

12 RECIPES TO HEAL LEAKY GUT



Top 12 Leaky Gut Recipe Booklet

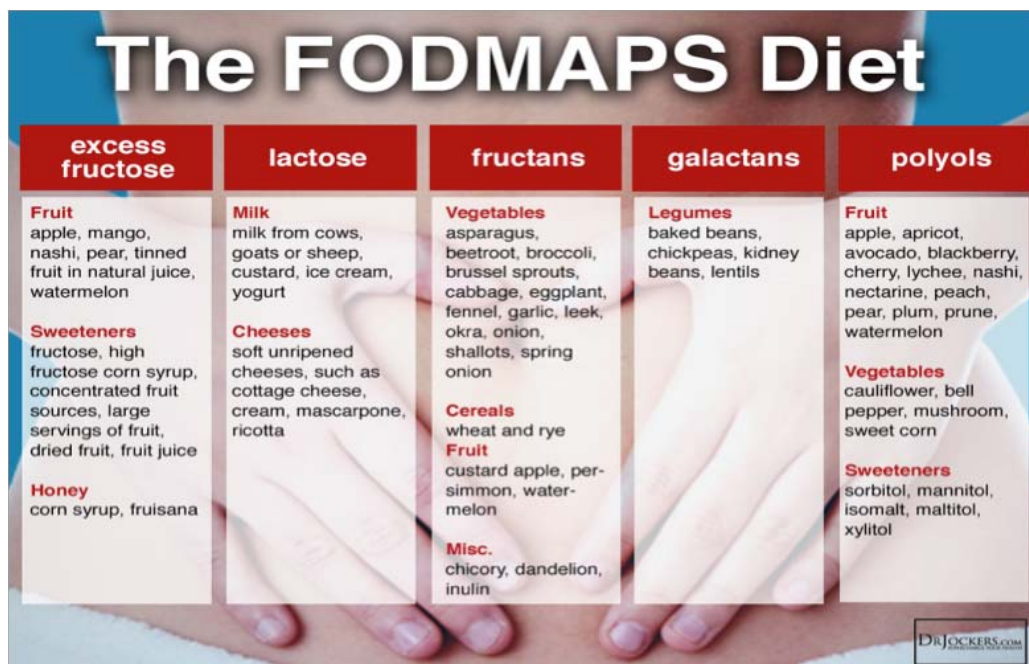
Many individuals with digestive disorders struggle with fermentable carbohydrates called FODMAPS. This recipe booklet contains 12 great tasting recipes that are FODMAP free and well tolerated by individuals with leaky gut and a wide variety of digestive complaints. The following foods are not included in these recipes. Overtime as your gut improves, you will notice that you may tolerate many of these foods and be able to add them back to your diet.

As always, if you feel you are struggling with any of the particular ingredients than be sure to remove those and look for alternatives.

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excess fructose	lactose	fructans	galactans	polyols
Fruit apple, mango, nashi, pear, tinned fruit in natural juice, watermelon Sweeteners fructose, high fructose corn syrup, concentrated fruit sources, large servings of fruit, dried fruit, fruit juice Honey corn syrup, fruisana	Milk milk from cows, goats or sheep, custard, ice cream, yogurt Cheeses soft unripened cheeses, such as cottage cheese, cream, mascarpone, ricotta	Vegetables asparagus, beetroot, broccoli, brussel sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion, shallots, spring onion Cereals wheat and rye Fruit custard apple, persimmon, watermelon Misc. chicory, dandelion, inulin	Legumes baked beans, chickpeas, kidney beans, lentils	Fruit apple, apricot, avocado, blackberry, cherry, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon Vegetables cauliflower, bell pepper, mushroom, sweet corn Sweeteners sorbitol, mannitol, isomalt, maltitol, xylitol

Resource Guide

The Supercharged chicken broth is the first featured recipe and it is the staple of Phase I broth cleanse and the base for many other recipes in this booklet and you can use it for your own recipes in phase II and beyond. Feel free to make this with beef stock, turkey or duck stock as well.

