

# THE 21-DAY BELLY FIX

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HEAL YOUR GUT &  
SLIM YOUR WAIST

A DR. TAZ GUIDE

# DO YOU NEED A BELLY FIX BEFORE YOU THINK ABOUT WEIGHT LOSS?

We are focused here on weight and belly fat – but science has taught us that there is indeed a gut-brain connection. The role of the gut in your emotional response and your weight is now well documented.

What's the most important system in your body? Most people would say the heart and circulatory system or the brain and nervous system, or perhaps even the immune system. But they'd be wrong. The system that's most crucial to health and well-being is the gastrointestinal or digestive system, collectively known as your gut.

If you have an imbalance of bacteria in your gut (dysbiosis) or the lining of your intestinal tract is damaged (leaky gut), you may experience digestive symptoms such as bloating, nausea, heartburn, cramping, constipation, and diarrhea. But dysbiosis and leaky gut can cause problems systemically throughout your body. Seemingly unrelated complaints such as allergies, foggy thinking, headaches, insomnia, skin irritations, low energy, and low libido can all be related to poor gut function. And what most people, even some health care professionals, don't realize is that the majority of illnesses that plague our modern society—Alzheimer's, autoimmune diseases (like rheumatoid arthritis), cancer, depression, diabetes, and heart disease—can all be traced back to dysbiosis, leaky gut, or both.

So can weight problems. Because your gut rules appetite and metabolism, it determines whether you can maintain a healthy weight—or you inexplicably pack on pounds that are resistant to any diet and exercise effort you attempt.

***That's why you may need a belly fix.***

# Gut Health

I often refer to the gut as ground zero for the immune system – your gut health impacts inflammation, hormone balance and mental health.

## Microbiome Balance

One of the central concepts around a healthy gut is a balanced microbiome, or population of bacteria living in your digestive system.

Balancing gut bacteria is key to preventing inflammation and supporting overall immune function.

### **The biggest immune offenders include:**

#### **Candida**

Bacterial overgrowth – Firmucetes, Citrobacter, Klebsiella (addtl pathogens numerous)

Fat Malabsorption

#### **Protective/ Healthy Gut Bacteria**

We need healthy bacteria to prevent the immune offenders, and gut health breakers from taking over. These bacteria prevent inflammation and modulate cytokines and the immune response.

Lactobacillus rhamnosus  
Lactobacillus Plantarum  
Lactobacillus Acidolphus  
Lactobacillus grasseri  
Bifido Bacteria (lactis)  
Ruminococcal Bacteria  
Bacteroidetes

The balance of good or proactive gut bacteria keeps the microbiome healthy and diminishes the chances of a “leaky gut” or intestinal malabsorption.

#### **Leaky Gut/ Malasorption**

Leaky gut or malabsorption triggers nutrient deficiencies. Picture the gut lining with multiple holes and all your healthy food with nutrients and vitamins just leaking out. Who wants that?

## Keep the following on hand to prevent leaky gut:

<b>GLUTAMINE</b> AN AMINO ACID THAT REBUILDS THE GUT LINING	2-3 GRAMS PER DAY
<b>COLLAGEN</b> REBUILDS GUT LINING	1 GRAM PER DAY
<b>BONE BROTH</b> SUPPORTS A HEALTHY GUT LINING	3-4 SERVINGS PER WEEK
<b>DIGESTIVE ENZYMES WITH LIPASE</b>	1 WITH MEALS 1-2X PER DAY

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## Gut Balancing Foods that Maintain a Healthy Microbiome — Increasing lactobacillus bacteria and other healthy strains

BONE BROTH

YOGURT

KEFIR

FERMENTED VEGETABLES

SOURDOUGH BREAD (HOMEMADE)

KOMBUCHA

KIMCHI

## **Foods that Balance Gut Bacteria**

HIGH FIBER FOODS

RASPBERRIES

ARTICHOKES

BROCCOLI

LENTILS

BEANS

WHOLE GRAINS

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## **Foods that Increase Bifido Bacteria (prevents inflammation)**

APPLES

ARTICHOKES

BLUEBERRIES

ALMONDS

PISTACHIOS

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## **Foods that Increase Both Bifido and Lactobacillus bacteria**

FERMENTED SOY

MICRONUTRIENTS

## High Antioxidant Foods (Vitamins A, C, Glutathione)

Foods high in antioxidants help support both the gut and immune system by decreasing viral loads and increasing oxygen delivery to cells. These foods reduce oxidative stress and also decrease inflammation, supporting weight loss.

Add the following high antioxidant foods to your daily diet.

FOOD	VITAMIN POWER
BERRIES	C, A
CITRUS FRUITS	C
LEAFY GREENS <i>(KALE, SPINACH)</i>	GLUTATHIONE, A, C
BELL PEPPERS	A, C
CARROTS	A
BEETS	C
BROCCOLI	C, E
ASPARAGUS	GLUTATHIONE
OKRA	GLUTATHIONE
LEAN MEATS <i>(BEEF, FISH, POULTRY)</i>	GLUTATHION

Aim for 1 cup of any of the above fruits and vegetables **2x per day** and 4-6 oz of lean meat **3-4 x per week** to optimize levels of these nutrients.

## High Vitamin D Foods

Vitamin D has been shown in numerous studies to support healthy immune function.

EGGS

SALMON

SMOKED WHITEFISH

SARDINES

FORTIFIED DAIRY

FORTIFIED TOFU

MUSHROOMS

Aim for 4- 5 servings **per week to get 4000- 5000 IU in naturally.**

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## Foods High in Zinc

Zinc rebuilds the microbiome, thins respiratory secretions and supports the immune system.

MEAT (RED MEAT)

PINE NUTS

OYSTERS

PEANUTS

CRAB

CASHEWS ALMONDS

SHRIMP

CHEESE

HEMP SEEDS

EGGS

PUMPKIN SEEDS

LENTILS (DIFFICULT TO

SESAME SEEDS

ABSORB ZINC DUE TO  
PHYTATES)

Aim for **2-3 servings of any of the above per week.**  
Most fruits and vegetables very poor sources of zinc.

## Foods High In B Vitamins

EGGS

LENTILS

LEAN MEATS

WHOLE GRAINS LEAFY

VEGETABLES (BROCCOLI, SPINACH)

Aim for 2 servings **per day.**

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## Foods High in Omega 3 Fats

Omega 3 fats decrease inflammation and help support immune function.

EGGS

FATTY FISHES (SALMON, TUNA, SARDINES)

ALMONDS

FLAX SEEDS

CHIA SEEDS

WALNUTS

Aim for 3-4 servings of any of the above **per week.**





# Supplementation

OFTEN, DESPITE OUR BEST EFFORTS, AND FOOD QUALITY TODAY, IT CAN BE DIFFICULT TO GET THE RIGHT AMOUNT OF KEY NUTRIENTS IN YOUR DIET AND INTO YOUR BLOODSTREAM AND CELLS.

HERE ARE A FEW RECOMMENDATIONS FOR **DAILY** MICRONUTRIENT SUPPLEMENTATION.

MICRONUTRIENT	ADULT	CHILD
VITAMIN C	2000 MG	500 MG - 1000 MG
VITAMIN A	5000 IU	1000 IU MAX
VITAMIN D	2000 IU	400 - 1000 IU
ZINC CHELATE	15-20 MG	5 MG
OMEGA 3 FATS	2-3 GRAMS	1 GRAM
B VITAMINS (MULTI B, METHYL)	1000 MG B12 800 MCG FOLATE	500 MG B12 400 MCG FOLATE
GLUTATHIONE NAC (N-ACETYL CYSTEINE)	1-2 GRAMS PER DAY	500 MG

# Homeopathic Remedies

MOST HOMEOPATHIC REMEDIES ARE TAKEN BY TAKING 5-7 PELLETS 3X PER DAY ORALLY.

