KETTLE & FIRE PRESENTS

LEAKY GUT DIET PLAN

5-DAY MEAL PLAN TO KICKSTART HEALING LEAKY GUT







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INTRODUCTION

The gut is the foundation of your health, and when it begins to crumble everything else goes down with it.

Hippocrates said thousands of years ago "all health and disease begins in the gut." We agree. Yet an estimated 80% of the population has leaky gut syndrome. With a proven link between the gut and its effects on skin, our immune system, and brain, it's no wonder we're taking more sick days, racking up medical bills, and feeling terrible on a regular basis.

Whether you're struggling with bloating, acid reflux, acne, eczema, depression, anxiety, or an autoimmune condition, we believe there is a solution — and it all begins with healing your gut. You can think of this leaky gut diet plan as a way to start rebuilding the foundation of your health.

We believe there's simply no better medicine for healing leaky gut than what goes on your plate. But we also believe you shouldn't have to compromise the flavour or enjoyment of your meals. With this in mind, we've created a 5-day leaky gut diet plan for you with recipes that are simple, satisfying, delicious, and packed with nutrients to support the gut-healing process.

In order to kickoff your gut-healing journey in the easiest way possible, we've also made a grocery list and meal prep schedule to go along with this plan. After all, stress is a no-go for gut health, so we definitely want to take as much off your "plate" as possible. (And trust us, it only gets easier from here!)

Let's get to the plan!

Note: If you're learning about leaky gut for the first time, here's what you need to know before starting the leaky gut diet plan.

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Diet changes are just the first step. Enroll in our Healing Leaky Gut Course to get the full protocol and hands-on guidance. Use code LEAKYGUT15 for 15% off.

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DO NOT SKIP YOUR MORNING BONE BROTH!



LEAKY GUT FOODS to avoid and to eat

When it comes to healing leaky gut, you must go straight to the source — your diet. What you eat is the biggest factor that causes leaky gut in the first place. The leaky gut diet plan isn't overly restrictive, but it does require you to avoid four specific foods.

4 MOST IMPORTANT FOODS TO AVOID FOR LEAKY GUT

1. Gluten

Gluten is a protein found in grains such as wheat, spelt, rye, barley, oats, and kamut. Gluten also can be found in several condiments, sauces, and many other processed and packaged food.

You can think of gluten as the "glue" that holds dough and bread together. The elasticity of pizza dough, or the stretchiness of bread when you pull it apart — that's the work of gluten.

The reason we recommend avoiding gluten at all costs when it comes to healing your gut is that it triggers your body to produce a protein called zonulin. When overproduced, zonulin has been shown to break apart the tight junctions in your digestive tract, which is exactly how leaky gut is caused in the first place.

2. Grains

Not all grains have gluten, right? Correct.

However, even gluten-free grains, such as brown rice, can wreak havoc on your gastrointestinal (GI) tract. This is because grains have a protective coating called phytic acid, which makes it difficult for your body to break down and digest the grains. When a food isn't properly digested, it can cause intestinal inflammation, which makes your gut-healing process a whole lot harder (and probably close to impossible).

There's one exception to the no-grain rule, which is quinoa. Quinoa is more of a seed than a grain, so you'll see that it's included in a few recipes within this meal plan.

3. Refined Sugar

Refined sugars, such as table sugar, brown sugar, or high fructose corn syrup, are proinflammatory and can seriously damage the intestinal lining, which is one way they can contribute to leaky gut.

Processed sugars also feed yeast and other types of opportunistic bacteria that exist within the GI tract. These bacteria are considered "bad" when they overgrow because they can deplete and outnumber the amount of beneficial bacteria in your GI tract. The beneficial bacteria are the little critters that keep your gut squeaky clean and healthy, and prevent inflammation from happening.

An overgrowth of bad bacteria (also known as gut dysbiosis) not only causes leaky gut, but can cause chronic digestive conditions, such as candida and SIBO, which can be extremely difficult to get rid of, and are commonly seen with leaky gut.

Since refined sugar goes by over fifty different names, it's a good idea to take a peek at this list so you know what to look for when reading food labels.

Don't worry, we're not leaving you high and dry without any sweetness in your life. You can eat small amounts of natural sweeteners during the leaky gut diet plan, such as low-sugar fruits and green leaf stevia.

However, you should avoid no-calorie artificial sweeteners because research shows they may also cause changes to beneficial gut bacteria.

4. ReFined Vegetable Oils

Refined vegetable oils, such as safflower, sunflower, canola, peanut, and soybean oil, are often treated with chemicals and have a high omega 6 ratio (a pro-inflammatory fatty acid when consumed in excess), which can damage the intestinal lining.

