



Holistic Nutrition by Taya Morris R.H.N.

Heal Your Gut

Your four step guide to improve
the health of your gut for overall
wellness.

STEPS TO HEAL YOUR GUT

IT IS IMPORTANT TO FOLLOW THE STEPS IN ORDER, HOWEVER STEP ONE WILL OVERLAP STEP TWO AND STEP THREE WILL OVERLAP STEP FOUR.



Step 1: **Remove**

Minimize toxins and eliminate inflammatory foods or foods you may be sensitive to. See below for a sample flexible meal plan.



Step 2: **Repair**

Support the liver and bring in gut repairing foods and supplements. Drink lots of water and eat plenty of fiber to clear out toxic build up.



Step 3: **Reinoculate**

Bring in probiotics and prebiotics for healthy gut microbiome. Probiotics are the healthy gut bacteria found in fermented foods while prebiotics are foods that feed the probiotics.



Step 4: **Replenish**

Start to reintroduce foods that you have eliminated, with the most nutrient dense foods first to fully replenish the body and return to a natural way of eating.

YOUR HANDY RESOURCE TO A HEALTHY GUT



Foods to **Remove**:

- Gluten
- Dairy
- Inflammatory seed oils
- Nightshade vegetables
- Soy
- Grains
- All refined flours and sugars
- Corn
- Foods you are sensitive to
- Toxins (household/body care/avoid dirty dozen)

Foods and Supplements to **Repair**:

- Bone broth
- Aloe
- Collagen powder
- Apple cider vinegar
- Pineapple
- Glutamine
- Ginger
- Dandelion greens
- Healthy fats
- WATER

Foods to **Reinoculate**:

Probiotics

- Kimchi
- Sauerkraut
- Kombucha
- Tempeh
 - (soy/grains)
- Miso (soy)
- Nato (soy)
- Kefir (dairy)
- Yogurt (dairy or coconut)

Prebiotics

- Garlic
- Onion
- Asparagus
- Bananas
- Jerusalem artichokes
- Dandelion greens
- Beans/legumes
- Chicory root
- Cocoa

How to **Replenish**:

Order of foods to reintroduce

- Whole Eggs
- Seeds/nuts
- Gluten free grains
- Dairy
- Nightshade vegetables (unless you have an autoimmune condition)
- Soy (minimally or unprocessed)
- Corn (unprocessed)
- Not necessary to have gluten unless you love it that much :)

WEEKS 1-2: REMOVE AND REPAIR (STEPS 1 AND 2). USE THE SAMPLE MEAL PLAN TO SEE WHAT MEALS YOU CAN EAT.

WEEKS 2-6: REINOCULATE (STEP 3). FIRST WEEK START WITH NON-DAIRY, NON-GRAIN, AND NON-SOY PREBIOTIC FOODS. YOU COULD CHOOSE TO TAKE A PREBIOTIC SUPPLEMENT IF YOU CANNOT EAT THESE FOODS. INCORPORATE ONE PREBIOTIC FOOD

WEEKS 2-12: REPLENISH (STEP 4). START ADDING ONE NEW FOOD GROUP AT A TIME IN THE ORDER LISTED ABOVE. TAKE 3-5 DAYS EATING THE NEW FOOD WITHIN AT LEAST TWO MEALS PER DAY. IF YOU HAVE A REACTION, REMOVE THE FOOD AND WAIT ONE WEEK TO RE-INTRODUCE THE NEXT FOOD GROUP. GLUTEN IS NOT NECESSARY TO ADD BACK INTO YOUR DIET AND CAN BE HELPFUL TO REMOVE LONG TERM, THOUGH SOME WOMEN CHOOSE TO ADD THIS BACK IN SMALL QUANTITIES.

SAMPLE FLEXIBLE MEAL PLAN

BREAKFAST

You Choose



CUCUMBER KALE AVOCADO SMOOTHIE

INGREDIENTS: AVOCADO, CUCUMBER, APPLE, KALE, VANILLA PROTEIN POWDER, MCT OIL (OR COCONUT OIL).



KIWI COCONUT MILK YOGURT

INGREDIENTS: COCONUT MILK YOGURT, SLICED KIWI, FLAXSEED (OR SEEDS FROM SEED CYCLING).



