
VITAL GUT HEALTH



Your One Week Guide to Healthy Gut Flora!!!!

So, you might ask yourself, “why do I want a healthy gut?” Well the science is backing it up. Leaky gut, autoimmune disorders and a plethora of other conditions are caused by poor gut health.

Things that we never could have imagined are caused by a gut mistreated. Depression, anxiety, fatigue, brain fog, indecision, undue stress, abdominal pain, and severe food allergies would be to name a few.

That’s why you’re here. You’re here, reading this to find out how, in this crazy world, you can heal your body. Well, I applaud you for getting this far. Now the true challenge will be in you implementing the steps necessary to feeling better.

“That’s why you’re here. You’re here, reading this to find out how, in this crazy world, you can heal your body.”

I can tell you that we've got the basics to a better you. The gut is comprised of around 400 Meters of long tract. You have more bacteria in your gut than cells in your body.

We can try to eat healthy but the truth is that many have caused major damage to their gut throughout their life. Exercise and diet can only do so much for someone that has taken antibiotics annually or semi annually since childhood.

This meal plan is here to begin that healing process. Your gut won't be "fixed" in a week. However, this meal plan and protocol is here for you to learn the basics of rebalancing your micro biome.



If you're wondering how important this is I can share a couple facts. Your gut is connected directly to your brain. The Vagus nerve runs from your gut to your brain. There is a connection between your mood, thoughts and feeling to your gut health.

You need to get your gut bacteria under control and in balance. It could mean life or death for you. The gut directly influences not only your mind but your overall immune system. If these facts weren't enough I don't know what would be.

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I want to cover briefly what we'll see in this meal plan. Some of the suggestions we're making are subjective to time frame. We're going to suggest that you consume a bone broth. We prefer evenings. You could do that in the morning as well. We also make our own bone broth but you can purchase your own at your local health food store.

With that said, we also recommend a fermented food with one meal once a day. This can be in the form of Kombucha, Sauerkraut, Kimchi, Etc. We highly recommend a food source not a pill. We hope you enjoy the journey!

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
<u>BREAKFAST</u>	8 oz. Bone Broth* 16 oz. Water** Fresh Fruit Smoothie	8 oz. Bone Broth* 16 oz. Water** Fresh Fruit Smoothie	8 oz. Bone Broth* 16 oz. Water** Fresh Fruit Smoothie
<u>LUNCH</u>	Big Salad topped with protein of choice & 1/2 an avocado	Big Salad topped with protein of choice & 1/2 an avocado	Big Salad topped with protein of choice & 1/2 an avocado
<u>DINNER</u>	Teriyaki Chicken, White Rice, Roasted Broccoli	Taco Salad	Slow Cooked BBQ Chicken, White Rice or Baked Sweet Potato , Steamed Asparagus

	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<u>BREAKFAST</u>	8 oz. Bone Broth* 16 oz. Water** Fresh Fruit Smoothie	8 oz. Bone Broth* 16 oz. Water** Fresh Fruit Smoothie	8 oz. Bone Broth* 16 oz. Water** Fresh Fruit Smoothie	8 oz. Bone Broth* 16 oz. Water** Fresh Fruit Smoothie
<u>LUNCH</u>	Big Salad topped with protein of choice & 1/2 an avocado	Big Salad topped with protein of choice & 1/2 an avocado	Sausage, Brussels and Sweet Hash Breakfast Skillet	Spaghetti & Meatballs over Spaghetti squash***, Garlic Rosemary Focaccia Bread
<u>DINNER</u>	Avocado Mushroom Burger, Sweet Fries, Tomato & Cucumber Salad OR Roasted Broccoli	Greek Chicken Loaded Fries	Avocado Sandwiches	Avocado Sandwiches

Meal Plan Notes:

*You should drink at least one 8 ounce cup of bone broth daily, either in the morning or before bed.

**It is best to start your day off with about 16 ounces of water to get everything moving!

***Zucchini noodles, spaghetti squash or braized cabbage are substitutes here instead of grains or pasta.

We recommend fruit that is low in sugar. Examples include goji berries, kiwi fruit, strawberries, grapefruit, raspberries, blackberries and/or oranges. We recommend staying under 31 grams of sugar a day.

