

## A Meal Plan for Healing Leaky Gut & Re-Growing a Healthy Intestinal Mucosa

If you are reading this, chances are, you would benefit greatly from eating foods with less 'fire' and fiber for a few weeks, watching the symptoms you are experiencing diminish or disappear, returning you to a healthier experience of living in a body and enjoying your life!

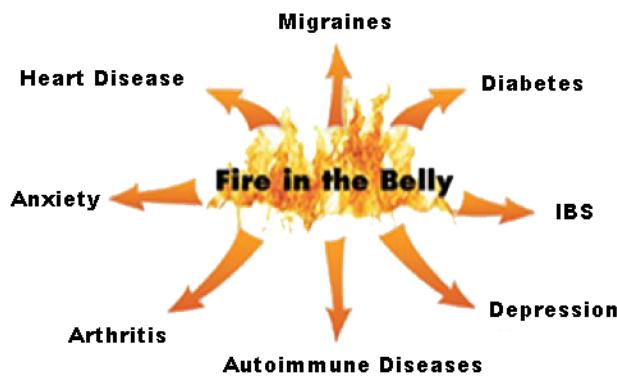
If your body has been recycling toxins for a while, causing you pain or discomfort, it's a sure sign that your Ileocecal valve has been stuck OPEN, and this toxic overload has caused a number of unhealthy symptoms.

Here's a list of the most common ones we see regularly in clients:

- Shoulder, Neck, or Lower Back Pain
  - \* Headaches & Migraines
  - \* Acid Reflux, Heartburn, & Ulcers
  - \* Indigestion or Upset Stomach
    - \* Excessive Gas & Bloating
    - \* Unusual Moodiness
  - \* Chronic Depression or Anxiety
    - \* Low Energy/Fatigue
    - \* Dark Circles Under the Eyes
    - \* Excessive Anger/Short-Fused
    - \* Constipation or Diarrhea
    - \* Suicidal Tendencies\*
- Arthritis, IBS, and other Autoimmune Diseases
  - \* Any Infection that won't go away (even after antibiotics)
  - \* Skin Disorders, Itchy Rashes, Cold Sores, Pink Eye, etc.
  - \*Any Chronic condition that won't go away

After the Body Tune Up adjustments, and your Ileocecal Valve 'Reset', a 14 to 21 day, Meal Plan is often advised to give your digestive tract a chance to heal. If you decide to begin this meal plan, please commit to it for the full duration and follow it thoroughly. One slip can undo the adjustments and a week of eating mindfully.

However, if you follow the following meal plan precisely for 14 days, your body will be ready to begin integrating foods back in. It may be best to avoid the biggest stressors for an additional 7 days. After 21 days, your body will likely be ready to handle those foods too. If you aren't sure, we can muscle check you to find out!



## Foods to EAT

You will be eating simple, gentle foods that are easy on your digestive tract. This will allow your colon's mucous membrane to heal. Although it may seem limiting at first, we have found creative ways to make delicious meals from these ingredients. You may even notice your taste buds becoming more sensitive and appreciative of simpler tastes.



### Fruits & Veggies (Organic when possible)

- **Lots of Leafy Greens:** Kale, Spinach, Collards, Chard (Ideally 1 bushel per day)
- Soft-Cooked Veggies, Roots, Squashes, Potatoes (Russet Potatoes and Sweet Potatoes/Yams must be peeled to reduce fiber)
- Soft-Cooked, Low-Acid Fruits: Bananas, Pears, Peaches, Apples (must be peeled to reduce fiber) - Try making big pots of apple sauce or fruit compote

### Protein (Sourced from Local Organic Vendors when possible)

- Eggs
- Tofu or Tempeh (make sure there are no added spices in the ingredient list)
- Plain Yogurt or Cottage Cheese - Other forms of dairy such as milk are ok in moderation
- Alternative Dairy Products: Coconut, soy, etc.
- Meat: Fish, Chicken, Turkey, Beef --- BONE BROTH is especially healing ---

### Spices & Flavor

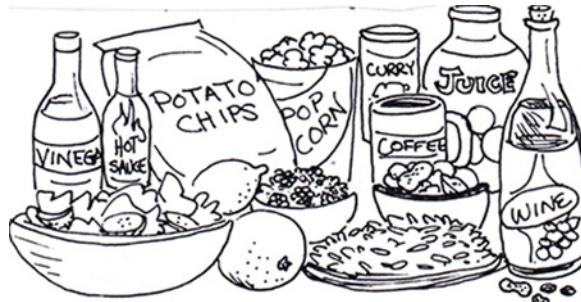
- Salt (Choose organic options such as Himalayan or Sea Salt)
- Cooked herbs (Basil, Oregano, Thyme, Sage, Rosemary, etc.)
- OILS: Coconut oil, olive oil, sesame oil, etc. are important in this meal plan as they keep your digestion regular
- Udo's Omega 3-6-9 Oils (or similar product)
- Nutritional Yeast
- Bragg's Liquid Aminos or Coconut Aminos
- Maple Syrup, Honey, and other natural sweeteners

### Drinks

- Lots of Water: Ideally filtered/purified
- Herbal Teas: Non-caffeinated (try to avoid ginger)
- Heated Fruit Smoothies (A recent addition after Sara, who was unwilling to give up her banana-coconut milk smoothies, realized she could just heat them up)

## Foods to AVOID

You will be avoiding foods that are fiery (spicy), fibrous (corrosive), crunchy, or raw - anything that puts stress on your digestive tract will risk blowing your valves open again and compromising your colon's mucosa while it is still healing.



