



## 3-Day Leaky Gut Meal Plan

Created by Metabolix Health



### 3-Day Leaky Gut Meal Plan

3 days

	Mon	Tue	Wed
Breakfast	IR Breakfast Salad with Soft Boiled Egg	Gut Healing Green Smoothie	Huevos Rancheros
Lunch	Amalfi Lemon Chicken	Slow-roasted salmon with mustard glaze	Salmon Salad Plate
		Immunity Boosting Bone Broth	
Dinner	Cabbage Casserole (no fuss variation of stuffed cabbage rolls)	Cream of Celery & Asparagus Soup	IR Phase 2 Bison Taco Bowl
	Immunity Boosting Bone Broth		Immunity Boosting Bone Broth



## 3-Day Leaky Gut Meal Plan

3 days

Mon		Tue		Wed	
<b>Fat</b>	78g	<b>Fat</b>	62g	<b>Fat</b>	95g
Saturated	18g	Saturated	16g	Saturated	24g
Trans	1g	Trans	0g	Trans	0g
Polyunsaturated	10g	Polyunsaturated	25g	Polyunsaturated	10g
Monounsaturated	42g	Monounsaturated	18g	Monounsaturated	53g
<b>Carbs</b>	57g	<b>Carbs</b>	63g	<b>Carbs</b>	54g
Fiber	20g	Fiber	18g	Fiber	23g
Sugar	26g	Sugar	32g	Sugar	16g
<b>Protein</b>	134g	<b>Protein</b>	52g	<b>Protein</b>	68g
Sodium	3335mg	Sodium	1568mg	Sodium	2496mg
Potassium	3241mg	Potassium	2630mg	Potassium	2658mg
Vitamin A	6860IU	Vitamin A	9372IU	Vitamin A	7421IU
Vitamin C	161mg	Vitamin C	73mg	Vitamin C	160mg
Calcium	469mg	Calcium	419mg	Calcium	727mg
Iron	16mg	Iron	13mg	Iron	12mg
Vitamin D	86IU	Vitamin D	0IU	Vitamin D	361IU
Vitamin E	9mg	Vitamin E	6mg	Vitamin E	11mg
Vitamin K	422µg	Vitamin K	588µg	Vitamin K	354µg



Thiamine	0.6mg	Thiamine	1.0mg	Thiamine	0.5mg
Riboflavin	1.4mg	Riboflavin	1.1mg	Riboflavin	1.3mg
Niacin	41mg	Niacin	18mg	Niacin	14mg
Vitamin B6	3.1mg	Vitamin B6	2.1mg	Vitamin B6	1.6mg
Folate	284µg	Folate	318µg	Folate	346µg
Vitamin B12	5.4µg	Vitamin B12	4.5µg	Vitamin B12	5.2µg
Phosphorous	1395mg	Phosphorous	1151mg	Phosphorous	887mg
Magnesium	217mg	Magnesium	460mg	Magnesium	173mg
Zinc	14mg	Zinc	6mg	Zinc	10mg
Selenium	122µg	Selenium	56µg	Selenium	77µg

# 3-Day Leaky Gut Meal Plan

56 items

## Fruits

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- 1 Apple
- 2 3/4 Avocado
- 1/2 Banana
- 3 1/4 Lemon
- 1 1/2 tsps Lemon Juice
- 1 tsp Lemon Zest
- 1 Lime

## Seeds, Nuts & Spices

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- 1/4 cup Almonds
- 1 tsp Black Pepper
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsps Chia Seeds
- 1/4 tsp Cinnamon
- 1 tsp Coriander Seed
- 1 tbsp Ground Flax Seed
- 2/3 cup Hemp Seeds
- 1 tbsp Oregano
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Taco Seasoning

## Vegetables

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- 3 cups Asparagus
- 2 cups Baby Kale
- 4 cups Baby Spinach
- 1 Carrot
- 8 stalks Celery
- 1 cup Cherry Tomatoes
- 1/2 Cucumber
- 11 Garlic
- 6 cups Green Cabbage
- 4 Green Chili Pepper
- 1 cup Kale Leaves
- 1 1/8 cups Parsley
- 1 Poblano Pepper
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1 head Romaine Hearts
- 2 tsps Rosemary
- 1 Yellow Bell Pepper
- 4 Yellow Onion

