

A close-up photograph of a fresh salad. It features several large, cooked shrimp with a pinkish-orange hue. The shrimp are mixed with bright green spinach leaves, chunks of green avocado, and slices of yellow lemon. Thinly sliced white onions are also visible. The salad is presented on a light-colored surface, possibly a plate or bowl.

# Gut Health Elimination Diet

## Recipe Bundle

HEALING TAKES TIME, BUT IT  
IS VERY POSSIBLE WITH THE  
RIGHT METHOD. PAY CLOSE  
ATTENTION TO THE WAY YOUR  
BODY FEELS AND BE KIND TO  
YOUR BODY AS IT RESTORES  
ITS BALANCE.



# Table of Contents

## Breakfast

• Balanced AIP Smoothie .....	4
• Banana Pancakes (AIP) .....	5
• Blueberry Muffins (AIP) .....	6
• "Cheesy" Roasted Cauliflower .....	7
• Coconut Yogurt Parfait .....	8
• Ground Chicken & Veggie Skillet .....	9
• Ground Turkey Skillet .....	10
• Sweet Potato Smoked Salmon .....	11
• Tropical Coconut Smoothie .....	12
• Veggie Hash With Bacon .....	13

## Lunch

• Arugula Chicken Salad .....	15
• Chicken and Veggie Soup .....	16
• Chicken Salad Wrap .....	17
• Creamy Cauliflower & Parsnip Soup with Chicken .....	18
• Grab and Go Lunch .....	19
• Ground Chicken Kofta & Slaw .....	20
• Herb Turkey Patties .....	21
• Pomegranate Spinach Salad .....	22
• Shrimp Avocado Salad .....	23
• Tuna Fig Salad .....	24

## Dinner

• Baked Chicken with Maple Cinnamon Brussels Sprouts .....	26
• Beef Tacos .....	27
• "Cheesy" Sweet Potatoes and Cod .....	28
• Ground Pork & Spaghetti Squash (AIP) .....	29
• Honey Garlic Stir Fry .....	31
• Lemon Dill Salmon Sheet Pan Dinner .....	32
• Mashed Turnip & Carrots with Steak .....	33
• Pesto Pasta and Meatballs .....	34
• Pulled Pork and Sweet Potatoes .....	35
• Roasted Root Veggies and Chicken Thighs .....	36





# Gut Health Elimination Diet Breakfast

KICKSTART YOUR DAY



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# Balanced AIP Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 0.25 cup [56.5 g] Coconut Milk
- 0.25 cup [59.25 g] Water
- 0.25 cup [30.75 g] Raspberries
- 1.5 scoop [30 g] Collagen Powder
- 0.5 avocado [68 g] Avocado (*Small avocado*)
- 0.5 medium (7" to 7-7/8" long) [59 g] Banana
- 1 medium (2-1/2" dia) (approx 4 per lb) [98 g] Peach (*Small, pitted*)
- 0.25 tsp [0.57 g] Cinnamon

## DIRECTIONS

1. Mix all together in a blender until smooth and enjoy!

## NUTRITION INFO

Calories : 410.3

Fat : 23.75 g

Carbs : 34.96 g

Protein : 21.08 g

Fiber : 11.15 g



# Banana Pancakes (AIP)



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 0.5 cup [113 g] Light Coconut Milk
- 1 medium (7" to 7-7/8" long) [118 g] Banana
- 1 tsp [4.2 g] Vanilla Extract
- 3 tbsp [44.4 g] Water
- 1 tbsp [7.5 g] Tapioca Flour
- 2 scoop [40 g] Collagen Powder
- 0.5 tsp [2.3 g] Baking Soda
- 0.25 tsp [0.57 g] Cinnamon
- 1 dash [0.4 g] Salt
- 2 tbsp [27.2 g] Coconut Oil
- 1 cup [123 g] Raspberries
- 2 tbsp [40 g] Maple Syrup
- 0.5 cup [70 g] Cassava Flour
- 0.25 cup [35 g] Organic Coconut Flour

## DIRECTIONS

1. In a large bowl mix together coconut milk, banana, pure vanilla extract, and water.
2. In a separate bowl mix together cassava flour, coconut flour, tapioca flour, collagen powder, baking soda, cinnamon, and sea salt.
3. Combine wet and dry ingredients together and mix well blended (batter should be thick).
4. In a large skillet over medium heat, melt coconut oil. Pour 1/4 cup mixture for each pancake on the skillet. Reduce heat to low. Cook 5-6 minutes or until bottom is golden brown. Flip and do the same on the opposite side.
5. Serve warm topped with raspberries and maple syrup