Instead, choose unrefined fats to cook with on medium-low heat, such as coconut oil, grass-fed butter, tallow, extra virgin olive oil, or ghee. Since most restaurants and take-away food joints use these heavily processed, low-grade oils, it's even more important to prepare your own meals at home.

Alright, now that we've got the worst leaky gut foods out of the way, here's the abundance of foods we encourage you to eat to heal your gut.



FOOD LIST



OMEGA 3 EFAS / PROTEINS (to reduce inflammation)

- Grass-fed or organic meats (beef, bison, elk, chicken, rabbit, goat, lamb)
- Bone broth
- Wild fish
- Pasture raised eggs and egg yolks
- Fish oil
- Hemp (seeds and oil)
- · Chia seeds (ground)
- Flaxseed (ground seeds and oil)
- Anchovies
- Mackerel
- Walnuts

OTHER HEALTHY ANTI-INFLAMMATORY FATS

- Avocado
- Unrefined avocado oil
- Unrefined olive oil
- Olives
- Unrefined coconut oil
- Coconut meat
- Ghee (clarified butter)
- Grass-fed butter

EAT OFTEN

LIGHTLY STEAMED OR COOKED NON-STARCHY VEGETABLES

(easy on digestion and anti-inflammatory — fiber also feeds healthy gut bacteria)

- Leafy greens (dandelion, spinach, chard, watercress, kale, escarole, endive)
- Broccoli
- Cauliflower
- Artichoke
- Asparagus
- Cabbage
- Cucumber
- Mushrooms
- Sprouts
- Celery
- Radish
- Brussels sprouts
- Zucchini

SPICES AND HERBS

(to reduce inflammation and soothe the GI tract)

- Ginger
- Turmeric
- Marshmallow root tea
- · Licorice root tea (DGL)
- Peppermint
- Dandelion root tea

HELPFUL SUPPLEMENTS

- Probiotic capsules
- Collagen peptides
- Gelatin powder
- L-glutamine
- Quercetin
- Marshmallow root capsules
- Licorice root capsules or chewable tables (DGL)
- Resistant starch (raw green banana flour, inulin, trehalose, non-gmo potato starch)*

* May trigger digestive symptoms such as gas, cramping or bloating if eaten in large amounts, or if you're already prone to digestive symptoms

PROBIOTIC FOODS

(to increase healthy gut bacteria)

- Coconut milk yogurt
- Coconut milk kefir
- Almond yogurt
- Sauerkraut
- Kimchi
- Beet kvass

LEAKY GUT DIET FOOD LIST







STARCHY VEGETABLES

(fiber helps remove toxins in the GI tract, but excess carbs can further damage the gut lining)

- Sweet potatoes
- Yams
- Beets
- Carrots
- Squash
- Parsnips
- Pumpkin
- Turnips

NATURAL SWEETENERS

(in very small amounts because any kind of sugar feeds candida, which worsens leaky gut)

- Raw honey
- Coconut nectar
- Green leaf stevia
- Monk fruit sweetener
- Pure maple syrup
- Applesauce
- Poached apples and pears (steamed fruit is easier on digestion)







FOODS THAT DAMAGE THE GUT LINING

- Legumes (including peanuts)
- Dairy products (milk, dairy yogurt, cheese, whey)
- Grains
- Gluten
- Refined sugar
- Unfermented soy products
- Alcohol
- Artificial sweeteners (sucralose, aspartame)
- Packaged, boxed, and processed foods

- Refined vegetable oils (canola, peanut, soy, corn, safflower, sunflower)
- Deli meats and non-organic meats
- Nightshade vegetables*

* Nightshade vegetables such as eggplant, bell peppers, potatoes, and tomatoes may promote inflammation, especially for those with autoimmune conditions, which are commonly seen with leaky gut.

TIPS FOR SUCCESS

We have a few suggestions to help you get the most out of this 5-day leaky gut diet plan.

1. Follow the meal prep schedule

Planning ahead is the key to success when it comes to healing leaky gut. Following the meal prep schedule will keep you on track without causing you to worry about what you have on hand, or what you need to prepare.

We recommend beginning the leaky gut diet plan after you've completed the main meal prep day, so that you have nearly everything you need for the next 5 days.

2. Heat your leFtovers thoroughly

To save you time in the kitchen, you'll be having leftovers for lunch on a couple of the meal plan days. Please be sure to heat your leftovers on the stovetop thoroughly (if applicable) to kill any harmful bacteria, which your gut is especially sensitive to right now.

