



*REMOVE Sugar
to Reduce Inflammation*

3 DAYS OF CLEAN EATING

RECIPE GUIDE

WELCOME

A GUTSY VEGAN SUGAR REDUCTION PLAN

Make sure you are keeping a food journal from Day 1, so we can see what foods cause reactions and what foods give you energy.

Make sure you are following the plan to the best of your ability.

Remember: Easy does it is key. When we stress, we inflame our intestinal lining.

Remember to keep a journal, a binder, or an Excel spreadsheet to keep track of when we are adding in supplements.

Remember to reduce supplements if you experience too much “die off”. This means you may feel tired; have headaches, loose stool, or constipation, or experience poor sleep or moodiness.

You can always reduce or cut back on a supplement as this is a marathon and not a sprint.

We start working on the foundation first by supporting your body, doing the detox tools daily, and getting clear on which foods are working for you.

FOODS THAT SUPPORT THE GUT

1. Coconut Oil – Cook with coconut oil and consume coconut oil, if tolerated. (3 tablespoons by mouth per day to kill pathogens naturally).
2. Pumpkin Seeds – Pumpkin seeds kill parasites. It is best to consume 1/4 cup daily as a late afternoon snack or make pumpkin seed milk in a Vitamix with water, 1/4 cup pumpkin seeds, cinnamon and stevia (if needed).
3. Cloves and Cinnamon – By cooking with each of these spices or adding them to a smoothie or drink you are naturally killing microbes that are wreaking havoc on your system.

4. Turmeric – By adding 1 tablespoons of turmeric to your foods, you are using one of the most powerful antimicrobial and anti-inflammatory spices.

5. Maine Coast Sea Vegetables – I like to buy the sprinkles (you can find them online at Amazon.com or at your local Whole Foods). Add kelp, dulse, or any of the combinations for supporting your thyroid and adrenal health - http://www.seaveg.com/shop/index.php?main_page=index&cPath=18

6. Chlorophyll – Add 1 tablespoon to water and consume twice a day or add to a juice. You can buy this at Amazon.com, too, and this will help with energy

SUPPLEMENTS

Probiotics

Liver Support

Adrenal Support

Gut Killers

FOOD COMBINING

- **FRUIT:** Fruit digests itself, passing through the digestive system within 20 minutes. By eating fruit alone, you avoid fermentation occurring in the belly. Fermentation can lead to gas, rob you of energy and slow down your digestion.
- **EAT STARCHES AND VEGETABLES:** Foods such as baked potatoes, sweet potatoes or sweet corn should be eaten alone, with a vegetable or with a small amount of fat. It is advised to eat starches {carbohydrates}, such as quinoa, buckwheat, brown rice, millet or amaranth only with vegetables as starches require different digestive enzymes than proteins.
- **PROTEIN AND VEGETABLES:** Unlike starches, proteins require an acidic environment for ideal digestion, so it is best to eat protein with vegetables and a healthy fat. When you add a starch, you force your body's natural enzymes to compete to digest your food.

THREE DAY NO SUGAR PLAN

DAY ONE

BREAKFAST

GUT HEALTH SMOOTHIE

- ½ cup dairy free milk
- ½ cup dairy free kefir or dairy free yogurt (unsweetened)
- 1 cup spinach or any leafy green
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 ounce aloe vera juice

LUNCH

MISO SOUP WITH SEA VEGETABLES

Serves 2

- 5 cups water
- ½ inch ginger, diced
- 1/2 cup sliced radish
- 1 cup chopped chard, kale or other greens
- 5 teaspoons miso of your choice
- 2 scallions, thinly sliced

MAKE THE VEGETABLES: In a large pot add water, ginger and sliced radishes and bring to a boil. Once boiling lower to a simmer and let cook another 5 minutes.

MIX IN THE MISO: Add a few tablespoons of the water broth from the pot to a small bowl. Add miso to the bowl and mix in the miso to form a puree. Place the miso puree in the soup pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Finally, add the greens and simmer for 2 more minutes and then remove from heat.

Top the soup with sliced scallions and serve.

