

One Week Heal Your Gut Menu

	Breakfast	Lunch	Dinner	Snacks
Sunday	Cinnamon Toasted Cereal with Homemade Coconut Milk and side of bacon, small piece of fruit.	Tuna Nicoise Salad (make extra to have for more than one lunch) with Cranberry Nettles Tea (make a big batch to last several days)	Paleo Lamb Meatballs , Roasted Asparagus and Sweet Potato Chips	Creamy Strawberry Mint Smoothie (to beef this up with more fat, use coconut milk instead of water, and/or add some cold soluble Great Lakes gelatin).
Monday	Purdy Darn Good Breakfast Patties , side of sauteed veggies or potatoes, cubed avocado to top the Patties and small serving of fruit.	Tuna Nicoise Salad with Cranberry Nettles Tea	Easy Balsamic Infused Pot Roast , serve with a side of Roasted Brussels Sprouts and Carrots	Apple Pie Bites
Tuesday	Ginger Curry Acorn Squash Hash	Leftover Pot Roast with Mixed Green Salad	Roasted Apricot Chicken with Herbs de Provence Serve with Mixed Green Salad if desired.	Coconut Strapple Bars (would work well with pears as well)
Wed.	Purdy Darn Good Breakfast Patties , side of sauteed veggies or potatoes, cubed avocado to top the Patties and small serving of fruit. (Start a batch of chicken broth from chicken bones).	Leftover Roasted Chicken with Mixed Green Salad	Pan Seared Cajun Spiced Cod , serve with Spicy Garlic Cabbage and Carrot Slaw with Probiotic Dressing	Super Simple Guacamole with Bell Pepper Dippers
Thursday	Leftover Ginger Curry Acorn Squash Hash	Masala Carrot Soup with Roasted Beet and Arugula Salad	Chunky Chicken & Vegetable Soup with Focaccia Flax Bread	Kombucha Gelatin OR Water Kefir Gelatin Topped with Coconut Whipped Cream if desired

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	Breakfast	Lunch	Dinner	Snacks
Friday	Coconut Berry Smoothies	Leftover Chicken Soup serve with a green salad, or an easy brine ferment	Chili serve with cubed avocado and side salad or Flax Focaccia Bread	Apple Muesli
Saturday	Paleo Cereal with Coconut Yogurt and fresh berries (if in season).	Leftover Chili	Cilantro Lime Shrimp served with Grain-Free Faux Rice	Beef Jerky (I like Nick's Sticks)

Desserts

- [Soft Serve Ice Cream](#)
- [Chewy Chocolate Freezer Fudge](#)
- [Vanilla Bean Truffles](#)