



# Love your GUTS

## Why should I Love My Guts?

Gut health is so important and one of the most overlooked issues people deal with. Did you know the bacteria in your gut outnumber the human cells in most people by about tenfold? They don't get much attention. Overlooking your gut health is like not paying attention to the food you eat and expect to lose weight.

Most people believe it is normal to have an upset stomach and just use to it. The health of your guts can control many other factors; such as immune, mood and more. Your guts are made up of bacteria's that fight off viruses, regulate immune system, digest your food, protect from toxins and produce nutrients. We should pay more attention to the bacteria in the guts because they do so much for health.

How do we thank these bacteria's for doing such a great job and help them thrive? A healthy active lifestyle will help your guts stay healthy, diverse, and strong.

Maybe you aren't sure how your guts are feeling after years of acceptance of how you feel is normal. Do you get bloated, can't lose extra weight, and fell heavy even hours after eating?

Try adding in a probiotic supplement to your diet. You may see a huge difference in how you feel.

You also should stay away from the foods you know upset your stomach. Keep a food log and log how you feel after every meal. This will be an experiment you do on yourself to eliminate foods that you know upset your stomach.



### Foods to avoid!

- ☯ High fat and fried foods
- ☯ Dairy for some people, not just those with sensitivity to lactose
- ☯ Alcohol
- ☯ Carbonated drinks and coffee
- ☯ Corn

# GUT

## Healthy Food



### Stock your kitchen full of healthier options like:

Simply choose foods that are full of fiber and nutrients. With healthier diet and exercise you can live a happier and healthier long life.

- ▶ Fruits and Veggies
- ▶ Legumes
- ▶ Leaner meats
- ▶ Spices and omega-3 oil
- ▶ Ginger
- ▶ Fish Oil
- ▶ Sleep
- ▶ Leafy greens
- ▶ Physical activity
- ▶ Turmeric

| Little to no Grains:   | Veggies:  | Fruit  | Dairy & Nuts/Seeds:  | Seasonings:  |
|--|---|--|--|--|
| Oats<br>Quinoa<br>Soba Noodles<br>Lentils<br>Black Beans<br>Pinto Beans<br>Cannelloni Beans<br>Chickpeas   | Dark Leafy Greens<br>Celery<br>Cucumber<br>Sweet peppers<br>Zucchini<br>Broccoli<br>Cauliflower<br>Garlic<br>Onion<br>Sweet Potatoes<br>Squash<br>Carrots | Apples<br>Berries<br>Pears<br>Grapefruit<br>Grapes<br>Avocado<br>Cherries<br>Mango<br>Plums<br>Melons<br>Pineapple | Almond Milk<br>Coconut Milk<br>Hemp Milk<br>Coconut Yogurt<br>Seeds: Pumpkin, flax, sunflower, sesame, chia<br>Nuts: Almonds, walnuts, Macadamia nuts, cashews, pecans | Sea Salt<br>Tamari<br>Garlic Seasoning<br>Dulce<br>Cinnamon<br>Turmeric<br>Honey<br>Maple Syrup                    |
| Proteins   | Beverages   | Grab N Go  | Baking Goods:  | Fats   |
| Chicken<br>Turkey<br>Eggs<br>Wild Salmon<br>Grass Feed Beef<br>Wild Halibut<br>Bison<br>Wild Tilapia<br>Skipjack Tuna (less mercury)<br>Hemp Seeds<br>Protein Powder | Herbal Tea<br>Dandelion Root Tea<br>Organic Coffee<br>Perrier Water<br>Flavored Water (lemon, cucumber, mint)   | Kind Bars<br>Lara Bars<br>Vega Bars<br>Almonds<br>Dried/Fresh Fruit  | GF Flour Blend<br>Coconut Flour<br>Baking Soda<br>Baking Powder<br>Raw Honey<br>Nut Butter<br>Coconut Oil<br>Cocoa<br>Olive Oil<br>Vanilla<br>Balsamic Vinegar         | Olive Oil<br>Coconut Oil<br>Hempseed Oil<br>Flaxseed Oil<br>Pumpkinseed Oil<br>Nuts/Seeds<br>Avocado<br>Flax seeds |

# 7 Day Plan



## Create Your Plan

First step is to set yourself up for success by:

- ▶ Creating a healthier environment by throwing unhealthy food out, enrolling friends and family to join you, and find physical activity you like.
- ▶ Plan each day the night before so you are prepared with snacks and prepped meals.
- ▶ Find what motivates you and keep that in mind when a moment of weakness happens.
- ▶ Love yourself because we are humans and mistakes will happen. Old habits are hard to kick just keep in mind a healthier lifestyle is gradual.

