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
- Grapefruits
- Avocados
- Blueberries
- Lemons/Limes
- Raspberries

**VEGETABLES**
- Bok Choy
- Cabbage
- Celery
- Cilantro
- Cucumbers
- Dill Weed
- Kale
- Parsley
- Spinach

*Must Be Juiced or fully steamed*

**HEALING ROOT VEGETABLES**
- Broccoli
- Cauliflower
- Chard
- Collard Greens
- Dandelion
- Fennel
- Lettuce
- Radish
- Watercress

**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
- Bone Broth Protein or Collagen Protein

**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

## Pantry Style Items
- Organic raw apple cider vinegar
- Coconut flakes
- Olives
- Sardines
- Coconut flour
- Coconut butter
- Canned Salmon
- Flax Crackers

## Dairy Substitutes
- Coconut Milk
- Coconut Yogurt
- Almond Milk
- Hemp Milk

## 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

## Organic Raw Apple Cider Vinegar
- Unsweetened with no sugar added

## Fermented Foods
- Coconut Milk Kefir or Yogurt
- Fermented vegetables
- Kombucha
- Coconut water kefir
- Kimchi
- Sauerkraut

## Teas & Other Drinks
- Pure Water
- Organic green tea
- Dandy Blend – coffee substitute
- Teeccino coffee substitute
- Organic herbal teas (ginger, Pau D Arco, Nighty Night, etc)

## Leaky Gut Meal Plan
- 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

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

*Must be made without Nightshade veggies*
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, Bone Broth Protein 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
Olives  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)
Fructans: 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.