SPINACH AND MUSHROOM, OMELETTE

INGREDIENTS: EGGS, SPINACH, MUSHROOM, GARLIC, AND ONION. SERVE WITH A SIDE OF BERRIES.



SCRAMBLED EGGS W/ GREENS

INGREDIENTS: EGGS, CHOPPED ASPARAGUS, BABY SPINACH, GARLIC, AND OREGANO. TOP WITH BROCCOLI SPROUTS.



COCONUT MILK YOGURT WITH BERRIES AND POMEGRANATE

INGREDIENTS: PLAIN COCONUT MILK YOGURT, BERRIES OF CHOICE, GROUND FLAX SEED, UNSWEETENED COCONUT SHREDS, AND POMEGRANATE SEEDS



HEARTY SMOOTHIE

INGREDIENTS: FULL FAT COCONUT MILK, HANDFUL BABY SPINACH, 1/4 CUP BERRIES, 1/2 BANANA, 1/2 AVOCADO, GROUND CINNAMON.



GREEN SMOOTHIE

INGREDIENTS: FROZEN MANGO, FROZEN PEACHES, KALE, COCONUT MILK, FRESH GINGER, CINNAMON, HONEY.



COCONUT FLOUR PANCAKES

INGREDIENTS: COCONUT FLOUR, FLAXSEED, EGGS, OLIVE OIL, MAPLE SYRUP, BAKING POWDER, VANILLA EXTRACT, SEA SALT. TOP WITH BERRIES.

SAMPLE FLEXIBLE MEAL PLAN

LUNCH/DINNER

You Choose



SHREDDED CHICKEN SALAD

INGREDIENTS: ORGANIC BAKED CHICKEN OVER BABY SPINACH WITH AVOCADO, SHREDDED CARROTS, POMEGRANATE SEEDS, OLIVE OIL, AND SALT.



SALMON AND GREENS

INGREDIENTS: BAKED SALMON WITH LEMON, PEPPER, AND PINK HIMALAYAN SALT. SERVE WITH SAUTÉED ASPARAGUS IN AVOCADO OIL WITH MINCED GARLIC AND A SIDE OF ARUGULA WITH OLIVE OIL AND LEMON. TOP WITH BROCCOLI SPOUTS.

NO TOMATOES



ARUGULA SALAD WITH GRASS FED STEAK,

INGREDIENTS: ARUGULA, GRASS FED COOKED STEAK, GREEN PITTED OLIVES, SHREDDED CARROTS, LEMON JUICE, OLIVE OIL, PINK HIMALAYAN SALT.



SHREDDED CHICKEN SALAD

INGREDIENTS: SHREDDED CHICKEN (COOK WITH BONE BROTH, TURMERIC, CUMIN, PEPPER, AND OLIVE OIL). SERVE OVER BABY SPINACH, ONIONS, AND AVOCADO WITH A SIDE OF BERRIES.



BUTTERNUT SQUASH SOUP

INGREDIENTS: YELLOW ONION, BUTTERNUT SQUASH, SWEET POTATOES, APPLE, GROUND CINNAMON, NUTMEG, SALT, PEPPER, AND BONE BROTH. SERVE WITH A SIDE SALAD ARUGULA, ROASTED BEETS, SHREDDED CARROTS, AND OLIVE OIL.



BAKED SALMON WITH BROCCOLI AND SWEET POTATO

INGREDIENTS: SALMON FILLETS, ROSEMARY SPRINGS, LEMONS, OLIVE OIL, SALT, BLACK PEPPER, GARLIC, OREGANO AND TURMERIC. SERVE WITH STEAMED BROCCOLI OR CAULIFLOWER AND A SWEET POTATO.



LAMB CHOPS (YOU CAN ALSO USE GRASS FED STEAK)

INGREDIENTS: LAMB OR RIB CHOPS, GARLIC, ROSEMARY, SALT, PEPPER, LEMON AND OLIVE OIL. SERVE WITH SAUTÉED ASPARAGUS WITH AVOCADO OIL AND MINCED GARLIC AND STEAMED RICED CAULIFLOWER (CAN BUY THIS FROZEN).



GARLIC SHRIMP

INGREDIENTS: SAUTÉED SHRIMP IN AVOCADO OIL, OREGANO, GARLIC, AND SALT. SERVE OVER STEAMED BROCCOLI AND A BAKED SWEET POTATO.