**ALLIUM CEPA** (FROM GARLIC OR GARDEN ONIONS)  
**OSCILLINIUM** – USED FOR COLDS, FLU, H1N1

# Herbs

Since gut health is so tied to immune health, herbs and remedies from nature have provided medicinal solutions for thousands of years. In Chinese and Ayurvedic medicine, there are many herbs used for immune support, which we know today enhances T cell mediated immunity and our adaptive immunity overall.

This has been a game changer for many of my patients who were getting sick all the time.

HERB	FUNCTION	DOSING RECOMMENDATION
ASTRAGALUS	SUPPORTS AND IMPROVES T CELL MEDIATED IMMUNITY	1 GRAM/DAY
ANDROGRAPHIS	SUPPORTS T CELL MEDIATED IMMUNITY	60 MG
TRIPHALA	SUPPORTS GUT- IMMUNE RELATIONSHIP	3 GRAMS/DAY
GINGER	ANTI INFLAMMATORY/ GUT ENHANCER	500 MG 2-3X/DAY
GARLIC/GARLIC EXTRACT	ANTI VIRAL, T CELL SUPPORT	2-5 GRAMS RAW/500 MG
REISHI	AID WHITE BLOOD CELL FUNCTION	500 MG 3X PER DAY
TURMERIC	ANTI INFLAMMATORY/ SUPPORT T-CELL FUNCTION	2-3 GRAMS PER DAY

# THE 21-DAY BELLY FIX

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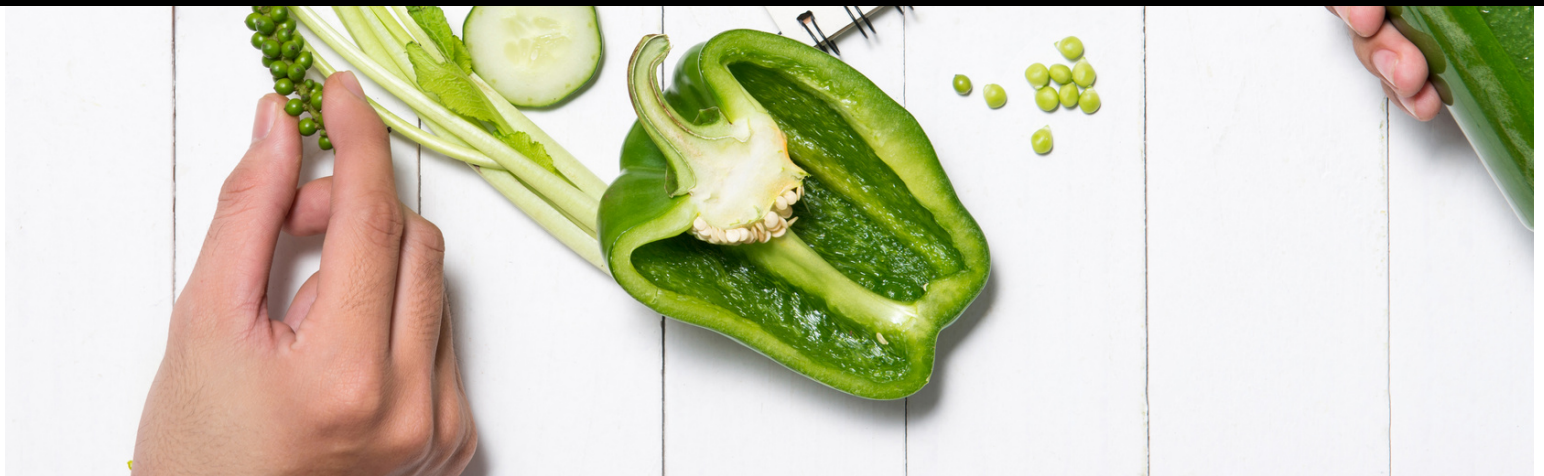
## **Days 1-3:**

Gut Reset: Belly Detox  
and Liver Cleanup



# PLAN OVERVIEW AND TIPS FOR SUCCESS

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## **YOUR EATING WINDOW**

- ☒ Create a 12-hour eating window.  
*Example: Eat from 6 am-6 pm or 8 am-8 pm.*
- ☒ Wait 3-4 hours between every meal.
- ☒ Stop eating by 9 pm every night.

## **ADDITIONAL TIPS FOR SUCCESS**

- ☒ Drink room-temperature water only
- ☒ No eating or drinking after 8-9 pm

# DAYS 1 - 3 OVERVIEW

## **MORNING (6 AM-7 AM)**

- ☒ Drink one apple cider vinegar cocktail upon waking
- ☒ Sip a cup of warm ginger tea
- ☒ Eat a brown rice cake with 1 tsp. coconut and 1 tsp. olive oil

## **MID-MORNING (10 AM)**

- ☒ Add a protein shake or smoothie (See recipes for ideas)

## **LUNCHTIME (1 PM)**

- ☒ Enjoy a fresh green juice blend  
*If you like, you can have a second Green Juice Blend mid-afternoon.*

## **DINNER (5 PM-6 PM)**

- ☒ Enjoy a dinner of protein and vegetables (See recipes for ideas)

## **POST-DINNER SNACK (7 PM)**

- ☒ Have another protein shake or smoothie if your work out more than 30 minutes per day

# DAYS 1 - 3

## SHOPPING LIST

### PANTRY STAPLES

- ☒ Apple cider vinegar (unfiltered, organic such as Bragg Organic, Dynamic Health, or Spectrum Naturals)
- ☒ Ginger tea (100% ginger such as Alvita or Triple Leaf Tea) or dried/fresh ginger root
- ☒ Brown rice cakes (Lundberg Family Farms or Quaker)

### FATS

- ☒ Coconut oil (virgin or unrefined such as Spectrum, Dr. Bronner's, or Nutiva)
- ☒ Olive oil (extra virgin, first cold-pressed such as Olave, Colavita, or Spectrum)

### FRUITS

(AMOUNTS WILL VARY)

- ☒ Frozen unsweetened blueberries
- ☒ Frozen mango chunks
- ☒ Bananas
- ☒ Avocado
- ☒ Dates
- ☒ Pineapple
- ☒ Apples
- ☒ Lemon
- ☒ Pear

### VEGETABLES

(AMOUNTS WILL VARY)

- ☒ Kale
- ☒ Spinach
- ☒ Watercress
- ☒ Cucumber
- ☒ Celery
- ☒ Broccoli
- ☒ Red bell pepper
- ☒ Frozen Asian stir fry mix
- ☒ Frozen butternut squash

### PROTEIN POWDER (CHOOSE ONE)

- ☒ Vega One
- ☒ Metagenics UltraClear Sustain
- ☒ Alive Ultra-Shake Pea Protein

### HERBS AND SPICES

- ☒ Fresh ginger
- ☒ Fresh spearmint

# DAYS 1 - 3

## RECIPES

### MORNING TONICS



#### **Apple Cider Vinegar Cocktail**

Dilute 1 tablespoon of unfiltered apple cider vinegar in 3 tablespoons of water. Straight vinegar can damage tooth enamel or hurt the tissues in your throat and mouth.



#### **Ginger Tea**

Steep one teabag of ginger tea in a 6 oz. mug of boiling water for 3 minutes. Drink your tea immediately following the apple cider vinegar beverage.

