



Constipation Diet - Week 2

PEAK BIOME



MON



BREAKFAST
Strawberry Banana Smoothie



LUNCH
Hummus & Veggie Wrap



DINNER
Baked Chicken & Carrots with Cilantro Lime Sauce

TUE



BREAKFAST
Strawberry Banana Smoothie



LUNCH
1.5 Shrimp, Mango & Avocado Salad



DINNER
Slow Cooker Spaghetti Squash & Meatballs

WED



BREAKFAST
Saucy Berry Citrus Oatmeal



LUNCH
Skillet Sausage & Apples with Avocado



DINNER
Slow Cooker Spaghetti Squash & Meatballs

THU



BREAKFAST
Peach Cobbler Smoothie



LUNCH
2 Zucchini Noodles with Pesto & Tomatoes



DINNER
2 Sausage & Sauerkraut Skillet

FRI



BREAKFAST
2 Blueberry Breakfast Bars



LUNCH
1.5 Shrimp, Mango & Avocado Salad



DINNER
1.5 Turkey Stuffed Zucchini Boats

SAT



BREAKFAST
Peach Cobbler Smoothie



LUNCH
Skillet Sausage & Apples with Avocado



DINNER
Pasta with Kale & Sausage

SUN



BREAKFAST
Oatmeal with Blueberries



LUNCH
10 Minute Cabbage Bowl



DINNER
2 Sausage & Sauerkraut Skillet



MON

FAT 48% **CARBS 33%** **PROTEIN 19%**

Calories 881 Fiber 22g
Fat 49g Sugar 22g
Carbs 77g Protein 44g

TUE

FAT 34% **CARBS 38%** **PROTEIN 28%**

Calories 1067 Fiber 24g
Fat 44g Sugar 50g
Carbs 108g Protein 79g

WED

FAT 48% **CARBS 33%** **PROTEIN 19%**

Calories 1265 Fiber 28g
Fat 69g Sugar 27g
Carbs 107g Protein 60g

THU

FAT 41% **CARBS 41%** **PROTEIN 18%**

Calories 1038 Fiber 25g
Fat 50g Sugar 71g
Carbs 111g Protein 49g

FRI

FAT 30% **CARBS 41%** **PROTEIN 29%**

Calories 1196 Fiber 26g
Fat 42g Sugar 66g
Carbs 132g Protein 92g

SAT

FAT 51% **CARBS 30%** **PROTEIN 19%**

Calories 1290 Fiber 26g
Fat 75g Sugar 38g
Carbs 100g Protein 63g

SUN

FAT 44% **CARBS 39%** **PROTEIN 17%**

Calories 1064 Fiber 24g
Fat 54g Sugar 47g
Carbs 109g Protein 46g



FRUITS

- 3 Apple
- 2 1/4 Avocado
- 1 1/2 Banana
- 1 2/3 cups Blueberries
- 1/2 Clementines
- 1/4 Lemon
- 1 Lime
- 3/4 tsp Lime Juice
- 1 Mango
- 2 Peach
- 2 1/4 cups Strawberries

BREAKFAST

- 1 3/4 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 2 tbsps Chia Seeds
- 1 1/2 tps Cinnamon
- 2 tbsps Hemp Seeds
- 1 1/2 tps Italian Seasoning
- 1 1/2 tps Oregano
- 1/4 tsp Red Pepper Flakes
- 1 1/4 tps Sea Salt
- 0 Sea Salt & Black Pepper

VEGETABLES

- 2 cups Baby Spinach
- 3/4 Carrot
- 1 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 3 cups Coleslaw Mix
- 1 1/4 Cucumber
- 3 Garlic
- 1 1/8 tps Ginger
- 1 cup Kale Leaves
- 1 tbsp Parsley
- 3/4 Red Bell Pepper
- 2 leaves Romaine
- 1/2 Spaghetti Squash
- 4 cups Swiss Chard
- 1 Yellow Onion
- 3 Zucchini

