

Gut and Liver Restore Program

The Gut and Liver Restore Program is a quick start to lower inflammation and heal the gut.



Gut and Liver Restore Program



We're Glad You are Here!

You're now in the driver's seat on the road to better health.

Achieving your health goals is as easy as turning the page. Keep these three statements in mind as you take your health journey to the next level:

- You have chosen to take an active role in your health by making better lifestyle choices
 - You realize the importance of detoxification
 - You have chosen to improve your daily diet

Think about the reason

you chose this program and what you hope to accomplish.

It can be helpful to set a goal for yourself and reflect on it throughout the program.

What do you expect to achieve from the Gut and Liver Restore program?



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Toxins and Your Health

Toxins, by the most basic definition, are any substances that have harmful effects on your body.

Toxins are unavoidable in our world of processed foods, high stress and pollution.

Toxins invade the body from three main sources: the environment, personal lifestyle choices and the body's own metabolic processes.

With the Gut and Liver Restore program, you will give your body the tools it needs to rid itself of harmful toxins, leaving you feeling rejuvenated and healthy.

The Path to Detoxification

You often don't pay attention to your health until it begins to fail, and while the body can withstand stressors, it needs support to recover and function at an optimal level. In your lifetime, you will consume between 30 and 50 tons of food. The gastrointestinal (GI) tract is responsible for breaking down food, absorbing useful compounds and eliminating toxins.

The liver, in close association with the GI tract, works to remove toxins that we encounter from the food we eat as well as those produced by metabolic processes. When the GI tract is not functioning optimally, additional burden is placed upon the liver. When incoming toxins exceed the liver's ability to remove them, it is termed toxic burden. It is important to periodically restore the body's ability to eliminate toxins and maintain optimal liver function.

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Types of Toxins

Environmental Toxins

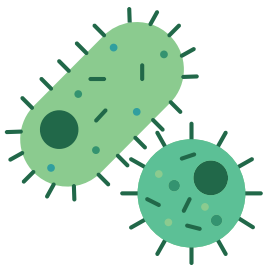
- Pollution
- Auto exhaust
- Solvents (paint, cleaning products)
- Heavy metals
- Pesticides, herbicides, insecticides
- Radiation
- Inhalants

Lifestyle Toxins

- Dietary choices
(fast foods, fried foods)
- Cosmetics
- Nicotine
- Alcohol
- Caffeine
- Prescription drugs
- Over-the-counter drugs
- Artificial food additives, colorings and preservatives
- Meats that contain hormones and antibiotics
- Refined foods and sugars

Internal Toxins

- Bacterial, yeast, fungal overgrowth
- By-products of metabolic reactions
(such as carbon dioxide and ammonia)
- Undigested food
- Stress
- Unresolved trauma or abuse
- Unhappy relationships



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Think of our
detoxifying system
like a garbage can



A healthy
methylation
cycle takes the
garbage out



The garbage
over flows and
you see
symptoms



@integrativedrmom

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Examples of "Garbage" includes:

- valin€ adjuncts
- environmental toxins
- pesticides



- poor gut health
- food additives and food dyes
- prescription

Are you taking the trash out daily?

- proper elimination
- normal bowel movements
- healthy bile flow



- lymph movement
- drinking clean water
- getting good sleep
- building resilience to stress

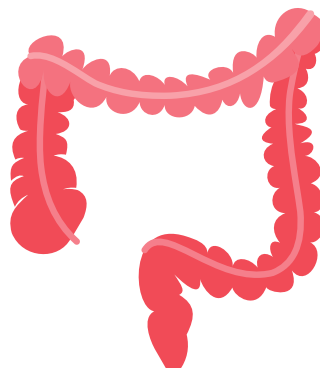
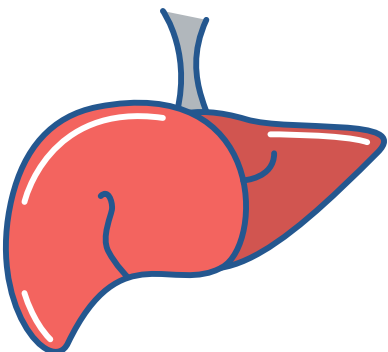
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The Liver: Open 24 Hours a Day

