
- 1/2 avocado

In a small bowl, mix ½ lettuce, 1 sliced cucumber and ½ cup sliced radish, and 1 cup fresh chives and ½ avocado. Toss with vinaigrette.



SHOPPING LIST (WEEK 3)

PROTEINS & NON-DAIRY

- [ ] 1 liter Almond Milk
- [ ] 120g Shiitake Mushrooms
- [ ] 240ml Coconut Milk
- [ ] 240ml Oat Milk
- [ ] 3 pcs Tofu
- [ ] 300g Coconut Yogurt
- [ ] 45g Cashew Cheese

VEGGIES & FRUITS

- [ ] 1 Apple
- [ ] 1 Artichoke
- [ ] 1 Bell Pepper or Red Pepper
- [ ] 1 Cauliflower
- [ ] 1 Coconut Meat
- [ ] 1 Lemon
- [ ] 1 Pitted Date
- [ ] 1 Plum
- [ ] 1 Red Cabbage
- [ ] 10 Garlic Cloves
- [ ] 120g Spinach
- [ ] 2 Avocados
- [ ] 2 Bananas
- [ ] 2 Broccolis
- [ ] 2 Carrots
- [ ] 2 Cucumbers
- [ ] 2 Gingers
- [ ] 2 Peaches
- [ ] 2 Potatoes
- [ ] 2 Radishes
- [ ] 2 Shallots
- [ ] 2 Sweet potatoes
- [ ] 220g Blueberries
- [ ] 250g Corn
- [ ] 250g Strawberries
- [ ] 5 Onions
- [ ] 600g Asparagus
- [ ] 60g Cilantro
- [ ] 60g Parsley
- [ ] 60g Watercress
- [ ] 70g Kale
- [ ] 8 Tomatoes

NUTS, SEEDS, & OIL

- [ ] 1 Bottle Coconut/Olive Oil
- [ ] 1 Can (400g) Black Beans
- [ ] 1 Can (425g) Chickpeas
- [ ] 120g Kidney Beans
- [ ] 120g Pepitas
- [ ] 30g Pecan Nuts
- [ ] 30g Sesame Seeds
- [ ] 60g Chia Seeds

EXTRAS

- [ ] 1 L Apple Juice
- [ ] 1 L Pomegranate Juice
- [ ] 1 Pita Bread
- [ ] 10g Chili Powder
- [ ] 10g Cocoa Powder
- [ ] 10g Cumin Powder
- [ ] 10ml Maple Syrup
- [ ] 15g 100% Raw Peanut Butter
- [ ] 160g Quinoa
- [ ] 180g Porridge Oats
- [ ] 2 Slices Wheat Bread
- [ ] 250g Whole Wheat Flour
- [ ] 30g Cinnamon
- [ ] 30g Curry Paste
- [ ] 30g Nutritional Yeast
- [ ] 30g Pico de Gallo
- [ ] 30ml Tahini
- [ ] 5g Coconut Sugar
- [ ] 5g Honey
- [ ] 5ml Balsamic Vinegar
- [ ] 5ml Turmeric
- [ ] 5ml Vanilla Extract
- [ ] 60ml Hummus
- [ ] 80g Sauerkraut

BROCOLLI SOUP

2 servings

- 4 cups of brocolli
- 2 potatoes
- 4 cloves of garlic
- Onions
- Garlic
- 2 cups of water
- 1 cup of coconut milk



Chop 4 cups broccoli florets, 2 potatoes, 4 cloves of garlic, and 1 onion. Heat 1 tbsp olive oil in a pan. Add the onions and garlic subsequently until cooked. Add the broccoli, potatoes, 2 cups of water or stock, and 1 cup of coconut milk. Bring to a boil until broccoli and potatoes are tender then simmer. Blend together and add salt and pepper to taste. reheat before serving.

