

# THE ANTI-INFLAMMATORY NUTRIENT REPLETION DIET

For Optimal Gut Health



# WELCOME

I welcome you to start the Anti-Inflammatory Nutrient Repletion Diet for Optimal Gut Health. This dietary nutrition plan is designed to restore nutrient levels in the body by following an anti-inflammatory style of eating. This truly innovative nutrition plan breaks through all dietary barriers and harnesses the power of food to unlock the secrets for optimal gut health



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# THE ANTI-INFLAMMATORY NUTRIENT REPLETION DIET: GETTING STARTED

Curating change in your life is a powerful step to feeling your best; adopting a new dietary plan can be a transformative part of that journey. Our goal is to ease the transition and give you the materials you need to get started stress-free. Each section of your dietary nutrition plan provides vital information for getting started and healing your body from within. Let's dive into what each section delivers!

## **Section 1: About The Anti-Inflammatory Nutrient Repletion Diet**

Discover how the Anti-Inflammatory Nutrient Repletion Diet goes beyond traditional eating habits to provide a powerful framework for enhancing your health and well-being. Managing your health isn't just about solely cutting food groups or following a fad diet; it's about fueling your body with the right kinds of nutrients for sustainable health! In this section, you'll lay the groundwork for understanding what the Anti-Inflammatory Nutrient Repletion Diet is.

## **Section 2: Foods To Eat & Avoid List**

Understanding what to eat and avoid is crucial for maintaining a nutrient-rich diet. Our comprehensive list highlights the foods that fuel your body; at the same time, it identifies foods that can undermine your progress and flare your symptoms. The foods to eat and avoid list allows you to make informed choices, empowering you to embrace a diet that supports your health and fits seamlessly into your lifestyle.

## **Section 3: Nutrients & Food Sources**

Get to know the essential nutrients that form the foundation of the Anti-Inflammatory Nutrient Repletion Diet and the whole foods that provide them. From phytonutrients and antioxidants to essential vitamins and minerals, this section breaks down 125 key nutrients your body needs for optimal performance. Explore the best natural food sources of these nutrients and learn how each nutrient affects your health. With this knowledge, you'll feel confident building a nutrient repletion diet that nourishes your body and supports your health goals.

## **Section 4: Nutritional Supplements**

While food is the cornerstone of long-lasting health, nutritional supplements can help fill in the gaps to ensure your body gets everything it needs along the way. This section provides tailored recommendations for supplements that complement the Anti-Inflammatory Nutrient Repletion Diet. You'll gain the knowledge on which professional-grade supplements to take, when to take them, and how they work alongside your diet to enhance overall wellness. With the right nutritional supplement support, you'll amplify your results and feel your best.

## **Section 5: Food Swap Brand Guide**

Making healthier choices doesn't always mean sacrificing taste or convenience. In this section, we've curated a list of better-for-you food brand swaps. If you're looking to learn how to trade processed, nutrient-poor foods for nutrient-dense options, this guide makes the process simple. Discover trusted brands that align with your health goals and make it easier than ever to stock your pantry with nourishing, nutrient-dense ingredients and foods.

## **Section 6: Anti-Inflammatory Nutrient-Dense Recipes**

Transform your kitchen into a hub of vibrant flavors and healthy eating with our curated collection of 30 nutrient-dense recipes. Packed with nutrient-dense ingredients, these recipes are designed to help you meet your health goals without sacrificing taste or enjoyment. Each recipe is easy to follow and crafted to support a balanced, delicious approach to optimal health.

## **Section 7: Nutrition Worksheets**

Eating nutrient-dense foods can have a profound impact on your overall wellness goals. Track your progress in the provided nutrition worksheets so you can visualize your health journey.

# THE ANTI-INFLAMMATORY NUTRIENT REPLETION DIET: A SIMPLE, DELICIOUS WAY TO SUPPORT YOUR GUT HEALTH

If you're looking for a new way to support your gut health, the Anti-Inflammatory Nutrient Repletion Diet might be exactly what you need. Picture this: instead of stressing over organizing meal plans and building grocery lists, you're filling your plate with vibrant, nutrient-packed foods that actually taste good—and make you feel even better. It's not a fad or a passing trend—it's a sustainable lifestyle rooted in balance, flavor, and nutrient-dense foods. Let's talk about what makes this diet so effective and how you can get started without feeling overwhelmed.

## What IS the Anti-Inflammatory Nutrient Repletion Diet?

The Anti-Inflammatory Nutrient Repletion Diet is all about eating foods that reduce inflammation while limiting or avoiding foods that stir it up. Think colorful veggies, high-quality proteins, and healthy fats. Foods like refined carbs, gluten, sugary snacks, processed seed oils, dairy, and red meat can inflame the body and cause blood sugar spikes.

Inflammation isn't all bad—it's your body's way of protecting itself when you're hurt or sick. But when inflammation sticks around for too long, it becomes chronic, silently wreaking havoc on your health. This can show up as anything from joint pain to digestive issues, fatigue, or even more serious conditions like IBD, Crohn's, or Colitis.

The Anti-Inflammatory Nutrient Repletion Diet is ideal for anyone seeking better gut health, as it emphasizes sustainable, satisfying meals that work with your body—not against it. While the modern diet has brought us convenience, it's also left many of us struggling with gut imbalances, bloating, constipation, diarrhea, and fatigue.

The Anti-Inflammatory Nutrient Repletion Diet works because it emphasizes the importance of eating a variety of nutrient-dense foods, which is key for gut health.

## Why Nutrient-Dense Foods Matter

The Anti-Inflammatory Nutrient Repletion Diet is about eating the right foods. If you completely cut out a food group without understanding how to replace those nutrients in your diet, your body won't be able to manage basic processes. The result? Feeling even more sluggish.

It's not just solely about avoiding food groups; it's also about choosing foods that fuel your body efficiently. With the Anti-inflammatory Nutrient Repletion Diet, you're nourishing your body in a way that supports gut health naturally.

These foods don't just fill you up—they nourish your body in a way that supports optimal gut health. Fiber, for instance, promotes digestion. Healthy fats? They keep you satisfied longer. And let's not forget protein—it's like the body's steady hand, preventing sudden spikes and crashes. Fermented foods? They're the probiotics that add to your gut's population of good bacteria. And then there's variety: the more diverse your diet, the more diverse (and resilient) your gut microbiome becomes. Take chia seeds, for example. They're tiny, but they pack a punch—loaded with fiber and omega-3s, they support digestion and reduce inflammation. Or consider bananas: they're simple, sweet, and full of resistant starch, which feeds beneficial bacteria.

Picture a plate of roasted salmon drizzled with olive oil, paired with a vibrant quinoa salad bursting with herbs and fresh lemon. Or a bowl of creamy coconut yogurt topped with chia seeds, blueberries, and a sprinkle of cinnamon.

## How We Make It Easy

We're here to help simplify the process of getting started. Whether you're new to the diet or just looking for fresh ideas, our curated food lists, recipes, and shopping guides are designed to make it easy. No guesswork, no stress—just real, wholesome food that supports your health and fits your life.

Plus, we believe that healthy eating should feel like a joy, not a chore. That's why our resources focus on meals you'll actually want to eat.

The Anti-Inflammatory Nutrient Repletion Diet is more than a way of eating—it's a lifestyle that prioritizes fresh, flavorful food and mindful choices. It's about enjoying every meal while nourishing your body in the best way possible.



### \*\*\*Optional: Unlocking the Benefits of Intermittent Fasting\*\*\*

Intermittent fasting (IF) is an eating pattern that cycles between periods of eating and fasting. It's not a strict diet that limits what you eat, but rather when you eat. The idea is to give your digestive system a rest and allow your body to focus on other important processes, like cellular repair. If you're looking for a way to enhance your nutrient repletion dietary results, intermittent fasting could be the boost you need!

#### How to Integrate Intermittent Fasting into Your Anti-Inflammatory Nutrient Repletion Diet

Incorporating intermittent fasting into your Anti-Inflammatory Nutrient Repletion Diet requires no changes to what you eat, only when you eat.

- 1 Choose a Time Period:** There are many different time periods, but a few popular ones are the 12/12, 16/8, and 18/6 options. You will know which option is right for you. Only some people can work up to the 18/6 time period option. If after 3-4 weeks you are still feeling sluggish, consider adjusting your routine
  - 12/12 Period: Fast for 12 hours and eat within a 12-hour window each day.
  - 16/8 Period: Fast for 16 hours and eat within an 8-hour window each day.
  - 18/6 Period: Fast for 18 hours and eat within a 6-hour window each day.
- 2 Listen to Your Body:** Pay attention to how you feel. If you're excessively dizzy, lightheaded, nauseous, weak, or painfully hungry, adjust your fasting schedule or eat a small, nutrient-dense snack. It's worth noting that you might feel sluggish the first few days as your body transitions to metabolic switching and burning more fat for energy. We recommend initially starting on the 12/12 time period and gradually increasing to the next time period option if you feel comfortable with it.
- 3 Less Is Not More:** Intermittent fasting typically does NOT restrict your caloric intake. In fact, it's vital to intake various nutrient-dense foods during eating windows to fuel your body properly.
- 4 Hydration & Electrolytes:** Drink plenty of water and electrolytes throughout the day, especially during fasting periods.