3. Chew your Food thoroughly

One thing that can attract "bad" bacteria in your system is the remains of undigested food in your GI tract. This is why chewing your food thoroughly is not only important for proper digestion and nutrient absorption, but for general gut health. (We suggest chewing up to 30 times before swallowing). Also, if you often experience gas or bloating after meals, you may notice a difference in your symptoms just by chewing your food for a bit longer than you normally do.

4. Join the Kettle and Fire Bone Broth Sippers Facebook Group



Fire us your questions here, and connect with others who are also on a gut-healing journey.

5. Do not skip your morning bone broth

When you take a look at the meal plan, you'll notice every morning begins with a mug of bone broth. We don't care how you drink it — warm, cold, plain, or seasoned — as long as you have at least one cup each morning.

The reason this is so important is because bone broth contains collagen and gelatin, two proteins that help heal and seal the holes in the gut lining that cause leaky gut. Bone broth is one of the only dietary sources of type II collagen, and is extremely easy for your body to use and absorb right away. Read: bone broth is a weakened digestive tract's BFF.



(PS: if you think coffee gives you an energy boost in the morning, just wait until you start replacing your coffee for bone broth. Caffeine's got nothin' on the bioavailable energizing vitamins and minerals in bone broth that go straight to your cells).

5-DAY LEAKY GUT DIET PLAN

Here's what your meal plan will look like for the next 5 days, with the recipes and snack ideas to follow.

| TIME | DAY 1 | DAY 2 | DAY 3 | DAY4 | DAY5 |
|-----------|----------------------------------|-----------------------------------|----------------------------|----------------------------------|---|
| AM | l cup organic | l cup organic | l cup organic | l cup organic | l cup organic |
| | bone broth | bone broth | bone broth | bone broth | bone broth |
| BREAKFAST | Blueberry Coconut | Green Bone | Berry Bone | Quinoa Breakfast | Berry Vanilla |
| | Overnight "Oats" | Broth Smoothie | Broth Smoothie | Buddha Bowl | Chia Pudding |
| LUNCH | Arugula and Root Veggie Salad | 5 Minute Chicken Lettuce Wraps | Leftover Poached Salmon | Arugula and Root Veggie Salad | Kitchen Sink Salad (use up your leftovers!) |
| DINNER | 5 Minute Chicken | Poached | Easy Veggie | Leftover Easy | Kale Cashew |
| | Lettuce Wraps | Salmon | Curry | Veggie Curry | Ginger Stir-fry |
| SNACKS | Choose from Snack | Choose from Snack | Choose from Snack | Choose from Snack | Choose from Snack |
| OPTIONAL | Recipe Section | Recipe Section | Recipe Section | Recipe Section | Recipe Section |



AM ROUTINE:

l Cup Organic Bone Broth BREAKFAST:

Blueberry Coconut Overnight "Oats"

LUNCH:

Arugula and Roasted Root Veggie Salad

(with Lemon Tahini Dressing)

DINNER:

5-Minute Chicken Lettuce Wraps

SNACK:

Optional — Choose from Snack Section



BLUEBERRY COCONUT OVERNIGHT "OATS" (Makes 1 serving)

These overnight "oats" are full of gut-healing fats, anti-inflammatory amino acids, and (most importantly) flavor. Although these are grain-free, you won't even notice the oats are missing.

INGREDIENTS:

- 3 tablespoons hemp hearts
- 1 tablespoon walnuts, roughly chopped
- 1 teaspoon chia seeds
- ½ teaspoon ground cinnamon
- 3 tablespoons full-fat coconut milk
- 1 teaspoon pure vanilla extract
- 10 blueberries, for garnish



BLUEBERRY COCONUT OVERNIGHT "OATS" (Makes 1 serving)

INSTRUCTIONS:

- 1. In a 12 ounce mason jar, mix all ingredients (except berries) with a spoon until thoroughly combined.
- 2. Place in the refrigerator overnight, or for a minimum of 4 hours.
- 3. Garnish with blueberries when ready to eat, and enjoy.



