

# *Omniore*

GUT HEALTH PLAN



# WELCOME

## A GUTSY OMNIVORE PLAN

1. Keep it simple. You're going for sustainability.
2. When you find a recipe you like, double it for another day.
3. Stay positive! You're learning how to eat this way. Give yourself grace.
4. Make sure you are following the plan to the best of your ability.  
Remember: Easy does it is key. When we stress, we inflame our intestinal lining. Give yourself grace!
5. Remember to keep a journal, a binder, or an Excel spreadsheet to keep track of when we are adding in supplements.
6. Remember to reduce supplements and/or add binders, liver support, etc. if you experience too much "die off". This means you may feel tired; have headaches, loose stool, or constipation, or experience poor sleep or moodiness.
7. You can always reduce or cut back on a supplement as this is a marathon and not a sprint.
8. Try Sheet Pan Dinners, Soups/ Stews, Salads. Simple meals make you more likely to succeed!



## FOODS THAT SUPPORT THE GUT

1. **Coconut Oil** – Cook with coconut oil and consume coconut oil, if tolerated. (3 tablespoons by mouth per day to kill pathogens naturally).
2. **Pumpkin Seeds** – Pumpkin seeds help remove parasites. It is best to consume 1/4 cup daily as a late afternoon snack or make pumpkin seed milk in a Vitamix with water, 1/4 cup pumpkin seeds, cinnamon and stevia (if needed).
3. **Cloves and Cinnamon** – By cooking with each of these spices or adding them to a smoothie or drink you are naturally killing microbes that are wreaking havoc on your system.
4. **Turmeric** – By adding 1 tablespoons of turmeric to your foods, you are using one of the most powerful antimicrobial and anti-inflammatory spices.
5. **Chlorophyll** – Add 1 tablespoon to water and consume twice a day or add to a juice. You can buy this at Amazon.com, too, and this will help with energy, or use a premium supplement.
6. **Ghee** – If tolerated, ghee is fabulous for nourishing and healing the intestinal lining.

## RECOMMENDED SUPPLEMENTS

**Probiotics** – Life 9

**Liver Support** – Ningxia Red, JuvaFlex

**Adrenal Support** – Ningxia Red

**Enzymes** – Essentialzymes-4

**Digestive + Colon Support** – Peppermint EO, ICP Daily

## FOOD COMBINING

- **FRUIT:** Fruit digests itself, passing through the digestive system within 20 minutes. By eating fruit alone, you avoid fermentation occurring in the belly. Fermentation can lead to gas, rob you of energy and slow down your digestion.
- **EAT STARCHES AND VEGETABLES:** Foods such as baked potatoes, sweet potatoes or sweet corn should be eaten alone, with a vegetable or with a small amount of fat. It is advised to eat starches {carbohydrates}, such as quinoa, buckwheat, brown rice, millet or amaranth only with vegetables as starches require different digestive enzymes than proteins.
- **PROTEIN AND VEGETABLES:** Unlike starches, proteins require an acidic environment for ideal digestion, so it is best to eat protein with vegetables and a healthy fat. When you add a starch, you force your body's natural enzymes to compete to digest your food.

## SOAKING NUTS, GRAINS, AND SEEDS

**Please SOAK YOUR GRAINS AND SEEDS TO REDUCE THE PHYTIC ACID.**

How to soak grains, beans, seeds, and nuts:

1. Add the grains, beans, seeds, or nuts\* to a bowl of warm or room temperature water.
2. Add 1-2 tablespoons of lemon juice or raw apple cider vinegar "with the mother."
3. Cover with a clean kitchen cloth.
4. Soak the grains, beans, seeds, or nuts\* for 12-24 hours.
5. Leave the bowl sitting on your countertop.

6. Empty the grains, beans, seeds, or nuts into a colander, and rinse at least 6 times to remove any remaining phytic acid.
7. Cook the grains, seeds, or beans as usual, or store the seeds or nuts\* in your fridge for 1-2 days.