The next step is to get into action. Find an accountability partner or a family member or friend to join you in the process.

## What Supplements should I take?

Choosing the right supplement for you doesn't have to be a challenge. Maybe your friends have referred a brand to you, you see different ones in the media, or maybe you have tried a few. Some supplement companies aren't honest on their labels, others hide harmful ingredients in their products. Why risk your health when you can choose a supplement with trusted science and results.

Science Natural Supplements is a trusted company with real results. It is recommended that you take a daily probiotic for optimal health. Science Natural Supplements has created Probiotic 30 Billion to provide the best for people who want the best for their gut health.

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Sunday   |
|--|--|--|--|--|--|--|
| B: Green Smoothie with flax<br><i>Supplement: Probiotic 30 Billion</i> | B: Spinach Frittata<br><i>Supplement: Probiotic 30 Billion</i> | B: 3 Omelet Muffins<br><i>Supplement: Probiotic 30 Billion</i> | B: Overnight Oats<br><i>Supplement: Probiotic 30 Billion</i> | B: Berry Yogurt with flax<br><i>Supplement: Probiotic 30 Billion</i> | B: 3 Omelet muffins<br><i>Supplement: Probiotic 30 Billion</i> | B: Green Smoothie with Flax<br><i>Supplement: Probiotic 30 Billion</i> |
| Snack: 1 apple + 2 Tbsp almond butter                                  | Snack: ½ cup yogurt, berries, flax seed                        | Snack: ½ banana, scoop yogurt, greens, ¼ cup berries, blended  | Snack: 2 hard-boiled eggs + 15 grapes                        | Snack: 1 banana and ¼ cup almonds                                    | Snack: ½ banana, scoop yogurt, greens, ¼ cup berries, blended  | Snack: Kale Chips with ½ apple   |
| L: Quinoa Salad  | L: Chicken Lettuce Wrap  | L: Curry Bean Salad  | L: Lentil Salad  | L: Quinoa Salad  | L: Minestrone Soup   | L: Lentil Salad  |
| D: Chicken Veggie Curry  | D: Black bean patties  | D: Dill Salmon on quinoa                                       | D: Scratch Chili   | D: Chicken with Broccoli   | D: Scratch Chili   | D: Dill Salmon on quinoa   |
| Snack: 2 hard-boiled eggs + ½ apple                                    | Snack: Kind bar  | Snack: Kale Chips  | Snack: 2 Tbsp Hummus + veggies                               | Snack: 1 can tuna, 6 grape tomatoes, 1 Tbsp yogurt                   | Snack: ½ sweet potato slices, baked                            | Snack: ¼ dried fruit + ¼ cup almonds                                   |

## Omelet Muffins

Makes: 8 muffins, 2 servings: 1 Serving Calories 251 Carbs: 7g Protein: 21g Fat: 14g

### Ingredients

- ▶ 5 eggs, whisked with salt and pepper
- ▶ ¼ onion, chopped
- ▶ ½ cup mushrooms, sliced
- ▶ ¼ bell pepper, chopped
- ▶ 2 handfuls fresh spinach
- ▶ Feta, crumbled
- ▶ Tomato, chopped

### Directions

1. Preheat oven to 350, grease muffin tins
2. Beat eggs together and add salt and pepper
3. Saute onion, bell pepper, and mushrooms until tender
4. Add spinach until wilted, about 3 minutes
5. Fill muffin tins 1/3 with egg, 1/3 with veggie mixture and sprinkle with feta and tomato
6. Bake for about 40 minutes or until top begins to brown



