



THE (ALMOST NO-COOK) HEAL YOUR GUT MENU

WEEK OF

HEAL YOUR GUT EATER

DINNER

NOT DINNER

<p>SUNDAY Dine in <input type="checkbox"/> Dine Out <input type="checkbox"/> Take Out <input type="checkbox"/> What I wanted? Yes <input type="checkbox"/> No <input type="checkbox"/> Gluten Free (GF) Yes <input type="checkbox"/> No <input type="checkbox"/> Dairy Free (DF) Yes <input type="checkbox"/> No <input type="checkbox"/> Ate Mindfully? Yes <input type="checkbox"/> No <input type="checkbox"/> Leftovers? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p>GF Chicken Nuggets (baked or air-fried) Baked (or air-fried) sweet potato fries Paleo dessert (optional)</p>	<p>BREAKFASTS GF Waffles Maple or Lakanto Syrup Berries w/ Coconut Yogurt</p>	<p>Grain-free granola (or recipe) Coconut milk or yogurt</p>
<p>MONDAY Dine in <input type="checkbox"/> Dine Out <input type="checkbox"/> Take Out <input type="checkbox"/> What I wanted? Yes <input type="checkbox"/> No <input type="checkbox"/> Gluten Free (GF) Yes <input type="checkbox"/> No <input type="checkbox"/> Dairy Free (DF) Yes <input type="checkbox"/> No <input type="checkbox"/> Ate Mindfully? Yes <input type="checkbox"/> No <input type="checkbox"/> Leftovers? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p>GF Canned Chili w/ DF shredded cheddar/GF tortilla chips or strips Salad (bagged or already prepped) w/ GF DF dressing (or oil and vinegar) Kombucha tea</p>	<p>Scrambled eggs w/ turkey sausage on Grain-free English muffins</p>	<p>GF oatmeal Coconut (cashew, soy) yogurt Banana</p>
<p>TUESDAY Dine in <input type="checkbox"/> Dine Out <input type="checkbox"/> Take Out <input type="checkbox"/> What I wanted? Yes <input type="checkbox"/> No <input type="checkbox"/> Gluten Free (GF) Yes <input type="checkbox"/> No <input type="checkbox"/> Dairy Free (DF) Yes <input type="checkbox"/> No <input type="checkbox"/> Ate Mindfully? Yes <input type="checkbox"/> No <input type="checkbox"/> Leftovers? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p>Paleo Frozen Meal Bagged or prepped salad/avocado Veggies (try two at a meal/steamed by microwaved) Paleo dessert (optional)</p>	<p>Poached eggs over Grain-Free English Muffins Salsa Coconut or cashew yogurt</p>	<p>Smoothie w/ collagen or bone broth protein/frozen banana/coconut milk</p>
<p>WEDNESDAY Dine in <input type="checkbox"/> Dine Out <input type="checkbox"/> Take Out <input type="checkbox"/> What I wanted? Yes <input type="checkbox"/> No <input type="checkbox"/> Gluten Free (GF) Yes <input type="checkbox"/> No <input type="checkbox"/> Dairy Free (DF) Yes <input type="checkbox"/> No <input type="checkbox"/> Ate Mindfully? Yes <input type="checkbox"/> No <input type="checkbox"/> Leftovers? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p>Steak/fish (grilled, pan-fried, out) Sweet potato (baked or microwaved) Veggies (at least 2—see diet and pick from the list) Paleo dessert (optional)</p>	<p>LUNCHES Leftovers</p>	<p>Grain-free wrap wrapped around leftover meat & veggies</p>
<p>THURSDAY Dine in <input type="checkbox"/> Dine Out <input type="checkbox"/> Take Out <input type="checkbox"/> What I wanted? Yes <input type="checkbox"/> No <input type="checkbox"/> Gluten Free (GF) Yes <input type="checkbox"/> No <input type="checkbox"/> Dairy Free (DF) Yes <input type="checkbox"/> No <input type="checkbox"/> Ate Mindfully? Yes <input type="checkbox"/> No <input type="checkbox"/> Leftovers? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p>Steak salad (leftover steak w/ bagged salad/salad bar choices and GF DF dressing) GF or paleo bread or roll (if desired) Paleo dessert (optional)</p>	<p>Zoodles or spiral sweet potatoes GF Marinara sauce GF DF meatballs DF parmesan</p>	<p>GF DF Soup Sandwich w/ grain-free wrap or grain-free English muffin</p>
<p>FRIDAY Dine in <input type="checkbox"/> Dine Out <input type="checkbox"/> Take Out <input type="checkbox"/> What I wanted? Yes <input type="checkbox"/> No <input type="checkbox"/> Gluten Free (GF) Yes <input type="checkbox"/> No <input type="checkbox"/> Dairy Free (DF) Yes <input type="checkbox"/> No <input type="checkbox"/> Ate Mindfully? Yes <input type="checkbox"/> No <input type="checkbox"/> Leftovers? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p>Rotisserie chicken Sweet potato, baked or microwaved Salad or veggies (2) Paleo dessert (optional)</p>	<p>Carne asada or carnitas tostada (hold the shell & sour cream) w/ guacamole (restaurant)</p>	<p>Bagged salad w/ leftover chicken/steak/fish and GF DF dressing</p>
<p>SATURDAY Dine in <input type="checkbox"/> Dine Out <input type="checkbox"/> Take Out <input type="checkbox"/> What I wanted? Yes <input type="checkbox"/> No <input type="checkbox"/> Gluten Free (GF) Yes <input type="checkbox"/> No <input type="checkbox"/> Dairy Free (DF) Yes <input type="checkbox"/> No <input type="checkbox"/> Ate Mindfully? Yes <input type="checkbox"/> No <input type="checkbox"/> Leftovers? Yes <input type="checkbox"/> No <input type="checkbox"/></p>	<p>Chicken or Salmon salad (Trader Joe's Just Chicken or Salmon or leftover rotisserie chicken) Bagged salad, GF DF dressing Paleo dessert (optional)</p>	<p>SNACKS/ERRATA Grass-fed beef sticks Paleo snacks/chocolate Hard-boiled eggs Paleo chips Paleo granola</p>	