# DAYS 1 - 3

## RECIPES

### SMOOTHIE RECIPES



#### **Blueberry Pie**

Makes one serving

##### Ingredients:

- ½ cup frozen unsweetened wild blueberries
- Juice of ½ lemon
- 1.1 scoop vanilla protein powder
- ½ cup of water

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

*Per serving: 180 calories, 15.41 g protein, 3.56 g fat (.31 saturated), 22.09 g carbohydrates, 9.15 g sugars, 8.2 g fiber, 131 mg sodium*



#### **Banana Chocolate**

Makes one serving

##### Ingredients:

- 1 medium banana, frozen
- 1 scoop chocolate protein powder
- 1 cup of water

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

*Per serving: 256 calories, 17.37 g protein, 5.35 g fat (.44 saturated), 39.61 g carbohydrates, 16.43 g sugars, 9.2 g fiber, 141 mg sodium*



# DAYS 1 - 3

## RECIPES

### SMOOTHIE RECIPES



#### **Berry Blast**

Makes one serving

#### Ingredients:

- 1 cup unsweetened frozen strawberries
- ½ medium avocado
- 1 scoop plain protein powder (we used Vega One Natural)
- ½ cup ice
- Water as needed

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

*Per serving: 289 calories, 16.97 g protein, 13.64 g fat (1.76 saturated), 15.45 g carbohydrates, 15.45 g sugars, 13.7 g fiber, 138 mg sodium*



#### **Vanilla Date**

Makes one serving

#### Ingredients:

- 1 Medjool date, pits removed
- 1/2 medium banana, frozen
- 1 scoop vanilla protein powder
- 1 cup of water

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

*Per serving: 254 calories, 16.07 g protein, 3.23 g fat (.37 saturated), 42.47 g carbohydrates, 25.17 g sugars, 9.10 g fiber, 131 mg sodium*

# DAYS 1 - 3

## RECIPES

### SMOOTHIE RECIPES



#### **Tropical Colada**

Makes one serving

#### Ingredients:

- ½ cup frozen mango chunks
- ½ cup cubed pineapple
- 1 scoop tropical or plain flavored protein powder (we used Vega One Natural)
- ½ cup ice
- Water as needed

Instructions: Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

*Per serving: 214 calories, 16.13 g protein, 3.41 g fat (.38 saturated), 31.78 g carbohydrates, 21.40 g sugars, 8.5 g fiber, 132 mg sodium*

# DAYS 1 - 3

## RECIPES

### GREEN JUICE BLENDS



#### **Dr. Taz's Green Juice**

Makes one serving

##### Ingredients:

- 1/2 medium apple
- 1/2 medium pear
- 1 medium cucumber
- 3/4 cup chopped kale
- 1/2 lemon

##### Instructions:

1. Chop apple, pear, and cucumber
2. Add all ingredients to blender and pulse, adding water to thin as needed

*Per serving: 173 calories, 4.71 g protein, 1.08 g fat (.45 saturated), 43.11 g carbohydrates, 25.07 g sugars, 8.4 g fiber, 27 mg sodium*



#### **Green Juice #2**

Makes one serving

##### Ingredients:

- 3 leaves romaine lettuce
- 1 celery stalk
- 2 kale leaves
- 1/2 medium apple
- Juice of 1/2 lemon
- 1/2 tsp grated ginger
- 1/2 cup of water

##### Instructions:

1. Chop lettuce, celery, kale, and apple
2. Add ingredients to blender and pulse until combined

*Per serving: 89 calories, 3.08 g protein, .85 g fat (.17 saturated), 21.29 g carbohydrates, 19.63 g sugars, 5.4 g fiber, 53 mg sodium*

# DAYS 1 - 3

## RECIPES

### GREEN JUICE BLENDS



#### **Green Juice #3**

Makes one serving

#### Ingredients:

- 1 apple
- 2 stalks celery
- 1 cup chopped watercress
- 1 cup of water
- Juice of ½ lemon

#### Instructions:

1. Chop apple, celery, and watercress
2. Add ingredients to blender and pulse until combined

*Per serving: 117 calories, 1.88 g protein, .54 g fat (.1 saturated), 29.61 g carbohydrates, 21.04 g sugars, 6 g fiber, 80 mg sodium*



#### **Green Juice #4**

Makes one serving

#### Ingredients:

- ½ medium pear
- ¼ medium cucumber
- ½ cup chopped kale
- ½ cup chopped spinach
- Juice of ½ lemon
- 5 peppermint leaves
- 1 cup of ice cubes

#### Instructions:

1. Chop pear and cucumber
2. Add kale, spinach, lemon, and mint leaves to a blender and increase speed until liquid
3. Add ¼ cup of ice and blend, increasing ice by ¼ cup until desired consistency is reached

*Per serving: 81 calories, 2.35 g protein, .54 g fat (.14 saturated), 19.83 g carbohydrates, 10.3 g sugars, 3.9 g fiber, 27 mg sodium*

# DAYS 1 - 3

## RECIPES

### GREEN JUICE BLENDS



#### **Green Juice #5**

Makes one serving

#### Ingredients:

- 1/2 medium banana, peeled
- 1 small orange, peeled
- 1 cup chopped kale
- ½ cup of water
- 1 cup of ice cubes

#### Instructions:

1. Chop banana and orange half, and add to blender along with kale and water
2. Blend until liquid
3. Add ¼ cup of ice and blend, increasing ice by ¼ cup until desired consistency is reached

*Per serving: 155 calories, 4.78 g protein, 1.02 g fat (.15 saturated), 36.90 g carbohydrates, 20.63 g sugars, 7 g fiber, 27 mg sodium*

# DAYS 1 - 3

## RECIPES

### DINNER COMBINATIONS

1 cup each broccoli, snow peas, sliced red pepper, steamed and sprinkled with the juice of ½ lemon

1 cup frozen butternut squash and 1 cup chopped kale sautéed in 2 teaspoons coconut oil with a pinch each nutmeg and cinnamon

1 cup cauliflower and 1 cup chopped rainbow chard sautéed in 2 teaspoons olive oil with a pinch of red pepper flakes and a pinch of cumin

3 cups frozen Asian stir-fry mix, sautéed in 2 teaspoons coconut oil with 1 crushed clove of garlic and ½ teaspoon grated fresh ginger

*\* You can also use unlimited herbs like dried or fresh oregano, basil, parsley, rosemary, thyme, sage as well as spices like cumin, ginger, cinnamon, nutmeg, and cloves.*

### **That's it for the first phase of your 21-Day Belly Fix!**

Fantastic work! The next phase is all about healing and sealing your gut lining. Rebuilding your gut lining is essential to digesting and absorbing nutrients from your food. Follow days 4-6 to start healing for the long-term.

# THE 21-DAY BELLY FIX

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## **Days 4-6:**

Detox: Rebuilding  
Your Gut Lining

# DETOX DIET OVERVIEW

## Day 4 Overview

### Morning (6 am-7 am)

- ☒ Drink one apple cider vinegar cocktail upon waking
- ☒ Sip a cup of warm ginger tea
- ☒ Eat a brown rice cake with 1 tsp. coconut and 1 tsp. olive oil

### Mid-Morning (9 am)

- ☒ Add a protein shake or smoothie

### Lunch (12 pm)

- ☒ Green juice blend
- ☒ Kitchari or sticky rice (1 cup)

### Dinner (3 pm-4 pm)

- ☒ Vegetables steamed or sautéed in olive or coconut oil

## Day 5 Overview

### Morning (6 am-7 am)

- ☒ Drink one apple cider vinegar cocktail upon waking
- ☒ Sip a cup of warm ginger tea
- ☒ Eat a brown rice cake with 1 tsp. coconut and 1 tsp. olive oil

### Mid-Morning (9 am)

- ☒ Add a protein shake or smoothie

### Lunch (12 pm)

- ☒ Green juice blend
- ☒ Kitchari or sticky rice (½-1 cup)

### Dinner (3 pm-4 pm)

- ☒ Vegetables steamed or sautéed in olive or coconut oil
- ☒ Bone broth soup (1 cup)



# DETOX DIET OVERVIEW

## Day 6 Overview

Today, you'll be adding lean protein in the form of white-meat chicken, turkey, or white fish. If you're a vegetarian, you can add ½ cup of beans like chickpeas, kidney beans, or black beans or a 4-ounce serving of tempeh (made of fermented soybeans, which makes it easier to digest than other soy foods) to give you similar nutrition benefits.