## Berry Yogurt with Flax

Makes 1 serving

### Ingredients

- ▶ ½ cup nonfat plain greek yogurt (or coconut yogurt)
- ▶ ¼ mashed mixed berries
- ▶ 1 Tbsp Flax
- ▶ Drizzle of agave
- ▶ Sprinkle of rolled oats

### Directions

1. Mix all ingredients together and enjoy.

## Overnight Oats

Makes 1 serving

### Ingredients

- ▶ ½ cup rolled oats
- ▶ ½ almond milk
- ▶ ¼ cup mixed berries
- ▶ Sprinkle slivered almonds

### Directions

1. Mix all ingredients in a glass jar and shake. Place in fridge for at least two hours up to overnight.



## Green Machine

Makes 1 serving

Calories: 260 Carbs 21g Protein: 35g Fat: 3.5g

### Ingredients

- ▶ 1 scoop Protein Powder
- ▶ (Whey-26 Advanced Protein Powder)
- ▶ 2 cups fresh spinach
- ▶ ½ cup nonfat plain greek yogurt
- ▶ 1 cup almond milk
- ▶ ½ cup mixed frozen berries
- ▶ 1 Tbsp Flax Seed

### Directions

1. Mix all ingredients in a blender until smooth.



## Eggs with avocado, arugula and tomato

Makes 4 servings

1 serving: Calories: 270 Carbs: 7g Protein: 20g Fat: 18g

### Ingredients

- ▶ 1 Tbsp green onion, chopped
- ▶ 2 cups arugula
- ▶ 1 tomato, chopped
- ▶ 10 eggs
- ▶ Sprinkle of cilantro
- ▶ ½ large avocado

### Directions

1. Over medium heat, heat skillet and grease with coconut oil.
2. Whisk eggs together and season with salt and pepper
3. Add green onion, arugula and tomato. To the skillet stir for 1 minute and add eggs.
4. Stir until eggs begin to cook, set aside.
5. Complete the cooking under broiler for 2-4 minutes. Top with avocado and serve.
6. This can be frozen (without the avocado).



## Tuna Salad

Makes 1 serving

Calories: 330 Carbs: 9g Protein: 43g Fat: 15g

### Ingredients

- ▶ 2 cups spinach
- ▶ 1 Tbsp Balsamic Vinegar
- ▶ ½ avocado, chopped
- ▶ ½ tomato, chopped
- ▶ 6 oz tuna (can and a half)

### Directions

1. Cut avocado and tomato into dices.
2. Place spinach in a bowl and top with all ingredients and mix well.



## Quinoa Salad

Makes 1 serving

### Ingredients

- ▶ 1/3 cup cooked quinoa
- ▶ 1 Tbsp chopped cashews
- ▶ 7 cherry tomatoes
- ▶ 5 cucumber slices
- ▶ 7 green beans/edamame
- ▶ ¼ bell pepper
- ▶ 2 handfuls of spinach
- ▶ ¼ of avocado

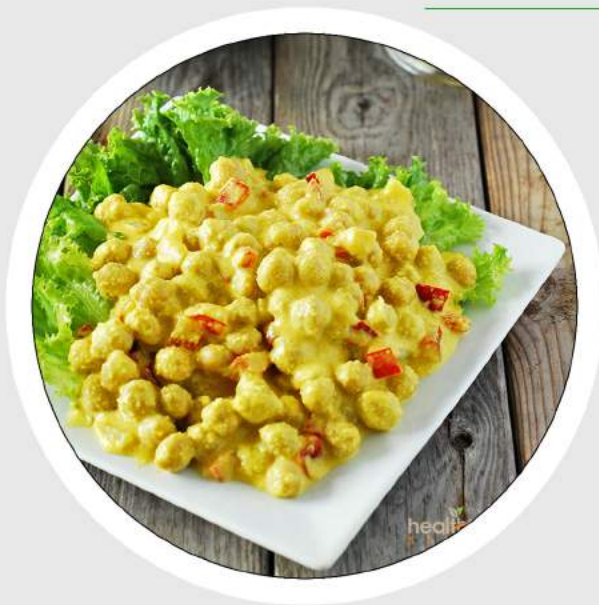
### Directions

1. Chop all ingredients and toss with spinach and avocado.
2. Make a dressing: 2 part Olive oil, 1 part red wine vinegar, salt and pepper and dash of ground mustard.