## Boxed & Canned

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- 1 oz Canned Wild Salmon
- 3 1/2 cups Diced Tomatoes
- 3 1/2 cups Fire Roasted Diced Tomatoes

## Baking

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- 1 tbsp Raw Honey

## Bread, Fish, Meat & Cheese

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- 11 1/16 ozs Cheddar Cheese
- 1 1/4 lbs Extra Lean Ground Beef
- 1 lb Ground Bison
- 1 1/4 lbs Salmon Fillet
- 1 Whole Chicken Carcass
- 3 1/2 lbs Whole Roasting Chicken

## Condiments & Oils

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- 3 tsps Apple Cider Vinegar
- 2 tsps Coconut Oil
- 2 tsps Dijon Mustard
- 1 1/8 cups Extra Virgin Olive Oil

## Cold

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- 3 tsps Butter
- 20 Egg
- 1/4 cup Plain Greek Yogurt

## Other

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- 11 1/4 cups Water



# IR Breakfast Salad with Soft Boiled Egg

8 ingredients · 15 minutes · 1 serving



## Directions

1. Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
2. Add the kale, cucumber and avocado to a plate. Drizzle with extra virgin olive oil, lemon and sea salt.
3. Peel the eggs and add to the salad. Sprinkle black pepper on top. Serve and enjoy!

## Ingredients

- 2 Egg
- 2 cups Baby Kale
- 1/4 Cucumber (sliced)
- 1/2 Avocado
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Lemon Juice
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper

## Nutrition

Amount per serving

<b>Fat</b>	39g	Iron	4mg
Saturated	7g	Vitamin D	82IU
Trans	0g	Vitamin E	5mg
Polyunsaturated	5g	Vitamin K	42µg
Monounsaturated	23g	Thiamine	0.1mg
<b>Carbs</b>	20g	Riboflavin	0.6mg
Fiber	10g	Niacin	2mg
Sugar	4g	Vitamin B6	0.5mg
<b>Protein</b>	19g	Folate	135µg
Sodium	476mg	Vitamin B12	0.9µg
Potassium	1166mg	Phosphorous	269mg
Vitamin A	768IU	Magnesium	52mg
Vitamin C	14mg	Zinc	2mg



Calcium 212mg Selenium 31µg



# Gut Healing Green Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## 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 tsps Chia Seeds
- 1 tbsp Ground Flax Seed
- 2 tsps Hemp Seeds
- 1 tbsp Raw Honey

## Nutrition

Amount per serving

<b>Fat</b>	22g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	12g	Vitamin K	93µg
Monounsaturated	7g	Thiamine	0.3mg
<b>Carbs</b>	42g	Riboflavin	0.2mg
Fiber	10g	Niacin	3mg
Sugar	24g	Vitamin B6	0.5mg
<b>Protein</b>	11g	Folate	88µg
Sodium	23mg	Vitamin B12	0µg
Potassium	793mg	Phosphorous	381mg
Vitamin A	1124IU	Magnesium	183mg
Vitamin C	30mg	Zinc	2mg





Calcium 154mg Selenium 1µg



# Huevos Rancheros

11 ingredients · 5 minutes · 9 servings



## Directions

1. Fry eggs in olive oil. Top with 1/2 cup of Rancheros Sauce - see below and cheddar cheese.
2. Directions for making ranchero sauce: place the bell pepper, poblano pepper, garlic and onion in a food processor and process until finely minced.
3. heat the oil in a deep skillet over medium heat. add the pepper and onion mixture, the salt, pepper, oregano, and powdered cayenne. Saute until the onion is soft, about 5 minutes. add the canned green chilies and tomatoes. reduce the heat to medium-low and simmer for 10 to 15 minutes. if desired, add more cayenne for a spicier sauce.
4. Blend with an immersion blender, until the sauce is still a bit chunky but well combined. simmer for 5 minutes more. serve immediately, refrigerate in a jar or let cool and freeze in a zip-lock plastic freezer bag or mason jar tightly sealed. The sauce will keep for 1 - 2 weeks in the fridge and up to a month in the freezer.