## SMOOTHIES

If you have a high speed blender, add all of the ingredients in the order they are listed (WITHOUT the ice). Blend until smooth. If you want your smoothie to be colder, add ice cubes, then blend.

If you DO NOT have a high speed blender, add the almond milk, banana, apples, and dates to the blender. Blend until smooth. Feel free to add a few more tablespoons of almond milk to get the mixture going, if needed. Then add pumpkin seeds, hemp protein, and spices to the mixture and blend well. If you would like your smoothie to be colder, add ice cubes and blend well.

For each smoothie, simply blend all of the ingredients in a high-speed blender or normal stand-up blender. Feel free to add water to reach your desired thickness. Use organic produce whenever possible. Each smoothie recipe serves two people or may be used as a substitute for one large meal.

Protein is important in the morning. You can add extra gut-supportive protein to any smoothie by including a scoop or two of grassfed collagen or your favorite protein powder. Try Protein Complete by Young Living. You can also use 3 tablespoons of hemp seeds. Make your smoothie colder by adding 3 to 5 ice cubes.

Looking for a few ideas to add to your smoothie? Add in a teaspoon of any one of the following:

- hemp seeds
- flax seeds
- chia seeds
- spirulina
- bee pollen
- unsweetened shredded coconut
- raw cacao powder
- raw honey
- stevia
- superfoods (maca, lucuma, wheatgrass powder)
- matcha powder
- detox greens: dandelion, parsley, cilantro, radish
- sprouts of any kind
- camu camu for vitamin C
- protein powder
- goji berries, currants, dates (limit if weight loss is desired)

Feel free to add fruit to any vegetable smoothie to add sweetness. Try 1/2 cup berries, 1/2 apple, or 1/2 banana.

# BONE BROTH

4 quarts water (use highest quality you can-distilled, ro, etc)

1 teaspoon celtic or himalayan salt

2 tablespoons apple cider vinegar

2 large onions, washed, unpeeled + quartered

2 carrots, scrubbed + coarsely chopped

3 celery stalks, washed + coarsely chopped

2-4 lbs. meat or poultry bones

1 bay leaf (optional)

6-8 peppercorns (optional)

Instant Pot for 240 minutes, npr or slow cooker on low or stove on barely a simmer for 12-24 hours.

Cool, strain, pour into glass jars to store. Can freeze into cubes and then in bags (2 cubes = ~1/4 cup).

## PRO TIPS

Less is more when it comes to ingredients. Don't add too many veggies or herbs. If you do, add at the end in last 30 minutes of cooking.

Some people prefer the flavor of roasting bones before cooking in soup; our family prefers the milder taste of raw bones.

Make your Bone Broth almost FREE by turning your "trash" into treasure.

Save chicken bones after cooking in a large freezer bag in the freezer.

Ask farm store when they have deals for free bones or if they have extra.

Save "limp" or past prime veggies in large freezer bag in freezer.

## OMNIVORE GUT REBUILDING PLAN | 2017

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# CULTURED GUT HEALING

## COCONUT YOGURT

(ADAPTED FROM NOMNOMPALAO.COM)

Makes 2 Servings

1 15-ounce can coconut milk (BPA-free can)

1 probiotic capsule

**REFRIGERATE YOUR CANNED COCONUT MILK.** Refrigerate the coconut milk for about an hour while it is still in the can to create a thicker yogurt.

**STORE YOUR COCONUT MILK.** Remove the coconut milk from the can, and place it in a sterilized jar. Add the contents of the probiotic capsule. Mix the contents well, and tightly close the jar.

**INCUBATE YOUR YOGURT.** Place your jar of coconut milk in the oven with the light on and tightly close the door. Do not turn the oven on. A closed oven with the light on generates heat of about 105 to 110° Fahrenheit. Incubate your yogurt for up to 24 hours.

