

# Protocol #2

**LIVER & GALLBLADDER PROTOCOL**

## Welcome to your Liver and Gallbladder support phase

You will spend roughly a month in this phase to help ensure that proper drainage, support and detoxification is happening in your body before going deeper with your hormones.

Every person's health and well-being depends on how well her body removes and purges toxins. With exposure to environmental toxins, toxic body care products, medications and processed foods, most people are in desperate need of a serious release and a gentle liver reset is a great way to do this.

Before I shed a little light on the physical aspects of our liver and some of its many 500+ plus daily jobs, it is also very important to note the mental emotional connection to your liver.

Most of the organs in our body are connected to an emotion and the liver is connected to anger and resentment. It is known as the "basement" organ in the body, where we pack all the crap away that we don't want to deal, manage, see or feel anymore.

In yoga, I teach about this energy and how it connects to the physical structure of our bodies; specifically how the hips and pelvis are the boney containers embodying the "basement" of our body where we pack emotion away.

The state of our livers is actually fundamental to how we feel emotion which can directly shape and impact how we show up in our lives. It is definitely something to think about for yourself, especially if you feel some resonance or connection in learning this wee bit about it :-)

## Back to the physical and hormone based connection

One of the main ways that the body rids itself of toxins is through the liver. In fact, the liver is one of the hardest working organs in the body. It works tirelessly to detoxify our blood, produce the bile needed to digest fat, break down hormones, and store essential vitamins, minerals and iron.

It is also where and how we begin to process and detox hormones out of the body, namely estrogen. When there are issues with stagnation/congestion in the liver, coupled with digestive issues like gas, bloating, constipation, reflux etc this will show up in your PMS, your skin, your mood, headaches, weight gain and many other estrogen detox related struggles.

Throughout The Hormone Project, you will be guided to learn some very fundamental tools towards health. Health that I hope will become a journey of joy and empowerment as you soak up all there is to know and understand about your brilliant body:

- Support Digestion
- Support Drainage and Elimination
- Support Blood Sugar
- Support your Adrenals and Thyroid
- Support your Ovarian Health
- Support Nourishment and Hydration
- Support Movement and Exercise
- Support your Body with key Supplements
- Support your Rest, Recovery and Sleep

## What Does the Liver Do on An Essential Level?

Some of the essential functions of the liver include:

- Processing nutrients absorbed by the intestines so they are more efficiently absorbed
- Regulating blood composition to balance protein, fat and sugar
- Destroying old red blood cells
- Producing essential chemicals to help blood clot properly
- Breaking down and metabolizing alcohol and medications
- Producing essential proteins and cholesterol
- Removing toxins from the bloodstream, including bilirubin, ammonia and others
- Storing of minerals, iron and vitamin A

## Liver Check In

Make a check next to each symptom you are experiencing. The more symptoms you experience from this list, the greater indication that your liver needs some additional support. This will help shed some light on some of the symptoms you may be experiencing.

- Acne
- Bad breath
- Body odor
- Spider veins
- Dry, itchy skin
- Dark circles under eyes
- Eczema, Psoriasis and rashes
- Fatigue
- Indigestion
- Nausea
- Pale, bloody or tar-colored stool and/or dark colored urine
- Poor elimination - constipation/diarrhea or alternating between the two
- Pain around the right side of the abdomen/rib cage near the liver/gallbladder
- Water retention and swelling
- Yellow tone to the skin
- Yellow tone to the eyes

**This is not meant to be used or looked upon like a diagnostic test.** It is merely a helpful tool to open your eyes to how you are really feeling in certain areas of your body, and what your signs and symptoms could be telling you.

## The Gallbladder

Your gallbladder is also a very important and often overlooked organ in your body and takes up some rather impervious property right next door to your liver; the two work closely together to help produce, regulate and best use bile to help digest what you eat, drink, take and experience in life.

There is another organ that we are working on throughout the entirety of The Hormone Project and that is your pancreas. Your pancreas which is responsible for converting food to fuel, aiding in digestion by producing essential enzymes to break down fats and carbohydrates and creating two vital hormones, insulin and glucagon.

Your coach and myself in our weekly coaching calls will sound like an absolute broken record reminding you how important it is to stabilize your blood sugar :-)

Elevated and erratic blood sugar levels put stress on your hormones, leading to symptoms like oily/acne-prone skin, irritability, anxiety, hair loss and thinning, insomnia, weight gain, insulin resistance, cravings, cysts, PMS and more.

***You cannot have healthy hormones if you don't have balanced blood sugar.***

Over the next month we are going to gently reduce your liver's toxic burden, support your gallbladder health, get your blood sugar on track and teach you how to strengthen your own detox pathways, making you more resilient and healthier over time.

I always teach about the importance of beginning with the gut first. I do still believe that digestion is EVERYTHING but...I have discovered through working with so many women dealing with hormonal imbalance that the liver is really the gateway to achieving their hormone goals.

Supporting the liver first and reducing the toxins you are coming in contact with helps reduce a recirculation of the chemicals we're trying to cleanse, detox and reduce. It will also help to lighten your body's overall load and kick-start your healing through greater energy and less reactivity.

### **Your next 4 weeks are aimed to accomplish the following:**

- Remove your food and environmental triggers
- Replace with Supportive Food
- Reduce Exposure
- Restore Detox pathways

And to help you move towards a deeper relationship of you hearing your body's whispers and voice when she is nudging you vs kicking and screaming.

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

**Remove your food and environmental triggers 100% for this next month. You have already been doing this for 2-3 weeks now since your Digestive Reset.** We will talk about when and how to re-incorporate **some** of the foods during our live classes and you will also chat about this with your coach

- Gluten
- Dairy
- Soy
- Sugar
- Caffeine
- Alcohol

### Restoring Your Detox Pathways

My initial focus in supporting your body from the ground up supplement wise is with my Foundational supplements. Once you've made these part of your daily routine and have moved through your Digestive Reset, you will be on your way to beginning your healing liver protocol. It is important to understand that it is the way in which we live our life as a whole that matters, not only taking supplements. While they are vital to the process, please do not make the mistake of handing the power and potential of your health over to them 100%.

#### Liver Gallbladder Protocol 4 weeks

##### Phase 1 Liver detox support

**Please make sure you are taking these below during your digestive reset or for at least 14 days before beginning your added Liver/Gallbladder support in Phase 2 below:**

- Foundational 5
  1. Probiotics
  2. Omega 3
  3. Vitamin D3
  4. Juice Plus
  5. Magnesium
  
- PLUS a B-complex - for at least 4-6 months, your coach can then guide you on what and how much you need moving forward based on test results, how you're feeling and your needs.

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Phase 2 Liver detox support:

NAC – 2x daily (dosing should be between 1000mg-1800mg total daily) with a meal containing protein for 8-12 weeks minimum. Your coach will guide you based on your test results and how you feel.

St Francis Hepato DR – 3 full droppers in the morning and at night for the first 8 weeks; possibly longer if your coach feels it's necessary.

\*If you are an international client you are going to select one of the other products recommended in your list below and follow the instructions closely.

IF you have digestive issues such as gas, bloating or reflux please take Digestive Bitters before lunch and dinner or you can also try ½ tbsp of apple cider vinegar in about ½ cup of water OR a digestive enzyme

IF you have no gallbladder please see additional info below

Vitamin C – 2000mg either liposomal liquid form (Naka and Designs for Health are great brands) or you can do chewables or a powder free from artificial flavours or colouring. My favourite Vitamin C powder is a whole food one from Innate Response

### Great brands for Liver & Gallbladder Health:

**\*Remember you have a supplement list of some other brands to choose from too**  
CHOOSE ONE and follow bottle directions unless otherwise instructed by your coach

- St Francis Liver HeptoDr
- Liver Health Orange Naturals
- Designs for Health LVGB
- Liver GI-Detox Pure Encapsulation

If you no longer have a gallbladder you will need digestive enzymes in addition to your liver support above, some good brands are:

- NFH Ox Bile
- NOW Super Enzymes
- Thorne Biogest
- Pure Encapsulations Digestion GB

## Lifestyle Practices to Support this Protocol phase:

### Morning Elixir

- Drinking [Dandy Blend](#) as a morning elixir or you may choose Matcha, Organic coffee or a tea. Don't force this. I want your morning Mug of yum to feel like sipping magic:-)

### Herbal Teas for Anytime of the Day

- Dandelion Root
- Milk Thistle
- Burdock
- Nettle
- Turmeric
- Peppermint
- Any other herbal blend you love

### Teas for Earlier in the day only (as they can be stimulating)

- Green Tea
- White
- Matcha powder
- Chai
- Licorice

### Lymph Support & Detox Practices

- Castor Oil Pack 3-4x weekly – [Queen of Thrones brand is my favourite](#) - use the code JENNPIKE10 to save 10% off your order
- Dry Brush 3-4x weekly before your shower or bath
- Exercise
- Hydrotherapy
- Hot epsom salt baths
- Massage
- Deep Breathing
- Belly Breathing
- Coregeous Ball Work (you can [order one from my website](#) if you are within Canada, or from [yogatuneup.com](#))
- Rosemary Essential Oil - Use 2-3 drops along with castor oil massaged into your liver/gallbladder area twice daily to help with stagnation and inflammation. You can use this under or with your castor oil pack.
- Lemon, orange and grapefruit essential oils are also wonderful to help stimulate your lymph.
- Red Light Therapy - 10-20 minutes daily on your liver/gallbladder area. I use the brand Orion, which you can order from [orionlt.ca](#). Use the code JENNPIKE10 to save. I am literally OBSESSED with my red light!
- Sauna - 2-3 x weekly for 20-40 minutes



## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### **Meal Plan Disclaimers**

We have created 3 different meal plans to choose from during each phase/protocol; a SIBO meal plan, a Plant Based meal plan and an Omnivore meal plan.

