FREE 7 DAY SPECIALIZED MEAL PLAN

For Women With IBS & Digestive Issues to Get Rid of The Bloating, Gas, & Irregular Bowel Movements

Written by Angela Fraser, CNP

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WELCOME,

I'm Angela.



I'm so glad you request the **Free 7 Day Specialized Meal Plan for women with IBS & digestive Issues to get rid of the bloating, gas, & irregular bowel movements**

See, before I became a Certified Nutritional Practitioner and before I created The Gut Revive Method that works with women with IBS to get rid of gas, boating & bowel issues, I spent so much time trying different things that either didn't work at all or only worked for a little while. I was determined to find a solution because continuing on was no longer an option for me.

After much trial and error, and when I finally started working with a Holistic Nutritionist I discovered this therapeutic diet. I almost dismissed it as just another thing that wouldn't work BUT THEN I started to notice my gas was almost gone! I started having normal & regular bowel movements, I wasn't so bloated anymore and I had so much energy! not to mention the 30 pounds I shredded with in just a few months while working with the Nutritional Practitioner. I was over the moon about it.

The good news is that, you did a really smart thing and requested this guide! Now you have access to the Free 7 Day Specialized Meal Plan! in the "Free 7 Day Specialized Meal Plan for Women With IBS & Digestive Issues to Get Rid of The Bloating, Gas, & Irregular Bowel Movements"

IMPORTANT: The benefits you will feel from this 7 Day meal plan will only work if you actually do it!

Want additional free resources to help you resolve, fix & get rid of your gut issues!?

CLICK HERE TO JOIN my free Facebook group.

I can't wait to hear how this 7 Day Specialized Meal Plan has made you feel!

Angela Fraser

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HOW TO BEST USE THIS GUIDE

If you're anything like me, then you want simple steps to follow and even simpler actions to take that will help you resolve your gut issues!
Follow these steps below for best results.

STEP # 1: Read through the "Free 7 Day Specialized Meal Plan for Women With IBS & Digestive Issues to Get Rid of The Bloating, Gas, & Irregular Bowel Movements" in its entirety first.

STEP # 2: Join the free Facebook Group called: IBS & Digestive Support for Sluggish, Gassy and Exhausted Women.
CLICK HERE TO JOIN.

STEP # 3: Plan ahead.
Put time into your daily schedule to follow through with the steps in this guide. If you have questions, you can ask them inside of the "IBS & Digestive Support for Sluggish, Gassy and Exhausted Women" Facebook Group.

STEP # 4: Focus on the wins.
It's easy to get distracted, off track and disappointed when you don't see results immediately. Remember that resolving your gut issues won't happen overnight and that by focusing on the small wins, you'll keep yourself motivated to continue.

STEP # 5: Ask for help.
If you want to get results faster, the best way is to ask for help. I work with women who suffer from gas, bloating, bowel issues & who are exhausted to help them resolve their gut issues once and for all, increase their energy and get them feeling comfortable and confident in their own skin so they can thrive and live the life they want and deserve via The Gut Revive Method**.** If you'd like more information about it, you can email: info@angelafraserwellness.com

Ok, now that you have the steps to be successful, now it's time to put them into action.

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7 Day Low FODMAP Meal Plan

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7 Day Low FODMAP Meal Plan

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NOTE: This is a therapeutic diet, it is NOT a diet that should be on long term. Reach out in the Facebook group I have provided in this document for next best steps after this week!

TIPS to add when following this 7 Day Specialized Meal Plan

1. Drink lots of water!! Aim for 2-3L / Day (FYI... you lose 1 cup of water from your body when you drink 1 cup of coffee) - Try not to consume to much water during meals, this is best for optimal digestion.

2. Cut down on the caffeine, if you are someone who drinks multiple cups of coffee or black tea aim for 1 /day instead OR cut out completely (this is the more ideal option) - opt for herbal teas instead, or green tea - hello antioxidants ;)!

3. When choosing a protein powder to add to smoothies choose GRAIN & SUGAR free & Dairy free (if possible for dairy free, if not that is OK just make sure it is grain free as there are no grains allowed when on a Low FODMAP therapeutic diet) - choose one that is sweetened with Stevia if anything.

