# **30-day Menu Plan Featuring Gut-Repairing Foods**

30-day menu including fermented foods, prebiotics, probiotics, anti-inflammatory ingredients, and nutrient-rich meals to fully support the gut and digestive system over 30 days. Probiotic-rich and prebiotic-rich foods further enhance gut health by promoting microbial diversity, increasing short-chain fatty acid (SCFA) production, and improving digestive function.

### Week 1

#### Day 1

* Breakfast: Greek yogurt (Siggi’s) with blueberries, chia seeds, raw honey, and a sprinkle of cinnamon.
* Lunch: Lentil and vegetable soup (carrots, celery, spinach, garlic, onions) with a side of *Farmhouse Culture* sauerkraut and parsley garnish.
* Dinner: Baked salmon with roasted asparagus, garlic, and quinoa, served with steamed artichokes and a small serving of *Bubbies Naturally Fermented Pickles*.

#### Day 2

* Breakfast: Scrambled eggs with sautéed spinach, avocado slices, and a side of *Lifeway Organic Kefir*.
* Lunch: Grilled chicken with kale, roasted sweet potatoes, and a side of *Wildbrine Kimchi*.
* Dinner: Bone broth soup with cabbage, carrots, turmeric, and ginger, topped with chopped dandelion greens.

#### Day 3

* Breakfast: Overnight oats (Bob’s Red Mill Organic Oats) with almond milk, green bananas, flaxseeds, and a drizzle of raw honey.
* Lunch: Artichoke and spinach salad with olive oil and roasted radishes, served with a small bowl of miso soup (*South River Miso*).
* Dinner: Ginger-marinated tempeh (*Lightlife Organic Tempeh*) stir-fry with bok choy, carrots, and sesame seeds over barley.

#### Day 4

* Breakfast: Kefir smoothie with pineapple, ginger, spinach, chia seeds, and a handful of dandelion greens.
* Lunch: Quinoa salad with roasted beets, leeks, and a side of *GT’s Cocoyo Coconut Yogurt*.
* Dinner: Baked cod with roasted garlic carrots, steamed wild rice, and a side of *Health-Ade Kombucha*.

#### Day 5

* Breakfast: Chia pudding (Nutiva Organic Chia Seeds) with almond milk, blueberries, raw honey, and a sprinkle of *Navitas Organic Cacao Powder*.
* Lunch: Lentil and chickpea salad with cucumbers, parsley, and lemon dressing, served with a side of *Bubbies Naturally Fermented Pickles*.
* Dinner: Grilled turkey breast with roasted asparagus, steamed Jerusalem artichokes, and a small bowl of *Wild Tonic Jun Kombucha*.

#### Day 6

* Breakfast: Scrambled eggs with mushrooms, garlic, and a side of sautéed kale and asparagus.
* Lunch: Salmon with roasted broccoli and a side of *Farmhouse Culture Sauerkraut*.
* Dinner: Tempeh stir-fry (*SoyBoy Organic Tempeh*) with kale, bok choy, and black rice.

#### Day 7

* Breakfast: Kefir smoothie (*Nancy’s Organic Kefir*) with papaya, ginger, spinach, and chia seeds.
* Lunch: Chickpea and vegetable stew with leeks, onions, and roasted asparagus.
* Dinner: Baked chicken thighs with sautéed kale, roasted carrots, and steamed dandelion greens.

### Week 2

#### Day 8

* Breakfast: Greek yogurt (Maple Hill Creamery) with pomegranate seeds, pumpkin seeds, and flaxseeds.
* Lunch: Roasted salmon with garlic Brussels sprouts, mashed sweet potatoes, and a side of *Wildbrine Kimchi*.
* Dinner: Bone broth lentil soup with spinach, carrots, onions, and turmeric.

#### Day 9

* Breakfast: Overnight oats with green bananas, almond milk, flaxseeds, and a drizzle of raw honey.
* Lunch: Artichoke and parsley salad with roasted garlic and lemon dressing.
* Dinner: Miso soup (*South River Miso*) with tofu, mushrooms, and sautéed kale.

#### Day 10

* Breakfast: Scrambled eggs with sautéed spinach and avocado slices.
* Lunch: Grilled chicken with roasted dandelion greens and a side of *Health-Ade Kombucha*.
* Dinner: Quinoa salad with roasted beets, garlic asparagus, and tahini dressing.

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#### Day 11

* Breakfast: Chia pudding with almond milk, fresh blueberries, flaxseeds, and raw honey.
* Lunch: Lentil soup with parsley, carrots, and a side of *Bubbies Naturally Fermented Pickles*.
* Dinner: Roasted turkey breast with broccoli, mashed butternut squash, and steamed Jerusalem artichokes.

#### Day 12

* Breakfast: Kefir smoothie with pineapple, spinach, and a pinch of cinnamon.
* Lunch: Salmon with roasted radishes and a side of sautéed kale.
* Dinner: Tofu stir-fry with bok choy, garlic, and sesame seeds over black rice.

#### Day 13

* Breakfast: Greek yogurt with flaxseeds, walnuts, and raw honey.
* Lunch: Grilled chicken salad with kale, roasted garlic, and olive oil dressing.
* Dinner: Bone broth soup with chickpeas, carrots, onions, and dandelion greens.

#### Day 14

* Breakfast: Scrambled eggs with mushrooms, garlic, and a side of fresh grapefruit.
* Lunch: Quinoa salad with spinach, roasted beets, and tahini dressing.
* Dinner: Baked salmon with garlic asparagus, steamed Jerusalem artichokes, and a small glass of *Kvass*.

### Week 3

#### Day 15

* Breakfast: Coconut yogurt (*GT’s Cocoyo*) with diced green apples, chia seeds, and a drizzle of raw honey.
* Lunch: Roasted tempeh (*Lightlife Organic Tempeh*) with sautéed leeks, bok choy, and a side of *Wildbrine Kimchi*.
* Dinner: Miso-marinated cod (*South River Miso*), roasted asparagus, and mashed sweet potatoes with a side of garlic-dressed dandelion greens.

#### Day 16

* Breakfast: Overnight oats (Bob’s Red Mill Organic Oats) with chopped walnuts, pomegranate seeds, and a dash of cocoa powder.
* Lunch: Lentil soup with carrots, celery, onions, and parsley, served with *Bubbies Naturally Fermented Pickles*.
* Dinner: Kombu seaweed stir-fry with tofu, mushrooms, and garlic, served over barley.

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#### Day 17

* Breakfast: Scrambled eggs with sautéed kale, leeks, and avocado slices, served with *Health-Ade Kombucha*.
* Lunch: Grilled chicken salad with roasted radishes, asparagus, and tahini dressing.
* Dinner: Wild salmon with roasted garlic Brussels sprouts, steamed Jerusalem artichokes, and a small serving of *Kvass*.

#### Day 18

* Breakfast: Kefir smoothie (*Nancy’s Organic Kefir*) with frozen pineapple, ginger, and a handful of spinach.
* Lunch: Roasted chickpeas with artichoke hearts, dandelion greens, and lemon olive oil dressing.
* Dinner: Tempeh stir-fry with sesame seeds, bok choy, garlic, and black rice.

#### Day 19

* Breakfast: Greek yogurt (*Siggi’s*) parfait with green bananas, flaxseeds, and cocoa powder.
* Lunch: Grilled chicken with sautéed kale, roasted carrots, and a side of *Farmhouse Culture Sauerkraut*.
* Dinner: Bone broth soup with lentils, onions, carrots, and parsley, served with roasted asparagus.

#### Day 20

* Breakfast: Chia pudding with almond milk, chopped apples, and a sprinkle of cinnamon.
* Lunch: Miso soup (*Miso Master Organic*) with tofu, mushrooms, and dandelion greens.
* Dinner: Herb-roasted turkey breast with steamed broccoli, mashed butternut squash, and a side of *Bubbies Pickles*.

#### Day 21

* Breakfast: Coconut yogurt (*So Delicious Organic Coconut Yogurt*) with blueberries, chia seeds, and a drizzle of raw honey.
* Lunch: Tempeh and spinach salad with roasted beets, parsley, and tahini dressing.
* Dinner: Ginger-marinated baked cod with roasted garlic, sautéed asparagus, and steamed barley.

### Week 4

#### Day 22

* Breakfast: Overnight oats with almond milk, green bananas, and chopped walnuts.
* Lunch: Chickpea stew with leeks, onions, carrots, and parsley, served with a side of *Wildbrine Kimchi*.
* Dinner: Miso-marinated salmon with roasted Brussels sprouts, garlic, and black rice.

