

# *Digestive Holiday*

Welcome and Congratulations on taking the first step toward feeling better!

This program contains a supplement guide, two weeks worth of recipes (to be repeated twice for a total of 4 weeks), a calendar that lays out your meal routine, a shopping list to take with you to the store for ease, and instructions for reintroduction of foods.

First thing, make sure this guide is right for you. Have you been experiencing gut issues? Bloating? Gas? Inflammation? Sleepless nights? Constipation? Diarrhea? Any IBS symptoms? Feeling or being exhausted all the time, even with "sleep"? Brain fog? Painful joints? Unexplained regular headaches? Regular heartburn or indigestion?

If your answer was YES to any of these, you are in the right place as a starting point!

Gut health is one of the most important and one of the most overlooked options in traditional medicine today. Why is it so important you ask?

A healthy functioning gut contains healthy bacteria and immune cells that ward off infectious agents, such as bacteria, fungi, and viruses. I always say we have two brains- our gut brain and our head brain. These two brains need to communicate properly, via nerves and hormones to help maintain general health and well-being. If your gut brain is not functioning, then the communication loop is interrupted, and we can feel terrible with any number of the symptoms listed above. A healthy gut contributes to a strong immune system, heart health, brain health and function, improved mood, healthy sleep, and effective digestion. Our gut contributes to our overall general health and is more complex than previously thought.

This digestive holiday is meant to help heal your gut lining, add support to your system- adrenal glands, intestinal lining repair, bacteria balancing, and overall stabilization of your system.

Following this guide and instructions closely will result in success. This guide is meant to be a short-term solution and should only be followed for 4 weeks. Once the 4 weeks are completed, continue using the recipes from the guide and slowly add in foods again, once every 2-3 days or so and record any symptoms that occur and how long after you ate. This will guide you to any underlying issues in the gut that need to be addressed further by a Naturopath or will show you any intolerances your system has, and those foods should be avoided to maintain optimal gut health.

Before beginning your digestive holiday, make a list of all symptoms experienced, take your weight and all your measurements. Before and after pictures are encouraged. A testimonial upon completion of the guide is appreciated and can be emailed to [backbalance@hotmail.com](mailto:backbalance@hotmail.com)

Thank you and enjoy the digestive holiday!

### Digestive Holiday Guide Consent and Liability Release Form

- Karen Valentine, BHK, RMT, CNC, Pelvic Floor Specialist and Transformational Coach is certified in her training and does not function as a physician, diagnose, or treat disease, nor do her services replace the necessary services of a licensed physician.
- Karen Valentine BHK, RMT, CNC, Pelvic Floor Specialist and Transformational Coach makes no representations, claims, or guarantees regarding the efficacy of her recommendations. The recommendations are based upon a combination of her training and education and her health care background. The digestive holiday guide as provided by Karen Valentine, does not constitute a medical service or health care treatment.
- If clients are under the care of a health care physician or professional or are currently using a prescription medication, the client should discuss any dietary changes or potential dietary supplement use with their physician prior to starting and should not discontinue any prescription medications use without first consulting their physician.
- The client acknowledges that the care they receive during their digestive holiday guide is separate from the care that they receive from their physician or medical team and that the digestive holiday guide is in no way intended to be construed as medical advice or care. The client should continue regular medical supervision and care by their primary care physician.
- I, \_\_\_\_\_ release from all personal liability, Karen Valentine, BHK, RMT, CNC, Pelvic Floor Specialist and Transformational Coach for services rendered by her as an RMT, fitness specialist, transformational coach, and certified nutrition coach. I understand and I am aware that I waive any pre-existing conditions and have received physicians release to follow the digestive holiday guide, guidelines and recommendations set forth and that I am voluntarily participating in this program.
- I give Back to Balance and Karen Valentine the rights to post progress pictures at their discretion on social media/websites for marketing and advertising purposes. Back to Balance and Karen Valentine will request verbal or written permission prior to posting these pictures.
- Karen Valentine BHK, RMT, CNC, Pelvic Floor Specialist and Transformational Coach, will always keep all client's personal information private and confidential unless compelled to by law or with the consent of the client.
- Rates are paid in full for one a time digestive holiday guide at \_\_\_\$150\_\_\_ CAD. Payment is made in advance of receipt of the program. Forms of payment are cash or e-transfer to [backbalance@hotmail.com](mailto:backbalance@hotmail.com). No refunds available.

Client Name (Please Print): \_\_\_\_\_

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

\*\*\*Once you have completed this release, please send a copy directly to Karen at [backbalance@hotmail.com](mailto:backbalance@hotmail.com). Thank you

## Supplement Recommendations:

This supplement list is just a recommendation of the most common issues I have seen or dealt with myself. This is not a comprehensive list, nor do you need to take all these supplements. Have a read through it and decide based on your individual symptoms which one(s) you require to support your digestive holiday.

Meal structuring is a very effective change that can take the pressure off your digestive system and relieve some of the discomfort and symptoms you may be experiencing prior to starting your digestive holiday. I recommend eating your meals at 4–6-hour intervals. That would be 3 meals per day at 4-6 hours apart.

Why? That is a great question.

I was always told that eating small meals throughout the day was best for weight management (6+ small meals a day). I have learned over the years that that is not necessarily the case. When someone is dealing with gut issues, eating too often or too close together is very taxing on your digestive system. Your small intestine requires adequate time to process and digest your meal and fully complete the digestion process and move all waste into your large intestine prior to any more food entering the small intestine. When that occurs, the small intestine digestive process is interrupted and not all the food that was present prior to the addition of new food will breakdown, leading to gas, bloating, and food particles being left in the small intestine.

When you eat at 4–6-hour intervals, the small intestine will be able to complete the digestive process and move all waste matter out before starting the process again. This will lead to less stress on the digestive system, less to no gas or bloating and with the decreased stress the digestive lining can also begin to heal since the pressure has been taken off the system.

- 1) **Probiotics:** you need to find a decent probiotic. My favourite is Renew Life Ultimate Flora Probiotic Critical Care 50 Billion Active Culture (72 vegetarian capsules). Probiotics helps balance your gut's microbiome. It supports the healthy bacteria in the gut which can help prevent and treat IBS symptoms (diarrhea, constipation, etc.), helps boost the immune system and reduces inflammation in the body. When taking a probiotic, if you stop, your gut loses the good bacteria within two weeks. A good quality probiotic should be taken every day, even when this guide is completed.



- 2) **Plant based Omega's:** I prefer Flora Udi's Choice Plant based Omega 3+6+9 blend (90 vegetarian capsules).

Omeegas are a type of poly-unsaturated fat. Omega 3's specifically can not be made by your body and must be taken in supplement form or achieved from your diet.

Omeegas are important components of cell membranes and precursors to many other substances in the body such as those involved in regulating blood pressure and inflammatory responses.

Omeegas have a number of health benefits: can aid in fighting depression and anxiety, can improve eye health, can promote brain health during pregnancy and early life, can improve risk factors of heart disease, can reduce symptoms of ADHD in children, can improve symptoms of metabolic syndrome, can fight inflammation, can fight autoimmune disease, can improve mental disorders, can fight age-related mental decline (Alzheimer's Disease), may help prevent cancer, can reduce asthma in children, can reduce fat in your liver, may improve bone and joint health, can alleviate menstrual pain, may improve sleep, and are great for your skin.



- 3) **Adrenal Gland Support:** My recommendation if you need this, is AOR Ortho Adapt (120 Capsules).