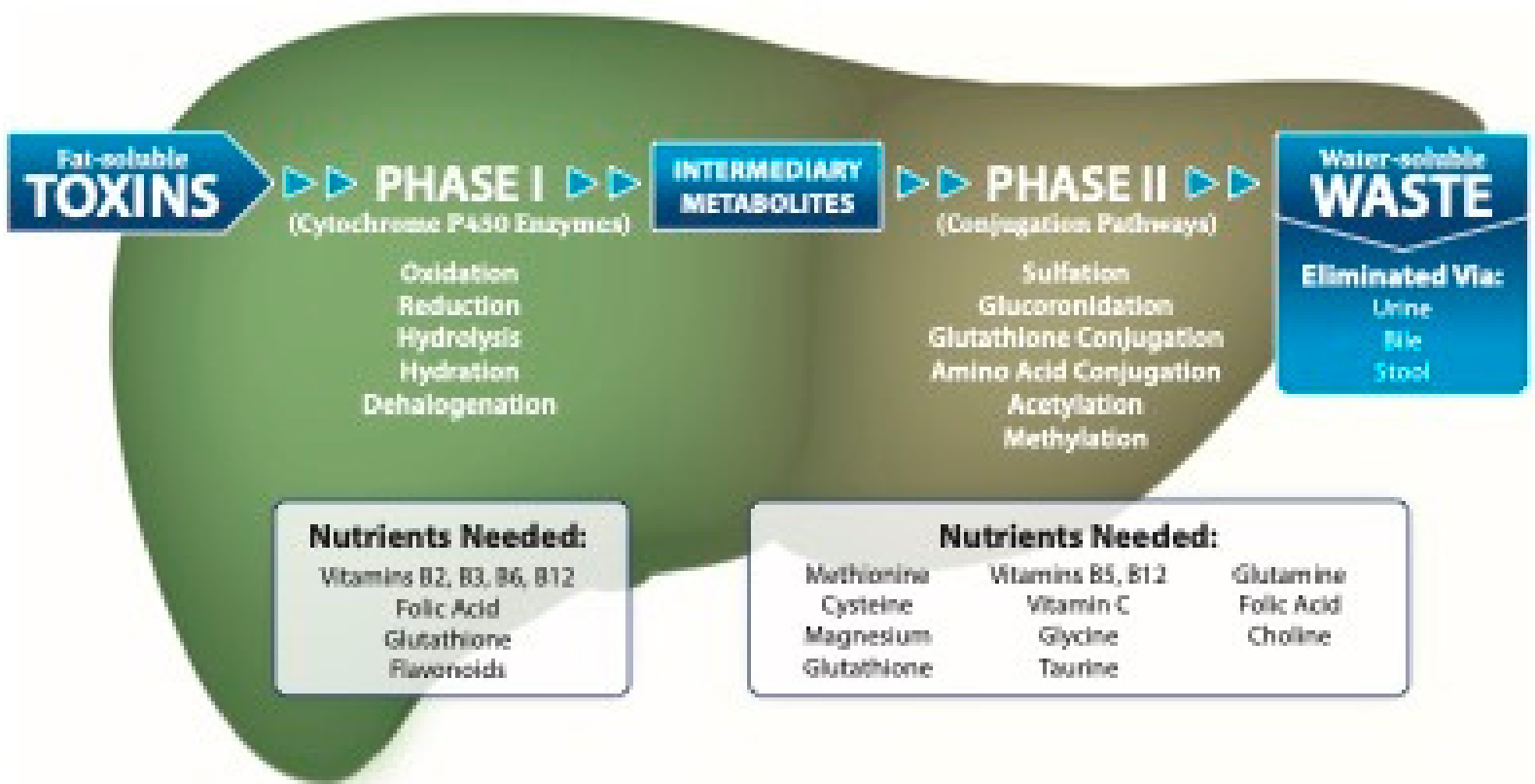
The liver is the main organ used to clear out toxins, assimilating and packaging nutrients for use while detoxifying hundreds of chemicals in two distinct phases. This process is called biotransformation.

Optimal biotransformation depends on the capability of the liver. If the liver is not functioning properly, every other system in the body, including the heart, brain, kidneys and skin, is compromised.

Most of the toxic compounds the body is exposed to are fat-soluble. These substances are attracted to the body's fat cells, which serve as a type of insulation and protect the rest of the body from toxic effects. The Gut and Liver Restore program assists the liver in changing these harmful fat-soluble toxins into water-soluble forms, which can then be easily eliminated by the kidneys and colon.