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WEEK 4



DAY	BREAKFAST	LUNCH	DINNER	SNACK
WEEK 4 MONDAY NUTRIENTS: Calories: 1526, Fat: 85.2g, Sat. Fat: 12g, Carbs: 173.8g, Fiber: 40g, Sugar: 51.7g, Protein: 124.1g, Sodium: 386mg Cholesterol: 0	Tomatoes, Onions and Basil Salsa w/ Whole wheat Bread: 1 cup oat milk In a bowl, mix 1/2 cup tomatoes, ¼ cup onions, and 4 pcs finely chopped basil. Season with 1 Tbsp lemon juice, a dash of salt, and pepper to taste. Put on top of 2 slices of toasted whole wheat bread and drizzle with 1 Tbsp extra virgin olive oil	Mexican Cauliflower Rice: Heat 1 ½ Tbsp olive oil in a large skillet over medium heat. Once hot, sauté the 1 tsp minced garlic for 45 seconds-1 minute, stirring frequently. Add in the 3 cups of cauliflower rice and cook for 4 minutes, stirring frequently. Add in1/4 cup water, ¾ cup tomatoes, 1 tsp paprika, 1 tsp chili powder, 2 Tbsp chopped coriander *(cilantro)*, ½ tsp salt, and 2 tbsp lime juice. Cook and stir frequently, for a further 3-4 minutes, until all the ingredients are well combined and the liquid has evaporated	Navy Bean Salad: Mix 1/4 cup cooked navy beans, 1 cup shredded lettuce, ¼ cup sliced cucumber, 2 Tbsp chopped tomatoes, and 2 Tbsp chopped onions. In a separate bowl, whisk together 2 Tbsp lemon juice, 1 Tbsp of olive oil, ¼ tsp salt, and ¼ tsp pepper. Drizzle the dressing on the salad just before serving	AM SNACK: Carrot Fries and Lemon Ginger-mint lemonade Season 1 medium carrot (cut into thick strips) with 2 Tbsp olive oil, 2 tsp paprika, 1/2 tsp salt, and 1/2 tsp pepper. Preheat the oven to 425°F (220°C). Place on a baking sheet lined with parchment paper in a single layer. Bake for 20-25 minutes, flipping halfway. Lemon Ginger-mint lemonade: Mix 2 Tbsp freshly squeezed lemon juice, 1/4 tsp grated ginger, and 4 pcs fresh mint leaves in 1 cup of cold water. Add 1 1/2 tbsp agave syrup more or less to taste PM SNACK: ½ cup pistachio nuts
TUESDAY NUTRIENTS: Calories: 1563, Fat: 73g, Sat. Fat: 5.2g, Carbs: 207.7g, Fiber: 36.8g, Sugar: 114.4g, Protein: 29.9g, Sodium: 620mg, Cholesterol: 0	Peaches Cinnamon Porridge: Add ½ cup porridge oats and 1 ½ cup oat milk to a saucepan and bring to boil. Simmer for 8 mins. Heat the 1 peach, peeled and chopped, in a pan until it caramelizes, and add 2 teaspoon cinnamon. Mix peach into the porridge.	Roasted Vegetables: Season 1 cup carrots, 1 cup broccoli, and 1 cup green beans with 2 Tbsp olive oil, 1 tsp salt, and 1 tsp salt and pepper. Preheat the oven to 425°F (220°C). Place on a baking sheet lined with parchment paper in a single layer. Bake for 20-25 minutes, flipping halfway. Oatmeal soup: Boil 1 cup water and add 1/4 cup oatmeal. Cook for 5 mins. Add 1 tsp minced garlic and top with 1 Tbsp chopped chives.	Pepper pizza: Cut 2 bell peppers into half and remove the seeds. Put 2 Tbsp pizza sauce on top of each pepper. Top with 1 Tbsp chopped pineapple, black olives, and onions. Place in a baking tray lined with baking paper. Bake for 10-15 minutes Lettuce, Cucumber, and Beetroot Salad: In a bowl, combine 2 cups chopped lettuce, 1 cup of sliced cucumber, 1 cup chopped beetroot, and 1/2 cup onions. Add 2 Tbsp soy-free vegenaise, 1 Tbsp lemon juice, and salt to taste.	AM SNACK: ½ cup pumpkin seeds PM SNACK: ¼ cup dates served with green tea
WEDNESDAY NUTRIENTS: Calories: 1575, Fat: 58.6g Sat. Fat: 14.6g, Carbs: 214.1g Fiber: 34g, Sugar: 77.9g Protein: 60.3g, Sodium: 1006mg, Cholesterol: 0	Guacamole and Toast: Mashed ½ avocado. Add 1 Tbsp lime/lemon juice, 1 Tbsp tomatoes, 1 Tbsp onion, 1 Tbsp cilantro, ½ tsp garlic, and a dash of salt to taste, 2 slices of toasted wheat bread	Vegetable and Navy Bean Burrito: To assemble: Place ¼ cup cooked navy beans, 2 tbsp shredded lettuce, 2 Tbsp tomatoes, 2 Tbsp onions, and 2 Tbsp shredded carrots in whole wheat tortilla wrap	Veggie dogs on Lettuce leaves: Place 2 pcs vegetarian sausage (cooked as per package directions) in 2 pieces of lettuce. Top each with 1 Tbsp pickle relish, 1 Tbsp ketchup, and ½ Tbsp Dijon mustard	AM SNACK: 1 cup pomegranate juice PM SNACK: 1 cup apple juice with ½ cup sunflower seeds