Many of you are experiencing extreme stress loads over the past couple of years for many different reasons (relationship breakdowns, experience of loss, COVID stresses, life, and family stresses, etc.).

Adrenal Fatigue is the depletion of the adrenal glands. Cortisol is a hormone released by the adrenals for use in the regulation of blood pressure. In response to stress (fight or flight mode), the adrenals release greater amounts of cortisol. Adrenal fatigue is thought to occur when the adrenals have become overtaxed by excess cortisol release and can no longer produce levels of cortisol necessary for optimal body function.

Common symptoms of adrenal fatigue are thought to include fatigue (particularly upon waking, with numerous crashes throughout the day), poor stress response and mood regulation (lack of patience for example), brain fog, food cravings (salty or sweet), overuse of caffeine or other stimulants, and a compromised immune system.



- 4) **Digestion and IBS Support:** I prefer CanPrev Digestion and IBS (contains L-glutamine, 120 vegetarian capsules).  
When dealing with healing your gut lining, the supplement you take **MUST** contain L-glutamine. L-glutamine is an essential amino acid and is required to help synthesize protein in the body for nutrition. It also helps gut function, immune function, and other body processes, especially in time of stress.  
L-glutamine can aid in healing the digestive lining when dealing with leaky gut or any digestive issue. It improves gastrointestinal health for conditions such as IBS, inflammatory bowel diseases (Chron's, Ulcerative Colitis), Diverticulosis/Diverticulitis, leaky gut and any symptoms associated with leaky gut (joint pain, rosacea, diarrhea/constipation, ulcers, or any type of immune response).



- 5) **Vitamin C:** I chose Jamieson Chewable Vitamin C 500 mg. Vitamin C is required for the growth and repair of tissues in all parts of your body. It is a nutrient your body needs to support a health immune system, to form blood vessels, cartilage, and muscle and collagen in bones. It is vital in your body's healing process. Vitamin C forms an important protein used to make skin, tendons, ligaments, blood vessels and heal wounds and form scar tissue.



- 6) **Vitamin D:** I chose Ddrops Liquid Vitamin D (1000 IU per drop at minimum, some may need or want the 2500 IU per drop). Vitamin D is a fat-soluble vitamin (a vitamin that can dissolve in fats and oils) and has several important functions. Vitamin D can boost your immune system, may regulate mood, and reduce depression, can aid in relieving joint and muscle pain and improving fatigue.



- 7) **\*\*\*Iron:** I recommend Platinum Naturals EasyIron (120 Vegetarian Capsules). Iron deficiency or anemia is common in women. If you have had your blood tested and you are anemic, I strongly recommend a plant-based iron as your body will more easily absorb it than a pharmaceutical grade iron such as Feramax. Plant-based Iron can also be taken at any time with any other medications without issue. Iron and Vitamin C should be taken together for maximum absorption.

Anemia symptoms can include fatigue, shortness of breath, heart palpitations and pale skin. **\*\*\*PLEASE** consult with your doctor prior to starting any iron supplement. It should not be taken for longer than 3 months and should be closely monitored by blood work.



**When to take your supplements:** (again you do not need to take all of these, unless you have read through, and you feel like you need them. This is just a guide. Please be sure and have bloodwork done prior to starting, especially for Iron).

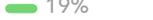
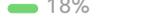
- 1) Upon waking take:
  - a. 2 Ortho Adapt (adrenal support)
  - b. 1 Omega
  - c. 1 Probiotic
  
- 2) At breakfast:
  - a. 2 Digestion & IBS
  - b. 1 Iron
  - c. 1 Vitamin C
  - d. Vitamin D drops
  
- 3) Between 1-3pm:
  - a. 2 Ortho Adapt (to avoid the afternoon crash. The key here is to take them BEFORE you feel the crash)
  
- 4) At dinner:
  - a. 2 Digestion & IBS
  - b. 1 Omega
  - c. 1 Probiotic

**Additional Notes:**

- On the meal plan, you will notice that some images are faded out. This means that they are leftovers from what you have previously made. Makes the week a lot easier and more manageable.
- This program is strict to heal your gut lining. NO ALCOHOL at all please! Limit caffeine intake to ONE cup each morning and it must be black. So black coffee or tea only. Lots of water and herbal tea daily, no juice/fruit juice or dairy milk. No refined sugar, dairy, or gluten while on this program- all of these are extremely inflammatory to the system and will disrupt any healing that is occurring.
- Once you have completed the 4 weeks, following this program and meal plans, you can start to add foods back into your diet and see if you have any reactions. Add foods in only every 2-3 days to see if there is a reaction.
- If you complete this program and start to notice several reactions again, it could mean one of two things: 1) You need to continue with this plan for a week or two more as you require further healing or 2) You need to see a Naturopath for further investigation.
- This program is meant for short-term. DO NOT be on this program longer than 6 weeks. Should issues persist, please see a Naturopath for further investigation.



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Digestive Holiday Blueberry Overnight Oats	Digestive Holiday Chocolate Strawberry Almond Butter... Macadamia Nuts	Digestive Holiday Blueberry Overnight Oats	Digestive Holiday Chocolate Strawberry Almond Butter... Macadamia Nuts	Digestive Holiday Blueberry Overnight Oats	Digestive Holiday Chocolate Strawberry Almond Butter... Macadamia Nuts	Digestive Holiday Blueberry Overnight Oats
Lunch							
	Digestive Holiday Turkey Kale Wraps	Digestive Holiday Shrimp & Green Beans	Digestive Holiday Roasted Chicken with Zucchini &...	Digestive Holiday Turkey Kale Wraps	Digestive Holiday Walnut Crusted Salmon	Digestive Holiday Turmeric Chicken Nuggets	Digestive Holiday Roasted Chicken
Dinner							
	Digestive Holiday Olive Medley	Brown Rice	Brown Rice	Digestive Holiday Olive Medley	Digestive Holiday Strawberry Quinoa Arugula Salad	Digestive Holiday Parsnip Fries	Digestive Holiday Steamed Carrots
Snack 3							
	Digestive Holiday Shrimp & Green Beans	Digestive Holiday Roasted Chicken with Zucchini &...	Digestive Holiday Turmeric Chicken Nuggets	Digestive Holiday Walnut Crusted Salmon	Digestive Holiday Turmeric Chicken Nuggets	Digestive Holiday Roasted Chicken	Digestive Holiday Roasted Chicken
Snack 3							
	Brown Rice	Brown Rice	Digestive Holiday Parsnip Fries	Digestive Holiday Strawberry Quinoa Arugula Salad	Digestive Holiday Parsnip Fries	Digestive Holiday Steamed Carrots	Digestive Holiday Mixed Greens with Lemon & Olive...
Snack 3							
	Digestive Holiday Strawberry Coconut...	Digestive Holiday Almond Butter Coconut Whip with...	Digestive Holiday Strawberry Coconut...	Digestive Holiday Almond Butter Coconut Whip with...	Digestive Holiday Strawberry Coconut Oatmeal Muffins	Digestive Holiday Almond Butter Coconut Whip with...	Digestive Holiday Strawberry Coconut Oatmeal Muffins