BOXED & CANNED

- 2 1/2 ozs Chickpea Pasta
- 1 1/2 cups Crushed Tomatoes

BAKING

- 1 1/3 tps Arrowroot Powder
- 2 tbsps Brown Rice Flour
- 2 3/4 cups Oats
- 2 tbsps Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 4 ozs Chicken Breast
- 1 lb Extra Lean Ground Turkey
- 1/4 cup Hummus
- 8 ozs Lamb Sausage
- 10 ozs Organic Chicken Sausage
- 2 ozs Pork Sausage
- 12 ozs Shrimp, Cooked
- 1 Whole Wheat Tortilla

CONDIMENTS & OILS

- 2 tbsps Coconut Oil
- 2 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Pesto
- 2 cups Sauerkraut
- 1 cup Tomato Sauce

COLD

- 1 1/2 tps Butter
- 1 cup Cottage Cheese
- 2 1/2 Egg
- 2 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Cashew Milk

OTHER

- 2 1/8 cups Water



Strawberry Banana Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Strawberries
1 Banana
1/4 cup Oats (quick or rolled)
2 cups Unsweetened Almond Milk
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	221	Fiber	7g
Fat	9g	Sugar	15g
Carbs	33g	Protein	7g

DIRECTIONS

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

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or soaked dates instead.

STORAGE

Refrigerate in a sealed mason jar up to 48 hours.

MORE PROTEIN

Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

MORE FIBRE

Add ground flax seeds.



Saucy Berry Citrus Oatmeal

1 SERVING 15 MINUTES



INGREDIENTS

1 cup Water (divided)
1/2 cup Oats (quick or rolled)
1/4 cup Blueberries (fresh or frozen)
1/4 cup Strawberries (fresh or frozen)
1/2 Clementines (peeled, sliced)
2 tbsps Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	323	Fiber	12g
Fat	11g	Sugar	9g
Carbs	50g	Protein	10g

DIRECTIONS

- 01 Bring 2/3 of the water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed. Set aside.
- 02 Wipe the saucepan clean and add the blueberries, strawberries, clementine, chia seeds and remaining water. Bring to a simmer and cook for 5 minutes or until tender and thick.
- 03 Transfer the oatmeal to a bowl or container if on-the-go, and top with the berry clementine sauce. Garnish with a slice of clementine (optional). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add vanilla extract and sweeten with maple syrup, honey or any alternative sweetener.

ADDITIONAL TOPPINGS

Top with peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

MAKE IT THICKER

Whisk in a bit of arrowroot powder or tapioca starch with the fruit, or add more chia seeds until your desired consistency is reached.

NO STOVE TOP

Cook oats in the microwave instead.



Peach Cobbler Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Cashew Milk
2 Peach (pitted)
1/4 cup Oats (quick or rolled)
1 cup Cottage Cheese
2 tbsps Pitted Dates
1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	256	Fiber	5g
Fat	8g	Sugar	21g
Carbs	33g	Protein	15g

DIRECTIONS

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

NOTES

DAIRY-FREE

Use coconut yogurt instead of cottage cheese.

NO CASHEW MILK

Use almond, rice, coconut or your choice of alternative milk instead.

NO DATES

Sweeten with maple syrup, honey or banana instead.

STORAGE

Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

MORE PROTEIN

Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

MORE FIBER

Add ground flax seed.