## FOODS TO EAT & AVOID LIST



	EAT	LIMIT	AVOID
<b>MEATS &amp; POULTRY</b>			
Beef		X	
Bison		X	
Bologna			X
Chicken	X		
Chicken Liver	X		
Chorizo			X
Deer/Venison		X	
Duck		X	
Eggs-Chicken	X		
Eggs-Duck	X		
Eggs-Quail	X		
Elk		X	
Goat		X	
Ham			X
Lamb		X	
Pepperoni			X
Pork		X	
Pork Bacon			X
Pork Sausage			X
Prosciutto			X
Salami			X
Turkey	X		
Turkey Bacon			X
Turkey Sausage			X
Veal		X	
<b>SEAFOOD</b>			
Anchovies	X		
Bass	X		
Catfish		X	
Caviar		X	

	EAT	LIMIT	AVOID
Clams		X	
Cod	X		
Crawfish		X	
Eel		X	
Flounder	X		
Grouper	X		
Haddock	X		
Halibut	X		
Herring	X		
King Crab		X	
Lobster		X	
Mackerel	X		
Mahi Mahi	X		
Monkfish	X		
Mussels		X	
Octopus		X	
Oyster		X	
Perch	X		
Pike	X		
Salmon	X		
Sardines	X		
Scallops		X	
Sea Bass	X		
Shark		X	
Shrimp		X	
Snapper	X		
Snow Crab		X	
Softshell Crab		X	
Squid		X	
Swordfish		X	
Tilapia	X		
Trout	X		

	EAT	LIMIT	AVOID
Tuna, Canned	x		
Tuna, Fresh	x		
Whitefish	x		
Yellowtail	x		
DAIRY			
Butter-Grass-Fed			x
Buttermilk			x
Camembert			x
Cheddar Cheese			x
Cottage Cheese			x
Cream Cheese			x
Evaporated Milk			x
Feta			x
Goat Cheese			x
Gorgonzola			x
Greek Yogurt			x
Gruyere			x
Half & Half			x
Heavy Whipping Cream			x
Kefir			x
Mozzarella			x
Parmesan			x
Provolone Cheese			x
Ricotta			x
Romano Cheese			x
Sheep Cheese			x
Sour Cream			x
Swiss Cheese			x
Whey Protein Isolate			x
Yogurt-Unsweetened			x

	EAT	LIMIT	AVOID
<b>BEVERAGES</b>			
Almond Milk	x		
Black Tea	x		
Cashew Milk	x		
Chai Tea	x		
Chamomile Tea	x		
Coconut Milk	x		
Coffee		x	
Cow's Milk			x
Ginger Tea	x		
Goat's Milk			x
Green Tea	x		
Hemp Milk	x		
Hibiscus Tea	x		
Kombucha	x		
Macadamia Milk	x		
Matcha	x		
Mushroom Coffee	x		
Oat Milk		x	
Oolong Tea	x		
Pea Milk	x		
Rice Milk		x	
Rooibos Tea	x		
Sheep's Milk			x
Soy Milk	x		
White Tea	x		
Yerba Mate		x	
<b>GLUTEN-FREE GRAINS</b>			
Amaranth		x	
Arborio Rice		x	
Basmati Rice		x	

	EAT	LIMIT	AVOID
Black Rice		X	
Brown Rice		X	
Buckwheat		X	
Corn		X	
Jasmine Rice		X	
Millet		X	
Muesli		X	
Oats		X	
Quinoa		X	
Sorghum		X	
Teff		X	
White Rice		X	
Wild Rice		X	

### GLUTEN-CONTAINING GRAINS

Barley			X
Bulgur			X
Einkorn Whole Wheat			X
Farro/Emmer			X
Kamut			X
Rye			X
Semolina			X
Spelt			X
Whole Wheat			X

### FLOURS & STARCHES

Almond Flour	X		
Almond Meal	X		
Arrowroot Starch	X		
Buckwheat Flour		X	
Cassava Flour	X		
Chickpea Flour/Besan	X		
Coconut Flour	X		

	EAT	LIMIT	AVOID
Cornmeal		x	
Cornstarch		x	
Oat Flour		x	
Potato Starch	x		
Rice Flour		x	
Soy Flour	x		
Tapioca Starch	x		
Whole Wheat Flour			x
LEGUMES			
Bean Sprouts	x		
Black Beans	x		
Black-Eyed Peas	x		
Chickpeas/Garbanzo Beans	x		
Chili Beans	x		
Fava Beans	x		
Great Northern Beans	x		
Green Peas	x		
Kidney Beans	x		
Lentils	x		
Lima Beans	x		
Mung Beans	x		
Navy Beans	x		
Peanuts		x	
Pinto Beans	x		
Soybeans	x		
Split Peas	x		
NUTS			
Almonds	x		
Brazil Nuts	x		
Cashews	x		
Chestnuts	x		



	EAT	LIMIT	AVOID
Hazelnuts	x		
Macadamia Nuts	x		
Pecans	x		
Pili Nuts	x		
Pine Nuts	x		
Pistachios	x		
Tiger Nuts	x		
Walnuts	x		
<b>SEEDS</b>			
Cacao	x		
Chia Seeds	x		
Flax Seeds	x		
Hemp Seeds	x		
Poppy Seeds	x		
Pumpkin Seeds	x		
Sesame Seeds	x		
Sunflower Seeds	x		
<b>FRUITS</b>			
Acai	x		
Apples	x		
Apricot		x	
Avocado	x		
Banana	x		
Blackberry	x		
Blackcurrant	x		
Blueberry	x		
Boysenberry	x		
Cantaloupe	x		
Cherry	x		
Coconut	x		
Cranberry	x		
Currant	x		

	EAT	LIMIT	AVOID
Date		x	
Dragon Fruit	x		
Elderberry	x		
Fig	x		
Goji Berry	x		
Grapefruit	x		
Grapes	x		
Guava	x		
Honeydew Melon	x		
Jackfruit	x		
Kiwi	x		
Kumquat	x		
Lemon	x		
Lime	x		
Lychee	x		
Mandarin Orange	x		
Mango		x	
Nectarine	x		
Orange	x		
Papaya		x	
Passionfruit	x		
Peach	x		
Pear	x		
Persimmon	x		
Pineapple		x	
Plantain	x		
Plum	x		
Pomegranate	x		
Raisin		x	
Raspberry	x		
Strawberry	x		
Tangerine	x		
Watermelon		x	

	EAT	LIMIT	AVOID
<b>VEGETABLES</b>			
Artichoke	X		
Arugula	X		
Asparagus	X		
Banana Peppers	X		
Beets	X		
Bell Peppers	X		
Black Olives	X		
Bok Choy	X		
Broccoli	X		
Broccolini	X		
Brussels Sprouts	X		
Butternut Squash	X		
Cabbage	X		
Carrots	X		
Cauliflower	X		
Celery	X		
Chard	X		
Collard Greens	X		
Cucumber	X		
Dandelion Greens	X		
Delicata Squash	X		
Edamame	X		
Eggplant	X		
Endive	X		
French Beans	X		
Garlic	X		
Gold Potatoes	X		
Green Beans	X		
Green Olives	X		
Green Onions	X		
Habanero Peppers	X		

	EAT	LIMIT	AVOID
Horseradish	X		
Iceberg Lettuce	X		
Jalapenos	X		
Jicama	X		
Kale	X		
Kelp	X		
Leeks	X		
Lemongrass	X		
Mushrooms-Button	X		
Mushrooms-Cremeni	X		
Mushrooms-Maitake	X		
Mushrooms-Porcini	X		
Mushrooms-Portobello	X		
Mushrooms-Shiitake	X		
Mustard Greens	X		
New Potatoes	X		
Okra	X		
Onions	X		
Parsnip	X		
Poblano Peppers	X		
Pumpkin	X		
Radish	X		
Rhubarb	X		
Romaine Lettuce	X		
Rutabaga	X		
Sauerkraut	X		
Serrano Peppers	X		
Shallots	X		
Snow Peas	X		
Spinach	X		
Sugar Snap Peas	X		
Sweet Potatoes	X		
Tomatillo	X		

	EAT	LIMIT	AVOID
Tomato	X		
Turnip	X		
Wasabi	X		
Water Chestnut	X		
Watercress	X		
Whole Wheatgrass	X		
White Potatoes	X		
Winter Squash	X		
Yam	X		
Yellow Squash	X		
Zucchini	X		

### SPICES & SEASONINGS

Allspice	X		
Anise	X		
Black Pepper	X		
Cardamom	X		
Carob Powder	X		
Cayenne Pepper	X		
Celery Salt	X		
Celery Seed	X		
Chili Powder	X		
Cinnamon	X		
Cloves	X		
Cocoa Nibs	X		
Cocoa Powder	X		
Coriander	X		
Crushed Red Pepper	X		
Cumin	X		
Curry Powder	X		
Dill Seed	X		
Fenugreek Seeds	X		
Garam Masala	X		

	EAT	LIMIT	AVOID
Garlic Powder	X		
Garlic Salt	X		
Ginger	X		
Mustard Powder	X		
Mustard Seeds	X		
Nutmeg	X		
Onion Powder	X		
Paprika	X		
Saffron	X		
Sumac	X		
Turmeric	X		
Vanilla	X		
Wasabi Powder	X		
White Pepper	X		
Zaatar Spice	X		
<b>HERBS</b>			
Basil	X		
Bay Leaves	X		
Chives	X		
Cilantro	X		
Dill	X		
Fennel	X		
Fenugreek	X		
Lemongrass	X		
Marjoram	X		
Mint	X		
Oregano	X		
Parsley	X		
Rosemary	X		
Sage	X		
Tarragon	X		
Thyme	X		

	EAT	LIMIT	AVOID
<b>SUGARS &amp; SWEETENERS</b>			
Agave		X	
Allulose		X	
Beet Sugar		X	
Brown Sugar			X
Coconut Sugar		X	
Date Sugar		X	
Erythritol			X
Honey		X	
Maltitol			X
Mannitol			X
Maple Syrup		X	
Molasses		X	
Monk Fruit Extract	X		
Powdered Sugar			X
Raw Cane Sugar		X	
Sorbitol			X
Stevia	X		
Sucrose (White Sugar)			X
Xylitol			X
<b>OILS &amp; FATS</b>			
Almond Oil	X		
Avocado Oil	X		
Beef Tallow		X	
Butter-Grass-Fed			X
Canola Oil		X	
Coconut Oil	X		
Corn Oil		X	
Duck Fat		X	
Flaxseed Oil		X	
Ghee			X

	EAT	LIMIT	AVOID
Grapeseed Oil		X	
Lard, Pork		X	
MCT Oil	X		
Olive Oil	X		
Palm Kernel Oil		X	
Palm Oil		X	
Peanut Oil		X	
Pecan Oil	X		
Rice Bran Oil		X	
Safflower Oil		X	
Sesame Oil		X	
Soybean Oil		X	
Sunflower Oil		X	
Vegetable Oil		X	
Walnut Oil	X		
CONDIMENTS & OTHER			
Almond Extract	X		
Apple Cider Vinegar	X		
Balsamic Vinegar	X		
Brewer's Yeast		X	
Coconut Aminos		X	
Gluten Free Soy Sauce/Tamari		X	
Nutritional Yeast	X		
Red Wine Vinegar	X		
Rice Vinegar		X	
Seaweed	X		
Vanilla Extract	X		
White Wine Vinegar	X		



# NUTRIENTS & FOOD SOURCES FOR OPTIMAL GUT HEALTH



## NUTRIENT REPLETION FOR OPTIMAL GUT HEALTH

Focusing on nutrient-dense foods that nourish your body is the most powerful step in restoring gut health. Gut dysbiosis can lead to bloating, gas, chronic fatigue, or more serious digestive disorders.