THURSDAY NUTRIENTS: Calories: 1725, Fat: 56.5g Sat. Fat: 5.5g, Carbs: 268.6g Fiber: 38g, Sugar: 48.4g Protein: 47.7g, Sodium: 1400mg, Cholesterol: 0	Strawberry Chia Jam with Wheat Bread: Place 1 cup strawberries, 1 tbsp lemon juice, 1 pitted date into a saucepan and cover. Simmer on low heat so that the strawberries start to break down. Let it cool and mash it. Pour into 2 slices of wheat bread.	Quinoa w/ Mixed veg: Saute 1 cup cooked quinoa, 1 tsp garlic and 2 Tbsp chopped onions with 1 Tbsp olive oil. Add 1 cup of broccoli and 1 cup of carrots for 5 minutes	Eggplant Stir fry: In a large wok or skillet, heat the 2 tsp olive oil. Fry 2 cups eggplants and 1 medium onion cube on medium-low heat for 7 minutes. Add 1/2 cup tomato sauce, 1 tsp cumin, ¼ tsp salt, and ¼ tsp pepper. Stir for another 3 minutes. Serve.	AM SNACK: Lemon Ginger-mint lemonade: Mix 2 Tbsp freshly squeezed lemon juice, 1/4 tsp grated ginger, and 4 pcs fresh mint leaves in 1 cup of cold water. PM SNACK: 1 Pita bread and 2 Tbsp soy-free vegenaise
FRIDAY NUTRIENTS: Calories: 1704, Fat: 66.4g Sat. Fat: 9.8g, Carbs: 237.8g Fiber: 68.5g, Sugar: 38.7g Protein: 58.7g, Sodium: 1043.2mg, Cholesterol: 0	Fava Beans with Toast: Makes 3 servings, In a saucepan, saute 1 tsp garlic, 2 Tbsp onion, and ½ cup tomatoes for 3 minutes. Add 1 cup of Fava beans. Mash it while stirring once in a while. Cook for 5 minutes. Toast 2 slices of whole wheat bread	Mexican Cauliflower Rice: Heat 1 ½ Tbsp olive oil in a large skillet over medium heat. Once hot, sauté the 1 tsp minced garlic for 45 seconds-1 minute, stirring frequently. Add in the 3 cups cauliflower rice and cook for 4 minutes, stirring frequently. Add in ¼ cup water, ¾ cups tomatoes, 1 tsp paprika, 1 tsp chili powder, 2 Tbsp chopped coriander *(cilantro)*, ½ tsp salt, and 2 tbsp lime/lemon juice. Cook and stir frequently, for a further 3-4 minutes, until all the ingredients are well combined and the liquid has evaporated	Crunch Lettuce Wraps w/ Tofu: Steam 1 block of tofu for 5 mins. Set aside to cool and crumble into small pieces. In a bowl, combine 1 cup of corn, ½ cup chopped cucumber, and ½ cup bell pepper. Add the tofu and season with 1 Tbsp lemon juice and a dash of salt to taste. Place on top of 2-3 lettuce leaves.	AM SNACK: 1 cup apple juice and pita chips; Pita Chips: Cut pita bread into small pieces. In a pan, heat 2 Tbsp olive oil. Stir in pita chips and cook until crispy. PM SNACK: Mashed Potatoes Mash 1 1/2 cups of cooked potatoes. Add ½ cup oat milk and 2 Tbsp chopped chives. Season with salt and pepper.
SATURDAY NUTRIENTS: Calories: 1676, Fat: 77.2g Sat. Fat: 14.8g, Carbs: 232.4g Fiber: 37g, Sugar: 69.1g Protein: 37.1g, Sodium: 398mg, Cholesterol: 7mg	Steel-cut Oatmeal: Bring the 1 ½ cup water to a boil in a medium pot. Add ½ cup oats and a pinch of salt and reduce heat to medium-low. Cook, stirring occasionally, for 15 to 20 minutes, or until thickened. Stir in ⅛ tsp cinnamon. Remove from heat and let stand for two minutes. Top with ¼ cup chopped almonds and ½ cup strawberries	Broccoli Soup: Serves 2, Chop 4 cups broccoli florets, 2 potatoes, 4 cloves of garlic, and 1 onion. Heat 1 tbsp olive oil in a pan. Add the onions and garlic subsequently until cooked. Add the broccoli, potatoes, 2 cups of water or stock, and 1 cup of coconut milk. Bring to a boil until broccoli and potatoes are tender then simmer. Blend together, and add salt and pepper to taste. reheat before serving	Sauteed Vegetables: In a saucepan, saute 1 Tbsp olive oil, 1 tsp minced garlic, and 2 tsp chopped onions. Add 1 cup broccoli, 1/2 cup chopped carrots, and 1/2 cup chopped green beans. Season with salt and pepper. Cooked for 5 mins.	AM SNACK: Banana-Oat milk. In a blender, put 1 banana and 1 cup oat milk. PM SNACK: Ginger and mint lemonade Mix 2 Tbsp freshly squeezed lemon juice, 1/4 tsp grated ginger, and 4 pcs fresh mint leaves in 1 cup of cold water. Add 1 1/2 tbsp agave syrup more or less to taste

