

21 Day Gut Reset, Week 1

Created by Mary Vance



Delicious

21 Day Gut Reset, Week 1

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Easy Egg Casserole	My Favorite Superfood Smoothie	Gut Healing Green Smoothie	Blueberry Overnight Oats	Creamy Superfood Skin Smoothie	Vegan Pancakes	Easy Egg Casserole
	Pickled Carrots & Daikon						Pickled Carrots & Daikon
Lunch	Slow Cooker Sausage & Kale Soup	Lunch Boats	One Pan Chicken, Golden Cauliflower & Carrot Fries	Spaghetti Squash 'Pasta'	Salad in a Jar	Slow Cooker Rotisserie Chicken	15 Minute Shrimp & Cabbage Stir Fry
Snack 2	Green Smoothie Muffins	Green Smoothie Muffins	Plantain Chips	Green Blender Juice or Smoothie	Macadamia Nuts	Banana Coconut Protein Bars	Apple
Dinner	One Pan Salmon with Green Beans & Roasted Tomato	One Pan Chicken, Golden Cauliflower & Carrot Fries	Spaghetti Squash 'Pasta'	Spaghetti Squash 'Pasta'	Slow Cooker Rotisserie Chicken	15 Minute Shrimp & Cabbage Stir Fry	Slow Cooker Sausage & Kale Soup
Snack 3	Golden Turmeric Latte						

21 Day Gut Reset, Week 1

89 items

Fruits

- 1 Apple
- 1 Avocado
- 5 Banana
- 1 cup Blueberries
- 3 Lemon
- 1 1/2 cups Pineapple
- 2 Plantain

Breakfast

- 1/3 cup Almond Butter
- 1 1/2 lbs Breakfast Sausage
- 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- 1 tbsp Almond Butter Or Tahini
- 1 tsp Black Pepper
- 1/2 tsp Cayenne Pepper
- 1/4 cup Chia Seeds
- 1 1/8 tbsps Cinnamon
- 2 tsps Dried Thyme
- 1/2 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1 1/3 cups Macadamia Nuts
- 1 tsp Onion Powder
- 2 tsps Paprika
- 1 tsp Red Pepper Flakes
- 2 1/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Sesame Seeds
- 1 cup Slivered Almonds
- 2 tsps Turmeric

Frozen

Vegetables

- 6 1/2 cups Baby Spinach
- 10 leaves Baby Spinach
- 2 cups Baby Spinach (Chopped)
- 4 cups Brussels Sprouts
- 6 Carrot
- 1/2 head Cauliflower
- 2 stalks Celery
- 1 stalk Celery, Chopped
- 2 cups Cherry Tomatoes
- 2 Cucumber
- 3 cups Daikon
- 1 French Shallot, Chopped
- 6 Garlic
- 2 tbsps Ginger
- 4 cups Green Beans
- 16 cups Green Cabbage
- 10 cups Kale Leaves
- 1 cup Parsley
- 2 stalks Parsley
- 2 cups Salad Greens
- 1 Spaghetti Squash
- 2 Sweet Potato
- 1 Sweet Potato, Diced
- 1 bunch Swiss Chard
- 1 1/2 Yellow Onion

Boxed & Canned

- 3/4 cup Brown Rice
- 1/2 cup Coconut Water
- 1 1/2 cups Organic Coconut Milk
- 1/3 cup Organic Coconut Milk (Or Almond Milk)

Baking

- 2 cups All Purpose Gluten Free Flour

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 12 ozs Pork Sausage
- 4 ozs Protein
- 20 ozs Salmon Fillet
- 1 Salmon Fillet
- 2 lbs Shrimp
- 4 lbs Whole Roasting Chicken

Condiments & Oils

- 1 cup Apple Cider Vinegar
- 1/2 cup Coconut Oil
- 1 tbsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Fat (Coconut Oil Or Olive)

Cold

- 2 Egg
- 10 Eggs, Whisked
- 4 cups Unsweetened Almond Milk

Other

- 10 Ice Cubes
- 1/3 cup Protein Powder
- 1 serving Protein Powder
- 1 serving Supergreens
- 1/2 cup Vanilla Protein Powder
- 14 1/2 cups Water

1/2 cup Frozen Berries

2 tbsps Baking Powder

1/2 tsp Baking Soda

1/2 cup Coconut Sugar

4 3/4 cups Oats

2 tbsps Pitted Dates

1/2 cup Raw Honey

2/3 cup Unsweetened Coconut
Flakes

1 tsp Vanilla Extract

Easy Egg Casserole

8 ingredients · 50 minutes · 6 servings



Directions

1. Preheat oven to 400 degrees. Grease a 9x12 baking dish. Toss diced sweet potatoes in fat and sprinkle with salt. Place sweet potatoes on baking sheet and bake for 20-25 minutes, until soft. While sweet potatoes are cooking, place a large sauté pan over medium heat. Add breakfast sausage and yellow onion. Cook until no pink remains in meat. Place meat mixture in baking dish, add sweet potatoes and spinach then add eggs along with salt and garlic powder and mix until well combine. Place in oven and bake for 25-30 minutes, until eggs are set in the middle.