#### Day 23

* Breakfast: Scrambled eggs with mushrooms, sautéed spinach, and a slice of avocado.
* Lunch: Lentil salad with roasted dandelion greens, garlic, and olive oil dressing.
* Dinner: Bone broth soup with quinoa, bok choy, ginger, and carrots, paired with a small serving of *Kvass*.

#### Day 24

* Breakfast: Smoothie with kefir, papaya, pineapple, and a handful of dandelion greens.
* Lunch: Grilled chicken salad with roasted radishes, asparagus, and a tahini dressing.
* Dinner: Herb-roasted turkey with garlic Brussels sprouts and mashed sweet potatoes.

#### Day 25

* Breakfast: Greek yogurt (*Stonyfield Organic*) with green apples, chia seeds, and cocoa powder.
* Lunch: Quinoa and roasted beet salad with artichoke hearts and olive oil dressing.
* Dinner: Miso soup (*South River Miso*) with tofu, mushrooms, and steamed kale.

#### Day 26

* Breakfast: Chia pudding with almond milk, blueberries, flaxseeds, and a drizzle of raw honey.
* Lunch: Grilled salmon with roasted garlic broccoli and a side of *Health-Ade Kombucha*.
* Dinner: Roasted tempeh (*SoyBoy Organic Tempeh*) with sautéed bok choy, sesame seeds, and black rice.

#### Day 27

* Breakfast: Kefir smoothie (*Lifeway Organic Kefir*) with spinach, pineapple, and a dash of cinnamon.
* Lunch: Lentil soup with parsley, carrots, onions, and dandelion greens.
* Dinner: Baked cod with roasted Brussels sprouts, mashed butternut squash, and a side of *Bubbies Pickles*.

#### Day 28

* Breakfast: Coconut yogurt (*GT’s Cocoyo*) with green bananas, chia seeds, and cocoa powder.
* Lunch: Artichoke and parsley salad with roasted garlic and lemon dressing.
* Dinner: Roasted chicken thighs with garlic asparagus and a side of *Kvass*.

### Week 5

#### Day 29

* Breakfast: Overnight oats with almond milk, pomegranate seeds, and chopped walnuts.
* Lunch: Quinoa salad with roasted beets, garlic, and a tahini dressing.
* Dinner: Miso-marinated salmon with roasted asparagus and steamed black rice.

#### Day 30

* Breakfast: Greek yogurt with green bananas, flaxseeds, and a drizzle of raw honey.
* Lunch: Bone broth soup with lentils, carrots, and parsley, served with a side of *Wildbrine Kimchi*.
* Dinner: Herb-roasted turkey with sautéed dandelion greens, garlic Brussels sprouts, and mashed sweet potatoes.

This 30-day plan fully integrates probiotic-rich and prebiotic-rich foods, using them creatively in meals to maximize gut health while offering daily variety.

# **Recipes for Gut Repair**

### Pick and choose from this extensive daily list of suggestions. ***Get creative!*** No need to follow this day by day, just chose items that look yummy and go to town 😜

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### **Day 1**

#### **Breakfast: Greek Yogurt Bowl**

**Ingredients**:

* 1 cup Greek yogurt (*Siggi’s or Stonyfield Organic*)
* ½ cup fresh blueberries
* 1 tablespoon chia seeds
* 1 teaspoon raw honey
* ¼ teaspoon cinnamon

**Instructions**:

1. Add Greek yogurt to a bowl.
2. Top with blueberries, chia seeds, and a drizzle of raw honey.
3. Sprinkle cinnamon on top and serve immediately.

#### **Lunch: Lentil and Vegetable Soup with Sauerkraut**

**Ingredients**:

* 1 cup dry lentils
* 4 cups vegetable broth
* 1 medium carrot, diced
* 1 celery stalk, diced
* 1 handful fresh spinach
* 2 garlic cloves, minced
* 1 small onion, diced
* ½ teaspoon turmeric
* ½ teaspoon cumin
* 2 tablespoons *Farmhouse Culture Sauerkraut* (served on the side)
* 1 tablespoon olive oil
* 1 tablespoon parsley, chopped

**Instructions**:

1. Heat olive oil in a large pot over medium heat. Add garlic, onion, carrot, and celery. Sauté until softened, about 5 minutes.
2. Add lentils, vegetable broth, turmeric, and cumin. Bring to a boil, then reduce heat and simmer for 20–25 minutes, until lentils are tender.
3. Stir in spinach and cook for another 2 minutes.
4. Serve in a bowl, garnished with parsley, and with a side of sauerkraut.

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#### **Dinner: Baked Salmon with Asparagus and Quinoa**

**Ingredients**:

* 1 salmon fillet (6 oz)
* 1 cup asparagus spears
* ½ cup dry quinoa
* 1 tablespoon olive oil
* 1 clove garlic, minced
* ½ teaspoon salt
* ¼ teaspoon black pepper
* 1 tablespoon lemon juice

**Instructions**:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Place salmon on the baking sheet, drizzle with olive oil, and season with garlic, salt, and pepper.
3. Arrange asparagus around the salmon, drizzle with lemon juice, and bake for 12–15 minutes, or until the salmon flakes easily with a fork.
4. While the salmon bakes, rinse quinoa and cook according to package instructions (usually 1 cup water for ½ cup quinoa, simmered for 15 minutes).
5. Serve salmon with asparagus and quinoa on the side.

### **Day 2**

#### **Breakfast: Scrambled Eggs with Spinach and Avocado**

**Ingredients**:

* 2 large eggs
* 1 cup fresh spinach, chopped
* 1 small avocado, sliced
* 1 tablespoon olive oil
* Salt and pepper to taste
* 1 lemon wedge

**Instructions**:

1. Heat olive oil in a skillet over medium heat. Add spinach and sauté for 1–2 minutes until wilted.
2. Whisk eggs in a bowl, season with salt and pepper, and pour into the skillet with spinach. Stir continuously until eggs are scrambled and cooked through.
3. Serve with sliced avocado on the side and a squeeze of lemon juice.

#### **Lunch: Grilled Chicken with Kale, Sweet Potatoes, and Kimchi**

**Ingredients**:

* 1 boneless chicken breast (6 oz)
* 1 cup kale leaves, chopped
* 1 medium sweet potato
* 1 tablespoon olive oil
* ½ teaspoon garlic powder
* ½ teaspoon smoked paprika
* 2 tablespoons *Wildbrine Kimchi* (served on the side)

**Instructions**:

1. Preheat grill or grill pan to medium-high heat. Season chicken breast with olive oil, garlic powder, paprika, salt, and pepper.
2. Grill chicken for 6–7 minutes per side, until cooked through.
3. While the chicken cooks, bake or steam the sweet potato. To bake: Preheat oven to 400°F (200°C), pierce the sweet potato with a fork, and bake for 40–45 minutes. To steam: Peel, chop, and steam sweet potato until tender, about 10–12 minutes.
4. Sauté kale in olive oil for 2–3 minutes until softened.
5. Serve grilled chicken with sweet potato, sautéed kale, and kimchi on the side.

#### **Dinner: Bone Broth Soup with Cabbage, Carrots, and Turmeric**

**Ingredients**:

* 4 cups bone broth
* 1 cup green cabbage, shredded
* 1 medium carrot, sliced
* 1 clove garlic, minced
* 1 teaspoon turmeric
* ½ teaspoon black pepper
* 1 tablespoon olive oil
* 1 tablespoon parsley, chopped

**Instructions**:

1. Heat olive oil in a large pot over medium heat. Add garlic and sauté for 1 minute.
2. Add cabbage, carrots, turmeric, and black pepper. Sauté for another 2–3 minutes.
3. Pour in bone broth and bring to a boil. Reduce heat and simmer for 15–20 minutes.
4. Serve hot, garnished with parsley.

### **Day 3**

#### **Breakfast: Overnight Oats with Green Bananas, Flaxseeds, and Cinnamon**

**Ingredients**:

* ½ cup rolled oats
* ½ cup almond milk (or any milk of choice)
* ½ green banana, sliced
* 1 teaspoon flaxseeds
* ¼ teaspoon cinnamon
* 1 teaspoon raw honey

**Instructions**:

1. In a jar or bowl, combine oats, almond milk, flaxseeds, and cinnamon. Stir well.
2. Top with banana slices and drizzle with honey.
3. Cover and refrigerate overnight. Serve cold in the morning.