*Be sure to do your best to only get organic products during the Restoration plan. It is especially important to reduce any exposure to pesticides/herbicides.

Canned & Carton Coconut Milk – You want to get this in a BPA-free can without Guar Gum. The best brand that I have found is Natural Value [here](#). I recommend getting this by the case as you will most likely use a lot of this during the plan. For Carton – [So Delicious Unsweetened](#) is the best because they have no sweetener and no carrageenan.

Himalayan Sea Salt: I recommend pink salts (Redmond's Real Salt and Himalayan Sea Salt) as they have the most trace minerals and in their pure state. Here is the [brand](#) that I use.

Grass-Fed Ghee: Ghee is clarified butter. Grass-fed butter is full of healing nutrients but it also contains trace amounts of casein, whey and lactose. Ghee is completely free of casein, whey and lactose. If you have a dairy sensitivity, be sure to stick with ghee. My favorite brand of grass-fed ghee is Indian Pure Farms [here](#) as they are 100% grass-fed cows and they have all kinds of unique herbal blends. The only drawback is they are quite pricey. If you cannot afford that brand, try the Purity Farms brand [here](#)

Collagen Protein: This is grass-fed beef gelatin and is the best protein powder for healing the gut. You can find it on DrJockers.com – [store](#) It isn't flavored so you may have to add stevia to it to improve flavor of the shake.

Coconut Butter: This is similar to coconut oil but contains good coconut fibers. Here is my favorite brand [here](#)

Organic Chicken Broth: If you don't want to make your own broth (which is best), you can get it pre-made in a carton [here](#) with 9g of protein per serving. This is an excellent product!

US Wellness Meats: This company [here](#) has great pasture-raised poultry, duck, beef and many other healthy meat products. You can get a whole pasture-raised chicken, you can also get chicken or duck stock or gelatin and make your own broth with that. Many of my clients do this as it saves time over making your own broth.





SuperCharged Chicken Broth

SuperCharged Chicken Broth Ingredients:

1 whole pasture-raised chicken
2 carrots, roughly chopped
2-4 stalks organic celery, roughly chopped
Pink Salt, to taste
1 tsp of Apple cider vinegar
Filtered Water to cover

Servings: 1 1/2 gallons

Ready In : Overnight

SuperCharged Chicken Broth Instructions

Take the chicken and wash well. Deeply pierce the skin all over with a long serving fork (this is to let the juices deep down in the tissues to release over time), and place in a very large stock pot. Add a little salt and apple cider vinegar and then add water till it covers the chicken. Heat on the lowest setting possible and let it sit for at least 18 hours. The water should never boil but should just sort of bubble a little.

Once the chicken has given up all it's juices, take it out (it will fall apart so you will need to use a tool that can scoop it up) and set aside in a big bowl to cool off. Next add the veggies and let that simmer or bubble for another couple of hours or so. Turn off the heat then remove and discard the veggies.

Cool for a few hours and then pour through a cheese cloth-lined strainer to catch any tidbits still left in the pot. Put thoroughly cooled broth into containers in the fridge. After a day you can take them out and skim off the fat which can be saved in the freezer.

Another helpful tip, you can also buy ice cube trays and freeze individual stock ice cubes, which is really handy if you find yourself needing to make soup for one, but only have containers of stock for 6.



SuperCharged Turmeric Zucchini Soup

SuperCharged Turmeric Zucchini Soup Ingredients:

2 pounds organic zucchini, trimmed and chopped
3 1/2 cups organic animal (beef, chicken or veggie) stock
1/2 cup organic coconut milk
1 tbsp. coconut oil
1 tsp apple cider vinegar
2 tsp. curry or turmeric powder
1/2 teaspoon pink salt
Pinch of black pepper
Chopped cilantro, garnish

Servings: 4-6

Ready In: 40 mins

Instructions

In a medium pot, heat the oil over medium-high heat. Add the zucchini and cook, stirring, until soft, about 3 minutes. Add the curry or turmeric powder, salt, and cayenne, stir, and cook until fragrant, about 30 seconds. Reduce to medium heat, and cook, stirring occasionally, until soft, 5 to 6 minutes.

