

SOLVING LEAKY GUT

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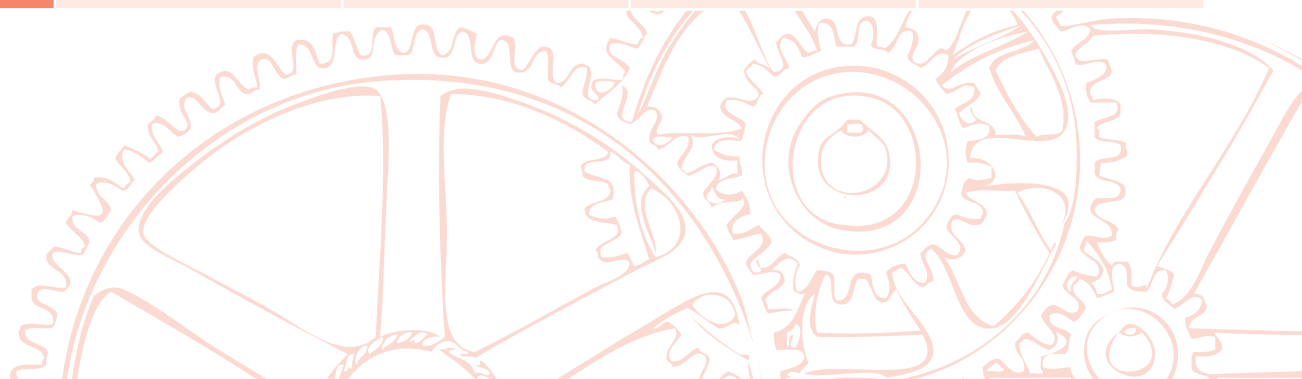


MEAL PLAN: Mild Case - Week 1

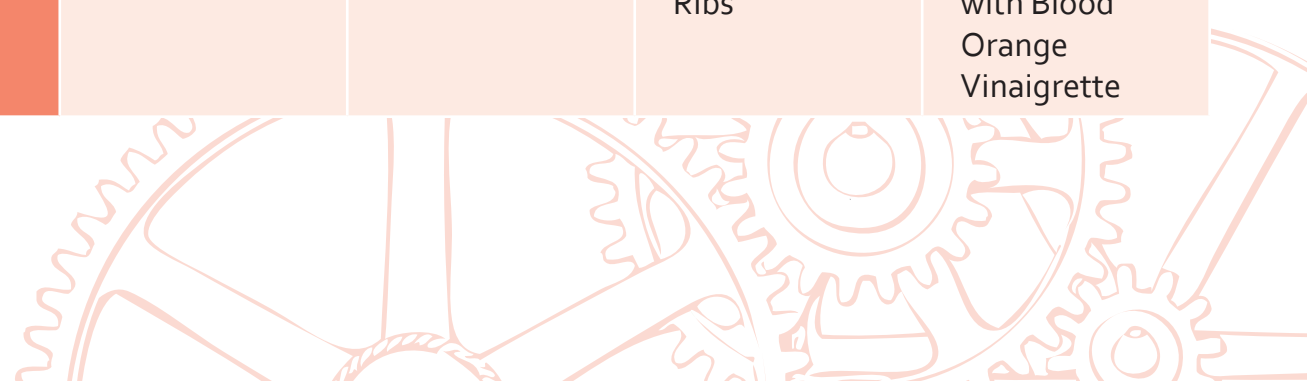
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	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Breakfast Patties	Turkey Stuffed Cabbage Rolls	Crispy Honey Pork Tenderloin	Apple Carrot Salad
TUESDAY	Breakfast Sausage	Chicken & Kale Vegetable Soup	Quick Fish Fry	Dried Banana-Date Trail Mix
WEDNESDAY	Rustic Bacon and Pumpkin Soup	Sorrel Greens Soup	Citrus Salmon	Banana Frosters
THURSDAY	Pork Chops and Baked Apples	Short Ribs with Gravy	Moules Marinières	Bacon Wrapped Dates
FRIDAY	Frosted "Corn" Flakes Cereal	Honey Mint Roast Chicken	Apple Cranapple Turkey Medallions	Roasted Beet Dip
SATURDAY	Avocado Cucumber Soup	Asparagus & Chicken in Lemon Garlic Sauce	Pot Roast Asian Style	Banana Chips
SUNDAY	Spiced Mustard Glazed Chicken Thighs	Brisket With SCD/GAPS Gravy	Chuck Roast with Lemon Rosted Cauliflower	Italian Green Beans