Blueberry Breakfast Bars

4 SERVINGS 40 MINUTES



INGREDIENTS

1 cup Blueberries (fresh or frozen, thawed)
1 3/4 tbsps Maple Syrup
1 1/3 tps Arrowroot Powder
1 1/3 cups Oats (rolled, divided)
1/2 Banana (very ripe, mashed)
1 1/3 tbsps Water

NUTRITION

AMOUNT PER SERVING

Calories	159	Fiber	4g
Fat	2g	Sugar	11g
Carbs	33g	Protein	4g

DIRECTIONS

- 01 Preheat the oven to 350°F (175°F). Line a baking pan with parchment paper.
- 02 In a bowl, smash the blueberries using the back of a fork. Combine with the maple syrup and arrowroot powder. Set aside.
- 03 Add half the oats to a food processor or blender to create oat flour. Transfer to a mixing bowl and combine with the remaining rolled oats, banana and water.
- 04 Firmly press half of the oat mixture into a thin even layer in the baking pan. Spread the blueberry mixture on top and then crumble the remaining oat mixture over top of the blueberry layer. Bake for 20 to 25 minutes, or until golden brown. Slice and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to one month.

SERVING SIZE

One serving equals one square.

BAKING DISH

An 8 x 8-inch baking dish was used to create the standard nine servings.

MORE FLAVOR

Add vanilla extract, substitute half the blueberries with another fruit such as peaches or strawberries.

ADDITIONAL TOPPINGS

Maple syrup, honey, yogurt or nut butter.

NO BANANA

Use applesauce or pear puree instead.



Oatmeal with Blueberries

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Water
1/2 cup Oats (quick or rolled)
1/2 cup Blueberries (fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	196	Fiber	6g
Fat	3g	Sugar	8g
Carbs	38g	Protein	6g

DIRECTIONS

- 01 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 02 Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

NOTES

EXTRA TOPPINGS

Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

NO BLUEBERRIES

Top with raspberries, strawberries, peaches or bananas.

NO STOVE TOP

Cook oats in the microwave instead.



Hummus & Veggie Wrap

1 SERVING 5 MINUTES



INGREDIENTS

- 1 Whole Wheat Tortilla (large)
- 1/4 cup Hummus
- 2 leaves Romaine (large, whole)
- 1/4 Avocado (sliced)
- 1/4 Cucumber (sliced)
- 1/4 Red Bell Pepper (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	382	Fiber	13g
Fat	23g	Sugar	5g
Carbs	39g	Protein	11g

DIRECTIONS

- 01 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 02 Serve immediately and enjoy!

NOTES

GLUTEN-FREE

Use a brown rice tortilla instead.

OIL-FREE

Use an oil-free hummus.

MORE FLAVOR

Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

EASY EATING

Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.



Shrimp, Mango & Avocado Salad

3 SERVINGS 15 MINUTES



INGREDIENTS

1 Cucumber (diced)
1 Mango (cubed)
1 Avocado (cubed)
12 ozs Shrimp, Cooked (tails removed)
1 Lime (juiced)
1/8 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	305	Fiber	7g
Fat	11g	Sugar	18g
Carbs	28g	Protein	30g

DIRECTIONS

01 In a large bowl, combine all ingredients and toss gently to mix. Divide between bowls and enjoy!

NOTES

LEFTOVERS

If you're planning on keeping this for a few days, leave out the avocado to prevent browning. You can add it in before serving. The salad without avocado will last 2-3 days in the fridge.



Skillet Sausage & Apples with Avocado

2 SERVINGS 15 MINUTES



INGREDIENTS

8 ozs Lamb Sausage (sliced)
1 Apple (cored, chopped)
1/2 tsp Cinnamon
1 Avocado (pitted, halved)

NUTRITION

AMOUNT PER SERVING

Calories	554	Fiber	10g
Fat	40g	Sugar	10g
Carbs	24g	Protein	23g

DIRECTIONS

- 01 Place a large skillet over medium heat. Add the sausage, apples, and cinnamon. Cook for 8 to 10 minutes, or until the sausage is cooked through and apples are soft.
- 02 Divide the sausage, apples, and avocado onto plates or into containers. Enjoy!

NOTES

NO APPLE

Use pear or plantain instead.

NO LAMB SAUSAGE

Use chorizo, chicken, pork or vegan sausage.