For salads we highly recommend mixed field greens with an assortment of vegetables. Usually, we will put carrots, avocado, cucumber, onion and an Italian dressing. However, feel free to switch it up. A good cheese or hard boiled egg with different dressings will mix it up for you!

Also, feel free to try your own smoothie recipes. The Cacao smoothie we've included is so power packed with nutrition that we have it every day!

Superfood Breakfast Smoothie

Grain Free ~ Gluten Free ~ Dairy Free ~ Nut Free

Author: Brenna from Vital Gut Health

Serves: 1

Prep time: 5 minutes (Note: A 2 hours minimum of soaking chia seeds is required!)

Ingredients:

- 1 1/2 cups Almond or Coconut Milk
- 2 Tbsp. Chia Seeds

—Soak Chia seeds in milk overnight—

- 2 Tbsp Raw cacao Powder
- 1 tsp. maca powder
- 1 tsp. Bee Pollen (local is best)
- 1/2-1 tsp. Macuna
- Sweetener: 1 Tablespoon Goji berries OR 1/2 teaspoon raw local honey
- About 1 Tbsp. Coconut Oil (or MCT oil)
- 1 serving of Protein Powder or Collagen

Instructions:

1. Soak Chia seeds in Almond/Coconut milk overnight (so the chia seeds gel to thicken smoothie).
2. The next day, pour milk chia seed mixture into your Bullet or Blender and add the rest of the ingredients.
3. Blend all the ingredients (adding more Almond/Coconut milk if shake is too thick) until desired consistency is reached.
4. Pour into a tall glass or BlenderBottle and enjoy!



Sausage, Brussels and Sweet Hash Breakfast Skillet

Grain Free ~ Gluten Free ~ Dairy Free

Author: Brenna from Vital Gut health

Prep time: 10-15 minutes

Cook time: 7 minutes

Ingredients:

- 1/2 lb Italian or Chorizo Sausage*
- About 10 oz. Brussel Sprouts, rinsed and cut into quarters
- 2 small sweet potatoes, scrubbed and grated
- 1/2 large yellow onion, diced
- 1-2 garlic cloves, peeled and minced
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon smoked paprika
- 6 eggs



Instructions:

1. Set your oven on broil.
2. In a medium cast iron skillet, cook sausage until it begins to lightly brown over medium high heat.
3. While your sausage is browning, cut your cleaned Brussel Sprouts into quarters and grate your sweet potatoes. On a separate cutting board, dice onion and mince your peeled garlic cloves.
4. Once your sausage is browned to your liking, add your Brussel sprouts and sweet potatoes to the skillet and mix well. (Add a Tablespoon of coconut oil if needed) Turn down heat to medium.
5. Cook brussels, sweet potatoes, and sausage for about 5 minutes.
6. Add your diced onion and minced garlic along with your spices. Mix everything together and cook for an additional 2-3 minutes.
7. With the back of a spoon, spread the contents of the skillet evenly and then make 6 indentions for the eggs.
8. Add your 6 eggs to the individual indentions in the skillet. Sprinkle a little salt and pepper on the top of each egg and

Grain Free Meatball Recipe

Grain Free ~ Gluten Free ~ Dairy Free

Author: Brenna from Vital Gut Health

Prep time: 15 minutes

Cooking time: About 20-25 minutes

Makes: About 50 meatballs

Ingredients:

- 1 1/2 lb ground beef
- 1/2 lb ground pork
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 Tablespoon of dried basil leaves
- 2 teaspoons dried oregano
- 1 Tablespoon dried parsley flakes
- 1/2 - 1 teaspoon red pepper flakes
- 4 cloves garlic, minced
- 1 big or 2 small onions, chopped
- 3 eggs
- 3/4 cup coconut flour
- 1/2 cup arrowroot flour
- a little coconut oil to grease the baking sheet/pan



Instructions:

1. Preheat your oven to 400 degrees Fahrenheit.
2. Combine all ingredients into a big bowl and mix well.
3. Form into 1 1/2 inch meatballs and place on a greased cookie leaving about 1 inch space between meatballs.
4. Bake for 20-25 minutes or until meatballs are cooked through and are lightly brown.
5. Enjoy!

* I usually divid up the meatballs into 4 freezer bags for 4 easy meals that I can grab in a pinch and serve with organic tomato sauce over gluten free pasta or 'zoodles' (zucchini noodles) for a healthy option!!!!