## NUTRITION INFO

Calories : 553

Fat : 20.74 g

Carbs : 79.61 g

Protein : 12.4 g

Fiber : 13.2 g

# Blueberry Muffins (AIP)



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 0.75 cup [105 g] Cassava Flour</li><li>• 3 tbsp [22.5 g] Organic Coconut Flour</li><li>• 2 scoop [40 g] Collagen Powder</li><li>• 0.25 tsp [1.5 g] Sea Salt</li><li>• 0.5 tsp [2.3 g] Baking Soda</li><li>• 1 tbsp [7 g] Unflavored Gelatin</li><li>• 0.33 cup [71.94 g] Coconut Oil</li><li>• 0.33 cup [74.58 g] Coconut Milk</li><li>• 4 tbsp [84 g] Honey</li><li>• 3 tbsp [44.4 g] Water</li><li>• 2 tsp [9.58 g] Apple Cider Vinegar</li><li>• 0.33 cup [47.85 g] Blueberries</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 350 degrees F (175 degrees C).</li><li>2. In a large bowl mix together cassava flour, coconut flour, collagen powder, baking soda, sea salt, and gelatin.</li><li>3. In a smaller bowl mix together coconut oil, coconut milk, honey, water, and apple cider vinegar.</li><li>4. Combine the dry and wet mixture together and stir well.</li><li>5. Fold in blueberries.</li><li>6. Divide into 8 muffin cups (lined with muffin tin or greased with coconut oil).</li><li>7. Bake for 22 - 25 minutes until browned on top.</li><li>8. Allow to cool 10 minutes.</li></ol>

NUTRITION INFO				
Calories : 410.11	Fat : 22.56 g	Carbs : 45.89 g	Protein : 8.94 g	Fiber : 2.41 g



# "Cheesy" Roasted Cauliflower



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 1 large head (6-7" dia) [840 g] Cauliflower (*Cut into florets* )
- 1 tbsp [14 g] Avocado Oil
- 2 tbsp [10 g] Nutritional Yeast
- 1 tsp [1.2 g] Rosemary (Dried)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 6 slice [90 g] Uncured Bacon
- 2 stalk [30 g] Green Onions (*Chopped*)
- 1 avocado [136 g] Avocado (*Sliced*)

## DIRECTIONS

1. Preheat oven to 425 degrees F (220 C).
2. Mix cauliflower florets with avocado oil, nutritional yeast, rosemary, salt, and pepper until well coated.
3. Place in single layer on a baking dish and cook for approximately 15-20 minutes or until tops are lightly browned.
4. Cook bacon in a separate skillet over medium heat for 4-5 minutes per side. Place on plate covered with paper towel to drain excess fat once cooked.
5. When bacon has dried, chop the bacon and layer over cooked cauliflower along with scallions and avocado.
6. Serve warm.

## NUTRITION INFO

Calories : 529

Fat : 39.56 g

Carbs : 32.28 g

Protein : 19.15 g

Fiber : 17.1 g

# Coconut Yogurt Parfait



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 cup [122 g] Unsweetened Coconut Milk Yogurt
- 0.75 scoop [15 g] Collagen Powder
- 1 tsp [7.1 g] Honey
- 0.5 cup [61.5 g] Raspberries (*Mashed*)
- 1 medium (2-1/2" dia) (approx 4 per lb) [98 g] Peach (*Sliced*)
- 0.25 cup [36.25 g] Blueberries
- 1 tbsp [6 g] Unsweetened Shredded Coconut

## DIRECTIONS

1. Mix mashed raspberries, honey, and collagen powder into coconut milk yogurt.
2. Top with sliced peaches, blueberries, and coconut shreds.

## NUTRITION INFO

Calories : 291.75

Fat : 13.06 g

Carbs : 42.45 g

Protein : 11.75 g

Fiber : 9.18 g



# Ground Chicken & Veggie Skillet



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 2 tbsp [28 g] Avocado Oil
- 10 oz [284 g] Ground Chicken
- 1 clove [3 g] Garlic (*Minced or pressed*)
- 1 sweetpotato, 5" long [130 g] Sweet Potato (*Chopped*)
- 0.5 tbsp, ground [0.9 g] Oregano
- 1 dash [0.4 g] Salt (*To taste*)
- 2 cup [226 g] Shredded Carrots
- 2 cup [113.4 g] Shredded Red Cabbage

## DIRECTIONS

1. Heat half of the avocado oil in a medium skillet. Add ground chicken and cook until chicken is no longer pink, crumbling as you go along.
2. Once chicken is cooked through, move chicken to a plate and add the remaining avocado oil to the skillet over medium heat.
3. Add garlic and cook 1-2 minutes until fragrant. Add sweet potato, oregano, and salt. Cook until sweet potato is soft and easily pierced with a fork, turning occasionally.
4. Lastly, add carrots and cabbage and cooked for an additional 2-3 minutes.
5. Serve warm.

## NUTRITION INFO

Calories : 433.5

Fat : 24.09 g

Carbs : 27.87 g

Protein : 28.17 g

Fiber : 9.2 g

# Ground Turkey Skillet



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 1 tbsp [14 g] Avocado Oil
- 2 clove [6 g] Garlic
- 0.5 tsp [1 g] Ginger (*grated*)
- 0.5 cup, chopped [35 g] Mushrooms
- 16 oz [448 g] Ground Turkey
- 1 dash [0.4 g] Salt (*To taste*)
- 1 onion (small) [148 g] Red Onions (*Diced*)
- 2 cup, chopped [42 g] Kale
- 2 cup chopped [182 g] Broccoli
- 2 cup, diced (approx 20 pieces per cup) [340 g] Honeydew Melons

## DIRECTIONS

1. Heat avocado oil in a large skillet over medium heat. Add garlic, ginger, and mushrooms. Cook 1-2 minutes until fragrant.
2. Add ground turkey and salt. Cook until no longer pink, crumbling as it cooks.
3. Add onion, kale, and broccoli and cook 3 - 4 more minutes.
4. Serve with a side of fruit.