## Curry Bean Salad

Makes 4 servings



### Ingredients

- ▶ 1 cup water
- ▶ 1 cup almonds blanched
- ▶ 1/2 cup coconut milk
- ▶ 2 tablespoons tapioca starch
- ▶ 1 tablespoon lemon juice
- ▶ 1 tablespoon chopped onion
- ▶ 1 clove garlic
- ▶ 1 teaspoon sea salt
- ▶ 2 teaspoons curry powder
- ▶ 2- 15 ounce can chickpeas or 1 cup dried chickpeas, soaked and cooked until tender
- ▶ 1/4 cup sweet Vidalia onion, chopped
- ▶ 1/2 red bell pepper, chopped
- ▶ 1 celery stalk, finely chopped
- ▶ 1/4 cup raisins (optional)

### Directions

1. Bring water to boil in a small saucepan, add almonds and cook for 1 minute. Immediately drain almonds using a colander and rinse with cold water. Using fingers slip the skins off the almonds and discard them.
2. In a high speed blender, combine almonds and coconut milk and process until smooth. Add tapioca starch, lemon juice, onion, garlic, sea salt and process until completely smooth and creamy.
3. Pour sauce to a medium saucepan on medium heat stirring using a whisk until sauce thickens. Remove from heat, stir in curry powder until fully combined.
4. In a medium bowl, add chickpeas, onions, bell pepper, celery and raisins and sauce. Stir to combine flavors. Delicious served with salad, bread, tortilla or crackers.

## Lentil Salad

Makes 1 serving

Calories 270 Carbs: 34g Protein: 9g Fat: 14

### Ingredients

- ▶ 1/2 cups Celery, Raw
- ▶ 1/2 teaspoons Thyme, Ground
- ▶ 2 tablespoons Lemon Juice
- ▶ 1 tablespoons Olive Oil
- ▶ 1 clove Garlic, Raw
- ▶ 1 cups Carrot, Raw
- ▶ 1 cups Lentil, Sprouted, Raw

### Directions

1. In a saucepan combine lentils, carrots, onion, garlic, and thyme. Add enough water to cover by 1 inch. Bring to boil, reduce heat and simmer uncovered for 15 to 20 minutes or until lentils are tender but not mushy.
2. Drain lentils and vegetables. Add olive oil, lemon juice, and celery. Add optional parsley, salt and pepper to taste. Toss to mix and serve at room temperature.



## Chicken Lettuce Wraps

Makes: 15

1 serving: Calories: 80 Carbs: 4g Protein: 7g Fat: 4g

### Ingredients

- ▶ 16 Leaves Butterhead Lettuce
- ▶ 2 tsp sesame oil
- ▶ 1 Tbsp water
- ▶ 1 Tbsp ginger- grated
- ▶ 2 ½ Tbsp Hoisin sauce
- ▶ 2 cups bell pepper, chopped
- ▶ 8 green onion, chopped
- ▶ 1 lb ground chicken

### Directions

1. In a large pan, brown the ground chicken over medium-high heat, breaking up the pieces. Pour into a colander, in the sink and drain fat. Return chicken to pan. When cool enough to handle, break up into pieces.
2. Add the scallions, red pepper, hoisin sauce, ginger, water and sesame oil. Cook for a few minutes until scallions and red pepper are soft. Keep warm.
3. To assemble each chicken wrap: Spoon about ¼ cup of chicken filling onto one lettuce leaf and roll it up as desired.

## Simple Salmon with Dill

Makes 2 servings

1 serving: Calories: 210 Carbs: 1g Protein: 24g Fat: 12g

### Ingredients

- ▶ ¼ tsp black pepper, ground
- ▶ ¼ tsp salt
- ▶ ½ tsp dill
- ▶ 1 Tbsp lemon juice
- ▶ 4-5 lemon slices
- ▶ 8 oz salmon

### Directions

1. Preheat oven to 350.
2. Place lemon slices on foil and salmon skin side down on top of lemon slices. Squeeze lemon juice and sprinkle dill, salt, pepper.
3. Wrap in foil and bake for 30 minutes until done.