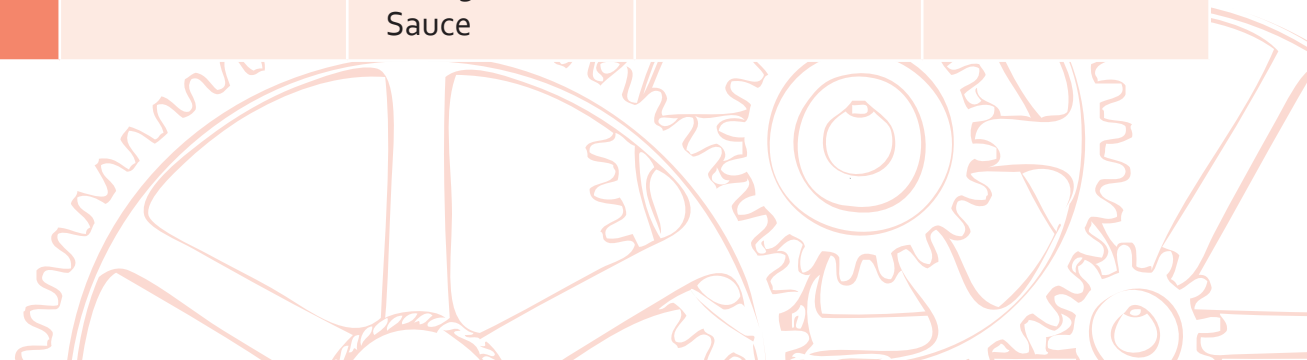
	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Creamy Creamless New England Clam Chowder	Lemony Watercress and Cauliflower Salad	Lemon Salmon and Bacon Greens	Cabbage Leaf Tacos with Cod and Mango Salsa
TUESDAY	Lemon Chicken	Marinated Artichoke and Cauliflower Salad	Paleo Party Meatballs	Bacon Beef Liver Liver Pate with Rosemary and Thyme
WEDNESDAY	Turkey Breakfast Sausage	Turkey & Bacon Club Salad	Orange Chicken	Fruit Leather
THURSDAY	Three Herb Beef Breakfast Patties	Easy Shrimp and Avocado Ceviche	Flank Steak with Chimichurri Sauce	Easy Coconut Yogurt
FRIDAY	Create Your Own Breakfast Skillet	Beef and Butternut Stew with Pear and Thyme	Slow Cooker Kalua Pig	Pudding/Party Dip
SATURDAY	Chicken Soup with Acorn Squash	Cabbage-Leaf Tacos with Cod and Mango Salsa	Brussels Sprouts with Apple, Bacon & Dates	Bacon Pemmican
SUNDAY	Ginger-Baked Salmon	Chicken Liver with Raw Garlic and Thyme	Mock Tender Roast	Avocado Chicken Tots



	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Baked Fresh Ham	Butternut Squash Porridge	Roasted Duck Breast with Orange Ginger Dipping Sauce	Strawberry Gelatin
TUESDAY	Pressure-Cooker Lamb Stew	Indonesian Beef Curry	Grilled Tri Tip Roast	Raspberry Coconut Panna Cotta
WEDNESDAY	Lemon-Tarragon Salmon	Salmon with Citrus-Cranberry Relish	Salmon Patties for Picky Eaters	Mango Guacamole
THURSDAY	Greek-Inspired Baked Chicken Breast	Paleo Chicken Pad Thai	Paleo Ham	"Spaghetti" with Butternut Squash Sauce
FRIDAY	Pomegranate Molasses-Glazed Salmon	Bacon-Apple Chicken Burgers with Maple-Cranberry Sauce	Turkey-Butternut Squash Soup With Celery Root	Fig and Arugula Salad With Raspberry Vinaigrette
SATURDAY	Coconut Oil-Poached Tilapia (Whitefish) with Asian Pear Slaw	Banana and Cream "Oatmeal"	Braised Beef Shanks	Mango and Coconut Summer Salad with Cinnamon-Lime Dressing
SUNDAY	Paleo Pork Chow Mein	Superfood Salad	Cranberry-Braised Short Ribs	Cabbage and Avocado Salad with Blood Orange Vinaigrette