### NUTRITION INFO

Calories : 499.88

Fat : 23.8 g

Carbs : 26.53 g

Protein : 48.58 g

Fiber : 4.64 g



# Sweet Potato Smoked Salmon



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 50 MINUTES

## INGREDIENTS

- 1 sweetpotato, 5" long [130 g] Sweet Potato
- 1 dash [0.4 g] Salt
- 0.5 avocado [68 g] Avocado
- 4.5 oz, boneless [127.58 g] Smoked Salmon
- 0.5 cup [10 g] Broccoli Sprouts

## DIRECTIONS

1. Using a fork, poke holes in the sweet potato. Bake sweet potato on a baking tray at 425 F degrees for approximately 40 - 50 minutes. Option to do ahead of time.
2. Once cooked, cut sweet potato in half and lightly mash the inside with a fork.
3. Top with salt, avocado, smoked salmon, and broccoli sprouts.

## NUTRITION INFO

Calories : 398

Fat : 16.6 g

Carbs : 34.56 g

Protein : 27.85 g

Fiber : 9.45 g

# Tropical Coconut Smoothie



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 0.5 cup [82.5 g] Frozen Mango
- 0.5 cup [70 g] Frozen Pineapple
- 0.5 medium (7" to 7-7/8" long) [59 g] Banana
- 1 cup [30 g] Baby Spinach
- 0.25 cup [56.5 g] Coconut Milk
- 0.5 cup [118.5 g] Water
- 2 scoop [40 g] Collagen Powder

## DIRECTIONS

1. Blend all ingredients together until smooth.

## NUTRITION INFO

Calories : 341.8

Fat : 12.37 g

Carbs : 37.37 g

Protein : 25.81 g

Fiber : 5 g



# Veggie Hash With Bacon



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 1 clove [3 g] Garlic (*Minced*)
- 1 small [70 g] Onions (*Sliced thin*)
- 2 cup, cubes [280 g] Butternut Winter Squash
- 2 cup [176 g] Brussels Sprouts (*Shredded*)
- 2 cup chopped [182 g] Broccoli
- 1 dash [0.4 g] Salt (*To taste*)
- 6 slice [90 g] Uncured Bacon
- 1 medium (2-3/4" dia) (approx 3 per lb) [138 g] Apples

## DIRECTIONS

1. In a large skillet, warm olive oil over medium heat. Add garlic and onion, cook one minute.
2. Add butternut squash along with 1 tbsp water. Cover and cook 8-10 minutes, until squash softens.
3. Add brussels sprouts, broccoli, and salt, and cook for 5 minutes, mixing occasionally.
4. In the meantime, cook bacon in a separate skillet over medium heat for 4-5 minutes per side. Place on plate covered with paper towel to drain excess fat once cooked.
5. Serve one portion of warm hash with three slices of bacon and an apple.

## NUTRITION INFO

Calories : 394.5

Fat : 21.9 g

Carbs : 43.86 g

Protein : 13.54 g

Fiber : 10.7 g

A top-down view of a white ceramic bowl filled with a salad. The salad consists of shredded light-colored chicken, fresh green arugula leaves, and bright red cherry tomatoes. A semi-transparent white rectangular box is centered over the bowl, containing text.

# Gut Health Elimination Diet Lunch

RE-FUEL AND RE-ENERGIZE



# Arugula Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 can (5 oz) yields [140 g] Canned Organic Chicken
- 0.18 cup [21.96 g] Unsweetened Coconut Milk Yogurt
- 0.25 tsp [0.25 g] Dill (Dried)
- 1 dash [0.4 g] Salt
- 1 stalk, medium (7-1/2" - 8" long) [40 g] Celery (*Chopped*)
- 0.25 cup, seedless [40 g] Grapes (*Chopped*)
- 2 cup [40 g] Arugula (Rocket)
- 1 tbsp [14 g] Olive Oil
- 1 apple Apples

## DIRECTIONS

1. Drain canned chicken. In a small bowl mix together chicken, coconut yogurt, dill, salt, celery, and grapes.
2. Add arugula to a medium salad bowl and top with chicken mixture. Drizzle with olive oil.
3. Serve with a medium apple.