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#### **Lunch: Artichoke and Spinach Salad with Miso Dressing**

**Ingredients**:

* 1 cup fresh spinach
* 1 steamed artichoke, heart chopped
* 1 tablespoon olive oil
* 1 tablespoon tahini
* 1 teaspoon miso paste (*South River Miso*)
* 1 teaspoon lemon juice
* 1 teaspoon water (to thin dressing)
* 1 tablespoon roasted radishes (optional)

**Instructions**:

1. Steam artichoke until tender, about 20–25 minutes. Remove heart and chop into small pieces.
2. In a small bowl, whisk together tahini, miso paste, lemon juice, and water to make the dressing.
3. Toss spinach and artichoke heart in the dressing and serve with roasted radishes if desired.

#### **Dinner: Pomfu Stir-Fry with Bok Choy and Brown Rice**

**Ingredients**:

* 1 block Pomfu (*Organic pumpkin seed tofu*), cubed
* 1 cup bok choy, chopped
* 1 medium carrot, sliced
* 1 tablespoon sesame oil
* 2 tablespoons tamari or soy sauce
* 1 teaspoon ginger, grated
* ½ teaspoon garlic, minced
* ½ cup cooked brown rice
* 1 tablespoon sesame seeds (for garnish)

**Instructions**:

1. Heat sesame oil in a large skillet or wok over medium heat. Add garlic and ginger, sauté for 1 minute.
2. Add cubed tempeh and cook for 3–4 minutes until lightly browned.
3. Add bok choy and carrots, and stir-fry for 5 minutes, adding tamari/soy sauce toward the end.
4. Serve over cooked brown rice and garnish with sesame seeds.

### **Day 4**

#### **Breakfast: Kefir Smoothie with Pineapple, Ginger, and Spinach**

**Ingredients**:

* 1 cup kefir (*Nancy’s Organic Kefir*)
* ½ cup frozen pineapple chunks
* 1 handful fresh spinach
* 1 teaspoon grated ginger
* 1 teaspoon chia seeds
* 1 teaspoon raw honey (optional)

**Instructions**:

1. Combine kefir, pineapple, spinach, ginger, chia seeds, and honey in a blender.
2. Blend until smooth and serve immediately.

#### **Lunch: Quinoa-Free Artichoke and Roasted Beet Salad**

**Ingredients**:

* 1 cup fresh spinach
* 1 steamed artichoke, heart chopped
* ½ cup roasted beets, diced
* 2 tablespoons olive oil
* 1 teaspoon lemon juice
* 1 teaspoon tahini
* 1 teaspoon miso paste (*South River Miso*)
* 1 tablespoon parsley, chopped

**Instructions**:

1. Steam artichoke until tender (about 20–25 minutes), remove the heart, and chop into small pieces.
2. Toss spinach, roasted beets, and artichoke heart in a bowl.
3. In a small bowl, whisk together olive oil, tahini, miso paste, lemon juice, and parsley. Drizzle over the salad and serve.

#### **Dinner: Baked Cod with Roasted Asparagus and Garlic Carrots**

**Ingredients**:

* 1 cod fillet (6 oz)
* 1 cup asparagus spears
* 1 medium carrot, sliced
* 2 cloves garlic, minced
* 2 tablespoons olive oil
* 1 tablespoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Place cod fillet on the sheet, drizzle with 1 tablespoon olive oil, lemon juice, and season with salt and pepper.
3. Arrange asparagus and carrots around the cod. Drizzle with remaining olive oil and sprinkle minced garlic over the vegetables.
4. Bake for 12–15 minutes, or until the cod flakes easily with a fork. Serve warm.

### **Day 5**

#### **Breakfast: Chia Pudding with Blueberries and Raw Honey**

**Ingredients**:

* 2 tablespoons chia seeds
* ½ cup unsweetened almond milk
* ½ cup fresh blueberries
* 1 teaspoon raw honey
* ¼ teaspoon cinnamon

**Instructions**:

1. In a jar or bowl, mix chia seeds and almond milk. Stir well to combine.
2. Cover and refrigerate for at least 4 hours or overnight to thicken.
3. Top with blueberries, raw honey, and a sprinkle of cinnamon before serving.

#### **Lunch: Lentil and Chickpea Salad with Garlic and Lemon**

**Ingredients**:

* ½ cup cooked lentils
* ½ cup cooked chickpeas
* 1 garlic clove, minced
* 1 tablespoon olive oil
* 1 tablespoon lemon juice
* 1 handful dandelion greens, chopped
* 1 tablespoon parsley, chopped

**Instructions**:

1. In a bowl, combine lentils, chickpeas, dandelion greens, and parsley.
2. In a small bowl, whisk olive oil, lemon juice, and garlic. Pour over the salad and toss to coat.
3. Serve immediately.

#### **Dinner: Roasted Turkey Breast with Garlic Asparagus and Steamed Artichokes**

**Ingredients**:

* 1 turkey breast (6 oz)
* 1 cup asparagus spears
* 1 steamed artichoke
* 2 cloves garlic, minced
* 2 tablespoons olive oil
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Place turkey breast on a baking sheet, drizzle with 1 tablespoon olive oil, and season with salt and pepper. Roast for 25–30 minutes, or until fully cooked.
2. While the turkey is cooking, steam the artichoke until tender (20–25 minutes).
3. Sauté asparagus with garlic and 1 tablespoon olive oil in a skillet over medium heat for 5 minutes.
4. Serve turkey with asparagus and artichoke.

### **Day 6**

#### **Breakfast: Scrambled Eggs with Spinach and Mushrooms**

**Ingredients**:

* 2 large eggs
* 1 cup fresh spinach, chopped
* ½ cup mushrooms, sliced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet over medium heat. Add mushrooms and sauté for 3–4 minutes.
2. Add spinach and cook for 1–2 minutes until wilted.
3. Crack eggs into the skillet, season with salt and pepper, and stir continuously until scrambled. Serve warm.

#### **Lunch: Salmon Salad with Sauerkraut and Garlic Dressing**

**Ingredients**:

* 1 salmon fillet (6 oz), cooked and flaked
* 1 handful kale leaves, chopped
* 2 tablespoons *Farmhouse Culture Sauerkraut*
* 1 tablespoon olive oil
* 1 teaspoon lemon juice
* 1 clove garlic, minced

**Instructions**:

1. In a small bowl, whisk together olive oil, lemon juice, and minced garlic.
2. Toss kale leaves with the dressing.
3. Top with flaked salmon and sauerkraut. Serve immediately.

#### **Dinner: Pomfu Stir-Fry with Bok Choy and Sesame Seeds**

**Ingredients**:

* 1 block Pomfu (*Organic pumpkin seed tofu*), cubed
* 1 cup bok choy, chopped
* 1 medium carrot, sliced
* 1 tablespoon sesame oil
* 1 teaspoon grated ginger
* 2 teaspoons tamari or coconut aminos
* 1 teaspoon sesame seeds

**Instructions**:

1. Heat sesame oil in a large skillet or wok over medium heat. Add ginger and stir for 1 minute.
2. Add tempeh and cook for 3–4 minutes until lightly browned.
3. Add bok choy and carrots. Stir-fry for another 5 minutes, adding tamari/coconut aminos toward the end.
4. Serve garnished with sesame seeds.

### **Day 7**

#### **Breakfast: Kefir Smoothie with Papaya and Dandelion Greens**

**Ingredients**:

* 1 cup kefir (*Nancy’s Organic Kefir*)
* ½ cup papaya, diced
* 1 handful dandelion greens
* 1 teaspoon grated ginger
* 1 teaspoon raw honey (optional)

**Instructions**:

1. Combine kefir, papaya, dandelion greens, ginger, and honey in a blender.
2. Blend until smooth and serve immediately.

#### **Lunch: Chickpea and Vegetable Stew**

**Ingredients**:

* 1 cup cooked chickpeas
* 1 cup vegetable broth
* 1 medium carrot, diced
* 1 celery stalk, diced
* 1 garlic clove, minced
* 1 tablespoon olive oil
* 1 teaspoon turmeric
* 1 handful parsley, chopped

**Instructions**:

1. Heat olive oil in a pot over medium heat. Add garlic, carrot, and celery, and sauté for 5 minutes.
2. Add chickpeas, vegetable broth, and turmeric. Simmer for 15 minutes.
3. Serve hot, garnished with parsley.