	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	No Mayo Cilantro Chicken Salad	Basil-Avocado Baked Salmon	Grilled Fresh Sardines	Easy Strawberry Mousse
TUESDAY	Shrimp and Avocado Salad	Greek-Inspired Slow-Roasted Leg of Lamb	Perfect Pressure-Cooked Beef	Pineapple, Mint and Lamb Kebabs
WEDNESDAY	Meat Lovers Cream Of Mushroom & Not Really Wild Rice Soup	"Spaghetti" and Meatballs	Duck Breast with Balsamic Grape Sauce	Liver Pâté
THURSDAY	Orange Gremolata Beef Roast	Simple Shrimp Feast	Pastured Turkey Tenderloin	Nori Wrapped Smoked Salmon & Asparagus
FRIDAY	Offal (But Not Awful) Stew	Slow Cooked Corned Beef Brisket and Roasted Cabbage	Cinnamon-Braised Beef Cheek	Honey-Candied Ginger
SATURDAY	Sausage and Sauerkraut	Pineapple, Bacon, and Arugula Salad	Heart Roast	The Paleo Mom Pemmican
SUNDAY	Apricot Dijon Chicken	Alaskan Pacific Cod with Orange Mint Sauce	Pesto-Olive Spaghetti Sauce	Kale Chips



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MEAL PLAN: Tough Case - Week 1

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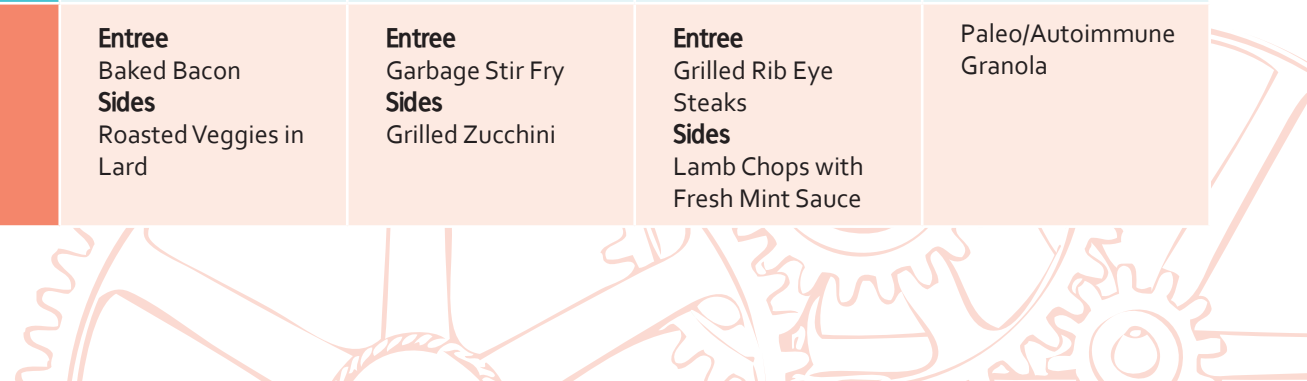
	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Entree Baked Bacon Sides Grilled Zucchini	Entree Grilled Rib Eye Steaks Sides SCD Soup	Entree Parchment Salmon With Herb Butter Sides Roasted Butternut Squash	Roasted Delicata Squash Rings
TUESDAY	Entree Baked Fresh Ham Sides Oven-Roasted Butternut Squash	Entree Lemon Dill Poached Salmon Sides Roasted Carrots	Entree Slow Cooker Kalua Pig Sides SCD Soup	Beef Jerky
WEDNESDAY	Entree Slow Cooker Kalua Pig Sides Sautéed Spinach	Entree Parchment Salmon With Herb Butter Sides Grilled Zucchini	Entree Sautéed Shrimp Sides Roasted Veggies in Lard	Coconut Butter
THURSDAY	Entree Rotisserie Spiced Ham Sides Grilled Zucchini	Entree Grilled Rib Eye Steaks Sides Roasted Carrots	Entree Lemon Dill Poached Salmon Sides Spaghetti Squash with Sage and Brown Butter	Porkitos aka Crispy Prosciutto Chips
FRIDAY	Entree Sautéed Shrimp Sides Roasted Carrots	Entree Pan-Seared Tarragon Amberjack (Whitefish) Fillet Sides SCD Soup	Entree Slow Cooker Kalua Pig Sides Roasted Butternut Squash	Beef Jerky
SATURDAY	Entree Baked Bacon Sides Sautéed Spinach	Entree Sautéed Shrimp Sides Grilled Zucchini	Entree Grilled Rib Eye Steaks Sides Grilled Zucchini	Roasted Veggies in Lard
SUNDAY	Entree Slow Cooker Kalua Pig Sides SCD Soup	Entree Lemon Dill Poached Salmon Sides Roasted Butternut Squash in Lard	Entree Pan-Seared Tarragon Amberjack (Whitefish) Fillet Sides SCD Soup	Coconut Butter