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  43%	Fat  54%	Fat  49%	Fat  63%	Fat  47%	Fat  48%	Fat  41%
Carbs  30%	Carbs  27%	Carbs  36%	Carbs  19%	Carbs  34%	Carbs  23%	Carbs  14%
Protein  27%	Protein  19%	Protein  15%	Protein  18%	Protein  19%	Protein  29%	Protein  45%
Calories 1289	Calories 1728	Calories 1577	Calories 1572	Calories 1482	Calories 1790	Calories 1786
Fat 63g	Fat 106g	Fat 87g	Fat 115g	Fat 80g	Fat 96g	Fat 81g
Carbs 100g	Carbs 120g	Carbs 146g	Carbs 79g	Carbs 131g	Carbs 105g	Carbs 63g
Fiber 17g	Fiber 14g	Fiber 27g	Fiber 15g	Fiber 28g	Fiber 22g	Fiber 15g
Sugar 12g	Sugar 26g	Sugar 24g	Sugar 29g	Sugar 27g	Sugar 38g	Sugar 14g
Protein 90g	Protein 83g	Protein 61g	Protein 71g	Protein 72g	Protein 132g	Protein 199g
Cholesterol 450mg	Cholesterol 457mg	Cholesterol 161mg	Cholesterol 147mg	Cholesterol 131mg	Cholesterol 364mg	Cholesterol 590mg
Sodium 3028mg	Sodium 1006mg	Sodium 1072mg	Sodium 3027mg	Sodium 885mg	Sodium 1178mg	Sodium 1702mg
Vitamin A 2220IU	Vitamin A 951IU	Vitamin A 730IU	Vitamin A 2363IU	Vitamin A 1000IU	Vitamin A 20626IU	Vitamin A 20992IU
Vitamin C 38mg	Vitamin C 59mg	Vitamin C 70mg	Vitamin C 79mg	Vitamin C 73mg	Vitamin C 61mg	Vitamin C 28mg
Calcium 692mg	Calcium 364mg	Calcium 504mg	Calcium 437mg	Calcium 554mg	Calcium 293mg	Calcium 482mg
Iron 16mg	Iron 11mg	Iron 13mg	Iron 16mg	Iron 12mg	Iron 12mg	Iron 15mg

### Fruits

- 1 cup Blueberries
- 2 1/3 Lemon
- 1/4 cup Lemon Juice
- 2 3/4 cups Strawberries

### Breakfast

- 3 tbsps Almond Butter
- 3 tbsps Maple Syrup
- 1/2 cup
- 3 Plain Rice Cake

### Seeds, Nuts & Spices

- 3/4 tsp Black Pepper
- 1/4 cup Chia Seeds
- 1 tsp Cinnamon
- 1 tsp Italian Seasoning
- 4 cups Macadamia Nuts
- 1/2 tsp Red Pepper Flakes
- 2 3/4 tsps Sea Salt
- 2 Sea Salt & Black Pepper
- 1/4 cup Sunflower Seeds
- 2 1/3 tbsps Turmeric
- 1 1/2 cups Walnuts

### Vegetables

- 6 cups Arugula
- 8 Carrot
- 2 cups Green Beans
- 4 1/2 cups Kale Leaves
- 4 cups Mixed Greens
- 9 Parsnip
- 2 2/3 Zucchini

### Boxed & Canned

- 1 cup Brown Rice
- 3 3/4 cups Canned Coconut Milk
- 1/2 cup Quinoa

### Baking

- 1 tsp Baking Powder
- 4 3/4 cups Gluten Free Oats
- 1 1/2 tbsps Organic Dark Chocolate Chips
- 1/2 cup Unsweetened Shredded Coconut
- 1 1/2 tsps Vanilla Extract

### Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 14 ozs Chicken Leg, Boneless With Skin
- 1 lb Salmon Fillet
- 2 lbs Shrimp
- 1 1/2 lbs Sliced Turkey Breast
- 6 lbs Whole Roasting Chicken

### Condiments & Oils

- 2 cups Assorted Olives
- 1 cup Extra Virgin Olive Oil
- 1 1/3 cups Green Olives
- 2 tbsps Tahini

### Cold

- 1 1/2 cups Unsweetened Almond Milk

### Other

- 2 1/2 cups Water



## Digestive Holiday Blueberry Overnight Oats

4 servings

8 hours

### Ingredients

- 1 1/2 cups Gluten Free Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tsp Cinnamon
- 1/2 cup Water
- 1/2 cup Blueberries
- 1 cup Walnuts

### Nutrition

Amount per serving	
Calories	364
Fat	25g
Carbs	31g
Fiber	8g
Sugar	3g
Protein	10g
Cholesterol	0mg
Sodium	64mg
Vitamin A	199IU
Vitamin C	2mg
Calcium	258mg
Iron	3mg

### Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of walnuts. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.



## Digestive Holiday Chocolate Strawberry Almond Butter Rice Cake

1 serving  
5 minutes

### Ingredients

1 tbsp All Natural Almond Butter  
1 Plain Rice Cake  
1/4 cup Strawberries (fresh, chopped)  
1 1/2 tps Organic Dark Chocolate  
Chips

### Nutrition

Amount per serving	
Calories	187
Fat	11g
Carbs	18g
Fiber	2g
Sugar	7g
Protein	5g
Cholesterol	0mg
Sodium	5mg
Vitamin A	4IU
Vitamin C	21mg
Calcium	15mg
Iron	1mg

### Directions

- 1 Spread almond butter onto the rice cake and top with strawberries and chocolate chips. Enjoy!

### Notes

**Leftovers:** Store all ingredients separately until ready to serve.

**Nut-Free:** Use sunflower seed butter instead of almond butter.

**Additional Toppings:** Add a pinch of cinnamon

**More Fiber:** Sprinkle with hemp seeds or chia seeds.



## Macadamia Nuts

4 servings

2 minutes

### Ingredients

1 1/3 cups Macadamia Nuts

### Nutrition

Amount per serving	
Calories	321
Fat	34g
Carbs	6g
Fiber	4g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	38mg
Iron	2mg

### Directions

- 1 Divide between bowls and enjoy!



## Digestive Holiday Turkey Kale Wraps

2 servings

10 minutes

### Ingredients

- 2 1/4 cups Kale Leaves (whole, lacinato, washed and dried)
- 1 Sea Salt & Black Pepper (To taste)
- 12 1/4 ozs Sliced Turkey Breast

### Nutrition

Amount per serving	
Calories	192
Fat	7g
Carbs	5g
Fiber	1g
Sugar	2g
Protein	26g
Cholesterol	85mg
Sodium	1572mg
Vitamin A	1137IU
Vitamin C	22mg
Calcium	85mg
Iron	1mg

### Directions

- 1 Divide the turkey between kale leaves and add a sprinkle of sea salt and black pepper on top.
- 2 Roll the leaves into a wrap. Enjoy!

### Notes

**No Kale:** Use another large leafy green such as collard or lettuce.

**No Turkey:** Use sliced chicken breast instead.

**Leftovers:** Store the leftovers in a container in the fridge for up to three days. Pierce the wraps with a toothpick to hold them together during storage.

**More Flavor:** Sprinkle with paprika or your favorite spices.



## Digestive Holiday Olive Medley

1 serving  
2 minutes

### Ingredients

1 cup Assorted Olives

### Nutrition

Amount per serving	
Calories	156
Fat	15g
Carbs	8g
Fiber	2g
Sugar	0g
Protein	1g
Cholesterol	0mg
Sodium	988mg
Vitamin A	444IU
Vitamin C	1mg
Calcium	118mg
Iron	8mg

### Directions

- 1 Divide into bowls and enjoy!

### Notes

**Don't like olives:** : Substitute olives with artichoke hearts, pickled peppers, mushrooms, pickled tomatoes or pickled onions.