LEFTOVERS

Refrigerate in an airtight container for up to 3 days.



Zucchini Noodles with Pesto & Tomatoes

1 SERVING 5 MINUTES



INGREDIENTS

1 Zucchini (medium)
1 cup Cherry Tomatoes (halved)
1 tbsp Pesto

NUTRITION

AMOUNT PER SERVING

Calories	126	Fiber	4g
Fat	7g	Sugar	10g
Carbs	13g	Protein	5g

DIRECTIONS

- 01 Trim the ends off of the zucchini. Use a spiralizer or a vegetable peeler to turn into noodles.
- 02 In a bowl, combine the zucchini noodles, cherry tomatoes and pesto. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

ADDITIONAL TOPPINGS

Top with feta cheese, seeds, nuts, nutritional yeast, chickpeas, chicken breast, turkey, marinated tofu or hemp hearts.



10 Minute Cabbage Bowl

1 SERVING 10 MINUTES



INGREDIENTS

1 tbsp Coconut Oil (divided)
3 cups Coleslaw Mix
2 Egg

NUTRITION

AMOUNT PER SERVING

Calories	338	Fiber	6g
Fat	23g	Sugar	9g
Carbs	19g	Protein	16g

DIRECTIONS

- 01 Heat half of the coconut oil in a large frying pan over medium heat. Add the coleslaw mix. Cover and cook for 5 minutes stirring occasionally.
- 02 Once the coleslaw mixture is softened, season with salt and pepper then transfer to bowls.
- 03 Add the remaining coconut oil to the pan and use it to fry the eggs. Top the cabbage bowls with fried eggs and enjoy!

NOTES

ON-THE-GO

Add a hard boiled egg onto the cabbage bowl instead of fried.



Baked Chicken & Carrots with Cilantro Lime Sauce

1 SERVING 30 MINUTES



INGREDIENTS

4 ozs Chicken Breast
3/4 Carrot (medium-sized, peeled, roughly chopped)
1 tbsp Extra Virgin Olive Oil (divided)
1/8 tsp Sea Salt (divided)
1/3 cup Cilantro
1 1/8 tps Ginger (fresh, grated or minced)
3/4 tsp Lime Juice
3/4 tsp Water (optional)

NUTRITION

AMOUNT PER SERVING

Calories	278	Fiber	2g
Fat	17g	Sugar	2g
Carbs	5g	Protein	26g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Arrange the chicken and carrots on the baking sheet. Season with a quarter of the oil and half of the salt. Bake for 25 to 30 minutes or until the chicken is cooked through and the carrots are tender.
- 03 While the chicken is cooking, add the cilantro, ginger, lime and remaining salt to a food processor. With the food processor running, add in the remaining oil. Blend until mostly smooth. Add in the water to thin, if necessary.
- 04 Divide the chicken and carrots between plates and spoon the cilantro lime sauce over top. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is half a chicken breast, 3/4 cup of carrots and 2 tablespoons of the sauce.

MORE FLAVOR

Season chicken and carrots with black pepper, ground ginger, cumin, paprika, garlic powder or chili powder as well before baking.

NO CHICKEN BREAST

Use chicken thighs or drumsticks instead.

MORE VEGGIES

Add in cauliflower, zucchini or potatoes.



Slow Cooker Spaghetti Squash & Meatballs

2 SERVINGS 4 HOURS



INGREDIENTS

8 ozs Extra Lean Ground Turkey
2 tbsps Brown Rice Flour
1/2 Egg (whisked)
1 tbsp Extra Virgin Olive Oil (divided)
1 1/2 tsps Oregano (divided)
1 1/2 cups Crushed Tomatoes
1/2 tsp Sea Salt (divided)
1/2 tsp Black Pepper (divided)
1/2 Spaghetti Squash (medium)

NUTRITION

AMOUNT PER SERVING

Calories	388	Fiber	6g
Fat	18g	Sugar	8g
Carbs	33g	Protein	27g

DIRECTIONS

- 01 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 02 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, sea salt and black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 03 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 04 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 05 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

NOTES

NO GROUND TURKEY

Use any type of ground meat.