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Entree Baked Fresh Ham Sides Winter Veggies in Spiced Coconut Milk	Entree Slow Cooker Kalua Pig Sides Roasted Green Beans	Entree Grilled Rib Eye Steaks Sides Roasted Butternut Squash in Lard	Porkitos aka Crispy Prosciutto Chips
TUESDAY	Entree Lemon Dill Poached Salmon Sides Sauteed Spinach	Entree Lamb Chops with Fresh Mint Sauce Sides Roasted Carrots	Entree Lemon Dill Poached Salmon Sides Simple Roasted Green Beans	Coconut Butter
WEDNESDAY	Entree Baked Bacon Sides Grilled Zucchini	Entree Parchment Salmon With Herb Butter Sides Sauteed Spinach	Entree Slow Cooker Kalua Pig Sides Bacon-Braised Cabbage	Roasted Green Beans
THURSDAY	Entree Grilled Rib Eye Steaks Sides Roasted Butternut Squash in Lard	Entree Lemon Dill Poached Salmon Sides Roasted Green Beans	Entree Parchment Salmon With Herb Butter Sides Green Beans with Bacon and Mushrooms	Beef Jerky
FRIDAY	Entree Slow Cooker Kalua Pig Sides Roasted Winter Squash with Coconut Butter	Entree Paleo Glazed Chicken Wings Sides Roasted Veggies in Lard	Entree Pan-Seared Tarragon Amberjack (Whitefish) Fillet Sides Roasted Carrots	Porkitos aka Crispy Prosciutto Chips
SATURDAY	Entree Baked Bacon Sides Sauteed Spinach	Entree Slow Cooker Kalua Pig Sides Winter Veggies in Spiced Coconut Milk	Entree Grilled Rib Eye Steaks Sides SCD Soup	Roasted Veggies in Lard
SUNDAY	Entree Crispy Honey Pork Tenderloin Sides Grilled Zucchini	Entree Baked Fresh Ham Sides SCD Soup	Entree Green Sliders Spinach Mushroom and Beef Mini Sides Roasted Winter Squash with Coconut Butter	Coconut Butter

MEAL PLAN: Tough Case - Week 3

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	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Entree Baked Bacon Sides Roasted Green Beans	Entree Garbage Stir Fry Sides Roasted Baby Artichokes	Entree Sauteed Shrimp Sides Garlic and Lemon Roasted Cauliflower	Citrus Cranberry Relish
TUESDAY	Entree Simple Salmon Veggie Nori Rolls (Rice Free) Sides Roasted Broccoli and Bacon	Entree Grilled Rib Eye Steaks Sides Kale with Cranberries	Entree Teriyaki Inspired Poached Salmon Sides Lemon Parsley Cauliflower "Rice"	Porkitos aka Crispy Prosciutto Chips
WEDNESDAY	Entree Baked Bacon Sides Mashed Cauliflower	Entree Lemon Dill Poached Salmon Sides Braised Cauliflower, Leeks and Artichoke Hearts	Entree Garbage Stir Fry Sides Bacon-Braised Brussel Sprouts	Coconut Butter
THURSDAY	Entree Grilled Rib Eye Steaks Sides Roasted Carrots	Entree Teriyaki Inspired Poached Salmon Sides Roasted Butternut Squash	Entree Sauteed Shrimp Sides Beet Greens Sauteed with Garlic and Bacon Fat	Beef Jerky
FRIDAY	Entree Baked Fresh Ham Sides Roasted Broccoli and Bacon	Entree Green Sliders Spinach Mushroom and Beef Mini Sides Roasted Green Beans	Entree Bacon Wrapped Tuna Sides Roasted Butternut Squash	Roasted Delicata Squash Rings
SATURDAY	Entree Lemon Dill Poached Salmon Sides Oven-Roasted Butternut Squash	Entree Sauteed Shrimp Sides Kale and Bacon Stir Fry	Entree Teriyaki Inspired Poached Salmon Sides Roasted Winter Squash with Coconut Butter	Bacon Guacamole Sammies
SUNDAY	Entree Baked Bacon Sides Roasted Veggies in Lard	Entree Garbage Stir Fry Sides Grilled Zucchini	Entree Grilled Rib Eye Steaks Sides Lamb Chops with Fresh Mint Sauce	Paleo/Autoimmune Granola