## Digestive Holiday Shrimp & Green Beans

4 servings  
20 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 2 cups Green Beans (trimmed)
- 2 lbs Shrimp (raw, peeled and deveined)
- 1/8 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes (Optional)

### Nutrition

Amount per serving	
Calories	239
Fat	5g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	47g
Cholesterol	365mg
Sodium	347mg
Vitamin A	439IU
Vitamin C	6mg
Calcium	164mg
Iron	2mg

### Directions

- 1 Heat half of the oil in a large skillet over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 2 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side. Return the green beans to the skillet, and red pepper flakes. Stir until the shrimp is cooked through and evenly coated. Divide onto plates and enjoy!

### Notes

- Leftovers:** Refrigerate in an airtight container up to 2 to 3 days.  
**Serve It With:** Rice, quinoa, sweet potatoes or zucchini noodles.



## Brown Rice

4 servings

45 minutes

### Ingredients

- 1 cup Brown Rice (uncooked)
- 2 cups Water

### Nutrition

Amount per serving	
Calories	170
Fat	1g
Carbs	35g
Fiber	2g
Sugar	0g
Protein	3g
Cholesterol	0mg
Sodium	5mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	16mg
Iron	1mg

### Directions

1

Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



## Digestive Holiday Roasted Chicken with Zucchini & Olives

4 servings  
1 hour 20 minutes

### Ingredients

14 ozs Chicken Leg, Boneless With Skin  
1/3 tsp Sea Salt  
2 2/3 Zucchini (medium, sliced)  
1 1/3 cups Green Olives (sliced)  
1 1/3 Lemon (juiced)  
1/4 cup Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	409
Fat	35g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	18g
Cholesterol	92mg
Sodium	620mg
Vitamin A	501IU
Vitamin C	30mg
Calcium	70mg
Iron	4mg

### Directions

- 1 Preheat oven to 375F° (191°C).
- 2 Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
- 3 Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
- 4 Remove from oven and let stand 15 minutes before serving. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge for 2 to 3 days.

**More Carbs:** Serve with brown rice, or quinoa.



## Digestive Holiday Turmeric Chicken Nuggets

6 servings

30 minutes

### Ingredients

- 1 1/4 cups Gluten Free Oats (rolled)
- 2 1/3 tbsps Turmeric
- 1/3 tsp Sea Salt
- 1/3 tsp Black Pepper
- 1 1/4 lbs Chicken Breast (boneless, cubed)
- 2 1/3 tbsps Extra Virgin Olive Oil (divided)

### Nutrition

Amount per serving	
Calories	236
Fat	9g
Carbs	14g
Fiber	3g
Sugar	0g
Protein	24g
Cholesterol	69mg
Sodium	176mg
Vitamin A	29IU
Vitamin C	0mg
Calcium	20mg
Iron	3mg

### Directions

- 1 In a food processor blend the rolled oats, turmeric powder, sea salt and black pepper until a flour-like consistency forms.
- 2 In a separate bowl, toss the cubed chicken breast in half of the extra virgin olive oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
- 3 Warm a skillet over medium heat and add the remaining oil. Add the breaded chicken to the pan and cook for 10 minutes per side. For the final 2 minutes, add a lid and cook until the chicken reaches an internal temperature of 165°F (74°C).

### Notes

- Leftovers:** Refrigerate in an airtight container for up to five days.  
**Serving Size:** One serving is equal to approximately five nuggets.



## Digestive Holiday Parsnip Fries

6 servings  
50 minutes

### Ingredients

9 Parsnip (large)  
3 tbsps Extra Virgin Olive Oil  
1/3 tsp Sea Salt (or more to taste)

### Nutrition

Amount per serving	
Calories	230
Fat	7g
Carbs	41g
Fiber	9g
Sugar	12g
Protein	3g
Cholesterol	0mg
Sodium	155mg
Vitamin A	0IU
Vitamin C	31mg
Calcium	89mg
Iron	1mg

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 While oven is preheating, wash and peel the parsnips. Slice them into long, thin fry shapes. Lay on the baking sheet and drizzle with extra virgin olive oil. Toss the fries gently to coat and sprinkle with sea salt.
- 3 Bake for 40 minutes, turning halfway through cooking.
- 4 Remove from the oven and enjoy!

### Notes

**Storage:** Keeps well in fridge for up to 4 days.



## Digestive Holiday Walnut Crusted Salmon

4 servings

20 minutes

### Ingredients

1/2 cup Walnuts (very finely chopped)  
1/2 tsp Sea Salt  
1 tsp Italian Seasoning  
1/4 cup Lemon Juice  
2 tps Extra Virgin Olive Oil (divided)  
1 lb Salmon Fillet  
1/2 Lemon (optional for serving, cut into wedges)

### Nutrition

Amount per serving	
Calories	282
Fat	19g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	25g
Cholesterol	62mg
Sodium	345mg
Vitamin A	46IU
Vitamin C	6mg
Calcium	29mg
Iron	1mg

### Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, salt and Italian seasoning. Stir in the lemon juice and half of the oil.
- 3 Rub the remaining oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily. Divide between plates and serve with lemon wedges, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Salmon:** Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.



## Digestive Holiday Strawberry Quinoa Arugula Salad

4 servings

40 minutes

### Ingredients

1/2 cup Quinoa (uncooked)  
2 tbsps Tahini  
1 tbsp Maple Syrup  
1 1/2 tsps Lemon Juice  
1 tsp Water (warm)  
1/8 tsp Sea Salt  
6 cups Arugula  
1/4 cup Sunflower Seeds  
1 cup Strawberries (chopped)

### Nutrition

Amount per serving	
Calories	202
Fat	10g
Carbs	25g
Fiber	4g
Sugar	6g
Protein	7g
Cholesterol	0mg
Sodium	93mg
Vitamin A	725IU
Vitamin C	27mg
Calcium	107mg
Iron	3mg

### Directions

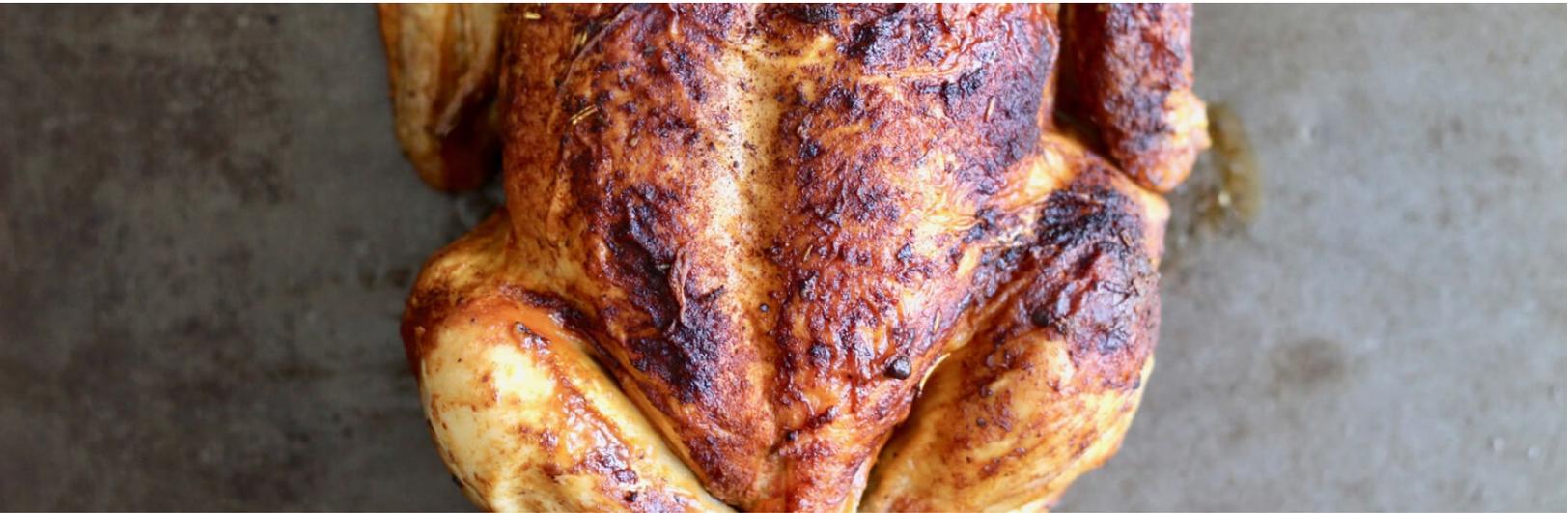
- 1 Cook the quinoa according to package directions. Let cool.
- 2 In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if needed.
- 3 Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