*

Savory Teriyaki Chicken

Grain Free ~ Gluten Free ~ Dairy Free

Author: Brenna from Vital Gut Health

Prep time: About 5 minutes

Cooking time: About 40 minutes

Ingredients:

- 8 chicken thighs (we like boneless, skinless)
- 2/3 cup Organic Gluten Free Tamari
- 1/4 cup Apple Cider Vinegar
- 1/4 Tablespoons Coconut Sugar
- 1/4 teaspoon black pepper
- 1/4-1/2 teaspoon red pepper flakes
- 1 1/2 Tablespoons Arrowroot powder
- 1/2 inch fresh ginger, peeled and minced (about 1 teaspoon)
- 2 garlic cloves, minced

Instructions:

1. Preheat your oven to 400 degrees Fahrenheit. In a small saucepan, combine all ingredients and whisk everything together.
2. Cook on medium-high heat, stirring constantly until sauce has thickened (about 2-3 minutes). If the sauce is too thin, add more arrowroot powder and vice versa if the sauce is too thick add a little more Tamari.
3. Pour over chicken thighs.
4. Bake for 20 minutes.
5. Carefully flip chicken thighs and bake for an additional 20 minutes or until chicken is very fork tender.
6. Serve and Enjoy!
7. My favorite sides to this dish are steamed jasmine rice and roasted broccoli.

I hope that you enjoyed this recipe. If you have any questions or would like to suggest anything please feel free to leave a comment below!



Easy White Rice

Gluten Free ~ Dairy Free

Author: Brenna from Vital Gut Health

Prep time: About 5 minutes

Cooking time: About 25 minutes

Makes: About 4 cups of cooked rice

Ingredients:

- 1 3/4 cup water (we use spring water)
- 1 cup jasmine rice, rinsed well
- 1/2 teaspoon salt
- 1 Tablespoon Coconut oil (or butter if you can tolerate dairy)

Instructions:

1. Measure out your cup of rice.
2. Pour rice into a colander and rinse well.
3. In a medium saucepan, pour in your water, rice, salt and oil/butter.
4. Bring to a rolling boil.
5. Once your water rice mixture is at a rolling boil, boil for 1-2 minutes.
6. Give your rice a quick stir. Cover and reduce heat to low for 18 minutes. (On an electric stove you might want it one notch above your lowest setting.)
7. After 18 minutes, fluff and serve! Note: I usually just turn off the heat and let it stand for about 10-15 minutes while I finish up the rest of my meal prep.
8. Enjoy!



Greek Style Loaded Fries

Gluten Free ~ Dairy Free (optional)

Author: Brenna from Vital Gut Health

Prep time: 15 minutes

Cook time: About 40 minutes

Makes: 2 generous servings

Ingredients:

Fries:

- 2 1/2 lbs russet potatoes
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 3 Tablespoons coconut oil, melted

Toppings:

- 4 large chicken thighs or 2 large chicken breasts, cooked and chopped into bite size pieces*
- 3-4 Tablespoons Mayo (Paleo Mayo Recipe see pg 13 of 7 Days to Learn How to Heal Your Gut)
- 1/4 teaspoons salt
- 1/4 teaspoon black pepper
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried dill
- 1 Tablespoon fresh parsley (or 1/2 teaspoon dried parsley flakes)
- 1/4-1/2 red onion, finely chopped
- 1/4 cup chopped kalamata olives
- 1 medium tomato, chopped
- 1/2 large cucumber (peeled, seeded, and chopped)
- 1/4 cup fresh parsley leaves, roughly chopped
- 1/4 lb. Feta (optional-can omit to keep it dairy free)



Instructions:

1. Preheat your oven to 375 degrees F.
2. Scrub your potatoes and then cut into thin fries.
3. Combine all potato pieces, salt, pepper, garlic powder and melted coconut oil and mix well.
4. Spread onto cookie sheet(s) and bake for about 40-45 minutes or until desired crispness is reached.
5. While your fries are in the oven, chop your chicken into bite sized pieces.
6. In a medium size mixing bowl, combine chopped chicken, red onion, kalamata olives, spices and greek yogurt (or mayo) and mix everything together.
7. Set chicken salad in fridge while you chop your tomato, cucumber and fresh parsley leaves.
8. Once your fries are crisp to your liking, divide them onto two large dinner plates.
9. Next, evenly distribute the chicken salad onto both plates of fries. Finally, top your fries and chicken salad with chopped tomato, cucumber, fresh parsley and crumbled feta.
10. Serve immediately and Enjoy!