4. IF needing an extra snack between lunch and dinner that's OK! aim for something light, like a piece of fruit or some veggie sticks (berries, banana, kiwi, Carrot, cucumber)

5. Aim to eat dinner no later than 3-4 hours before you go to sleep, for optimal digestion & for best quality sleep.

6. Feel free to switch up the protein source in the meal plan, don't eat pork? opt for beef, chicken or turkey instead, and same goes for the veggies, they can be switched out for OTHER low fodmap veggies.

ENJOY these meals & remember, that sticking to this meal plan as close as possible is where the best results will come!

MON



BREAKFAST

Bacon & Egg Cups, Roasted Rutabaga & Swiss Chard



SNACK 1

Strawberry Papaya Smoothie



LUNCH

Celery Root Latkes & Beef Patties



DINNER

Chili Lime Baked Cod, Curried Kale Salad

TUE



BREAKFAST

Bacon & Egg Cups, Roasted Rutabaga & Swiss Chard



SNACK 1

Olives & Cucumber



LUNCH

Turmeric Turkey & Kale Skillet



DINNER

Chili Lime Baked Cod, Curried Kale Salad

WED



BREAKFAST

Kiwi Lime Smoothie



SNACK 1

Olives & Cucumber



LUNCH

Turmeric Turkey & Kale Skillet



DINNER

Thai Green Curry Chicken

THU



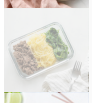
BREAKFAST

Veggie Baked Eggs + Pesto, Garlic-Free Pesto



SNACK 1

Strawberries & Walnuts



LUNCH

Meal Prep Spaghetti Squash, Spinach & Beef



DINNER

Thai Green Curry Chicken

FRI



BREAKFAST

Veggie Baked Eggs + Pesto, Garlic-Free Pesto



SNACK 1

Strawberries & Walnuts



LUNCH

Meal Prep Spaghetti Squash, Spinach & Beef



DINNER

Walnut Crusted Salmon, Rutabaga & Carrot Mash

SAT



BREAKFAST

Roasted Breakfast-Eggs & Turnip



SNACK 1

Pineapple Spinach Protein Smoothie



LUNCH

Walnut Crusted Salmon, Rutabaga & Carrot Mash



DINNER

Slow Cooker Dijon Pork Tenderloin, Sea Salt & Lemon Cabbage/ Carrot Slaw

SUN



BREAKFAST

Roasted Breakfast-Eggs & Turnip



SNACK 1

Pineapple Spinach Protein Smoothie



LUNCH

Slow Cooker Dijon Pork Tenderloin, Sea Salt & Lemon Cabbage/ Carrot Slaw



DINNER

Tuna & Zucchini Skewers, House Salad

FRUITS

- [ ] 2 Kiwi
- [ ] 1 3/4 Lemon
- [ ] 1/2 cup Lemon Juice
- [ ] 2 1/2 Lime
- [ ] 1 cup Papaya
- [ ] 2 cups Pineapple
- [ ] 2 1/2 cups Strawberries

BREAKFAST

- [ ] 1 1/3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- [ ] 1/4 cup Almonds
- [ ] 1 tsp Black Pepper
- [ ] 1/8 tsp Cayenne Pepper
- [ ] 1/2 tsp Chili Powder
- [ ] 1 tsp Cumin
- [ ] 1 1/2 tsps Curry Powder
- [ ] 1 tbsp Dried Chives
- [ ] 2 tbsps Hemp Seeds
- [ ] 1 tsp Italian Seasoning
- [ ] 1/4 tsp Paprika
- [ ] 2 tbsps Pumpkin Seeds
- [ ] 1 1/8 tbsps Sea Salt
- [ ] 0 Sea Salt & Black Pep
- [ ] 1/4 cup Sesame Seeds
- [ ] 1/2 tsp Turmeric
- [ ] 3/4 cup Walnuts

