



Eating for Health: Digestive Support

Focus on whole, organic, nutrient-dense foods: fresh vegetables and fruits; raw, soaked, dehydrated, ground nuts and seeds; legumes; clean proteins; and booster foods.

MEAL IDEAS

BREAKFAST

- Smoothie: 10 oz nut milk, 1 fresh fruit, ¼ cup spinach or kale, ¼ cup cooked sweet potato, 1 Tbs whey/pea/hemp protein powder, 1 tsp green powder, 1 tsp flaxseeds, ¼ tsp cinnamon
- 1-2 poached eggs, 1 cup cooked spinach, 1 tomato, ¼ avocado, 2 Tbs hummus, 1 Tbs parsley, ¼ tsp turmeric
- ½ cup cooked gluten-free grains (buckwheat, amaranth, millet, or quinoa), 1 cup oat/nut milk, 2 Tbs pumpkin seeds, ¼ cup blueberries, ¼ tsp cinnamon
- 8 oz plain yogurt, ½ cup fresh berries, 1 Tbs ground flaxseeds, ⅛ tsp cardamom

SNACKS

- 1 cup mineral broth, 1 tsp dulse
- 8 oz plain yogurt, ¼ cup berries, 2 Tbs nuts or seeds, 1 Tbs coconut flakes
- 4 oz smoothie (same as in breakfast, a smaller portion)

LUNCH + DINNER

- 3 oz baked chicken, 1 cup steamed Swiss chard, ½ cup roasted sweet potatoes
- Soup: 2 cups water, 2 Tbs tofu, ¼ cup mushrooms, ¼ cup carrots, ¼ cup bok choy, 1 Tbs tahini, 1 Tbs sauerkraut, ½-1 tsp miso
- Salad: 2 cups greens, 3 oz sardines/salmon, 1 bell pepper, ¼ red onion, ½ rib celery, 1 radish, ¼ cup grated beets, 1 Tbs lemon juice, 1 tsp olive oil
- 4 oz broiled red snapper, ½ cup cooked quinoa, ½ cup sautéed broccoli, ¼ cup leeks, 2 okras, 1 clove garlic

BOOSTERS + SPECIALTY FOODS

- Green powders: spirulina, blue green algae, chlorella, 1 tsp-1 Tbs per serving
- Flaxseeds: 1 tsp-1 Tbs daily in smoothies, ground on salads and vegetables, in low-temperature baked meals
- Fermented foods: ½-1 tsp miso, raw apple cider vinegar, 1-2 Tbs sauerkraut, 1 cup kefir, beet kvass, kombucha
- Fiber: 1 Tbs seeds or prunes — helps elimination
- Spices: ¼ tsp per serving, fennel, ginger, cumin, caraway, curry, coriander, thyme, basil — help diminish intestinal gas, anti-inflammatory
- Cabbage/vegetable juice: 1 cup per day, diluted 25% with water — anti-inflammatory, healing to the gut

BEVERAGES

- 1 cup filtered water; add slices of citrus, stone fruit, cucumbers, or berries
- 1 cup green tea (if caffeine is tolerated)
- 1 cup herbal tea: licorice, chamomile, slippery elm, peppermint, ginger

FOODS + SUBSTANCES TO AVOID

- Alcohol
- Excessive amounts of caffeine (1-2 cups, 6 oz each, per day ok)
- Hydrogenated fats
- NSAIDS
- Processed foods
- Refined oils
- Soft drinks
- Sugar
- Tobacco
- White flour products

EATING FOR HEALTH: DIGESTIVE SUPPORT

BEVERAGES

To refresh, cleanse, and nourish all day long.

ENERGY TONIC TEA

Mix in one quart of water:

- 1 tsp licorice
- 1 Tbs astragalus
- 1 Tbs burdock
- 1 Tbs angelica (dong quai)

Boil then simmer 30 minutes. This can also be used for cooking stock.

GREEN MASTER CLEANSER

In a blender, mix 1.5 quarts of water with:

- 1 organic lemon (juice, pulp, ½ tsp peel)
- ½ cup fresh or frozen fruit (strawberries, blueberries)
- 1 Tbs green powder
- 1 Tbs ground flaxseed

BREAKFAST, SNACK, OR DESSERT

- 1 cup fresh fruit (Gravenstein apples)
- 4 Calimyrna figs
- ¼ cup hazelnuts or almonds
- 1 Tbs bee pollen
- 8 oz live culture yogurt, cottage cheese, or 8 oz unsweetened nut milk

MAIN MEALS

Savory, organic, nutrient-rich, and vegetarian fare.

QUINOA

Thoroughly rinse 2 cups of organic quinoa (a gluten-free grain from Peru) to remove bitter-tasting saponins on the outside of the grain.

Put quinoa in 4½ cups of water or stock and bring to a boil. Cover and simmer for 15 minutes or until water is absorbed by the grain. To increase flavor and nutrient density, sprinkle with 2 Tbs of Savory Spice of Life (see below).

SAVORY SPICE OF LIFE

- 1 tsp granulated garlic
- 2 tsp dulse flakes
- 1 Tbs ground flaxseeds
- 1 Tbs nutritional yeast
- 1 Tbs fresh or 1 tsp dried basil, thyme, oregano, parsley, or cilantro

STEAMED SEASONAL VEGETABLES

- 1-2 cups organic broccoli, carrots, onions, green beans, shiitake mushrooms

Steam 7-10 minutes. Add 1 Tbs lemon juice, 1 tsp olive oil, and 1 tsp liquid aminos or gluten-free tamari.

SPRING GREENS SALAD

2 cups of organic baby lettuces, arugula, spinach; ¼ cup grated carrots; ¼ red onion; 1 Tbs edible flower blossoms; and 4 whole olives.

SALAD DRESSING

- ⅓ cup extra virgin olive oil
- ¼ cup balsamic or apple cider vinegar
- 1 lemon (juiced)
- 1 medium Hass avocado
- 2 Tbs red onion or 1 clove of garlic
- 1 tomato or red pepper
- 1 Tbs basil, oregano, thyme, parsley
- ½ cup water or stock to dilute