DINNER

KALE SAUTÉ WITH LEMON AND SEA SALT

Serves 2

1 bunch kale, stems removed and leaves sliced into strips
1 garlic clove, thinly sliced
2 tablespoons olive oil
1 tablespoon lemon zest
1 lemon, juiced
1 teaspoon fresh ginger, minced
Salt and pepper

Heat the olive oil in a large pan over medium heat. Add the thinly sliced garlic; sauté for 1 minute. Add the kale to the pan along with 2 tablespoons of water. Cook, stirring often for 2-3 minutes. Season with fresh ginger, lemon zest, sea salt, and pepper, to taste. Stir in the lemon juice and toss to coat evenly before spooning the kale into a serving dish.

DAY TWO

BREAKFAST

THE CLEANSER SMOOTHIE

1 ½ cups dairy free milk
1 cup mixed greens
½ cup berries, fresh or frozen
½ cup cilantro
¼ teaspoon turmeric
Dash cinnamon
Juice from one lemon

LUNCH

SUPERFOODS GREENS

Serves 2

2 cups mixed greens
½ cup cabbage, chopped
½ avocado, chopped
1/3 cup celery, chopped
1/3 cup jicama, chopped
Juice of 1 lemon
2 tablespoons raw apple cider vinegar
1 teaspoon nutritional yeast
3 tablespoons hemp seeds
3 tablespoons dulse flakes (optional)

In a large bowl add mixed greens, cabbage, avocado, celery, jicama and fresh herbs. Top with lemon juice, vinegar, nutritional yeast, hemp seeds and dulse flakes, if using. Toss salad well to combine, and serve.

DINNER

CREAMY ROASTED VEGETABLE SOUP

Serves 2

1 zucchini, chopped
1 squash, chopped
2 carrots, chopped
½ yellow onion, chopped
1 tablespoon olive oil
1 teaspoon sea salt
1 cup dairy-free milk

ROAST THE VEGETABLES. Preheat oven to 400 degrees. Place vegetables on a baking sheet and drizzle with olive oil and sea salt. Roast vegetables for 20 minutes.

PREPARE THE SOUP. Place roasted vegetables into a blender and blend, slowly add in the milk to get a creamy consistency. Once you have your desired consistency, serve.

DAY THREE

BREAKFAST

OATLESS PORRIDGE

½ cup dairy free milk
2 tablespoons shredded coconut
2 tablespoons chia seeds or flax meal
½ banana, mashed
¼ cup berries of choice
Dash cinnamon

Take out a bowl and mash ½ banana, top with dairy free milk, shredded coconut, chia seeds or flax meal, top with berries and a dash of cinnamon and serve.

Warm version: Add mashed banana and dairy free milk to a pot on the stove and warm for 2-3 minutes. Place in bowl and top with remaining ingredients.

LUNCH

CARROT & GINGER SOUP

Serves 2

2 Tablespoons olive oil
½ yellow onion, chopped
2 inches ginger root, minced
1 garlic cloves, minced
3 cups vegetable or bone broth
1 apple, cubed
½ pounds carrots, peeled and chopped
Sea Salt & ground pepper

In a large pot over medium heat add olive oil and sauté onion until translucent, about 3 minutes. Add garlic and ginger and sauté another minute until fragrant.

Add vegetable stock or broth, carrots and apple and cook for 20-30 minutes. Place soup into a high speed blender and blend until smooth or keep as a chunky soup.

DINNER

VEGETABLE SAUTÉ WITH COCONUT OIL

Serves 2

2 carrots, thinly sliced
1 cup snow peas, trimmed
1 yellow onion, chopped
1 zucchini, thinly sliced
1 yellow squash, thinly sliced
1 tablespoon coconut oil
Sea Salt and pepper to taste

Place a large pan over medium-high heat. Add coconut oil, then add onions and sauté 2 minutes. Add carrots, snow peas and squash and sauté 8-10 minutes until vegetables soften. Season with sea salt and pepper and serve.

***If you'd like to repeat this Three Day Gut Rebuilding Plan, you may, save any leftovers, and extend your plan to 6-7 days.