FROZEN

- [ ] 13 Ice Cubes

VEGETABLES

- [ ] 1 Acorn Squash
- [ ] 6 cups Baby Spinach
- [ ] 3 1/4 cups Basil Leaves
- [ ] 2 Carrot
- [ ] 1/4 cup Cilantro
- [ ] 1 1/4 Cucumber
- [ ] 1 1/2 tbsps Fresh Dill
- [ ] 1 1/2 tsps Ginger
- [ ] 2 cups Grated Carrot
- [ ] 1 1/2 Green Chili Pepper
- [ ] 1/8 head Green Lettuce
- [ ] 1 stalk Green Onion
- [ ] 9 cups Kale Leaves
- [ ] 2 tbsps Parsley
- [ ] 4 cups Purple Cabbage
- [ ] 1 Red Bell Pepper
- [ ] 4 cups Rutabaga
- [ ] 1/2 Spaghetti Squash
- [ ] 2 cups Swiss Chard
- [ ] 1/2 Tomato
- [ ] 1 Turnip
- [ ] 1/2 Yellow Bell Pepper
- [ ] 1 1/2 Zucchini

BOXED & CANNED

- [ ] 3/4 cup Canned Coconut Milk
- [ ] 1 1/2 cups Vegetable Broth

BREAD, FISH, MEAT & CHEESE

- [ ] 5 ozs Ahi Tuna
- [ ] 4 slices Bacon
- [ ] 8 ozs Chicken Breast
- [ ] 2 Cod Fillet
- [ ] 1 lb Extra Lean Ground Turkey
- [ ] 8 ozs Lean Ground Beef
- [ ] 1/2 cup Parmigiano Reggiano
- [ ] 8 ozs Pork Tenderloin
- [ ] 8 ozs Salmon Fillet

CONDIMENTS & OILS

- [ ] 2 1/8 tbsps Avocado Oil
- [ ] 1 1/2 tbsps Coconut Aminos
- [ ] 1 1/2 tsps Coconut Oil
- [ ] 1 tbsp Dijon Mustard
- [ ] 3/4 cup Extra Virgin Olive Oil
- [ ] 1/2 tsp Fish Sauce
- [ ] 1/4 cup Pesto
- [ ] 1/2 cup Pitted Kalamata Olives
- [ ] 1 1/2 tsps Sesame Oil
- [ ] 2 tbsps Tahini

COLD

- [ ] 16 Egg
- [ ] 4 cups Unsweetened Almond Milk
- [ ] 1 cup Unsweetened Coconut Yogurt

OTHER

- [ ] 4 Barbecue Skewers
- [ ] 2/3 oz Collagen Powder
- [ ] 3/4 cup Vanilla Protein Powder
- [ ] 2 tbsps Water

Bacon & Egg Cups

2 SERVINGS 25 MINUTES



INGREDIENTS

- **4 slices** Bacon
- **1/3 tsp** Avocado Oil
- **4** Egg
- Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Preheat the oven to 400°F (204°C).

02 Cook the bacon in a large pan over medium heat for 4 to 6 minutes until cooked through but still bendable. You don't want it to be crispy. Transfer to a paper towel-lined plate and let cool slightly.

03 Lightly oil the cups of a muffin pan with the oil.

04 Line the muffins cups with a ring of the cooked bacon. Crack an egg into the center of the bacon ring. Season with sea salt and pepper.

05 Bake for 11 to 13 minutes or until the egg yolk has set.

06 Remove from the muffin tin and let cool slightly on a cooling rack. Enjoy!

Roasted Rutabaga & Swiss Chard

2 SERVINGS 1 HOUR



INGREDIENTS

- 2 cups Rutabaga (peeled and diced)
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Swiss Chard
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

DIRECTIONS

01 Preheat oven to 415F° (213°C).

02 Combine rutabaga, olive oil in a glass baking dish. add half of the salt and pepper, toss until evenly coated.

03 Roast for 45 minutes or until soft and slightly browned. Flip the rutabaga about halfway through roasting.

04 Heat skillet and add olive oil, chop swiss chard very thin and add to pan. Add the remainder of salt and pepper. Cook for 10 minutes on med-low heat.