#### **Dinner: Roasted Chicken Thighs with Kale and Radishes**

**Ingredients**:

* 2 chicken thighs
* 1 cup kale leaves, chopped
* ½ cup radishes, halved
* 2 tablespoons olive oil
* 1 clove garlic, minced
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Place chicken thighs on a baking sheet, drizzle with 1 tablespoon olive oil, and season with salt and pepper. Roast for 25–30 minutes, or until fully cooked.
2. Sauté kale and radishes with 1 tablespoon olive oil and minced garlic in a skillet over medium heat for 5 minutes.
3. Serve chicken with sautéed vegetables.

### **Day 8**

#### **Breakfast: Coconut Yogurt Bowl with Pomegranate and Chia Seeds**

**Ingredients**:

* 1 cup coconut yogurt (*GT’s Cocoyo*)
* ¼ cup pomegranate seeds
* 1 teaspoon chia seeds
* 1 teaspoon raw honey
* ¼ teaspoon cinnamon

**Instructions**:

1. Add coconut yogurt to a bowl.
2. Top with pomegranate seeds, chia seeds, and a drizzle of raw honey.
3. Sprinkle cinnamon on top and serve.

#### **Lunch: Roasted Salmon with Garlic Brussels Sprouts and Sweet Potatoes**

**Ingredients**:

* 1 salmon fillet (6 oz)
* 1 cup Brussels sprouts, halved
* 1 medium sweet potato, diced
* 2 cloves garlic, minced
* 2 tablespoons olive oil
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Toss Brussels sprouts and sweet potato with olive oil, garlic, salt, and pepper. Spread evenly on the baking sheet.
3. Place salmon on the same sheet, drizzle with olive oil, and season with salt and pepper.
4. Roast for 20–25 minutes, or until salmon flakes easily and vegetables are tender.

#### **Dinner: Bone Broth Lentil Soup with Spinach and Turmeric**

**Ingredients**:

* 4 cups bone broth
* ½ cup cooked lentils
* 1 cup fresh spinach
* 1 medium carrot, diced
* 1 celery stalk, diced
* 1 clove garlic, minced
* 1 teaspoon turmeric
* 1 tablespoon olive oil
* 1 tablespoon parsley, chopped

**Instructions**:

1. Heat olive oil in a pot over medium heat. Add garlic, carrot, and celery, and sauté for 5 minutes.
2. Add bone broth, lentils, and turmeric. Bring to a boil, then reduce heat and simmer for 15 minutes.
3. Stir in spinach and cook for another 2 minutes.
4. Serve hot, garnished with parsley.

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### **Day 9**

#### **Breakfast: Scrambled Eggs with Sautéed Kale and Avocado**

**Ingredients**:

* 2 large eggs
* 1 cup fresh kale, chopped
* 1 small avocado, sliced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet over medium heat. Add kale and sauté for 2–3 minutes until softened.
2. Whisk eggs in a bowl, season with salt and pepper, and pour into the skillet. Stir continuously until eggs are scrambled and cooked through.
3. Serve with sliced avocado on the side.

#### **Lunch: Lentil and Roasted Dandelion Greens Salad**

**Ingredients**:

* ½ cup cooked lentils
* 1 cup dandelion greens, chopped
* 1 roasted beet, diced
* 2 tablespoons olive oil
* 1 tablespoon lemon juice
* 1 garlic clove, minced

**Instructions**:

1. Preheat oven to 375°F (190°C). Wrap beet in foil and roast for 45 minutes, or until tender. Once cool, dice the beet.
2. In a bowl, combine lentils, dandelion greens, and roasted beet.
3. In a small bowl, whisk together olive oil, lemon juice, and garlic. Drizzle over the salad and toss to coat.

#### **Dinner: Miso-Glazed Tofu with Roasted Asparagus**

**Ingredients**:

* 1 block tofu (*SoyBoy Organic Tofu*), cubed
* 1 tablespoon miso paste (*South River Miso*)
* 1 tablespoon tamari or coconut aminos
* 1 teaspoon grated ginger
* 1 teaspoon sesame oil
* 1 cup asparagus spears
* 1 tablespoon olive oil

**Instructions**:

1. Preheat oven to 400°F (200°C). Toss asparagus with olive oil, salt, and pepper. Spread on a baking sheet and roast for 15 minutes.
2. In a small bowl, whisk together miso paste, tamari, ginger, and sesame oil. Coat tofu cubes in the mixture.
3. Heat a skillet over medium heat and cook tofu until golden brown on all sides, about 8 minutes.
4. Serve tofu with roasted asparagus.

### **Day 10**

#### **Breakfast: Kefir Smoothie with Pineapple and Chia Seeds**

**Ingredients**:

* 1 cup kefir (*Nancy’s Organic Kefir*)
* ½ cup frozen pineapple chunks
* 1 teaspoon chia seeds
* 1 teaspoon raw honey

**Instructions**:

1. Combine kefir, pineapple, chia seeds, and honey in a blender.
2. Blend until smooth and serve immediately.

#### **Lunch: Grilled Chicken Salad with Spinach, Garlic, and Lemon Dressing**

**Ingredients**:

* 1 chicken breast (6 oz)
* 1 handful fresh spinach
* 1 garlic clove, minced
* 2 tablespoons olive oil
* 1 tablespoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Preheat grill or grill pan to medium-high heat. Drizzle chicken breast with 1 tablespoon olive oil and season with salt and pepper. Grill for 6–7 minutes per side, until cooked through.
2. Toss spinach with remaining olive oil, lemon juice, and minced garlic.
3. Slice grilled chicken and serve over the spinach salad.

#### **Dinner: Roasted Turkey Breast with Garlic Sautéed Mushrooms**

**Ingredients**:

* 1 turkey breast (6 oz)
* 1 cup mushrooms, sliced
* 2 cloves garlic, minced
* 2 tablespoons olive oil
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Place turkey breast on a baking sheet, drizzle with 1 tablespoon olive oil, and season with salt and pepper. Roast for 25–30 minutes, or until cooked through.
2. Heat the remaining olive oil in a skillet over medium heat. Add garlic and mushrooms, and sauté for 5–7 minutes until softened.
3. Serve turkey with garlic mushrooms on the side.

### **Day 11**

#### **Breakfast: Coconut Yogurt with Flaxseeds, Pomegranate, and Cacao**

**Ingredients**:

* 1 cup coconut yogurt (*GT’s Cocoyo*)
* 1 tablespoon flaxseeds
* ¼ cup pomegranate seeds
* 1 teaspoon cacao powder (*Navitas Organic*)
* 1 teaspoon raw honey

**Instructions**:

1. Add coconut yogurt to a bowl.
2. Top with flaxseeds, pomegranate seeds, cacao powder, and a drizzle of raw honey.
3. Mix gently and enjoy.

#### **Lunch: Lentil Stew with Roasted Garlic and Dandelion Greens**

**Ingredients**:

* ½ cup cooked lentils
* 2 cups vegetable broth
* 1 clove roasted garlic, mashed
* 1 handful dandelion greens, chopped
* 1 medium carrot, diced
* 1 celery stalk, diced
* 1 tablespoon olive oil
* 1 teaspoon turmeric

**Instructions**:

1. Heat olive oil in a pot over medium heat. Add carrot and celery, and sauté for 5 minutes.
2. Add lentils, vegetable broth, roasted garlic, and turmeric. Simmer for 15 minutes.
3. Stir in dandelion greens and cook for another 2 minutes. Serve hot.

#### **Dinner: Miso-Marinated Cod with Bok Choy and Sesame Seeds**

**Ingredients**:

* 1 cod fillet (6 oz)
* 1 tablespoon miso paste (*South River Miso*)
* 1 teaspoon tamari or coconut aminos
* 1 teaspoon sesame oil
* 1 cup bok choy, chopped
* 1 teaspoon sesame seeds
* 1 tablespoon olive oil

**Instructions**:

1. In a small bowl, mix miso paste, tamari, and sesame oil. Rub the mixture onto the cod fillet and let marinate for 20 minutes.
2. Preheat oven to 375°F (190°C). Place cod on a baking sheet and bake for 12–15 minutes.
3. Sauté bok choy in olive oil for 5 minutes until tender.
4. Serve cod with bok choy, garnished with sesame seeds.

### **Day 12**

#### **Breakfast: Scrambled Eggs with Mushrooms and Asparagus**

**Ingredients**:

* 2 large eggs
* ½ cup mushrooms, sliced
* 1 cup asparagus, chopped
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet over medium heat. Add mushrooms and asparagus, and sauté for 5 minutes.
2. Crack eggs into the skillet, season with salt and pepper, and scramble until cooked through. Serve warm.