### The Big Guns

- Caffeine: Coffee (even decaf), Black/Green Tea, Yerba Maté, Chocolate
- Alcohol of any kind (often including tinctures - test each one or don't do it)
- Hot Spices: Black/Red Pepper, Curry, Cayenne, Paprika, Cinnamon, Cloves, etc.
- Garlic, Onion, and Ginger (even cooked or powdered)
- Vinegar, Hot Sauce, Mustards, Mayo, Most Sauces/Condiments in restaurants or stores (because they have pepper, garlic, onion, ginger, vinegar, etc. in them)
- Fermented Foods: Kimchi, Kombucha, Miso, Tamari, etc.
- Nuts and Seeds of any kind (including nut/seed butter)
- Crunchy Snacks: Popcorn, Chips, Granola, etc.
- Acidic Fruits and their Juices: Lemons, Limes, Oranges, Grapefruits, etc.
- Bread or Grains of any kind: Wheat, Rice, Oats, Pasta, Seitan, Quinoa
- Legumes: All beans, etc.
- Raw fruits, veggies, and herbs and Fruit/Veggie Juices
- PROCESSED FOODS: Chemicals, pesticides, processed foods and refined sugars are best avoided during a period of healing.

Basically, if it's not listed on the first page, DON'T DO IT!

REMEMBER THE PROVERB: WHEN IN DOUBT, LEAVE IT OUT!

After 14 or 21 days when you begin reintegrating foods, start with the items at the bottom of the list first, such as salads, raw fruit, and quinoa. When you begin reintegrating the higher-stress foods at the top, keep your portion size small (ex. start with one cup of coffee a day, instead of three). Be gentle on your newly healed gut.

\*A note on probiotics: Friendly bacteria live in the mucosa of the colon. You are on this meal plan because your mucosa has been compromised. Therefore, the good bacteria have no home and will likely be eliminated as waste. While you might notice a short-term effect, taking probiotics is unlikely to have much lasting benefit until the mucosa is healed. However, after a week of rebuilding colon lining, it is great to begin taking probiotics to regrow the healthy bacteria cultures in your gut.

## Tips for Successfully Completing the Meal Plan (and maybe even enjoying it)

You will realize quickly that this list makes it virtually impossible to eat out at a restaurant (unless you can order plain eggs with no pepper or spices, or plain steamed veggies and tofu). To complicate matters, you won't be able to buy many prepared items, frozen foods, sauces, or dressings from a store (read the ingredient list before buying anything—look for pepper, onion, garlic, ginger, wheat, etc.), and friends/family will require a detailed list from you if they are making you food. To be safe, it is best to prepare everything yourself from scratch for this meal plan.

Therefore, it is ideal to pack bag meals if you won't be home at meal times. Since everything needs to be cooked, it may be necessary to plan in advance if you are short on time. Try cooking large batches of simple foods like roasted roots or tofu and steamed veggies that can last for several meals. Leftovers make great snacks.

### Sample Meals: ([Non-Vegan](#) and [Vegan](#) Options)

**Breakfast:** Eggs with your favorite cooked veggies, salt, and nutritional yeast

**Lunch:** A bushel of steamed greens and a plate of cooked veggies and tempeh

**Dinner:** Eggplant or Chicken Parmesan (eggplant or chicken non-breaded, with cooked tomatoes, and a moderate amount of cheese)

**Dessert:** Apple Sauce with Cottage Cheese or Plain Yogurt

**Breakfast:** Cooked bananas and coconut milk (optionally in smoothie form)

**Lunch:** A bushel of steamed greens drizzled with coconut oil, and fried tempeh

**Dinner:** Roasted Roots with Maple Syrup, Coconut Oil, and Salt

**Dessert:** Cooked Peaches with Plain Coconut Bliss Ice Cream

On some days, you may experience intense cravings for certain foods. If you do, it can be helpful to remind yourself of the benefits you are working for, and how good you will feel when you accomplish them (better than the temporary pleasure of indulging a craving).

You may also notice that virtually every addictive food is cut out in this diet. These 14-21 days can be a good time to face your addictions and cravings, and regain some control over your life. Remember, it is only 2 weeks. YOU CAN DO IT!

Learn to enjoy a simple diet with a few staple foods. **Every 3 days on the meal plan, one new lining of your colon membrane will regrow**, and you will be able to eat like normal before you know it.

Once the meal plan is over, don't binge eat, or you will risk blowing your valves and undoing all your effort. Ease back in over a week or two, and try eating at least one meal-plan meal a day for a while. You can always come back to this way of eating or receive another adjustment if you are feeling high stress in your gut or your life.

May this knowledge serve you on your journey of wellbeing!