### **SIBO Meal Plan Disclaimer**

Every effort has been made to create a meal plan that is low FODMAP therefore SIBO friendly. Although, due to the individual nature of health and healing there may be some ingredients that you do not tolerate at all or tolerate at certain amounts. Please modify as you see best for your body.

### **Plant Based Disclaimer**

This meal plan is plant based, if you are vegan, many of the ingredients listed can be swapped to become vegan. For example; honey can be replaced with maple syrup and cheese can be replaced with a nut based cheese. Also due to the individual nature of health and healing there may be some ingredients that you do not tolerate at all or tolerate at certain amounts. Please modify as you see best for your body.

## Your Liver Protocol Checklist

- Have You Downloaded Your Protocol #1 -- The Liver Protocol?
- Have you gone through the Liver Questionnaire within the workbook?
- What stands out the most to you about your answers, your symptoms and how you feel?
- Do you understand that it will take 4 weeks on this protocol to create some gentle stimulation & detoxification before you can move on to the Adrenal Protocol?
- Which meal plan will you choose to support your body?
- Have you chosen your meal plan? You can alternate between the plans if you'd like or choose to stick to one of your 3 options; omnivore, vegetarian or sibo/leaky gut.
- Have you been keeping your coffee to 1 per day or less?
- Have you eliminated alcohol or reduced it to as little as possible?
- Have you started doing castor oil packs a few nights weekly with a hot water bottle or heating pad over the right side of your ribcage to support detoxification?
- Pick one of the following and do them daily: Dry brushing, infrared sauna or exercise to help with liver detoxification
- Most importantly - are you smiling and breathing INTO your lovely little liver:-)

### NOTES:

#### Phase 1 Liver Support

- Your daily base supplements you've on to this point plus the addition of Liver HepatoDR - 3ml taken morning and night and Vitamin C for Week 1 of your protocol.

#### Phase 2 Liver Support

- You will stay on the above and add in NAC capsules (2, sometimes 3 depending on your brand so please check in with your coach if you should take 2 or 3) with any meal containing protein 1x daily (AOR, Designs for Health or Pure Encapsulation brand)
- IF your DUTCH results show you have issues with methylation, or a deficiency in Glutathione, I may also add in some liposomal glutathione for additional support.
- You will stay on the Phase 1 and 2 Liver Support for the full 4 weeks AND then for an additional 4 weeks for a total of 8 weeks - at which point we will follow up on how you are feeling, signs, symptoms etc and decide if you will come off certain supplements or remain on for any additional time. Please note that liver support for most women is needed for at least a season (3-4 months) and oftentimes repeated throughout the year. I personally take liver support a few times weekly and then 2x annually in the spring and Fall I go through the same liver protocol and tips you are using here, I also receive acupuncture specific to the liver and I am on my coregeous ball daily. Something you will learn more about in your modules and group coaching.

# Meal Plans

**PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL**

**7 Day Meal Plan - Omnivore**

	<b>UPON WAKING</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK (OPTIONAL)</b>	<b>DINNER</b>	<b>EVENING</b>
<b>DAY 1</b>	1 cup warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Pumpkin Protein Pancakes	Chickpea Rainbow Bowl	Coconut Raspberry Beet for your Gallbladder Smoothie	3oz grass fed beef, chicken or fish + Rainbow Crunch Salad + Ginger Date Dressing	Herbal Tea; dandelion, tulsi, nettle or milk thistle
<b>DAY 2</b>	1 cup warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Sundried Tomato Basil Egg Bites	Radical Nourishment Bowl You can sub salmon with any leftover protein	Organic Apple + 10- 12 Macadamia Nuts	Jenn's Liver Loving Soup + a fresh salad of choice	Herbal Tea; dandelion, tulsi, nettle or milk thistle
<b>DAY 3</b>	1 cup warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Cacao POW Smoothie	Jenn's Liver Loving Soup (leftover)	1 large raw carrot + ½ cup guacamole	3-4 oz Grilled Chicken, + 1 cup Black Bean Avocado Salad served over 2 cups fresh organic arugula , 4 steamed asparagus spears w sea salt + ghee	Herbal Tea; dandelion, tulsi, nettle or milk thistle
<b>DAY 4</b>	1 cup warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Raspberry Chia Pudding	Black Bean Avocado Salad (leftover) served on a bed of organic greens	Chocolate Almond Butter Banana Smoothie	3-4oz protein of choice + 1 cup roasted cruciferous veggies eg: brussel sprouts, broccoli, cauliflower + steamed yellow/ green beans + a side salad	Herbal Tea; dandelion, tulsi, nettle or milk thistle
<b>DAY 5</b>	1 cup warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Omelet made w ½ cup whites + 2 whole eggs + veggies	Curry Power Bowl	1 Midday Square Bar <i>use code jenn15</i>	Baked Stuffed Spaghetti Squash	Herbal Tea; dandelion, tulsi, nettle or milk thistle
<b>DAY 6</b>	1 cup warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Cinnabun Smoothie	Asian Chicken Slaw Bowl	Raw veggies + 2-3 Tbsp store bought beet hummus	3-4 oz protein of choice + Portobello Mushroom & Red Cabbage Pile High + Broccoli Berry Salad	Herbal Tea; dandelion, tulsi, nettle or milk thistle
<b>DAY 7</b>	1 cup warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Breakfast Patty with sauteed greens, avocado + sauerkraut	'Cheesy' Broccoli Quinoa Soup	2 cups Green Juice + 3 whole walnuts	Macadamia Nut Crusted Cod + 1 cup steamed green + yellow beans + 1 cup roasted butternut squash	Herbal Tea; dandelion, tulsi, nettle or milk thistle

**PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL**

**7 Day Meal Plan - SIBO**

Every single person suffering from SIBO and or Leaky Gut can present differently from others which is what can make creating a meal plan so challenging. One day you might be fine with a certain food and the next, you're doubled over in discomfort. You truly need to listen to your body and adjust accordingly.

	<b>UPON WAKING</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK (OPTIONAL)</b>	<b>DINNER</b>	<b>EVENING</b>
<b>DAY 1</b>	½ cup warm water ½ - 1 Tbsp apple cider vinegar OR ¼-½ lemon (if tolerated)	Spiced Pear Overnight Oats and Chia	Green, Lean and Freakin' Supreme + 3 oz of protein of choice (leftovers work great for this)	Blueberry Punch Smoothie	4oz of Grilled Chicken with arugula + olive oil + sea salt + roasted sweet potatoes and broccoli	Herbal Tea; dandelion, tulsi, nettle or milk thistle
<b>DAY 2</b>	½ cup warm water ½ - 1 Tbsp apple cider vinegar OR ¼-½ lemon (if tolerated)	Simplicity Power Smoothie	Morning Goddess Bowl (using leftover grilled chicken + veggies)	Grass Fed Jerky	Ginger Sesame Salmon and Green Beans served over a bed of leafy greens + ½ cup white rice	Herbal Tea; dandelion, tulsi, nettle or milk thistle
<b>DAY 3</b>	½ cup warm water ½ - 1 Tbsp apple cider vinegar OR ¼-½ lemon (if tolerated)	Roasted Tomato Basil Breakfast Soup	Broccoli Berry Salad + 3oz. leftover salmon (or protein of choice)	Cherry Chocolate Smoothie	Beef and Veggie Skillet served with salad of choice	Herbal Tea; dandelion, tulsi, nettle or milk thistle
<b>DAY 4</b>	½ cup warm water ½ - 1 Tbsp apple cider vinegar OR ¼-½ lemon (if tolerated)	Chocolate Banana Protein Bowl	Veggie Pate served with rice crackers + 3 oz. of protein of choice (leftovers work great for this)	2 Hard boiled eggs	Stuffed Sweet Potatoes stuffed with leftover Beef and Veggie Skillet, herbs + greens	Herbal Tea; dandelion, tulsi, nettle or milk thistle
<b>DAY 5</b>	½ cup warm water ½ - 1 Tbsp apple cider vinegar OR ¼-½ lemon (if tolerated)	2 Poached Eggs, + sausage or bacon + sauteed veggies	Morning Goddess Bowl	SeaSnax seaweed snacks	4 oz protein of choice + with Rainbow Crunch Salad + Jenn's Favorite Dressing (TSP 146)	Herbal Tea; dandelion, tulsi, nettle or milk thistle
<b>DAY 6</b>	½ cup warm water ½ - 1 Tbsp apple cider vinegar OR ¼-½ lemon (if tolerated)	Bodacious Berry Smoothie	Green, Lean and Freakin' Supreme + added protein of choice	Olives & raw carrots	Turkey Herb Meat Balls + served over gluten free pasta	Herbal Tea; dandelion, tulsi, nettle or milk thistle
<b>DAY 7</b>	½ cup warm water ½ - 1 Tbsp apple cider vinegar OR ¼-½ lemon (if tolerated)	Veggie Frittata	Inside Out Salad + leftover turkey meatballs	¾ cup Coconut Yogurt with 1 Tbsp seeds, 1 Tbsp nuts + ½ cup fresh blueberries	High Protein Bowl	Herbal Tea; dandelion, tulsi, nettle or milk thistle

**PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL**

**7 Day Meal Plan - Plant Based**

	<b>UPON WAKING</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK (OPTIONAL)</b>	<b>DINNER</b>	<b>EVENING</b>
<b>DAY 1</b>	8oz warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Vanilla Vibe Smoothie	Black Bean Stuffed Avocado	Steamed + Salted Edamame	Lentil Sheet Pan Dinner w Tahini Dressing	Herbal Tea; dandelion, tulsii, nettle or milk thistle
<b>DAY 2</b>	8oz warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Avocado Toast	Leftover Lentil Sheet Pan Dinner w Tahini Dressing + 2 cups of mixed greens	Green Licious Smoothie	Beauty Bowl	Herbal Tea; dandelion, tulsii, nettle or milk thistle
<b>DAY 3</b>	8oz warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Key Lime Chia Pudding	Shredded Brussels Sprout Salad + protein of choice (edamame, tofu, beans)	Organic Pear + 1 Tbsp Cashew Butter	Stuffed Mushrooms + Simplicitious Life Salad	Herbal Tea; dandelion, tulsii, nettle or milk thistle
<b>DAY 4</b>	8oz warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Nutmeg Quinoa Breakfast Bowl	Roasted Candy Striped Beet Salad + protein of choice (edamame, tofu, beans)	½ cup Homemade Trail Mix	Fajita Bowl + Grilled Asparagus	Herbal Tea; dandelion, tulsii, nettle or milk thistle
<b>DAY 5</b>	8oz warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Happiest Hormones on the Block Smoothie	Sweet Potato Black Bean Burger + Simplicitious Life Salad	Roasted Chickpeas - flavour of choice (store bought)	Goat Cheese Caprese Salad + Greek Inspired Zoodles	Herbal Tea; dandelion, tulsii, nettle or milk thistle
<b>DAY 6</b>	8oz warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Plant Based Breakfast Skillet	Inside Out Salad + protein of choice (edamame, tofu, beans)	2 large raw carrots and 8-10 raw nuts of choice	Veggie Packed Chickpea Curry	Herbal Tea; dandelion, tulsii, nettle or milk thistle
<b>DAY 7</b>	8oz warm water ½ - 1 whole lemon juiced and/or ½ - 1 Tbsp apple cider vinegar *optional ¼ tsp fresh grated ginger	Cinnamon Pecan Protein Oat Bowl	Leftover Veggie Packed Chickpea Curry	2 Almond Butter Stuffed Dates	Vibrant Life Raw Soup	Herbal Tea; dandelion, tulsii, nettle or milk thistle

# *Recipes*

# Table of Contents

CLICK THE RECIPE TITLE TO BE TAKEN TO THE FULL RECIPE

## OMNIVORE MEAL PLAN RECIPES

### **Breakfast Recipes:**

[Pumpkin Protein Pancakes](#)  
[Sundried Tomato Basil Egg Bites](#)  
[Cacao POW Smoothie](#)  
[Raspberry Chia Pudding](#)  
[Cinnabun Smoothie](#)  
[Breakfast Patty, Sauerkraut, Sauteed Greens and Avocado](#)

### **Lunch Recipes:**

[Chickpea Rainbow Bowl](#)  
[Radical Nourishment Bowl](#)  
[Curry Power Bowl](#)  
[Asian Chicken Slaw Bowl](#)  
['Cheesy' Broccoli Quinoa Soup](#)

### **Snack Recipes:**

[Coconut Raspberry Beet for your Gallbladder Smoothie](#)  
[Chocolate Almond Butter Banana Smoothie](#)  
[Green Juice](#)

### **Dinner Recipes:**

[Rainbow Crunch Salad with Ginger Date Dressing](#)  
[Jenn's Liver Loving Soup](#)  
[Black Bean Avocado Salad](#)  
[Baked Stuffed Spaghetti Squash](#)  
[Portobello Mushroom & Red Cabbage Pile High](#)  
[Broccoli Berry Salad](#)  
[Macadamia Nut Crusted Cod](#)



## SIBO MEAL PLAN RECIPES

### **Breakfast Recipes**

Spiced Pear Overnight Oats and Chia  
Simplicity Power Smoothie  
Roasted Tomato Basil Breakfast Soup  
Chocolate Banana Protein Bowl  
Bodacious Berry Smoothie  
Veggie Frittata (made your way)

### **Lunch Recipes**

Green, Lean and Freakin' Supreme  
Morning Goddess Bowl  
Broccoli Berry Salad  
Veggie Pate  
Inside Out Salad

### **Snack Recipes**

Blueberry Punch Smoothie  
Cherry Chocolate Smoothie

### **Dinner Recipes**

Ginger Sesame Salmon and Green Beans  
Beef and Veggie Skillet  
Stuffed Sweet Potatoes  
Rainbow Crunch Salad  
Jenn's Favourite Dressing  
Turkey Herb Meatballs  
High Protein Bowl

## PLANT BASED MEAL PLAN RECIPES

### **Breakfast Recipes**

Vanilla Vibe Smoothie  
Avocado Toast  
Key Lime Chia Pudding  
Nutmeg Quinoa Breakfast Bowl  
Happiest Hormones on the Block Smoothie  
Plant Based Breakfast Skillet  
Cinnamon Pecan Protein Oat Bowl

### **Lunch Recipes**

Black Bean Stuffed Avocado  
Shredded Brussels Sprout Salad  
Roasted Candy Striped Beet Salad  
Sweet Potato Black Bean Burger  
Simplicious Life Salad  
Inside Out Salad

### **Snack Recipes**

Green Licious Smoothie  
Homemade Trail Mix

### **Dinner Recipes**

Lentil Sheet Pan Dinner with Tahini Dressing  
Beauty Bowl  
Stuffed Mushrooms  
Simplicious Life Salad  
Fajita Bowl  
Grilled Asparagus  
Goat Cheese Caprese Salad  
Greek Inspired Zoodles  
Veggie Packed Chickpea Curry  
Vibrant Life Raw Soup

# Recipes

## OMNIVORE MEAL PLAN

### Breakfast Recipes

#### **Pumpkin Protein Pancakes**

Ingredients:

- 4 eggs whisked
- ½ cup pumpkin puree
- 1 scoop protein powder or 2 scoops collagen powder
- 1 tsp vanilla
- 1 tsp cinnamon
- ¼ tsp cloves
- ¼ tsp baking soda
- 1 Tbsp melted ghee or coconut oil

Directions:

1. Whisk the eggs with pumpkin and ghee or oil
2. Add remaining ingredients and whisk until combined
3. Cook over medium until lightly brown and cooked through
4. Top with chopped pecans, and drizzled maple syrup

#### **Sundried Tomato Basil Egg Bites**

Ingredients:

- 2 Tbsp avocado oil
- ½ cup minced onion
- 8 large organic eggs
- 4 egg whites
- ½ tsp pepper
- 5 oz sun-dried tomatoes, packed without oil
- 1 small zucchini, grated
- ½ cup goat cheese
- ½ cup basil finely chopped

Directions:

1. Makes 24 Egg-Cakes.
2. Preheat oven to 425°F.
3. Sauté vegetables. Heat 1-2 Tbsp avocado oil in the skillet over medium-high heat, and add 1 cup minced onion. Cook until the onion is translucent, about 3 minutes.
4. In a separate bowl whisk together 8 large eggs and 4 egg whites, and season with pepper. Add the sautéed onions to the egg bowl.
5. Grease a 12-tin muffin pan. Pour your egg mixture in.
6. Distribute sun-dried tomatoes, goat cheese, and basil over top and place in the oven for 15 minutes, until the egg cakes rise slightly and become light and settled. Once baked, place under broil for 2-3 minutes to lightly brown and crisp the top. Carefully work around the edges until the muffins become loose. Pull them out and let them cool.

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

7. These can be refrigerated for 3-5 days or frozen for later use.

### **Cacao POW Smoothie**

Ingredients:

- 1 cup unsweetened coconut milk
- 1 scoop Genuine Health chocolate vegan protein
- Powder
- 2 Tbsp raw cocoa OR cacao powder
- 1 Tbsp almond butter
- Handful of greens
- ½ avocado
- ½ frozen banana
- 2 Tbsp ground flax
- Ice

Directions:

1. Place ingredients into a high speed blender
2. Blend for 90 seconds

### **Raspberry Chia Pudding**

Serves 4

Ingredients:

- ½ cup raspberries
- 1.5 cups almond milk
- 1 Tbsp maple syrup
- ½ tsp vanilla
- ½ cup chia seeds

Directions:

1. Blend all EXCEPT the chia until smooth and combined
2. Pour into your fave bowl and stir the chia seeds in
3. Let sit for at least 1 hour or overnight
4. Top with your choice seeds, nuts or fresh fruit

### **Cinnabun Smoothie**

Ingredients:

- 1 cup unsweetened vanilla coconut milk
- 1 scoop vanilla protein powder
- ½ frozen banana
- 1 Tbsp sunbutter or cashew butter
- 1 tsp ceylon cinnamon
- ½ tsp nutmeg
- ½ tsp pure vanilla extract
- 2-3 ice cubes

Directions:

1. Place all ingredients into a high speed blender
2. Blend on medium-high speed for 6 to 90 seconds.
3. Serve in a glass jar and enjoy!

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### **Breakfast Patty, Sauerkraut, Sauteed Greens and Avocado**

Breakfast Patty Ingredients:

- 2 pounds organic ground turkey, chicken, lamb or beef
- 2 tsp sage, chopped
- ¼ cup fresh flat leaf parsley, chopped
- 1 garlic clove, minced
- 1 tsp salt
- ½ tsp pepper

Directions:

1. Place all ingredients into a bowl and mix well with your hands
2. Form into small patty size balls and press down to cook in your pan with a little avocado oil, coconut oil or ghee.
3. Saute some greens in a pan with a little avocado oil
4. Serve patty and greens with sauerkraut and sliced avocado

\*these patties freeze well!