#### **Lunch: Grilled Chicken with Kale and Lemon Dressing**

**Ingredients**:

* 1 chicken breast (6 oz)
* 1 cup kale leaves, chopped
* 1 tablespoon olive oil
* 1 tablespoon lemon juice
* 1 clove garlic, minced
* Salt and pepper to taste

**Instructions**:

1. Preheat grill or grill pan to medium-high heat. Drizzle chicken with olive oil, season with salt and pepper, and grill for 6–7 minutes per side, until cooked through.
2. Toss kale with lemon juice, garlic, and a pinch of salt.
3. Serve chicken over kale.

#### **Dinner: Herb-Roasted Turkey with Sautéed Radishes**

**Ingredients**:

* 1 turkey breast (6 oz)
* 1 cup radishes, halved
* 2 tablespoons olive oil
* 1 teaspoon dried rosemary
* 1 clove garlic, minced
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub turkey with 1 tablespoon olive oil, rosemary, garlic, salt, and pepper. Roast for 25–30 minutes, or until cooked through.
2. Sauté radishes in the remaining olive oil over medium heat for 5–7 minutes until tender.
3. Serve turkey with radishes.

### **Day 13**

#### **Breakfast: Kefir Smoothie with Green Banana, Ginger, and Cacao**

**Ingredients**:

* 1 cup kefir (*Nancy’s Organic Kefir*)
* ½ green banana
* 1 teaspoon grated ginger
* 1 teaspoon cacao powder (*Navitas Organic*)
* 1 teaspoon chia seeds

**Instructions**:

1. Combine kefir, banana, ginger, cacao powder, and chia seeds in a blender.
2. Blend until smooth and serve immediately.

#### **Lunch: Salmon Salad with Spinach and Fermented Pickles**

**Ingredients**:

* 1 salmon fillet (6 oz), cooked and flaked
* 1 handful spinach
* 2 tablespoons *Bubbies Naturally Fermented Pickles*, chopped
* 1 tablespoon olive oil
* 1 teaspoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Toss spinach with olive oil, lemon juice, salt, and pepper.
2. Add flaked salmon and chopped pickles. Mix well and serve.

#### **Dinner: Bone Broth Soup with Chickpeas and Kale**

**Ingredients**:

* 4 cups bone broth
* ½ cup cooked chickpeas
* 1 cup kale, chopped
* 1 clove garlic, minced
* 1 tablespoon olive oil
* 1 teaspoon turmeric
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a pot over medium heat. Add garlic and sauté for 1 minute.
2. Add bone broth, chickpeas, turmeric, salt, and pepper. Simmer for 10 minutes.
3. Stir in kale and cook for another 2 minutes. Serve hot.

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### **Day 14**

#### **Breakfast: Coconut Yogurt with Blueberries and Cacao**

**Ingredients**:

* 1 cup coconut yogurt (*GT’s Cocoyo*)
* ½ cup fresh blueberries
* 1 teaspoon cacao powder
* 1 teaspoon raw honey

**Instructions**:

1. Add coconut yogurt to a bowl.
2. Top with blueberries, cacao powder, and raw honey.
3. Mix gently and enjoy.

#### **Lunch: Lentil Salad with Roasted Beets and Garlic**

**Ingredients**:

* ½ cup cooked lentils
* 1 roasted beet, diced
* 1 clove garlic, minced
* 1 tablespoon olive oil
* 1 teaspoon lemon juice
* 1 handful parsley, chopped

**Instructions**:

1. Toss lentils, roasted beet, and parsley in a bowl.
2. In a small bowl, whisk olive oil, lemon juice, and minced garlic. Drizzle over the salad and mix well.
3. Serve immediately.

#### **Dinner: Miso-Glazed Tofu with Roasted Broccoli**

**Ingredients**:

* 1 block tofu (*SoyBoy Organic Tofu*), cubed
* 1 tablespoon miso paste (*South River Miso*)
* 1 teaspoon sesame oil
* 1 cup broccoli florets
* 1 tablespoon olive oil

**Instructions**:

1. Preheat oven to 400°F (200°C). Toss broccoli with olive oil, salt, and pepper, and roast for 15 minutes.
2. In a small bowl, mix miso paste and sesame oil. Coat tofu cubes with the mixture.
3. Heat a skillet over medium heat and cook tofu for 6–8 minutes, turning occasionally, until golden.
4. Serve tofu with roasted broccoli.

### 

### **Day 15**

#### **Breakfast: Spiced Coconut Yogurt Bowl with Cardamom and Pomegranate**

**Ingredients**:

* 1 cup coconut yogurt (*GT’s Cocoyo*)
* ¼ cup pomegranate seeds
* 1 teaspoon flaxseeds
* 1 pinch ground cardamom
* 1 teaspoon raw honey
* 1 tablespoon chopped mint leaves (optional)

**Instructions**:

1. Add coconut yogurt to a bowl.
2. Sprinkle with cardamom, flaxseeds, and mint leaves.
3. Top with pomegranate seeds and drizzle with raw honey. Serve chilled.

#### **Lunch: Moroccan-Spiced Lentil Salad with Dandelion Greens**

**Ingredients**:

* ½ cup cooked lentils
* 1 cup dandelion greens, chopped
* 1 roasted red bell pepper, diced
* 1 tablespoon olive oil
* 1 teaspoon ground cumin
* ½ teaspoon smoked paprika
* ½ teaspoon ground coriander
* 1 clove garlic, minced
* 1 teaspoon lemon juice

**Instructions**:

1. In a large bowl, combine lentils, dandelion greens, and roasted red bell pepper.
2. In a small bowl, whisk olive oil, lemon juice, garlic, cumin, paprika, and coriander. Drizzle over the salad and toss well.
3. Serve immediately.

#### **Dinner: Herb-Crusted Cod with Roasted Cauliflower and Chimichurri**

**Ingredients**:

* 1 cod fillet (6 oz)
* 1 teaspoon dried thyme
* 1 teaspoon dried oregano
* 1 teaspoon garlic powder
* 1 tablespoon olive oil
* 1 cup cauliflower florets
* **Chimichurri Sauce**:
  + 1/4 cup parsley, chopped
  + 2 tablespoons olive oil
  + 1 teaspoon red wine vinegar
  + 1 garlic clove, minced
  + ½ teaspoon chili flakes
  + Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub cod with thyme, oregano, garlic powder, and olive oil.
2. Place cod and cauliflower florets on a baking sheet. Drizzle cauliflower with olive oil and sprinkle with salt and pepper. Roast for 15–20 minutes.
3. While the cod and cauliflower are roasting, mix chimichurri ingredients in a small bowl.
4. Serve cod and cauliflower drizzled with chimichurri.

### **Day 16**

#### **Breakfast: Turmeric-Ginger Scrambled Eggs with Garlic Sautéed Spinach**

**Ingredients**:

* 2 large eggs
* 1 teaspoon turmeric
* 1 teaspoon grated ginger
* 1 cup fresh spinach
* 1 clove garlic, minced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 1 minute.
2. Add spinach and cook until wilted, about 2 minutes. Remove spinach and set aside.
3. Whisk eggs with turmeric, ginger, salt, and pepper. Pour into the skillet and scramble until cooked.
4. Serve eggs with spinach on the side.

#### **Lunch: Harissa-Roasted Chicken with Cucumber-Mint Salad**

**Ingredients**:

* 1 chicken breast (6 oz)
* 1 teaspoon harissa paste
* 1 tablespoon olive oil
* 1 cup cucumber, diced
* 1 tablespoon chopped mint
* 1 tablespoon olive oil
* 1 teaspoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub chicken with harissa paste and olive oil. Bake for 20–25 minutes, or until cooked through.
2. In a bowl, mix cucumber, mint, olive oil, lemon juice, salt, and pepper.
3. Serve chicken with cucumber-mint salad.

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#### **Dinner: Za’atar-Spiced Salmon with Garlic-Roasted Broccoli**

**Ingredients**:

* 1 salmon fillet (6 oz)
* 1 teaspoon za’atar spice blend
* 1 tablespoon olive oil
* 1 cup broccoli florets
* 2 cloves garlic, minced
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub salmon with za’atar and olive oil.
2. Toss broccoli with olive oil, garlic, salt, and pepper. Arrange broccoli and salmon on a baking sheet.
3. Roast for 15–20 minutes, or until salmon flakes easily. Serve warm.