ARUGULA AND ROASTED ROOT VEGGIE SALAD WITH LEMON TAHINI DRESSING

(Makes 2 servings)

INGREDIENTS FOR THE SALAD:

- 1 medium sweet potato, peeled and diced
- 1 parsnip, peeled and diced
- 1 carrot, peeled and diced
- 2 beets, peeled and diced
- 1-2 tablespoons extra virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1 cup arugula, rinsed
- ½ cup cooked quinoa



ARUGULA AND ROASTED ROOT VEGGIE SALAD WITH LEMON TAHINI DRESSING

(Makes 2 servings)

INGREDIENTS FOR THE DRESSING:

- ¼ cup tahini
- 1⁄2 lemon, juiced
- Freshly ground black pepper, to taste
- Himalayan sea salt
- 1-2 teaspoons hot water (optional)



ARUGULA AND ROASTED ROOT VEGGIE SALAD WITH LEMON TAHINI DRESSING

(Makes 2 servings)

INSTRUCTIONS:

- Heat oven to 400°F. Place sweet potato, parsnip, carrot and beets on a sheet pan and drizzle with the oil. Add salt and pepper and toss until well coated. Place the sheet pan in the oven and bake until the veggies are tender, 35 to 40 minutes.
- 2. Place half of the arugula on a plate and mix with half of the quinoa.
- 3. Top with about half of the roasted root veggies.
- 4. Place all of the lemon tahini dressing ingredients in blender and blend until smooth.
- 5. Pour half of the lemon tahini dressing on top of salad and enjoy.

Note: This salad makes 2 servings. Put one serving aside for another day.



5-MINUTE CHICKEN LETTUCE WRAPS (Makes 2 servings)

Lettuce wraps are underrated when it comes to quick and easy lunches. The satisfying crunch of the lettuce, and stuffing them with (pretty much) anything you want — it doesn't get much better than that.

INGREDIENTS:

- 2 roasted chicken breasts, diced
- 1 tablespoon coconut aminos (or 2 teaspoons
- low-sodium, wheat-free tamari)
- 1-2 avocados, sliced
- 1 large zucchini, grated
- 2 carrots, grated
- 2 heads butter lettuce



5-MINUTE CHICKEN LETTUCE WRAPS (Makes 2 servings)

Zucchini and carrots are our veggies of choice for these wraps, but feel free to add any other vegetable you have on hand — just make sure the ingredients are leaky gut friendly.

INSTRUCTIONS:

- 1. In a bowl, add the chicken and coconut aminos and toss to combine.
- 2. Tear apart lettuce leaves and fill with chicken, zucchini, carrot and avocado. Wrap up and enjoy.

Note: This recipe makes 2 servings. Put one serving aside for tomorrow.



AM ROUTINE:

l Cup Organic Bone Broth BREAKFAST:

Green Bone Broth Smoothie

LUNCH:

Leftover Chicken Lettuce Wraps

DINNER:

Poached Salmon

SNACK: Optional — Choose from Snack Section



GREEN BONE BROTH SMOOTHIE (Makes 1 serving)

If you've never had bone broth in a smoothie before, get ready to discover your new favorite way to sip it! The nutrition in this green smoothie is instantly upgraded with the addition of collagen, gelatin, and anti-inflammatory compounds such as glucosamine — all thanks to the slow simmered bones from the broth.

INGREDIENTS:

- 3-4 bone broth ice cubes (made with Kettle and
- Fire Beef Bone Broth)
- 1 cup spinach, rinsed
- 1 banana, peeled and sliced
- 1 green apple, cored and sliced
- 1/2 cup water



GREEN BONE BROTH SMOOTHIE (Makes 1 serving)

Before you make this smoothie, we recommend making a batch of bone broth ice cubes first, simply by freezing beef bone broth in an ice cube tray. In fact, it's a good idea to keep your freezer stocked with bone broth ice cubes at all times so that you always have a convenient way to add bone broth to your recipes.

INSTRUCTIONS:

- 1. Make bone broth ice cubes the night prior by pouring Kettle and Fire Beef Bone Broth into ice tray.
- 2. Place the spinach, banana, apple, and water in a blender. Add 3 to 4 beef bone broth ice cubes.
- 3. Blend on high speed for 30 to 45 seconds, or until smooth. Pour into a glass and enjoy!



POACHED SALMON IN COCONUT MILK (Makes 2 servings)

Wild salmon provides a ton of nutritional value with omega 3 fatty acids and vitamin D, which are two essential nutrients for reducing intestinal inflammation and repairing leaky gut. The anti-inflammatory coconut milk and ginger in this recipe add extra health benefits, as well as a delectable flavor.

Note: This recipe makes 2 servings, so remember to save half for your next lunch!