## NUTRITION INFO

Calories : 505.59

Fat : 25.97 g

Carbs : 38.63 g

Protein : 34 g

Fiber : 6.54 g



# Chicken and Veggie Soup



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 1 tbsp [14 g] Avocado Oil
- 0.5 small [35 g] Onions (*Chopped*)
- 1 clove [3 g] Garlic (*Minced*)
- 12 oz [336 g] Skinless Chicken Breast (*Diced*)
- 2 medium [122 g] Carrots (*Chopped*)
- 2 stalk, medium (7-1/2" - 8" long) [80 g] Celery (*Chopped*)
- 5 medium spear (5-1/4" to 7" long) [80 g] Asparagus (*Chopped*)
- 1.5 cup [360 g] Beef Bone Broth
- 0.5 cup [113 g] Coconut Milk
- 1 tsp [0.3 g] Parsley (Dried)
- 1 tsp, ground [1.4 g] Thyme (Dried)
- 1 dash [0.4 g] Salt

## DIRECTIONS

1. In a large pot heat oil over medium heat. Add onion and garlic. Cook 1-2 minutes until fragrant.
2. Add chicken and cook 5-7 minutes, turning occasionally until chicken is cooked through.
3. Add carrots, celery, and asparagus and cook approximately 3 minutes, until vegetables are soft.
4. Add bone broth, parsley, thyme, and salt. Bring to a boil then reduce heat to a simmer. Cook covered for 20 minutes. Add coconut milk just before removing from heat. Enjoy warm.

## NUTRITION INFO

Calories : 439.55

Fat : 21.8 g

Carbs : 12.97 g

Protein : 49.73 g

Fiber : 4.4 g



# Chicken Salad Wrap



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 can (5 oz) yields [140 g] Canned Organic Chicken
- 1 tbsp [14 g] Unsweetened Coconut Milk Yogurt
- 1 tsp [1 g] Dill (Dried)
- 1 dash [0.4 g] Salt
- 1 cup [113 g] Shredded Carrots
- 3 tbsp, chopped [15 g] Red Onions
- 0.5 cup [10 g] Broccoli Sprouts
- 1 1 wrap [14 g] Coconut Wraps (Nuco)
- 1 apple Apples

## DIRECTIONS

1. In a small bowl, mix together chicken with coconut milk yogurt, dill, and salt.
2. Lay coconut wrap flat. Top with chicken mixture, carrots, red onion, and broccoli sprouts. Fold wrap.
3. Serve with an apple and coconut milk yogurt.

## NUTRITION INFO

Calories : 484.55

Fat : 16.17 g

Carbs : 47.86 g

Protein : 36.57 g

Fiber : 12.62 g

# Creamy Cauliflower & Parsnip Soup with Chicken



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 3 cup [720 g] Beef Bone Broth
- 5 oz [140 g] Skinless Chicken Breast
- 2 cup slices [266 g] Parsnips
- 1 medium head (5-6" dia) [575 g] Cauliflower (*Chopped*)
- 3 medium [183 g] Carrots (*Chopped*)
- 1 tsp, ground [1.4 g] Thyme (Dried)
- 1 tbsp [14 g] Olive Oil
- 2 clove [6 g] Garlic (*Minced*)
- 1 dash [0.4 g] Sea Salt (*To taste*)
- 0.5 cup [113 g] Light Coconut Milk

## DIRECTIONS

1. In a medium sauce pan bring bone broth to a boil. Add chicken and turn down to a simmer.
2. Once chicken is cooked through, approximately 12 minutes, remove chicken from the broth and add in parsnips, cauliflower, carrots, olive oil, thyme, garlic, and salt.
3. While vegetables are cooking, use a fork to shred the chicken breast.
4. Once vegetables are soft, approximately 15 minutes, remove from heat and allow to cool.
5. Once cooled, add vegetable and broth mixture to a blender and blend until smooth.
6. Stir in coconut milk and shredded chicken and serve warm.

## NUTRITION INFO

Calories : 442.5

Fat : 12.74 g

Carbs : 49.37 g

Protein : 39.65 g

Fiber : 16.6 g

# Grab and Go Lunch



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 4 slice [76 g] Organic Roast Turkey Meat
- 1 avocado [136 g] Avocado (*Mashed*)
- 1 cup [149 g] Baby Carrots
- 2 stalk, medium (7-1/2" - 8" long) [80 g] Celery
- 2 tbsp [28 g] Kalamata Olives

## DIRECTIONS

1. Mash avocado and top with kalamata olives.
2. Serve turkey slices, baby carrots, and broccoli on the side. Use carrots and broccoli to dip into avocado.

## NUTRITION INFO

Calories : 444

Fat : 25.44 g

Carbs : 31.18 g

Protein : 25.76 g

Fiber : 16.1 g

# Ground Chicken Kofta & Slaw



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 8 oz [227.2 g] Ground Chicken
- 0.25 cup [15 g] Parsley
- 2 clove [6 g] Garlic (*Minced*)
- 0.5 small [35 g] Onions (*Minced*)
- 0.5 tbsp [7 g] Lemon Juice
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 2 tbsp [28 g] Avocado Oil
- 2 cup [113.4 g] Shredded Green Cabbage
- 1 cup [113 g] Shredded Carrots
- 1 apple Apples (*Grated*)
- 2 tbsp [2 g] Cilantro (Coriander) (*Chopped*)
- 1 tbsp [15 g] Apple Cider Vinegar
- 0.5 tsp [3.55 g] Honey

## DIRECTIONS

1. In a large bowl, mix together ground chicken, parsley, garlic, onion, lemon juice, salt, and pepper. Separate meat into 6 small patties.
2. Heat 1 tbsp olive oil in a large skillet. Place patties on the skillet with some separation between each patty.
3. Cook 4-5 minutes per side, until cooked through (internal temperature reaches above 165 degrees).
4. In a small bowl, mix together 1 tbsp olive oil, apple cider vinegar, and honey.
5. Pour over carrots, cabbage, and apples in a large bowl and massage for 2-3 minutes.
6. Serve cooked patties (warm or cooled) over cabbage slaw.

