

21 Day Gut Reset, Week 3

Created by Mary Vance



21 Day Gut Reset, Week 3

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	SCD Egg Casserole	Paleo Sweet Potato (or pumpkin) Porridge	Blueberry Protein Smoothie	Zucchini Bread Overnight Oats	Eggvocado	Sausage & Sauerkraut Skillet	SCD Egg Casserole
					Yogurt & Berries		
Lunch	Sweet Potato Lentil chili	Cream of Broccoli Soup	Cream of Broccoli Soup	Mediterranean Goddess Bowl	Burrito Bowl Mason Jar	Chicken Curry Noodle Soup	Sausage & Sauerkraut Skillet
Snack 2	Cinnamon Flax Muffins	Vegan Avocado Veggie Nori Wrap	Smoked Salmon and Cucumber	Immunity Boosting Bone Broth	Plantain Chips	Apple	Cinnamon Flax Muffins
Dinner	Egg Roll in a Bowl	Egg Roll in a Bowl	Cauliflower, Kale & Sausage Bowl	Cauliflower, Kale & Sausage Bowl	Roasted Garlic Chicken Thighs	Chicken Curry Noodle Soup	Sweet Potato Lentil chili
					Baked Carrot Fries		

21 Day Gut Reset, Week 3

89 items

Fruits

- 3 Apple
- 4 Avocado
- 1/2 Avocado, Cubed
- 2 Banana
- 1/2 Lemon
- 1 1/2 Lime
- 2 Plantain
- 1 cup Raspberries

Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 2/3 tpsps Black Pepper
- 1 cup Cashews
- 2 tbsps Chili Powder
- 2 3/4 tbsps Cinnamon
- 2 tpsps Cumin
- 1 tsp Dried Basil
- 2 1/8 cups Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1/2 tsp Oregano
- 2 1/2 tpsps Sea Salt
- 1 tsp Sea Salt & Black Pepper
- 0 Sea Salt & Black Pepper

Frozen

- 2 cups Frozen Berries
- 1 cup Frozen Blueberries

Vegetables

- 8 cups Baby Spinach
- 2 cups Bean Sprouts
- 5 cups Broccoli
- 12 ozs Broccoli
- 2 Butter Lettuce Leaves
- 4 Carrot
- 3 1/2 Carrot, Sliced
- 1/2 head Cauliflower
- 5 stalks Celery
- 6 cups Coleslaw Mix
- 2 Cucumber
- 1/4 Cucumber, Sliced
- 15 Garlic
- 2 Garlic Cloves
- 2 Garlic Cloves, Diced
- 2 tbsps Ginger
- 1 Green Bell Pepper, Diced
- 5 stalks Green Onion
- 3 cups Kale Leaves
- 1 1/2 cups Parsley
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 1 Sweet Onion
- 1 Sweet Potato
- 2 Sweet Potato, Cubed
- 4 cups Swiss Chard
- 3 Tomato
- 3 Yellow Onion
- 1 Zucchini
- 3 cups Zucchini Or Yellow Squash

Boxed & Canned

- 2 cups Black Beans
- 3 cans Diced Tomatoes
- 2 cups Green Lentils

Bread, Fish, Meat & Cheese

- 1 lb Bulk Sausage (From Wf Deli Counter, No Casing)
- 1/4 lb Chicken Thighs
- 1/2 lb Chicken Thighs With Skin
- 1 lb Extra Lean Ground Chicken
- 1 cup Hummus
- 1 lb Lean Ground Pork
- 18 ozs Organic Chicken Sausage
- 1 gram Smoked Salmon
- 1 Whole Chicken Carcass

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1/4 cup Coconut Aminos
- 1/2 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 2 cups Sauerkraut
- 1 tbsp Tahini
- 1/4 cup Yellow Curry Paste

Cold

- 22 Egg
- 2 cups Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk

Other

- 1/4 cup Vanilla Protein Powder
- 19 cups Water

- 1 package** Lentils
- 2** Nori Sheets
- 3 cups** Organic Chicken Broth
- 1 1/2 cups** Organic Coconut Milk
- 1/2 cup** Organic Salsa
- 1 package** Organic Vegetable Broth
- 92 grams** Pho Noodles
- 2 cups** Quinoa