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PHASE I

A series of enzymes chemically change harmful fat-soluble toxins into substances called intermediary metabolites. Since the intermediary metabolites are usually more toxic than the original fat-soluble toxins, they must go through Phase II quickly to become less toxic.

PHASE II

Specific molecules are then attached to the intermediary metabolites. This process makes the intermediary metabolites non-toxic and water soluble so they can be eliminated through the urine and stool.

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Program Guidelines

. The diet plan is important to follow as it reduces the load of incoming toxins and improves your body's ability to eliminate stored toxins. It allows your GI tract to rest and recuperate. Following the diet plan will also support the body's reaction to inflammatory stress on the GI tract, thereby improving GI function and providing these benefits:

- Decreased influx of toxins, which can cause food allergies and sensitivities
 - Improved absorption of nutrients
 - Reduced stress hormone response
 - Enhanced immune system function

The foods in this diet plan have been carefully chosen to help decrease your risk of exposure to pesticides, herbicides, artificial colors and flavors, antibiotics, hormones, preservatives and other chemicals, which can bring additional burden to your body's detoxification system. Certain foods in this diet, including cruciferous vegetables such as broccoli and cabbage, have been shown to promote Phase I and II detoxification.

The Gut and Liver Restore program also includes an elimination diet, to help you identify food allergies and sensitivities and eliminate offending foods. This, in turn, will help to restore normal GI function by balancing inflammation in the body.

You may have experienced sluggish digestion on your normal diet. Stress, antibiotic use and an unhealthy diet can negatively impact your GI tract. As you eliminate problematic foods, it is important to modulate your digestive system with good bacteria from probiotics. Specific strains of microorganisms have been scientifically shown to support optimal digestion by balancing your gut's microflora.

Before You Start, Make Sure:

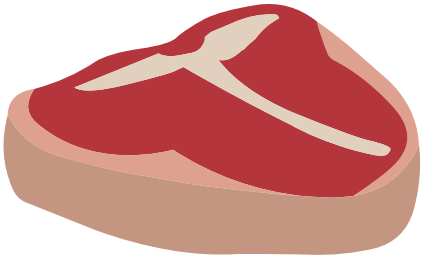
You are 18 years of age or older

You are not pregnant or nursing

You inform your health care provider if you are experiencing any of the following conditions:

- Eating disorder (anorexia, bulimia)
 - Type 1 or type 2 diabetes
 - Kidney disease
- Pain in the left upper or left lower abdominal area
- Active gallbladder and/or liver disease

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Detox Prep Checklist

- * Incorporate fresh, organic foods as much as possible.
- * Use fresh herbs and spices for seasoning.
- * Avoid packaged and processed foods.
- * Drink only filtered water.
- * Purchase free range (hormone-free) chicken and grass-fed beef as much as possible.
- * Fruits and vegetables can be washed with an apple cider vinegar wash to remove any dirt or residues

During Detox

You may experience some uncomfortable symptoms for the first few days of the Gut and Liver Restore program as your body clears stored toxins. Starting the program at the end of your work week allows you to stay home as these symptoms pass.



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Foods to Include that Increase Detoxification



Milk Products

Non-dairy milks such as unsweetened coconut, almond or hemp milk

Proteins

Wild-caught fish

Organic or pasture-raised chicken and turkey

Grass-fed beef

Fruits

Raspberries Strawberries Blueberries Bananas Apples

Any other fresh or frozen fruit

Fats and Oils

Extra virgin olive oil Flaxseed oil Coconut oil Avocado oil

Nuts and Seeds

Almonds Cashews Walnuts Sunflower seeds Sesame seeds

Vegetables

Broccoli Cabbage Cauliflower Brussels sprouts Watercress

Arugula Kale

Bok choy Radish Turnip Beans and lentils Garlic Onion

Grains

Wild rice Brown rice Quinoa Gluten-free oats Millet Amaranth

Buckwheat Tapioca

Beverages

Purified water Sparkling water

Organic herbal or green tea

Sweeteners

Stevia Xylitol Monk Fruit

Plant Proteins and Legumes

All except soy. Canned Beans are acceptable as long as the can states "BPA-free"

Spices and Condiments

Turmeric Garlic Ginger Rosemary CocoaPink Himalayan salt

RedMond salt

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Foods to Avoid that Decrease Detoxification