DAY	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY NUTRIENTS: Calories: 1682,Fat: 97.8g Sat. Fat: 14.9g, Carbs: 164.3g Fiber: 38.7g, Sugar: 71.6g Protein: 61.6g, Sodium: 688mg, Cholesterol: 0	Avocado and Toast: Mashed ½ avocado, add 1 tsp extra virgin olive oil, ½ tsp lemon juice, salt, and pepper to taste. Put on top of 2 slices of toasted whole wheat bread.	Navy Bean-Avocado Bowl: To assemble: Place ¼ cup cooked navy beans, 1 cup shredded lettuce, ½ cup carrots, ½ avocado (mashed), ½ cup chopped tomatoes, ¼ cup onions, 1 Tbsp lemon juice, 1 Tbsp extra virgin olive oil, salt, and pepper to taste.	Eggplant-Tofu Stir fry: In a large skillet, heat the 2 Tbsp olive oil. Pan fry 2 cups eggplants and 3 blocks of diced tofu. Add ½ cup cubed onion, ½ cup bell peppers, and 1 tsp minced garlic. Cook over medium-low heat for 7 minutes. Add 2 tbsp tomato sauce, 1 tsp cumin, ¼ tsp salt, and ¼ tsp pepper. Stir for another 3 minutes. Serve.	AM SNACK: Frozen/Fresh Grapes. 1 cup of grapes placed in the freezer or eaten directly ¼ cup dry roasted unsalted almonds PM SNACK: 1 cup pomegranate juice 1 cup sliced cucumber



MEXICAN CAULIFLOWER RICE:

2 servings

- 1 1/2 tbsp olive oil
- 1 tsp minced garlic
- 3 cups cauliflower rice
- 1/4 cup of water
- 3/4 cups tomatoes
- 1 tsp paprika
- 1 tsp chili powder
- 2 tbsp chopped coriander (cilantro)
- 1/2 tsp salt
- 2 tbsp lime/ lemon juice

Heat 1 ½ Tbsp olive oil in a large skillet over medium heat. Once hot, sauté the 1 tsp minced garlic for 45 seconds-1 minute, stirring frequently. Add in the 3 cups cauliflower rice and cook for 4 minutes, stirring frequently. Add in ¼ cup water, ¾ cups tomatoes, 1 tsp paprika, 1 tsp chili powder, 2 Tbsp chopped coriander *(cilantro)*, ½ tsp salt, and 2 tbsp lime/lemon juice. Cook and stir frequently, for a further 3-4 minutes, until all the ingredients are well combined and the liquid has evaporated



ROASTED VEGETABLES

Serves 2



- 1 cup Carrots
- 1 cup Broccoli
- 1/4 cup Courgette
- 1/3 cup Courgette
- 1 cup Green Beans
- 2 tbsp Olive Oil
- 1 tsp Salt and Pepper

Season 1 cup carrots, 1 cup broccoli, and 1 cup green beans with 2 tbsp olive oil, 1/4 cup courgette, 1/3 cup onions, and 1 tsp salt and pepper. Preheat the oven to 425°F (220°C). Place on a baking sheet lined with parchment paper in a single layer. Bake for 20-25 minutes, flipping halfway.



EGGPLANT STIR-FRY

Serves 2

- 2 tsp Olive Oil
- 2 cups Eggplants
- 1 medium Onion
- 1/4 cup Japellenos Pepper (flavour to taste)
- 1 tsp Cumin
- 1/4 tsp Salt
- 1/4 tsp Pepper

In a large wok or skillet, heat the 2 tsp olive oil. Fry 2 cups eggplants and 1 medium onion sliced on medium-low heat for 7 minutes. Add 1/2 cup tomato sauce, 1 tsp cumin, ¼ tsp salt, and ¼ tsp pepper. Stir for another 3 minutes. Serve.

SHOPPING LIST (WEEK 4)

PROTEINS & NON-DAIRY

- [ ] 1 ½ L Oat Milk
- [ ] 2 Vegetarian Sausages
- [ ] 4 Tofu Blocks

VEGGIES & FRUITS

- [ ] 1 Avocado
- [ ] 1 Banana
- [ ] 1 Garlic Bulb
- [ ] 1 Peach
- [ ] 12 Tomatoes
- [ ] 120g Grapes
- [ ] 15g Black olives
- [ ] 15g Pineapple
- [ ] 164g Corn
- [ ] 2 Beetroots
- [ ] 2 Cauliflowers
- [ ] 2 Chives
- [ ] 2 Gingers
- [ ] 250g Strawberries
- [ ] 3 Bell Peppers
- [ ] 3 Broccolis
- [ ] 3 Lettuces
- [ ] 3 Pcs Eggplant
- [ ] 30g Mint Leaves
- [ ] 30g Basil
- [ ] 4 Carrots
- [ ] 4 Cucumbers
- [ ] 5 Onions
- [ ] 6 Lemons
- [ ] 60g Pitted Dates
- [ ] 75g Cilantro/Corriander

NUTS, SEEDS, & OIL

- [ ] 1 Bottle Olive Oil
- [ ] 120g Almonds
- [ ] 120g Pistachio Nuts
- [ ] 120g Pumpkin Seeds
- [ ] 170g Fava Beans
- [ ] 175g Cooked Navy Beans
- [ ] 200g Green Beans

EXTRAS

- [ ] 1 Bag Green Tea
- [ ] 1 L Apple Juice
- [ ] 1 L Pomegranate Juice
- [ ] 1 Whole Wheat Tortilla Wrap
- [ ] 10 Slices Whole Wheat Bread
- [ ] 10g Chili Powder
- [ ] 10g Cumin
- [ ] 150g Tomato Sauce
- [ ] 15g Dijon Mustard
- [ ] 15g Ground Cinnamon
- [ ] 15g Ketchup
- [ ] 15g Pickle Relish
- [ ] 2 Pita Breads
- [ ] 20g Paprika
- [ ] 240g Porridge Oats
- [ ] 240g Quinoa
- [ ] 30g Pizza Sauce
- [ ] 60g Ground Pepper
- [ ] 60ml Soy-Free Vegenaise
- [ ] 95g Salt