## NUTRITION INFO

Calories : 381.75

Fat : 22.34 g

Carbs : 25.47 g

Protein : 22.46 g

Fiber : 7.42 g



# Herb Turkey Patties



SERVINGS: 2

PREP TIME: 3 MINUTES

COOKING TIME: 8 MINUTES

## INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 8 oz [224 g] Ground Turkey
- 1 tsp, ground [1.4 g] Thyme (Dried)
- 0.5 tsp, ground [0.3 g] Oregano
- 2 tbsp [7.6 g] Parsley (*Chopped*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 avocado [136 g] Avocado
- 2 cup [320 g] Grapes
- 1 oz [28.35 g] Green Olives (*Halved*)

## DIRECTIONS

1. In a large bowl mix together ground turkey, thyme, oregano, parsley, and salt.
2. Heat olive oil in a medium skillet over medium heat. Create small patties the size of your palm with the turkey mixture, and add the the skillet, leaving some space between each patty.
3. Cook for 3-4 minutes per side, until turkey patty is cooked through and no longer pink.
4. Serve topped with avocado and olives, and with a side of grapes.

## NUTRITION INFO

Calories : 478.5

Fat : 28.33 g

Carbs : 36.72 g

Protein : 24.97 g

Fiber : 7.33 g

# Pomegranate Spinach Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 4 oz [112 g] Skinless Chicken Breast
- 2 cup [60 g] Baby Spinach
- 3 tbsp [33 g] Pomegranate arils
- 0.5 avocado [68 g] Avocado
- 1 tbsp [14 g] Lemon Juice
- 1 tbsp [14 g] Olive Oil
- 0.5 tsp, ground [0.3 g] Oregano
- 0.25 tbsp [0.53 g] Basil (Dried)
- 1 medium pear (approx 2-1/2 per lb)  
[166 g] Pear

## DIRECTIONS

1. In a large salad bowl, top baby spinach with chicken, pomegranate arils, and avocado.
2. In a small bowl mix together lemon juice, olive oil, oregano, and basil.
3. Drizzle olive oil dressing over salad and serve with a pear.

## NUTRITION INFO

Calories : 510.25

Fat : 26.95 g

Carbs : 41.81 g

Protein : 30.53 g

Fiber : 13.21 g

# Shrimp Avocado Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 2 cup [60 g] Baby Spinach
- 4 oz [113.6 g] Shrimp (Prawns) *(Cooked)*
- 1 cup, sliced [169 g] Pickled Beets *(Chopped)*
- 0.25 onion (small) [37 g] Red Onions *(Sliced)*
- 0.5 avocado [68 g] Avocado *(Chopped)*
- 1 tbsp [14 g] Olive Oil
- 0.5 tsp [3.55 g] Honey
- 0.5 tbsp [7.5 g] Apple Cider Vinegar
- 1 small (2-3/8" dia) [96 g] Orange

## DIRECTIONS

1. Top baby spinach with cooked shrimp, beets, red onion, and avocado.
2. Mix together olive oil, honey, apple cider vinegar, salt, and pepper. Pour over salad.
3. Serve with an orange.

## NUTRITION INFO

Calories : 514.25

Fat : 26.99 g

Carbs : 49.91 g

Protein : 23.03 g

Fiber : 11.98 g

# Tuna Fig Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 3 oz [85.05 g] Tuna in Water (Canned)
- 1 tbsp [14 g] Unsweetened Coconut Milk Yogurt
- 0.5 tsp, ground [0.3 g] Oregano
- 1 dash [0.4 g] Salt
- 2 cup [40 g] Arugula (Rocket)
- 0.25 small [17.5 g] Red Onions (*Sliced*)
- 1 oz [28.35 g] Green Olives (*Halved*)
- 2 small (1-1/2" dia) [80 g] Fig (*Quartered*)
- 1 small (6-3/8" long) [158 g] Cucumber (*Chopped*)
- 1 tbsp [14 g] Olive Oil
- 0.5 small lemon [15 g] Lemon Juice
- 1 small (2-3/8" dia) [96 g] Orange

## DIRECTIONS

1. Drain tuna then mix with coconut yogurt, oregano, and salt.
2. Put arugula in a salad bowl and top with onion, olives, figs, cucumber, and tuna mixture.
3. Mix together lemon juice and olive oil. Drizzle on top of salad.
4. Serve with an orange.