Grains

Refined flours

Gluten-containing: -Wheat -Spelt -Kamut

-Rye -non organic Oats* -Barley

Milk Products

Cow dairy: -Milk -Cheese -Ice cream -Yogurt -Frozen yogurt

Proteins

Conventional beef Pork Luncheon meats Hot dogs Sausage Bacon

Eggs Shellfish

Fruits

Canned fruit packed in syrup

High-sugar or artificial berry juices

Oranges

Fats and Oils

Margarine Butter Hydrogenated oils Cooking sprays Mayonnaise Shortening

Corn oil Canola oil Vegetable oil Sunflower Oil

Vegetables

Corn

Canned vegetables in sauces

Soybean and soy-based foods

Beverages

Coffee

Black tea

Soda

Alcohol Energy drinks Sweetened beverages

Sweeteners

White or brown sugar Honey

Agave nectar Maple syrup Corn syrup Sucralose Aspartame Saccharin

Artificial colors, flavors and preservatives

Plant Proteins and Legumes

Soybeans Tofu Miso Edamame

Spices and Condiments

Ketchup Mustard Relish

Soy sauce Barbecue sauce Chocolate Iodized salt

Gut and Liver Restore Program



Day 1

Getting Started!

You have been introduced to the importance of detoxification and the benefits it can provide your body. Now, put that knowledge into action! The Core Restore® program is a jump-start to making healthy lifestyle choices and helping your body function at an optimal level. Your body will thank you!

Day 1 Inflammashake nutritional shakes will serve as foundational nutrition support.

Welcome to the first day of your commitment to better health. It is recommended that you increase your water intake on day one. Imagine the toxins in your body flushed out with each sip of water. The Core Support nutritional shake includes satiating protein and fiber to help you feel full throughout the day. Try mixing almond milk for a satisfying flavor.

You will take 2 MitoCore capsules with your Shake morning and evening.

You will take 1 NAC capsule in the morning with your shake.

*If you get shaky or feel bad on day 1 or 2 try some nut butter or add in bone broth.



Gut and Liver Restore Program



Day 2

Day 2 Inflammashake nutritional shakes will serve as foundational nutrition support.

Welcome to the first day of your commitment to better health. It is recommended that you increase your water intake on day one. Imagine the toxins in your body flushed out with each sip of water. The Core Support nutritional shake

includes satiating protein and fiber to help you feel full throughout the day. Try mixing almond milk for a satisfying flavor.

You will take 2 MitoCore capsules with your Shake morning and evening.

You will take 1 NAC capsule in the morning with your shake



*If you get shaky or feel bad on day 1 or 2 try some nut butter or add in bone broth.

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Day 3

Did you ever think you'd see the day when you craved rice cakes smeared with almond butter? Today is that day! You've successfully made it to the third day of the program. Today is the day you begin taking LiverAid capsules, which support Phase I and II detoxification and help release toxins. Pick the recipes that appeal to your taste buds, or use the pre-planned sample meal plan to map your healthy eating plan for the remainder of the program .

Not only will you find yourself feeling full on less food, but you will also be more mindful of the food you consume. Try adding fresh fruit and a little ice to your Inflammashake drink for a perfect nutritionally complete smoothie.

You will take 2 MitoBoost capsules with your Shake morning and evening.

You will take 3 LiverAid capsules with your dinner. You will take 1 NAC capsule in the morning with your shake.



Breakfast: Shake
Lunch
Dinner
Snack: Shake

Use recipes and foods that increase detoxification

Gut and Liver Restore Program



Day 4

On this fourth day of detoxification, you will find yourself seeing and tasting food differently. In just a few days of detoxification, you have reprogrammed your taste buds to savor food as it was meant to be savored, without extra salt and sugar.

Creating healthy meal plans for your week ahead of time and writing in a daily food journal will help you become mindful of the food you are consuming. These small steps will help make your healthy eating goal even more attainable.

You will take 2 MitoBoost capsules with your Shake morning and evening. You will take 3 LiverAid capsules with your dinner.

You will take 1 NAC capsule in the morning with your shake.



Breakfast: Shake
Lunch
Dinner
Snack: Shake

Use recipes and foods that increase detoxification

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Day 5

Focus on your energy level today. Do you feel an increase in energy since starting the Gut and Liver Restore program? Think of the food you are preparing and consuming as fuel your body needs to function at an optimal level.