### Morning (6 am-7 am)

- ☒ Drink one apple cider vinegar cocktail upon waking
- ☒ Sip a cup of warm ginger tea
- ☒ Eat a brown rice cake with 1 tsp. coconut and 1 tsp. olive oil

### Mid-Morning (9 am)

- ☒ Add a protein shake or smoothie☒ Add glutamine

### Lunch (12 pm)

- ☒ Green juice blend
- ☒ Kitchari or sticky rice (½-1 cup)☒ Add aloe vera juice

### Dinner (3 pm-4 pm)

- ☒ Add a digestive enzyme
- ☒ Vegetables steamed or sautéed in olive or coconut oil
- ☒ 4-5 ounces white meat chicken or turkey, or white fish like flounder or sole\*
- ☒ Bone broth soup (1 cup)

### Supplements

- ☒ Glutamine powder (500 mg, 1 time per day between meals)
- ☒ Aloe vera juice (1-2 ounces, 1x per day)
- ☒ Digestive enzymes (at least once per day with your heaviest meal or any other meal you need help with)

# DAY 4

## RECIPES



### **Dr. Taz's Kitchari**

Makes 1-2 servings

#### Ingredients:

- 3/4 cup basmati rice
- 1 cup dry mung beans, soaked in water for 3 hours
- 4 cups of water
- 4 teaspoons salt
- 1 teaspoon grated fresh ginger
- 1 tablespoon ghee or coconut oil
- 2 teaspoon of turmeric

#### Instructions:

1. Mix ingredients in a pressure cooker or InstantPot and keep under pressure for 6-7 minutes. If you don't have a pressure cooker, combine ingredients in a saucepan and bring to a boil.
2. Reduce heat and simmer for approximately 45 minutes or until rice and mung beans are soft.



### **Sticky Rice**

Makes one serving

#### Ingredients:

- 1/2 c sticky rice
- 4 cups of water
- 2 1/4" slices of ginger
- 3 tsp olive oil or coconut oil

#### Instructions:

1. Bring water and rice to a boil.
2. Reduce to simmer and add ginger; cook for 30-40 minutes or until rice is ready to eat.

# DAY 5

## RECIPES



### **Chicken Bone Soup (Adapted from the Weston A. Price Foundation)**

#### Ingredients:

- 1 whole free-range chicken or 2 to 3 pounds of bony chicken parts, such as necks, backs, breastbones and wings\*
- 4 quarts cold water
- 2 tablespoons vinegar
- 1 large onion, coarsely chopped
- 2 carrots, peeled and coarsely chopped
- 3 celery stalks, coarsely chopped
- 1 bunch parsley

*\*Note: Farm-raised, free-range chickens give the best results. Many battery-raised chickens will not produce stock that gels.*

#### Instructions:

1. If you are using a whole chicken, cut off the wings and remove the neck, fat glands and the gizzards from the cavity.
2. Cut chicken parts into several pieces. (If you are using a whole chicken, remove the neck and wings and cut them into several pieces.)
3. Place chicken or chicken pieces in a large stainless steel pot with water, vinegar, and all vegetables except parsley. Let stand 30 minutes to 1 hour.
4. Bring to a boil, and remove the top layer. Reduce heat, cover and simmer for 6 to 8 hours. The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before finishing the stock, add parsley.
5. Remove whole chicken or pieces with a slotted spoon. If you are using a whole chicken, let cool and remove chicken meat from the bone. Reserve for other uses, such as chicken salads or tacos.
6. Strain the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.

*If you don't want to go through this whole process, you can buy bone broth prepared by a local supplier, but I would encourage you to stay away from boxed or canned bone broth sitting on shelves -- it won't have the same effect.*

# DAY 5

## RECIPES



### Slow Cooker Beef Bone Broth

#### Ingredients:

- 2 medium carrots, chopped
- 2 medium celery ribs, chopped
- One large onion, chopped
- 3.5 pounds beef bones
- 1 bay leaf
- 2 tablespoons apple cider vinegar
- Water

#### Instructions:

1. Place the carrots, celery, onion, beef bones, bay leaf, and vinegar in the bottom of a 6-quart slow cooker.
2. Pour in enough water to submerge all of the ingredients.
3. Set the slow cooker to low for a minimum of 8-10 hours and cover with a lid (the longer you cook your soup, the more nutrients will be extracted from the bones).
4. When the time is up, strain the ingredients so you are left with a translucent brown broth.
5. Refrigerate broth overnight so you can scrape off and discard some of the solidified fat from the top. Reheat on the stove when you are ready to eat it.

*If you don't want to go through this whole process, you can buy bone broth prepared by a local supplier, but I would encourage you to stay away from boxed or canned bone broth sitting on shelves -- it won't have the same effect.*

# DAY 6

## RECIPES



### **Mexican Stir-Fry**

#### Ingredients:

- 2 teaspoons coconut oil
- Pinch of red pepper flakes
- Pinch of cumin
- 4 ounces chicken breast, sliced
- ½ cup white button mushrooms, sliced
- ½ red bell pepper, sliced
- ½ green bell pepper, sliced
- 1 tbsp chopped fresh cilantro

#### Instructions:

1. Heat oil in a medium saucepan.
2. Add red pepper flakes and cumin.
3. Add chicken and sear for about one minute.
4. Stir fry for one minute. When chicken is lightly browned, add remaining ingredients.
5. Continue to stir fry until chicken is fully cooked.



### **Herbed Turkey Breast and Yams**

#### Ingredients:

- 1 medium yam
- ¼ teaspoon dried sage leaves
- ¼ teaspoon dried rosemary leaves
- ¼ teaspoon dried thyme leaves
- 1 4-ounce turkey breast cutlet
- 1 teaspoon coconut oil

#### Instructions:

1. Preheat an oven to 425°F.
2. Scrub yam thoroughly with a brush under running water. Pat dry and poke with a fork.
3. Wrap yam in aluminum foil and bake for 49 to 60 minutes or until tender.
4. Meanwhile, in a small dish, combine sage, rosemary, and thyme leaves.
5. Using your fingers, press onto turkey breast.
6. In a medium sauté pan or cast-iron skillet, heat 1 teaspoon of olive oil.
7. Place turkey cutlet in the hot pan and cook until browned.
8. Flip and brown on the other side, until cutlet is cooked through.
9. Serve turkey and string beans together on a plate, topping yam with coconut oil.

# DAY 6

## RECIPES



### Spinach Sautéed in Olive Oil with Sole Topped with Lemon

#### Ingredients:

- 1 ½ teaspoon olive oil (1/2 teaspoon + 1 teaspoon)
- 1 5-ounce sole fillet
- 3 cups baby spinach
- ½ lemon

#### Instructions:

1. Preheat oven to 325.
2. Place sole in a shallow baking dish, drizzle with ½ teaspoon olive oil.
3. Bake for about 30 minutes, or until fish is cooked through.
4. While fish is cooking, preheat a medium sauté pan with 1 teaspoon olive oil. Add garlic and spinach, sauté until spinach is cooked.
5. Place on a dish beside fish, squeeze with ½ lemon.



### Ratatouille-Topped Chicken Breast\*

*\*To make this recipe vegetarian, eliminate chicken and add ½ cup of chickpeas when you add the tomato and basil.*

#### Ingredients:

- 1 teaspoon olive oil + ½ teaspoon
- ½ small onion, diced
- 1 garlic clove, minced
- ½ cup eggplant
- ½ cup zucchini
- ½ cup chopped tomatoes
- 1 tablespoon chopped basil
- 1 4-ounce chicken breast

#### Instructions:

1. Heat olive oil in a medium saute pan over a medium flame.
2. Add onions, cooking until lightly browned, about five minutes.
3. Add eggplant and sauté until cooked; about 3-5 minutes.
4. Add zucchini and cook for another five minutes.
5. Add tomato and basil and mix, cook for an additional five minutes.
6. While vegetables are cooking, drizzle chicken with remaining oil and grill until cooked through using a grill pan or countertop grill. Place chicken breast on plate and top with ratatouille.