Avocado Mushroom Burger

Grain Free (optional) ~ Gluten Free ~ Dairy Free (optional)

Author: Brenna from Vital Gut Health

Prep Time:

Cooking time:

Serves: 2-4 (Makes 4 burgers, 4 oz. each)

Ingredients:

- 1 lb. Gr. beef
- 1 Tbsp. Coconut oil (if cooking burgers on stovetop)
- salt
- black pepper
- garlic powder
- 10 oz baby bella mushrooms- stems removed, washed and sliced
- 1-2 Tbsp. GF Tamari or Worcestershire sauce
- Chipotle Mayo-optional
- Cheese slices - optional or you can handle dairy
- 1 ripe avocado, sliced and divided into 4 equal portions
- 1 fresh tomato, sliced
- 1 small red onion, thinly sliced
- lettuce leaves, rinsed and patted dry (for a lettuce leaf wrap/bun you will need a few more leaves)
- GF Hamburger buns - optional

Instructions:

1. Divide ground beef into 4 equal sized tightly packed patties. Generously season each side of the burgers with salt, black pepper, and garlic powder.
2. Set patties in the fridge while you prep the rest of your dinner.
3. Next, wash your mushrooms well, remove stems and finely slice each. Add all your sliced mushrooms to a medium frying pan or skillet along with your Tamari or Worcestershire sauce and a dash of black pepper and cook until mushrooms are lightly browned. Cover and set aside until ready to serve.
4. Rinse and dry a few lettuce leaves (or as many as you need if making lettuce leaf wraps/buns for the burgers) and slice red onion, avocado, and tomato. Arrange on a plate for burger toppings.
5. Grill or sear each side of the burgers in a large frying pan on medium high heat with coconut oil until cooked to desired degree of doneness. Add your cheese slice within the last few minutes of cooking for it to melt into the burger.
6. Serve on a lettuce leaf or GF bun topped with Chipotle mayo and desired toppings.
7. Enjoy!

Summer Cucumber Tomato Salad

Gluten Free ~ Dairy Free ~

Author: Brenna from Vital Gut Health

Makes: 4-6 servings

Prep time: 15 minutes

Total time: 15 minutes

Ingredients:

- 4 medium tomatoes
- 1/2 small red onion, thinly sliced
- 4 medium cucumbers
- 1/4 cup Apple Cider Vinegar OR Red Wine Vinegar
- 1/8 black pepper
- 1 teaspoon coconut sugar
- 1/2 teaspoon salt
- 1/2 teaspoon dill weed
- 1/2 teaspoon garlic powder
- 1 teaspoon Dijon Mustard
- 1/2 cup Olive Oil



Instructions:

1. To make the dressing, combine your vinegar, black pepper, sugar, salt, dill weed, garlic powder, and Dijon mustard into a food processor. Blend all the ingredients in the food processor or blender for 30 seconds or so. Then, with the processor/blender still running, slowly pour in the oils with the finest stream you can manage to emulsify. This part is a little tedious but don't rush this step. Remember, the finer the stream the creamier the dressing. When all the oil is in, it's done! Pour your now emulsified creamy dressing into a liquid measuring cup and set aside (or pop in the fridge to make it cold).
2. On a large cutting board, thinly slice your red onion and toss them into a large serving bowl.
3. Next, slice your cucumbers and tomatoes and add them to the large bowl with the sliced red onions. Toss everything together.
4. Just before serving, pour desired amount of dressing over your sliced cucumbers, tomatoes, and onions. Mix everything together and serve immediately!