Each of the meals in the recipe guide has been chosen based on nutritional profile, digestibility and flavor. Try an unfamiliar dish today.

You might be surprised at the levels of flavor you notice. No matter your meal choices for today, keep eating well.

You will take 2 MitoBoost capsules with your Shake morning and evening.

You will take 3 LiverAid capsules with your dinner.

You will take 1 NAC capsule in the morning with your shake.



Breakfast: Shake
Lunch
Dinner
Snack: Shake

Use recipes and foods that increase detoxification

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Day 6

How are things going? You are so close to the end!

Here are some cooking tips!

- An instapot of a great way to steam vegetables.
- A slow cooker is another reasonably priced cooking device that can speed up meal preparation. Food can be set to cook in the morning before work and will be ready to eat when you return home. Slow cookers are especially useful for cooking vegetables, stews, soups and meats, while providing a quick clean-up and leftovers for later meals.

You will take 2 MitoBoost capsules with your Shake morning and evening.

You will take 3 LiverAid capsules with your dinner.

You will take 1 NAC capsule in the morning with your shake.



Breakfast: Shake

Lunch

Dinner

Snack: Shake

Use recipes and foods that increase detoxification

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Day 7

Congratulations!

You made it! You're steps away from completing the Gut and Liver Restore program. Focus today on what you have learned from this program:

- You can take an active role in your health.

- Making a commitment to eating right and choosing to live healthy is easy if you have a plan.

- Healthy lifestyle choices can give you more energy.

- The benefits of detoxification include, but are not limited to, weight loss, hormone balance and a healthy connection to food.

- Enhanced biotransformation is a great way to keep your system running smoothly and to maintain optimal health.

Consider doing a routine detox once or twice

a year to keep up healthy habits. This maintenance will ensure your body is performing well.

You will take 2 MitoBoost capsules with your Shake morning and evening.

You will take 3 LiverAid capsules with your dinner.

You will take 1 NAC capsule in the morning with your shake.



Breakfast: Shake

Lunch

Dinner

Snack: Shake

Use recipes and foods that increase detoxification

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★ Day 1 2 3 4 5 6 7



AM	AM	AM	AM	AM	AM	AM	AM
2 scoops							
PM	PM	PM	PM	PM	PM	PM	PM
2 scoops							



		3 in	3 in	3 in	3 in	3 in	3 in
		AM	AM	AM	AM	AM	AM



1 in	1 in	1 in	1 in	1 in	1 in	1 in	1 in
AM	AM	AM	AM	AM	AM	AM	AM



2 in	2 in	2 in	2 in	2 in	2 in	2 in	2 in
AM	AM	AM	AM	AM	AM	AM	AM
2 in	2 in	2 in	2 in	2 in	2 in	2 in	2 in
PM	PM	PM	PM	PM	PM	PM	PM

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After Day 7

Consider taking a probiotic formula as part of your supplement regimen today. Look for a product with at least 20 billion units of healthy strains of bacteria. *Saccharomyces boulardii*, a healthy form of yeast, is also beneficial to the GI tract. These combinations of microorganisms have been shown to support healthy digestion, promote healthy gut flora, protect intestinal integrity and boost immune function.



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After



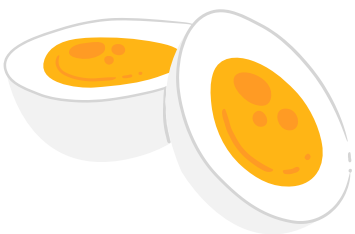
Food Sensitivities

The most common food sensitivities are gluten and dairy, which is why the Gut and Liver Restore program eliminates them from your diet. Most people do not realize they have food sensitivities. Dramatic effects, like a swollen tongue, hives or anaphylaxis may not present, but the body reacts in more subtle ways. These reactions occur when small changes in the intestinal tract allow food particles to enter our bloodstream and be exposed

to the immune system. The body then creates inflammation, which can cause the symptoms you may have experienced before starting the program.

Reintroduction to Food

With the help of your health care provider, you will gradually reintroduce food groups back into your diet after completing the program. Usually, only one food is introduced at a time, allowing at least three days before adding a new food. Along with your health care provider, you will note reactions to identify the foods that may be aggravating your health conditions, such as bloating, constipation, sinus congestion, fatigue, skin conditions or joint pain, and develop an individualized, long-term dietary plan.