# DAY 6

## RECIPES



### Thanksgiving Dinner

#### Ingredients:

- 1 small sweet potato
- ½ cup sliced Brussels sprouts
- 1 teaspoon + 1 teaspoon coconut oil
- 1 4-ounce turkey breast

#### Instructions:

1. Preheat oven to 425°F.
2. With a fork, poke holes in a small sweet potato and wrap in aluminum foil. Bake until tender, about 45 minutes.
3. At the same time, place Brussels sprouts in a cast-iron pan and toss with coconut oil. Bake for 30 to 45 minutes, tossing every 10 minutes until Brussels sprouts become browned.
4. In the meantime, heat a small skillet with the remainder of the coconut oil. Cook turkey breast on one side until browned, flip and cook on the other side until cooked through.
5. Serve turkey, sweet potato, and Brussels sprouts together on a plate.



### Steamed Artichoke with Baked Flounder

*\*To make this recipe vegetarian, eliminate chicken and add ½ cup of chickpeas when you add the tomato and basil.*

#### Ingredients:

- 1 medium artichoke
- 1 5 ounce flounder fillet
- 2 teaspoons olive oil
- Pinch of oregano

#### Instructions:

1. Preheat oven to 325°F.
2. In a small pot, fill water up about one inch and bring to a boil.
3. Trim off the top inch of the artichoke and pull off any small leaves around the base.
4. Place artichoke in water, bottom side up, and simmer for about 30 minutes or until you can easily insert a fork into the base.
5. While artichoke is simmering, place flounder in a shallow baking dish, drizzled with ½ teaspoon olive oil.
6. Bake for about 30 minutes or until cooked through.
7. In a small bowl, sprinkle remaining olive oil with oregano as a dipping sauce for the artichoke.
8. Drain artichoke from water and serve beside flounder.

# DAY 6

## RECIPES



### **Baked Spaghetti Squash with Tomato Sauce and Chicken Breast**

#### Ingredients:

- 1 small spaghetti squash
- 1 4-ounce chicken breast
- 1 teaspoon olive oil
- 1 clove of garlic, crushed
- ½ cup canned diced tomatoes
- 1/8 teaspoon oregano

#### Instructions:

1. Preheat oven to 375°F.
2. Cut squash in half lengthwise and remove the seeds.
3. Place both halves cut side up on a baking dish and roast for about 45 minutes or until the fork can easily puncture the flesh.
4. Using a grill pan or countertop grill, cook chicken breast. While chicken breast is cooking, heat olive oil in a small pan.
5. Add garlic, tomatoes, and oregano, and cook for about five minutes.
6. When spaghetti squash is ready, remove strands from the skin, place in bowl and top with tomato mixture and grilled chicken breast.



### **Turkey with Braised Root Vegetables**

#### Ingredients:

- 2 large carrots
- 1 large parsnip
- 1 small celery root
- 1 teaspoon olive oil + ½ teaspoon olive oil
- ½ teaspoon chopped fresh parsley
- ½ cup of water
- One 4-ounce turkey breast

#### Instructions:

1. Scrub carrots, parsnips, and celery root, and chop into bite-sized pieces.
2. Heat a pot over medium-high heat.
3. Add oil, vegetables, and water. Cover, reduce heat to a simmer, and cook until vegetables begin to brown (around 20 minutes), adding parsley for the last minute or so.
4. As vegetables are cooking, heat a small skillet with the remainder of the olive oil.
5. Cook turkey breast on one side until browned, flip and cook on the other side until cooked through.
6. Serve turkey and root vegetables together on plate.



# DAY 6

## RECIPES



### **Broiled Ginger Halibut with Mashed Turnips**

#### Ingredients:

- 1 cup washed and diced turnips
- One 5-ounce halibut fillet
- ¼ teaspoon grated fresh ginger
- 1 clove garlic, chopped
- 1 teaspoon coconut oil
- ½ teaspoon chopped cilantro

#### Instructions:

1. Bring a medium pot of water to a boil over high heat.
2. Add turnips and cook until tender, around 20-30 minutes.
3. In the meantime, line a broiler pan with foil and preheat in broiler for 5 minutes.
4. Remove the pan from the oven and place the fish in the center, sprinkling with garlic and ginger.
5. Return to broiler and cook until fish is just cooked through, around 8 to 10 minutes. Place on serving plate.
6. When turnips are fork-tender, remove from heat and drain water. Add turnips back to pot and add coconut oil and cilantro.
7. Blend using a potato masher until relatively smooth. Serve on a plate beside halibut.



### **Mexican Veggie Bowl**

#### Ingredients:

- ½ cup chopped zucchini
- ½ cup chopped carrots
- ½ cup black beans
- ¼ cup pre-made salsa
- ½ lime

#### Instructions:

1. In a small saucepan, heat olive oil over a medium flame.
2. Add zucchini and carrots and sauté until soft, about 5 minutes.
3. Place in bowl and top with black beans and salsa; squeeze with lemon.

# THE 21-DAY BELLY FIX

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## **Days 7-10:**

Gut Balance: Build Gut  
Bacteria and Heal with  
Intermittent Fasting



# PLAN OVERVIEW AND TIPS FOR SUCCESS

## TIPS FOR SUCCESS

- ☒ Drink room-temperature water only
- ☒ No eating or drinking after 8-9

## ADDING FERMENTED FOODS

Add one serving of any of the following per day:

- ☒ Coconut milk yogurt or kefir: One 6-oz. carton of yogurt or ½ cup of kefir
- ☒ Sauerkraut: ½ cup
- ☒ Kimchi: ½ cup
- ☒ Tempeh: 4 ounces or about half a block of store-bought tempeh.
- ☒ Miso paste: One tablespoon
- ☒ Kombucha: ½ cup
- ☒ Fermented rice: ¾ cup



# DAY 7

## OVERVIEW

### **Your Eating Window**

- ☒ Create a 10-hour eating window.  
Example: Eat from 6 am-4 pm or 8 am-6 pm.
- ☒ Wait 3-4 hours between every meal
- ☒ Stop eating by 9 pm every night

### **Morning (6 am-7 am)**

- ☒ Drink one apple cider vinegar cocktail upon waking
- ☒ Sip a cup of warm ginger tea
- ☒ Eat a brown rice cake with 1 tsp. coconut and 1 tsp. olive oil

### **Mid-Morning (9 am)**

- ☒ Add a protein shake or smoothie

### **Lunch (12 pm)**

- ☒ Green juice blend
- ☒ Kitchari or sticky rice (½-1 cup) or fermented rice
- ☒ Coconut yogurt/kefir, tempeh, sauerkraut, kimchi, or kombucha

### **Dinner (3 pm-4 pm)**

- ☒ Vegetables steamed or sautéed in olive or coconut oil (or you can use a miso-based sauce to help meet your probiotic requirement)
- ☒ 4-5 ounces white meat chicken or turkey, or white fish like flounder or sole
- ☒ Bone broth soup

### **Supplements**

- ☒ Glutamine powder (500 mg, 1 time per day between meals)
- ☒ Aloe vera juice (1-2 ounces, 1x per day)
- ☒ Digestive enzymes (at least once per day with your heaviest meal or any other meal you need help with)

# DAY 8

## OVERVIEW

### **Your Eating Window**

☒ Create an 8-hour eating window and a 16-hour fasting window.

Example: Eat from 6 am-2 pm or 8 am-5 pm.