Baking

- 1 tbsp** Baking Powder
- 1 1/2 cups** Oats
- 1 tbsp** Unsweetened Coconut Flakes

Paleo Sweet Potato (or pumpkin) Porridge

7 ingredients · 20 minutes · 2 servings



Directions

1. Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
2. Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
3. Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
4. Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

Notes

Other Toppings

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

Sweet potato

Can also use 1/2 - 1 can pumpkin

Ingredients

1	Sweet Potato
1/2 cup	Organic Coconut Milk (canned)
1/2 cup	Water
1 cup	Raspberries
1 tbsp	Coconut Oil
1/2 tsp	Cinnamon
1 tbsp	Unsweetened Coconut Flakes

Blueberry Protein Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries

Use any type of frozen berry instead.

No Protein Powder

Use hemp seeds instead

Ingredients

1/4 cup	Vanilla Protein Powder
1 tbsp	Ground Flax Seed
1 cup	Frozen Blueberries
1 cup	Baby Spinach
1 cup	Water (cold)

Zucchini Bread Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

1. In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
2. Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

Ingredients

1 1/2 cups	Oats (quick or traditional)
1 1/2 cups	Unsweetened Almond Milk
2 tbsps	Ground Flax Seed
2 tbsps	Maple Syrup
1/2 tsp	Cinnamon
1	Zucchini (grated)
1/4 cup	Hemp Seeds
2	Banana (sliced)

Eggvocado

2 ingredients · 15 minutes · 1 serving



Directions

1. Preheat oven to 350 degrees F.
2. Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
3. Crack an egg in each half of the avocado and bake for 10-15 minutes, depending on how runny you like your eggs. Enjoy!

Notes

On The Go

Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.

Ingredients

- | | |
|---|---------|
| 1 | Avocado |
| 2 | Egg |

Yogurt & Berries

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

Ingredients

- | | |
|---------------|-------------------------|
| 2 cups | Plain Greek Yogurt |
| 2 cups | Frozen Berries (thawed) |

Sausage & Sauerkraut Skillet

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 350. 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

Vegan and Vegetarian

Skip the sausage and use cooked lentils instead.

No Swiss Chard

Use kale or spinach instead.

Ingredients

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

SCD Egg Casserole

9 ingredients · 50 minutes · 1 serving



Directions

1. Cook sausage, garlic, and onion flakes (if using) in oil over medium high heat until sausage is browned. Add squash and broccoli and cook until vegetables are tender. Spread sausage and vegetable mix into a 9x13 casserole dish. In medium bowl, whisk together eggs, almond or coconut milk, salt, and pepper. Pour egg mixture over sausage mix. Bake at 375°F for 30-35 minutes or until eggs are set and top has started to brown.

Ingredients

1 tbsp	Extra Virgin Olive Oil
1 lb	Bulk Sausage (From Wf Deli Counter, No Casing)
2	Garlic Cloves
3 cups	Zucchini Or Yellow Squash (cubed)
12 ozs	Broccoli (chopped)
12	Egg
1/2 cup	Unsweetened Almond Milk (or coconut milk)
1/4 tsp	Sea Salt
1/8 tsp	Black Pepper

Cream of Broccoli Soup

10 ingredients · 30 minutes · 4 servings



Directions

1. Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
2. In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
3. Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

Make it Paleo

Omit the lentils.

Ingredients

1	Sweet Onion (chopped)
1	Carrot (chopped)
3 stalks	Celery (chopped)
5 cups	Broccoli (chopped, incl. stalks)
6 cups	Water
1 tsp	Dried Basil
1 tsp	Sea Salt
1 cup	Cashews
2 cups	Green Lentils (cooked, drained and rinsed)
2 cups	Baby Spinach (packed)

Mediterranean Goddess Bowl

14 ingredients · 25 minutes · 4 servings



Directions

1. Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
2. Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
3. In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
4. Divide quinoa between bowls, top with sauteed spinach, tomato, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. Enjoy!

Notes

On-the-Go

Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.