## NUTRITION INFO

Calories : 406.8


Fat : 20.04 g

Carbs : 35.64 g

Protein : 26.42 g

Fiber : 8.02 g





# Gut Health Elimination Diet Dinner

FINISH STRONG



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# Baked Chicken with Maple Cinnamon Brussels Sprouts



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

## INGREDIENTS

- 3 tbsp [42 g] Avocado Oil
- 1 tsp, ground [1.4 g] Thyme (Dried)
- 1 tbsp [20 g] Maple Syrup
- 0.25 tsp [0.57 g] Cinnamon
- 0.5 tsp [3 g] Sea Salt
- 10 oz [280 g] Skinless Chicken Breast
- 4 cup [352 g] Brussels Sprouts (*Trimmed and halved*)
- 3 cup [300 g] Riced Cauliflower (*Cook with water and salt over stovetop*)

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. Using a meat mallet, pound chicken breast to tenderize.
3. Cover chicken breasts with 1 tbsp avocado oil and sprinkle with thyme. Bake in a glass baking dish for 35 - 40 minutes.
4. While chicken is baking, mix together 2 tbsp avocado oil, maple syrup, cinnamon, and sea salt in a small bowl.
5. In a large skillet add brussels sprouts and maple syrup mixture. Cover and set to medium heat. Cook 10-15 minutes or until brussels sprouts are desired consistency, stirring occasionally.
6. Serve baked chicken, brussels sprouts, and cooked cauliflower rice together warm.

## NUTRITION INFO

Calories : 475.75

Fat : 23.6 g

Carbs : 29.15 g

Protein : 41.52 g

Fiber : 10 g

# Beef Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 8 oz [226.8 g] Ground Beef (95% Lean / 5% Fat)</li><li>• 0.5 tsp [1.4 g] Garlic Powder</li><li>• 0.5 tsp [1.2 g] Onion Powder</li><li>• 0.25 tsp [0.55 g] Turmeric (Ground)</li><li>• 1 dash [0.4 g] Salt <i>(To taste)</i></li><li>• 0.5 onion (small) [74 g] Red Onions <i>(Sliced)</i></li><li>• 2 tbsp [2 g] Cilantro (Coriander)</li><li>• 1 avocado [136 g] Avocado <i>(Sliced)</i></li><li>• 4 tortillas [100 g] Cassava Flour Tortillas <i>(Clean brands: Coyotas and Siete)</i></li></ul>	<ol style="list-style-type: none"><li>1. Over medium heat cook ground beef in a medium skillet, crumbling as you go along.</li><li>2. When beef is browned, drain excess liquid and add garlic powder, onion powder, turmeric, and salt. Cook one more minute while mixing to fully coat beef with seasoning. Remove from heat.</li><li>3. Warm tortillas in microwave for 10-20 seconds.</li><li>4. Serve taco meat in cassava flour tortillas topped with red onion, cilantro, and avocado.</li></ol>

NUTRITION INFO				
Calories : 417.5	Fat : 19.9 g	Carbs : 30.43 g	Protein : 27.48 g	Fiber : 9.14 g

# "Cheesy" Sweet Potatoes and Cod



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 50 MINUTES

## INGREDIENTS

- 2 sweetpotato, 5" long [260 g] Sweet Potato
- 1 medium (2-1/2" dia) [110 g] Onions (*Sliced thin*)
- 1 tsp [2.8 g] Garlic Powder
- 0.5 cup [113 g] Coconut Milk
- 2 tbsp [10 g] Nutritional Yeast
- 0.5 tsp [3 g] Sea Salt
- 0.5 tsp, ground [0.3 g] Oregano
- 10 oz [280 g] Cod
- 1 tbsp [14 g] Olive Oil
- 1 cup [20 g] Arugula (Rocket)

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. In a glass or ceramic baking dish place sliced sweet potatoes in a single layer. Top with a layer on onions. Sprinkle with salt and garlic powder. Repeat this step until all of the potatoes and in the dish.
3. In a medium bowl combine coconut milk, nutritional yeast, and oregano. Pour this mixture over the sweet potatoes.
4. Place potatoes on middle rack in the oven and bake for 50 minutes.
5. While potatoes are baking, heat olive oil over medium heat in a medium skillet. Sprinkle cod with salt. Add cod to the skillet and cook for approximately 2 minutes per side.
6. Serve potatoes warm with cod and top with arugula.

## NUTRITION INFO

Calories : 449.3

Fat : 20 g

Carbs : 36.83 g

Protein : 32.19 g

Fiber : 7.33 g



# Ground Pork & Spaghetti Squash (AIP)



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 55 MINUTES

## INGREDIENTS

- 1 medium [958 g] Spaghetti Winter Squash
- 2 tbsp [28 g] Avocado Oil
- 8 oz [226.8 g] Ground Pork
- 2 cup, florets [142 g] Broccoli
- 1 cup, chopped [70 g] Mushrooms
- 2 clove [6 g] Garlic (*Minced*)
- 1.5 tbsp [13.5 g] Arrowroot Starch
- 2 tbsp [10 g] Nutritional Yeast
- 0.25 cup [56.5 g] Coconut Milk
- 1 dash [0.4 g] Salt (*To taste*)