INGREDIENTS:

- 2 wild salmon fillets (about ³⁄₄ pounds), skin removed
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1 tablespoon olive oil
- 1 teaspoon fresh ginger, grated
- 1 small yellow onion, finely chopped
- 1 leek, rinsed and thinly sliced (white and light green part only)
- 1 (13.66-ounce) can coconut milk
- 1⁄2 teaspoon red chili flakes
- 1⁄2 cup Kettle & Fire Chicken Bone Broth, divided



POACHED SALMON IN COCONUT MILK

(Makes 2 servings)

INSTRUCTIONS:

- 1. Rinse salmon fillets under cold water and pat dry with paper towels. Season both sides with salt and pepper. Set aside.
- 2. In a large sauce pan over medium-high heat, warm olive oil. Place gin ger, yellow onion, and leek in the pan. Cook until fragrant, 1 to 2 minutes.
- 3. Add ½ teaspoon salt, coconut milk, red chili flakes, and the chicken bone broth. Bring to a simmer over medium heat and cook 5 minutes.
- Nestle salmon fillets in the coconut mixture, lower the heat, and cover, simmering gently, until the fish is opaque and separates easily, 8 to 10 minutes.
- 5. Spoon into bowls and enjoy.

DAY THREE on the menu

AM ROUTINE:

l Cup Organic Bone Broth BREAKFAST:

Mixed Berry Bone Broth Smoothie

LUNCH:

Leftover Poached Salmon (Served on Bed of Greens)

DINNER:

Easy Veggie Curry Over Quinoa

SNACK:

Optional — Choose from Snack Section



MIXED BERRY BONE BROTH SMOOTHIE (Makes 1 serving)

This bone broth smoothie recipe combines broth with the sweet flavors of fruit, so you'll barely notice it's there. To get a great bone broth smoothie texture, we suggest you make bone broth ice cubes the night before making your smoothie.

INGREDIENTS:

- 3-4 bone broth ice cubes
- 1 cup mixed berries, rinsed
- 1 banana, peeled and sliced
- ¼ cup flaxseeds
- ½ cup water



MIXED BERRY BONE BROTH SMOOTHIE (Makes 1 serving)

This recipe wouldn't be complete without the addition of gut-supportive healthy fats. Flaxseed is our fat of choice in this recipe, but you can also use chia, avocado, or coconut meat.

INSTRUCTIONS:

- 1. Make bone broth ice cubes the night prior by pouring Kettle and Fire Chicken Bone Broth into an ice tray and freezing it.
- Place the mixed berries, banana, flax seeds, and water in a blender. Add 3-4 chicken bone broth ice cubes. Blend until smooth.
- 3. Pour into a glass and enjoy!



VEGGIE CURRY OVER QUINOA (Makes 2 servings)

It's hard to think of a more delicious way to heal your gut than by eating a nourishing, aromatic curry. This veggie curry is full of anti-inflammatory ingredients and spices, such as coconut milk, ginger, and garlic. The quinoa adds protein and substance.

INGREDIENTS:

- 1 tablespoon coconut oil
- 1 garlic clove, minced
- 1 inch piece ginger
- 1 green onion, finely chopped
- ¼ cup beef bone broth
- 2 medium zucchini, chopped
- 2 small sweet potatoes, peeled and cubed
- 1 (13.66-ounce) can light coconut milk
- 2 tablespoons garam masala
- 1 pinch sea salt
- 1 pinch freshly ground black pepper
- 2 tablespoons chopped parsley
- ¾ cup cooked quinoa



VEGGIE CURRY OVER QUINOA

(Makes 2 servings)

INSTRUCTIONS:

- 1. In a saucepan over medium heat, melt coconut oil. Add garlic, ginger and green onion and cook until onion is soft and translucent, about 5 minutes.
- 2. Add bone broth, zucchini, and sweet potato to the pot with the onions. Cook, stirring occasionally, until the vegetables are tender, about 25 minutes.
- 3. Meanwhile, in a separate small saucepan over low heat, warm coconut milk and garam masala, salt, and pepper. Cook, stirring frequently, until fragrant, about 15 minutes.
- 4. Add the spiced coconut milk to the pot with the vegetables. Add parsley, and stir to combine.
- 5. Turn the heat to low, cover, and simmer for about 10 minutes longer. Remove from heat and discard the piece of ginger.
- 6. Place quinoa on a plate and top with curry. Garnish with extra parsley or cilantro and enjoy!



AM ROUTINE:

l Cup Organic Bone Broth BREAKFAST:

Quinoa Breakfast Buddha Bowl

LUNCH:

Leftover Arugula and Root Veggie Salad

DINNER:

Leftover Easy Veggie Curry

SNACK:

Optional — Choose from Snack Section

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QUINOA BUDDHA BREAKFAST BOWL (Makes 1 serving)

A typical Buddha bowl is full of colorful veggies, brown rice, and some kind of yummy sauce — but we've turned this buddha bowl into it's breakfast equivalent, and replaced veggies with berries, rice with quinoa, and spiced it up with some cinnamon, vanilla, mint, and almond milk to create a dreamy, aromatic flavor.