☒ Wait 3-4 hours between every meal

☒ Stop eating by 9 pm every night

### **Morning (6 am-7 am)**

☒ Drink one apple cider vinegar cocktail upon waking

☒ Sip a cup of warm ginger tea

☒ Eat a brown rice cake with 1 tsp. coconut and 1 tsp. olive oil

### **Mid-Morning (8 am)**

☒ Add a protein shake or smoothie

### **Lunch (11 am)**

☒ Green juice blend

☒ Kitchari or sticky rice (½-1 cup) or fermented rice

☒ Coconut yogurt/kefir, tempeh, sauerkraut, kimchi, or kombucha

### **Dinner (2 pm)**

☒ Vegetables steamed or sautéed in olive or coconut oil (or you can use a miso-based sauce to help meet your probiotic requirement)

☒ 4-5 ounces white meat chicken or turkey, or white fish like flounder or sole

☒ Bone broth soup

### **Supplements**

☒ Glutamine powder (500 mg, 1 time per day between meals)

☒ Aloe vera juice (1-2 ounces, 1x per day)

☒ Digestive enzymes (at least once per day with your heaviest meal or any other meal you need help with)

☒ One probiotic supplement (at least 50 billion CFU).

# DAY 9

## OVERVIEW

### **Morning (6 am-7 am)**

- ☒ Drink one apple cider vinegar cocktail upon waking
- ☒ Sip a cup of warm ginger tea
- ☒ Eat a brown rice cake with 1 tsp. coconut and 1 tsp. olive oil

### **Mid-Morning (9 am)**

- ☒ One protein shake (Choose a shake that includes banana or wild blueberries for additional prebiotic fiber, or add onions and/or garlic to dinner.)

### **Lunch (11 am)**

- ☒ Green juice blend
- ☒ Kitchari or sticky rice (½-1 cup) or fermented rice
- ☒ Coconut yogurt/kefir, tempeh, sauerkraut, kimchi, or kombucha

### **Dinner (2 pm)**

- ☒ Vegetables steamed or sautéed in olive or coconut oil (or you can use a miso-based sauce to help meet your probiotic requirement)
- ☒ 4-5 ounces white meat chicken or turkey, or white fish like flounder or sole
- ☒ Bone broth soup

### **Supplements**

- ☒ Glutamine powder (500 mg, 1 time per day between meals)
- ☒ Aloe vera juice (1-2 ounces, 1x per day)
- ☒ Digestive enzymes (at least once per day with your heaviest meal or any other meal you need help with)
- ☒ One probiotic supplement (at least 50 billion CFU).
- ☒ 500 mg prebiotic powder added to your mid-morning smoothie

# DAY 10

## OVERVIEW

### **Morning (6 am-7 am)**

- ☒ Drink one apple cider vinegar cocktail upon waking
- ☒ Sip a cup of warm ginger tea
- ☒ Eat a brown rice cake with 1 tsp. coconut and 1 tsp. olive oil

### **Mid-Morning (9 am)**

- ☒ One protein shake (Choose a shake that includes banana or wild blueberries for additional prebiotic fiber, or add onions and/or garlic to dinner.)

### **Lunch (11 am)**

- ☒ Green juice blend
- ☒ Coconut yogurt/kefir, tempeh, sauerkraut, kimchi, or kombucha

### **Dinner (2 pm)**

- ☒ Vegetables steamed or sautéed in olive or coconut oil (or you can use a miso-based sauce to help meet your probiotic requirement)
- ☒ 4-5 ounces white meat chicken or turkey, or white fish like flounder or sole
- ☒ Bone broth soup

### **Supplements**

- ☒ Glutamine powder (500 mg, 1 time per day between meals)
- ☒ Aloe vera juice (1-2 ounces, 1x per day)
- ☒ Digestive enzymes (at least once per day with your heaviest meal or any other meal you need help with)
- ☒ One probiotic supplement (at least 50 billion CFU).
- ☒ 500 mg prebiotic powder added to your mid-morning smoothie

# DAYS 7 - 10

## SHOPPING LIST

### REFRIGERATED

- ☒ Coconut milk yogurt or kefir (unsweetened such as So Delicious)
- ☒ Sauerkraut (unpasteurized such as Bubbies, Great Lakes Kraut, or Karthein's Organic)
- ☒ Tempeh (organic such as LightLife, WestSoy, or SoyBoy)
- ☒ Miso Paste (red, white, or yellow from South River Miso Company)

### PANTRY STAPLES

- ☒ Tahini
- ☒ Coconut milk

### PRODUCE

- ☒ Lemon
- ☒ Cilantro
- ☒ Ginger
- ☒ Garlic

### SUPPLEMENTS

- ☒ Probiotic supplement (at least 20 billion CFUs like OrthoBiotic Floraboost)
- ☒ Inulin supplement (powdered form; 500 mg per serving)
- ☒ Probiotic foods (banana, garlic, onion, Jerusalem artichokes, wild blueberries, chicory root)



# DAYS 7 - 10

## RECIPES



### **Sauerkraut**

Makes 8 ½ cup servings

#### Ingredients:

- 1 medium head green or red cabbage
- 1 ½ tablespoons kosher salt

#### Supplies:

- Cutting board
- Large knife
- Large mixing bowl
- Large mason jar
- Cheesecloth
- Rubber band
- Fork

#### Instructions:

1. Give all of your supplies (including your hands) a good cleaning –you want the bacteria on the surface of the cabbage to not have to compete with any other microbes.
2. Remove the limp outer leaves of the cabbage, and set aside.
3. Chop the cabbage, removing the tough inner core, and shred the rest.
4. Transfer to a large mixing bowl and sprinkle with salt.
5. Massage salt into shredded cabbage using your hands until the cabbage becomes watery.
6. Using your hands, pack cabbage into the mason jar. If any liquid remains, pour it on top of the cabbage.
7. Use one of the outer leaves of the cabbage to weigh down the shredded cabbage, ensuring that it stays submerged in its liquid.
8. Cover the mouth of the jar with cheesecloth and secure it with a rubber band.
9. Every few hours, remove the cheesecloth and press the cabbage down with a fork so it is even more submerged in the liquid.
10. Return cheesecloth and allow to ferment in a cool, dark place for 3 or more days. Once you like the flavor of the sauerkraut, replace the cheesecloth with a lid and store it in the refrigerator for up to two months.

# DAYS 7 - 10

## RECIPES



### **Kimchi (adapted from The Kitchen)**

#### Ingredients:

- One (one pound) Napa cabbage
- ¼ cup sea or kosher salt
- Spring or filtered water
- One tablespoon grated garlic
- One teaspoon grated ginger
- One teaspoon sugar
- 3-4 tablespoons spring or filtered water
- 1-5 tablespoons Korean red pepper flakes, also called gochugaru
- 8 ounces daikon or Korean radish, peeled and cut into matchsticks
- 4 scallions, trimmed and cut into 1-inch pieces

#### Instructions:

1. Cut the cabbage lengthwise in quarters, and remove the tough inner core. Cut each quarter across, into 2-inch-wide strips. Place cabbage and salt into a large bowl.
2. Massage the salt into the cabbage until it begins to soften.
3. Add water to cover the cabbage. Cover with a plate, and weigh down with something heavy like a book. Let stand for 1-2 hours.
4. Rinse cabbage under cold water three times; drain in a colander for 20 minutes. Rinse and dry the bowl you used for salting and set aside for later.
5. While the cabbage drains, combine garlic, ginger, sugar, and water in a small bowl and mix to form a smooth paste.
6. Mix in the Korean red pepper flakes, using more or less depending on how much heat you like. Squeeze any excess water from the cabbage and put back into the large bowl.
7. Add the chopped radishes, scallions, and paste to the bowl as well.
8. Using your hands (with or without gloves on them), mix everything thoroughly until the paste is thoroughly worked into vegetables.
9. Pack the kimchi into a large one-quart jar, pressing down until the brine covers the vegetables.
10. Leaving one inch empty at the top, seal the jar with the lid. Let the jar stand at room temperature for 1-5 days.
11. Since some brine may seep out of the lid, place a bowl or plate under the jar. Check on kimchi once a day, pressing down on the vegetables to ensure they remain submerged in the brine. You can eat it whenever you'd like, but it's best after a week or two.