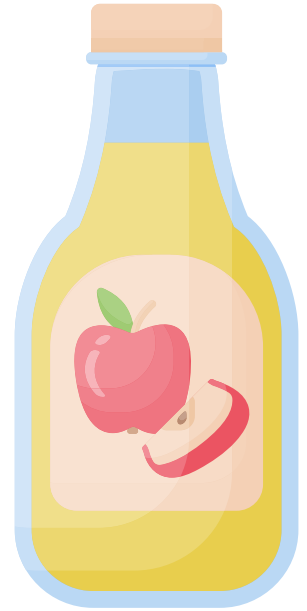
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Washing Fruits and Veggies

Apple Cider Vinegar Wash:

While it is recommended to eat organic fruits and vegetables during the Gut and Liver Restore program, when unavailable, use this healthy apple cider vinegar wash to remove dirt and neutralize toxins. This unique solution is safe and effective for washing any produce or to use as an all-purpose cleaner.



1 cup water

1 cup apple cider vinegar

1 tbsp. baking soda

½ lemon

Pour solution into a spray bottle and spray produce. Let sit on produce for 5 minutes and then wash off.

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Breakfast Recipes

Fruit and Quinoa Breakfast Mélange

(Cooking time: 20 min., Serves 2, Calories per serving: 340)

Ingredients

- ¼ cup water
- 1 tsp. pure vanilla extract
- 1 banana
- 15 oz. frozen peaches
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- ½ cup cooked quinoa
- 1 cup milk (unsweetened coconut or almond)

Instructions

1. Place water and vanilla in large saucepan over low heat.
2. Add bananas and peaches and stir.
3. Add in cinnamon and nutmeg and bring to a simmer. Reduce heat and cook until tender, about 7 minutes.
4. Stir in quinoa and milk. Cook on low for 5-10 minutes. Serve warm.



Tropical Mango Chia Pudding

(Prep time: 10 min., Total time: 8 hrs., Serves 2, Calories per serving: 230)

Ingredients

- 1 cup unsweetened almond milk
- 3 Tbsp. chia seeds
- 1 tsp. pure vanilla extract
- 1 medium mango, peeled and diced

Optional:

Fresh mint, for garnish

Instructions

1. Add almond milk, chia seeds and vanilla to a covered container.
2. Mix ingredients together thoroughly and refrigerate overnight.
3. In the morning, garnish with diced mango and mint leaves.

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Dinner Recipes

Grilled Chicken Breast with Sweet Peaches

(Cooking time: 20 min., Serves 2, Calories per serving: 350)

Ingredients

½ Tbsp. apple cider vinegar
½ Tbsp. fresh ginger, finely chopped or grated
½ tsp. fresh thyme leaves
1 clove garlic, crushed
2 Tbsp. olive oil
Pink Himalayan salt and pepper to taste ½ Tbsp. pink Himalayan salt
¼ tsp. black pepper
1 medium red onion, cut into wedges 2 peaches, cut into wedges
2 boneless chicken breast halves

Instructions (can use a tabletop grill or outdoor grill)

1. Combine vinegar, herbs, 1 ½ Tbsp. oil, and a dash of salt and pepper in a small bowl. Set aside.
 2. Combine onions, peaches, remaining oil, ¼ tsp. salt, and ⅛ tsp. of pepper.
 3. Season the chicken with ¼ tsp. salt and ⅛ tsp. pepper.
 4. Grill chicken and onions until chicken is done throughout and onions are tender, 5-6 minutes per side if outdoor grill, 6 minutes total if on tabletop grill.
 5. Place peaches on grill and cook until tender, 3-4 minutes per side.
 6. Drizzle vinaigrette onto chicken and serve with onions and peaches.
- *May substitute turkey breast for chicken



Lemon Chicken Kabobs with Tomato-Parsley Salad

(Prep time: 2 hours, Cooking time: 6 min., Serves 4, Calories per serving: 300)