## HOMEMADE COCONUT WATER KEFIR

Makes 1-4 Servings

ITEMS YOU WILL NEED:

4-cup glass jar with wide opening and strong screw cap or swing-away lid

1/2 cup water kefir grains (available at <http://www.culturesforhealth.com/water-kefir-grains.html>)

2 to 4 cups fresh young coconut water

**FILL JAR WITH YOUNG COCONUT WATER,** and add your water kefir grains. Stir with a non-metal spatula as the metal will damage the grains.

Make sure the jar is airtight and let it stand for 24 to 48 hours (the longer the brew, the more healthy bacteria you have cultured).

**STRAIN THROUGH A PLASTIC SIEVE** and fill bottles with the cultured coconut water. Make sure the bottles are airtight.

Refrigerate for 1-2 days, and serve chilled.

#### Variations:

To make lemon or lime coconut water kefir, add ¼ cup lemon or lime juice to 1 quart of coconut water kefir.

To make cherry coconut water kefir, add ½ cup cherry puree to 1 quart of coconut water kefir.

## HOMEMADE CULTURED VEGETABLES

### TOOLS FOR MAKING CULTURED FOODS

- 1 large mixing bowl
- 1 Mason jar with lid
- 1 wooden spoon
- 1 cabbage leaf
- 1/4 cup starter culture

#### INGREDIENTS:

- 1 large cabbage leaf (set to the side)
- 1 large head of cabbage, shredded
- 1 bunch kale, chopped
- 1 small peeled, organic lemon
- 2 carrots, shredded
- 1 clove garlic
- ¼ cup starter culture

**TOSS.** Toss chopped vegetables and starter culture together in a large mixing bowl. Remember to set your large cabbage leaf to the side.



**COMBINE THE MIXTURE.** Combine the mixture thoroughly by hand, making sure the vegetables are thoroughly combined. Layer this mixture of vegetables into a mason jar, and pound it down with a wooden spoon so the vegetables are tightly compacted.

Continue to layer, and pound until your vegetables are thoroughly packed within the jar and the level of brine exceeds the level of the solids.

Layer the top of your vegetables with a cabbage leaf, and pack the leaf down with your fist.

**FERMENT.** Allow your vegetables to ferment at room temperature for 5 days before tasting them or longer until desired sour taste. Then place it in your refrigerator.

**NOTE:** Cultured Vegetables will keep for one year, as long as you properly store them.

## HOW TO MAKE SAUERKRAUT

From [culturesforhealth.com](http://culturesforhealth.com)

Basic sauerkraut may be one of the most popular ferments, and it is such an easy recipe that it works great for beginners. Give it a try, you'll never be sorry!

### Ingredients:

- 1 medium head of cabbage
- 1-3 tablespoons sea salt

### Instructions:

1. Chop or shred cabbage. Sprinkle with salt.
2. Knead the cabbage with clean hands, or pound with a potato masher or Cabbage Crusher about 10 minutes, until there is enough liquid to cover.
3. Stuff the cabbage into a quart jar, pressing the cabbage underneath the liquid. If necessary, add a bit of water to completely cover cabbage.
4. Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.
5. Culture at room temperature (60-70°F is preferred) until desired

flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.

6. Once the sauerkraut is finished, put a tight lid on the jar and move to cold storage. The sauerkraut's flavor will continue to develop as it ages.

Makes approximately 1 quart.

### **Optional Ingredients:**

Prior to culturing, mix 1 part shredded carrots, apple, or other vegetable to 5 parts cabbage, for a more complex flavor. Add caraway seeds, if desired.

# YOUR PLAN OPTIONS

## UPON RISING

**Drink one cup of warm water with 1 drop Lemon essential oil or 1 toothpick swirl of Peppermint essential oil.** For an extra boost, drink a mug of bone broth after your water and before your breakfast.

