



Leaky Gut Diet

Created by Fit Nutrition Canada



Leaky Gut Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Gut Healing Green Smoothie	Gut Healing Green Smoothie	Gut Healing Green Smoothie	Blueberry Energy Smoothie	Blueberry Energy Smoothie	Bacon, Eggs, Avocado & Sauerkraut	Bacon, Eggs, Avocado & Sauerkraut
Snack 1	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth
Lunch	Cream of Celery & Asparagus Soup	Spaghetti Squash Chow Mein	Zucchini Alfredo with Turmeric Chicken	Spaghetti Squash Chow Mein	One Pan Chicken, Golden Cauliflower & Carrot Fries	Kimchi Fried Cauliflower Rice	Cream of Celery & Asparagus Soup
Snack 2	Golden Turmeric Latte	Golden Turmeric Latte	Cream of Celery & Asparagus Soup	Golden Turmeric Latte	Carrots & Guacamole	Carrots & Guacamole	Carrots & Guacamole
Dinner	Spaghetti Squash Chow Mein	Zucchini Alfredo with Turmeric Chicken	Spaghetti Squash Chow Mein	One Pan Chicken, Golden Cauliflower & Carrot Fries	Kimchi Fried Cauliflower Rice	Sausage & Sauerkraut Skillet	Sausage & Sauerkraut Skillet



Leaky Gut Diet

51 items

Fruits

- 1 Apple
- 4 Avocado
- 1 1/2 Banana
- 1/2 Lemon
- 1 1/4 Lime

Seeds, Nuts & Spices

- 3/4 tsp Black Pepper
- 1/2 cup Cashews
- 1 1/2 tbsps Chia Seeds
- 3/4 tsp Cinnamon
- 1 tsp Dried Thyme
- 3 tbsps Ground Flax Seed
- 1 1/8 cups Hemp Seeds
- 1 tsp Italian Seasoning
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1 1/8 tbsps Turmeric

Frozen

- 1 1/2 cups Frozen Blueberries
- 1/2 cup Frozen Peas

Vegetables

- 3 cups Asparagus
- 6 cups Baby Spinach
- 9 Carrot
- 1 head Cauliflower
- 14 stalks Celery
- 4 cups Coleslaw Mix
- 13 Garlic
- 2 1/2 tbsps Ginger
- 1 1/2 stalks Green Onion
- 3 cups Kale Leaves
- 2 cups Parsley
- 1 Spaghetti Squash
- 2 cups Swiss Chard
- 4 1/2 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 2 1/2 cups Organic Coconut Milk

Baking

- 1/4 cup Raw Honey

Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast
- 1 lb Extra Lean Ground Chicken
- 4 slices Organic Bacon
- 5 ozs Organic Chicken Sausage
- 2 Whole Chicken Carcass

Condiments & Oils

- 2 1/2 tbsps Apple Cider Vinegar
- 1/4 cup Coconut Aminos
- 1/4 cup Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 1 cup Kimchi
- 1 1/2 cups Sauerkraut
- 2 1/3 tbsps Sesame Oil
- 1 tbsp Tamari

Cold

- 6 Egg

Other

- 23 1/4 cups Water



Gut Healing Green Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

1. Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

No Kale

Use spinach instead.

No Honey

Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy

Use almond milk instead of water for extra creaminess.

Storage

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

- 1 1/4 cups Water (cold)
- 1 cup Kale Leaves
- 1/4 Avocado (peeled and pit removed)
- 1/2 Banana (frozen)
- 1 1/2 tps Chia Seeds
- 1 tbsp Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1 tbsp Raw Honey

Blueberry Energy Smoothie

5 ingredients · 10 minutes · 2 servings



Directions

1. Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
2. Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

Notes

Make it Sweeter

Add in a few soaked dates to sweeten it up.

Ingredients

- 1/2 cup** Cashews
- 1/4 cup** Hemp Seeds
- 2 cups** Water
- 2 cups** Baby Spinach
- 1 1/2 cups** Frozen Blueberries

Bacon, Eggs, Avocado & Sauerkraut

4 ingredients · 15 minutes · 2 servings



Directions

1. In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
2. Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
3. Transfer cooked eggs to plate and add sauerkraut. Enjoy!

Ingredients

- 4 slices Organic Bacon
- 4 Egg
- 1 Avocado
- 1/2 cup Sauerkraut

Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is approximately 1 to 1 1/2 cups.

Low FODMAP

Omit garlic and onions.

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 **tbsp** Apple Cider Vinegar
- 1 **tsp** Sea Salt
- 1 **cup** Parsley (chopped)
- 6 **cups** Water

Cream of Celery & Asparagus Soup

10 ingredients · 25 minutes · 4 servings



Directions

1. Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
2. Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
3. Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

No Hemp Seeds

Use cashews.