The Anti-Inflammatory Nutrient Repletion Diet focuses on 125 key nutrients, from phytonutrients and antioxidants to essential vitamins and minerals. By incorporating these nutrients and the whole food sources of these nutrients into your dietary plan, you give your body the resources it needs for optimal gut health.

### **What are the benefits of nutrient repletion for optimal gut health?**

- Constipation relief
- Less bloating & gas
- Regular bowel movements
- Less indigestion & heartburn

### **How do targeted nutrients impact gut health?**

- Improves beneficial gut bacteria levels
- Removes harmful gut bacteria, viruses, fungi, & parasites
- Improves gut barrier function
- Reduces gut inflammation

# VITAMINS

NUTRIENTS	BENEFITS	ANTI-INFLAMMATORY DIET APPROVED FOOD SOURCES
Vitamin A	Provides Gut Barrier Protection	Carrots, Spinach, Sweet Potatoes, Parsley, Cilantro
Vitamin B1	Improves Gut Motility & Constipation Relief	Pork, Salmon, Brown Rice, Garlic, Asparagus
Vitamin B2	Increases Gut Butyrate Production	Salmon, Tuna, Almonds, Avocado, Broccoli
Vitamin B3	Reduces Gut Inflammation	Chicken, Salmon, Chia Seeds, Avocado, Tomatoes
Vitamin B5	Stimulates Intestinal Peristalsis	Chicken, Salmon, Eggs, Lentils, Cauliflower
Vitamin B6	Improves Gut Motility & Softens Stool	Salmon, Brown Rice, Sweet Potatoes, Avocado, Banana
Vitamin B12	Improves Gut Microbiome Health	Chicken, Tuna, Salmon, Eggs, Nutritional Yeast
Biotin	Helps Digest Carbs, Fats, & Proteins	Salmon, Eggs, Almonds, Sunflower Seeds, Spinach
Folate	Balances Gut Bacteria	Lentils, Chickpeas, Asparagus, Spinach, Broccoli, Cilantro
Inositol	Improves Digestive Enzyme Activity	Oats, Almonds, Oranges, Cantaloupe, Prunes
Vitamin C	Strengthens Gut Lining	Bell Peppers, Brussels Sprouts, Guava, Kiwi, Strawberries

NUTRIENTS	BENEFITS	ANTI-INFLAMMATORY DIET APPROVED FOOD SOURCES
Vitamin D	Reduces Gut Inflammation	Salmon, Tuna, Mackerel, Eggs, Crimini Mushrooms
Vitamin E	Protects Gut Barrier from Free Radicals	Shrimp, Almonds, Sunflower Seeds, Avocado, Spinach
Vitamin K1	Improves Beneficial Gut Bacteria Levels	Kale, Broccoli, Brussels Sprouts, Cabbage, Parsley, Cilantro
Vitamin K2	Improves Beneficial Gut Bacteria Levels	Eggs, Soybeans, Spinach, Kale, Kiwi, Paprika



# MINERALS

NUTRIENTS	BENEFITS	ANTI-INFLAMMATORY DIET APPROVED FOOD SOURCES
Boron	Improves Gut Barrier Health	Avocado, Peaches, Pears, Grapes, Apples
Calcium	Supports Bile & Fatty Acid Metabolism	Chia Seeds, Collard Greens, Spinach, Kale, Olives
Chloride	Improves Stomach Acid Production	Chickpeas, Olives, Celery, Tomatoes, Seaweed
Chromium	Helps Digest Carbs, Fats, & Proteins	Turkey, Oats, Potatoes, Broccoli, Green Beans
Copper	Increases Gut Motility & Softens Stool	Salmon, Lobster, Shiitake Mushrooms, Chickpeas, Sesame Seeds
Iodine	Provides Constipation Relief	Cod, Shrimp, Tuna, Navy Beans, Seaweed
Iron	Increases Short Chain Fatty Acid Production	White Beans, Quinoa, Apricot, Spinach, Asparagus, Parsley
Lithium	Reduces Colon Inflammation	Hazelnuts, Lentils, Green Cabbage, Tomatoes, Cumin
Magnesium	Improves Absorption & Constipation Relief	Tuna, Brown Rice, Pumpkin Seeds, Almonds, Spinach
Manganese	Provides Gut Barrier Protection	Mussels, Brown Rice, Pine Nuts, Chickpeas, Lima Beans
Molybdenum	Helps Eliminate Sulfites	Eggs, Black-Eyed Peas, Lima Beans, Banana

NUTRIENTS	BENEFITS	ANTI-INFLAMMATORY DIET APPROVED FOOD SOURCES
Phosphorus	Provides Constipation Relief	Chicken, Tuna, Scallops, Quinoa, Soybeans
Potassium	Improves Gut Motility & Constipation Relief	Salmon, White Beans, Avocado, Beet Greens, Tomatoes
Selenium	Provides Gut Barrier Protection	Pork Chops, Tuna, Brazil Nuts, Chia Seeds, Shiitake Mushrooms
Silicon	Improves Digestive Tract Muscle Health	Asparagus, Cauliflower, Tomatoes
Sodium	No Benefit	Clams, Pickled Cucumber, Sunflower Seeds
Strontium	Improves Bone Health Gut-Producing Bacteria	Brazil Nuts, Carrots, Garlic, Red Beets
Vanadium	Minimal Benefit	Lobster, Eggs, Garlic, Black Pepper
Zinc	Reduces Gut Inflammation & Diarrhea	Oysters, Chicken, Oatmeal, Lentils, Spinach, Avocado



## AMINO ACIDS & METABOLITES

NUTRIENTS	BENEFITS	ANTI-INFLAMMATORY DIET APPROVED FOOD SOURCES
Alanine	Improves Intestinal Barrier Function	Chicken, Salmon, Avocado, Hemp Seeds, Chia Seeds
Arginine	Reduces Gut Inflammation	Turkey, Tuna, Almonds, Chickpeas, Soybeans
Asparagine	Improves Gut Barrier Function	Chicken, Eggs, Shrimp, Soybeans, Asparagus
Aspartic Acid	Provides Energy for Gut Metabolism	Tuna, White Beans, Sweet Potatoes, Nectarines
Carnosine	Zinc Carnosine Repairs Gut Damage	Pork, Chicken, Turkey
Carnitine	Provides Constipation Relief	Chicken, Cod, Asparagus
Citrulline	Reduces Gut Inflammation	Squash, Pumpkin, Cucumbers, Watermelon
Cysteine	Promotes Gut Mucosal Healing	Pork, Tuna, Lentils, Sunflower Seeds, Carrots
Glutamic Acid	Provides Energy for Gut Metabolism	Chicken, Almonds, Lima Beans, Tomatoes, Beets
Glutamine	Strengthens Intestinal Lining	Chicken, Eggs, Beets, Red Cabbage
Glutathione	Reduces Gut Inflammation	Avocado, Asparagus, Spinach, Green Beans, Cucumber

NUTRIENTS	BENEFITS	ANTI-INFLAMMATORY DIET APPROVED FOOD SOURCES
Glycine	Helps Digest & Absorbs Fats	Chicken, Tuna, Navy Beans, Hemp Seeds, Almonds
Histidine	Provides Energy to Gut Bacteria	Pork, Tuna, Eggs, Navy Beans, Hemp Seeds, Kale
Isoleucine	Improves Gut Barrier Integrity	Chicken, Tuna, Lentils, Green Peas, Spinach
Leucine	Improves Gut Barrier Integrity	Chicken, Tuna, Eggs, Soybeans, Navy Beans
Lysine	Reduces Stress-Induced Diarrhea	Chicken, Tuna, Crab, Soybeans, Spinach, Asparagus
Methionine	Minimal Benefit	Turkey, Tuna, Quinoa, Brazil Nuts, White Beans
Phenylalanine	Minimal Benefit	Pork, Tuna, Pinto Beans, Pumpkin Seeds, Sweet Potatoes
Proline	Improves Gut Barrier Integrity	Turkey, Soybeans, Black Beans, Almonds, Apricot
Serine	Improves Gut Barrier Integrity	Lima Beans, Spirulina, Sweet Potatoes, Collard Greens, Kiwi
Taurine	Prevents Gut Pathogen Colonization	Cod, Shrimp, Tuna, Eggs, Seaweed
Threonine	Improves Gut Mucin Production	Tuna, Eggs, Soybeans, Hemp Seeds, Green Peas
Tryptophan	Improves Gut Serotonin Production	Turkey, Salmon, Eggs, Oatmeal, Soybeans



NUTRIENTS	BENEFITS	ANTI-INFLAMMATORY DIET APPROVED FOOD SOURCES
Tyrosine	Improves Gut Bacteria Diversity	Chicken, Salmon, Wild Rice, White Beans, Soybeans
Valine	Improves Gut Barrier Function	Tuna, Oatmeal, Pinto Beans, Green Beans



## FATTY ACIDS & OTHER NUTRIENTS

NUTRIENTS	BENEFITS	ANTI-INFLAMMATORY DIET APPROVED FOOD SOURCES
Alpha Lipoic Acid	Improves Leaky Gut Syndrome	Carrots, Beets, Tomatoes, Brussels Sprouts
Choline	Reduces Gut Inflammation	Salmon, Shrimp, Eggs, Broccoli, Green Peas
CoQ10	Improves Beneficial Gut Bacteria Diversity	Pork, Sardines, Olive Oil, Sesame Seeds
MCT Oil	Decreases Harmful Gut Bacteria, Parsites, & Fungi	Coconut Oil, Coconut, Walnuts, Chia Seeds, Flax Seeds
Omega 3	Reduces Gut Inflammation	Salmon, Tuna, Flax Seeds, Chia Seeds, Walnuts
Omega 6	Minimal Benefit	Walnuts, Pumpkin Seeds, Sunflower Seeds, Hemp Seeds
Omega 9	Reduces Gut Inflammation	Olive Oil, Avocado Oil, Almonds, Cashews, Avocado