## BREAKFAST OPTIONS

1. Smoothie {Please keep this simple and stick to simple ingredients and no more than 1 fruit and 1 vegetable as this hampers digestion.}
2. Chia pudding
3. Green juice
4. Eggs sautéed in coconut oil or ghee with cultured vegetables on side
5. Coconut Quinoa Breakfast Bowl: ½ c cooked quinoa warmed with (canned, unsweetened) coconut milk, add cinnamon & stevia to taste, top with 1/8 c of toasted pumpkin seeds or almond slivers
6. Veggie Bowl: sauté ½ c (or more) of veggies (zucchini, squash, carrots, onions, garlic) in 1 ½ tablespoon of coconut oil or ghee; top with 1/8 c of toasted pumpkin seeds
7. Eggs & Greens: Bowl of fresh greens (spinach & arugula) drizzled with extra virgin olive oil & lemon juice; top with an over-easy egg

**Take your probiotic with your meal. For further support, take an enzyme with your meal.**

## LUNCH AND DINNER OPTIONS

**Add 1/8 cup cultured food to each meal. Optionally, add a cup of bone broth.**

1. Nitrate-free lunch meat rolled in lettuce with avocado or hummus
2. 1 cup brown rice with shredded chicken, veggies and lemon and sea salt.
3. Grilled Salmon with lemon, lime and sautéed vegetables
4. Chicken or beef with sautéed veggies (warm food is ideal for gut health).
5. Grilled Chicken with broccoli (steamed + top with olive oil + sea salt)
6. Brown Rice Tortilla with nitrate-free lunch meat, 1/4 avocado and sea salt.
7. Sautéed Chicken Breast with Broccoli: pound chicken breast & sauté in coconut oil or ghee, salt & pepper to taste, serve with steamed broccoli—drizzle olive oil & lemon juice over broccoli
8. Quinoa with Green Beans: Steam green beans & add them to sautéed onions & garlic, combine with 1/2 c of cooked quinoa, & sprinkle 1/8 c of toasted pumpkin seeds or almond slivers
9. Salmon Salad Wraps: mix drained can of wild salmon (Wild Planet) with mashed avocado, lemon juice, dried/fresh dill, salt and pepper and wrap in lettuce leaves.

## SNACKS AND DRINKS

1. Green apple, berries or grapefruit
2. 1/4 cup pumpkin seeds or sunflower seeds
3. Mug of Bone Broth
4. 2 TBSP almond butter and cinnamon + apple, banana or carrots
5. Celery and hummus
6. Carrot sticks and hummus
7. Hardboiled egg
8. Green Juice
9. Coconut milk kefir smoothie
10. Almond milk unsweetened with 1 scoop Balance Complete + cinnamon

## PREPPING SIDES IN ADVANCE

1. Have veggies chopped in the fridge
2. Have eggs hardboiled
3. Buy a large chicken (cooked), and shred it and sauté with vegetables
4. Roast vegetables to make it easy

## DAILY DETOX

### **Dry Skin Brushing**

This can be done before a shower or bath, or before bed, to release toxicity. Skin brushing improves the circulation and supports the liver.

Use a loofah, hot towel, or skin brush on dry skin. Work on one section of the body at a time, making very light circular strokes, working your way up towards your heart.

### **Sweat and Exercise**

Commit to at least 15 minutes a day to exercise, sweat, get the blood moving, and purge toxins from your body. Try brisk walking, rebounding, jogging, cycling, or swimming. You can also sweat in a sauna, steam room, or a hot bath. Sweating releases toxins from the body, and regular exercise is essential for a healthy metabolism.

### **Tongue Scraping**

This supports liver detoxification by removing unwanted bacteria from the mouth, thereby supporting digestion.