INGREDIENTS:

- 1 cup warm or cold quinoa
- 2 tablespoon hemp hearts
- 1 teaspoon pure vanilla extract (alcohol-free)
- 1 teaspoon ground cinnamon
- 1 teaspoon slivered almonds
- A fresh mint leaf, for garnish (optional)
- ¾ cup fresh or frozen berries
- 1/2 cup unsweetened coconut or almond milk



QUINOA BUDDHA BREAKFAST BOWL (Makes 1 serving)

You can make this quinoa breakfast bowl with warm or cold quinoa — it tastes great either way.

INSTRUCTIONS:

- 1. Combine all ingredients in bowl except mint, berries, and nut milk.
- 2. Pour nut milk over ingredients, garnish with mint and berries. Enjoy!



AM ROUTINE:

l Cup Organic Bone Broth BREAKFAST:

Berry Vanilla Chia Pudding

LUNCH:

Kitchen Sink Salad (Use Up Your Leftovers)

DINNER:

Kale Cashew Ginger Stir Fry

SNACK:

Optional — Choose from Snack Section


BERRY VANILLA CHIA PUDDING (Makes 1 serving)

Soaked chia seeds provide your body with an abundance of omega 3 essential fatty acids, which help reduce gut inflammation. And not only are they nutritious, but they're also extremely versatile, which means you can jazz them up with any flavor you're in the mood for. We decided to go for a berry vanilla combination, which makes a refreshing breakfast.

- ¼ cup chia seeds
- 1 cup light coconut milk
- 1 teaspoon pure vanilla extract
- 1 tablespoon shredded coconut
- 10 fresh or frozen berries of your choice
- Fresh mint leaf for garnish (optional)



BERRY VANILLA CHIA PUDDING (Makes 1 serving)

Chia pudding also makes the perfect grab and go snack, so feel free to prepare a few of these at a time, so you have them on hand during the week.

INSTRUCTIONS:

- 1. In a glass mason jar or cup, combine chia seeds, coconut milk, vanilla extract and shredded coconut.
- 2. Let sit in refrigerator overnight, or for a minimum of 6 hours.
- 3. Top with berries and mint and enjoy!



KITCHEN SINK SALAD (Makes 2 servings)

The easiest way to use up all of your produce before it goes bad is to make a kitchen sink salad. Simply add a handful or two of your favorite greens to a plate, and top with whatever leftover veggies or other ingredients (such as quinoa, avocado, or chicken breast) that you have in the fridge that you didn't use during the week. This is why it's one of the last meals on the leaky gut diet plan.

- 1-2 cups greens of choice (arugula, romaine, spinach, watercress, baby kale)
- Any herbs, protein, or produce you have on hand, such as baked veggies, chicken breast, nuts, seeds, avocado, etc.
- 1 tablespoon extra virgin olive oil
- 2 teaspoons balsamic vinegar
- Kosher salt
- Freshly ground black pepper



KITCHEN SINK SALAD

(Makes 2 servings)

INSTRUCTIONS:

- 1. Wash and chop your veggies, as needed.
- 2. Add herbs, nuts, seeds, and protein sources.
- 3. Whisk together olive oil, balsamic vinegar, salt and pepper.
- 4. Toss the dressing with veggies and enjoy!



KALE CASHEW GINGER STIR FRY (Makes 2 servings)

This stir fry may be simple and easy to make, but doesn't skimp on flavor. The addition of bone broth adds nutritional value with anti-inflammatory, gut-healing compounds, such as glucosamine, and the beneficial proteins collagen and gelatin.

- 1 teaspoon coconut oil
- 1-inch piece ginger, minced
- 1 ½ teaspoons coconut aminos (or low sodium wheat-free tamari)
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 1 cup bean sprouts
- 1 bunch kale, chopped
- ¼ cup bone broth
- 1 ½ cups cooked quinoa
- ⅓ cup cashews



KALE CASHEW GINGER STIR FRY

(Makes 2 servings)

INSTRUCTIONS:

- 1. In a frying pan or wok over medium heat, heat coconut oil. Add ginger and cook until fragrant, about 1 minute.
- 2. Add coconut aminos, carrots and celery, and saute until tender, 4 to 6 minutes.
- 3. Add bean sprouts and cook for another minute.
- 4. Add kale and bone broth and cook until tender and wilted, 1 to 2 minutes.
- 5. Serve on top of quinoa and top with cashews.