### Notes

**Meal Prep:** For best results, store all items separately in the fridge and assemble the salad just before serving.

**No Arugula:** Use baby spinach instead.

**No Sunflower Seeds:** Use pumpkin seeds, hemp seeds or chopped walnuts instead.



## Digestive Holiday Roasted Chicken

6 servings

2 hours

### Ingredients

- 6 lbs Whole Roasting Chicken
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper

### Nutrition

Amount per serving	
Calories	534
Fat	16g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	92g
Cholesterol	295mg
Sodium	734mg
Vitamin A	205IU
Vitamin C	0mg
Calcium	46mg
Iron	5mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, and pepper.
- 3 Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
- 4 Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

### Notes

**Roasting Times:** If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

**Leftovers:** Meat can be kept for up to 3 days in a covered container in the fridge.

**Zero Waste:** Save the chicken carcass to make Immunity Boosting Bone Broth.



## Digestive Holiday Steamed Carrots

4 servings  
15 minutes

### Ingredients

8 Carrot (medium, peeled and chopped into sticks)

### Nutrition

Amount per serving	
Calories	50
Fat	0g
Carbs	12g
Fiber	3g
Sugar	6g
Protein	1g
Cholesterol	0mg
Sodium	84mg
Vitamin A	20381IU
Vitamin C	7mg
Calcium	40mg
Iron	0mg

### Directions

- 1 Bring a pot of water to a boil.
- 2 Place carrot sticks in a steamer over boiling water and cover. Let steam for 10-15 minutes, or until tender. Enjoy!

### Notes

**Leftovers:** Refrigerate in an air-tight container up to 3-5 days, or freeze up to 10 months.  
**More Flavour:** Toss them in olive oil or sesame oil and season with your favourite spices.



## Digestive Holiday Mixed Greens with Lemon & Olive Oil

2 servings

5 minutes

### Ingredients

4 cups Mixed Greens  
2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	136
Fat	14g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	1g
Cholesterol	0mg
Sodium	34mg
Vitamin A	1IU
Vitamin C	12mg
Calcium	41mg
Iron	1mg

### Directions

- 1 Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

### Notes

**On-the-Go:** Keep dressing in a separate container on the side. Add just before serving.  
**No Mixed Greens:** Use spinach, kale or romaine instead.



## Digestive Holiday Strawberry Coconut Oatmeal Muffins

12 servings

40 minutes

### Ingredients

- 1 3/4 cups Canned Coconut Milk (full fat)
- 1/4 cup Maple Syrup
- 1 1/2 tsps Vanilla Extract
- 2 tsps Chia Seeds
- 2 cups Gluten Free Oats (rolled)
- 1/2 cup Unsweetened Shredded Coconut
- 1 tsp Baking Powder
- 1 cup Strawberries (fresh, chopped)

### Nutrition

Amount per serving	
Calories	168
Fat	10g
Carbs	17g
Fiber	3g
Sugar	5g
Protein	3g
Cholesterol	0mg
Sodium	52mg
Vitamin A	1IU
Vitamin C	7mg
Calcium	51mg
Iron	1mg

### Directions

- 1 Preheat your oven to 375°F (190°C) and line a muffin pan with liners.
- 2 In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract and chia seeds. Stir to combine and let it sit for at least 5 minutes.
- 3 In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
- 4 Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

### Notes

- Leftovers:** Refrigerate in an airtight container for up to three days or freeze for up to one month.
- Serving Size:** One serving is equal to one muffin.
- More Flavor:** Add cinnamon or a pinch of salt.
- No Strawberries:** Use blueberries or raspberries instead. Fresh berries are best instead of frozen.
- No Rolled Oats:** Use quick oats instead.
- No Muffin Liners:** Use a non-stick muffin pan or grease pan with coconut oil.



## Digestive Holiday Almond Butter Coconut Whip with Blueberries

6 servings

5 minutes

### Ingredients

- 2 cups Canned Coconut Milk (full fat, refrigerated overnight)
- 3 tbsps Almond Butter
- 1/4 cup Maple Syrup
- 1/2 cup Blueberries (fresh or frozen)

### Nutrition

Amount per serving	
Calories	232
Fat	19g
Carbs	14g
Fiber	1g
Sugar	11g
Protein	3g
Cholesterol	0mg
Sodium	22mg
Vitamin A	7IU
Vitamin C	1mg
Calcium	45mg
Iron	0mg

### Directions

- 1 Scoop out the thickened cream from the can of coconut milk that has been refrigerated overnight into the mixing bowl, and set aside the remaining coconut juice for other uses.
- 2 Add the almond butter and maple syrup. Use a hand mixer to whip until fluffy.
- 3 Divide the almond butter coconut whip into small bowls and top with blueberries. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 5 days.

**No Almond Butter:** Use peanut, or sunflower seed butter instead.

**Cake Frosting:** This whip makes a great cake frosting. Simply double or triple the recipe (depending on cake size) to make enough whip to ice a cake.

**Serving Size:** Each serving yields approximately 1/3 cup of almond butter coconut whip.



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Digestive Holiday Almond Butter & Raspberry Chia...	Digestive Holiday Strawberry Kiwi Tropical...	Digestive Holiday Almond Butter & Raspberry Chia...	Digestive Holiday Strawberry Kiwi Tropical...	Digestive Holiday Almond Butter & Raspberry Chia...	Digestive Holiday Cinnamon Maple Brown Rice Porridge	Digestive Holiday Cinnamon Maple Brown Rice Porridge
	Macadamia Nuts	Toasted Walnuts	Macadamia Nuts	Toasted Walnuts	Macadamia Nuts	Toasted Walnuts	Toasted Walnuts
Lunch	Digestive Holiday Cleaned Up Chicken Salad	Digestive Holiday Shrimp, Kale & Quinoa Salad	Digestive Holiday Green Chicken Sliders	Digestive Holiday Turkey & Spinach Roasted Acorn...	Digestive Holiday Green Chicken Sliders	Digestive Holiday Baked Chicken & Carrots with...	Digestive Holiday Baked Salmon with Broccoli &...
	Olive Medley	Grapes & Walnuts	Brown Rice	Grapes & Walnuts	Brown Rice	Quinoa	Olive Medley
Dinner	Digestive Holiday Shrimp, Kale & Quinoa Salad	Digestive Holiday Green Chicken Sliders	Digestive Holiday Turkey & Spinach Roasted Acorn...	Digestive Holiday Shrimp, Kale & Quinoa Salad	Digestive Holiday Baked Chicken & Carrots with...	Digestive Holiday Baked Salmon with Broccoli &...	Digestive Holiday Maple Turkey Burgers
	Digestive Holiday Shrimp, Kale & Quinoa Salad	Brown Rice	Quinoa	Digestive Holiday Shrimp, Kale & Quinoa Salad	Quinoa	Olive Medley	Digestive Holiday Mixed Greens with Lemon & Olive...
Snack 3	Digestive Holiday Nutty Dark Chocolate Sea Salt...	Coconut Yogurt Parfait	Digestive Holiday Nutty Dark Chocolate Sea Salt Squares	Coconut Yogurt Parfait	Digestive Holiday Nutty Dark Chocolate Sea Salt Squares	Coconut Yogurt Parfait	Digestive Holiday Nutty Dark Chocolate Sea Salt Squares