## Ingredients

- 18 Egg
- 3 tbsps Extra Virgin Olive Oil
- 9 ozs Cheddar Cheese
- 1 Yellow Bell Pepper
- 1 Poblano Pepper
- 1 Garlic
- 1 Yellow Onion
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsps Oregano
- 1/4 tsp Cayenne Pepper
- 4 Green Chili Pepper (4 oz canned)
- 3 1/2 cups Fire Roasted Diced Tomatoes

## Nutrition

Amount per serving

<b>Fat</b>	24g	Iron	3mg
Saturated	9g	Vitamin D	89IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	3g	Vitamin K	9µg
Monounsaturated	10g	Thiamine	0.1mg
<b>Carbs</b>	11g	Riboflavin	0.6mg
Fiber	2g	Niacin	1mg
Sugar	6g	Vitamin B6	0.3mg
<b>Protein</b>	21g	Folate	66µg



Sodium	547mg	Vitamin B12	1.2µg
Potassium	472mg	Phosphorous	344mg
Vitamin A	1584IU	Magnesium	29mg
Vitamin C	97mg	Zinc	2mg
Calcium	321mg	Selenium	39µg



# Amalfi Lemon Chicken

5 ingredients · 45 minutes · 4 servings



## Directions

1. Preheat the oven to 450 degrees. Drizzle 2 TBSP of olive oil over a rimmed baking sheet. Arrange the lemon slices on the sheet to form a "rack" for the chicken.
2. In a small bowl, combine lemon zest, rosemary and salt. Sprinkle 1/3 of the salt rub on the flesh side of the chicken. Flip the chicken and rub the remaining salt mixture over and under the skin of the whole chicken. Lay the chicken skin side up on the bed of lemons and drizzle with the remaining 2 TBSP olive oil.
3. Roast for 40 to 45 minutes, basting every 15 minutes with the pan drippings, until golden brown, and an instant-read thermometer inserted in the thigh reads 160 F. Transfer the chicken to a cutting board to rest for 10 minutes before carving.
4. Meanwhile, use a fork to mash the lemon pulp in the pan juices, discarding the rinds. Spoon the sauce over the chicken just before serving.

## Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 3 Lemon
- 2 tsps Rosemary
- 2 tsps Sea Salt
- 3 1/2 lbs Whole Roasting Chicken (backbone and breastbone removed)

## Nutrition

Amount per serving

<b>Fat</b>	24g	Iron	4mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	4g	Vitamin K	18µg
Monounsaturated	13g	Thiamine	0.3mg
<b>Carbs</b>	3g	Riboflavin	0.5mg
Fiber	0g	Niacin	31mg
Sugar	1g	Vitamin B6	1.7mg
<b>Protein</b>	81g	Folate	35µg
Sodium	1478mg	Vitamin B12	1.4µg
Potassium	984mg	Phosphorous	789mg
Vitamin A	191IU	Magnesium	94mg
Vitamin C	14mg	Zinc	5mg
Calcium	43mg	Selenium	67µg



# Slow-roasted salmon with mustard glaze

11 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat the oven to 275°F. Generously butter a shallow baking dish large enough to hold the fillets without crowding.
2. In a small bowl, combine the butter, almonds, parsley, mustard, coriander seeds, and lemon zest and use a rubber spatula to knead and blend thoroughly. Spread an equal portion of the butter mixture over the top of each salmon fillet. Season with salt and pepper, then transfer to the roasting pan.
3. Roast the salmon in the oven until the fish is barely cooked through and the top is glazed about 20 minutes. Remove from the oven and serve.

