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*
### 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

*Must be made without Nightshade veggies*
- Coconut Milk Kefir or Yogurt
- Fermented vegetables
- Kombucha
- Coconut water kefir
- Kimchi
- Sauerkraut

#### Fermented Foods
- 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

### 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)
Phase I: Reset Phase

**Organic Broth:** Organic vegetable, chicken or beef broth

**Herbal Teas:** Most are great, make sure they are organic

Ginger tea, Pau D Arco, Lemon Detox, Nightly Night, Chamomile, Green Tea, etc

**Essential Oils:** Peppermint, Oregano, Lavendar, Ginger, Lemon

**Coconut Oil:** Virgin or extra virgin coconut oil

**Apple Cider Vinegar:** Raw, unpasteurized

**Collagen Protein:** Grass-fed Collagen Peptides or Beef Gelatin Protein

Phase II: Rebuilding Phase

**Meat:** Wild-caught Salmon, Organic Chicken, Turkey or duck meat

**Collagen Peptides or Beef Gelatin Protein**

**Organic brown rice and pea protein (some do well and some don’t on this)**

**Fats:** Organic animal broth (grass-fed beef, lamb, duck, chicken or turkey), coconut oil, coconut milk, grass-fed ghee, coconut flour, hemp milk and olive oil

**Seeds:** Pumpkin seeds, Hemp seeds, Chia seeds & Flax seeds

**Fruit:** Berries, lemons, limes, small amount of Granny Smith apple

**Vegetables:** Low-FODMAP Group

Bamboo Shoots  Bok Choy  Butternut Squash
Carrots  Chives  Cucumber
Fennel  Green Beans  Green onion (Scallion)
Ginger  Lemongrass  Kale
Olive  Parsnips  Radishes
Pumpkin  Sea Vegetable  Squash

Phase III: ReInnocation Phase

**Meat:** Red meat – grass-fed beef, lamb, bison, venison

**Fats:** Avocado

**Vegetables:** Higher FODMAP group (Fructans and Polyols specifically)

Asparagus, Beet root, broccoli, Brussel sprouts, cabbage, garlic, leek, okra, onion and shallots, chicory, dandelion, inulin.

**Polyols:** Cauliflower, mushrooms, avocado (most fruit is in this category). Sugar alcohol sweeteners are on this list but I would recommend waiting until the 2nd month to begin adding back those.

**Fermented Foods:** Coconut water kefir, Coconut yogurt, kimchi, sauerkraut, pickles.