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  65%	Fat  51%	Fat  56%	Fat  54%	Fat  58%	Fat  50%	Fat  57%
Carbs  18%	Carbs  30%	Carbs  25%	Carbs  30%	Carbs  22%	Carbs  32%	Carbs  26%
Protein  17%	Protein  19%	Protein  19%	Protein  16%	Protein  20%	Protein  18%	Protein  17%
Calories 1688	Calories 2093	Calories 1906	Calories 1886	Calories 1847	Calories 1886	Calories 1845
Fat 129g	Fat 125g	Fat 123g	Fat 119g	Fat 123g	Fat 107g	Fat 121g
Carbs 80g	Carbs 163g	Carbs 124g	Carbs 150g	Carbs 103g	Carbs 158g	Carbs 125g
Fiber 27g	Fiber 34g	Fiber 29g	Fiber 35g	Fiber 26g	Fiber 27g	Fiber 21g
Sugar 15g	Sugar 48g	Sugar 9g	Sugar 47g	Sugar 11g	Sugar 24g	Sugar 27g
Protein 74g	Protein 102g	Protein 95g	Protein 82g	Protein 97g	Protein 88g	Protein 79g
Cholesterol 242mg	Cholesterol 378mg	Cholesterol 279mg	Cholesterol 267mg	Cholesterol 277mg	Cholesterol 160mg	Cholesterol 162mg
Sodium 1538mg	Sodium 1058mg	Sodium 1216mg	Sodium 826mg	Sodium 1225mg	Sodium 1688mg	Sodium 2107mg
Vitamin A 9388IU	Vitamin A 9481IU	Vitamin A 6007IU	Vitamin A 13510IU	Vitamin A 9207IU	Vitamin A 9695IU	Vitamin A 1715IU
Vitamin C 80mg	Vitamin C 321mg	Vitamin C 87mg	Vitamin C 303mg	Vitamin C 61mg	Vitamin C 218mg	Vitamin C 181mg
Calcium 929mg	Calcium 1758mg	Calcium 743mg	Calcium 1824mg	Calcium 621mg	Calcium 1387mg	Calcium 919mg
Iron 21mg	Iron 14mg	Iron 18mg	Iron 16mg	Iron 14mg	Iron 19mg	Iron 20mg

### Fruits

- 8 1/4 cups Grapes
- 2 Kiwi
- 1 1/4 Lemon
- 1 tbsp Lime Juice
- 1/2 cup Pineapple
- 3/4 cup Raspberries
- 5 1/2 cups Strawberries

### Breakfast

- 2/3 cup Almond Butter
- 1/4 cup Maple Syrup

### Seeds, Nuts & Spices

- 1 cup Chia Seeds
- 2 tbsps Chili Powder
- 1 1/2 tps Cinnamon
- 1 1/3 tbsps Cumin
- 1/2 tsp Dried Thyme
- 1 tsp Ground Sage
- 1 tbsp Hemp Seeds
- 5 cups Macadamia Nuts
- 2 tps Oregano
- 1 3/4 cups Pumpkin Seeds
- 3 tps Sea Salt
- 0 Sea Salt & Black Pepper (to taste)
- 5 1/16 cups Walnuts

### Vegetables

- 2 Acorn Squash
- 4 cups Baby Spinach
- 1 head Boston Lettuce
- 6 cups Broccoli
- 6 Carrot
- 1 1/2 cups Cilantro
- 1 Cucumber
- 1 1/2 tbsps Ginger
- 19 cups Kale Leaves
- 4 cups Mixed Greens

### Boxed & Canned

- 2 cups Brown Rice
- 3 1/2 cups Quinoa

### Baking

- 5 1/4 ozs Dark Chocolate
- 1 tsp Vanilla Extract

### Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast
- 4 ozs Chicken Breast, Cooked
- 2 lbs Extra Lean Ground Chicken
- 1 1/2 lbs Extra Lean Ground Turkey
- 1 1/4 lbs Salmon Fillet
- 1 1/2 lbs Shrimp

### Condiments & Oils

- 1 1/2 tbsps Apple Cider Vinegar
- 12 cups Assorted Olives
- 1/4 cup Coconut Oil
- 1 tbsp Dijon Mustard
- 1 1/16 cups Extra Virgin Olive Oil

### Cold

- 7 1/2 cups Unsweetened Almond Milk
- 3 cups Unsweetened Coconut Yogurt

### Other

- 7 3/4 cups Water



## Digestive Holiday Almond Butter & Raspberry Chia Pudding

6 servings  
30 minutes

### Ingredients

- 3/4 cup Chia Seeds
- 3 cups Unsweetened Almond Milk
- 3/4 cup Raspberries
- 1/3 cup Almond Butter
- 3/4 cup Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	318
Fat	25g
Carbs	17g
Fiber	10g
Sugar	2g
Protein	12g
Cholesterol	0mg
Sodium	83mg
Vitamin A	257IU
Vitamin C	4mg
Calcium	419mg
Iron	4mg

### Directions

- 1 In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash the raspberries until they resemble jam.
- 3 Layer the chia seed pudding in a jar, top with the raspberry jam, pumpkin seeds and almond butter. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate covered for up to five days.

**Nut-Free:** Use coconut milk instead of almond milk. Use sunflower seed butter instead of almond butter.

**Additional Toppings:** Add cacao nibs for crunch.



## Macadamia Nuts

4 servings

2 minutes

### Ingredients

1 1/3 cups Macadamia Nuts

### Nutrition

Amount per serving	
Calories	321
Fat	34g
Carbs	6g
Fiber	4g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	38mg
Iron	2mg

### Directions

- 1 Divide between bowls and enjoy!



## Digestive Holiday Strawberry Kiwi Tropical Smoothie

1 serving  
5 minutes

### Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Strawberries
- 1 Kiwi (peeled, chopped)
- 1/4 cup Pineapple (fresh or frozen)
- 1/2 Cucumber (chopped)
- 1 tbsp Chia Seeds
- 2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	424
Fat	26g
Carbs	44g
Fiber	14g
Sugar	21g
Protein	13g
Cholesterol	0mg
Sodium	210mg
Vitamin A	884IU
Vitamin C	173mg
Calcium	818mg
Iron	4mg

### Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Nut-Free:** Use hemp milk, rice milk, oat milk or water instead of almond milk.

**No Cucumber:** Use spinach or kale instead.



## Toasted Walnuts

5 servings

15 minutes

### Ingredients

1 1/2 cups Walnuts (shelled)

### Nutrition

Amount per serving	
Calories	235
Fat	23g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	1mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	35mg
Iron	1mg

### Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

### Notes

Extra Flavour: Sprinkle with sea salt or spices of your choice.