### **Epsom Salt Baths**

Try an Epsom salt bath. Add 1/2 cup of Epsom salt, 1/2 cup baking soda, and a few drops of lavender oil to a warm bath, and soak for 30 minutes. Epsom salt relaxes the body, detoxifies the liver, and provides your body with the essential mineral magnesium, which is necessary for optimal relaxation, digestion, detox, and health.



## MORNING PLAN

1. Wake up 30 minutes earlier
2. Say this: "I do not have to rush"
3. Prep your snacks for the day
4. Mid-day, break for one minute to breathe deeply

## NIGHT PLAN

1. At least 3 times a week, journal or take an Epsom salt bath at night
2. Remember: You do not need to RUSH
3. Drink a cup of herbal (nettle, chamomile etc) tea with stevia or raw honey
4. Drink 8 ounces of water with lemon (warm or room temp-not cold) and a dash of sea salt before bed to enhance liver function (do this 20 minutes before bed and then visit toilet right before going to bed to avoid being woken up to go).

## OMNIVORE THREE DAY PLAN

### DAY ONE

### BREAKFAST

### COLLAGEN SMOOTHIE

Serves 1

- 1 cup fresh/frozen strawberries
- 1 ½ cups coconut milk
- 1 tablespoon coconut oil
- 1 cup kale
- Stevia to taste (optional)
- Ice (optional)
- 1 scoop collagen

Place ingredients in the blender, blend until smooth.

## LUNCH

### CITRUS BEEF SALAD

Serves 2

3 medium red beets, trimmed  
1 grapefruit, peeled and segmented  
2 cups mixed greens  
1/4 cup parsley, chopped  
1/2 cup red onion, chopped  
1/2 pound roast beef deli meat, nitrate free  
1 cucumber, chopped  
2 tablespoon olive oil  
1 lemon, juiced  
Sea salt and black pepper, to taste

Heat oven to 400 degrees. Wrap trimmed beets in foil and roast until tender, about 1 hour. Let cool, and then peel and slice.

In a large bowl combine the beets, grapefruit, mixed greens, parsley, red onion, cucumber, and roast beef.

In a small bowl mix together olive oil, lemon juice, sea salt, and pepper. Drizzle dressing over salad and serve

## DINNER

### TAHINI CHICKEN

Makes 4 servings

2 pounds boneless, skinless chicken breasts, cut into 1-inch cubes  
sea salt and pepper to taste  
5 tablespoons sunflower oil

2 tablespoons tahini  
 2 tablespoons sherry vinegar  
 3 carrots, grated  
 6 radishes, sliced  
 1 cup chopped cauliflower/broccoli  
 (cut small & lightly steamed)  
 1/2 cup sesame seeds, for garnish  
 (optional)

Coat the chicken with 2 tablespoons of sunflower oil and salt & pepper. Turn the oven broiler to high & cook the chicken for 10 minutes, stirring once or twice until cooked through. Let it cool slightly. Whisk together remaining oil, tahini, and vinegar.

In a large bowl, add broiled chicken and vegetables. Drizzle dressing on top & mix well.

Serve over rice or pasta. Top with sesame seeds. Can be served at room temperature or chilled. Serve with a green salad. Refrigerate for 3-4 days.

## DAY TWO

### BREAKFAST

#### BREAKFAST CEREAL WITH COCONUT MILK

Serves 2

1 cup almonds  
 1/2 cup walnuts  
 2 tablespoons chia seeds or flax meal  
 1/8 cup coconut, toasted  
 1 tablespoon bee pollen (optional)  
 1 teaspoon cinnamon  
 1 apple, diced  
 2 cups coconut milk

Place almonds and walnuts in food processor and chop until desired consistency and then place in bowl, add chia seeds or flax meal, toasted

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coconut, diced apple, cinnamon and bee pollen if using. Store mixture in an airtight container.

Serve cereal with coconut milk for a cold version or place ingredients in a pot with milk, warm and serve.