LEMON GINGER MINT LEMONADE

1 serving

- 2 tbsp of squeezed lemon juice
- 1/4 tsp grated ginger
- 4 pcs fresh mint leaves
- 1 cup of cold water
- 1/2 tbsp agave syrup



Mix 2 Tbsp freshly squeezed lemon juice, 1/4 tsp grated ginger, and 4 pcs fresh mint leaves in 1 cup of cold water. Add 1 1/2 tbsp agave syrup more or less to taste





AVOCADO TOAST

*Serves **1***

- 1/2 Avocado
- 1 tsp Extra virgin oil
- 1/2 tsp Lemon juice
- Salt and Pepper

Mashed ½ avocado, add 1 tsp extra virgin olive oil, ½ tsp lemon juice, salt, and pepper to taste. Put on top of 2 slices of toasted whole wheat bread.

MASHED POTATOES

*Serves **1***

- 1 1/2 cups of Cooked Potatoes
- 1/4 cup Oat Milk
- 2 tbsp Chopped Chives
- Salt and Pepper

Mash 1 1/2 cups of cooked potatoes. Add ½ cup oat milk and 2 Tbsp chopped chives. Season with salt and pepper.



FAVA BEANS *w/toast*

*Serves **3.** Hands on time: 5 **minutes.** Total time: **5 minutes***

- 1 tsp Garlic
- 2 tbsp Onion
- 1 cup of Fava Beans
- 2 slices Wheat Bread
- Sprinkle Cayenne Pepper

Optional:
1/2 cup Tomatoes

In a saucepan, saute 1 tsp garlic, 2 Tbsp onion, and ½ cup tomatoes for 3 minutes. Add 1 cup of Fava beans. Mash it while stirring once in a while. Cook for 5 minutes. Toast 2 slices of whole wheat bread.



SUMMARY

YOUR JOURNEY STARTS HERE

Starting a healthy gut journey is an investment in your overall well-being. We hope you found this guide a valuable resource; we're here to help you make better lifestyle choices. Here are our final tips:

1 SLOW DOWN

Rushing to eat in order to squeeze in an errand, meet a deadline, get to an appointment is pointless. If you want your digestive system to heal, you need to slow down. Start the process with your eating. Stop and actually sit down when you eat. Your body needs you to be calm to actually digest. If you're nervous, your digestive system is in "fight or flight" mode. The digestive system can't work properly when it's stressed. Digestion is about transforming your food into fuel.

When we get stressed, tired, or even nervous, our digestion doesn't function properly, and certainly not optimally. It's so important to slow down so you can have more energy, and avoid indigestion, bloating, acid reflux, and gas.

Before you eat, try and remember to take a deep breath. Be grateful for the food you're about to eat, and also check in with your own body. Try and focus on being present in the moment and fully aware.

Don't shove the food in your mouth as you're running out the door or eat while standing at the counter as we've all done, myself included, more times than I care to remember. Be mindful.

Try this amazing exercise I learned during my time at nutrition school to develop your awareness and start to slow down.

- Sit in a relaxed, comfortable position. Breathe through your nose, and notice how the air is slightly cooler going in and slightly warmer going out.
- Place one hand over your heart and one hand over your belly.
- Feel your heart beating, and thank your heart for being there for you all day every day, pumping your blood and keeping you alive.
- Feel your belly, noticing the rise on the inhale and the fall on the exhale.
  Thank your belly for digesting all the food you eat.
- Sit silently with your eyes closed, and allow yourself to be completely present.
  When you feel ready, take a deep inhale and exhale, open your eyes, rise, and move back into your day.

Remember...

The calmer you are, the better you'll digest your food. Ironically, slowing down means a FASTER metabolism, and that leads directly to more weight-loss.

