



## Meal Ideas

### Breakfast: Choose 1

Pork sausage patties with sautéed greens  
Rutabaga hash with 10 raspberries  
Morning smoothie with intestinal repair powder

Coconut cereal with coconut milk  
Coconut yogurt (Cocoyo), seed cereal, and berries  
Breakfast hash with ground meat, greens, and rutabaga

### Snack: Choose 2

¼ cup mixed berries  
Veggie crudité (cucumbers, carrots)  
Olive packs (1)  
Beef/pork jerky  
Ham cubes with berries and cucumber  
Bare Fruit Chips (limit)  
Dang Coconut Chips (limit)

Small smoothie with intestinal repair powder  
Pork rinds or pork clouds (1 serving size) (limit)  
Epic bar (1)  
Cassava chips (1 serving size) (limit)  
Cucumber slices and deli meat  
Cucumbers with eggplant dip  
Rutabaga chips with eggplant diet

### Lunch: Choose 1

Lettuce wraps: deli meat, tuna salad, mixed veggies  
Cobb salad with cubed ham, cucumber, and bacon  
Kale carrot salad  
Buddha Bowl: bowl with veggies, carbs, and protein  
Broth with a side of cooked veggies  
Carrot soup  
Zuppa Toscana

Eggroll soup  
Cabbage soup  
Mediterranean tuna salad (tuna with olives and tomatoes)  
Taco salad (ground beef, tomatoes, lettuce)  
Asian lettuce wraps  
Leftovers from the night before (i.e. salad with protein)  
Vegetable soup  
Mason jar salad

## Meal Ideas

### Dinner: Choose 1

Roasted spaghetti squash

Beef fajitas with tomato/cucumber salsa

Pulled pork tacos (lettuce wraps or almond Siete tortillas)

Beef stir fry

Fish en papillote

Pork chops with cabbage steaks and salad

Broth with a side of cooked veggies

Maple Dijon pork chops

Swordfish or white fish with pineapple salsa

Steak kabobs

Steak with cabbage steak and roasted carrots

Beef taco salad or tacos

Asian stir fry with sliced pork

Pot roast with carrots, celeriac, and rutabaga

Roasted pork tenderloin with carrot fries

Bacon beef burgers

Fish tacos

Mediterranean fish and baked veggies

Grilled fish with chickpea salad

Low FODMAP chili

### Side Dishes: Choose 1-2

Asian slaw with cabbage and coconut aminos

Roasted Brussels sprouts (2-4)

Side salad: lettuce, cucumber, carrots

Roasted rutabaga fries

Rutabaga mash (faux-tatoes)

Carrot fries

Roasted eggplant

Massaged kale or sautéed kale

Cabbage steaks

Roasted root vegetables

Rutabaga rice

Roasted acorn squash

Green beans (10)

Lentils

Maple glazed carrots

Fresh cucumber and tomato salad with salt and pepper

### Dessert: Choose 1\*

¼ cup fresh mixed berries

Berries with coconut cream

Baked butternut squash with cinnamon and honey

Cocoyo yogurt with berries

\*Limit