Ingredients

2 tbsps	Fat (Coconut Oil Or Olive)
1	Sweet Potato, Diced
1/2 tsp	Sea Salt
1 1/2 lbs	Breakfast Sausage
1/2	Yellow Onion
2 cups	Baby Spinach (Chopped)
10	Eggs, Whisked
1/2 tsp	Sea Salt
1/2 tsp	Garlic Powder

Pickled Carrots & Daikon

6 ingredients · 10 minutes · 12 servings



Directions

1. In a sauce pan over medium heat, whisk together the water, vinegar, coconut sugar and salt until completely dissolved. Remove from heat.
2. Transfer the brine into jars and add the daikon and carrot. Cover and let cool. Refrigerate for 3 days before serving for best flavour.

Notes

Storage

Refrigerate in an airtight jar up to 3 to 4 weeks.

Serve it With

Any savoury dish, sandwich or wrap, such as our BBQ Pork, One Pan Pesto Olive Pork Chops, Mango Veggie Spring Rolls or Asian Turkey Lettuce Wraps recipe.

Ingredients

1 cup	Water
1/2 cup	Apple Cider Vinegar
1/4 cup	Coconut Sugar
1/4 tsp	Sea Salt
1 1/2 cups	Daikon (julienned)
1	Carrot (medium, julienned)

My Favorite Superfood Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Dump everything in the blender and blend together, adding more or less water as needed. Optional add-ins include cinnamon, maca root, moringa, or spirulina (if you're not using the supergreens).

Notes

Limiting raw foods?

Leave out the spinach

Need more calories?

Add 1/2 avocado and more coconut milk (1/2 cup to 1 can)

Cutting down on sugar?

Leave out the berries and sub avocado.

Low FODMAP?

Leave out the spinach and use almond milk, not coconut milk. Do not add avocado.

Ingredients

1	Banana
1/2 cup	Frozen Berries
10 leaves	Baby Spinach
1 tbsp	Almond Butter Or Tahini
1/3 cup	Organic Coconut Milk (Or Almond Milk)
1 serving	Protein Powder (see my recommendation for best protein powder for you)
1 serving	Supergreens (Use Amazing Grass or VitaMineral Green)
1 tbsp	Chia Seeds
1/2 cup	Water

Gut Healing Green Smoothie

8 ingredients · 5 minutes · 2 servings



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

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

Blueberry Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Ingredients

1 1/2 cups	Oats
1 1/2 cups	Unsweetened Almond Milk
2 tbsps	Chia Seeds
2 tbsps	Maple Syrup
1 tsp	Cinnamon
1/2 cup	Water
1 cup	Blueberries
1 cup	Slivered Almonds

Creamy Superfood Skin Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Chuck in a blender and blend. This would also taste great with fresh or frozen fruit added in like berries, pineapple, or strawberries. The smoothie is rich and creamy and gives you another couple servings of veggies and good fats.

Notes

Low FODMAP?

Use minimal coconut milk/more water, or try almond milk.

Ingredients

1/2	Avocado
1/2 cup	Organic Coconut Milk
1 bunch	Swiss Chard (or kale, spinach, any greens)
2 stalks	Parsley
1 tbsp	Protein Powder (use protein I recommend for you.)
1/2 cup	Coconut Water (or regular water. Use as much water as needed for desired thickness.)

Vegan Pancakes

10 ingredients · 25 minutes · 6 servings



Directions

1. Whisk milk, oil, vanilla, ground flax seeds, and maple syrup (if using) together in a medium-sized bowl, whisking enough to incorporate the flax seeds. Let sit for 5-minutes. Heat pan over medium-high heat for at least 2 minutes. Whisk flour, baking powder, baking soda, cinnamon and salt together in a large bowl. Slowly add wet ingredients to the dry ingredients, mixing well until incorporated. Lightly coat surface of pan with a very small amount of oil. Ladle about 1/3 cup (or less for smaller pancakes) of the pancake mixture into the center your pan, cooking 1 at a time. Turn when ready. Continue cooking until the batter is done, placing pancakes on a covered oven-safe plate in the oven as they finish to keep them warm.

