

Recipe Plans & Test Results

Welcome to Week 1 of the Recipe Plans!

As you will see, we have included recipe plans for SIBO/Gut Dysbiosis and recipe plans for Parasites. So based on your test results, you choose what best works for you.

Due to the fact that we know what works best, our Holistic Health Practitioner Brenna has designed these two 8 week recipe plan templates to tailor for the requirements of SIBO and Gut Dysbiosis and the more intense requirements for Parasites. They include the same basic principles as you will see with a few modifications as outlined below.

What they both have in common is high fiber, gut friendly vegetables and low protein with the majority of calories coming from healthy fats such as avocados, coconut oil, olive oil, macadamia nuts, almonds and olives.

What is different about them is the SIBO and gut dysbiosis recipe plans do not include the few day period later in the parasite recipe plans of just shakes and water with no solid food for a short period. This is beneficial if one has parasite gut infections but not as important if one just has SIBO and gut dysbiosis.

That being said, these recipe plans are frameworks. If you find you have a tree nut allergy or an egg allergy or suspect you may after a few days of starting the recipe plans, be sure to contact the Help Desk as they will give you the guidance and support you need for allergy testing and recipe plan modifications.

Also, there is always breathing room within the recipe plans. For example, if you are needing more calories, you may find making an extra chocolate shake or green smoothie helpful in the afternoons to fill you up and help you feel more satiated until dinner. Any questions you have, do not hesitate to contact the Help Desk!

Best,

The Optimized Health Team