## Lunch Recipes

### **Chickpea Rainbow Bowl**

Ingredients:

- 1-2 cans chickpeas
- ½ small bin of organic mixed greens
- 1 handful collard greens, shredded
- 1 handful kale, shredded
- 1 handful pea shoots or broccoli shoots
- 1 large carrot, grated
- ½ yellow pepper, julienned
- ½ cucumber, sliced
- 2 Tbsp hemp seeds
- 2 Tbsp raw pumpkin seeds
- 2 Tbsp raw sunflower seeds
- ½ cup fresh berries of choice
- Optional: 4 Tbsp goat cheese
- 1 avocado, diced

Directions:

1. Layer your bowl as you like.
2. Top with olive oil, apple cider vinegar, Dijon mustard, and maple syrup whisked together as your dressing OR use any dressing of choice!

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Radical Nourishment Bowl

\*you can substitute the salmon with any leftover protein

Ingredients:

- 4 oz. grilled wild salmon
- 2 cups **Rainbow Crunch Salad** as the base
- ½ cup roasted sweet potatoes
- ½ cup beet kraut
- ¼ cup pea shoots
- ½ cup fresh basil ribbons
- ¼ cup raw pecans

Directions:

1. Layer your bowl as you like.
2. Top with olive oil, apple cider vinegar, dijon mustard, and maple syrup whisked together as your dressing, OR use any dressing of choice!

### Curry Power Bowl (Laura Hearn)

Ingredients:

- 3 oz of cooked protein of choice (leftovers work great for this)
- 2 cups organic arugula
- ½ cup roasted cruciferous veggies (eg. leftover roasted cauliflower, broccoli, brussel sprouts)
- 1 carrot, shredded
- ¼ cup red pepper, diced
- ¼ cup cucumber
- 1 Tbsp raw nuts or seeds

Dressing:

- ¼ cup tahini
- ½ lemon, juiced
- 1 tsp curry powder
- 1 tsp honey
- ½ tsp garlic powder
- ¼ tsp ground turmeric
- ¼ tsp ground ginger
- Salt and pepper
- Warm water (to thin out dressing)

Directions:

1. Layer your bowl with all of the salad ingredients
2. In a mason jar, add in dressing ingredients. Add warm water (2-4 Tbsp) to thin out dressing
3. Put the lid on and shake the jar until the dressing is combined
4. Top salad with 2-3 Tbsp of the dressing
5. Store leftover dressing in the fridge for up to 3 days for another meal

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Asian Chicken Slaw Bowl (Laura Hearn)

Bowl Ingredients:

- 3 oz grilled chicken
- 1 cup mixed greens
- 1 cup shredded red cabbage or broccoli slaw
- 1 carrot, shredded
- ½ orange pepper thinly sliced
- Garnish:
- 1 green onion, sliced
- 2 Tbsp chopped fresh cilantro
- 1 Tbsp sesame seeds

Dressing Ingredients:

- ¼ cup rice vinegar
- 3 Tbsp tamari
- 3 Tbsp almond butter
- 1 Tbsp sesame oil
- 3 Tbsp olive oil
- 1 Tbsp honey
- 1 Tbsp ginger, minced
- 1 clove garlic, minced

Directions:

1. Layer your bowl with all of the salad ingredients
2. In a small jar, add in dressing ingredients. Put the lid on and shake the jar until the dressing is combined
3. Top salad with 2-3 Tbsp of the dressing and combine
4. Garnish with green onions, cilantro and sesame seeds
5. Store leftover dressing in the fridge for up to 3 days for another meal

### 'Cheesy' Broccoli Quinoa Soup (Laura Hearn)

Serves 4-6

Ingredients:

- 1 Tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 3 stalks celery, chopped
- 1 head of broccoli, chopped (approx 5 cups including stems)
- 2 carrots, peeled and chopped
- 4 cups organic chicken or vegetable stock
- ½ tsp sea salt
- 1 can of coconut milk
- ⅓ cup nutritional yeast
- 1 cup of cooked quinoa
- ½ lemon, juiced

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

Directions:

1. Cook quinoa according to package directions - set aside
2. In a large soup pot, heat oil over medium heat, add the onions and cook for 5 mins, or until translucent. Add garlic and cook for 1 min. Add the celery, broccoli, carrots, salt, stock, and cook for approx 15 mins or until broccoli and carrots are tender. Turn off heat and stir in the coconut milk and nutritional yeast
3. Blend the soup to the consistency you like using an immersion blender, or you can blend in batches using a vented high speed blender (use caution)
4. With the soup back in the pot, stir in the cooked quinoa and lemon juice. Add salt and pepper to taste

## Snack Recipes

### Coconut Raspberry Beet for your Gallbladder Smoothie

Ingredients:

- ¼ cup canned coconut milk
- 1.5 cups filtered water
- 1 cup frozen raspberries
- ½ banana
- ¼ cup shredded or chopped beet
- 2 Tbsp hemp seeds

Directions:

1. Put all ingredients into a high speed blender
2. Blend and enjoy

### Chocolate Almond Butter Banana Smoothie

Ingredients:

- 1 cup unsweetened milk of choice
- 1 cup filtered water
- ½ banana
- 1 Tbsp almond butter
- 1 scoop chocolate protein powder

Directions:

1. Put all ingredients into a high speed blender
2. Add ice and blend

### Green Juice

Ingredients:

- 1 whole head organic celery
- ½ of a cucumber
- 1 whole lemon
- Good chunk of ginger

Directions:

1. Juice and drink or pack with you for the day



## Dinner Recipes

### Rainbow Crunch Salad with Ginger Date Dressing

Ingredients:

- ½ small bin of mixed greens
- 1 handful collards, shredded
- 1 handful kale, shredded
- 1 handful pea shoots or broccoli shoots
- ½ red cabbage, shredded
- 5 grape tomatoes, sliced in half
- 1 large carrot, grated
- ½ yellow pepper, julienned
- ¼ cup cucumbers, thinly sliced
- 4 radishes, thinly sliced
- 1 avocado, diced
- 2 Tbsp hemp seeds
- 2 Tbsp raw pumpkin seeds
- 2 Tbsp raw sunflower seeds
- 2 Tbsp raw cashews
- 2 Tbsp dried cranberries
- Optional: 4 Tbsp goat cheese

Directions:

1. Layer your bowl as you like.
2. Top with ginger date dressing and serve!

### Ginger Date Dressing

Ingredients:

- ½ cup raw unsalted cashews
- 10 small dates
- ½ tsp freshly grated ginger
- Juice from half a large lemon (2 Tbsp)
- 1 Tbsp tamari
- ¼ cup water

Directions:

1. Soak cashews and dates for at least one hour. Strain.
2. In a blender, blend cashews, dates, ginger, Braggs liquid soy sauce, and water until smooth.

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Jenn's Liver Loving Soup

Serves 4

Ingredients:

- 3 cups water (filtered/purified)
- 1 cup organic vegetable broth
- 2 organic beets (peeled + diced)
- 2 organic carrots (sliced)
- 2 cups organic broccoli (chopped)
- 5-7 cloves organic garlic (freshly crushed)
- 1 organic onion (diced)
- 1/2 organic lemon (freshly squeezed)
- 2 organic bay leaves
- 1/2 tsp Himalayan pink salt
- 1/2 tsp organic ground turmeric
- 1/2 tsp organic dried oregano
- 1/2 tsp organic ground black pepper

Directions:

1. Slice/Dice/Cut the beets, carrots, broccoli, and onions to the size of your liking
2. Add all the ingredients for the soup to a medium-size pot and bring to a boil.
3. Lower the heat and simmer on low heat for approximately 1 hour, or until the veggies are soft.
4. Add extra water or veggie broth if needed and adjust seasonings to your preference.
5. You could also make this in your Instant Pot and adjust times accordingly

### Black Bean Avocado Salad

Ingredients:

- 1 organic red pepper, diced
- 3 stalks of celery, chopped
- 1 can black beans, rinsed
- 1 cup organic corn niblets
- ½ cup cilantro, chopped
- 1 avocado, diced
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp Dijon mustard

Directions:

1. Mix oil, lemon juice, and Dijon in the bottom of a large bowl.
2. Add pepper, celery, beans, corn, cilantro, and avocado and stir to mix. Serve at room temperature.

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Baked Stuffed Spaghetti Squash

Ingredients:

- 1 large spaghetti squash (or 2 medium) halved lengthwise, seeds removed
- Sea salt and freshly ground pepper
- 1 pound ground meat of choice (grass-fed beef, organic turkey, or chicken)
- ½ onion, diced
- 1 clove garlic, minced
- 2 cups of your favourite veggies (combo of 2 or 3), chopped into small pieces (e.g. mushrooms, peppers, zucchini, chard, kale, etc)
- ½ tsp dried basil
- ½ tsp dried oregano
- 1 jar marinara sauce

Directions:

1. Preheat the oven to 425°F
2. Line a large baking sheet with parchment paper. Sprinkle the inside of the squash with salt and pepper, place the spaghetti squash flesh-side down. Cook for about 30 to 35 minutes, or until the squash is fork-tender. Turn the squash over
3. Meanwhile, in a large, deep skillet or pan, heat oil on medium heat and cook the ground meat, onion and garlic until the meat is cooked and no longer pink. Add in your chopped veggies, basil, oregano, salt and pepper; stir and cook for 3-4 minutes. Add in the marinara sauce, stir, and simmer for 5 minutes, or until the veggies are tender. Reduce the oven temperature to 325. Stuff the spaghetti squash with the filling and bake in the oven for 15 minutes.