## DIRECTIONS

1. Preheat oven to 400° F (205 C).
2. Cut the spaghetti squash lengthwise. Scoop out seeds and soft insides. Place face down in a glass baking sheet with 1 tbsp avocado oil, and 2 tbsp water. Bake in the oven for 40 minutes.
3. Heat avocado oil in a large skillet over medium heat. Add pork and cook until fully browned, 8 -10 minutes, crumbling and mixing as you go along. Move pork to a plate once cooked.
4. In the same skillet, add mushrooms and garlic. Cook 2-3 minutes. Add broccoli and cook 1 minute.
5. Meanwhile, whisk together arrowroot flour, nutritional yeast, salt, and coconut milk in a small bowl. Add to skillet with mushroom mixture. Cook and stir for 2-3 minutes to thicken sauce.
6. Once spaghetti squash has cooled, use a fork to separate the inside to form spaghetti like strings and place in glass or ceramic baking dish. Mix in coconut mixture and pork. Place back in the oven and cook for 15 minutes. Enjoy warm.

## NUTRITION INFO

Calories : 679.9

Fat : 45.6 g

Carbs : 45.07 g

Protein : 28.57 g

Fiber : 3.15 g

# Honey Garlic Stir Fry



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 2 tbsp [28 g] Olive Oil
- 12 oz [336 g] Skinless Chicken Breast *(Cubed)*
- 4 medium [244 g] Carrots *(Chopped)*
- 1 cup, sliced [113 g] Yellow Summer Squash
- 2 cup chopped [182 g] Broccoli
- 3 clove [9 g] Garlic *(Minced)*
- 1.5 tsp [3 g] Ginger *(Minced)*
- 4 tbsp [56 g] Coconut Aminos
- 1 tsp [4.79 g] Apple Cider Vinegar
- 1 tbsp [21 g] Honey
- 1 tsp [3 g] Arrowroot Starch
- 1 cup [100 g] Cauliflower *(Chopped)*

## DIRECTIONS

1. Heat avocado oil in a large skillet over medium heat. Add carrots, summer squash, and broccoli and cook 3-4 minutes.
2. Add chicken breast and cook 4-5 minutes or until chicken is cooked through, turning occasionally.
3. Add garlic and ginger and cook for an additional 2 minutes.
4. In a separate bowl mix together coconut aminos, apple cider vinegar, honey, and arrowroot starch. Pour over stir fry, reduce heat to a simmer, and cook for 2-3 minutes until sauce thickens.
5. Serve warm. Option to serve over cauliflower rice.

## NUTRITION INFO

Calories : 498.5

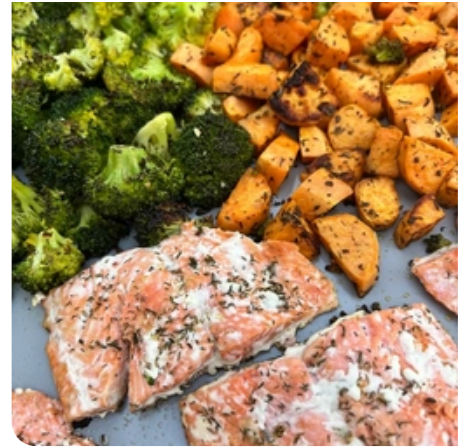
Fat : 16.74 g

Carbs : 45.67 g

Protein : 44.75 g

Fiber : 7.8 g

# Lemon Dill Salmon Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 2 tbsp [28 g] Avocado Oil
- 1 small lemon [30 g] Lemon Juice
- 3 sprigs [0.6 g] Dill (*Chopped*)
- 1 dash [0.4 g] Salt (*To taste*)
- 10 oz, boneless, raw [283.5 g] Salmon
- 2 sweetpotato, 5" long [260 g] Sweet Potato
- 3 cup, florets [213 g] Broccoli

## DIRECTIONS

1. Heat oven to 400 degrees F (205 C).
2. In a small bowl mix together avocado oil, lemon juice, dill, and salt.
3. On a rimmed baking sheet spread vegetables and salmon in a single layer. (Option to cover pan in a sheet of parchment paper to avoid sticking).
4. Coat vegetables and salmon with avocado oil mixture.
5. Bake for 20 - 25 minutes or until vegetables are soft on the inside and crispy on the outside. If salmon is cooked through and no longer dark pink on the outside before vegetables are cooked, remove salmon and allow vegetables to cook for longer.

## NUTRITION INFO

Calories : 471.5

Fat : 22.77 g

Carbs : 31.89 g

Protein : 35.86 g

Fiber : 6.15 g

# Mashed Turnip & Carrots with Steak



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 3 cup, cubes [390 g] Turnip
- 3 medium [183 g] Carrots (*Chopped*)
- 3 tbsp [45 g] Coconut Milk
- 4 oz, boneless, cooked [113.4 g] Filet Mignon
- 1 dash [0.4 g] Salt (*To taste*)
- 2 cup [40 g] Arugula (Rocket)
- 1 tbsp [14 g] Olive Oil

## DIRECTIONS

1. In a medium pot, bring water to a boil (enough to cover carrots and turnips once added). Once boiling, add carrots and turnips and continue boiling for 5-10 minutes or until carrots and turnips are soft. Remove from heat.
2. In a food processor, or with a hand mixer, blend carrots, turnips, and coconut milk together until mostly smooth. Add salt and pepper to taste.
3. In the meantime, heat 1 tbsp olive oil on medium in a medium skillet. Sprinkle salt on both sides of steak, then add to the pan.
4. Cook for approximately 3 minutes on each side, or until internal temperature of steak reaches above 145 degrees.
5. Serve steak with mashed turnips and a side salad of arugula and olive oil.