Reduce the heat and simmer until the zucchini is very tender, about 20 minutes.

Remove from the heat. With a hand-held immersion blender, or in batches in a food processor, puree the soup. Return to medium heat and stir in the coconut milk. Simmer for 3 minutes. Adjust the seasoning, to taste. Serve garnished with the cilantro.

This soup can also be served cold. If desired, simply refrigerate for 4-6 hours, until well chilled.



Thai Coconut Soup

Thai Coconut Soup Ingredients

- 1 quart chicken stock
- 1 stalk lemon grass, white part only, cracked open with the flat side of a knife
- 1 (3-inch) piece fresh ginger, peeled and thinly sliced
- 1 (13-ounce) can organic coconut milk
- 4 limes, juiced
- 2 cups shredded cooked turkey
- 2 tbsps of ground turmeric
- Pink salt and freshly ground pepper
- 1/4 cup chopped fresh cilantro leaves

Servings: 4

Prep Time: 20 mins

Thai Coconut Soup Instructions:

Bring the stock to the boil over medium heat in a soup pot. Add the lemon grass and ginger. Lower the heat to medium-low, cover, and gently simmer for 10 minutes to let the spices infuse the broth.

Uncover and stir in the coconut milk, turmeric, lime juice, and turkey. Simmer for 5 minutes to heat the chicken stock through; season with salt and pepper. Ladle the soup into a soup tureen or individual serving bowls. Garnish with cilantro. Be careful to avoid chewing the lemongrass or ginger. You could also remove these ingredients before stirring in the coconut milk.



SuperCharged Thai Coconut Turkey

SuperCharged Thai Coconut Turkey Ingredients:

- 4 cups organic coconut milk (2 cans)
- 1 cup organic chicken stock
- 1 pound pasture-raised turkey breast cut into strips
- 3 stalks lemongrass
- 10 thin slices fresh ginger
- ½ cup of green beans
- 2 carrots cut into long thin slices
- 2 tbsp. Coconut Aminos
- 3 tbsp. fresh lime juice
- Pink salt and pepper
- Chopped cilantro to garnish

Servings: 4

Ready In: 35 mins

SuperCharged Thai Coconut Turkey

Combine coconut milk and stock and bring to a boil, add smashed lemongrass and ginger to milk/stock and simmer for 15 minutes

In a medium skillet saute green beans, carrots in 1 tablespoon coconut oil until tender. Add to the milk and turkey mixture. Add lime juice and simmer for 10 minutes.

Season with pink salt and pepper, adjust taste with more lime juice or coconut aminos and spoon into bowls. Garnish with fresh cilantro and lemon.



SuperCharged Coconut Flour Gravy

SuperCharged Coconut Flour Gravy Ingredients:

- ¼ cup grass-fed butter/ghee or coconut oil
- 1 quart organic chicken or beef stock
- 2 tablespoons coconut flour
- 1 sprig of thyme
- 1 teaspoon turmeric
- 1 teaspoon pink salt
- 1 teaspoon of oregano
- 1 teaspoon of basil
- Freshly ground black pepper to taste

Servings: 1 1/2 quarts

SuperCharged Coconut Flour Gravy Directions:

Melt butter/ghee in a medium size saucepan. Sprinkle with salt. Stir in coconut flour and continue stirring until it thickens and slightly browns. Add stock, turmeric, oregano, basil and thyme. Simmer gently until sauce begins to thicken, 10 – 20 minutes. Remove from heat. Blend carefully in a blender until smooth or use an immersion blender. Add freshly ground pepper to taste. Harden in the fridge, so do not worry if the batter is sticky/wet.