## Almond Lemon Chicken with Broccoli

Makes 4 servings

1 Serving: Calories: 380 Carbs: 8g Protein: 48g Fat: 16g

### Ingredients

- ▶ 1 tsp black pepper
- ▶ 1 dash salt
- ▶ 5 basil leaves, chopped
- ▶ 2 Tbsp almonds, slivered
- ▶ 1 Tbsp lemon zest
- ▶ 1 Tbsp lemon juice
- ▶ 2 tsp garlic, minced
- ▶ 2 Tbsp Coconut oil
- ▶ 4 cups broccoli
- ▶ 1.5 pounds skinless chicken breast

### Directions

1. Preheat the oven to 375.
2. Season chicken with salt and pepper.
3. Pan sear the breasts on each side with coconut oil over high heat.
4. Remove chicken and add garlic and almonds to the pan and cook until browned.
5. Add lemon zest, lemon juice and broccoli to the pan, stir to coat evenly.
6. Place broccoli in oven safe baking dish. Place chicken on top of broccoli and top with basil leaves.
7. Bake until chicken is cooked through and broccoli is tender, about 15-20 minutes.





## Vegetable Curry

Makes 4 Servings

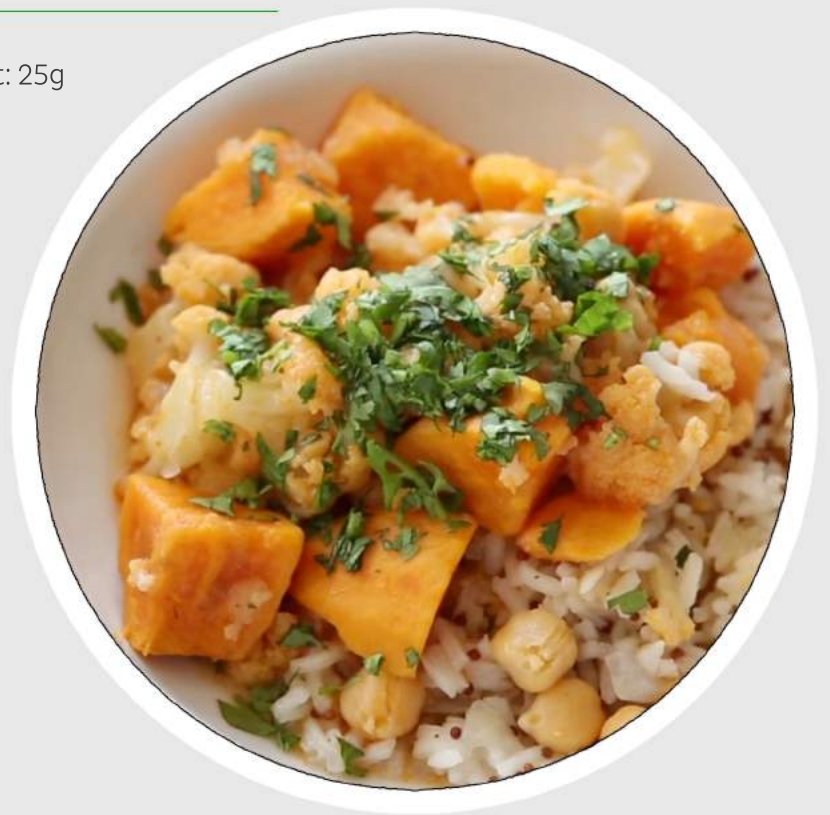
1 serving: Calories 420 Carbs: 27g Protein: 23g Fat: 25g

### Ingredients

- ▶ ½ cup shallots
- ▶ 2 Tbsp ginger, grated
- ▶ 1 garlic clove, minced
- ▶ ¼ cup natural peanut butter
- ▶ 2 tsp turmeric
- ▶ 1 tsp cumin
- ▶ ½ chili paste
- ▶ 1 cup water
- ▶ 10 oz light coconut milk
- ▶ 3 lime juice
- ▶ 1 tsp lime zest
- ▶ 2 Tsp brown sugar
- ▶ 28 oz extra firm tofu, browned on each side
- ▶ ½ cup bell pepper, chopped
- ▶ ½ cup carrot, chopped
- ▶ 1/3 cup sweet potato, skin on, chopped
- ▶ 1/3 cup mushrooms