## Ingredients

- 1/4 cup Almonds (very finely chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Lemon Juice
- 1 tsp Extra Virgin Olive Oil (divided)
- 1 1/4 lbs Salmon Fillet (skinless, wild caught salmon fillets)
- 1/4 Lemon (optional for serving, cut into wedges)
- 3 tbsps Butter
- 2 tbsps Parsley
- 2 tpsps Dijon Mustard
- 1 tsp Coriander Seed
- 1 tsp Lemon Zest

## Nutrition

Amount per serving

<b>Fat</b>	23g	Iron	2mg
Saturated	7g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	5g	Vitamin K	33µg
Monounsaturated	9g	Thiamine	0.3mg
<b>Carbs</b>	2g	Riboflavin	0.6mg
Fiber	1g	Niacin	12mg
Sugar	0g	Vitamin B6	1.2mg
<b>Protein</b>	30g	Folate	43µg

Sodium	240mg	Vitamin B12	4.5µg
Potassium	780mg	Phosphorous	332mg
Vitamin A	483IU	Magnesium	68mg
Vitamin C	4mg	Zinc	1mg
Calcium	50mg	Selenium	52µg



# Salmon Salad Plate

5 ingredients · 5 minutes · 1 serving



## Directions

1. Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

## Ingredients

- 1 oz Canned Wild Salmon (drained, broken into chunks)
- 1 Avocado (pit removed)
- 1/4 cup Plain Greek Yogurt
- 1/4 Cucumber (sliced)
- 1/4 tsp Sea Salt

## Nutrition

Amount per serving

<b>Fat</b>	32g	Iron	2mg
Saturated	5g	Vitamin D	268IU
Trans	0g	Vitamin E	5mg
Polyunsaturated	4g	Vitamin K	55µg
Monounsaturated	20g	Thiamine	0.2mg
<b>Carbs</b>	23g	Riboflavin	0.3mg
Fiber	14g	Niacin	6mg
Sugar	4g	Vitamin B6	0.6mg
<b>Protein</b>	17g	Folate	169µg
Sodium	750mg	Vitamin B12	1.6µg
Potassium	1174mg	Phosphorous	189mg
Vitamin A	738IU	Magnesium	75mg
Vitamin C	26mg	Zinc	2mg
Calcium	172mg	Selenium	11µg

# Cabbage Casserole (no fuss variation of stuffed cabbage rolls)

11 ingredients · 1 hour 40 minutes · 4 servings



## Directions

1. Preheat oven to 375 F. In a medium saucepan, bring a few inches of water to a rolling boil over high heat.
2. In a food processor, combine the onion, garlic and bell pepper. Pulse until finely chopped. if no processor, chop finely. Transfer to a medium bowl. Stir the beef, 1/2 tsp of salt and 1/8 tsp of black pepper into the onion mixture.
3. In the food processor or immersion blender in a bowl, combine the tomatoes, vinegar, apple cinnamon and remaining 1/2 tsp salt, and remaining 1/8 tsp of black pepper. Pulse until apple is finely chopped.
4. Blanch the cabbage by immersing it in the hot water for about 30 seconds. 1 - 2 cups at a time. Remove from the water with a mesh skimmer or slotted spoon. Place on a large plate to drain.
5. Cover the bottom of a 9 x 12 inch ovenproof baking dish with 1 cup of the tomato mixtures. Layer with 1/2 of the cabbage, then half of the uncooked beef mixture. layer with a second cup of the tomato mixture, the remaining cabbage, and the remaining beef. Finish with the remaining tomato mixture. Cover with aluminium foil and bake for 45 minutes. Remove the foil and cook for 30 minutes more.