SuperCharged Zucchini Fries

SuperCharged Zucchini Fries Ingredients

3 zucchini (1 lb.)
1 cup coconut flour
4 tbsps of EV coconut oil
2 tbsp. Himalayan Pink Salt
2 teaspoons dried oregano powder
2 teaspoons turmeric powder
Pinch of black pepper
1 teaspoon dry mustard powder
1/8 teaspoon dried dill weed

Servings: 8

Prep Time: 20 mins

Instructions

Heat oven to 450°F. Trim the zucchini by cutting crosswise in half, then cutting each piece into 1/4-inch sticks. Add flour, 2 tbsps of melted coconut oil and spices into a large ziplock bag; shake gently to combine. Melt 1-2 tbsps coconut oil and dip zucchini in it.. Using tongs, place 1/4 of the zucchini in bag; close bag and shake to evenly coat. Spread onto baking sheet that has been smothered with extra coconut oil. Repeat with remaining zucchini.

Bake for 12 to 13 min. or until golden brown, turning the baking tray 180 degrees after 7 min to facilitate even baking. Remove the baked fries from the oven, and serve them with your favorite dipping sauce.



Turkey Breakfast Sausage

Turkey Breakfast Sausage Ingredients:

2 pounds pasture-raised ground turkey
3/4 cup coconut oil (melted)
2 tsps Himalayan salt
2 tsps of ground turmeric
1 1/2 tsps freshly ground black pepper
2 tsps finely chopped fresh sage leaves
2 tsps finely chopped fresh thyme leaves
1/2 tsp finely chopped fresh rosemary leaves
1 tbsp stevia
1/2 tsp fresh grated nutmeg

Special Equipment: Hands and parchment paper

Turkey Breakfast Sausage Instructions:

Combine ground turkey with all other ingredients and chill for 1 hour. Using the fine blade of a grinder, grind the turkey. Form into long round sausage using parchment paper. Refrigerate and use within 1 week or freeze for up to 3 months. For immediate use, saute patties over medium-low heat.

You will have to keep out the eggs(as pictured) for phase I-III

Servings: 6-8

Ready in: 1 hr.

Gut Cooling Juice



1 Cucumber

1 Head Fennel

1-2 Handfuls of Mint Leaves

1 Inch Sliced Ginger

1/2-1 Lemon* (optional)

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Gut Cooling Green Juice Instructions:

Take all the ingredients and either juice in a juicer or blend in a strong blender like a VitaMix. I usually juice the lemon with the peel as the peel is rich in bioflavonoid anti-oxidants. If you desire to do this, you want to get an organic lemon. It is highly recommended to get all the ingredients organic if possible. If it isn't possible, than peel the outer skin of the lemon and cucumber and rinse the fennel and mint leaves.

If you have ever had acid reflux, gallbladder issues and other digestive disorders this recipe will help to cool your gut and improve your digestion. Enjoy!



De-Inflaming Lemonade

De-Inflaming Lemonade Ingredients:

1 cup of fresh squeezed lemon juice: (4 -6 lemons)

4-6 cups of clean water (to taste)

1 tsp of ground turmeric

1 tsp of cinnamon

Pinch of pink salt (Himalayan Salt)

½ tsp of liquid stevia (or to taste)

Servings: 4-6

Optional: 1 tsp ground/fresh ginger

1 tbsp of coconut oil and pinch of black pepper – this will dramatically improve the absorption of the turmeric curcuminoids which absorb best with good fats and piperine, which is the main ingredient in black pepper.

De-Inflaming Lemonade Instructions:

Put all of the following ingredients in a blender and turn on medium mode until everything has dissolved and mixed. Drink this regularly. We have heard many reports of people with crippling pain improving significantly when they drink this everyday.



Blueberry Coconut Parfait

Blueberry Coconut Parfait Ingredients:

1 cup of organic coconut butter
1/2 cup of fresh or frozen blueberries
1/2 cup of clean water
6 drops of vanilla stevia (or to your taste)
Pinch of pink salt (Himalayan)
Raspberries or extra blueberries for topping

Blueberry Coconut Parfait Instructions:

Put blueberries, water, salt and stevia into the blender first, then add the coconut cream or coconut butter and blend. You will need to hand mix with a spoon while the blender is going. This is very challenging on the blender because the coconut cream/butter is so thick.