2 CHEW,CHEW, CHEW

Digestion begins in your mouth. Remember when you were little and your mother would tell you slow down and chew your food so that you wouldn't choke? That always annoyed me as a child, but she was making a great point.

When you don't chew your food well, it sets the stage for poor digestion. Poor digestion opens the door to let in the unwanted: weight gain, acne, poor sleep, hormonal issues, adrenal fatigue, constipation, IBS, low sex drive, mood swings, and food allergies, to name a few. Serious health issues are not far behind. Most importantly, when you don't digest properly your body can't transform your food into energy.

3 CHECK OUT!

Yes, you heard me. Put down the phone, blackberry, and iPad. Turn off the TV, sit down, and just enjoy the activity of eating. Give yourself some quiet time so you can de-stress and digest! I know life gets busy. I'm a full time mom, business owner, wife, athlete, and health coach. I get it. I know what it's like to be busy, constantly planning ahead for the next moment.

But living, and eating this way is causing you to be missing the present moment, and to be present is a true gift. If I don't give myself a little "check out time", I get tired, moody, gain weight, feel depressed, and have poor digestion.

Start by taking just one minute out of your day to breathe and think of anything that makes you happy.

GUT FACTS

Digestion is not just about digesting the food on your plate. It is also about digesting the life you live

4 GET CULTURED

Start adding a good quality probiotic to your daily routine. Incorporating cultured foods and drinks into your life, such as yogurt, miso, dairy or non-dairy kefir, kombucha, cultured vegetables, and other cultured foods are a great way to improve digestion and overall health. These foods have been around for centuries. By adding these foods or another high-quality probiotic to your lifestyle, you will lose weight, assimilate your nutrients better, have clearer skin, better sleep, and decrease your body's inflammation. The Greek meaning of probiotic is 'for life'. So, give yourself the gift of a healthy life and get cultured.

By decreasing inflammation, you prevent disease. By decreasing inflammation, you lose weight.

REMEMBER...

90% of your serotonin (the happy hormone) is manufactured in your digestive system.

70% of your immune system is located in your digestive system.

Do you see why I specialize in Digestive Wellness & Detox? Healthy digestion is the key to your happiness and your health!

5 STAY HYDRATED

Make sure you're drinking plenty of water. I like to add flavor to my water so I don't get bored. This not only makes it tasty, but also enhances digestion if you choose the right additions. My favorites are fresh lemon juice, fresh lime juice, cranberry concentrate, ginger slices, grapefruit, and fresh mint leaves.

YOU JUST LEARNED HOW TO

ADD MORE ENERGY TO YOUR LIFE

IN 5 SIMPLE STEPS!

5 BENEFITS OF FERMENTED FOODS

1. Rich in beneficial bacteria: Fermented foods are a natural source of probiotics, which are good bacteria that can help to improve gut health and boost the immune system.

2. Improved digestion: Fermented foods can help to improve digestion by breaking down the food and making it more easily digestible.

3. Increased nutrient absorption: Fermentation can also increase the availability of certain nutrients, such as vitamins and minerals.

4. Rich in antioxidants: Fermented foods are also rich in antioxidants that can help to protect cells from damage and reduce inflammation.

5. Better flavor and preservation: Fermentation can also improve the taste and texture of food, as well as help to preserve it for longer.