CHEESE LOVER

Sprinkle with parmesan cheese.



Sausage & Sauerkraut Skillet

4 SERVINGS 40 MINUTES



INGREDIENTS

10 ozs Organic Chicken Sausage
1 tbsp Coconut Oil
1 Yellow Onion (diced)
2 Apple (peeled, cored and diced)
2 Garlic (cloves, minced)
4 cups Swiss Chard (washed, stems removed and chopped)
2 cups Sauerkraut (liquid drained off)

NUTRITION

AMOUNT PER SERVING

Calories	265	Fiber	6g
Fat	14g	Sugar	15g
Carbs	26g	Protein	12g

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 02 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 03 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge up to three days.

VEGAN AND VEGETARIAN

Skip the sausage and use cooked lentils instead.

NO SWISS CHARD

Use kale or spinach instead.



Turkey Stuffed Zucchini Boats

2 SERVINGS 40 MINUTES



INGREDIENTS

- 2 Zucchini (medium)
- 1 cup Tomato Sauce (divided)
- 1 1/2 tsps Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 Garlic (clove, minced)
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1/2 Red Bell Pepper (chopped)
- 2 cups Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	280	Fiber	5g
Fat	14g	Sugar	11g
Carbs	16g	Protein	26g

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 Cut the zucchini in half lengthwise and scoop out the seeds using a spoon. Add half of the tomato sauce to the bottom of a baking dish. Place the hollowed-out zucchini cut side up on top of the tomato sauce. Set aside.
- 03 Heat the oil in a frying pan or skillet over medium-high heat. Add the turkey and cook until browned breaking it into small pieces as it cooks.
- 04 Add the garlic, Italian seasoning, salt and red pepper flakes to the turkey and stir to combine. Add the bell pepper and spinach and continue to cook until the spinach is wilted. Add the remaining tomato sauce to the turkey mixture and stir to combine. Season with additional salt, if necessary.
- 05 Spoon the turkey mixture into the hollowed out zucchini boats.
- 06 Cover the baking dish with a lid or foil and bake for 20 to 25 minutes or until the zucchini is tender.
- 07 Divide zucchini boats between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to two zucchini boats.

MORE FLAVOR

Use a flavored pasta sauce instead of plain tomato sauce.

ADDITIONAL TOPPINGS

Broil cheese on the top of each zucchini boat before serving. Garnish with additional red pepper flakes and fresh herbs like parsley or basil.



NO TURKEY

Use ground chicken or pork sausage instead.



Pasta with Kale & Sausage

1 SERVING 15 MINUTES



INGREDIENTS

2 1/2 ozs Chickpea Pasta (dry)
2 ozs Pork Sausage
1 cup Kale Leaves
1 1/2 tsps Butter (unsalted)
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
1 tbsp Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	480	Fiber	11g
Fat	27g	Sugar	7g
Carbs	43g	Protein	25g

DIRECTIONS

- 01 Cook the pasta according to the directions on the package. Strain and set aside.
- 02 As the pasta cooks, remove the casings from the sausage. Add them to a frying pan over medium heat and break the sausage up into small pieces as it cooks.
- 03 Once the sausage is cooked through, add the kale leaves, butter and lemon juice. Stir until the kale is wilted. Turn off the heat. Add the pasta in with the sausage and kale and stir to combine.
- 04 Divide into bowls and season with sea salt, pepper and parsley. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop.

SERVING SIZE

One serving is equal to about 1 1/2 cups.

DAIRY-FREE

Use oil instead of butter.

NO SAUSAGE

Use ground meat or lentils instead.

MORE FLAVOR

Add chili flakes and/or nutritional yeast on top.