## Digestive Holiday Cinnamon Maple Brown Rice Porridge

2 servings

1 hour

### Ingredients

2 cups Unsweetened Almond Milk  
1 tbsp Maple Syrup  
1 1/2 tsps Cinnamon  
1 tsp Vanilla Extract  
1/2 cup Brown Rice (long grain, rinsed well under cold water)  
2 cups Strawberries (chopped)  
2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	380
Fat	13g
Carbs	59g
Fiber	8g
Sugar	14g
Protein	9g
Cholesterol	0mg
Sodium	167mg
Vitamin A	522IU
Vitamin C	85mg
Calcium	564mg
Iron	2mg

### Directions

- 1 Add the almond milk, maple syrup, cinnamon and vanilla to a large saucepan with a tight-fitting lid. Bring to a gentle boil then stir in the rice.
- 2 Reduce heat to low and cover the pot with the lid. Let it cook, stirring occasionally, for 50 to 55 minutes, or until the rice is very tender and the porridge has thickened.
- 3 Divide the porridge between bowls and top with the chopped strawberries and almond butter. Serve with additional almond milk, maple syrup and cinnamon if desired and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 3/4 cup of porridge.

**Nut-Free:** Use coconut milk, or oat milk instead of almond milk.

**Additional Toppings:** Top with hemp seeds, chia seeds, chopped nuts, sunflower seeds, pumpkin seeds, or extra berries.

**Cooking Tip:** To keep the porridge from boiling over while cooking, use a bigger pot than necessary and stir frequently or remove from heat briefly until the cooking liquid goes back down.



## Digestive Holiday Cleaned Up Chicken Salad

2 servings

30 minutes

### Ingredients

4 ozs Chicken Breast, Cooked  
1/4 cup Grapes (halved)  
2 cups Kale Leaves (finely sliced into ribbons)  
2 2/3 tbsps Walnuts  
1 tbsp Hemp Seeds  
1 tbsp Dijon Mustard  
1 tbsp Extra Virgin Olive Oil  
1/4 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add grapes, hemp hearts, walnuts and kale to bowl.
- 2 In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.
- 3 Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!

### Nutrition

Amount per serving	
Calories	262
Fat	18g
Carbs	5g
Fiber	2g
Sugar	3g
Protein	21g
Cholesterol	59mg
Sodium	124mg
Vitamin A	1041IU
Vitamin C	23mg
Calcium	72mg
Iron	1mg



## Olive Medley

4 servings

2 minutes

### Ingredients

4 cups Assorted Olives

### Nutrition

Amount per serving	
Calories	156
Fat	15g
Carbs	8g
Fiber	2g
Sugar	0g
Protein	1g
Cholesterol	0mg
Sodium	988mg
Vitamin A	444IU
Vitamin C	1mg
Calcium	118mg
Iron	8mg

### Directions

- 1 Divide into bowls and enjoy!



## Grapes & Walnuts

4 servings

3 minutes

### Ingredients

4 cups Grapes (washed)  
1 cup Walnuts

### Nutrition

Amount per serving	
Calories	258
Fat	20g
Carbs	20g
Fiber	3g
Sugar	16g
Protein	5g
Cholesterol	0mg
Sodium	2mg
Vitamin A	92IU
Vitamin C	4mg
Calcium	42mg
Iron	1mg

### Directions

- 1 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

### Notes

**No Walnuts:** Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!



## Digestive Holiday Shrimp, Kale & Quinoa Salad

6 servings

20 minutes

### Ingredients

- 1 1/2 cups Quinoa (uncooked)
- 1 1/2 cups Water
- Sea Salt & Black Pepper (to taste)
- 1 1/2 lbs Shrimp (peeled, deveined)
- 1 tbsp Cumin
- 1/3 cup Extra Virgin Olive Oil (divided)
- 1 1/2 tbsps Apple Cider Vinegar
- 2 1/4 tpsps Maple Syrup
- 15 cups Kale Leaves (stems removed and chopped)
- 3 Carrot (medium, grated or sliced)

### Nutrition

Amount per serving	
Calories	401
Fat	16g
Carbs	35g
Fiber	6g
Sugar	4g
Protein	31g
Cholesterol	183mg
Sodium	190mg
Vitamin A	7641IU
Vitamin C	51mg
Calcium	255mg
Iron	4mg

### Directions

- 1 Boil quinoa and water in a saucepan over high heat. Reduce to a simmer and cover with a lid for 13 to 15 minutes. Season with salt and pepper, and fluff with a fork. Set aside.
- 2 Meanwhile, coat the shrimp with cumin, salt and pepper. Heat 1/4 of the olive oil in a pan over medium-high heat. Add the shrimp and cook for about 3 to 5 minutes, flipping halfway.
- 3 In a large salad bowl, whisk together the vinegar, maple syrup and remaining olive oil.
- 4 Add the kale and carrot, and massage in the vinaigrette. Add the cooked quinoa and shrimp and toss until thoroughly combined. Divide onto plates and enjoy!

### Notes

**No Shrimp:** Use chicken instead.

**Leftovers:** Refrigerate in an airtight container up to 3 days.



## Digestive Holiday Green Chicken Sliders

4 servings  
30 minutes

### Ingredients

- 2 lbs Extra Lean Ground Chicken
- 1 tsp Oregano (dried)
- 3/4 tsp Sea Salt
- 2 cups Kale Leaves (very finely chopped)
- 2 cups Broccoli (very finely chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 head Boston Lettuce

### Nutrition

Amount per serving	
Calories	374
Fat	22g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	41g
Cholesterol	195mg
Sodium	599mg
Vitamin A	855IU
Vitamin C	50mg
Calcium	66mg
Iron	2mg

### Directions

- 1 Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
- 2 Preheat grill to medium heat.
- 3 Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
- 4 Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

### Notes

**Serving Size:** One serving is equal to two sliders.

**More Carbs:** Serve on a bun or on top of rice.

**Topping Ideas:** Mustard, pickles, lettuce, or onion.

**Leftovers:** These keep well in an airtight container in the fridge up to three days or freeze for up to three months.



## Brown Rice

6 servings  
45 minutes

### Ingredients

1.5 cups Brown Rice (uncooked)

3 cups Water

### Nutrition

Amount per serving	
Calories	170
Fat	1g
Carbs	35g
Fiber	2g
Sugar	0g
Protein	3g
Cholesterol	0mg
Sodium	5mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	16mg
Iron	1mg

### Directions

1

Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



## Digestive Holiday Turkey & Spinach Roasted Acorn Squash Bowls

4 servings  
50 minutes

### Ingredients

- 2 Acorn Squash
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Coconut Oil
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tsp Oregano
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1/4 cup Water
- 4 cups Baby Spinach (chopped and packed)

### Nutrition

Amount per serving	
Calories	337
Fat	17g
Carbs	26g
Fiber	5g
Sugar	0g
Protein	24g
Cholesterol	84mg
Sodium	372mg
Vitamin A	4884IU
Vitamin C	32mg
Calcium	148mg
Iron	5mg

### Directions

- 1 Preheat the oven to 450°F and line a baking sheet with parchment paper.
- 2 Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 to 45 minutes or until golden brown.
- 3 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 4 Once the turkey is cooked through, stir in the chili powder, oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 5 Remove squash from the oven and stuff each half with the turkey/spinach mix. Enjoy!