Notes

Cooking notes

This recipe makes 8-10 pancakes, depending on how large or small you make them. Calorie count is for 1 of 8 pancakes without toppings and without the optional maple syrup added to the batter. When I make my pancakes, I use a thick, cast-iron pan. I usually turn mine after about a minute and a half, when the edges start to look dry. Some experimentation may be necessary until you get a feel for it. Everyone's griddle/pan will cook differently. It's important to know that all gluten-free flour blends use different ingredients and ratios, so results will always vary when you use different blends. I have never used any other brand of flour to make these pancakes (other than Bob's Red Mill), so please know that your results may not be the same as mine if you substitute with a different flour.

Ingredients

1 3/4 cups	Unsweetened Almond Milk
1 tsp	Vanilla Extract
2 tbsps	Ground Flax Seed
2 tbsps	Maple Syrup
2 cups	All Purpose Gluten Free Flour (I use Bob's Red Mill)
1 tbsp	Baking Powder
1/2 tsp	Baking Soda
1/2 tsp	Cinnamon
1/4 tsp	Sea Salt
3 tbsps	Coconut Oil

Lunch Boats

5 ingredients · 10 minutes · 1 serving



Directions

1. Slice cucumber lengthwise and hollow it out to make "boats." Mix up your filling using leftover meat: can be chicken dinner leftovers, or use canned wild salmon or tuna for a fast option. Mix together with mustard and mayo (if you can have eggs) and any spices you like. Fill boats with filling and enjoy topped with hot sauce, avocado, olives, raw kraut.

Notes

Swaps

You can leave out onion or add other crunchy veggies as desired.

Ingredients

- | | |
|----------------|---|
| 1 | Cucumber |
| 1 tbsp | Dijon Mustard (and/or mayo) |
| 1 stalk | Celery, Chopped |
| 1 | French Shallot, Chopped
(optional (can use red onion)) |
| 1 | Salmon Fillet (Use canned wild
salmon or smoked salmon for
prep ease) |

Salad in a Jar

2 ingredients · 10 minutes · 1 serving



Directions

1. Put salad dressing in the bottom of the jar, then layer harder veggies, then beans or protein, softer veggies on top. Full description here: <http://www.thekitchn.com/how-to-pack-the-perfect-salad-in-a-jar-cooking-lessons-from-the-kitchn-192174>

Ingredients

- | | |
|---------------|--|
| 2 cups | Salad Greens |
| 4 ozs | Protein (chicken, steak, smoked salmon, beans) |

15 Minute Shrimp & Cabbage Stir Fry

8 ingredients · 15 minutes · 2 servings



Directions

1. Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
2. Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
3. Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs

Serve with brown rice or quinoa.

Leftovers

Store in an airtight container in the fridge up to 2 days.

Ingredients

2 tbsps	Coconut Oil (divided)
1 lb	Shrimp (raw, peeled and deveined)
3	Garlic (cloves, minced)
1	Lemon (juiced)
1/2 tsp	Red Pepper Flakes
8 cups	Green Cabbage (finely sliced)
	Sea Salt & Black Pepper (to taste)
2 tbsps	Sesame Seeds

Green Smoothie Muffins

9 ingredients · 25 minutes · 12 servings



Directions

1. Preheat your oven to 350F and line a muffin tin with liners. Brush the liners with coconut oil or use silicone cups to prevent the muffins from sticking.
2. In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
3. Scoop the muffin batter into the cups. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
4. Let cool and enjoy!

Notes

Recommended Protein Powder

This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

Leftovers

Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

Add-Ins

After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!

Ingredients

1 tsp	Coconut Oil
2 1/2 cups	Baby Spinach
2	Banana (ripe)
1/2 cup	Vanilla Protein Powder
2 tbsps	Pitted Dates
3/4 cup	Unsweetened Almond Milk
2	Egg
2 cups	Oats (rolled)
1 tbsp	Baking Powder

Plantain Chips

3 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
3. Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

Notes

Storage

Store in an airtight container at room temperature.

Make Them Crispy

Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.

Ingredients

- | | |
|----------------|------------------------|
| 2 | Plantain (medium size) |
| 1 tbsp | Coconut Oil (melted) |
| 1/2 tsp | Cinnamon |

Green Blender Juice or Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.
2. Pour into a glass and enjoy as a smoothie. Or for a juice, use a nut-milk bag or cheesecloth to strain the smoothie. Pour the smoothie into the bag then use your clean hands to squeeze out all the liquid into a bowl. (Note: You can also use a strainer and the back of a spoon for this step, it just takes a bit longer.) Pour the juice into a glass and discard the pulp. Enjoy!

Ingredients

1 1/2 cups	Pineapple (diced)
1	Cucumber (diced)
1 cup	Parsley
4 cups	Baby Spinach
1 tbsp	Ginger (peeled)
1	Lemon (juiced)
10	Ice Cubes

Macadamia Nuts

1 ingredient · 2 minutes · 4 servings



Directions

1. Divide between bowls and enjoy!

Ingredients

1 1/3 cups Macadamia Nuts

Banana Coconut Protein Bars

7 ingredients · 20 minutes · 12 servings



Directions

1. Preheat oven to 350.
2. Place all ingredients together in a bowl and mix well with a spatula.
3. Pack mixture down firmly into a pan. (I use a 9 x 9 square pan.)
4. Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
5. When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.