# DAYS 7 - 10

## RECIPES



### **Fermented Glutinous Rice**

#### Ingredients:

- 2 cups glutinous rice
- Water
- ¼ Chinese yeast ball smashed into a powder (available online and in Asian grocery stores)

#### Instructions:

1. Prepare rice with water as you normally would, in a rice cooker or on the stovetop.
2. Transfer the rice to a glass bowl and allow to cool until no longer hot to the touch.
3. Mix the yeast powder with the rice, using a spoon.
4. Cover with plastic wrap, and allow to sit in a cool, dark place, checking on it once a day for three days.
5. The final product will be liquidy and soup-like.



### **Ginger Miso Stir Fry Sauce**

Makes 4-6 servings

#### Ingredients:

- 1/4 cup hot water
- ¼ cup white miso
- 1 tablespoon toasted sesame sauce
- 1 tablespoon grated fresh ginger
- 1 clove garlic, crushed and minced

#### Instructions:

1. Whisk ingredients together in a small bowl.
2. Add to stir-fried vegetables for the last 1-2 minutes of cooking.



### **Coconut Miso Stir Fry Sauce**

Makes 4-6 servings

#### Ingredients:

- ¼ cup white miso
- ¼ cup hot water
- 1 cup of canned coconut milk
- 3 tablespoons chopped cilantro

#### Instructions:

1. Dissolve miso in hot water.
2. Whisk in coconut milk.
3. Add to stir-fried vegetables for the last 1-2 minutes of cooking, and top with chopped cilantro.

# DAYS 7 - 10

## RECIPES



### **Lemony Miso Tahini Dressing**

Makes 4-6 servings

#### Ingredients:

- ¼ cup white miso
- ¼ cup tahini
- Juice of ½ lemon
- Hot water

#### Instructions:

1. Whisk together ingredients, adding water until desired consistency is achieved.
2. Use to dress steamed vegetables, or as a dipping sauce for vegetables (you might want to leave it a bit thicker for this purpose).



### **Tempeh Dipping Sticks**

Serves 2

#### Ingredients:

- One block of tempeh
- 1 tablespoon coconut oil

#### Instructions:

1. Preheat oven to 375°F.
2. Slice block of tempeh into finger-length strips about ½ inch thick.
3. Grease cast iron pan or baking sheet with coconut oil.
4. Arrange tempeh neatly and bake for about 15 minutes or until the bottom side begins to form a crust.
5. Flip pieces with a spatula and cook another 10 minutes or until browned on both sides.



### **Baked Jerusalem Artichokes**

Serves 6

#### Ingredients:

- 2 pounds Jerusalem artichokes
- 2 tablespoons olive oil

#### Instructions:

1. Preheat oven to 375°F.
2. Scrub Jerusalem artichokes and cut into 1-inch cubes. Spread onto a baking sheet and drizzle with olive oil, tossing to distribute. Roast for around 45 minutes or until golden brown, tossing every 5-10 minutes.

# THE 21-DAY BELLY FIX

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## **Days 11-21:**

Belly Fix: Food Variety and  
Identifying Food Triggers



# PLAN OVERVIEW AND TIPS FOR SUCCESS

Now that we've taken the top offenders out of your diet and replenished your gut with healthy bacteria, it is time to challenge your digestive tract. This is the stage where we will begin to pinpoint your trigger foods—the ones you should eat infrequently, if at all.

## **YOUR EATING WINDOW**

- ☒ Create an 8-hour eating window and a 16-hour fasting window. Example: Eat from 6 am-2 pm or 8 am-5 pm.
- ☒ Wait 3-4 hours between every meal
- ☒ Stop eating by 9 pm every night

## **ADDITIONAL TIPS FOR SUCCESS**

- ☒ Drink room-temperature water only
- ☒ No eating or drinking after 8-9

## **ADDING FOODS BACK INTO YOUR DIET**

As you begin to add new foods back in, pay careful attention to how your body reacts. If you experience general pain, digestive issues like gas, bloating, cramps, or diarrhea upon the reintroduction of any food, stop and add that food to your “avoid” list. Remove that food for at least 6 weeks before reintroducing again. Continue with the plan, looking out for the recurrence of these symptoms at each step.

## **ADD COOKED GLUTEN-FREE GRAINS**

- ☒ Cooked brown rice
- ☒ Quinoa
- ☒ Oats
- ☒ Millet
- ☒ Wild rice
- ☒ Buckwheat
- ☒ White potatoes (including the skin)

# DAY 11 - 13

## OVERVIEW

### **Morning (6 am-7 am)**

- ☒ Drink one apple cider vinegar cocktail upon waking
- ☒ Sip a cup of warm ginger tea
- ☒ Eat 1 slice of gluten-free bread with 1-2 teaspoons coconut and olive oils

### **Mid-Morning (9 am)**

- ☒ One protein shake (Choose a shake that includes banana or wild blueberries for additional prebiotic fiber, or add onions and/or garlic to dinner.)

### **Lunch (11 am)**

- ☒ Green juice blend
- ☒ Coconut yogurt/kefir, tempeh, sauerkraut, kimchi, or kombucha

### **Dinner (2 pm)**

- ☒ Vegetables steamed or sautéed in olive or coconut oil (or you can use a miso-based sauce to help meet your probiotic requirement)
- ☒ 4-5 ounces white meat chicken or turkey, or white fish like flounder or sole
- ☒ ½ cup gluten-free whole grains or starchy vegetable ☒ Bone broth soup

### **Supplements**

- ☒ Glutamine powder (500 mg, 1 time per day between meals)
- ☒ Aloe vera juice (1-2 ounces, 1x per day)
- ☒ Digestive enzymes (at least once per day with your heaviest meal or any other meal you need help with)
- ☒ One probiotic supplement (at least 50 billion CFU).
- ☒ 500 mg prebiotic powder added to your mid-morning smoothie

# DAY 14 - 16

## OVERVIEW

### **Your Eating Window**

- ☒ Create an 8-hour eating window. Example: Eat from 6 am-2 pm or 10 am-6 pm.
- ☒ Wait 3-4 hours between every meal
- ☒ Stop eating by 9 pm every night

### **Morning (6 am-7 am)**

- ☒ Drink one apple cider vinegar cocktail upon waking
- ☒ Sip a cup of warm ginger tea
- ☒ Eat a brown rice cake with 1 tsp. coconut and 1 tsp. olive oil

### **Mid-Morning (9 am)**

- ☒ One green juice blend

### **Lunch (11 am)**

- ☒ 3 ounces lean red meat, chicken, turkey, or fish
- ☒ One serving of fruit or vegetables

### **Dinner (2 pm)**

- ☒ Vegetables steamed or sautéed in olive or coconut oil
- ☒ 4-5 ounces white meat chicken or turkey, or white fish like flounder or sole
- ☒ ½ cup gluten-free whole grains or starchy vegetable
- ☒ Bone broth soup

### **At Some Point Throughout the Day**

- ☒ One serving of probiotic foods: Coconut milk yogurt or kefir, sauerkraut, tempeh, miso, kimchi, kombucha
- ☒ One serving of prebiotic foods: Bananas, wild blueberries, chicory root, Jerusalem artichokes, onion, garlic

### **Supplements**

- ☒ Glutamine powder (500 mg, 1 time per day between meals)
- ☒ Aloe vera juice (1-2 ounces, 1x per day)
- ☒ Digestive enzymes (at least once per day with your heaviest meal or any other meal you need help with)
- ☒ One probiotic supplement (at least 50 billion CFU). ☒ 500 mg prebiotic powder mixed with water



# DAY 17 - 18

## OVERVIEW

### **Your Eating Window**

- ☒ Create an 8-hour eating window. Example: Eat from 6 am-2 pm or 10 am-6 pm.
- ☒ Wait 3-4 hours between every meal
- ☒ Stop eating by 9 pm every night