### Notes

**Save Time:** Roast acorn squash ahead of time and warm it at the time of meal.

**Leftovers:** Store covered in the fridge up to 3 days. Reheat in the oven, toaster oven or slow cooker.

**Waste Not, Want Not:** Set aside the seeds from the acorn squash. Rinse them and spread them across a tea towel to dry. Roast in the oven using our Cinnamon Toast Crunch Pumpkin Seeds recipe.



## Quinoa

4 servings

15 minutes

### Ingredients

1 cup Quinoa (uncooked)

1 1/2 cups Water

### Nutrition

Amount per serving	
Calories	156
Fat	3g
Carbs	27g
Fiber	3g
Sugar	0g
Protein	6g
Cholesterol	0mg
Sodium	4mg
Vitamin A	6IU
Vitamin C	0mg
Calcium	29mg
Iron	2mg

### Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 3/4 cup.



## Digestive Holiday Baked Chicken & Carrots with Cilantro Lime Sauce

4 servings  
30 minutes

### Ingredients

- 1 lb Chicken Breast
- 3 Carrot (medium-sized, peeled, roughly chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 1 1/2 cups Cilantro
- 1 1/2 tbsps Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice
- 1 tbsp Water (optional)

### Nutrition

Amount per serving	
Calories	278
Fat	17g
Carbs	5g
Fiber	2g
Sugar	2g
Protein	26g
Cholesterol	82mg
Sodium	381mg
Vitamin A	8084IU
Vitamin C	6mg
Calcium	26mg
Iron	1mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the chicken and carrots on the baking sheet. Season with a quarter of the oil and half of the salt. Bake for 25 to 30 minutes or until the chicken is cooked through and the carrots are tender.
- 3 While the chicken is cooking, add the cilantro, ginger, lime and remaining salt to a food processor. With the food processor running, add in the remaining oil. Blend until mostly smooth. Add in the water to thin, if necessary.
- 4 Divide the chicken and carrots between plates and spoon the cilantro lime sauce over top. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is half a chicken breast, 3/4 cup of carrots and 2 tablespoons of the sauce.

**More Flavor:** Season chicken and carrots with black pepper, ground ginger, or cumin as well before baking.

**No Chicken Breast:** Use chicken thighs or drumsticks instead.

**More Veggies:** Add in zucchini or broccoli.



## Digestive Holiday Baked Salmon with Broccoli & Quinoa

4 servings  
20 minutes

### Ingredients

- 1 1/4 lbs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Broccoli (sliced into small florets)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/2 Lemon (sliced into wedges)

### Nutrition

Amount per serving	
Calories	450
Fat	19g
Carbs	34g
Fiber	5g
Sugar	2g
Protein	37g
Cholesterol	78mg
Sodium	96mg
Vitamin A	630IU
Vitamin C	83mg
Calcium	89mg
Iron	4mg

### Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

### Notes

- Leftovers:** Store covered in the fridge up to 2 days.
- Speed it Up:** Cook the quinoa ahead of time.



## Digestive Holiday Maple Turkey Burgers

2 servings

30 minutes

### Ingredients

- 8 ozs Extra Lean Ground Turkey
- 1 tbsp Maple Syrup
- 1/2 tsp Dried Thyme
- 1 tsp Ground Sage
- 1/2 tsp Sea Salt
- 1 tbsp Coconut Oil

### Nutrition

Amount per serving	
Calories	258
Fat	16g
Carbs	7g
Fiber	0g
Sugar	6g
Protein	21g
Cholesterol	84mg
Sodium	670mg
Vitamin A	113IU
Vitamin C	0mg
Calcium	45mg
Iron	2mg

### Directions

- 1 In a mixing bowl, combine the ground turkey, maple syrup, thyme, sage and salt.
- 2 Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 15 minutes.
- 3 Heat the coconut oil in a large pan over medium heat. Fry each burger patty until cooked through, about 4 to 6 minutes per side.
- 4 Set aside to cool slightly. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately one patty.

**Additional Toppings:** Top with avocado, sprouts or wrap it in lettuce.

**Breakfast Lover:** Make the patties thinner or roll them into sausages for breakfast.



## Digestive Holiday Mixed Greens with Lemon & Olive Oil

2 servings

5 minutes

### Ingredients

4 cups Mixed Greens  
2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	136
Fat	14g
Carbs	3g
Fiber	1g
Sugar	0g
Protein	1g
Cholesterol	0mg
Sodium	34mg
Vitamin A	1IU
Vitamin C	12mg
Calcium	41mg
Iron	1mg

### Directions

- 1 Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

### Notes

**On-the-Go:** Keep dressing in a separate container on the side. Add just before serving.  
**No Mixed Greens:** Use spinach, kale or romaine instead.



## Digestive Holiday Nutty Dark Chocolate Sea Salt Squares

16 servings  
1 hour 30 minutes

### Ingredients

- 1 1/2 tbsps Maple Syrup
- 2 tbsps Coconut Oil
- 1 cup Macadamia Nuts (chopped or smashed)
- 1 cup Pumpkin Seeds
- 1 cup Walnuts (chopped)
- 5 1/4 ozs Dark Chocolate (at least 70% cacao)
- 1 tsp Sea Salt (coarse ground)

### Nutrition

Amount per serving	
Calories	230
Fat	21g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	5g
Cholesterol	0mg
Sodium	151mg
Vitamin A	5IU
Vitamin C	0mg
Calcium	27mg
Iron	2mg

### Directions

- 1 Line a 8x8 pan with parchment paper.
- 2 Heat the maple syrup, coconut oil and a pinch of sea salt in a small sauce pan over medium-low heat for about 10 minutes or until it starts to thicken. Then fold in the almonds, pumpkin seeds and walnuts. Stir until well coated then transfer into your paper lined pan. Press it down firmly into the pan. Transfer the pan to the fridge for 1 hour.
- 3 Once your squares have hardened in the fridge, lift the parchment paper from the pan and then cut the hardened nut mix into squares.
- 4 Create a double boiler by filling a large pot with water and placing a smaller pot inside. Bring to a boil then reduce to a simmer. Ensure no water is able to get into the small pot.
- 5 Add the dark chocolate in the smaller pot and stir until melted.
- 6 Line a baking sheet with parchment paper.
- 7 Dip one end of each square into the dark chocolate. Place on the parchment paper. Repeat until all squares are dipped and then place in the fridge until the chocolate is set.
- 8 Once the chocolate is set, sprinkle the chocolate portion of each square with some coarse ground sea salt.
- 9 Arrange on a decorative plate and serve. Enjoy!

### Notes

**Storage:** Refrigerate or freeze in an air-tight container.

**Make as Bars:** Slice into bars instead of squares. Use a spoon to drizzle with melted chocolate.

**Mix it Up:** Use any variety of seeds and chopped nuts. Sunflower seeds, pistachios, macadamia nuts, brazil nuts, cashews and pecans all work beautifully!



## Coconut Yogurt Parfait

1 serving

5 minutes

### Ingredients

- 1 cup Unsweetened Coconut Yogurt (divided)
- 2 tbsps Walnuts (roughly chopped, divided)
- 1/2 cup Strawberries (chopped, divided)

### Nutrition

Amount per serving	
Calories	231
Fat	17g
Carbs	20g
Fiber	5g
Sugar	5g
Protein	4g
Cholesterol	0mg
Sodium	51mg
Vitamin A	9IU
Vitamin C	43mg
Calcium	526mg
Iron	1mg

### Directions

1

Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Nut-Free:** Use sunflower seeds instead of walnuts.

**Additional Toppings:** Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.