Stupid Easy Paleo Mayo Recipe

Gluten Free ~ Dairy Free

Author: Brenna from Vital Gut Health

Cooking time: 15-20 minutes

Makes: 1 cup of mayo

Ingredients:

- 2 eggs yolks (Pasteurized first)
- Thermometer (that measures at least 140 degrees Fahrenheit)
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1 teaspoon dijon mustard
- 1/2 teaspoon sea salt
- 1 cup light extra-virgin olive oil or avocado oil



Instructions:

1. To pasteurize the eggs, fill a medium saucepan with water and carefully place two raw eggs in the bottom of the pan. Make sure there is enough water in the pan to fully cover the eggs. Turn the burner into high heat and quickly grab your thermometer and hold it in the water as it heats up. As soon as it reaches 140 degrees Fahrenheit, turn off the heat on your stove and let the eggs sit in the pan for exactly 3 minutes. Once 3 minutes elapse, carefully bring your saucepan over to the sink and let ice cold water run until the eggs have cooled (I usually let the water run for only a few minutes).
2. While the cold water is cooling your eggs add your vinegar, lemon juice, mustard, and salt in a food processor. Once the eggs are cool, add your now pasteurized egg yolks to the ingredients in the food processor.
3. Now, measure out your oil into a liquid measuring cup with a pouring lip.
4. Blend all the ingredients in the food processor or blender for 30 seconds or so. Then, with the processor/blender still running, slowly pour in the oil with the finest stream you can manage. This part is a little tedious but don't rush this step. Remember, the finer the stream the thicker the mayo. When all the oil is in, it's done! Scrape it into a jar or snap-on container and stick it in the fridge.
5. Note: Will keep for 3-4 days.

To make Chipotle Mayo:

1. Substitute lemon juice and Apple Cider Vinegar for lime juice in Step 2.
2. Add 2 chipotle peppers to finished mayo at the end of Step 4 and blend into mayo until peppers are mostly dissolved and desired consistency is reached.

Easy Sweet Fries

Gluten Free ~ Dairy Free ~ Egg Free ~Sweetener Free

Author: Brenna from Vital Gut Health

Prep time: About 10 minutes

Cooking time: About 40-45 minutes

Serves: 2-3 Servings

Ingredients:

- 2 lbs. Sweet Potatoes (I prefer them to be small)
- 3 Tablespoons Coconut Oil
- 1/2- 3/4 teaspoon salt
- 1/2 teaspoon garlic powder

Instructions:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Clean your sweet potatoes by scrubbing with a vegetable brush.
3. On a large cutting board, cut off both ends of the sweet potato. Cut sweet potato in half and slice it length wise into 1/4 inch slices. Now cut each slice into 1/4 inch French fry strips.
4. Add all your uncooked potato fries into a large bowl.
5. Add your melted coconut oil, salt and garlic powder and mix together well until all the fries are coated in the oil and spices.
6. Spread fries onto cookie sheets in an even layer.
7. Bake for about 40 minutes or until fries are crisp to your liking.
8. Serve immediately!

*We love to dip these fries into garlic or chipotle mayo!



Basic Oven Roasted Broccoli

Gluten Free ~ Dairy Free ~ Sweetener Free

Author: Brenna from Vital Gut Health

Prep Time: 5 minutes

Cook/Bake time: 20-25 minutes

Makes: 2-3 servings

Ingredients:

- 3 large heads Broccoli, rinsed and cut into bites sized pieces
- 3 Tablespoons Coconut Oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 -1 teaspoon garlic powder or 2 cloves fresh garlic, minced



Instructions:

1. Preheat your oven to 375 degrees F.
2. Rinse your Broccoli Florets and cut into bite size pieces
3. Melt your coconut oil on the stove over medium-low heat.
4. Combine broccoli, seasonings and melted coconut oil to a large bowl and toss everything together well to evenly coat the broccoli floret pieces.
5. Spread evenly onto a cookie sheet and bake for 20-25 minutes or until fork tender and slightly crispy.
6. Enjoy!

Avocado Sandwiches

Gluten Free ~ Dairy Free

Author: Brenna from Vital Gut Health

Prep/cooking time: About 20 minutes

Makes: 2 servings

Ingredients:

- 1/2 lb. bacon
- 8 slices of gluten free bread
- Chipotle Mayo
- 1-2 ripe avocados (We eat one avocado per person when really hungry!)
- 1/2 red onion, sliced thin
- lettuce
- 4 eggs
- salt, pepper, garlic powder (or raw), red pepper flakes



Instructions:

1. In a medium skillet, cook bacon on both sides until crispy. Set aside.
2. While bacon is cooking, lightly toast the slices of bread to your liking.
3. Spread desired amount of chipotle mayo on all 8 slices of toasted bread.
4. Thinly slice 1/2 a red onion and portion the slices out onto one half of each sandwich.
5. Slice the avocados and place them on the bread. I like to mash the slices gently with a fork which later helps the avocado stay intact in the sandwich.
6. Put the bacon on the bread and season the avocados.
7. Then cook your eggs in the bacon grease. I like them over easy as it creates a wonderful mess.
8. Add your desired amount of lettuce after you plop the eggs on top of the avocado.
9. Put the sandwich together and enjoy! :)

Tex Mex Ground Beef

Gluten Free ~ Dairy Free ~ Sweetener Free

Author: Brenna from Vital Gut Health

Serves: 2-4 (Makes 12 hearty tacos)

Prep and Cooking time: About 20 minutes

Ingredients:

- 1 lb. Ground Beef (Organic and greased tastes best)
- 1 small or 1/2 large onion, diced
- 1-2 cloves of garlic, minced
- 1 1/2 Tbsp Chili Powder
- 2 tsp. Cumin
- 1 tsp. Oregano
- 1/2 tsp. Paprika
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1 tsp. Salt
- 1/2 tsp. Black Pepper



Instructions:

In a medium to large frying pan, break up your ground beef with a spatula and cook over medium heat until it starts to lightly brown. I usually add a couple Tablespoons of water to keep the beef from sticking to the pan.

While your ground beef is cooking, dice your onion and mince your garlic.

COOKING TIP: It is helpful to smash your garlic cloves by pressing your large knife into the garlic clove, using the weight from the palm of your hand.

When you see your ground beef beginning to slightly brown, immediately add the onions and garlic. Stir everything together and reduce heat to medium low.

Cook for about 5-7 minutes or until onions are translucent. Feel free to add a little more water to the pan if the beef begins to stick to the bottom of the pan.

Add all your spices and mix well!

Reduce heat to low and cook for another 5 minutes or so.

Load up your favorite taco shells and enjoy!

Tex Mex Guacamole

Gluten Free ~ Dairy Free ~ Whole 30 ~ Sweetener Free

Author: Brenna from Gluten Free on a Budget

Prep time: About 15 minutes

Makes: 2-3 Servings

Ingredients:

- 2 ripe avocados
- 1/4 red onion, finely chopped
- 1/4-1/2 jalapeño pepper, seeded and minced small
- 1/4 cup fresh cilantro (rinsed, stems-remove), chopped
- 1 clove garlic, minced OR 1/2 teaspoon garlic powder
- 1/2 small fresh tomato, chopped small
- Salt to taste
- 1/2 lime, freshly squeezed



Instructions:

1. Peel your avocado and scoop the contents into a bowl.
2. Mash with a fork until desired consistency is reached.
3. Add your onion, jalapeño pepper, cilantro, garlic, fresh tomato, and salt.
4. Grab a small colander and hold over the bowl while you freshly squeeze the juice from your half a lime.
5. Mix everything together and be sure to taste test!
6. Serve!

Classic Southwestern Salsa

Gluten Free ~ Dairy Free ~ Sweetener Free

Author: Brenna from Vital Gut Health
Prep time: 10 minutes
Makes: 2-3 servings (About 2 cups salsa)

Ingredients:

- 3 medium tomatoes, diced small
- 1/4 large or 1/2 small red onion, chopped
- 1 large garlic clove, minced
- 1/2 lime, squeezed
- 1/4 teaspoon salt
- dash black pepper
- 1/4 teaspoon red pepper flakes
- 1/4 jalapeño pepper, seeded and minced (use 1/2 pepper for a spicier salsa)*
- 1/2 cup cilantro leaves, rinsed, paste dry and roughly chopped



Instructions:

1. On a large cutting board, remove the core from your fresh tomatoes, dice them into small pieces and place in a medium size mixing bowl.
2. Next add your chopped onion, minced garlic, minced jalapeño and spices to the mixing bowl with the tomatoes.
3. While holding a small strainer over your mixing bowl (to catch the seeds), squeeze the juice out of the half of lime.
4. Finally, roughly chop your cleaned and dried cilantro leaves and add to the contents in the mixing bowl.
5. Mix everything together and serve!