Ingredients

1 cup	Quinoa (uncooked)
1 1/2 cups	Water
4 cups	Baby Spinach
1 tbsp	Tahini
1/4 cup	Extra Virgin Olive Oil
1/2 tsp	Oregano
1/2 tsp	Black Pepper
1/2	Lemon (juiced)
1	Tomato (diced)
1/4 cup	Red Onion (finely diced)
1	Cucumber (diced)
1/2 cup	Parsley (finely chopped)
1 cup	Hummus
1 tbsp	Chili Powder

Burrito Bowl Mason Jar

10 ingredients · 25 minutes · 4 servings



Directions

1. Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
2. Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
3. Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of organic salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

Ingredients

1 cup	Quinoa
2 cups	Water
1 lb	Extra Lean Ground Chicken
1/2 cup	Organic Salsa
2	Avocado (peeled and diced)
2	Tomato (diced)
1 cup	Baby Spinach (chopped)
2 cups	Black Beans (cooked, drained and rinsed)
1	Lime (juiced)
	Sea Salt & Black Pepper (to taste)

Vegan Avocado Veggie Nori Wrap

5 ingredients · 10 minutes · 1 serving



Directions

1. Layer half ingredients in one wrap; half in the other; wrap it all up. Add wasabi paste or vegan mayo if you have it. Throw in leftover rice or cauliflower rice if you have it on hand. Dip in tamari.

Notes

More protein

Add smoked salmon or lox for non vegan added protein bonus

Ingredients

- | | |
|-----|-----------------------|
| 2 | Nori Sheets |
| 1/2 | Avocado, Cubed |
| 1/4 | Cucumber, Sliced |
| 1/2 | Carrot, Sliced |
| 2 | Butter Lettuce Leaves |

Smoked Salmon and Cucumber

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice cucumber as desired and layer smoked salmon over the slices for a quick breakfast and snack.

Ingredients

- | | |
|---------------|---------------|
| 1 gram | Smoked Salmon |
| 1 | Cucumber |

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

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

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 |

Apple

1 ingredient · 2 minutes · 1 serving



Directions

1. Slice into wedges, or enjoy whole.

Ingredients

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

Cinnamon Flax Muffins

7 ingredients · 30 minutes · 12 servings



Directions

1. Preheat your oven to 350F and line a muffin tin with paper liners.
2. In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
5. Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
6. Let cool and enjoy!

Notes

Likes it Sweet

If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.

Storage

Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Ingredients

2 cups	Ground Flax Seed
1 tbsp	Baking Powder
1/4 tsp	Sea Salt
2 tbsps	Cinnamon
6	Egg (room temperature)
1/3 cup	Coconut Oil (melted)
1/2 cup	Water (warm)

Egg Roll in a Bowl

9 ingredients · 30 minutes · 4 servings



Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos

Use tamari or soy sauce instead.

Meat-Free

Replace the ground meat with scrambled eggs or tofu.

Ingredients

2 tbsps	Avocado Oil
1	Yellow Onion (medium, diced)
5 stalks	Green Onion (diced)
4	Garlic (cloves, minced)
1 tbsp	Ginger (peeled and grated)
1 lb	Lean Ground Pork
6 cups	Coleslaw Mix
2 cups	Bean Sprouts
1/4 cup	Coconut Aminos

Cauliflower, Kale & Sausage Bowl

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 350 degrees F and line baking sheet with parchment paper.
2. Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
3. While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and saute for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
4. Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
5. To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!

Notes

Plant-Based

Use chickpeas or tempeh instead of sausage, and skip the egg.

Ingredients

1/2 head	Cauliflower (chopped into florets)
2 tbsps	Avocado Oil (divided)
	Sea Salt & Black Pepper (to taste)
3 cups	Kale Leaves (chopped)
8 ozs	Organic Chicken Sausage
2	Egg
1	Avocado

Roasted Garlic Chicken Thighs

4 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 375F.
2. Gently separate the skin from the flesh of the chicken thighs to create a pocket. Stuff garlic slices under the skin of each chicken thigh. Coat with olive oil, sea salt and black pepper.
3. Set chicken thighs skin side down on a rack over a baking sheet. Cook for 20 minutes. Flip over and cook for 10 more minutes.
4. Transfer to plates and enjoy!