# PHYTONUTRIENTS

NUTRIENTS	BENEFITS	ANTI-INFLAMMATORY DIET APPROVED FOOD SOURCES
a-Carotene	Improves Gut Immunity	Carrots, Pumpkin, Oranges, Tangerines
Allicin	Increases Akkermansia Bacteria Levels	Garlic
Apigenin	Alleviates IBS Symptoms	Celery, Artichokes, Parsley, Chamomile, Oregano
Astaxanthin	Improves Gut Immunity	Salmon, Shrimp, Crab, Lobster
B-Carotene	Improves Intestinal Barrier	Carrots, Kale, Swiss Chard, Grape Leaves, Cantaloupe
Beta-Glucan	Improves Bowel Regularity	Shiitake Mushrooms, Nutritional Yeast
Betacyanin	Improves Short-Chain Fatty Acid Production	Amaranth, Red Beets, Swiss Chard
Caffeic Acid	Increases Beneficial Gut Bacteria Levels	Artichokes, Olive Oil, Basil, Oregano, Red Pepper, Rosemary
Capsaicin	Decreases Harmful Gut Bacteria	Chili Peppers, Cayenne Pepper, Red Pepper
Carnosol	Reduces Gut Inflammation	Rosemary, Sage, Basil, Thyme
Carvacrol	Reduces Small Intestine Bacterial Overgrowth	Oregano, Thyme

NUTRIENTS	BENEFITS	ANTI-INFLAMMATORY DIET APPROVED FOOD SOURCES
Catechins	Improves Gut Barrier Function	Almonds, Grapes, Blackberries, Tea, Nutmeg, Rosemary, Oregano
Chlorogenic Acid	Increases Akkermansia Bacteria Levels	Strawberries, Blueberries, Pineapple, Cinnamon
Chlorophyllin	Reduces Gut Inflammation	Kiwi, Spinach, Kale, Chlorella, Spirulina
Chrysin	Protects Against Gastric Ulcers	Honey, Mushrooms, Carrots, Bitter Melon, Mint
Cinnamic Acid	Provides Constipation Relief	Cinnamon
Crocin	Improves Gut Barrier Function	Saffron
Curcumin	Reduces Gut Inflammation	Turmeric
Cyanidin	Reduces Gut Inflammation	Apples, Pears, Cranberries, Blackberries, Cherries
DIM	Minimal Benefit	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Ellagitannins	Improves Urolithin Production	Strawberries, Blueberries, Raspberries, Green Tea, Black Tea
Ferulic Acid	Improves Gut Barrier Function	Oats, Red Apples, Oranges, Pineapple, Artichoke, Spinach
Fisetin	Increases Beneficial Gut Bacteria Levels	Strawberries, Apples, Kale, Onions, Persimmon

NUTRIENTS	BENEFITS	ANTI-INFLAMMATORY DIET APPROVED FOOD SOURCES
Gallic Acid	Increases Beneficial Gut Bacteria Levels	Mangoes, Strawberries, Rhubarb, Green Tea, Cloves, Allspice
Genistein	Improves Gut Barrier Function	Soybeans, Chickpeas, Lentils, Alfalfa Sprouts
Gingerol	Reduces Bloating & Gas	Ginger
Hesperidin	Increases Beneficial Gut Bacteria Levels	Oranges, Lemon, Lime, Grapefruit
Indole-3-Carbinol	Reduces Gut Inflammation	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Inulin	Increases Gut Bacteria Diversity	Banana, Asparagus, Onion, Leeks, Garlic
Kaempferol	Reduces Gut Inflammation	Tomatoes, Black Tea, Capers, Cumin, Cardamom, Cloves
Lignans	Reduces Gut Inflammation	Flax Seeds, Sesame Seeds, Asparagus
Limonene	Protects Against Gastric Ulcers	Cherries, Garlic, Celery, Rosemary, Dill, Basil
Lutein	Improves Gut Barrier Function	Pumpkin, Mangoes, Papayas, Spinach, Romaine Lettuce
Luteolin	Reduces Gut Inflammation	Beets, Celery, Thyme, Parsley, Rosemary, Cardamom, Chamomile
Lycopene	Increases Akkermansia Bacteria Levels	Grapefruit, Watermelon, Apricots, Olives, Tomatoes, Carrots

NUTRIENTS	BENEFITS	ANTI-INFLAMMATORY DIET APPROVED FOOD SOURCES
Malic Acid	Increases Stomach Acid Production	Apples, Apple Cider Vinegar
Matairesinol	Improves Gut Metabolism	Flax Seeds, Sesame Seeds, Strawberries, Broccoli
Menthol	Improves Indigestion & IBS Symptoms	Peppermint, Spearmint, Mint
Myricetin	Increases Beneficial Gut Bacteria Levels	Cranberries, Goji Berries, Fennel, Parsley, Carob
Oleanolic Acid	Reduces Gut Inflammation	Garlic, Cloves
Oleuropein	Reduces Gut Inflammation	Olive Oil
Pectins	Softens Stools & Improves Constipation	Green Peas, Carrots, Tomatoes, Potatoes, Apple Skin
Phytic Acid	No Benefit	Almonds, Cashews, Pecans, Soybean
Phytosterols	Increases Beneficial Gut Bacteria Levels	Flax Seeds, Almonds, Walnuts, Olive Oil
Piperine	Stimulates Digestive Enzyme Production	Black Pepper
Proanthocyanidins	Decreases Harmful Gut Bacteria	Almonds, Grapes, Blackberries, Green Tea, Cocoa
Pterostilbene	Increases Beneficial Gut Bacteria Levels	Almonds, Blueberries, Grapes

NUTRIENTS	BENEFITS	ANTI-INFLAMMATORY DIET APPROVED FOOD SOURCES
Quercetin	Reduces Gut Inflammation & Diarrhea	Apples, Cranberries, Onion, Green Tea, Black Tea, Cardamom
Resveratrol	Alleviates IBS Symptoms	Grapes, Blueberries, Raspberries
Rutin	Improves Digestive Enzyme Activity	Lemon, Limes, Olives, Asparagus, Tomatoes, Parsley
Salicylic Acid	Reduces Gut Inflammation	Cumin, Curry, Dill, Oregano, Paprika, Thyme, Rosemary
Saponins	Increases Beneficial Gut Bacteria Levels	Oats, Quinoa, Chickpeas, Kidney Beans, Spinach, Garlic, Onion
Silymarin	Increases Gut Bacteria Diversity	Artichokes
Sulforaphane	Decreases Harmful Gut Bacteria	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Tannic Acid	Increases Akkermansia Bacteria Levels	Chickpeas, Almonds, Pomegranate, Blackberries, Raspberries
Thymol	Reduces Candida & Fungi	Basil, Oregano, Cloves, Thyme
Ursolic Acid	Improves Gut Barrier Function	Cranberries, Prunes, Basil, Oregano, Lavender, Peppermint
Vanillic Acid	Increases Beneficial Gut Bacteria Levels	Vanilla Beans, Cloves
Zeaxanthin	Reduces Gut Inflammation	Kale, Spinach, Swiss Chard, Collards, Mustard Greens

# GUT HEALTH SUPPORT NUTRITIONAL SUPPLEMENTS





SUPPLEMENT	BRAND	DOSAGE
Multi w/o Iron	Select Formulations	AM Packet - 2 capsules
D3 5000	Select Formulations	AM Packet - 1 softgel
Omega Oil Mono 650	Select Formulations	AM Packet - 1 softgel
Fiber Lean	Select Formulations	AM Packet - 1 capsule PM Packet - 1 capsule
GI Balance	Select Formulations	AM Packet - 1 capsule PM Packet - 1 capsule
Magnesium Chelate	Select Formulations	PM Packet - 1 capsule
Critical Digestion	Select Formulations	PM Packet - 1 capsule
Atrantil Pro	Select Formulations	PM Packet - 1 capsule



**Our daily supplement packets make taking your supplements easier than ever. You will receive 30 daily AM & PM supplement packets - no more organizing multiple supplement bottles each day.**

*\*Disclaimer: These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Talk to your physician before starting any nutritional supplement protocols.*

# FOOD SWAP BRAND GUIDE



## What is the Food Swap Brand Guide?

The Food Swap Brand Guide is your go-to resource for discovering 700+ brands that offer nutrient-dense foods and ingredients; it's designed to help you make healthier choices without sacrificing the foods you love. The brands in this guide prioritize quality ingredients and superior nutrition profiles, making it easier than ever to swap out nutrient-poor foods for nutrient-dense foods. From protein bars to bread, pasta, chips, and more, you'll find options with better-for-you ingredients that don't compromise taste. These brands aren't exclusive to specialty grocery stores either; we chose options that range from Whole Foods and Trader Joe's to Target, Aldi, Walmart, Thrive Market, Amazon, Kroger, and more!

The Food Swap Brand Guide caters to any diet, so you can feel good about the choices you make. As you explore these brands, you'll discover exciting products that transform everyday meals and snacks to fuel your body.

**NOTE: We always encourage you to read the nutrition label before purchasing any product to ensure your food allergies and intolerances are addressed.**

## How to Use the Food Swap Brand Guide

If you're new to branching outside of nutrient-poor commercial food brands, it's normal to feel overwhelmed. Grocery stores and online services are spilling with new brands and products to explore. That's why we made this guide! Finding foods that you enjoy and fuel your body should be easy.

Let's start with an example. What if chocolatey cookies are your downfall? They're something you can't see yourself living without forever. We get it - everyone has certain foods they aren't willing to go without. Enhancing your health shouldn't mean restricting all of the things you enjoy.

To find a more nutrient-dense cookie option, locate the "Cookies" section in your Food Swap Brand Guide. Here, you will find a list of brands that offer better-for-you cookie options!

Now that you've located the "Cookies" section of the Food Swap Brand Guide, what next? You're left with a list of brands, but how do you find the right brand and product for you? This is where the process can be fun! We suggest reading reviews on the product—try looking for pictures on their website as well! Many reviewers will be open about the texture, taste, and quality of the product.