### Portobello Mushroom & Red Cabbage Pile High

Ingredients:

- 4-6 Portobellos, stemmed and sliced thinly
- ½ small head red cabbage, thinly sliced
- ½ sweet onion
- 2 Tbsp minced garlic
- 1 green onion, sliced
- ¼ cup capers
- ½ cup chopped basil and
- parsley
- 2 Tbsp apple cider vinegar
- 1 Tbsp raw honey

Directions:

1. Over low-medium heat sauté the onions, garlic, and green onions for 4-5 minutes.
2. Add in your cabbage and apple cider vinegar.
3. Cook on low heat until tender for 10-12 minutes.
4. Remove and add 1 Tbsp avocado oil to sauté your mushrooms.
5. Once cooked, add your cabbage mixture back in and add your honey, fresh herbs, and capers.
6. Heat through and plate, piling high along with some lush greens and enjoy this plant based beauty!

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Broccoli Berry Salad

Ingredients:

- 1 large head of broccoli, steamed
- 1 cup fresh organic berries of choice
- ¼ cup pomegranate seeds
- ½ cup slivered almonds (optional)

Directions:

1. In a bowl of choice combine all ingredients together.
2. Toss with flax oil, sea salt, and balsamic vinegar.
3. Play around with the amounts until you find one that has you licking your lips!

### Macadamia Nut Crusted Cod

Ingredients:

- 2 5-oz wild cod fillets (you can use any wild fish of choice)
- 1 tsp salt
- 1 tsp coarsely ground pepper
- 1 organic egg
- ½ cup chopped macadamia nuts
- 2 Tbsp avocado oil
- 2 Tbsp butter, grass-fed
- 2 Tbsp minced fresh parsley
- 1 tsp lemon juice

Directions:

1. Sprinkle cod with salt and pepper. In a shallow bowl, whisk eggs until frothy. Dip fish in egg, then coat with nuts. Gently pat nut mixture onto fish.
2. In a large skillet, cook fish in oil over medium heat for about 6-8 minutes on each side or until fish flakes easily with a fork.
3. Meanwhile, melt butter. Stir in parsley and lemon juice. Drizzle over fish.  
I love serving this dish up with a huge green salad and grilled veggies.

## SIBO MEAL PLAN

Every single person suffering from SIBO and or Leaky Gut can present differently from others which is what can make creating a meal plan so challenging. One day you might be fine with a certain food and the next, you're doubled over in discomfort. You truly need to listen to your body and adjust accordingly.

**Please begin your day with 4oz warm water and ½ - 1 Tbsp apple cider vinegar OR ¼ - ½ lemon (if tolerated)**

If this doesn't feel good for you then I would recommend you use digestive bitters in the morning and a herbal tea like green tea, oolong, slippery elm, dandelion or green tea ginger tea. You may also find some called "Eater's Digest" that might feel nice

If you drink coffee, choose organic and keep it to one daily but please don't have coffee on an empty stomach with SIBO...not a good idea!

## Breakfast Recipes

### Spiced Pear Overnight Oats and Chia

Ingredients:

- ½ cup gluten free oats
- 1 Tbsp chia seeds
- ½ cup dairy free milk
- ¼ cup coconut yogurt
- 1 Tbsp honey
- ½ pear, diced
- 1 Tbsp chopped pecans
- ½ tsp cinnamon
- Pinch nutmeg
- Pinch salt

Directions:

1. Combine ingredients in a jar and leave sealed in the fridge overnight.

### Simplicity Power Smoothie

Ingredients:

- ½ cup unsweetened cashew milk
- 1 cup water
- ½ cup organic blueberries
- ½ banana
- 2 heaping handfuls of organic greens of your choice
- 1 tsp cinnamon
- 1 Tbsp almond butter
- ¼ cup flaxseed
- 1 scoop of plant-based protein powder

Directions:

1. Place ingredients in a high speed blender
2. Blend for 90 seconds

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Roasted Tomato Basil Breakfast Soup

Ingredients:

2 lbs plum roma tomatoes, halved  
2 Tbsp olive oil  
1 tsp salt  
1 tsp pepper  
1 bunch of basil, finely chopped  
6 scallions, green part only, chopped  
2 cups vegetable stock  
1/3 cup tomato paste  
2 Tbsp garlic infused olive oil (optional)  
Basil leaves for garnish

Directions:

1. Preheat the oven to 350°F
2. Place the plum roma tomatoes on a roasting sheet and drizzle with 1 tablespoon of olive oil and the salt and pepper
3. Place in the oven for 30-40 minutes or until the tomatoes are roasted and tender
4. Remove from the oven and set aside to cool slightly
5. Once cool enough to handle, place the tomatoes and ½ cup of basil in a high-powered food processor and blitz until well combined and creamy
6. In a large pot, heat the remaining olive oil and wilt the scallions. Add to the blender and blitz again
7. Pour the tomato mixture, vegetable stock and tomato paste into the pot and cook for 15 minutes, stirring frequently, until thickened slightly
8. Right before serving, stir through the remaining basil

### Chocolate Banana Protein Bowl

Ingredients:

- 1 cup non dairy milk
- 1 banana
- 1 scoop protein powder
- 1 Tbsp raw cacao powder
- 1 Tbsp maple syrup or honey
- ½ cup ice
- 2 Tbsp chia seeds
- 1 Tbsp cacao nibs

Directions:

1. Place the almond milk, cacao, ½ of the banana, protein powder, maple syrup or honey, ice and chia seeds in a high-powered blender
2. Blitz until well combined and creamy
3. Slice the remaining ½ banana and add on top of your bowl along with the cacao nibs
4. For an extra decadent treat, sprinkle some dark chocolate shavings over the breakfast bowl
5. Serve immediately

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### **Bodacious Berry Smoothie**

Ingredients:

- 2 cups water
- 1 cup organic mixed berries
- 2 heaping handfuls of greens
- 1 scoop Chocolate Protein Powder (Genuine Health or Juice Plus Complete)
- 2 Tbsp ground flax seeds
- 1 Tbsp almond butter

Directions:

1. Place ingredients in a high speed blender
2. Blend for 90 seconds

### **Veggie Frittata (made your way)**

Ingredients:

- 2 eggs
- ½ cup egg whites
- 2 Tbsp unsweetened almond milk
- ¼ tsp sea salt
- ¼ tsp black pepper
- 1 tsp olive oil
- 1 cup of a mixture of your favourite veggies that you can tolerate (chopped spinach/kale, peppers, cherry tomatoes, zucchini, etc)

Directions:

1. Preheat oven to 400°F
2. Whisk the eggs, almond milk, salt and pepper together in a mixing bowl and set aside.
3. Heat the oil in an ovenproof skillet over medium heat. Add the veggies and cook for 5 to 7 minutes, or until they are tender
4. Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
5. Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

## Lunch Recipes

### **Green, Lean and Freakin' Supreme**

Ingredients: \*\*optional if they agree with you

- 1 cup fresh greens
- 1 cup sautéed greens
- ½ cup roasted broccoli, \*\*leeks and zucchini
- \*\*1 avocado, diced
- ½ cup broccoli sprouts
- 1 carrot, grated
- 2 eggs pan fried in ghee, or boiled

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

Directions:

1. Sauté your greens on low-med heat, using coconut oil, ghee, or avocado oil.
2. Remove from heat once they are slightly tender.
3. Layer your fresh ingredients into a bowl. Toss your sautéed greens on top.
4. Toss your fried or boiled eggs on top.
5. Top with olive oil, apple cider vinegar, Dijon mustard, and maple syrup whisked together as your dressing.

Note: This bowl is quickest and easiest using leftovers. So always make extra for later!

### Morning Goddess Bowl

Ingredients:\*\*optional if they agree with you

- 1 cup steamed greens
- 1 cup steamed broccoli
- ½ cup roasted sweet potato
- ¼ cup \*\*sauerkraut
- 2 Tbsp each raw pumpkin
- 2 Tbsp sunflower seeds
- 4 oz. baked tempeh OR chicken

Directions:

1. Chop your sweet potato into cubes and bake at 400°F for 35 to 40 minutes.
2. Steam your greens for 15 minutes, or until slightly tender.
3. Layer your bowl as you like.
4. Top with leftover chicken or tempeh.
5. Top with olive oil, apple cider vinegar, Dijon mustard, and maple syrup whisked together as your dressing OR use any dressing of choice!

Notes: This bowl is quickest and easiest using leftovers. So always make extra for later!

### Broccoli Berry Salad

Ingredients:

- 1 large head of broccoli, steamed
- 1 cup fresh organic berries of choice
- ¼ cup pomegranate seeds
- ½ cup slivered almonds (optional)

Directions:

1. In a bowl of choice combine all ingredients together.
2. Toss with flax oil, sea salt, and balsamic vinegar.
3. Play around with the amounts until you find one that has you licking your lips!

### Veggie Pate

Ingredients:

- 1 cup sunflower seeds, soaked 4 to 6 hours
- 1 small carrot
- ½ cup broccoli, chopped
- ½ cup cilantro or parsley
- 1 clove garlic
- 1 Tbsp lemon juice
- 1 Tbsp miso paste



## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

Directions:

1. Process seeds, carrots, broccoli, cilantro or parsley and garlic clove. Add remaining ingredients and mix well by hand.
2. Enjoy this on whole grain crackers, or stuffed into a wrap or collard leaves.