## LUNCH

### CREAMY CHICKEN SALAD WRAP

Serves 2

6-8 ounces chicken breast, baked

2 cups chopped cucumbers

1 avocado, peeled and chopped

½ cup loosely packed cilantro, chopped

juice of one lime

salt and black pepper, to taste

2 cups of mixed greens (optional)

4 collard leaves or romaine lettuce leaves (optional)

Preheat oven to 400. Season chicken with salt and pepper, place chicken on a lined baking sheet. Place in the oven and cook for 20 minutes, flip chicken and cook another 10-15 minutes, until cooked through. Remove from oven and let cool.

While the chicken is cooking, add the chopped cucumber, avocado, cilantro and lime juice in a large bowl and mix well, season with salt and pepper.

Cut the chicken up into 1-inch cubes and add to the mixture in the bowl.

Serve mixture over mixed greens or wrapped in leaves.

## DINNER

### CHICKEN AND PINEAPPLE SKEWERS

Serves 2

6-8 ounces boneless skinless chicken breasts, cut into 1½ inch chunks  
2 cloves garlic, crushed  
2 tablespoons honey mustard, gluten free  
2 tablespoons tamari, gluten free  
1 teaspoon lemon juice  
salt and black pepper, to taste  
1 cup pineapple, 1 ½ inch cubes  
1 onion, cut into 1 ½ inch cubes  
2 carrots, 1-inch slices  
wooden skewers

Soak wooden skewers in water for 30 minutes. Combine the garlic, honey mustard, tamari sauce, lemon juice, salt, pepper and chicken in a bowl and let marinate while the skewers soak.

Preheat the oven to 425 degrees. Prepare the kabobs by threading the chicken, pineapple, onion and carrots onto the wooden skewers. Discard the remaining marinade.

Line a baking sheet with tin foil. Place a cooling rack on top. Line up the skewers on cooling rack with about an inch between each one. Bake for 10 minutes. Turn over once and bake for 10-15 minutes longer, or until chicken is no longer pink in the middle.



## DAY THREE

### BREAKFAST

#### CLEANSE SMOOTHIE

Serves 1-2

- 1 ½ cups coconut milk kefir
- 1 handful kale
- 1 orange, peeled
- 1 teaspoon bee pollen, optional
- 2 tbsp. aloe vera
- 1 inch fresh ginger root
- Ice (optional)

Place ingredients in the blender, blend until smooth.

### LUNCH

#### CHOPPED SALAD

Serves 2

- 2 cups mixed greens
- 2 cups cucumber, chopped
- 1 cup tomato, chopped
- ¼ cup parsley, chopped
- ½ pound turkey deli meat or shredded chicken – nitrate and hormone free
- 2 hard-boiled eggs, whole or sliced
- Sea salt and black pepper, to taste

Place all ingredients in a large bowl, toss with dressing of your choice & serve.

## DINNER

### QUINOA & ASPARAGUS RISOTTO

Makes 2 servings

1 cup quinoa  
1 cup light coconut milk  
1 cup asparagus, chopped  
1/2 red pepper, chopped  
juice of 1 lemon  
pinch of cayenne  
1/2 teaspoon thyme  
sea salt, to taste

Cook the quinoa according to package directions. Once cooked, start adding coconut milk to it. Add 1/4 of a cup at a time, stirring until the quinoa soaks it all up. You may not need the full cup. Meanwhile, steam your asparagus and red pepper. When those are tender, add them to the quinoa and coconut milk. Stir in juice of lemon, thyme, cayenne, and salt.

*If you'd like to repeat the Three Day Gut Rebuilding Plan, you may, save any leftovers, and extend your plan to 6-7 days.*

*Feel free to adjust the plan to include other gut-healing foods you enjoy.*

*If you want more 1:1 support, customized meal plans, and accountability, reach out to Janelle Bass for coaching.*

*Remember to share your meals with the world! I always appreciate a tag, but even if you don't tag me, please do show others what you're doing! You inspire others.*

*I believe in you.*