## Ingredients

- 1 Yellow Onion (medium, quartered)
- 4 Garlic (cloves)
- 1 Red Bell Pepper (Cored and Seeded)
- 1 1/4 lbs Extra Lean Ground Beef (90% lean)
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper
- 3 1/2 cups Diced Tomatoes (14.5 oz cans (no added sugar))
- 2 tbsps Apple Cider Vinegar (you can add more for taste - it is personal. start with less. you can add more when you next make it. )
- 1 Apple (quartered and cored)
- 1/4 tsp Cinnamon (ground)
- 6 cups Green Cabbage (from about 1/2 small cabbage, cored)

## Nutrition

Amount per serving

<b>Fat</b>	15g	Iron	6mg
Saturated	6g	Vitamin D	4IU
Trans	1g	Vitamin E	1mg
Polyunsaturated	1g	Vitamin K	105µg
Monounsaturated	6g	Thiamine	0.2mg
<b>Carbs</b>	27g	Riboflavin	0.3mg
Fiber	8g	Niacin	8mg





Sugar	18g	Vitamin B6	0.8mg
<b>Protein</b>	33g	Folate	81µg
Sodium	747mg	Vitamin B12	3.1µg
Potassium	854mg	Phosphorous	314mg
Vitamin A	1983IU	Magnesium	52mg
Vitamin C	111mg	Zinc	7mg
Calcium	130mg	Selenium	24µg



# 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.

## 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

## Nutrition

Amount per serving

<b>Fat</b>	0g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Vitamin K	257µg
Monounsaturated	0g	Thiamine	0mg
<b>Carbs</b>	7g	Riboflavin	0mg
Fiber	2g	Niacin	0mg
Sugar	3g	Vitamin B6	0.1mg
<b>Protein</b>	1g	Folate	33µg
Sodium	634mg	Vitamin B12	0µg
Potassium	237mg	Phosphorous	23mg
Vitamin A	3918IU	Magnesium	19mg



Vitamin C	22mg	Zinc	0mg
Calcium	84mg	Selenium	0µg



# 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!

## 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

## Nutrition

Amount per serving

<b>Fat</b>	17g	Iron	6mg
Saturated	7g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	8g	Vitamin K	205µg
Monounsaturated	2g	Thiamine	0.4mg
<b>Carbs</b>	12g	Riboflavin	0.3mg
Fiber	5g	Niacin	3mg
Sugar	5g	Vitamin B6	0.3mg
<b>Protein</b>	10g	Folate	154µg
Sodium	671mg	Vitamin B12	0µg
Potassium	820mg	Phosphorous	415mg



Vitamin A	3847IU	Magnesium	190mg
Vitamin C	17mg	Zinc	3mg
Calcium	131mg	Selenium	3µg



# IR Phase 2 Bison Taco Bowl

10 ingredients · 20 minutes · 4 servings



## Directions

1. In a small bowl, add the lime juice, salt, pepper, and 4/5 of the oil. Whisk well and set aside.
2. Heat the remaining oil in a pan over medium heat. Add the bison, breaking it up as it cooks. Add the nightshade-free taco seasoning and continue to break up the bison. Cook for seven to eight minutes or until the bison is cooked through.
3. To assemble, divide all ingredients evenly between bowls. Top each bowl with dressing. Enjoy!

## Ingredients

- 1 Lime (medium, juiced)
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Extra Virgin Olive Oil (divided)
- 1 lb Ground Bison
- 2 tbsps Taco Seasoning (Use Nightshade free taco seasoning)
- 1 head Romaine Hearts (chopped)
- 1 cup Cherry Tomatoes (halved (remove for nightshade free))
- 1/2 cup Red Onion (sliced)
- 1 Avocado (cubed)
- 2 1/16 ozs Cheddar Cheese (shredded)

## Nutrition

Amount per serving

<b>Fat</b>	39g	Iron	5mg
Saturated	10g	Vitamin D	4IU
Trans	0g	Vitamin E	4mg
Polyunsaturated	3g	Vitamin K	33µg
Monounsaturated	23g	Thiamine	0.2mg
<b>Carbs</b>	13g	Riboflavin	0.4mg
Fiber	5g	Niacin	7mg
Sugar	3g	Vitamin B6	0.6mg
<b>Protein</b>	29g	Folate	78µg



Sodium	565mg	Vitamin B12	2.4µg
Potassium	775mg	Phosphorous	331mg
Vitamin A	1181IU	Magnesium	50mg
Vitamin C	15mg	Zinc	6mg
Calcium	150mg	Selenium	27µg