### Inside Out Salad

Ingredients: \*\*optional if they agree with you

- 1 organic red, orange, and yellow pepper, thinly sliced or chopped
- ½ cucumber, cubed
- 1-2 carrots peeled and chopped
- 1 cup snap peas, chopped
- Few handfuls crunchy organic romaine lettuce, shredded
- ¼ cup raw pumpkin seeds
- 2 Tbsp \*\*dried cranberries
- 1 \*\*avocado, cubed

Directions:

1. Place all your veggies into a serving bowl.
2. Top with your avocado, pumpkin seeds and cranberries.
3. Toss with extra-virgin olive oil, apple cider vinegar and sea salt to your desired liking.

## Snack Recipes

### Blueberry Punch Smoothie

Ingredients:

- 1 cup non dairy milk
- 1 cup filtered water
- 1 scoop protein powder
- 1 cup frozen blueberries
- ⅓ cup coconut yogurt

Directions:

1. Place ingredients into a high speed blender
2. Blend and top with hemp seeds for added crunch

### Cherry Chocolate Smoothie

Ingredients:

- 1 cup coconut milk (from the carton not canned)
- 1 cup filtered water
- 1 scoop chocolate protein powder
- ¾ cup dark cherries
- 1 Tbsp sunbutter

Directions:

1. Place ingredients into a high speed blender
2. Blend and enjoy!

## Dinner Recipes

### Ginger Sesame Salmon and Green Beans (Laura Hearn)

Serves 4

Ingredients:

- 2 Tbsp olive oil
- 1 ½ Tbsp rice vinegar
- 1 Tbsp maple syrup
- 1 tsp sesame oil
- 2 Tbsp tamari (soy and gluten free)
- 1 ½ tsps minced fresh ginger
- 4 salmon fillets (3-4 oz each)
- 4 cups green beans
- 1 Tbsp sesame seeds (garnish)

Directions:

1. Preheat the oven to 400°F and line a baking sheet with parchment paper
2. In a small bowl, whisk the olive oil, sesame oil, rice vinegar, maple syrup, tamari, and ginger.
3. Place the salmon skin side down on the baking sheet along with green beans. Pour the oil mixture over top of the salmon and the beans and toss beans to coat them.
4. Cook in the oven for 10 minutes, or until the salmon is nearly done. This will depend on the thickness of your salmon. Turn the oven to broil and cook for 2 minutes about three minutes more, until cooked through and slightly charred \*watch closely so as not to burn.
5. Divide onto plates and enjoy!

### Beef and Veggie Skillet (Laura Hearn)

Serves 4

Ingredients:\*\*optional if they agree with you

- 1 tsp olive oil
- 1 lb grass fed and finished ground beef (or sub with turkey or chicken)
- 2 Tbsps ginger, peeled and grated
- 2 medium sweet potatoes, grated
- 2 carrots, grated
- 3 \*\*green onions (green part only), chopped
- 1 bunch broccolini, chopped
- 3 Tbsp tamari (soy and gluten free)
- ½ cup fresh herbs (parsley and/or basil)
- Sea salt (to taste)

Directions:

1. Heat a large skillet over medium/high heat with olive oil
2. Add the beef, ginger, carrots, and sweet potatoes, cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
3. Add the onion (if using), broccolini and the tamari and cook for about 5 more minutes or until the broccoli stalks are soft
4. Toss with fresh herbs and add sea salt if desired and serve on a bed of greens

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Stuffed Sweet Potatoes

Ingredients:

The amount of ingredients will depend on how many you are making. Here are some ideas:

**\*\*remember to choose ingredients that you know that you can tolerate**

- 2-4 organic sweet potatoes, depending on how many you are feeding OR if you are making a larger batch for leftovers
- Cooked protein (ground meat, grilled chicken, lentils or beans if tolerated) OR you can use leftovers of Beef and Veggie Skillet (recipe above)
- Fresh herbs (chives, basil, cilantro, parsley, dill, mint, thyme etc.)
- Organic greens (lettuces, chard, kale, arugula, spinach, bok choy etc.)
- Roasted or steamed veggies such as: Broccoli, cauliflower, snap peas, brussels sprouts, peppers etc.
- Salsa, Vegannaise, sauerkraut, kimchi, olives.

Directions:

1. Preheat your oven to 400°F.
2. Wash and scrub your sweet potatoes and prick them with a fork two or three times in different spots, right on the skin of the sweet potato.
3. Bake them in the oven for 45-60 minutes, depending on how soft you want them in the center.
4. Remove and let them cool. Slice them open lengthwise.
5. Apply your favourite toppings and serve!

### Rainbow Crunch Salad

Ingredients: \*\*optional if they agree with you

- ½ small bin of mixed greens
- 1 handful collards, shredded
- 1 handful kale, shredded
- 1 handful pea shoots or broccoli shoots
- ½ red cabbage, shredded
- 5 grape tomatoes, sliced in half
- 1 large carrot, grated
- ½ yellow pepper, julienned
- ¼ cup cucumbers, thinly sliced
- 4 radishes, thinly sliced
- 1 \*\*avocado, diced
- 2 Tbsp hemp seeds
- 2 Tbsp raw pumpkin seeds
- 2 Tbsp raw sunflower seeds
- 2 Tbsp \*\*raw cashews (or sub pecans, walnuts)
- 2 Tbsp \*\*dried cranberries
- Optional: 4 Tbsp goat cheese

Directions:

1. Layer your bowl as you like.
2. Top with dressing and serve!

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Jenn's Favourite Dressing

Ingredients:

- ½ cup olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp fresh orange juice
- 1 tbsp maple syrup
- 1 tsp Dijon mustard
- Salt and pepper to taste

Directions:

1. Whisk together the ingredients in a bowl.
2. Makes ½ cup
3. Store in an air-tight container or jar in the fridge. Will keep
4. for 5 days.

### Turkey Herb Meatballs

Ingredients: \*\*optional if they agree with you

- 1 pound of organic ground turkey
- 2 \*\*green onions, green part only, chopped
- 1 Tbsp tarragon
- 1 tsp oregano
- ¼ cup fresh basil
- 4 sprigs thyme
- ¼ cup fresh parsley
- 1 handful arugula
- 1 tsp sea salt
- ½ teaspoon pepper
- 3 Tbsp extra-virgin olive oil
- 4 cups organic tomato sauce of your choice

Directions:

1. Combine the onion, garlic, herbs, and arugula in the bowl of a food processor.
2. Pulse until very finely chopped.
3. Transfer to a large bowl and add turkey, salt, and pepper. Mix gently to combine. Form into balls with your hands.
4. Heat the tomato sauce in a pot over low heat to warm.
5. Heat olive oil in a large nonstick pan. Cook in batches, until browned all over, about 3-4 minutes.
6. Transfer meatballs to the simmering sauce to finish cooking, about 30 minutes.

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### High Protein Bowl

Ingredients:

- 3oz grilled chicken
- 1 cup kale
- 1 cup mixed greens
- ½ cup microgreens
- ¼ cup each sliced red pepper, orange pepper and snap peas
- 10 raw macadamia nuts
- 1 Tbsp. hemp hearts
- Olives

Directions:

1. Assemble bowl with all ingredients
2. Top with any dressing choice from my book

# PLANT BASED MEAL PLAN

## Breakfast Recipes

### Vanilla Vibe Smoothie

Ingredients:

- 1 cup unsweetened vanilla cashew milk
- 1 scoop vanilla protein powder
- ½ cup frozen or leftover steamed cauliflower
- ½ cup frozen raspberries or blackberries
- 1 tsp vanilla bean scraping or pure vanilla extract
- ½ banana
- ½ tsp maca
- 2 Tbsp ground flaxseed
- 2-3 ice cubes

Directions:

1. Place all ingredients into a high speed blender
2. Blend on medium-high speed for 60 to 90 seconds.
3. Serve in a glass jar and enjoy!

### Avocado Toast

1. Make toast using either Gluten Free bread or thinly sliced sweet potato
2. Top with sliced avocado, veggies such as tomato and cucumber, Everything bagel seasoning and sprouts

### Key Lime Chia Pudding

Ingredients:

- 4 Tbsp chia seeds
- 1 cup almond milk
- Zest of 1 lime
- 1 Tbsp maple syrup
- ¼ tsp vanilla extract
- ½ cup cashews, soaked in hot water for 1 hour then drained and rinsed
- 6 Tbsp full fat coconut milk from a can
- 1 Tbsp maple Syrup
- ¼ cup lime juice
- ½ tsp matcha powder for a punchier green colour (optional)

Directions:

1. Mix the chia seeds, almond milk, lime zest, maple syrup, and vanilla extract together in a bowl
2. Whisk for 30 seconds until everything is well combined
3. Place in the fridge for 2-3 hours to firm up
4. NEXT ~ Add the cashews to a blender or food processor with the coconut milk, maple syrup, lime juice, lime zest, and matcha powder. Blend until completely smooth. (You may need to scrape down the sides a few times as you blend.)
5. Pour the chia into 4 small jars and top with your key lime layer. I like to keep these in the fridge to give me 4 days worth of a breakfast or snack

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Nutmeg Quinoa Breakfast Bowl

Ingredients:

- ¼ cup quinoa
- ¾ cup non dairy milk
- ½ tsp nutmeg
- ½ tsp vanilla
- Pinch sea salt

Directions:

1. Add ingredients into a small saucepan and bring to boil
2. Simmer and continue to cook for 10-12 minutes until the quinoa has absorbed most of the liquid
3. Remove from heat, transfer to a bowl and top with a drizzle of nut butter, a small bit of organic raw honey and seeds of choice

### Happiest Hormones on the Block Smoothie

Ingredients:

- 1.5 cups unsweetened cashew milk
- 2 Tbsp almond butter
- 2 Tbsp ground flaxseed
- 1 tsp maca powder
- 1 tsp ceylon cinnamon
- 1 Tbsp fresh vanilla bean scrapings or 1 tsp pure vanilla extract
- 1 scoop vanilla or chocolate protein powder
- 4-6 ice cubes

Directions:

1. Place all ingredients into a high speed blender
2. Blend on medium-high speed for 60 to 90 seconds.
3. Serve in a glass jar and enjoy!