## SNACKS & SIDES

### Bars

88 Acres	KIND
365 by Whole Foods	Larabar
Aloha	Once Upon a Farm
Annie's	Paleovalley
Bearded Brothers	Pamela's
BelliWelli	Papa Steve's
Blake's Seed Based	Rise Bars
Bob's Red Mill	RX Bar
Bobo's	Sans Bars
Cerebelly	Simple Mills
Dave's Killer Bread	Skout Organic
Deliciously Ella	Taos Bakes
Elemental Superfood	That's It
EPIC	Thunderbird Bars
Fody Foods	Tosi
Go Macro	Trubar
Good & Gather	Unreal
IQ Bar	Urban Remedy
Jones Bar	Yes Bar
Kate's Real Food	Wild Zora

### Cereal

365 by Whole Foods	Lovebird
Amara	Magic Spoon
Annie's	Nature's Path
Bob's Red Mill	Nuco
Cataline Crunch	Olyra Foods
Else Nutrition	One Degree Organic Foods
Good & Gather	Purely Elizabeth
Heavenly Hunks	Seven Sundays
Holle	Simple Mills
Living Intentions	Three Wishes

**Cereal**

Thrive Market	Wildway
Trader Joe's	Wild Zora
Wella	

**Chips & Crunchies**

365 by Whole Foods	Late July
Annie's	Lesser Evil
Artisan Tropic	Popchips
Bare Snacks	Siete Foods
Biena	Simple Truth
Boulder Canyon	Simply 7
From the Ground Up	Terra Chips
Good & Gather	The Good Crisp Company
Hippeas	Thrive Market
Jackson's	Trader Joe's
Kettle Brand	Zack's Mighty
Kibo Foods	

**Chocolate**

Alter Eco	Navitas Organics
Choc Zero	Thea Chocolate
Endangered Species Chocolate	Thrive Market
Enjoy Life	Trader Joe's
Hu	Unreal
JoJo's	

**Cookies**

34 Degress	Good Bites
365 by Whole Foods	Heavenly Hunks
Annie's	Jack's Paleo Kitchen
Bakeology	Jovial
BelliWelli	Karma Nuts
Cappello's	King Arther Baking Company
Eat G.A.N.G.S.T.E.R	Made Good
Emmy's Organics	Mavericks

**Cookies**

Miss Jones Baking	Simple Mills
Ona	Simple Truth
Olyra	The Greater Goods
Ott's Naturals	Toto Foods
Partake Foods	Urban Remedy

**Crackers**

34 Degrees	From the Ground UP
Absolutely!	Good & Gather
Annie's	Hippie Snacks
Artisan Tropic	Jovial
Better with Buckwheat	Julian Bakery
Casabi Crackers	Must Love
Craize	Patagonia
Crunchmaster	Mary's Gone Crackers
Every Body Eat	Simple Mills
Fair & Square	Sunnie
Fit Joy	The Greater Goods
Foods Alive	The Humble Seed
Flackers	

**Dips**

365 by Whole Foods	Mt. Vikos
Brami	Primal Kitchen
Cocojune	Primal Palate
Good & Gather	Thrive Market
Kite Hill	Trader Joe's

**Fruits & Veggies**

365 by Whole Foods	Blue Stripes
Amara	Brad's Plant Based
Anthony's	Calbee Harvest Snacks
Bare	Fresh Bellies
Barnana	Frooze Balls
Biena	GimMe

**Fruits & Veggies**

Good & Gather	Poshi
Hippie Snacks	Rind
Iwon	Sambazon
Made in Nature	Serenity Kids
Mavuno Harvest	Simple Truth
Natierra	Soley
Nora	Thrive Market
Once Upon a Farm	Trader Joe's
Patience	

**Granola**

365 by Whole Foods	Paleo Tiger
Alter Eco	Paleonola
Go Raw	Purely Elizabeth
Good & Gather	Seven Sundays
KIND	Three Wishes
Lark Ellen Farm	Thrive Market
Lil Bucks	Trader Joe's
Nature's Path	Wildway
Natureul	

**Legumes & Lentils**

Biena	Kibo Foods
Brami	Lebby Snacks
Callbee Harvest Snaps	Lentiful
Crunchsters	Thrive Market
Enjoy Life	Trader Joe's
Hippeas	

**Meat Snacks & Jerky**

Chomps	Paleovalley
Country Archer	The New Primal
EPIC	Thrive Market
Grazly	Think Jerky
Mission Meats	Wild Zora

**Nuts & Seeds**

88 Acres	Karma Nuts
365 by Whole Foods	Lake Ellen Farm
Anthony's	Lebby Snacks
Artisana Organics	Mama Chia
Aurora Natural	Manitoba Harvest
Back to Nature	Mission MightyMe
Barney Butter	Navitas Organics
Bhu Foods	Nuttzo
Blake's Seed Based	Paleo Tiger
Bob's Red Mill	Philosopher Foods
Chia Smash	Perfect Balance Trail Mix
Chinook Seedery	Rind Remix
Chosen Foods	Rind Snacks
Country House	Sahale Snacks
Daily Crunch	Santa Cruz Organic
Dastony Organic Butter	Simple Mills
Deliciously Ella	Simple Truth
Elavi	SkinnyDipped
Fix & Fogg	Soom
Go Raw	South 40 Snacks
Good & Gather	SunButter
GoodSam	Thrive Market
Grandy Organics	Trader Joe's
Justin's	Wonderful Pistachios

**Soups**

365 by Whole Foods	Power Provisions
Amy's Kitchen	Proper Good
Health Valley	Sprague
Imagine Foods	Trader Joe's
Kettle & Fire	True Primal
Kevin's Natural Foods	Wild Zora
Pacific Foods	



## Spreads & Jams

Artisana Organics	Natureul
Chia Smash	Nutiva
Chosen Foods	Oat Haus
Crofters	PickerFresh
Daiya	Primal Kitchen
Divina	Roots
Eden Foods	Simple Truth
Justin's	Soom
Kitchen & Love	Thrive Market
Miyoko's Creamery	Trader Joe's
Mt. Vikos	Violife



**GLUTEN-FREE GRAINS****Baking Mixes**

365 by Whole Foods	Legit Bread Company
Birch Benders	Miss Jones
Bob's Red Mill	Otto's Naturals
Eat G.A.N.G.S.T.E.R	Pamela's Products
GoNanas	Simple Mills
Julie's Real	Thrive Market
King Arthur Baking Company	Trader Joe's
Kodiak	Truly AIP
Lakanto	

**Bread & Bread Mixes**

Against the Grain	Julian's Bakery
Banza	King Arthur Baking Company
Base Culture	Legit Bread Company
Bob's Red Mill	Schar
Canyon Gluten Free Bakehouse	Silver Hills Bakery
Cappello's	Simple Mills
Carbonaut	Sunflour
Casabi Artisan Flatbread	Pacha
Cook's Gluten Free	Paleolicious
Dave's Killer Bread	Truly AIP
Food for Life	

**Flour Alternatives**

365 by Whole Foods	Hearthy Foods
Anthony's	King Arthur Baking Company
Arrowhead Mills	Navitas Organics
Beth Blends	Otto's Natural
Blue Diamond Almonds	Simple Truth
Bob's Red Mill	Thrive Market
Carrington Farms	Tiger Nuts USA

**Pasta Noodle Alternatives**

365 by Whole Foods	liveGfree
Ancient Harvest	Manini's
Andean Dream	Miracle Noodle
Banza	Natural Heaven
Barilla	Shinny Pasta
Big Green Organic Food	Solely
Bionaturae	Simple Truth
Cappello's	Thrive Market
Good & Gather	Tolerant
Heaven & Earth	Trader Joe's
Jovial	VeggieCraft Farms

**Tortilla Wraps & Taco Shells**

365 by Whole Foods	Nuco
Against the Grain	Siete Foods
Egglife	Thrive Market
NewGem	Wrawp



**DAIRY ALTERNATIVES****Non-Dairy Butter**

Melt Organic	WayFare
Miyoki's Creamery	Wildbrine
Violife	

**Non-Dairy Cheese**

Daiya	Miyoko's Creamery
Follow Your Heart	Trader Joe's
Kite Hill	Violife

**Non-Dairy Coffee Creamer**

Califia Farms	Ripple
Elmhurst	Silk
Laird Superfoods	So Delicious
Nutpods	Trader Joe's

**Non-Dairy Ice Cream & Popsicles**

DeeBee's Organics	Jolly Llama
Dream Pops	Oatly
GoodPop	So Delicious

**Non-Dairy Milk**

365 by Whole Foods	Milkadamia
Blue Diamond	Oatly
Califia Farms	Orgain
Chobani	Pacific Foods
Elmhurst	Ripple
Good & Gather	Silk
Good Karma	Thrive Market
Kiki Milk	Trader Joe's

**Non-Dairy Yogurt**

365 by Whole Foods	Once Upon a Farm
Chobani	Oui by Yoplait
Cocojune	Siggi's
Forager	Silk
Kite Hill	So Delicious
Lavva	

**MEAT & MEAT ALTERNATIVES****Bacon**

365 by Whole Foods	North Country Smokehouse
Applegate Organics	Pederson Natural Farms
EPIC	Trader Joe's
Good & Gather	True Story
Nature's Rancher	Wellshire Farms
Niman Ranch	

**Deli Meats**

365 by Whole Foods	Niman Ranch
Applegate Organics	North Country Smokehouse
Diestel Family Ranch	Trader Joe's
Garrett Valley Farms	True Story
Good & Gather	

**Packaged Seafood**

365 by Whole Foods	Trader Joe's
Freshe	Wild Planet
Safe Catch	Whole Catch
Thrive Market	

**Ready-Made Meals**

365 by Whole Foods	Red's
Amy's Organics	Saffron Road
Daily Harvest	Tattooed Chef
Deep Indian Kitchen	Trader Joe's
Evol	Wicked Kitchen
Kevin's Natural Foods	Wild Zora
Purple Carrot	

**Non-Meat Alternatives**

365 by Whole Foods	Thrive Market
Amy's Organics	Trader Joe's
Daily Harvest	Wicked Kitchen
Nasoya	Wildwood Organic
Purple Carrot	

## SAUCES, DRESSINGS, & PANTRY

### Broth

365 by Whole Foods	Kettle & Fire
Bare Bones	Pacific Foods
Bonafide	PlantStrong
Brite Start	Power Provisions
EPIC	Simple Truth
FOND	The Honest Kitchen
Good & Gather	Thrive Market
Imagine Foods	Trader Joe's

### Condiments

365 by Whole Foods	Primal Kitchen
Bragg	Simple Truth
Chosen Foods	Sir Kensington's
Coconut Secret	Thrive Market
Good & Gather	Trader Joe's
KC Natural	True Made Foods
Mike's Hot Honey	

### Cooking Oils & Fats

365 by Whole Foods	Good & Gather
California Olive Ranch	Napa Valley
Chosen Foods	Nutiva
EPIC	Primal Kitchen
Fatworks Foods	Simple Truth
Fody Foods	Thrive Market
Fourth & Heart	Trader Joe's

### Salad Dressings & Marinades

365 by Whole Foods	KC Natural
Bragg	Primal Kitchen
Drench	SideDish
Fody Foods	Thrive Market
Follow Your Health	Trader Joe's
Good & Gather	

