



cathybiase

Nutrition Consulting • Cancer Coaching

Healthy Gut Diet

Cathy Biase

<http://www.cathybiase.com>

Welcome to your Healthy Gut Meal Plan!

On the next pages, you will find healthy recipes to support your gut health.

Also included is an itemized grocery list for all of the recipes.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to make your recipes. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips




































The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

If an item is in grey this denotes the meal is a leftover. Your initial recipe will have accommodated for this

	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

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

- ☐ 454 grams Chicken Breast
- ☐ 454 grams Extra Lean Ground Chicken
- ☐ 4 slices Organic Bacon
- ☐ 142 grams 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

1 serving

5 minutes

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

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.



Blueberry Energy Smoothie

2 servings

10 minutes

Ingredients

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

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.



Bacon, Eggs, Avocado & Sauerkraut

2 servings

15 minutes

Ingredients

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

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!



Immunity Boosting Bone Broth

4 servings

12 hours

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

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

Low FODMAP, Omit garlic and onions.



Cream of Celery & Asparagus Soup

4 servings

25 minutes

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

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.



Golden Turmeric Latte

1 serving
10 minutes

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

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.



Carrots & Guacamole

3 servings

5 minutes

Ingredients

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

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.



Spaghetti Squash Chow Mein

4 servings

1 hour 30 minutes

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 tps Coconut Oil
- 454 grams Extra Lean Ground Chicken
- 1/4 cup Coconut Aminos

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.



Zucchini Alfredo with Turmeric Chicken

2 servings
20 minutes

Ingredients

2 Zucchini
1 tbsp Extra Virgin Olive Oil
227 grams 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)

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.



One Pan Chicken, Golden Cauliflower & Carrot Fries

2 servings

40 minutes

Ingredients

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

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.



Kimchi Fried Cauliflower Rice

2 servings

20 minutes

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

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.



Sausage & Sauerkraut Skillet

2 servings

40 minutes

Ingredients

142 grams 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)

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.