### **Day 17**

#### **Breakfast: Cardamom and Cinnamon Kefir Smoothie with Green Banana**

**Ingredients**:

* 1 cup kefir (*Nancy’s Organic Kefir*)
* ½ green banana
* ¼ teaspoon ground cardamom
* ¼ teaspoon ground cinnamon
* 1 teaspoon chia seeds
* 1 teaspoon raw honey

**Instructions**:

1. Combine kefir, banana, cardamom, cinnamon, chia seeds, and honey in a blender.
2. Blend until smooth and serve chilled.

#### **Lunch: Herb-Crusted Tempeh with Roasted Asparagus**

**Ingredients**:

* 1 block tempeh (*Lightlife Organic Tempeh*), sliced
* 1 teaspoon dried oregano
* 1 teaspoon garlic powder
* 1 teaspoon smoked paprika
* 1 tablespoon olive oil
* 1 cup asparagus spears
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Toss tempeh with olive oil, oregano, garlic powder, paprika, salt, and pepper.
2. Place tempeh and asparagus on a baking sheet. Roast for 15–20 minutes, flipping tempeh halfway through.
3. Serve immediately.

#### 

#### **Dinner: Moroccan-Spiced Turkey Meatballs with Cauliflower Rice**

**Ingredients**:

* 1 cup ground turkey
* 1 teaspoon ground cumin
* ½ teaspoon ground coriander
* ½ teaspoon cinnamon
* 1 garlic clove, minced
* 1 tablespoon olive oil
* 1 cup cauliflower rice
* 1 tablespoon chopped parsley

**Instructions**:

1. Preheat oven to 375°F (190°C). In a bowl, mix ground turkey, cumin, coriander, cinnamon, garlic, and salt. Form into small meatballs.
2. Place meatballs on a baking sheet and bake for 20 minutes, or until fully cooked.
3. Heat olive oil in a skillet over medium heat. Sauté cauliflower rice for 5 minutes. Serve meatballs over cauliflower rice, garnished with parsley.

### **Day 18**

#### **Breakfast: Spiced Coconut Yogurt with Cacao and Mint**

**Ingredients**:

* 1 cup coconut yogurt (*GT’s Cocoyo*)
* 1 teaspoon cacao powder (*Navitas Organic*)
* 1 teaspoon chia seeds
* 1 teaspoon raw honey
* 1 tablespoon chopped fresh mint leaves
* ¼ teaspoon cinnamon

**Instructions**:

1. Add coconut yogurt to a bowl.
2. Sprinkle with cacao powder, chia seeds, cinnamon, and mint.
3. Drizzle with raw honey, stir gently, and serve chilled.

#### **Lunch: Lemon-Tahini Roasted Cauliflower with Fresh Parsley**

**Ingredients**:

* 1 cup cauliflower florets
* 1 tablespoon tahini
* 1 tablespoon lemon juice
* 1 clove garlic, minced
* 1 tablespoon olive oil
* 1 handful fresh parsley, chopped
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Toss cauliflower with olive oil, tahini, lemon juice, garlic, salt, and pepper.
2. Roast on a baking sheet for 20–25 minutes, until golden and tender.
3. Sprinkle with parsley before serving.

#### **Dinner: Garlic and Thyme Roasted Salmon with Sautéed Kale**

**Ingredients**:

* 1 salmon fillet (6 oz)
* 1 teaspoon dried thyme
* 1 clove garlic, minced
* 1 tablespoon olive oil
* 1 cup kale, chopped
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub salmon with olive oil, garlic, thyme, salt, and pepper.
2. Place salmon on a baking sheet and roast for 15–20 minutes, or until it flakes easily.
3. Sauté kale in olive oil over medium heat for 3–4 minutes until wilted. Serve salmon with kale on the side.

### **Day 19**

#### **Breakfast: Turmeric-Spiced Scrambled Eggs with Fresh Cilantro**

**Ingredients**:

* 2 large eggs
* 1 teaspoon turmeric
* 1 tablespoon olive oil
* 1 tablespoon fresh cilantro, chopped
* Salt and pepper to taste

**Instructions**:

1. Whisk eggs with turmeric, salt, and pepper in a bowl.
2. Heat olive oil in a skillet over medium heat. Pour in eggs and scramble gently until cooked.
3. Garnish with fresh cilantro before serving.

#### **Lunch: Herb-Roasted Tempeh with Garlic Asparagus**

**Ingredients**:

* 1 block tempeh (*SoyBoy Organic Tempeh*), sliced
* 1 teaspoon dried oregano
* 1 teaspoon smoked paprika
* 1 tablespoon olive oil
* 1 cup asparagus spears
* 1 clove garlic, minced
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Toss tempeh with olive oil, oregano, paprika, salt, and pepper.
2. Arrange tempeh and asparagus on a baking sheet. Sprinkle garlic over the asparagus.
3. Roast for 15–20 minutes, flipping tempeh halfway through. Serve warm.

#### **Dinner: Moroccan-Spiced Lamb Chops with Sautéed Cauliflower Rice**

**Ingredients**:

* 2 lamb chops
* 1 teaspoon ground cumin
* ½ teaspoon ground cinnamon
* 1 teaspoon smoked paprika
* 1 tablespoon olive oil
* 1 cup cauliflower rice
* 1 tablespoon fresh parsley, chopped

**Instructions**:

1. Rub lamb chops with cumin, cinnamon, paprika, olive oil, salt, and pepper. Let marinate for 20 minutes.
2. Heat a skillet over medium-high heat and cook lamb chops for 3–4 minutes per side, or until cooked to desired doneness.
3. In the same skillet, sauté cauliflower rice for 5 minutes. Serve lamb chops over cauliflower rice, garnished with parsley.

### **Day 20**

#### **Breakfast: Cardamom and Cinnamon Kefir Smoothie with Pomegranate**

**Ingredients**:

* 1 cup kefir (*Nancy’s Organic Kefir*)
* ¼ cup pomegranate seeds
* ¼ teaspoon ground cardamom
* ¼ teaspoon ground cinnamon
* 1 teaspoon raw honey

**Instructions**:

1. Combine kefir, cardamom, cinnamon, and honey in a blender. Blend until smooth.
2. Pour into a glass and top with pomegranate seeds. Serve immediately.

#### **Lunch: Roasted Chicken with Za’atar and Cucumber-Tomato Salad**

**Ingredients**:

* 1 chicken breast (6 oz)
* 1 teaspoon za’atar spice blend
* 1 tablespoon olive oil
* ½ cup cucumber, diced
* ½ cup cherry tomatoes, halved
* 1 tablespoon olive oil (for salad)
* 1 teaspoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub chicken with olive oil and za’atar spice. Roast for 20–25 minutes, or until fully cooked.
2. Toss cucumber and tomatoes with olive oil, lemon juice, salt, and pepper.
3. Serve chicken with cucumber-tomato salad on the side.

#### **Dinner: Miso-Marinated Cod with Roasted Broccoli and Garlic**

**Ingredients**:

* 1 cod fillet (6 oz)
* 1 tablespoon miso paste (*South River Miso*)
* 1 teaspoon sesame oil
* 1 teaspoon grated ginger
* 1 cup broccoli florets
* 1 clove garlic, minced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). In a small bowl, mix miso paste, sesame oil, and ginger. Rub the mixture onto the cod fillet and let marinate for 15 minutes.
2. Toss broccoli with olive oil, garlic, salt, and pepper. Arrange broccoli and cod on a baking sheet.
3. Roast for 15–20 minutes, or until cod flakes easily and broccoli is tender.

### **Day 21**

#### **Breakfast: Spiced Coconut Yogurt with Cinnamon and Fresh Mint**

**Ingredients**:

* 1 cup coconut yogurt (*GT’s Cocoyo*)
* 1 teaspoon cinnamon
* 1 teaspoon raw honey
* 1 tablespoon chopped fresh mint leaves
* 1 teaspoon chia seeds

**Instructions**:

1. Add coconut yogurt to a bowl.
2. Sprinkle with cinnamon, chia seeds, and mint leaves.
3. Drizzle with raw honey, stir gently, and serve chilled.

#### **Lunch: Lentil Salad with Roasted Carrots and Tahini Dressing**

**Ingredients**:

* ½ cup cooked lentils
* 1 medium carrot, roasted and sliced
* 1 tablespoon tahini
* 1 tablespoon lemon juice
* 1 teaspoon olive oil
* 1 clove garlic, minced
* 1 handful parsley, chopped

**Instructions**:

1. Preheat oven to 375°F (190°C). Toss carrot slices with olive oil, salt, and pepper. Roast for 20 minutes, or until tender.
2. In a small bowl, whisk tahini, lemon juice, and garlic to make the dressing.
3. Toss lentils, roasted carrots, and parsley with the dressing. Serve immediately.