Ingredients

- | | |
|-------------------|----------------------------|
| 1 | Banana (mashed) |
| 1 1/4 cups | Oats |
| 2/3 cup | Unsweetened Coconut Flakes |
| 1/3 cup | Raw Honey |
| 1/3 cup | Almond Butter |
| 1 tsp | Cinnamon |
| 1/3 cup | Protein Powder |

Apple

1 ingredient · 2 minutes · 1 serving



Directions

1. Slice into wedges, or enjoy whole.

Ingredients

- | | |
|---|-------|
| 1 | Apple |
|---|-------|

One Pan Salmon with Green Beans & Roasted Tomato

5 ingredients · 25 minutes · 4 servings



Directions

1. Preheat oven to 510. Line a baking sheet with parchment paper.
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Notes

No Salmon

Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan

Use roasted chickpeas instead of salmon.

More Carbs

Serve with quinoa or rice.

Added Touch

Toss the green beans in balsamic vinegar before serving.

Ingredients

4 cups	Green Beans (washed and trimmed)
2 cups	Cherry Tomatoes
1 tbsp	Extra Virgin Olive Oil (or coconut oil)
	Sea Salt & Black Pepper (to taste)
20 ozs	Salmon Fillet

One Pan Chicken, Golden Cauliflower & Carrot Fries

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375F 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 and black pepper to taste. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. 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. Enjoy!

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) |
| | Sea Salt & Black Pepper (to taste) |

Notes

Low FODMAP

Use zucchini instead of cauliflower.

Spaghetti Squash 'Pasta'

2 ingredients · 40 minutes · 6 servings



Directions

1. Preheat the oven to 400°F. Optional: Line a baking sheet with parchment paper for easy clean up. You can also just use a pyrex baking dish if the 2 halves will fit. Step 2: Slice the top inch and bottom inch off the spaghetti squash. Some people leave the top on, but at least slice off the bottom to make it stable when you cut it lengthwise. Next, slice the squash in half lengthwise. Use the largest knife you have and go slow; it might take a few minutes. Step 3: Using a spoon, scrape out all of the seeds and stringy flesh. Brush the cut flesh of the spaghetti squash with extra virgin olive oil and place cut side down on the foil lined baking sheet. Roast 30-40 minutes until the flesh is fork tender and completely cooked through. Let rest at least 15 minutes or until it's cool enough to handle. Using a fork, start at one end and scrape the "noodles" out lengthwise. Season with sea salt and pepper, then toss with your favorite meat sauce, sliced chicken sausages, chicken breast, greens, roasted broccoli, ground meat, or anything you like really.

Ingredients

- | | |
|---------|------------------------|
| 1 | Spaghetti Squash |
| 2 tbsps | Extra Virgin Olive Oil |

Slow Cooker Rotisserie Chicken

11 ingredients · 4 hours · 4 servings



Directions

1. Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
2. Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
3. In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
4. Place chicken (breast side up) in the slow cooker on top of the foil. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). If you have a meat thermometer, the chicken will be perfect when it has an internal temperature of 165 degrees celsius. Otherwise, you can check that it is cooked through just by making a slit in it and make sure it is no longer pink at the bone.
5. One hour before you are ready to eat, preheat oven to 415. Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
6. Remove vegetables from oven and increase heat to 450. Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
7. Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

Ingredients

4 lbs	Whole Roasting Chicken
1 tbsp	Sea Salt
2 tsps	Paprika
1 tsp	Onion Powder
1 tsp	Dried Thyme
1 tsp	Italian Seasoning
1/2 tsp	Cayenne Pepper
1 tsp	Black Pepper
2	Sweet Potato (diced into 1 inch cubes)
4 cups	Brussels Sprouts (halved and trimmed)
1 tbsp	Extra Virgin Olive Oil

Notes

Save the Carcass

Make our Immunity Boosting Bone Broth.

AIP-Friendly

Omit the black pepper and cayenne.

Slow Cooker Sausage & Kale Soup

8 ingredients · 4 hours · 8 servings



Directions

1. Add all ingredients to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
2. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days, or freeze if longer.

No Brown Rice

Use quinoa instead.

Ingredients

12 ozs	Pork Sausage (cut into chunks)
1	Yellow Onion (medium, diced)
2	Carrot (medium, diced)
2 stalks	Celery (diced)
8 cups	Kale Leaves (chopped)
8 cups	Water (or broth)
2 tsps	Sea Salt
3/4 cup	Brown Rice (dry, uncooked)

Golden Turmeric Latte

7 ingredients · 10 minutes · 2 servings



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