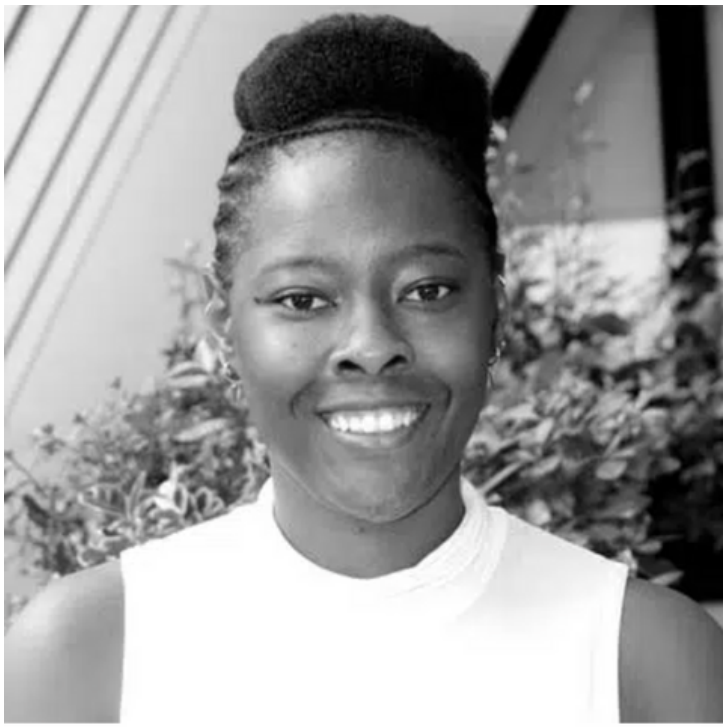
INTRODUCING A RADICAL AND REVOLUTIONARY APPROACH TO GUT HEALTH

We aim to support you on your journey and help you detox and experience better gut health and well-being, so you can make better lifestyle choices

JOIN ME ON MY EXCLUSIVE AMAZING

GUT HEALTH & WELLNESS WEBINAR

THE IMPORTANCE OF DETOXING & HOW TO HAVE A HEALTHIER GUT IN 30 DAYS



PRESENTER: LETISHA LARMOND

I would like to welcome you to my awesome webinar where we discuss key factors that will help you improve your gut health and overall well-being. As well as rid yourself of any chronic health diseases and small annoying health issues ie. low immunity, fuzzy brain, lack of energy

REGISTER HERE NOW

www.bit.ly/thedetoxguthealthwebinar

IN THIS WEBCLASS YOU WILL LEARN

- Understanding the importance of gut health for overall well-being: The gut plays a crucial role in the body's immune system, digestion, and nutrient absorption. A healthy gut can lead to improved energy levels, better mood, and a stronger immune system.
- Identifying gut health issues: Common gut health issues. Understanding the causes and symptoms of these issues can help you understand the steps to improve your gut health.
- Diet and lifestyle changes to improve gut health: Diet plays a key role in gut health. Eating a diet high in fiber and fermented foods will drastically increase your immunity and improve your overall well-being.
- The importance of detoxing for better gut health and overall well being

INTRODUCING A RADICAL AND REVOLUTIONARY DETOX & GUT HEALTH 30 DAY PROGRAM

We aim to support you on your journey and help you detox and experience better gut health and well-being, so you can make better lifestyle choices

JOIN ME ON MY EXCLUSIVE AMAZING

30-DAY DETOX VITALITY PROGRAM

DISCOVER THE POWER OF DETOXING & HOW TO HAVE A HEALTHER GUT IN 30 DAYS



JOIN OUR 30 DAY DETOX VITALITY PROGRAM

Think about it like this, Detox Your Way to a Healthier Gut .and Lifestyle:
This is all you need:

- **Week 1.** Detox, Gut Health, and the Digestive System are covered. How to support the body's natural detoxing process, why gut health is the foundation of health and sickness, and the demystifying of the digestive system.
- **Week 2.** Energy and Gut Connection. Discussing the importance of a healthy gut for energy production, life, and overall well-being.
- **Week 3.** We focus on Gut-Brain Connection. Discussing the impact gut health has on our mental health, cognition, and behaviour.
- **Week 4.** We cover Gut Health and Immunity and Explore how a healthy gut microbiome supports immune function and overall health so we can remain strong, resilient, and healthy.
- **Week 5.** We focus on Emotional Well-being. As well as understanding the important role health, disease and the composition of our gut plays in shaping human emotions, personality, and even our mating partner!
- **Week 6.** We cover Diet and Fermented Foods. Emphasising the importance of a fibre-fuelled diet and unlocking the secrets of fermented foods for better gut health and a super boost in natural immunity and overall wellbeing.

PRESENTER: LETISHA LARMOND

REGISTER YOUR INTEREST NOW

www.bit.ly/30detoxprograminterested