### Directions

1. In skillet heat 1 Tbsp of oil with shallots, ginger and garlic. Cook for about 5 minutes.
2. Heat a separate pan with a little coconut oil. Slice tofu into ½ inch pieces and saute to brown on each side.
3. Add peanut butter, turmeric, cumin and chili paste. Stir for about 2 minutes.
4. Whisk in water, coconut milk, lime and brown sugar. Let simmer and season with salt.
5. Add vegetables and simmer over medium heat until tender, about 20 minutes. May add more water if desired.
6. Add cooked tofu and stir to mix well and enjoy.



## Quinoa Black Bean Patties

Makes 4 servings

### Ingredients

- ▶ ¼ cup cooked quinoa
- ▶ ¾ cup black beans, drained
- ▶ ½ onion, chopped
- ▶ 1 tsp garlic clove, minced
- ▶ ½ tsp salt and pepper
- ▶ ½ tsp cumin
- ▶ 1 egg
- ▶ ¼ oat flour

### Directions

1. Mix all ingredients well in a bowl. Shape your patties and place on baking sheet
2. Preheat oven to 375. Bake on each side for about 25 minutes. Until top is golden.
3. Serve on one bun with lettuce and tomato. You may also chop up into a salad. Or eat alone.



## Scratch Chili

Makes 4 servings

### Ingredients

- 1/2 onion, chopped
- 1 carrot stick, chopped
- 1 bell pepper, chopped
- 1 can corn, rinsed
- 1 can kidney beans, rinsed
- 2 cups water
- 1/2 tsp cumin
- 1/8 tsp oregano
- 4 garlic cloves, minced
- 1 celery stalk, chopped
- 1/2-1 lb ground lean turkey
- 1 can black beans, rinsed
- 2 cups fresh tomatoes slightly blended
- 1 tsp salt
- 1/4 tsp cayenne
- 1 Tbsp cocoa powder

### Directions

1. Saute onion and garlic in a tsp of oil until tender, about 5 minutes.
2. Add the carrot, celery, and turkey and cook for about 10 minutes.
3. Add the remaining ingredients and bring to a boil. Turn on low and let simmer for about 30 minutes.
4. May serve with a dollop of non fat greek yogurt (replacing sour cream)



## Kale Quinoa Minestrone Soup

Makes: 6-8 servings

### Ingredients

- 1 large yellow onion, diced (2 cups)
- 3 medium carrots, diced (1 1/2 cups)
- 2 stalks celery, diced (1 cup)
- 2 Tbsp olive oil
- 2 cups diced, fresh zucchini (from about 2 small)
- 2 cups green beans, cut into 1-inch segments
- 1 red bell pepper, diced
- 3 cloves garlic, minced
- 1 (32 oz) carton unsalted or low-sodium vegetable broth
- 1 (28 oz) can crushed tomatoes
- 3 cups water
- 3 1/2 Tbsp chopped fresh parsley
- 1 tsp dried rosemary, crushed
- 3/4 tsp dried thyme
- 1 1/2 tsp granulated sugar
- Salt and freshly ground black pepper, to taste
- 3/4 cup dry quinoa
- 1 (15 oz) can cannellini beans, drained and rinsed
- 1 (15 oz) can chick peas, drained and rinsed (aka garbanzo beans)
- 2 (heaping) cups chopped fresh kale, thick ribs removed
- 1 Tbsp lemon juice

### Directions

1. In a large stockpot, heat olive oil over medium-high heat. Add diced onion, carrots and celery and saute about 5 minutes, until softened. Add in zucchini, green beans, red bell pepper and saute 2 minutes, then add garlic and cook 1 minute longer.
2. Add in vegetable broth, crushed tomatoes, water, parsley, rosemary, thyme, granulated sugar, season with salt and pepper to taste and bring mixture to a boil, then reduce heat to medium and allow soup to gently boil, uncovered for about 20 minutes.
3. Add in dry quinoa then cover and cook 15 - 20 minutes longer.
4. Add cannellini beans, chick peas, kale and lemon juice and cook, uncovered, until kale has wilted, about 5 minutes.