**Sauces**

365 by Whole Foods	Primal Kitchen
A Dozen Cousins	Rao's Homemade
Bachan's	Saffron Road
Carbone	Sauce Ventures
Daiya	Siete Foods
Fody Foods	The New Primal
Good & Gather	Thrive Market
KC Natural	Tia Lupita
Kevin's Natural Foods	Trader Joe's
Maya Kaimal	True Made Foods

**Seasonings & Pantry**

365 by Whole Foods	Simply Organic
Bragg	The New Primal
Good & Gather	The Spice Hunter
Kinder's	Thrive Market
Primal Palate	Trader Joe's
Siete Foods	

**Sugars & Sweeteners**

365 by Whole Foods	RxSugar
Anthony's	Sweetleaf
Big Tree Farms	Thrive Market
Lakanto	Trader Joe's



**DRINKS****Coffee**

365 by Whole Foods	Pop & Bottle
Alex's Low-Acid Organic Coffee	Purity Coffee
Califia Farms	Trader Joe's
Four Sigmatic	VitaCup
Java Planet	Volcanica

**Coffee Alternatives**

Anthony's	RYZE Mushroom Coffee
Clevr Blends	Teeccino
Four Sigmatic	VitaCup
Om Mushroom	

**Electrolytes**

Ath Lytes	Nuun
Cure Hydration	Trace Minerals
Goodonya	Ultima Replenisher
LMNT	Wellmade

**Non-Alcoholic Beverages**

Athletic Brewing Co.	Hoptonic
Ghia	Odyssey Elixir
Gruvi	Surely

**Seltzer, Soda, & Health Drinks**

365 by Whole Foods	Jiant
Agua Bucha	Juneshine
Aura Bora	OCA
Boochcraft	Olipop
CLEAN Cause	Pop & Bottle
Culture Pop Soda	Poppi
Flying Embers	Reed's
GoodPop	Riot Energy
Good & Gather	Ruby
GIT's Synergy Kombucha	Sambazon
Hop WTR	Sanzo
Humm Kombucha	Simple Truth



**Seltzer, Soda, & Health Drinks**

Sun Sip Soda	Waterloo Sparkling Water
Swoon	WildWonder
Thrive Market	Zevia
Trader Joe's	

**Tea**

365 by Whole Foods	Taika
AutoimmuniTea	Taylor's of Harrogate
Celestial Seasonings	Teeccino
Four Sigmatic	The Republic of Tea
Got Matcha	Thrive Market
Mighty Leaf	Trader Joe's
Navitas Organics	Traditional Medicinals
Numi Tea	Yogi Tea
Organic India	Zevia
Rishi Tea	



# ANTI-INFLAMMATORY NUTRIENT-DENSE RECIPES



## MAPLE-PECAN CLUSTERS

### Ingredients:

- 1 cup raw pecans
- 1/2 cup almonds, chopped
- 1/4 cup sunflower seeds
- 1 tbsp chia seeds
- 2 tbsp maple syrup
- 1 tbsp coconut oil, melted
- 1/2 tsp cinnamon
- Pinch of sea salt

### Instructions:

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a bowl, mix the pecans, almonds, sunflower seeds, chia seeds, cinnamon, and sea salt.
3. Drizzle maple syrup and melted coconut oil over the mixture and stir to coat evenly.
4. Spread the mixture into a single layer on the baking sheet.
5. Bake for 10-12 minutes, stirring once halfway through, until golden and fragrant.
6. Let cool before breaking into clusters and storing in an airtight container.

## CINNAMON APPLE CHIPS

### Ingredients:

- 2 large apples, thinly sliced
- 1/2 tsp ground cinnamon
- 1 tbsp coconut sugar (optional)

### Instructions:

1. Preheat oven to 225°F (110°C) and line a baking sheet with parchment paper.
2. Slice apples thinly, removing the core, and arrange them on the baking sheet.
3. Sprinkle with cinnamon and coconut sugar (if using).
4. Bake for 1.5 to 2 hours, flipping the apples halfway through, until crispy. Let cool before serving.

## GUACAMOLE-STUFFED MINI PEPPERS

### Ingredients:

- 8 mini bell peppers, halved and seeds removed
- 1 ripe avocado, mashed
- 2 tbsp lime juice
- 2 tbsp fresh cilantro, chopped
- 1/4 cup diced tomatoes
- Sea salt and pepper to taste

### Instructions:

1. Cut the mini bell peppers in half and remove the seeds.
2. In a bowl, mash the avocado and stir in lime juice, cilantro, tomatoes, salt, and pepper.
3. Stuff the bell pepper halves with guacamole.
4. Serve immediately or refrigerate.

## BERRY BEET SMOOTHIE

### Ingredients:

- 1 small beetroot, peeled and cooked
- 1/2 cup frozen blueberries
- 1/2 cup frozen strawberries
- 1/2 banana
- 1 tbsp flaxseed meal
- 1 cup almond milk (or any plant-based milk)
- 1 tsp honey (optional)

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

## APPLE CINNAMON SMOOTHIE

### Ingredients:

- 1 apple, cored and sliced
- 1/2 banana
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 tbsp almond butter
- 1 cup almond milk (or any plant-based milk)
- 1 tbsp flaxseeds or chia seeds

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

## MANGO PAPAYA SMOOTHIE

### Ingredients:

- 1/2 cup frozen mango
- 1/2 cup frozen papaya
- 1/2 banana
- 1 tbsp coconut milk (or any plant-based milk)
- 1 tsp chia seeds
- 1/2 tsp turmeric (optional)

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.



## CRISPY SALMON CAKES

### Ingredients:

- 1 lb cooked salmon, flaked
- 1/2 cup almond flour
- 1 egg
- 1 tbsp Dijon mustard
- 1 tbsp fresh parsley, chopped
- 1 tbsp olive oil
- Sea salt and pepper to taste

### Instructions:

1. In a bowl, mix flaked salmon, almond flour, egg, mustard, parsley, salt, and pepper until combined.
2. Form the mixture into small patties.
3. Heat olive oil in a skillet over medium heat. Cook salmon cakes for 3-4 minutes per side until golden and crispy. Serve warm.

## SWEET POTATO AND SAUSAGE BREAKFAST CASSEROLE

### Ingredients:

- 2 medium sweet potatoes, peeled and diced
- 1 lb ground turkey sausage
- 1/2 onion, diced
- 2 cloves garlic, minced
- 4 eggs
- 1/4 cup almond milk (or any plant-based milk)
- 1 tsp ground cinnamon
- 1/2 tsp ground cumin
- Sea salt and pepper to taste
- Fresh parsley for garnish

### Instructions:

1. Preheat oven to 375°F (190°C). Grease a casserole dish.
2. In a skillet, cook the sausage over medium heat until browned and cooked through. Remove and set aside.
3. In the same skillet, sauté onion and garlic for 3-4 minutes until softened. Add diced sweet potatoes and cook for 10-12 minutes until tender.
4. In a bowl, whisk together eggs, almond milk, cinnamon, cumin, salt, and pepper.
5. In the casserole dish, layer the cooked sausage and sweet potatoes. Pour the egg mixture over the top and stir to combine.
6. Bake for 25-30 minutes, until the eggs are set. Garnish with fresh parsley before serving.

## SHAKSHUKA (POACHED EGGS IN SPICY TOMATO SAUCE)

### Ingredients:

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 1 can (14 oz) diced tomatoes
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp ground turmeric
- 1/4 tsp ground cinnamon
- 1/4 tsp chili flakes (optional)
- Sea salt and pepper to taste
- 4-6 eggs (depending on serving size)
- Fresh cilantro, chopped (for garnish)

### Instructions:

1. Heat olive oil in a large skillet over medium heat. Add the chopped onion and bell pepper and sauté for 5-7 minutes until softened.
2. Add garlic and cook for 1 more minute, until fragrant.
3. Stir in the diced tomatoes, cumin, smoked paprika, turmeric, cinnamon, chili flakes (if using), salt, and pepper. Simmer for 10 minutes until the sauce thickens slightly.
4. Create small wells in the sauce using a spoon and gently crack the eggs into each well.
5. Cover the skillet and cook for 5-8 minutes, or until the egg whites are set but the yolks remain runny.
6. Garnish with fresh cilantro and serve warm.

## PEACH AND BERRY CRUMBLE

### Ingredients:

- 2 ripe peaches, sliced
- 1 cup mixed berries (blueberries, raspberries, or blackberries)
- 1 tbsp maple syrup
- 1 tbsp lemon juice
- 1 cup almond flour
- 1/4 cup rolled oats (gluten-free)
- 2 tbsp coconut oil, melted
- 1/4 cup shredded coconut
- 1/4 tsp ground cinnamon

### Instructions:

1. Preheat the oven to 375°F (190°C). In a bowl, toss the peaches and berries with maple syrup and lemon juice. Pour the mixture into a baking dish.
2. In another bowl, combine almond flour, oats, shredded coconut, cinnamon, and melted coconut oil. Mix until crumbly.
3. Sprinkle the crumble mixture evenly over the fruit.
4. Bake for 25-30 minutes, until the topping is golden and the fruit is bubbling. Serve warm.

## PUMPKIN ALMOND BREAD

### Ingredients:

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/2 cup pumpkin puree
- 3 large eggs
- 1/4 cup coconut oil, melted
- 1/4 cup maple syrup
- 1 tsp cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1/2 tsp baking soda

### Instructions:

1. Preheat the oven to 350°F (175°C). Line a loaf pan with parchment paper.
2. In a bowl, mix almond flour, coconut flour, baking soda, cinnamon, nutmeg, and cloves.
3. In another bowl, whisk pumpkin puree, eggs, coconut oil, and maple syrup. Combine with the dry ingredients.
4. Pour batter into the loaf pan and bake for 30-35 minutes, until a toothpick comes out clean. Cool before slicing.

## APPLE GALETTE

### Ingredients:

- 1 cup almond flour
- 1/2 cup gluten-free oat flour
- 2 tbsp coconut oil, chilled
- 2 tbsp maple syrup
- 3 tbsp cold water
- 2 medium apples, thinly sliced
- 1 tsp cinnamon
- 1 tbsp maple syrup (for filling)

### Instructions:

1. Preheat oven to 375°F (190°C). Mix almond flour, oat flour, and chilled coconut oil until crumbly. Add maple syrup and water to form a dough.
2. Roll dough into a circle between two sheets of parchment paper and transfer to a baking sheet.
3. Arrange apple slices in the center, leaving a 2-inch border. Sprinkle with cinnamon and drizzle with maple syrup.
4. Fold the edges of the dough over the apples. Bake for 25-30 minutes until golden. Cool slightly before serving.