### Plant Based Breakfast Skillet

1. Saute a variety of veggies in 1 Tbsp olive oil
2. Top with chopped avocado, black beans for protein, salt, pepper and hot sauce if you enjoy it

### Cinnamon Pecan Protein Oat Bowl

1. Prepare your ½ cup oatmeal as you normally would and then add in cinnamon, a scoop of protein powder or collagen and 4-6 whole pecans chopped

## Lunch Recipes

### **Black Bean Stuffed Avocado**

Ingredients:

- 1 organic avocado
- 1 organic red pepper diced
- 3 stalks of celery chopped
- 1 can black beans, rinsed
- 1 cup organic corn niblets
- ½ cup cilantro, chopped
- 2 Tbsp extra-virgin olive oil
- 2 Tbsp lemon juice
- 1 Tbsp Dijon mustard

Directions:

1. Mix oil, lemon juice, and Dijon mustard in the bottom of a large bowl.
2. Add pepper, celery, beans, corn, cilantro, and stir to mix. Set aside.
3. Cut 1 large avocado in half and remove the pit.
4. Take 2 handfuls of greens and arrange on a salad plate.
5. Scoop the flesh out of the avocado skin, doing your best to keep the shape of the avocado intact.
6. Fill each side with the salad allowing for a little to spill over the edges.
7. Add a dash of Herbamare (a herb-based seasoning) and fresh black pepper.
8. Serve with a side of raw veggies and 2 tbsp of hummus.
9. You can also enjoy the Black Bean Salad on its own, it is delicious the next day!

### **Shredded Brussels Sprout Salad**

Ingredients:

The Salad:

- 1 ¼ lb brussels sprouts
- ⅓ cup cranberries, dried
- ½ sweet onion
- Handful fresh herbs, stripped
- 1 granny smith apple
- ½ tsp black pepper, ground
- 1 tsp sea salt
- 1 Tbsp extra-virgin olive oil
- ⅓ cup chopped pistachios

The Dressing:

- 3 Tbsp extra-virgin olive oil
- 2 Tbsp apple cider vinegar
- 1 Tbsp pure maple syrup
- 1 Tbsp tamari



## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### The Vegan Parmesan:

- ¾ cup raw cashews
- 3 Tbsp nutritional yeast
- ¾ tsp sea salt
- ¼ tsp garlic powder

### Directions:

1. Shred your brussels sprouts into a large bowl
2. Finely chop the onion, julienne the apple, and strip the herbs. Toss everything together along with salt and pepper and oil.
3. Chop and toss pistachios into the bowl. Set aside.
4. Place ingredients for dressing in a jar.
5. Shake in a mason jar and drizzle on the salad before tossing.
6. For the vegan parm, place all of your ingredients in a food processor and pulse
7. until crumbly. Sprinkle over your finished dish and decorate with cranberries.
8. Cheese will store for 1-2 weeks.

### **Roasted Candy Striped Beet Salad**

#### Ingredients:

- 1.5 Tbsp avocado oil
- 1 bag or bunch of candy striped beets, washed, peeled and sliced
- 2-3 handfuls organic greens coarsely chopped
- 2 Tbsp chives, chopped
- ¼ to ½ cup goat cheese (optional)

#### The Dressing:

- ½ cup extra-virgin olive oil
- ¼ cup apple cider vinegar
- 1 Tbsp pure maple syrup
- 1 Tbsp Dijon mustard

#### Directions:

1. Preheat oven to 400°F.
2. Arrange your beets on a stoneware bake pan, drizzle with avocado oil.
3. Roast for 20-25 minutes or until tender.
4. Transfer to a medium salad bowl.
5. Toss through with your greens, chives, and top with goat cheese (optional) while still warm.
6. Toss dressing ingredients into a mason jar, shake, and drizzle over top.

### **Sweet Potato Black Bean Burger**

#### Ingredients:

- 2 cups mashed sweet potato
- 1 cup black beans, rinsed and well drained
- 1 - 1.5 cups cooked brown rice
- ½ cup walnut meal (very finely chopped walnut)
- ½ cup finely diced green onion
- 2 ½ tsp ground cumin'
- 1 tsp smoked paprika
- ¼ tsp each salt and pepper (to taste)

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

- ¼ tsp chipotle powder (optional)
- 1 Tbsp brown sugar (optional for added sweetness)
- Toppings: sliced avocado, sprouts, lettuce, parsley, sliced onion

### Directions:

1. Preheat oven to 400°F and cut sweet potatoes in half.
2. Bake sweet potatoes until soft and tender to the touch, about 30 minutes, and set aside.
3. Reduce oven heat to 375°F.
4. While potatoes are baking, cook rice.
5. Add black beans to a mixing bowl and mash half of them for texture. Then add sweet potato and lightly mash, then 1 cup rice, green onion, walnut meal, and spices. Mix to combine. Taste and
6. adjust seasonings as needed. Add more rice or nut meal if the mixture feels too wet. It should be very moist but moldable.
7. Use a ¼ cup amount of the patty mixture to form and pat down patties.
8. Bake burgers for a total 30-45 minutes, carefully flipping 20 minutes in to ensure even cooking. The longer you bake them the firmer and drier they will get.
9. Serve on gluten-free buns or over the Simplicious Life Salad with sliced avocado, greens, mustard, and ketchup or salsa.
10. Store leftovers covered in the fridge for up to a few days or freeze for up to one month.

### **Simplicious Life Salad**

#### Ingredients:

- 1 large bin of mixed organic greens
- ¼ head red cabbage
- ½ cucumber diced
- 1 organic yellow pepper, julienned
- 2 organic carrots, peeled and stripped using a vegetable peeler
- 4 radishes thinly sliced, use a mandolin if possible
- 2 cups of fresh organic pea sprouts
- 2 avocados, cubed
- ¼ cup raw cashews
- ¼ cup raw seeds

#### Directions:

1. Layer ingredients beautifully in a salad bowl
2. Top with dressing and serve

#### Dressing:

- ¼ cup almond butter
- 2 Tbsp orange juice
- 2 Tbsp extra-virgin olive oil
- 1 Tbsp apple cider vinegar
- 1 clove of garlic
- 1 Tbsp raw honey

#### Directions:

1. Place ingredients into a blender and blend until smooth
2. Feel free to adjust your amounts depending on how large a salad you end up creating

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Inside Out Salad

Ingredients:

- 1 organic red, orange, and yellow pepper, thinly sliced or chopped
- ½ cucumber, cubed
- 1-2 carrots peeled and chopped
- 1 cup snap peas, chopped
- Few handfuls crunchy organic romaine lettuce, shredded
- 1 avocado, cubed
- ¼ cup raw pumpkin seeds
- 2 Tbsp dried cranberries

Directions:

1. Place all your veggies into a serving bowl.
2. Top with your avocado, pumpkin seeds and cranberries.
3. Toss with extra-virgin olive oil, apple cider vinegar and sea salt to your desired liking.

## Snack Recipes

### Green Licious Smoothie

Ingredients:

- 1 cup coconut water
- 1 cup filtered water
- 2 handfuls organic spinach
- ½ cup organic frozen mango
- ½ cup fresh or frozen pineapple
- 10 raw cashews
- 1 scoop protein powder

Directions:

1. Place ingredients into a high speed blender
2. Blend and enjoy

### Homemade Trail Mix

Ingredients:

- Pumpkin seeds or sunflower seeds
- Hazelnuts
- Pecans
- Dairy Free Chocolate chips
- Dried cranberries

Directions:

1. Mix together and store in a glass jar

## Dinner Recipes

### Lentil Sheet Pan Dinner with Tahini Dressing (Laura Hearn)

Serves 2

#### Ingredients:

- 2 cups cooked brown lentils
- 2 carrots, chopped
- ½ medium red onion, chopped into thick slices
- ½ head of broccoli, chopped
- 2 cups brussels sprouts, trimmed and sliced in half
- 4 Tbsp avocado oil
- 1 tsp cumin
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp turmeric
- ½ tsp sea salt
- ¼ tsp pepper
- 2 cups chopped kale
- ½ cup parsley, chopped

#### Directions:

1. Preheat oven to 425 F
2. Line a large baking sheet with parchment paper
3. In a large bowl, toss all ingredients (except kale, 1 Tbsp of oil and parsley) until veggies are coated
4. Transfer lentils and veggies to the sheet pan, and spread everything out evenly
5. Bake for 18 mins, stirring halfway through
6. Toss kale in a bowl with remaining 1 Tbsp of oil and a pinch of sea salt
7. Add Kale to the roasting pan and bake for 5 -7 minutes (kale will get a bit crispy on top)
8. Remove from oven and garnish with parsley and serve - drizzle with Tahini Dressing (below)

#### Tahini Dressing:

- ½ cup tahini
- ¼ tsp garlic powder
- 1 lemon, juiced
- pinch sea salt
- Water (approx ¼ cup)

1. Whisk all ingredients except water in a small bowl. Add water, a little bit at a time until the dressing is the consistency you like

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Beauty Bowl

Ingredients:

- 2 cups greens, roughly chopped
- 1 cup spinach
- 4-5 roasted Brussels sprouts (from batch cooking day)
- 1 roasted sweet potato
- ½ cup carrots, shredded or diced
- ¼ cup cucumber, sliced thinly
- ¼ of an avocado
- 3 Tbsp hemp seeds

Dressing:

- 3 Tbsp nutritional yeast
- 2 Tbsp hummus
- ½ lemon, freshly squeezed
- 2 Tbsp apple cider vinegar

Directions:

1. Start by filling a large salad bowl with the dark leafy greens.
2. Next, top with all the remaining vegetables, sweet potatoes, and hemp seeds; piling them in their own “spot” in the bowl.
3. You can arrange each ingredient in a pile and then wait to stir everything together, or you can simply top the dark leafy greens with all the remaining ingredients at the same time and stir thoroughly.
4. To make the dressing: in a bowl combine the nutritional yeast, hummus, apple cider vinegar and lemon juice until smooth
5. Serve and enjoy!

