

LEAKY GUT & SHOPPING GUIDE

DIET



This is a great diet to start on if you have a leaky gut. With proper coaching this diet should be followed strictly for 30-90 days and then you can begin to add in some other healing foods as instructed by your health coach.

Purchase as much of the product organically as possible. Exposure to pesticides/herbicides can be trigger an auto-immune inflammatory reaction

This nutrition plan is a high good fat, moderate carb, moderate protein diet that eliminates nightshade veggies (potato, eggplant, tomato, bell peppers), dairy, eggs, chocolate, coffee & nuts. It also eliminates moderate to highly fermentable fruits and vegetables.

This is an extremely restrictive diet and it is used for 30-180 days for very challenging cases of small intestinal bacterial overgrowth, irritable bowel syndrome, Crohn's disease, Celiac and Ulcerative Colitis.

If one of these foods is causing an increase in symptoms – bloating, gas, constipation, diarrhea, etc. then remove it for a while.

Additionally – if your health care practitioner gives you specific instructions to include or take out one or more foods for a period of time than be sure to follow

LOW-GLYCEMIC FRUIT

- Granny Smith Apples
- Blackberries
- Coconuts
- Grapefruits
- Avocados
- Blueberries
- Lemons/Limes
- Raspberries

VEGETABLES

Must Be Juiced or fully steamed

- | | |
|------------------------------------|---|
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Chard |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Dandelion |
| <input type="checkbox"/> Dill Weed | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Watercress |

HEALING ROOT VEGETABLES

- Carrots
- Sweet Potatoes
- Radishes
- Squash

Organic Vegetable Broths are also Excellent!

PROTEIN

Must be organic, grass-fed, pasture-raised

- | | | |
|-----------------------------------|---------------------------------|----------------------------------|
| <input type="checkbox"/> Beef | <input type="checkbox"/> Bison | <input type="checkbox"/> Buffalo |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Duck | <input type="checkbox"/> Lamb |
| <input type="checkbox"/> Pheasant | <input type="checkbox"/> Turkey | <input type="checkbox"/> Venison |
- Wild-caught Fish such as Alaskan Sockeye Salmon
 - Hypoallergenic Brown rice or pea protein
 - Bone Broth from well-raised animals are Excellent
 - Bone Broth Protein or Collagen Protein

GOOD FATS

- Virgin or EV Coconut Oil
- Extra Virgin Olive Oil
- Borage, Hemp or Flax Oil
- High Quality Fish Oil
- Pumpkin, flax, hemp and chia seeds
- Ghee
- Avocado

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DAIRY SUBSTITUTES

- *Carrageenan Free sources*
- *Unsweetened with no sugar added*
- Coconut Milk
- Coconut Yogurt
- Almond Milk
- Hemp Milk

HEALING HERBS

- | | |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Basil | <input type="checkbox"/> Bay Leaves |
| <input type="checkbox"/> Chamomile | <input type="checkbox"/> Chives |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Lemon balm | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Peppermint |
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> Saffron |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Thyme |

SPICES & SWEETENERS

- Cinnamon
- Garlic
- Onion Powder
- Stevia
- Cloves
- Ginger
- Pink Salt
- Turmeric

*Very small amount of raw honey (no more than ½ tsp daily)

PANTRY STYLE ITEMS

- Organic raw apple cider vinegar
- Coconut flakes
- Olives
- Sardines
- Coconut flour
- Coconut butter
- Canned Salmon
- Flax Crackers

FERMENTED FOODS

Must be made without Nightshade veggies

- Coconut Milk Kefir or Yogurt
- Fermented vegetables
- Kombucha
- Coconut water kefir
- Kimchii
- Sauerkraut

TEAS & OTHER DRINKS

- Pure Water
- Organic green tea
- Dandy Blend – coffee substitute
- Teeccino coffee substitute
- Organic herbal teas (ginger, Pau D Arco, Nighty Night, etc)

LEAKY GUT MEAL PLAN

- Protein Shakes Daily
- Unlimited Bone Broth as a Snack/Meal
- 1 Small Solid Food Meal Daily as a Maximum
 - Soups, Stews & Bone Broths
 - Steamed Veggies, Meat, Oils & Herbs
 - Green Juices
 - Berry Smoothies



Phase I: Reset Phase

Organic Broth: Organic vegetable, chicken or beef broth

Herbal Teas - most are great, make sure they are organic

Ginger tea, Pau D Arco, Lemon Detox, Nighty Night, Chamomile, Green Tea, etc

Essential Oils: Peppermint, Oregano, Lavendar, Ginger, Lemon

Coconut Oil: Virgin or extra virgin coconut oil

Apple Cider Vinegar: Raw, unpasteurized

Collagen Protein: Grass-fed Collagen Peptides, Bone Broth Protein or Beef Gelatin Protein



Phase II: Rebuilding Phase

Meat: Wild-caught Salmon, Organic Chicken, Turkey or Duck meat

Collagen Peptides or Beef Gelatin protein

Organic brown rice and pea protein (some do well and some don't on this)

Fats: Organic animal broth (grass-fed beef, lamb, duck, chicken or turkey), coconut oil, coconut milk, grass-fed ghee, coconut flour, hemp milk and olive oil

Seeds: Pumpkin seeds, Hemp seeds, Chia seeds & Flax seeds

Fruit: Berries, lemons, limes, small amount of granny smith apple

Vegetables: Low-FODMAP Group

Bamboo Shoots	Bok Choy	Butternut Squash
Carrots	Chives	Cucumber
Fennel	Green Beans	Green Onion (Scallion)
Ginger	Lemongrass	Kale
Olives	Parsnips	Radishes
Pumpkin	Sea Vegetable	Squash



Phase III: ReInnoculation Phase

Meat: Red meat - grass-fed beef, lamb, bison, venison

Fats: Avocado

Vegetables: Higher FODMAP group (Fructans and Polyols specifically)

Fructans: Asparagus, Beet root, broccoli, Brussel sprouts, cabbage, garlic, leek, okra, onion and shallots, chicory, dandelion, inulin.

Polyols: Cauliflower, mushrooms, avocado (most fruit is in this category). Sugar alcohol sweeteners are on this list but I would recommend waiting until the 2nd month to begin adding back those.

Fermented Foods: Coconut water kefir, Coconut yogurt, kimchi, sauerkraut, pickles.