## WILTED SWISS CHARD WITH PINE NUTS AND RAISINS

### Ingredients:

- 1 large bunch Swiss chard, stems removed and leaves chopped
- 2 tbsp olive oil
- 2 tbsp pine nuts
- 2 tbsp golden raisins
- 1 clove garlic, minced
- Sea salt and pepper to taste

### Instructions:

1. Heat olive oil in a large skillet over medium heat. Sauté pine nuts until lightly toasted, about 2 minutes.
2. Add garlic and cook for 1 minute. Stir in Swiss chard and raisins.
3. Cook for 5-6 minutes until the chard is wilted and tender. Season with salt and pepper and serve warm.

## BAKED DELICATA SQUASH WITH TAHINI AND POMEGRANATE SEEDS

### Ingredients:

- 2 delicata squash, halved and sliced into half-moons
- 1 tbsp olive oil
- 1 tsp ground cinnamon
- Sea salt and pepper to taste
- 2 tbsp tahini
- 1 tbsp lemon juice
- 2 tbsp pomegranate seeds
- Fresh parsley for garnish

### Instructions:

1. Preheat oven to 400°F (200°C). Toss squash slices with olive oil, cinnamon, salt, and pepper.
2. Roast the squash on a baking sheet for 20-25 minutes until tender and slightly caramelized.
3. In a small bowl, whisk together tahini and lemon juice. Drizzle over the roasted squash.
4. Top with pomegranate seeds and fresh parsley before serving.



## ROASTED RUTABAGA WITH THYME AND GARLIC

### Ingredients:

- 1 lb rutabaga, peeled and cubed
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp fresh thyme leaves
- Sea salt and pepper to taste

### Instructions:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss rutabaga with olive oil, garlic, thyme, salt, and pepper.
3. Spread evenly on the baking sheet and roast for 30-35 minutes, flipping halfway, until golden and tender. Serve warm.

## GRILLED CHICKEN SHAWARMA WITH CABBAGE SLAW

### Ingredients:

- 4 chicken breasts, boneless and skinless
- 1 tbsp olive oil
- 1 tbsp ground cumin
- 1 tbsp ground paprika
- 1/2 tsp ground turmeric
- 1/2 tsp garlic powder
- 1/2 tsp ground cinnamon
- Sea salt and pepper to taste

### Cabbage Slaw:

- 2 cups shredded cabbage
- 1/4 cup fresh parsley, chopped
- 2 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1/2 tsp ground cumin
- Sea salt and pepper to taste

### Instructions:

1. Preheat the grill or pan to medium-high heat. In a small bowl, combine olive oil, cumin, paprika, turmeric, garlic powder, cinnamon, salt, and pepper. Rub the spice mixture over the chicken breasts.
2. Grill the chicken for 5-7 minutes per side until cooked through.
3. In a bowl, mix cabbage, parsley, apple cider vinegar, olive oil, Dijon mustard, cumin, salt, and pepper to make the slaw.
4. Serve grilled chicken with a side of cabbage slaw.

## FISH TACOS WITH AVOCADO SAUCE

### Ingredients:

- 1 lb white fish fillets (such as cod)
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp ground cumin
- Juice of 1 lime
- 4 almond flour tortillas
- 1 cup shredded cabbage

Avocado Sauce:

- 1 ripe avocado
- 1 clove garlic
- Juice of 1/2 lime
- 2 tbsp olive oil
- Sea salt to taste

### Instructions:

1. Rub fish with olive oil, chili powder, cumin, lime juice, salt, and pepper. Let marinate for 15 minutes.
2. Heat a skillet over medium heat and cook fish for 3-4 minutes per side until flaky.
3. Blend avocado, garlic, lime juice, olive oil, and salt to make the sauce.
4. Assemble tortillas with fish, cabbage, and avocado sauce. Serve with lime wedges.

## SHRIMP AND SNOW PEA STIR-FRY

### Ingredients:

- 1 lb shrimp, peeled and deveined
- 1 tbsp sesame oil
- 1 cup snow peas, trimmed
- 1 bell pepper, sliced
- 1/2 onion, thinly sliced
- 2 cloves garlic, minced
- 1 tbsp coconut aminos
- 1 tbsp rice vinegar
- 1 tsp grated ginger
- 1/4 tsp ground black pepper
- 1 tbsp sesame seeds (optional)

### Instructions:

1. Heat sesame oil in a large skillet over medium-high heat. Add shrimp and cook for 2-3 minutes per side until pink and cooked through. Remove and set aside.
2. In the same skillet, add snow peas, bell pepper, onion, and garlic. Stir-fry for 4-5 minutes until vegetables are tender.
3. Stir in coconut aminos, rice vinegar, ginger, and black pepper. Cook for an additional 2 minutes.
4. Return shrimp to the skillet and toss to combine. Garnish with sesame seeds and serve with steamed rice or quinoa.

## SHRIMP AND CAULIFLOWER RICE SKILLET

### Ingredients:

- 1 lb shrimp, peeled and deveined
- 2 cups cauliflower rice
- 1/2 cup diced tomatoes
- 1/4 cup diced onion
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- Juice of 1 lime
- 1 tbsp fresh cilantro, chopped

### Instructions:

1. Heat olive oil in a skillet over medium heat. Sauté onion until softened.
2. Add shrimp, chili powder, smoked paprika, cumin, salt, and pepper.  
Cook for 3-4 minutes until shrimp turns pink. Remove and set aside.
3. In the same skillet, cook cauliflower rice with diced tomatoes for 5-6 minutes.
4. Return shrimp to the skillet, toss to combine, and squeeze lime juice over it. Garnish with cilantro and serve.

## CHICKEN TIKKA MASALA

### Ingredients:

- 1 lb chicken breast, cut into bite-sized pieces
- 1 cup coconut milk
- 1 tbsp olive oil
- 1 tbsp fresh ginger, grated
- 1 clove garlic, minced
- 1/2 tsp ground turmeric
- 1 tbsp garam masala
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp chili powder
- 1 can (14 oz) diced tomatoes
- Sea salt and pepper to taste
- 1 tbsp fresh cilantro, chopped (for garnish)

### Instructions:

1. Heat olive oil in a skillet over medium heat. Add chicken pieces and cook until browned, about 5-6 minutes. Remove and set aside.
2. In the same skillet, sauté garlic and ginger until fragrant. Stir in turmeric, garam masala, cumin, coriander, and chili powder.
3. Add diced tomatoes and coconut milk, and bring to a simmer. Let cook for 10 minutes until the sauce thickens.
4. Return chicken to the skillet and simmer for an additional 10 minutes until cooked through. Season with salt and pepper.
5. Garnish with fresh cilantro and serve over quinoa or cauliflower rice.

## BAKED CHICKEN WITH ARTICHOKES AND OLIVES

### Ingredients:

- 1 lb chicken thighs
- 1 cup artichoke hearts, halved
- 1/2 cup kalamata olives
- 1/2 cup cherry tomatoes, halved
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 clove garlic, minced
- Juice of 1 lemon
- Sea salt and pepper to taste

### Instructions:

1. Preheat oven to 375°F (190°C). Place chicken thighs in a baking dish.
2. Toss artichokes, olives, tomatoes, olive oil, oregano, garlic, lemon juice, salt, and pepper in a bowl.
3. Pour the mixture over the chicken and bake for 30-35 minutes until chicken is cooked through. Serve with a side of roasted vegetables or quinoa.

## TUNA AND WHITE BEAN SALAD

### Ingredients:

- 1 can (5 oz) tuna in olive oil, drained
- 1 can (15 oz) white beans, rinsed and drained
- 1/4 cup red onion, diced
- 1/2 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1/2 tsp dried oregano
- Sea salt and pepper to taste

### Instructions:

1. In a large bowl, combine tuna, white beans, red onion, and tomatoes.
2. In a small bowl, whisk olive oil, red wine vinegar, mustard, oregano, salt, and pepper.
3. Pour the dressing over the tuna mixture and toss gently to combine.
4. Serve on a bed of mixed greens or enjoy on its own.



## GRILLED SEA BASS WITH TAHINI SAUCE

### Ingredients:

- 4 sea bass fillets
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground turmeric
- Juice of 1/2 lemon
- Sea salt and pepper to taste

Tahini Sauce:

- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 clove garlic, minced
- 2 tbsp water (to thin)

### Instructions:

1. Mix olive oil, cumin, coriander, turmeric, lemon juice, salt, and pepper. Rub over the sea bass fillets and marinate for 15 minutes.
2. Grill or pan-sear fillets for 3-4 minutes per side until flaky.
3. Mix tahini, lemon juice, garlic, and water to make the sauce. Drizzle over the fish before serving.

## TURKEY AND CAULIFLOWER SHEPHERD'S PIE

### Ingredients:

- 1 lb ground turkey
- 1 cup diced carrots
- 1 cup diced celery
- 1 small onion, diced
- 2 cups steamed and mashed cauliflower
- 1 cup chopped kale
- 1 tbsp olive oil
- 1 tsp dried thyme
- 1/2 tsp garlic powder
- Sea salt and pepper to taste

### Instructions:

1. Preheat oven to 375°F (190°C). Heat olive oil in a skillet and sauté onion, carrots, and celery until softened. Add ground turkey and cook until browned.
2. Stir in thyme, garlic powder, salt, and pepper. Add kale and cook until wilted.
3. Transfer the mixture to a greased baking dish. Spread mashed cauliflower evenly on top.
4. Bake for 20-25 minutes until golden and bubbling. Serve warm.

## TURKEY AND BLACK BEAN CHILI

### Ingredients:

- 1 lb ground turkey
- 1 cup cooked black beans
- 1 cup diced tomatoes
- 1/2 cup diced bell peppers
- 1 small onion, diced
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp chili powder
- 1/4 tsp ground cinnamon
- Sea salt and pepper to taste

### Instructions:

1. Heat olive oil in a pot over medium heat. Cook ground turkey until browned. Remove and set aside.
2. In the same pot, sauté onion and bell peppers until softened. Add cumin, smoked paprika, chili powder, and cinnamon. Cook for 1 minute.
3. Stir in tomatoes, black beans, and cooked turkey. Simmer for 15-20 minutes.
4. Season with salt and pepper and serve with a side of avocado slices.