## NUTRITION INFO

Calories : 295.25

Fat : 16.87 g

Carbs : 22.62 g

Protein : 16.04 g

Fiber : 6.69 g



# Pesto Pasta and Meatballs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 4 oz dry [114 g] Cassava Flour Pasta
- 8 oz [226.8 g] Ground Bison Meat
- 3 clove [9 g] Garlic (*Minced*)
- 0.5 small [35 g] Onions (*Minced*)
- 2.5 tbsp [35 g] Olive Oil
- 10 leaves [5 g] Basil
- 1 dash [0.4 g] Sea Salt (*To taste*)

## DIRECTIONS

1. Cook pasta as instructed on the package.
2. In the meantime combine ground bison, half of the garlic, and onion using your hands to mix well.
3. Roll into 1-2 inch thick balls and place in a large skillet.
4. Cook over medium heat 2-3 minutes per side, until cooked through.
5. While pasta and meatballs are cooking, combine olive oil, the remaining garlic, basil leaves, and salt into a small blender and blend until smooth. Add water if needed to thin sauce.
6. Mix basil pesto sauce with pasta and serve topped with meatballs.

## NUTRITION INFO

Calories : 615

Fat : 35.02 g

Carbs : 52.37 g

Protein : 22.67 g

Fiber : 4.5 g

# Pulled Pork and Sweet Potatoes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 180 MINUTES

## INGREDIENTS

- 10 oz [283.5 g] Pork Loin (Tenderloin)
- 0.5 large [75 g] Onions (*Sliced thin*)
- 3 tbsp [45 g] Apple Cider Vinegar
- 0.25 cup [60 g] Beef Bone Broth
- 1 tbsp [14 g] Olive Oil
- 4 clove [12 g] Garlic (*Minced*)
- 1 tbsp [21 g] Honey
- 1 tsp, ground [1.4 g] Thyme (Dried)
- 1 tsp [6 g] Sea Salt
- 2 sweetpotato, 5" long [260 g] Sweet Potato
- 2 stalk [30 g] Green Onions (*Chopped*)

## DIRECTIONS

1. In a small bowl mix together onion, apple cider vinegar, bone broth, olive oil, garlic, honey, thyme, and salt.
2. In a slow cooker, add pork tenderloin and pour over apple cider mixture.
3. Set slow cooker to high for 3-4 hours or low for 5-6 hours.
4. Be sure to bake sweet potatoes ahead of time or, 1 hour before pork is ready, bake sweet potatoes in oven on 400 F degrees for approximately 45 minutes or until cooked through.
5. Once pork is fully cooked, use two forks to pull strands of meat apart and mix well with liquid in slow cooker.
6. Cut sweet potatoes in half and top with pulled pork and scallions

## NUTRITION INFO

Calories : 433.25

Fat : 14.58 g

Carbs : 42.08 g

Protein : 33.53 g

Fiber : 5.18 g

# Roasted Root Veggies and Chicken Thighs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 10 oz [282.5 g] Boneless Skinless Chicken Thighs (raw)</li><li>• 4 medium [244 g] Carrots (<i>Chopped</i>)</li><li>• 1 medium [122 g] Turnip (<i>Chopped</i>)</li><li>• 1.5 cup slices [199.5 g] Parsnips (<i>Chopped</i>)</li><li>• 1 sweetpotato, 5" long [130 g] Sweet Potato (<i>Chopped</i>)</li><li>• 4 tbsp [56 g] Kalamata Olives</li><li>• 2 tbsp [28 g] Olive Oil</li><li>• 1 tbsp, ground [4.3 g] Thyme (Dried)</li><li>• 1 tbsp [3.3 g] Rosemary (Dried)</li><li>• 1 tsp [6 g] Sea Salt</li><li>• 1 small lemon [30 g] Lemon Juice</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 400 degrees F (205 degrees C).</li><li>2. Mix together olive oil, thyme, rosemary, salt, and lemon juice.</li><li>3. Spread carrots, turnip, parsnips, and sweet potatoes in a single layer in an oven safe dish. Pour half of the olive oil mixture over the vegetables. Mix to coat the vegetables well.</li><li>4. Trim the extra fat from the chicken thighs and discard. Coat chicken thighs with olive oil mixture and place the thighs over the vegetables.</li><li>5. Bake for 30 minutes or until internal temperature of chicken reaches above 165 degrees F.</li><li>6. Top with kalamata olives.</li></ol>

NUTRITION INFO				
Calories : 541.5	Fat : 23.1 g	Carbs : 53.22 g	Protein : 33.69 g	Fiber : 12.83 g