This is a great diet to start on if you have a leaky gut. With proper coaching this diet should be followed strictly for 30-90 days and then you can begin to add in some other healing foods as instructed by your health coach.

*Purchase as much of the product organically as possible. Exposure to pesticides/herbicides can be trigger an auto-immune inflammatory reaction*

This nutrition plan is a high good fat, moderate carb, moderate protein diet that eliminates nightshade veggies (potato, eggplant, tomato, bell peppers), dairy, eggs, chocolate, coffee & nuts. It also eliminates moderate to highly fermentable fruits and vegetables.

This is an extremely restrictive diet and it is used for 30-180 days for very challenging cases of small intestinal bacterial overgrowth, irritable bowel syndrome, Crohn's disease, Celiac and Ulcerative Colitis.

*If one of these foods is causing an increase in symptoms – bloating, gas, constipation, diarrhea, etc. then remove it for a while.*

*Additionally – if your health care practitioner gives you specific instructions to include or take out one or more foods for a period of time than be sure to follow*

**LOW-GLYCEMIC FRUIT**
- Granny Smith Apples
- Blackberries
- Coconuts
- Blueberries
- Lemons/Limes
- Raspberries

**VEGETABLES**
- Bok Choy
- Cabbage
- Celery
- Collard Greens
- Dill Weed
- Kale
- Parsley
- Spinach
- Broccoli
- Cauliflower
- Chard
- Collard Greens
- Dandelion
- Fennel
- Lettuce
- Radish
- Watercress

*Must Be Juiced or fully steamed*

**HEALING ROOT VEGETABLES**
- Carrots
- Rutabagas
- Radishes
- Squash

**PROTEIN**
- Beef
- Bison
- Buffalo
- Chicken
- Duck
- Lamb
- Pheasant
- Turkey
- Venison
- Wild-caught Fish such as Alaskan Sockeye Salmon
- Hypoallergenic Brown rice or pea protein
- Bone Broth from well-raised animals are Excellent!

**GOOD FATS**
- Virgin or EV Coconut Oil
- Extra Virgin Olive Oil
- Borage, Hemp or Flax Oil
- High Quality Fish Oil
- Pumpkin, flax, hemp and chia seeds
- Ghee
- Avocado

**Organic Vegetable Broths are also Excellent!**
LEAKY GUT DIET & SHOPPING GUIDE

DAIRY SUBSTITUTES
- Coconut Milk
- Coconut Yogurt or Coconut Kefir

HEALING HERBS
- Basil
- Chamomile
- Cilantro
- Lavender
- Lemon balm
- Mint
- Parsley
- Rosemary
- Sage
- Tarragon
- Bay Leaves
- Chives
- Dill
- Lemongrass
- Marjoram
- Oregano
- Peppermint
- Saffron
- Spearmint
- Thyme

SPICES & SWEETENERS
- Cinnamon
- Garlic
- Onion Powder
- Stevia
- Cloves
- Ginger
- Pink Salt
- Turmeric

*Very small amount of raw honey (no more than ½ tsp daily)

PANTRY STYLE ITEMS
- Organic raw apple cider vinegar
- Coconut flakes
- Olives
- Sardines
- Coconut flour
- Coconut butter
- Canned Salmon
- Flax Crackers

FERMENTED FOODS
- Coconut Milk Kefir or Yogurt
- Fermented Vegetables
- Kombucha
- Coconut water kefir
- Kimchi
- Sauerkraut

*Must be made without Nightshade veggies* (Capsicum, nightshades)

TEAS & OTHER DRINKS
- Pure Water
- Organic green tea
- Dandy Blend – coffee substitute
- Teecino coffee substitute
- Organic herbal teas (ginger, Pau D Arco, Nighty Night, etc)

LEAKY GUT MEAL PLAN

2 Green Juices & 2 small Smoothies/Protein Shakes Daily
Unlimited Bone Broth as a Snack/Meal
1 Small Solid Food Meal Daily as a Maximum
Soups, Stews & Bone Broths
Steamed Veggies, Meat, Oils & Herbs
Green Juices
Berry Smoothies

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