
















| Day      |  | Task  | Notes  |
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| 0<br>Sun |   | Grocery shop.   | Grab the grocery list for the Gut Healing Program and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need. |
|          |  | After grocery shopping, freeze the ground meat and sausage to preserve freshness. | You won't be needing these until later on in the week. We'll remind you when to set them out.  |
|          |  | Make up smoothie packs for the Gut Healing Smoothie.                              | Make enough smoothie packs for Monday, Tuesday and Wednesday breakfasts. Portion out kale, banana, chia seed, flax seed and hemp seeds into containers or ziplock baggies. Store smoothie packs in the freezer.        |
|          |  | Make up Tuna Salad Stuffed Avocado with Hot Sauce.                                | Place in container in the fridge for tomorrow's lunch.   |
|          |  | Slice sweet potatoes and brussels sprouts for Crock Pot Rotisserie Chicken.       | For tomorrow night's dinner. Store in an airtight container in the fridge.   |
|          |  | Make spice rub for the Crock Pot Rotisserie Chicken.                              | Combine sea salt, paprika, onion powder, dried thyme, Italian seasoning, cayenne pepper and black  |

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|                  |   |  | pepper in a jar. Mix well and set aside for tomorrow.  |
| <b>1<br/>Mon</b> |    | Start your Crock Pot Rotisserie Chicken. | Place chicken in the crock pot and rub with the spice you created yesterday. Set on low and cook for 8 hours.  |
|                  |   | Make Gut Healing Smoothie.               | Add contents of your smoothie pack (kale, banana, chia seed, flax seed and hemp seeds) to the blender. Add in avocado and water. Blend very well until smooth. Transfer to a glass or a mason jar with lid if you are on-the-go. |
|                  |   | Pack your meals if you are on-the-go.    | Gut Healing Smoothie, Tuna Salad Stuffed Avocado with Hot Sauce and Orange.  |
|                  |  | Finish Crock Pot Rotisserie Chicken.     | Roast the brussels sprouts and sweet potato you prepared yesterday. Enjoy for dinner and pack leftovers for your lunch tomorrow.   |
|                  |   | Prepare Immunity Boosting Bone Broth.    | Place the whole chicken carcass back into the crock pot with all other bone broth ingredients. Cook on low overnight.  |
|                  |   | Make Plantain Chips for a snack.         | Prepare enough for snacks today and tomorrow. Enjoy a portion tonight and save the rest for tomorrow.  |

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| <b>2</b><br><b>Tue</b> |    | Strain the Immunity Boosting Bone Broth.   | Strain the broth through a mesh sack or sieve.<br>Divide into single serving jars and store in the fridge.   |
|                        |   | Make Gut Healing Smoothie.   | Add contents of your smoothie pack (kale, banana, chia seed, flax seed and hemp seeds) to the blender. Add in avocado and water. Blend very well until smooth. Transfer to a glass or a mason jar with a lid if you are on-the-go. |
|                        |   | Pack your meals if you are on-the-go.  | Gut Healing Smoothie, Crock Pot Rotisserie Chicken and Immunity Boosting Bone Broth.   |
|                        |    | Make and enjoy Honey Garlic Salmon for dinner.   | Pack away a portion for your lunch tomorrow.   |
|                        |   | Process your cauliflower into rice for tomorrow night's Kimchi Fried Cauliflower Rice. | Store in an airtight container in the fridge.  |
|                        |   | Enjoy Plantain Chips for snack.  | If they've lost their crunch, toast them back up in the oven.  |
| <b>3</b><br><b>Wed</b> |  | Make Gut Healing Green Smoothie.   | Add contents of your smoothie pack (kale, banana, chia seed, flax seed and hemp seeds) to the blender. Add in avocado and water. Blend very well until smooth. Transfer to a glass or a mason jar with a lid if you are on-the-go. |
|                        |   | Pack your meals if you are on-the-go.  | Gut Healing Green Smoothie, Honey Garlic Salmon  |

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|                  |   |  | and Immunity Boosting Bone Broth.  |
|                  |    | Make Kimchi Fried Cauliflower Rice for dinner.               | Enjoy, then pack a portion for your lunch tomorrow.  |
|                  |   | Prepare Paleo Sweet Potato Porridge.                         | Prepare enough for Thursday, Friday and Saturday breakfasts. Divide into containers and store in the fridge. Reheat before eating.         |
|                  |   | Prepare Strawberry Ice Cream for snack.                      | Enjoy!   |
|                  |   | Transfer ground meat from the freezer to the fridge to thaw. | For tomorrow night's Roasted Brussels Sprouts Caesar Salad.  |
|                  |   | Prepare Golden Turmeric Lattes.                              | Add all ingredients except water to a mason jar. When ready to enjoy as a snack, just add hot water from the kettle and shake or mix well. |
| <b>4<br/>Thu</b> |   | Pack your breakfast, lunch and snack if you are on-the-go.   | Paleo Sweet Potato Porridge, Kimchi Fried Cauliflower Rice and Golden Turmeric Latte.  |
|                  |  | Make Roasted Brussels Sprouts Caesar Salad for dinner.       | Enjoy and pack away leftovers for tomorrow's lunch.  |
|                  |   | Prepare Strawberry Ice Cream for snack.                      | Enjoy!   |
|                  |   | Transfer sausage from the freezer to the fridge to thaw.     | For the next two dinners.  |

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| <b>5<br/>Fri</b> |  | Don't forget to pack your lunch!                      | Paleo Sweet Potato Porridge, Roasted Brussels Sprouts Caesar Salad and Golden Turmeric Latte. |
|                  |  | Make Sausage & Sauerkraut Skillet for dinner.         | Set aside leftovers for your lunch tomorrow.  |
|                  |   | Make Broiled Pineapple with Cinnamon for snack.       | Enjoy!  |
| <b>6<br/>Sat</b> |  | Pack your lunch if you are on the go.                 | Paleo Sweet Potato Porridge, Sausage & Sauerkraut Skillet and Orange.                         |
|                  |  | Make Sausage, Broccoli & Cabbage Stir Fry for dinner. | Enjoy!  |
|                  |   | Make Broiled Pineapple with Cinnamon for snack.       | Nom nom nom.  |
| <b>7<br/>Sun</b> |  | Free day or eat-up-your-leftovers day.                | Start your planning and meal prep for next week.  |