#### **Dinner: Za’atar-Spiced Salmon with Garlic-Sautéed Kale**

**Ingredients**:

* 1 salmon fillet (6 oz)
* 1 teaspoon za’atar spice blend
* 1 tablespoon olive oil
* 1 cup kale, chopped
* 1 clove garlic, minced
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub salmon with olive oil and za’atar. Bake for 15–20 minutes, or until it flakes easily.
2. Heat olive oil in a skillet over medium heat. Sauté garlic for 1 minute, then add kale. Cook for 3–4 minutes until wilted.
3. Serve salmon with sautéed kale.

### **Day 22**

#### **Breakfast: Coconut Yogurt Bowl with Sauerkraut and Spices**

**Ingredients**:

* 1 cup coconut yogurt (*GT’s Cocoyo*)
* 2 tablespoons *Farmhouse Culture Sauerkraut*
* 1 teaspoon flaxseeds
* 1 teaspoon cacao powder
* 1 teaspoon raw honey
* ¼ teaspoon ground cinnamon
* 1 tablespoon fresh mint leaves, chopped

**Instructions**:

1. Add coconut yogurt to a bowl.
2. Top with sauerkraut, flaxseeds, cacao powder, and cinnamon.
3. Drizzle with raw honey, sprinkle with mint, and stir gently before serving.

#### **Lunch: Za’atar Chicken Salad with Fermented Pickles and Dandelion Greens**

**Ingredients**:

* 1 chicken breast (6 oz), grilled
* 1 cup dandelion greens, chopped
* ½ cup cucumbers, diced
* 2 tablespoons *Bubbies Naturally Fermented Pickles*, chopped
* 1 tablespoon olive oil
* 1 teaspoon za’atar spice blend
* 1 tablespoon lemon juice

**Instructions**:

1. Grill chicken breast, seasoning it with za’atar spice, salt, and pepper. Slice into strips once cooked.
2. Toss dandelion greens, cucumbers, and fermented pickles with olive oil and lemon juice.
3. Serve chicken strips over the salad.

#### **Dinner: Miso-Glazed Tempeh with Roasted Asparagus and Broccoli**

**Ingredients**:

* 1 block tempeh (*Lightlife Organic Tempeh*), sliced
* 1 tablespoon miso paste (*South River Miso*)
* 1 teaspoon sesame oil
* 1 teaspoon grated ginger
* 1 cup asparagus spears
* 1 cup broccoli florets
* 1 tablespoon olive oil
* 1 teaspoon sesame seeds (for garnish)

**Instructions**:

1. Preheat oven to 375°F (190°C). Toss asparagus and broccoli with olive oil, salt, and pepper. Spread on a baking sheet and roast for 15–20 minutes.
2. In a small bowl, mix miso paste, sesame oil, and ginger. Brush the mixture over the tempeh slices.
3. Heat a skillet over medium heat and cook tempeh for 3–4 minutes per side, until golden brown.
4. Serve tempeh with roasted vegetables, garnished with sesame seeds.

### **Day 23**

#### **Breakfast: Kefir Smoothie with Papaya, Ginger, and Cinnamon**

**Ingredients**:

* 1 cup kefir (*Nancy’s Organic Kefir*)
* ½ cup papaya, diced
* 1 teaspoon grated ginger
* ¼ teaspoon ground cinnamon
* 1 teaspoon raw honey

**Instructions**:

1. Combine kefir, papaya, ginger, cinnamon, and honey in a blender.
2. Blend until smooth and serve chilled.

#### **Lunch: Lentil and Spinach Salad with Fermented Beets**

**Ingredients**:

* ½ cup cooked lentils
* 1 cup fresh spinach leaves
* 2 tablespoons *Wildbrine Fermented Beets*
* 1 clove garlic, minced
* 1 tablespoon olive oil
* 1 teaspoon lemon juice
* 1 tablespoon fresh parsley, chopped

**Instructions**:

1. Toss spinach, lentils, and fermented beets in a bowl.
2. In a small bowl, whisk olive oil, lemon juice, garlic, and parsley. Pour over the salad and toss to coat.
3. Serve immediately.

#### **Dinner: Herb-Roasted Turkey with Garlic-Cauliflower Mash**

**Ingredients**:

* 1 turkey breast (6 oz)
* 1 teaspoon dried thyme
* 1 teaspoon dried rosemary
* 1 tablespoon olive oil
* 1 cup cauliflower florets
* 2 cloves garlic, minced
* 2 tablespoons almond milk
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub turkey breast with olive oil, thyme, rosemary, salt, and pepper. Roast for 25–30 minutes, or until cooked through.
2. Boil cauliflower florets until tender (about 10 minutes). Drain and blend with garlic, almond milk, salt, and pepper until smooth.
3. Serve turkey with cauliflower mash.

### **Day 24**

#### **Breakfast: Spiced Coconut Yogurt Bowl with Sauerkraut and Seeds**

**Ingredients**:

* 1 cup coconut yogurt (*GT’s Cocoyo*)
* 2 tablespoons *Farmhouse Culture Sauerkraut*
* 1 teaspoon chia seeds
* 1 teaspoon cacao powder
* 1 teaspoon raw honey
* 1 tablespoon fresh mint leaves, chopped

**Instructions**:

1. Add coconut yogurt to a bowl.
2. Top with sauerkraut, chia seeds, cacao powder, and mint.
3. Drizzle with raw honey and stir gently.

#### **Lunch: Moroccan-Spiced Lamb Meatballs with Roasted Vegetables**

**Ingredients**:

* 1 cup ground lamb
* 1 teaspoon ground cumin
* ½ teaspoon ground cinnamon
* 1 clove garlic, minced
* 1 tablespoon olive oil
* 1 cup roasted carrots and zucchini
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). In a bowl, mix ground lamb with cumin, cinnamon, garlic, salt, and pepper. Form into small meatballs.
2. Place meatballs on a baking sheet and roast for 15–20 minutes, or until fully cooked.
3. Toss roasted carrots and zucchini with olive oil and season with salt and pepper.
4. Serve meatballs with vegetables.

#### **Dinner: Miso-Glazed Salmon with Sautéed Dandelion Greens**

**Ingredients**:

* 1 salmon fillet (6 oz)
* 1 tablespoon miso paste (*South River Miso*)
* 1 teaspoon sesame oil
* 1 teaspoon grated ginger
* 1 cup dandelion greens, chopped
* 1 clove garlic, minced
* 1 tablespoon olive oil

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub salmon with a mixture of miso paste, sesame oil, and ginger. Bake for 15–20 minutes, or until cooked through.
2. Heat olive oil in a skillet over medium heat. Add garlic and dandelion greens, and sauté for 2–3 minutes until wilted.
3. Serve salmon with sautéed greens.

### **Day 25**

#### **Breakfast: Kefir Smoothie with Pineapple, Ginger, and Cinnamon**

**Ingredients**:

* 1 cup kefir (*Nancy’s Organic Kefir*)
* ½ cup frozen pineapple chunks
* 1 teaspoon grated ginger
* ¼ teaspoon ground cinnamon
* 1 teaspoon raw honey

**Instructions**:

1. Combine kefir, pineapple, ginger, cinnamon, and honey in a blender.
2. Blend until smooth and serve.

### **Day 26**

#### **Breakfast: Coconut Yogurt with Cinnamon, cardamom, and Flaxseeds**

**Ingredients**:

* 1 cup coconut yogurt (*GT’s Cocoyo*)
* 1 teaspoon flaxseeds
* ¼ teaspoon cinnamon
* ¼ teaspoon cardamom
* 1 teaspoon raw honey

**Instructions**:

1. Add coconut yogurt to a bowl.
2. Top with sauerkraut, flaxseeds, cardamom and cinnamon.
3. Drizzle with raw honey, stir gently, and serve chilled.

#### **Lunch: Herb-Roasted Turkey with Garlic-Roasted Broccoli and Fermented Pickles**

**Ingredients**:

* 1 turkey breast (6 oz)
* 1 teaspoon dried oregano
* 1 teaspoon garlic powder
* 1 cup broccoli florets
* 1 clove garlic, minced
* 2 tablespoons *Bubbies Naturally Fermented Pickles*, sliced
* 1 tablespoon olive oil
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub turkey with oregano, garlic powder, salt, and pepper. Roast for 25–30 minutes, or until cooked through.
2. Toss broccoli florets with olive oil and minced garlic. Roast on a separate baking sheet for 15–20 minutes.
3. Serve turkey with roasted broccoli and fermented pickles on the side.