	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	<p>Entree Slow Cooker Korean Short Ribs</p> <p>Sides Roasted Winter Squash with Coconut Butter</p>	<p>Entree Prosciutto Wrapped Rosemary Chicken Thighs</p> <p>Sides Roasted Baby Artichokes</p>	<p>Entree Pork Chops with Pears Recipe</p> <p>Sides Stir Fried Shiitake and Broccoli Slaw</p>	Beef Jerky
TUESDAY	<p>Entree Frosted "Corn" Flakes Cereal</p> <p>Sides Roasted Carrots</p>	<p>Entree Paleo Glazed Chicken Wings</p> <p>Sides Ginger-Garlic Cauliflower Rice</p>	<p>Entree Lamb Chops with Fresh Mint Sauce</p> <p>Sides Cranberry Sauce with Apples and Ginger</p>	Porkitos aka Crispy Prosciutto Chips
WEDNESDAY	<p>Entree Baked Bacon</p> <p>Sides Grilled Zucchini</p>	<p>Entree Mango, Bacon And Avocado Salad With Fresh Lime</p> <p>Sides Couve a Mineira (Brazilian Collard Greens)</p>	<p>Entree Sauteed Shrimp</p> <p>Sides Roasted Broccoli and Bacon</p>	Roasted Delicata Squash Rings
THURSDAY	<p>Entree Asian Ground Beef Mushroom and Broccoli Slaw Lettuce</p> <p>Sides Roasted Green Beans</p>	<p>Entree Slow Cooker Korean Short Ribs</p> <p>Sides Roasted Beets with Blood Oranges</p>	<p>Entree Prosciutto Wrapped Rosemary Chicken Thighs</p> <p>Sides Southern Greens Blend</p>	Citrus Cranberry Relish
FRIDAY	<p>Entree Pumpkin & Bacon Soup</p> <p>Sides Roasted Butternut Squash</p>	<p>Entree Lamb Chops with Fresh Mint Sauce</p> <p>Sides Pomegranate Glazed Carrots and Leeks</p>	<p>Entree Pork Carnitas</p> <p>Sides Maple-Braised Butternut Squash</p>	Mango Guacamole
SATURDAY	<p>Entree Baked Bacon</p> <p>Sides Roasted Green Beans</p>	<p>Entree Sauteed Shrimp</p> <p>Sides Roasted Broccoli and Bacon</p>	<p>Entree Slow Cooker Korean Short Ribs</p> <p>Sides Stovetop Braised Cabbage</p>	Bacon Guacamole Sammies
SUNDAY	<p>Entree Slow Cooker Korean Short Ribs</p> <p>Sides Cauliflower Carrot Puree</p>	<p>Entree Easiest Roast Chicken Ever</p> <p>Sides Grilled Zucchini</p>	<p>Entree Pork Chops with Pears Recipe</p> <p>Sides Stir Fried Cabbage with Mushrooms and Bacon</p>	Paleo/Autoimmune Granola

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MEAL IDEAS FOR BEYOND 30 DAYS

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BREAKFAST

Almond Flour Pancakes
Zucchini Egg Bake
SCD Frittata
Salade Nicoise with a Twist
Cream of Cauliflower Soup
Flank Steak Roulade
Slow Cooked Beef Shanks Cabbage Stew

SNACKS

Zesty Broccoli Dip with Simple Crackers
Blueberry Jello
Paleo Nachos with Ground Elk &
Green Apple Guacamole
Sweet Potato Fries

LUNCH

Citrus Chicken Salad
Garbage Soup
Egg Drop Soup
BLT Chicken Salad
Basil Chicken Salad
Chicken and Avacado Salad
Easy SCD Chili
Hearty Vegetable Beef Soup
Creamy Shrimp Bisque
Wish Upon A Star Burgers with Looney Sauce
Coconut Shrimp Curry
Coconut Breaded Cod with Mango Salsa
Parchment Salmon with Herb Butter
Oven Braised Mexican Beef

DESSERTS/TREATS

Penut Butter Brownies
Coconut Vanilla Ice Cream
Coconut Cashew Sheera
Almond Flour Crepes with Pear Filling
Radioactive Smoothie

SAUCES/SIDES

Sauerkraut
SCD Gravy
Jelled Cranberry Sauce with Honey and
Mixed Berries
Mint-Cilantro Chutney

DINNER

Taco Salad
Lemon Pepper Liver Steak
Ceviche
SCD Spaghetti
Paleo Moussaka
All Star Chicken Nuggets
Chile Rellenos Con Pollo
Mango Chicken or Pork
Roast Tenderloin with Parmesan Herb Crust-
for Turkey or Pork
Beefcake with Jalapeno Remoulade
Easy Baked Snapper
Easy Curried Shrimp
Chicken Pot Pie
Herb-Crusted Roast Beef with Paleo Yorkshire
Puddings and Gravy
Truffle Salt and Thyme Broiled Salmon with Dill
Caper Sauce