Add Some Crunch

Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach

Use kale, swiss chard or any leafy green.

Leftovers

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

Ingredients

- 2 tbsps** Coconut Oil
- 1** Yellow Onion (chopped)
- 6 stalks** Celery (chopped)
- 3** Garlic (cloves, minced)
- 4 cups** Water
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 3 cups** Asparagus (woody ends snapped off)
- 1/2 cup** Hemp Seeds
- 4 cups** Baby Spinach

Golden Turmeric Latte

7 ingredients · 10 minutes · 1 serving



Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

Use Fresh Turmeric Root

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan

Use maple syrup to sweeten instead of honey.

Ingredients

- 1 1/2 **tsps** Ginger (grated)
- 1/2 **cup** Organic Coconut Milk (canned)
- 1/2 **cup** Water
- 1/2 **tsp** Turmeric (powder)
- 1 1/2 **tsps** Raw Honey
- 1/4 **tsp** Cinnamon
- 3/4 **tsp** Coconut Oil

Carrots & Guacamole

4 ingredients · 5 minutes · 3 servings



Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Leftovers

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

- 6 Carrot (medium)
- 1 1/2 Avocado
- 1 1/2 Lime (juiced)
- 1/3 tsp Sea Salt (or more to taste)

Spaghetti Squash Chow Mein

10 ingredients · 1 hour 30 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
2. While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
3. In a separate pan, melt the coconut oil and brown the ground chicken.
4. Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

No Coconut Aminos

Use tamari instead.

Vegan and Vegetarian

Replace the ground chicken with scrambled eggs or tofu.

Likes it Spicy

Serve with hot sauce.

Leftovers

Refrigerate up to 3 days.

Ingredients

- 1 Spaghetti Squash
- 2 tbsps Sesame Oil
- 1 Yellow Onion (medium, diced)
- 4 stalks Celery (sliced diagonally)
- 4 cups Coleslaw Mix
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 1/2 tpsps Coconut Oil
- 1 lb Extra Lean Ground Chicken
- 1/4 cup Coconut Aminos

Zucchini Alfredo with Turmeric Chicken

9 ingredients · 20 minutes · 2 servings



Directions

1. Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
2. In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
3. While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
4. Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
5. Divide the creamy zoodles between plates, and top with chicken. Enjoy!

Notes

More Carbs

Use brown rice pasta instead of zucchini noodles.

Vegan or Vegetarian

Use chickpeas or white beans instead of chicken.

Ingredients

- 2 Zucchini
- 1 **tbsp** Extra Virgin Olive Oil
- 8 **ozs** Chicken Breast (sliced)
- 1 **tsp** Turmeric
- 1 **tsp** Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (peeled and pit removed)
- 1 **cup** Organic Coconut Milk (canned, full-fat)
- 1/2 Lemon (juiced)

One Pan Chicken, Golden Cauliflower & Carrot Fries

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
2. Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
7. Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

Notes

Low FODMAP

Use zucchini instead of cauliflower.

Ingredients

- 2 Carrot (medium)
- 1/2 head Cauliflower
- 3 tbsps Extra Virgin Olive Oil (divided three ways)
- 8 ozs Chicken Breast
- 1 tsp Dried Thyme
- 1 tsp Turmeric (powder)
- 1/8 tsp Sea Salt

Kimchi Fried Cauliflower Rice

11 ingredients · 20 minutes · 2 servings



Directions

1. Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
2. Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
3. In a separate frying pan, fry your eggs.
4. Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

Notes

No Cauliflower

Use cooked quinoa or brown rice instead.

Meat Lover

Add chopped bacon.

No Eggs

Use diced chicken breast or roasted chickpeas instead.

Ingredients

- 1/2 head Cauliflower (medium, chopped into florets)
- 1 1/2 tsps Coconut Oil
- 1 cup Kimchi (liquid drained off)
- 1 tbsp Tamari
- 1 1/2 tsps Apple Cider Vinegar
- 1/4 tsp Black Pepper
- 1 tbsp Sesame Seeds
- 1 tsp Sesame Oil
- 1 1/2 stalks Green Onion (chopped)
- 1/2 cup Frozen Peas (thawed)
- 2 Egg

Sausage & Sauerkraut Skillet

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
2. Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
3. Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge up to three days.

Vegan and Vegetarian

Skip the sausage and use cooked lentils instead.

No Swiss Chard

Use kale or spinach instead.

Ingredients

- 5 ozs Organic Chicken Sausage
- 1 1/2 tsps Coconut Oil
- 1/2 Yellow Onion (diced)
- 1 Apple (peeled, cored and diced)
- 1 Garlic (cloves, minced)
- 2 cups Swiss Chard (washed, stems removed and chopped)
- 1 cup Sauerkraut (liquid drained off)