## CHICKEN AND BROCCOLI CASSEROLE WITH ALMOND CRUST

### Ingredients:

- 1 lb cooked chicken breast, shredded
- 2 cups steamed broccoli florets
- 1/2 cup unsweetened coconut milk
- 1/4 cup almond flour
- 2 tbsp nutritional yeast
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- Sea salt and pepper to taste

### Instructions:

1. Preheat oven to 375°F (190°C). Grease a casserole dish with olive oil.
2. Mix shredded chicken and steamed broccoli in the casserole dish.
3. In a bowl, whisk coconut milk, almond flour, nutritional yeast, garlic, smoked paprika, salt, and pepper. Pour over the chicken and broccoli.
4. Sprinkle a light layer of almond flour on top and bake for 20-25 minutes until golden and bubbling. Serve warm.

## CHICKEN AND BUTTERNUT SQUASH STEW

### Ingredients:

- 1 lb chicken breast, diced
- 2 cups diced butternut squash
- 1 cup diced carrots
- 1 small onion, diced
- 2 cloves garlic, minced
- 4 cups chicken broth
- 1 tbsp olive oil
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- Sea salt and pepper to taste

### Instructions:

1. Heat olive oil in a pot over medium heat. Brown chicken pieces and set aside.
2. In the same pot, sauté onion, garlic, carrots, and butternut squash for 5 minutes.
3. Add turmeric, cumin, paprika, salt, and pepper. Stir for 1 minute.
4. Return chicken to the pot and add chicken broth. Simmer for 20-25 minutes until squash is tender.
5. Serve warm with a sprinkle of fresh herbs if desired.

## CREAMY TURKEY AND WILD RICE SOUP

### Ingredients:

- 1 lb cooked turkey, shredded
- 1/2 cup wild rice
- 4 cups chicken broth
- 1 cup diced carrots
- 1 cup diced celery
- 1 small onion, diced
- 1/2 cup unsweetened coconut milk
- 1 tbsp olive oil
- 1/2 tsp dried thyme
- Sea salt and pepper to taste

### Instructions:

1. Cook wild rice according to package instructions. Set aside.
2. Heat olive oil in a large pot over medium heat. Sauté onion, carrots, and celery until softened.
3. Add turkey, chicken broth, thyme, salt, and pepper. Simmer for 10 minutes.
4. Stir in coconut milk and cooked wild rice. Simmer for another 5 minutes. Serve warm.

## THAI ALMOND CHICKEN WITH RICE NOODLES

### Ingredients:

- 1 lb chicken breast, sliced thinly
- 8 oz rice noodles
- 1/4 cup almond butter
- 1 tbsp coconut aminos
- 1 tsp grated fresh ginger
- 1 clove garlic, minced
- 1/2 cup coconut milk
- 1 cup shredded carrots
- 1/2 cup bean sprouts
- 2 tbsp fresh cilantro, chopped
- 1 tbsp olive oil
- Juice of 1 lime

### Instructions:

1. Cook rice noodles according to package instructions and set aside.
2. Heat olive oil in a skillet over medium heat. Cook chicken until browned and fully cooked.
3. In a bowl, whisk almond butter, coconut aminos, ginger, garlic, coconut milk, and lime juice.
4. Add shredded carrots and bean sprouts to the skillet with the chicken. Pour in the sauce and toss to coat.
5. Combine chicken mixture with rice noodles. Garnish with cilantro and serve.

## TUNA NOODLE CASSEROLE

### Ingredients:

- 1 can (5 oz) wild-caught tuna, drained
- 8 oz chickpea noodles
- 1 cup unsweetened coconut milk
- 1/4 cup almond flour
- 1/4 cup peas (optional)
- 1/2 cup diced mushrooms
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 tsp dried parsley
- Sea salt and pepper to taste

### Instructions:

1. Preheat oven to 375°F (190°C). Cook chickpea noodles according to package instructions and set aside.
2. Heat olive oil in a skillet and sauté garlic and mushrooms until softened.
3. In a bowl, mix tuna, coconut milk, almond flour, peas (if using), parsley, salt, and pepper. Stir in cooked noodles and mushrooms.
4. Pour mixture into a greased casserole dish. Bake for 20 minutes until heated through. Serve warm.



# NUTRITION WORKSHEETS



# NUTRITION GOALS

<b>START DATE:</b>	<b>DURATION:</b>	<b>END DATE:</b>
<b>START WEIGHT:</b>	<b>GOAL WEIGHT:</b>	<b>FINAL WEIGHT:</b>
<b>START BMI:</b>	<b>GOAL BMI:</b>	<b>FINAL BMI:</b>

## MOTIVATION

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## GOALS

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# WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

# WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

# WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

# WEEKLY FOOD TRACKER

WEEK OF:

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						



















# PERIOD TRACKER

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1												
2												
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## Notes

## Period Key

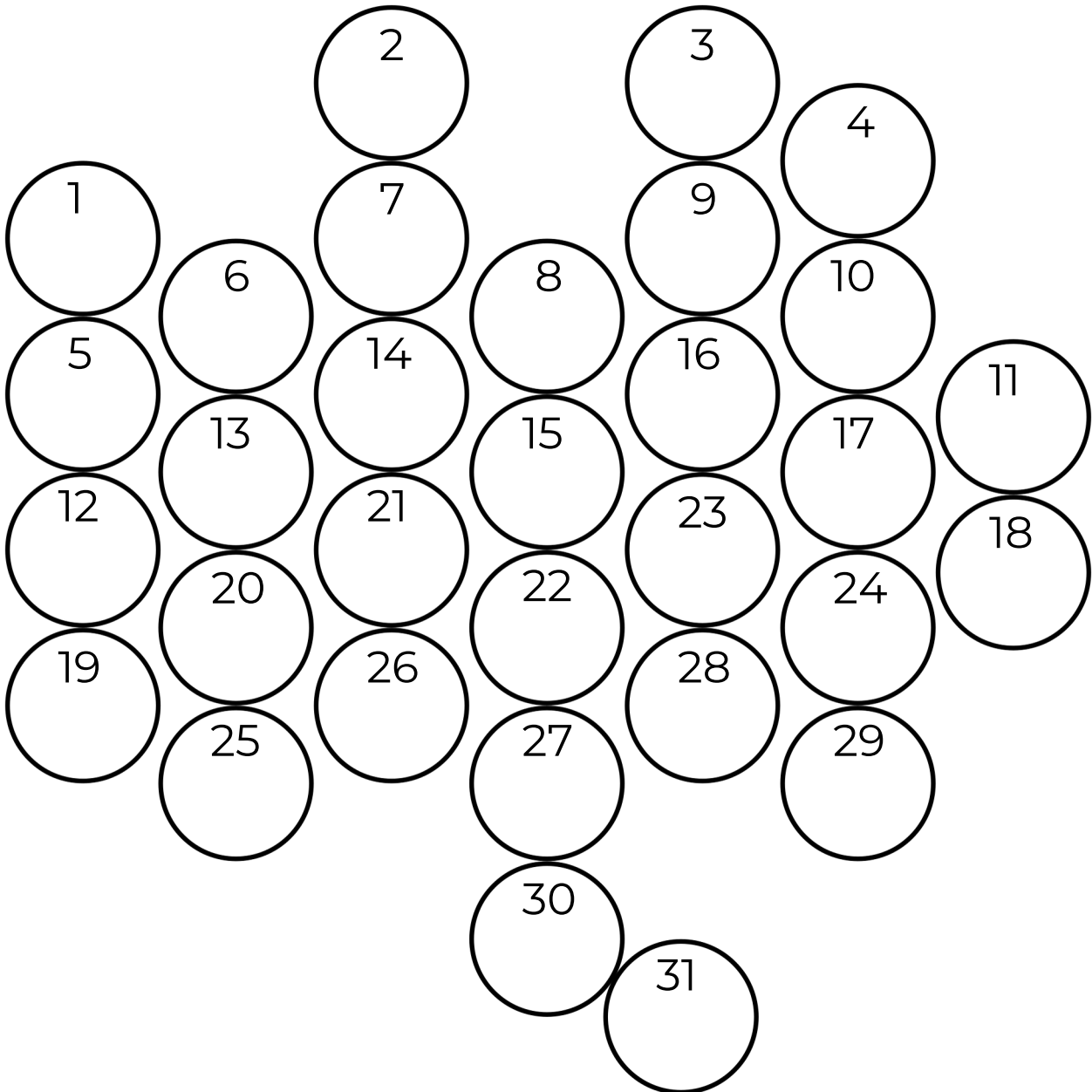

## Cycle Length

Jan		Jul	
Feb		Aug	
Mar		Sep	
Apr		Oct	
May		Nov	
Jun		Dec	



# MOOD TRACKER

Month:



Happy



Sad



Angry



Excited



Anxious





# WEEKLY MEAL PLANNER

Monday	B
	L
	D
Tuesday	B
	L
	D
Wednesday	B
	L
	D
Thursday	B
	L
	D
Friday	B
	L
	D
Saturday	B
	L
	D
Sunday	B
	L
	D

## SHOPPING LIST

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B - Breakfast      L - Lunch      D - Dinner

# GROCERY LIST PLANNER

## PRODUCE

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## MEAT

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## DAIRY

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## BEVERAGES

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## BAKERY

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## PANTRY/OTHER

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# KITCHEN CONVERSION CHART

## DRY MEASUREMENTS

CUP	TBSP	TSP	FL OZ	ML
1	16	48	8	237
3/4	12	36	6	177
2/3	10 2/3	32	5	158
1/2	8	24	4	118
1/3	5 1/3	16	3	79
1/4	4	12	2	59
1/6	2 2/3	8	1 1/3	40
1/8	2	6	1	30
1/16	1	3	1/2	15

## LIQUID MEASUREMENTS

GAL	QT	PT	CUP	FL OZ
1	4	8	16	128
1/2	2	4	8	64
1/4	1	2	4	32
1/8	1/2	1	2	16
1/16	1/4	1/2	1	8
1/32	1/8	1/4	1/2	4
1/64	1/16	1/8	1/4	2

## WEIGHT MEASUREMENTS

OUNCES	GRAMS	OUNCES	GRAMS
1	28	6	170
2	57	7	198
3	85	8	227
4	113	9	255
5	142	10	284

## OVEN TEMPERATURES

°F	225	250	275	300	325	350	375	400	425	450	475	500
°C	110	120	140	150	170	180	190	200	220	230	240	260





**Dr. Joseph Debé**

Debé Center for Optimal Nutrition & Functional Medicine

[www.drdebe.com](http://www.drdebe.com)