05 Remove swiss chard from pan and set aside, remove rutabaga from the oven once done. Plate and enjoy!

Kiwi Lime Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- **1 cup** Unsweetened Almond Milk
- **2** Kiwi (peeled, halved)
- **1** Lime (juiced)
- **1/4 cup** Vanilla Protein Powder

DIRECTIONS

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

Veggie Baked Eggs + Pesto

2 SERVINGS 30 MINUTES



INGREDIENTS

- **1 1/2 tsps** Extra Virgin Olive Oil
- **1** Zucchini (medium, seeds scooped out and chopped)
- **1** Red Bell Pepper (chopped)
- Sea Salt & Black Pepper (to taste)
- **6** Egg
- **1/4 cup** Pesto (or more to taste)

DIRECTIONS

01 Preheat the oven to 375°F (190°C).

02 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the zucchini, bell pepper and cook for five to six minutes or until the vegetables are just tender. season with salt and pepper and continue to cook for another minute.

03 Remove the skillet from the heat and make small wells for the eggs in the middle of the pan. Crack the eggs into the pan and season with additional salt and pepper. Transfer to the oven and bake for 10 to 13 minutes or until the eggs are cooked to your liking.

04 Remove the from oven and top with the pesto. Enjoy!

Garlic-Free Pesto

8 SERVINGS 10 MINUTES



INGREDIENTS

3 cups	Basil Leaves
1/4 cup	Almonds (roasted)
1/2 cup	Parmigiano Reggiano
1/4 tsp	Sea Salt
1/4 tsp	Black Pepper
3 tbsps	Lemon Juice
2 tbsps	Water
1/2 cup	Extra Virgin Olive Oil

DIRECTIONS

01 Add the basil, almonds, parmigiano reggiano, sea salt, black pepper, lemon juice and water to a food processor.

02 With the food processor running, slowly stream in the olive oil. Continue to blend for 30 seconds until pesto is smooth and emulsified. Season with additional salt or lemon juice, if needed.

03 Transfer to a jar and enjoy!

Roasted Breakfast-Eggs & Turnip

2 SERVINGS 30 MINUTES



INGREDIENTS

1	Turnip (peeled, diced)
1 tbsp	Avocado Oil
1/4 tsp	Paprika
1/4 tsp	Cumin
1/4 tsp	Sea Salt
6	Egg
1 tbsp	Dried Chives

DIRECTIONS

01 Preheat the oven to 350°F (177°C).

02 Place the diced turnips on a baking sheet and drizzle with avocado oil. Toss with the paprika, cumin and salt until evenly coated. Bake for 20 minutes or until golden and tender.

03 Remove from the oven and set the oven to broil. Create pockets in the turnips and gently crack an egg into each one. Return to the oven and broil for 4 to 5 minutes, or until the whites are set and the yolk is cooked to your liking.

04 Divide onto plates, garnish with dried chives and enjoy!

Strawberry Papaya Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- **1 cup** Papaya
- **1/2 cup** Strawberries (stems removed)
- **1/2** Lime (juiced)
- **1 cup** Unsweetened Almond Milk
- **2/3 oz** Collagen Powder
- **5** Ice Cubes

DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Olives & Cucumber

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Cucumber (medium, sliced)
1/2 cup Pitted Kalamata Olives

DIRECTIONS

01 Divide between plates and enjoy!

Strawberries & Walnuts

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Strawberries
1/4 cup Walnuts

DIRECTIONS

01 Add the strawberries and walnuts to a plate and. Enjoy!

Pineapple Spinach Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup	Pineapple (fresh or frozen)
1 cup	Baby Spinach
4	Ice Cubes
1/2 cup	Unsweetened Coconut Yogurt
1 cup	Unsweetened Almond Milk
1/4 cup	Vanilla Protein Powder
1 tbsp	Hemp Seeds

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Turmeric Turkey & Kale Skillet

2 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 tsps	Extra Virgin Olive Oil (divided)
1/2	Acorn Squash (peeled, seeds removed, diced)
2 cups	Kale Leaves (tough stems removed, torn into pieces)
1/4 tsp	Sea Salt (divided, to taste)
8 ozs	Extra Lean Ground Turke
1/4 tsp	Turmeric (ground, to taste)

DIRECTIONS

01 Heat half the oil in a skillet over medium-high heat. Cook the squash until fork tender, about five minutes. Season with half the salt and stir in the kale until wilted, about one minute. Transfer to a bowl and set aside.