A high quality vita-mix is best for the blending process. Once everything is mixed together, put berries on top and enjoy! You can also put in the freezer for a while and then pull it out and place it in the refrigerator for an hour to thaw out. This is the most popular way to have this as it is cool and tasty!



Not Nut Butter

Not Nut Butter Ingredients:

- 3 tbsp. softened coconut butter (raw organic)
- 2 tbsp. virgin coconut oil (melted is best)
- 1 scoop of high quality vanilla protein powder (Collagen or Super Digest Protein)
- ½ tsp. pink salt
- ½ tsp. vanilla
- 1 tsp of organic cinnamon
- 1 tsp of organic nutmeg

Not Nut Butter Instructions:

Mix all ingredients together in a blender. It is key to melt the coconut oil and soften the coconut butter first or it is impossible to blend up properly.

Serve with berries or cucumber slices

This recipe used a chocolate protein but since we are avoiding chocolate on phase I & II, the color will be lighter. We bumped up the cinnamon & nutmeg on this recipe to darken the color.



Turmeric Paste

Turmeric Paste Ingredients:

1/2 tsp ground black pepper
1/2 tsp cinnamon
½ cup turmeric powder
1/2 tsp of cardamom

1 tsp ginger powder
1/4 tsp pink salt
½ cup coconut oil
1 and 1/2 cups filtered water, plus 1/2 cup more

Optional:

20 drops of stevia

Turmeric Paste Instructions:

1. Combine pepper, ginger, cinnamon, cardamom, and salt in a small bowl. Set aside.
2. Combine turmeric and 1 and 1/2 cups of water in a small pot, stirring constantly with a wooden spoon. Bring mixture to a very gentle simmer and add another 1/2 cup of water. Continue to stir with wooden spoon.
3. Add mixed spices and continue to cook and stir on low for 3 minutes, until you have a thick and smooth paste.
4. Turn off heat and add coconut oil . Continue to stir until completely smooth.
5. Add optional sweetener while mixture cools.

Transfer to clean glass jar. Mixture will thicken as it cools. Place lid on jar after mixture has completely cooled. Give a little shake to prevent separation and store in fridge for 2-3 weeks.

My favorite way to use the turmeric paste is to add it to a little warmed homemade coconut milk to make golden milk. You can use the paste to flavor stir fries, stews, soups, eggs, veggies, yogurt and anything else that makes you happy. I also love to just eat it by the spoonful from the fridge.

About Dr David Jockers DC, MS, CSCS

Dr. David Jockers is a Maximized Living doctor, functional medicine practitioner, corrective care chiropractor, nutritionist, exercise physiologist and certified strength & conditioning specialist. He currently owns and operates Exodus Health Center in Kennesaw, Georgia and runs one of the hottest natural health websites in DrJockers.com

His experience working with thousands of individuals has given him a level of expertise in the field. He has had the privilege of traveling to London with the Maximized Living wellness advisory council to help the USA athletes win the gold in 2012.



He is a leading writer for the top online health publications in the world. He is also on the expert panel for the popular “South African Journal of Natural Medicine.” He has well over 1200 professionally published natural health articles all over the internet and in-print magazines

Dr Jockers is the author of “SuperCharge Your Brain: The Complete Guide to Radically Improve Your Mood, Memory and Mindset.” He has also authored “Super Immunity: The Path to Never Get Sick Again.”

He has created 4 revolutionary online health programs with thousands of participants. These programs include E-guides, recipes guides, meal plans and video instructions including “The Sugar Detox,” “The Cancer Cleanse,” “Navigating the Ketogenic Diet,” and “The Digestive Health Restoration Program.”

He is a sought after speaker around the country on such topics as weight loss, brain health, functional medicine, natural detoxification and disease prevention.

Dr Jockers does local and long-distance consultations to help customize specific lifestyle plans to improve performance and beat chronic disease.