RASPBERRY BONE BROTH COLLAGEN GUMMIES

Having gut-healing treats on hand (that you actually look forward to eating) makes it easier to stay on track with a gut-supportive diet without feeling deprived. Not only do these collagen gummies taste amazing and help heal leaky gut, but they can also help improve your skin, hair, and nails. A win-win all around.

- ²/₃ cup Kettle & Fire Chicken Bone Broth
- 3 ¹/₃ tablespoons grass-fed gelatin powder
- 2 tablespoons honey
- 1 cup frozen raspberries
- 1⁄2 cup lemon juice



RASPBERRY BONE BROTH COLLAGEN GUMMIES

INSTRUCTIONS:

- 1. In a small pot over low heat, warm bone broth with gelatin powder, stirring. Once gelatin has melted and has a smooth consistency, add honey.
- 2. In a blender, add frozen raspberries and lemon juice. Blend on high until fully combined. It should have a smoothie-like texture.
- 3. Add raspberry and lemon mixture to the pot with bone broth and mix well over low heat.
- 4. Remove pot from the stove and pour the mixture into small silicone molds. (Pro tip: use a turkey baster to leave less of a mess.)
- 5. Move silicone molds to the refrigerator and let sit for 20 minutes, or until firm. Remove the gummies from the silicone molds and enjoy.

Note: You can store these gummies in an airtight container, such as a mason jar, and keep refrigerated for up to 2 weeks.



CACAO AND CASHEW FAT BOMBS (Makes 10 servings)

These little bundles of joy are so rich in antioxidants and healthy fats that they're only considered a treat because they taste so good. With a truffle-like texture and perfect amount of crunch, these fat bombs are about to become a favorite in your gut-healing treat stash. Since they're so filling and nutrient dense, you only need one fat bomb to keep you going all afternoon.

- 1 cup coconut oil
- 1 cup almond butter
- ¼ cup almond flour
- ½ cup raw cacao powder
- 1 cup raw cashews

SNACKS (OPTIONAL)

CACAO AND CASHEW FAT BOMBS (Makes 10 servings)

INSTRUCTIONS:

- 1. In a non-stick medium saucepan over medium heat, warm coconut oil and almond butter, stirring often, until combined.
- 2. Pour into a bowl and add coconut flour and cacao powder.
- 3. Place bowl in the freezer for about 15 minutes until mixture cools and is solid.
- 4. While the mixture is cooling, place the cashews in a food processor and pulse lightly for a chopped texture.
- 5. Once the coconut mixture has solidified, take 1 tablespoon of the mixture from the bowl, roll into a ball, and dip in the blended cashews. Place fat bombs on a plate. Repeat until you have used all of the mixture.
- 6. Refrigerate the fat bombs for 5 minutes.
- 7. Enjoy and make sure to store your leftover fat bombs in the refrigerator, otherwise they will melt quickly.

SNACKS (OPTIONAL)

GRAB 'N' GO SNACK IDEAS (No Prep Required)

- $\frac{1}{2}$ avocado with sea salt and pepper
- Almond butter and celery sticks
- Hard boiled eggs (as long as you're not sensitive to them)

GROCERY SHOPPING tips for success

- Download the grocery list to your phone, or print the grocery list on the following page (you don't have to print this whole eBook — in fact, we encourage you to save the trees and refer to this guide online) by only printing pages with the list.
- 2 Take inventory of what you have in your fridge and pantry and cross it off the list.
- Shop in bulk for ingredients such as quinoa, shredded coconut, and nuts.
- If you're going to prepare any of the snack recipes, be sure to add the ingredients to your grocery list. Since the snacks are optional and you may not want to prepare them all, we've excluded their ingredients. (However, you'll find most snacks are made from the same ingredients, anyway!)

GROCERY LIST

We've put together this grocery list based on the recipes included in the meal plan. Please note the snack recipe ingredients and ingredients for making your own homemade bone broth (if you choose to) aren't included on this list, so you may need to add them, depending on what you choose.

If you choose to make your own bone broth for this meal plan, then you can omit the Kettle & Fire Bone Broth on the grocery list.