#### **Dinner: Za’atar-Spiced Salmon with Sautéed Spinach and Tahini Dressing**

**Ingredients**:

* 1 salmon fillet (6 oz)
* 1 teaspoon za’atar spice blend
* 1 tablespoon olive oil
* 1 cup fresh spinach, chopped
* **Tahini Dressing**:
  + 1 tablespoon tahini
  + 1 teaspoon lemon juice
  + 1 teaspoon water (to thin)
  + 1 pinch ground cumin

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub salmon with za’atar and olive oil. Bake for 15–20 minutes, or until cooked through.
2. Sauté spinach in olive oil over medium heat for 2–3 minutes until wilted.
3. Whisk tahini, lemon juice, water, and cumin together to make the dressing.
4. Serve salmon with spinach, drizzled with tahini dressing.

### **Day 27**

#### **Breakfast: Kefir Smoothie with Cacao, Mint, and Pomegranate**

**Ingredients**:

* 1 cup kefir (*Nancy’s Organic Kefir*)
* 1 teaspoon cacao powder (*Navitas Organic*)
* 1 tablespoon fresh mint leaves, chopped
* ¼ cup pomegranate seeds
* 1 teaspoon raw honey

**Instructions**:

1. Blend kefir, cacao powder, and raw honey until smooth.
2. Pour into a glass and top with mint and pomegranate seeds. Serve chilled.

#### **Lunch: Moroccan-Spiced Lamb Meatballs with Garlic-Cauliflower Rice**

**Ingredients**:

* 1 cup ground lamb
* 1 teaspoon ground cumin
* ½ teaspoon ground coriander
* ½ teaspoon ground cinnamon
* 1 clove garlic, minced
* 1 tablespoon olive oil
* 1 cup cauliflower rice
* 1 tablespoon fresh parsley, chopped

**Instructions**:

1. Preheat oven to 375°F (190°C). Mix lamb with cumin, coriander, cinnamon, garlic, salt, and pepper. Form into small meatballs.
2. Place meatballs on a baking sheet and roast for 15–20 minutes, or until fully cooked.
3. Heat olive oil in a skillet over medium heat. Sauté cauliflower rice for 5 minutes. Serve meatballs over cauliflower rice, garnished with parsley.

#### **Dinner: Miso-Glazed Cod with Roasted Carrots and Dandelion Greens**

**Ingredients**:

* 1 cod fillet (6 oz)
* 1 tablespoon miso paste (*South River Miso*)
* 1 teaspoon sesame oil
* 1 teaspoon grated ginger
* 1 cup carrots, sliced
* 1 cup dandelion greens, chopped
* 1 clove garlic, minced
* 1 tablespoon olive oil

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub cod with miso paste, sesame oil, and ginger. Bake for 15–20 minutes, or until cooked through.
2. Toss carrots with olive oil and roast on a separate baking sheet for 15–20 minutes.
3. Sauté dandelion greens with garlic and olive oil for 3 minutes. Serve cod with roasted carrots and greens.

### **Day 28**

#### **Breakfast: Coconut Yogurt with Fermented Beets and Mint**

**Ingredients**:

* 1 cup coconut yogurt (*GT’s Cocoyo*)
* 2 tablespoons *Wildbrine Fermented Beets*
* 1 teaspoon flaxseeds
* 1 tablespoon fresh mint leaves, chopped
* 1 teaspoon raw honey

**Instructions**:

1. Add coconut yogurt to a bowl.
2. Top with fermented beets, flaxseeds, and mint.
3. Drizzle with raw honey and stir gently before serving.

#### **Lunch: Za’atar-Roasted Tempeh with Garlic-Asparagus Salad**

**Ingredients**:

* 1 block tempeh (*SoyBoy Organic Tempeh*), sliced
* 1 teaspoon za’atar spice blend
* 1 tablespoon olive oil
* 1 cup asparagus spears, chopped
* 1 clove garlic, minced
* 1 tablespoon lemon juice
* 1 tablespoon olive oil

**Instructions**:

1. Preheat oven to 375°F (190°C). Toss tempeh with olive oil and za’atar spice blend. Roast for 15–20 minutes, flipping halfway through.
2. Sauté asparagus with garlic and olive oil for 3–4 minutes. Drizzle with lemon juice before serving.
3. Serve tempeh with asparagus.

#### **Dinner: Herb-Crusted Turkey with Sautéed Spinach and Tahini Dressing**

**Ingredients**:

* 1 turkey breast (6 oz)
* 1 teaspoon dried rosemary
* 1 teaspoon garlic powder
* 1 tablespoon olive oil
* 1 cup fresh spinach, chopped
* 1 tablespoon tahini
* 1 teaspoon lemon juice
* 1 teaspoon water (to thin dressing)

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub turkey with rosemary, garlic powder, olive oil, salt, and pepper. Roast for 25–30 minutes, or until cooked through.
2. Sauté spinach in olive oil over medium heat for 2–3 minutes until wilted.
3. Whisk tahini, lemon juice, and water to make the dressing. Serve turkey with spinach, drizzled with tahini dressing.

### **Day 29**

#### **Breakfast: Kefir Smoothie with Pineapple and Fresh Cilantro**

**Ingredients**:

* 1 cup kefir (*Nancy’s Organic Kefir*)
* ½ cup frozen pineapple chunks
* 1 tablespoon fresh cilantro, chopped
* 1 teaspoon grated ginger
* 1 teaspoon raw honey

**Instructions**:

1. Blend kefir, pineapple, cilantro, ginger, and honey until smooth.
2. Serve chilled in a glass.

#### **Lunch: Herb-Roasted Salmon with Cucumber-Tomato Salad**

**Ingredients**:

* 1 salmon fillet (6 oz)
* 1 teaspoon dried thyme
* 1 tablespoon olive oil
* ½ cup cucumber, diced
* ½ cup cherry tomatoes, halved
* 1 teaspoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub salmon with thyme, olive oil, salt, and pepper. Bake for 15–20 minutes, or until it flakes easily.
2. Toss cucumber and tomatoes with olive oil, lemon juice, salt, and pepper. Serve with salmon.

#### **Dinner: Moroccan-Spiced Chicken with Roasted Cauliflower**

**Ingredients**:

* 1 chicken breast (6 oz)
* 1 teaspoon ground cumin
* ½ teaspoon smoked paprika
* ½ teaspoon ground coriander
* 1 tablespoon olive oil
* 1 cup cauliflower florets
* Salt and pepper to taste

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub chicken with cumin, paprika, coriander, olive oil, salt, and pepper. Roast for 20–25 minutes.
2. Toss cauliflower with olive oil, salt, and pepper. Roast on a separate baking sheet for 20 minutes.
3. Serve chicken with roasted cauliflower.

### **Day 30**

#### **Breakfast: Coconut Yogurt with Cinnamon, Fermented Beets, and Flaxseeds**

**Ingredients**:

* 1 cup coconut yogurt (*GT’s Cocoyo*)
* 2 tablespoons *Wildbrine Fermented Beets*
* 1 teaspoon flaxseeds
* ¼ teaspoon ground cinnamon
* 1 teaspoon raw honey

**Instructions**:

1. Add coconut yogurt to a bowl.
2. Top with fermented beets, flaxseeds, and cinnamon.
3. Drizzle with raw honey and mix gently.

#### **Lunch: Lentil Salad with Dandelion Greens and Fermented Pickles**

**Ingredients**:

* ½ cup cooked lentils
* 1 cup dandelion greens, chopped
* 2 tablespoons *Bubbies Naturally Fermented Pickles*, chopped
* 1 tablespoon olive oil
* 1 teaspoon lemon juice
* Salt and pepper to taste

**Instructions**:

1. Toss lentils, dandelion greens, and pickles in a bowl.
2. Drizzle with olive oil and lemon juice. Mix well and serve.

#### **Dinner: Miso-Glazed Cod with Garlic-Sautéed Kale**

**Ingredients**:

* 1 cod fillet (6 oz)
* 1 tablespoon miso paste (*South River Miso*)
* 1 teaspoon sesame oil
* 1 clove garlic, minced
* 1 cup kale, chopped
* 1 tablespoon olive oil

**Instructions**:

1. Preheat oven to 375°F (190°C). Rub cod with miso paste and sesame oil. Bake for 15–20 minutes.
2. Heat olive oil in a skillet. Sauté garlic for 1 minute, then add kale and cook for 3–4 minutes.
3. Serve cod with kale.