Ingredients

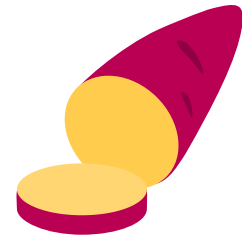
3 Tbsp. fresh lemon juice, divided
1 ½ Tbsp. minced garlic, divided
1 ½ tsp. dried oregano, divided
¾ tsp. pink Himalayan salt, divided
¾ tsp. freshly ground black pepper, divided
3 Tbsp. extra virgin olive oil, divided
Four 6 oz. skinless, boneless chicken breast halves, cut into ½-inch cubes
2 cups fresh parsley leaves
1 ½ cups chopped cherry tomatoes
1 green pepper, cut into one-inch pieces 1 red pepper, cut into one-inch pieces
1 large onion, cut into one-inch pieces

Instructions

- Combine 2 Tbsp. lemon juice, 1 Tbsp. garlic, 1 tsp. oregano, ½ tsp. salt, and ½ tsp. pepper in a bowl. Add 1 Tbsp. oil, stirring with a whisk.
- Add chicken, and stir; marinate in refrigerator 2 hours, covered.
- Remove chicken from bowl; discard marinade. Thread chicken, tomatoes, peppers and onions onto skewers. Heat a grill pan over high heat.
- Add skewers; cook 6 minutes or until done, turning often.
- Combine remaining juice, garlic, oregano, salt, and pepper in a medium bowl. Gradually add remaining oil, stirring well with a whisk. Add parsley and tomatoes, toss to coat. Serve chicken on top of salad.

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Dinner Recipes



Sweet Potato Shepherd's Pie

(Cooking time: 1 hour 20 minutes, Serves 2, Calories per serving: 630)

Ingredients

$1\frac{1}{2}$ lbs. sweet potatoes
 $\frac{3}{4}$ cup water
 $\frac{1}{4}$ cup unsweetened coconut milk
2 cloves garlic, diced
 $\frac{2}{3}$ cup chicken broth, divided
 $\frac{1}{2}$ lb. organic, lean ground turkey
Pink Himalayan salt and pepper to taste $\frac{3}{4}$ tsp. pink Himalayan salt
 $\frac{1}{2}$ tsp. black pepper
1 Tbsp. olive oil
 $\frac{1}{2}$ medium yellow onion, diced
1 parsnip, diced
1 stalk celery, chopped
4 oz. mushrooms, diced
5 oz. frozen peas and carrots mix
2 tsp. tomato paste
1 tsp. gluten-free Worcestershire sauce 1 tsp. fresh rosemary, chopped
 $\frac{1}{4}$ tsp. paprika

Instructions: Sweet Potatoes

Preheat oven to 425° F. Place sweet potatoes in glass dish. Add water. Water should appear in glass at a depth of approx. 1 inch.

Poke 3-4 holes in sweet potatoes with fork.

Bake potatoes until tender, about 45 minutes. Start preparing filling while waiting. Remove peels and mash potatoes in bowl with milk, garlic, and 2 Tbsp. of chicken broth.

Add salt to taste and set aside.

Instructions: Filling

In a large sauté pan, brown ground turkey and season with $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. pepper.

Add olive oil and onions, and sauté for an additional minute, until onions are translucent.

Add parsnip, celery, remaining $\frac{1}{4}$ tsp. salt and $\frac{1}{4}$ tsp. pepper. Cook until celery is soft, about 10 minutes.

Add garlic and mushrooms, and sauté for an additional 3 minutes.

Add frozen vegetables, remaining chicken broth, tomato paste, and rosemary. Mix well.

Simmer on low heat for 10 minutes. Set aside.

Instructions: Casserole

Preheat oven to 400° F. In an 8" x 8" square glass baking dish, spread meat mixture evenly along bottom.

Top with layer of sweet potatoes. Sprinkle with paprika.

Bake for 20 minutes, until potatoes are golden brown.

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Dinner Recipes

Spaghetti Squash with Marinara Sauce

(Cooking time: 60 min., Serves 2, Calories per serving: 250)

Ingredients

- 1 large spaghetti squash
- 1 Tbsp. olive oil
- 1/2 cup yellow onion, chopped 1/8 cup celery, chopped
- 1 clove garlic, minced
- 1/2 Tbsp. fresh parsley
- 1/2 Tbsp. fresh basil
- 1/4 Tbsp. fresh rosemary
- 1/4 Tbsp. fresh oregano
- 2 black olives, diced
- 1/2 cup mushrooms, sliced
- 1/2 cup carrots, peeled and grated 1/4 lb. ground grass-fed beef*
- 1/4 tsp. black pepper
- 1/2 tsp. pink Himalayan salt