### **Morning (6 am-7 am)**

- ☒ Drink one apple cider vinegar cocktail upon waking
- ☒ Sip a cup of warm ginger tea
- ☒ 1 slice of whole wheat bread with 1 teaspoon each coconut and olive oils

### **Mid-Morning (9 am)**

- ☒ One serving of dairy

### **Lunch (11 am)**

- ☒ Green juice blend
- ☒ One serving of fruit or vegetables
- ☒ 3-ounce red meat or 4-5 ounces white meat or fish

### **Dinner (2 pm)**

- ☒ Vegetables steamed or sautéed in olive or coconut oil
- ☒ 4-5 ounces white meat chicken or turkey, or white fish like flounder or sole
- ☒ ½ cup gluten-free whole grains or starchy vegetable
- ☒ Bone broth soup

### **Supplements**

- ☒ Glutamine powder (500 mg, 1 time per day between meals)
- ☒ Aloe vera juice (1-2 ounces, 1x per day)
- ☒ Digestive enzymes (at least once per day with your heaviest meal or any other meal you need help with)
- ☒ One probiotic supplement (at least 50 billion CFU).
- ☒ 500 mg prebiotic powder mixed with water

# DAY 19 - 21

## OVERVIEW

### **Your Eating Window**

- ☒ Create an 8-hour eating window. Example: Eat from 6 am-2 pm or 10 am-6 pm.
- ☒ Wait 3-4 hours between every meal
- ☒ Stop eating by 9 pm every night

### **Morning (6 am-7 am)**

- ☒ Drink one apple cider vinegar cocktail upon waking
- ☒ Sip a cup of warm ginger tea
- ☒ 1 slice of whole wheat bread with 1 teaspoon each coconut and olive oils

### **Mid-Morning (9 am)**

- ☒ One serving of dairy

### **Lunch (11 am)**

- ☒ Green juice blend
- ☒ One serving of fruit or vegetables
- ☒ 3-ounce red meat or 4-5 ounces white meat or fish

### **Dinner (2 pm)**

- ☒ Vegetables steamed or sautéed in olive or coconut oil
- ☒ 4-5 ounces white meat chicken or turkey, or white fish like flounder or sole
- ☒ ½ cup gluten-free whole grains or starchy vegetable
- ☒ Bone broth soup

### **Supplements**

- ☒ Glutamine powder (500 mg, 1 time per day between meals)
- ☒ Aloe vera juice (1-2 ounces, 1x per day)
- ☒ Digestive enzymes (at least once per day with your heaviest meal or any other meal you need help with)
- ☒ One probiotic supplement (at least 50 billion CFU).
- ☒ 500 mg prebiotic powder mixed with water

# DAY 22 AND BEYOND

From day 22 on you can create your own mix of the foods (or follow the suggested menus below).

## **Here's how your diet should look:**

- ☒ At least one serving of Green Juice Blend per day
- ☒ A fruit or vegetable at every meal (don't have fruit more than twice a day)
- ☒ One serving of whole grains per day (1/2 to 1 cup)
- ☒ Two servings of lean protein (chicken, turkey, fish, lean red meat, or eggs)
- ☒ One serving of dairy
- ☒ At least one fermented food per day
- ☒ At least two servings of healthy fat (avocado, olives, nuts, olive oil, coconut oil, avocado oil, peanut oil) per day
- ☒ Keep your total sugar under 40 grams per day
- ☒ Minimize your exposure to gluten and dairy

## **Supplements**

- ☒ Glutamine powder (500 mg, 1 time per day between meals)
- ☒ Aloe vera juice (1-2 ounces, 1x per day)
- ☒ Digestive enzymes (at least once per day with your heaviest meal or any other meal you need help with)
- ☒ One probiotic supplement (at least 50 billion CFU).
- ☒ 500 mg prebiotic powder mixed with water

# S A M P L E M E N U

## Sample Day 1

### Early Morning

- ☒ Apple cider vinegar cocktail
- ☒ Sip a cup of warm ginger tea
- ☒ 1 slice of whole wheat bread with 1-2 teaspoons coconut and olive oils

### Mid Morning

- ☒ One container of Greek yogurt
- ☒ ½ cup blueberries

### Lunch

- ☒ Green juice blend
- ☒ 3 cups sautéed baby arugula and ¼ cup sliced red onion topped with ¼ avocado, 3 ounces grilled chicken and miso dressing

### Dinner

- ☒ Red and green pepper slices sautéed in canola oil with 3 ounces lean beef with ½ cup brown rice
- ☒ Bone broth soup

### Supplements

- ☒ Glutamine powder (500 mg, 1 time per day between meals)
- ☒ Aloe Vera Juice (1-2 ounces, 1x per day)
- ☒ Digestive Enzymes (at least once per day with your heaviest meal or any other meal you need help with)
- ☒ One probiotic supplement (at least 500 billion CFU)
- ☒ 500 mg prebiotic powder

# S A M P L E M E N U

## Sample Day 2

### Early Morning

- ☒ Apple cider vinegar cocktail
- ☒ Sip a cup of warm ginger tea
- ☒ 1 slice of whole wheat bread with 1-2 teaspoons coconut and olive oils

### Mid-Morning

- ☒ 1 cup plain kefir blended with 1 medium banana

### Lunch

- ☒ Green juice blend
- ☒ Tempeh Reuben: 2 slices sprouted grain bread toasted with 1 slice Swiss cheese, topped with 1 slice swiss cheese, 3 ounces grilled tempeh, 1/8 avocado sliced

### Dinner

- ☒ ½ butternut squash baked and stuffed with ½ cup quinoa mixed with ½ cup sautéed baby spinach and 1 tsp coconut oil + 1 broiled fillet of sole with a squeeze of lemon
- ☒ Bone broth soup

### Supplements

- ☒ Glutamine powder (500 mg, 1 time per day between meals)
- ☒ Aloe Vera Juice (1-2 ounces, 1x per day)
- ☒ Digestive Enzymes (at least once per day with your heaviest meal or any other meal you need help with)
- ☒ One probiotic supplement (at least 500 billion CFU)
- ☒ 500 mg prebiotic powder

# S A M P L E M E N U

## Sample Day 3

### Early Morning

- ☒ Apple cider vinegar cocktail
- ☒ Sip a cup of warm ginger tea
- ☒ 1 slice of whole wheat bread with 1-2 teaspoons coconut and olive oils

### Mid-Morning

- ☒ 1 container of coconut milk yogurt with ½ cup sliced strawberries

### Lunch

- ☒ Green juice blend
- ☒ 1 egg scrambled in canola oil with 2 cups baby spinach, ½ cup sliced white button mushrooms topped with ¼ avocado
- ☒ 1 slice whole-wheat toast

### Dinner

- ☒ Greek vegetables and chicken: 1/3 cup chopped green pepper, 1/3 cup chopped red onion, 1/3 cup chopped tomato sautéed, topped with grilled 3-ounce chicken breast and 1-ounce feta cheese
- ☒ Bone broth soup

### Supplements

- ☒ Glutamine powder (500 mg, 1 time per day between meals)
- ☒ Aloe Vera Juice (1-2 ounces, 1x per day)
- ☒ Digestive Enzymes (at least once per day with your heaviest meal or any other meal you need help with)
- ☒ One probiotic supplement (at least 500 billion CFU)
- ☒ 500 mg prebiotic powder

# SHOPPING LIST

## GLUTEN-FREE GRAINS

- Brown rice
- Quinoa
- Oats
- Millet
- Buckwheat

## GLUTEN-CONTAINING GRAINS

- Sprouted wheat bread
- Whole-wheat pasta

## PROTEIN

- Organic grass-fed beef
- Pastured eggs

## DAIRY

- Milk
- Yogurt
- Cheese

Your flat belly is just 3 weeks away if you can systematically follow these four phases. Consider starting this journey with a friend or a partner to help you stay motivated as you navigate your way to more energy, a better mood, and a belly fix.

## RECOMMENDED PRODUCTS