02 Heat the remaining oil in the same skillet over medium heat. Add the turkey, breaking it up as it cooks. Once it is cooked through, drain any excess liquid and stir in the turmeric and remaining salt.

03 Return the squash and kale to the skillet and stir to combine. Heat for one to two minutes. Add more salt if needed, divide onto plates and enjoy!

Meal Prep Spaghetti Squash, Spinach & Beef

2 SERVINGS 50 MINUTES



INGREDIENTS

1/2	Spaghetti Squash (medium, cut in half lengthwise, seeds removed)
2 tbsps	Extra Virgin Olive Oil (divided)
8 ozs	Lean Ground Beef
4 cups	Baby Spinach
	Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Preheat the oven to 400°F (205°F) and line a baking sheet with parchment paper.

02 Use half of the oil to coat the inside of both squash halves. Place them flesh-side down on the baking sheet. Cook for 30 to 40 minutes or until the outside is lightly browned and the squash is slightly fork tender.

03 Remove the squash from the oven, flip them over and let them cool. Once cooled, use a fork to scoop out the spaghetti squash into noodles.

04 While the squash is cooking, heat 1/4 of the oil over medium heat. Add the ground beef, breaking it up as it cooks. Cook for seven to 10 minutes or until cooked through. Remove from the pan and set aside.

05 Heat the remaining oil over medium heat and add the spinach. Sauté until slightly wilted, about two minutes. Work in batches if needed.

06 To assemble, divide the ground beef, spaghetti squash, and spinach into bowls or containers. Season with salt and pepper. Enjoy!

Sea Salt & Lemon Cabbage/ Carrot Slaw

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups	Purple Cabbage (thinly sliced)
1/2	Lemon (large, juiced)
1/4 tsp	Sea Salt (flakey)
1 cup	Grated Carrot
1 tbsp	Sesame Seeds

DIRECTIONS

01 Add all of the ingredients to a bowl and massage the lemon juice and salt into the cabbage to soften it. Divide onto plates and enjoy!

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Chili Lime Baked Cod

2 SERVINGS 30 MINUTES



INGREDIENTS

- **1 tbsp** Avocado Oil
- **1 tbsp** Maple Syrup
- **1/2** Lime (juiced, plus additional slices for garnish)
- **1/2 tsp** Chili Powder
- **1/8 tsp** Sea Salt
- **1/8 tsp** Cayenne Pepper
- **1/8 tsp** Cumin
- **2** Cod Fillet

DIRECTIONS

01 In a zipper-lock bag or shallow bowl, combine the oil, maple syrup, lime juice, chili powder, salt, cayenne pepper and cumin. Mix to combine then add the cod fillets. Gently massage the sauce into the fillets and let it marinate for at least 15 minutes or up to an hour.

02 Meanwhile, preheat the oven to 400°F (204°C).

03 Transfer the fillets and the marinade to a baking dish. Bake for 12 to 15 minutes or until the fish is cooked through and flakes easily.

04 Divide between plates and top with any excess sauce from the baking dish. Serve with extra lime wedges, if using. Enjoy!

Curried Kale Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

- **1/4 cup** Lemon Juice
- **2 tbsps** Tahini
- **1 tbsp** Coconut Aminos
- **1 tsp** Maple Syrup
- **1 1/2 tsps** Curry Powder
- **1/8 tsp** Sea Salt
- **5 cups** Kale Leaves (washed, dried and thinly sliced)
- **2 tbsps** Pumpkin Seeds

DIRECTIONS

01 In a small bowl, whisk together the lemon juice, tahini, coconut aminos, maple syrup, curry powder and sea salt to make the dressing.

02 Add the kale leaves to a large bowl and add the dressing. Massage the dressing into the kale leaves using your hands. Garnish with pumpkin seeds. Serve and enjoy!