### Stuffed Mushrooms

Ingredients:

- 1 pound cremini mushrooms, washed and stemmed
- 2 cloves garlic, minced
- ¼ sweet onion, diced
- ½ cup cooked red quinoa
- ½ cup rainbow chard, chopped
- 2 Tbsp grated goat cheese \*swap goat cheese for a vegan cheese if preferred
- 2 Tbsp chopped pistachios
- 1 tsp Herbamare
- 1 Tbsp apple cider vinegar

Directions:

1. Preheat oven to 350°F.
2. Finely chop the stems of the mushrooms and set aside.
3. In a large skillet, add garlic and onion and cook for 3-4 minutes until softened. Add the red quinoa, chard, diced mushroom stems, apple cider vinegar, Herbamare, and goat cheese.
4. Mix well. Allow to cook for a few minutes until combined.
5. Add chopped pistachios and mix again. Remove from heat.
6. Take 1 tsp of the quinoa-spinach filling and stuff each mushroom.
7. Place on a baking sheet and bake in a preheated oven for 20 minutes.
8. Allow to cool and serve.

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### **Simplicious Life Salad**

Ingredients:

- 1 large bin of mixed organic greens
- ¼ head red cabbage
- ½ cucumber diced
- 1 organic yellow pepper, julienned
- 2 organic carrots, peeled and stripped using a vegetable peeler
- 4 radishes thinly sliced, use a mandolin if possible
- 2 cups of fresh organic pea sprouts
- 2 avocados, cubed
- ¼ cup raw cashews
- ¼ cup raw seeds

Directions:

1. Layer ingredients beautifully in a salad bowl
2. Top with dressing and serve

### **Dressing:**

Ingredients:

- ¼ cup almond butter
- 2 Tbsp orange juice
- 2 Tbsp extra-virgin olive oil
- 1 Tbsp apple cider vinegar
- 1 clove of garlic
- 1 Tbsp raw honey

Directions:

1. Place ingredients into a blender and blend until smooth
2. Feel free to adjust your amounts depending on how large a salad you end up creating.

### **Fajita Bowl**

Ingredients:

- 2 grilled chicken breasts OR one of your chosen protein substitutes
- 1 red organic red bell pepper
- ½ sweet onion, diced
- 1 avocado
- ½ cup black beans
- ¼ cup diced tomatoes
- ¼ cup fresh cilantro or parsley, chopped

Cauliflower Rice:

- 1 head cauliflower
- 1 Tbsp coconut oil
- Sea salt and pepper to taste
- 1-2 Tbsp cilantro, finely chopped
- 1 Tbsp lime juice, freshly squeezed

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Directions:

1. Remove leaves and tough inner core from cauliflower, using a sharp knife.
2. Roughly chop cauliflower into florets and place in food processor. Pulse until it has the consistency of rice or couscous.
3. Heat oil in a skillet with a lid over medium heat. Add cauliflower, stir to coat with oil and release some of the moisture. Cover and cook for up to 5 minutes or until cauliflower is tender and no longer tastes raw.
4. Add cilantro and lime juice and cook for a minute or two more without a lid.  
To Assemble:
5. Using a fabulous personal size bowl, place greens on the bottom and layer ½ cup cauliflower rice on top.
6. Begin to arrange and layer your ingredients of choice on top until you build out the most delicious looking bowl. I mean one that you drool over!
7. You can also create a wrap from this recipe using the above and stuffing it into a collard green wrap!

### Grilled Asparagus

#### Ingredients:

- 1 pound fresh asparagus, ends trimmed
- 3 Tbsp prepared pesto
- 1 garlic clove, minced
- 2 Tbsp extra-virgin olive oil
- Pesto:
  - 2 cups packed fresh basil leaves
  - 2 cloves garlic
  - ¼ cup pine nuts
  - ⅔ cup extra-virgin olive oil, divided
  - Sea salt and freshly ground black pepper, to taste
  - ½ cup freshly grated goat cheese (mozzarella or cheddar)

#### Directions:

1. In a food processor, combine your basil and pine nuts.
2. Next add in your oil, garlic, salt, pepper, and cheese.
3. Combine until your desired consistency.
4. I love my pesto a bit on the thicker side, if you don't, add water 1 tsp at a time to create a thinner consistency.
5. Preheat the oven to 400°F.
6. Mix pesto with garlic and oil and toss with asparagus on a baking sheet.
7. Save a little pesto to garnish with at the end.
8. Season to taste with salt and pepper.
9. Roast in a preheated oven for 10-12 minutes.

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Goat Cheese Caprese Salad

Ingredients:

- 1 avocado
- 2 handfuls fresh organic arugula
- ¼ cup organic cherry tomatoes
- ¼ cup herb goat cheese. Roll into tiny mozzarella inspired balls.
- 2 Tbsp basil, chopped
- 1 Tbsp capers
- 1 Tbsp extra-virgin olive oil
- ½ tsp balsamic vinegar
- Sea salt + pepper to taste

Directions:

1. Cut your avocado in half and remove the pit.
2. Scoop the flesh from the skin and place over a pile of arugula.
3. In a small bowl toss the tomatoes, cheese, oil, vinegar, salt and pepper.
4. Serve into your avocado halves, garnish with fresh basil and capers.

### Greek Inspired Zoodles

Ingredients:

- 4 zucchini
- 1 cup cherry tomatoes, halved
- 1 cup artichoke hearts, halved
- ½ cup pitted kalamata olives, halved
- 3 Tbsp extra-virgin olive oil
- Zest of 1 lemon
- 3 Tbsp fresh lemon juice
- 1 Tbsp apple cider vinegar
- 2 cloves garlic, minced
- 2 Tbsp fresh parsley, chopped
- ½ teaspoon sea salt, or to taste
- Crumbled goat feta, optional

Directions:

1. Rinse the zucchini well, pat them dry, and chop the tips and tails off.
2. Using a spiralizer (like Paderno or Pampered Chef), make noodles out of all of the zucchini and add the noodles to a large serving bowl.
3. Note: once you get to the last 2 inches or so of the zucchini, it will be difficult to spiral, so you can either grate it or finely chop the rest.
4. Add the cherry tomatoes, artichoke hearts, and kalamata olives to the bowl with the zucchini.
5. Whisk together the other ingredients in a small bowl.
6. Pour this dressing over the zucchini pasta and toss everything together.
7. Serve cold, with crumbled feta cheese (if you choose to include it).
8. You can serve this as a side dish with fish or poultry or as a main meal by adding ½ cup black beans, white beans, or lentils.



## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Veggie Packed Chickpea Curry (Laura Hearn)

Serves 4

#### Ingredients:

- 1 Tbsp coconut oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 Tbsp fresh ginger, grated
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp cinnamon
- 1 Tbsp turmeric
- ¼ cup water
- ¼ cup all natural almond butter
- 2 cups organic vegetable broth
- 1 can coconut milk
- 1 tsp sea salt
- 1 red pepper, sliced
- 1 zucchini, sliced
- 2 carrots, sliced
- 2 cups cooked chickpeas
- 2 cups dino kale, chopped
- 1 lime (juiced)
- ¼ cup cilantro, chopped

#### Directions:

1. Heat a large saucepan over medium-low heat and melt the coconut oil
2. Add the onion, garlic and ginger and cook for 2-3 minutes, stirring frequently.
3. Add the spices and cook for 1 minute, until fragrant
4. Add the water to deglaze the pan, then stir in the almond butter
5. Next, add the vegetable broth and coconut milk and stir until all is smooth
6. Add the salt, peppers, zucchini, carrots and chickpeas and stir
7. Simmer uncovered for 20 minutes, stirring occasionally
8. Stir in the kale, lime juice and cilantro and let rest for 5 mins
9. Divide into bowls, and top with more cilantro and serve

## PROTOCOL #2 | LIVER & GALLBLADDER PROTOCOL

### Vibrant Life Raw Soup

Ingredients:

- 1 avocado
- 1 small zucchini, chopped
- 2 stalks celery, chopped
- 2 cups raw spinach
- ¼ cup fresh parsley
- ½ cup fresh cilantro OR basil if you don't love cilantro
- 2 slices red pepper
- ⅛ cup raw onion, chopped
- 1 small clove garlic
- ¼ cup raw almonds, preferably soaked overnight
- ¼ tsp sea salt to taste
- 1 ½ cups filtered water
- Juice of ½ - 1 lemon
- 1 small watermelon radish for garnish, diced small

Directions:

1. Place all the ingredients in the blender except the sea salt and process to desired consistency.
2. Adjust seasoning to your liking.
3. Add a squeeze of lime juice to brighten the flavour if you wish.
4. Garnish with radish and enjoy!