One 28 oz. can diced tomatoes 1 dried bay leaf

*May substitute ground buffalo or ground turkey for beef

Instructions Spaghetti Squash

1. Prick squash in multiple areas with fork.
2. Place squash in glass baking dish.
3. Bake for 40 minutes at 375° F.
4. Remove squash from oven and let cool. Cut lengthwise with a knife.
5. Scoop the seeds and strings from the center of the squash and discard.
6. Gently scrape the edges of the squash with a fork to shred pulp into strands.
7. Transfer shredded pulp into a separate bowl and add 1/2 Tbsp. olive oil and mix throughout.
8. Strands should resemble cooked spaghetti.

Instructions

Marinara Sauce (Start while squash is baking)

1. Heat olive oil, onion, and celery over medium high heat.
2. Add herbs (except bay leaf) olives, mushrooms, and carrots and cook for about 15 minutes, until vegetables are tender.
3. Pour in a bowl and set aside.
4. Brown meat over high heat for about 5-10 minutes, until cooked. Sprinkle with salt and pepper.
5. Add can of tomatoes, bay leaf, and bowl of vegetables to meat and bring to a boil.
6. Add 1/2 tsp. salt to and 1/4 tsp. pepper to sauce. Cover and simmer for 20 minutes, stirring often.
7. Serve sauce over squash in individual plates.

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Side Dish Recipes



Garlic Cauliflower Mash

(Cooking time: 20 min., Serves 2, Calories per serving: 30)

Ingredients

- 2 cups cauliflower florets
- 1 clove garlic, crushed and diced
- ¼ cup of unsweetened coconut milk or almond milk
- ¼ tsp. black pepper
- ½ Tbsp. fresh chives, chopped ½ tsp. pink Himalayan salt

Instructions

1. Steam cauliflower in steam basket until tender.
2. In a medium bowl, combine all ingredients.
3. Mix in a blender or food processor to desired consistency.



Guacamole

(Prep time: 10 min., Serves 6, Calories per serving: 260)

Ingredients

- 3 avocados, halved, seeded and peeled 1 lime, juiced
- ½ tsp. pink Himalayan salt
- ½ tsp. cayenne pepper
- ½ medium red onion, diced
- ½ jalapeño, seeded and minced
- 2 Roma tomatoes, seeded and diced 1 Tbsp. cilantro, chopped
- 1 clove garlic, minced

Instructions

1. In a large bowl, place the scooped avocado pulp and lime juice, toss to coat.
2. Using a potato masher, add the salt and cayenne pepper, and mash.
3. Fold in the onions, jalapeño, tomatoes, cilantro, and garlic.
4. Serve with cherry tomatoes, jicama sticks or cucumbers.

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Side Dish Recipes



Creamy Chocolate Pudding

(Prep time: 5 min., Total time: 3 hrs., Serves 4, Calories per serving: 130)

Ingredients

2 medium avocados, peeled, pitted and diced $\frac{1}{3}$ cup cocoa powder

1 cup almond or coconut milk beverage

1 tsp. cinnamon

2 tsp. vanilla extract

$\frac{1}{4}$ cup frozen blueberry and strawberry mix $\frac{1}{2}$ tsp. pink

Himalayan salt

Optional:

• Stevia to taste

• 2 Tbsp. blueberries

• 1 Tbsp. slivered almonds

Instructions

1. Place all ingredients into blender and purée until creamy.
2. Chill in refrigerator for 2-3 hours.

Quick and Easy Hummus

(Prep time: 5 min., Serves 2, Calories per serving: 255)

Ingredients

One 15 oz. can garbanzo beans (chickpeas) $\frac{1}{8}$ cup of olive oil

$\frac{1}{2}$ Tbsp. lemon juice

$\frac{1}{2}$ tsp. ground cumin

1 clove of garlic, crushed

$\frac{1}{4}$ tsp. pink Himalayan salt

Dipping veggies: carrots, celery, broccoli, cauliflower



Instructions

1. Combine all ingredients into a blender or food processor and blend until creamy.

2. Serve with your choice of dipping vegetables.

1 clove of garlic, crushed

$\frac{1}{4}$ tsp. pink Himalayan salt

Dipping veggies: carrots, celery, broccoli, cauliflower