Thai Green Curry Chicken

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2	Lime (juiced and zested)
1 1/2	Green Chili Pepper (seeds removed)
1 1/2 tsps	Ginger (fresh, grated)
1/4 cup	Cilantro (roughly chopped)
1/4 cup	Basil Leaves (roughly chopped)
1/2 tsp	Cumin
1/2 tsp	Fish Sauce
1 1/2 tsps	Coconut Oil (melted)
8 ozs	Chicken Breast (cut into cubes)
2/3 cup	Canned Coconut Milk (full fat)
1/2	Yellow Bell Pepper (sliced)

DIRECTIONS

01 To create the sauce, add the lime juice, lime zest, chili peppers, ginger, cilantro, basil, cumin, fish sauce and coconut oil into a blender or food processor. Blend until fully combined and thick.

02 Add the green curry sauce to a pan over medium heat along with the chicken and cook for 3 to 4 minutes. Add the coconut milk and bell pepper, reduce the heat to medium-low and simmer for 15 minutes. Remove, serve and enjoy!

Walnut Crusted Salmon

2 SERVINGS 20 MINUTES



INGREDIENTS

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

DIRECTIONS

01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.

02 Combine the walnuts, green onion, salt and Italian seasoning. Stir in the lemon juice and half of the oil.

03 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.

04 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!

Rutabaga & Carrot Mash

2 SERVINGS 20 MINUTES



INGREDIENTS

2 cups	Rutabaga (cubed)
2	Carrot (medium, chopped)
2 tbsps	Canned Coconut Milk
1/4 tsp	Sea Salt
1 1/2 tbsps	Fresh Dill (optional)

DIRECTIONS

01 Bring a pot of shallow water to a boil. Add the rutabaga and carrots to a steaming basket over the boiling water. Cover with a lid. Steam for 15 minutes or until fork-tender.

02 Add the rutabaga and carrots to a bowl. Add the coconut milk and salt and mash with a potato masher. For a smoother consistency, add to a blender and blend until desired texture.

03 Garnish with dill, serve, and enjoy!

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Slow Cooker Dijon Pork Tenderloin

2 SERVINGS 2 HOURS 15 MINUTES



INGREDIENTS

1 1/2 cups	Vegetable Broth
1 tbsp	Dijon Mustard (grainy)
1/2 tsp	Italian Seasoning
1/4 tsp	Sea Salt
8 ozs	Pork Tenderloin
1 1/2 tsps	Lemon Juice
2 tbsps	Parsley (chopped)

DIRECTIONS

01 Combine the broth, mustard, Italian seasoning and sea salt in the slow cooker. Add the pork tenderloin to the center of the slow cooker and cover with the lid. Cook on high for 1 to 2 hours or on low for 3 to 4 hours until the pork is cooked through.

02 Once cooked, remove the pork from the slow cooker and cover it with foil to rest and keep warm. Add the lemon juice and parsley into the slow cooker with the leftover juices, and mix well.

03 To serve, slice the pork and drizzle with the juices from the slow cooker. Enjoy!

Tuna & Zucchini Skewers

1 SERVING 1 HOUR 15 MINUTES



INGREDIENTS

1 1/2 tsps	Sesame Oil
1 1/2 tsps	Coconut Aminos
1/16	Lime (juiced)
5 ozs	Ahi Tuna (sushi-grade, cut into bite sized pieces)
1/2	Zucchini (small, sliced length-wise)
2 tbsps	Sesame Seeds
4	Barbecue Skewers

DIRECTIONS

01 In a shallow bowl, combine the sesame oil, coconut aminos, and lime juice. Add the tuna and zucchini to the bowl and coat well. Cover and let it marinate in the fridge for one hour.

02 Remove the tuna from the marinade and shake off excess liquid. Coat in sesame seeds.

03 Thread the tuna and zucchini onto the skewers.

04 Heat a non-stick skillet over medium-high heat. When the pan is hot, sear the skewers for one to two minutes per side. The timing will depend on the thickness of the tuna and desired doneness. Serve and enjoy!

House Salad

1 SERVING 10 MINUTES



INGREDIENTS

1 tbsp	Extra Virgin Olive Oil
1/2	Lemon (squeezed)
1/8 head	Green Lettuce (roughly chopped)
1/2	Tomato (medium, sliced)
1/4	Cucumber (sliced)
1/2 tsp	Sea Salt
1/2 tsp	Black Pepper

DIRECTIONS

01 In a small bowl, whisk together the olive oil and lemon. Add salt & pepper

02 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

***Medical Disclaimer**

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