PRODUCE (Choose organic whenever possible)

- 1 bunch kale
- 1 bunch spinach
- 1 bunch arugula
- 2 heads butter lettuce
- 2 avocados
- 2 bananas
- 1 carton blueberries, or small bag frozen blueberries
- 1 green apple
- 1 bag frozen mixed berries, or 2 cups fresh mixed berries
- 1 lemon
- 1 small yellow onion
- 1 leek

PRODUCE (Choose organic whenever possible)

- 1 garlic clove
- 2 stalks celery
- 6 carrots
- 1 parsnip
- 3 sweet potatoes
- 1 green onion
- 3 zucchinis
- 2 beets
- 1 bag bean sprouts

HEALTHY FATS

- 1 small bag hemp hearts
- 1 small bag chia seeds
- ¼ cup flaxseed
- 2 (13-ounce) cans full-fat coconut milk
- 1 carton unsweetened almond milk
- 1 cup slivered almonds
- 1 carton unsweetened light coconut milk
- 1 cup unsweetened shredded coconut
- Extra virgin olive oil
- Coconut oil
- Tahini
- 2 wild salmon fillets
- ½ cup cashews

PROTEINS

- 2 cartons Kettle & Fire Beef Bone Broth
- 1 carton Kettle & Fire Chicken Bone Broth
- 1 carton Kettle & Fire Bone Broth of your choice
- 2 chicken breasts
- 1 ½ cups dry quinoa

SPICES AND HERBS

- 1 bunch parsley
- Red chili flakes
- Coconut aminos, or wheat free tamari
- Ground cinnamon
- Pure vanilla extract (alcohol free)
- 1 bunch fresh mint
- 1 knob fresh ginger
- Garam masala
- Himalayan sea salt or pure sea salt
- Pepper

OTHER

Small grade A maple syrup

MEAL PREP SCHEDULE

There's only one major meal prep day prior to starting the meal plan, which will set you up for everything you need to have on hand during the week. This makes meals quick and easy to put together. Most of your dinners will be prepared at home in under 30 minutes. We've made dinner recipes big enough for two portions, so that you have lunch ready to go for the next day.

MAIN MEAL PREP DAY ONE:

Time Required: Approximately 1 ½ -2 hours (not including prep and simmer time for bone broth, if making)

- Overnight "Oats"
- Roasted Root Veggies
- Lemon Tahini Dressing
- Grilled Chicken Breasts
- 1 ½ cups quinoa (feel free to cook in bone broth instead of water for extra nutrients)
- Bone broth (if preparing instead of purchasing)
- Any snacks you choose

DAY TWO:

No additional prep required (lunch is leftovers from last night's dinner)

DAY THREE:

No additional prep required (lunch is using up the rest of your root veggies, and dinner is leftover veggie curry)

DAY FOUR:

Time: Approximately 3 minutes Prep Berry Vanilla Chia Pudding tonight

DAY FIVE:

No additional prep required

LEAKY GUT SUPPLEMENTS

Certain nutritional supplements can help speed up the gut-healing process, and provide relief from digestive symptoms related to leaky gut, including bloating, gas, and acid reflux. They include:

- ► Betaine HCL
- Probiotics
- L-glutamine
- Plant derived mineral supplement (we like Restore)
- Collagen peptides
- Gelatin powder
- Digestive enzymes
- Vitamin D
- Quercetin

Important note: Do not take any new supplement without consulting your healthcare practitioner first.



So, you've completed the 5-day leaky gut plan (massive kudos to you). Now what?

Our recommendation is to keep eating according to the leaky gut diet foods list for at least 1 to 2 months. We know that may seem like a long time, but this 5-day plan is intended to be the kickstart to your gut healing journey — so, don't lose the momentum!

Since the severity of leaky gut will be different for each person, it's impossible for us to tell you the exact length of time you should follow a leaky gut diet plan. However, we do suggest adopting "eating for gut health" as a lifestyle. Not only will this help heal your gut and clear up the root cause of your symptoms, but it will also prevent future health problems, as well.

Plus, once you start experiencing the benefits of having a healthy gut, such as all-day energy, healthy looking skin, fat loss, and better digestion (get ready to poop like a champ), we're willing to bet you won't want to go back to any other way of eating.

The best long-term diet for leaky gut that we've come across is the Paleo Diet. It cuts out the majority of foods that are problematic to the intestinal lining, and focuses on nutrients that promote healing, such as healthy fats, high quality proteins, plenty of vegetables, and our favorite gut-supportive food: bone broth. You can also continue using the recipes in the guide, and modifying them to suit your taste buds.

Congratulations on taking the first step to healing your body from the inside out. Again, we're here for you if you have any questions about the leaky gut diet plan, or about bone broth. Here's the link to our epic Facebook group, Bone Broth Sippers, where we love to hang out and chat about all things gut-health with you.

ENROLL IN OUR SELF-PACED HEALING LEAKY GUT COURSE!

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CHICKEN

BONE BROTH

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Diet changes are just the first step. Enroll in our Healing Leaky Gut Course to get the full protocol and hands-on guidance. Use code LEAKYGUT15 for 15% off.

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DO NOT SKIP YOUR MORNING BONE BROTH!





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