Notes

Serve it With

Our Pesto Cauliflower Rice and Steamed Green Beans.

Leftovers

Keeps well in the fridge, up to 3 days. Or freeze for up to 6 months.

Ingredients

1/2 lb	Chicken Thighs with Skin
2	Garlic (cloves, sliced)
1 tbsp	Extra Virgin Olive Oil
	Sea Salt & Black Pepper (to taste)

Baked Carrot Fries

3 ingredients · 30 minutes · 1 serving



Directions

1. Preheat oven to 425 degrees. Peel and slice carrots into french fry shaped pieces (about $\frac{1}{2}$ " x $\frac{1}{2}$ " x 3"). Toss carrots with olive oil, salt and pepper. Arrange carrots in a single layer on baking sheet. Bake for 10 minutes then flip each carrot fry. Continue to bake until fully cooked and slightly crispy, about an additional 10 minutes. Serve immediately!

Ingredients

- | | |
|---------------|---|
| 2 | Carrot |
| 1 tbsp | Extra Virgin Olive Oil (more if needed) |
| 1 tsp | Sea Salt & Black Pepper (or to taste) |

Chicken Curry Noodle Soup

11 ingredients · 25 minutes · 2 servings



Directions

1. Bring a pot of water to a boil and cook noodles according to instructions on package. Drain, rinse under cold water and set aside.
2. Heat coconut oil in a saucepan over medium-high heat. Cook ginger and garlic until fragrant, about 1-2 minutes. Add bell pepper slices and chicken, and cook for about 3-5 minutes each side.
3. Add curry paste, coconut milk and broth. Scrape any bits at the bottom of the pan. Bring to a simmer and cook for an additional 10 to 15 minutes, or until chicken is cooked through.
4. Season with salt and pepper to taste. Divide noodles and curry soup into bowls. Squeeze lime juice overtop and enjoy!

Notes

No Curry Paste

Use your desired amount of curry powder instead.

Leftovers

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

No Chicken Broth

Use vegetable or beef broth instead.

Vegan & Vegetarian

Use vegetable broth instead of chicken broth. Use cooked chickpeas instead of chicken thighs.

Ingredients

92 grams	Pho Noodles
1 tbsp	Coconut Oil
1 tbsp	Ginger (peeled and grated)
4	Garlic (cloves, minced)
1	Red Bell Pepper (sliced)
1/4 lb	Chicken Thighs (skinless, boneless)
1/4 cup	Yellow Curry Paste
1 cup	Organic Coconut Milk (full fat, canned)
3 cups	Organic Chicken Broth
	Sea Salt & Black Pepper (to taste)
1/2	Lime (juiced)

Sweet Potato Lentil chili

12 ingredients · 30 minutes · 8 servings



Directions

- 1) Add the veggie broth, water, diced tomatoes, and rinsed lentils into a large pot (mine is 5 quarts). Bring the mixture to a boil and let it simmer for about 10 minutes (to soften the lentils) while you're chopping the garlic, carrots, sweet potatoes, celery, and green pepper. 2) Throw the garlic, kale, carrots, and sweet potato into the simmering pot, followed about 5 minutes later by the celery and green pepper and your spices. The room will now proceed to smell awesome. 3) Let the mixture continue to simmer, stirring frequently, until it reaches the level of cooked consistency you prefer. This shouldn't take long (maybe 5 to 10 minutes more) — just make sure the carrots, sweet potatoes, and lentils are soft. Enjoy! Serve as is or top with extra marinara sauce, hot sauce, or salsa and cilantro :)

Notes

Vegetable broth

Bone broth can be used instead

Ingredients

1 package	Organic Vegetable Broth (32 oz container)
1 1/2 cups	Water
3 cans	Diced Tomatoes (14.5 oz can)
1 package	Lentils (16 oz)
2	Sweet Potato, Cubed
3	Carrot, Sliced
1	Green Bell Pepper, Diced
2	Garlic Cloves, Diced
2 tsps	Cumin
1 tsp	Cinnamon
1 tbsp	Chili Powder
1 tsp	Black Pepper