*Be very careful when handling the jalapeño! It is very spicy, especially the seeds, and could cause a burning sensation if it comes in contact with your skin. Be careful not to touch your eyes!

Tex Mex Tacos/Salad

Gluten Free ~ Dairy Free (optional) ~ Egg Free ~ Sweetener Free

Author: Brenna from Vital Gut Health

Prep time: About 10 minutes

Cooking time: About 15 minutes

Ingredients:

- mixed salad greens/lettuce, cleaned
OR gluten free organic taco shells
- 1 batch of Tex Mex Ground Beef
- Tex Mex Guacamole
- Tex Mex Salsa
- Shredded Lettuce
- (optional) Cilantro leaves for topping



Instructions:

1. Make up your batch of Taco Meat.
2. Put desired amount of lettuce/mixed greens into big serving bowls.
3. Once your taco meat is ready to be served, spoon desired amount of taco meat into each bowl over salad greens.
4. Now add your desired amount of salsa. When I don't have fresh tomatoes to make my own salsa I use an organic salsa from Wegmans, my local grocery store, as most all the ingredients are organic. Top your salad with a couple big dollops of guacamole and a sprinkle with fresh cilantro if you have it on hand!

Enjoy!

Grain Free Rosemary Garlic Focaccia Bread

Grain Free ~ Gluten Free ~ Dairy Free ~ Nut Free ~ Sweetener Free

Author: Brenna from Vital Gut health

Prep time: About 10 minutes

Bake time: About 15 minutes

Makes: 2-4 Servings

Ingredients:

- 3/4 cups water
- 1/2 cup olive oil
- 2 cups tapioca flour
- 1/4 cup coconut flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon basil leaves OR 1 Tablespoon fresh basil, minced
- 1/2 teaspoon garlic powder
- 2 garlic cloves, peeled and minced
- 2 teaspoons dried rosemary, divided
- 1 egg

Instructions:

1. Preheat your oven to 400 degree F.
2. In a large mixing bowl, measure out flours, baking powder, salt, basil, garlic powder, minced garlic cloves and 1 teaspoon of rosemary. Mix everything together well.
3. Pour water and olive oil into a small saucepan and heat until just about boiling.
4. Pour heated water and oil immediately into the large bowl of dry ingredients and stir everything together with a fork.
5. Add your egg and mix everything together.
6. With clean hands, form your sticky dough into a ball. If too sticky, add a little more tapioca flour.
7. Give your ball of dough a few quick kneads and then spread it out into a large greased cookie sheet to form an oblong/square shape, about 1/4-1/2 inch thick.
8. Last step, make slight indentions in dough with your fingers to give it the focaccia flair.
9. Sprinkle the other teaspoon of dried rosemary leaves evenly over the top of flatbread along with a drizzle of 1-2 Tablespoons of olive oil.
10. Bake for about 15 minutes or until slightly browning on the top.
11. Serve immediately!

Slow Cooked BBQ Chicken

Grain Free ~ Gluten Free ~ Dairy Free ~ Egg Free

Author: Brenna from Vital Gut Health

Prep time: 5 minutes

Cook time: 3-4 hours on High setting/ 4-6 hours on Low Setting

Makes: 2-3 Servings

Ingredients:

- 1 cup BBQ Sauce- See Recipe below (We also love Dinosaur BBQ - Wango Tango is our favorite!)
- 6-8 Chicken thighs
- dash salt and pepper

Instructions:

1. Rinse chicken thighs with cold water and then spread evenly in crock pot.
2. Pour BBQ sauce over chicken thighs and coat chicken evenly.
3. Cover and slow cook for 3-4 hours on High Heat. (or 4-5 hours on Low setting)
4. If you want to shred your chicken before serving, use two forks to shred.
5. Put the shredded chicken on a cookie sheet and drizzle a little more BBQ sauce over the top.
6. Cover with tin foil and bake at 350 degrees for about 5-10 minutes.
7. Serve!

BBQ Sauce:

- 1 cup Organic Catsup
- 1/8 of Stevia or Honey
- Dijon Mustard to Taste (Start with 1 Tablespoon)
- Salt and pepper to taste
- 2-3 Tablespoons Apple Cider Vinegar (to taste)
- 2-3 Garlic cloves, minced

Mix all ingredients together in a small mixing bowl and serve!

Makes 1 cup of sauce.

