



Constipation Diet - Week 3

PEAK BIOME



MON



BREAKFAST

2 Pineapple Turmeric Smoothie



LUNCH

1.5 Swiss Chard, Lentil & Rice Bowl



DINNER

Slow Cooker Rotisserie Chicken

TUE



BREAKFAST

Pineapple Turmeric Smoothie



LUNCH

2 Tuna Salad Stuffed Avocado with Hot Sauce



DINNER

Pasta with Kale & Sausage

WED



BREAKFAST

Avocado Egg Salad Sandwich



LUNCH

1.5 Swiss Chard, Lentil & Rice Bowl



DINNER

Slow Cooker Rotisserie Chicken

THU



BREAKFAST

Strawberry Milkshake



LUNCH

Roasted Brussels Sprouts Caesar Salad



DINNER

2 Spicy Sweet Potato, Turkey & Kale Bowl

FRI



BREAKFAST

Strawberry Milkshake



LUNCH

Turkey Pineapple Quinoa Bowl



DINNER

2 Butter Chicken & Cauliflower Rice

SAT



BREAKFAST

Fried Egg Breakfast Sandwich



LUNCH

Roasted Brussels Sprouts Caesar Salad



DINNER

2 Spicy Sweet Potato, Turkey & Kale Bowl

SUN



BREAKFAST

Peanut Butter Banana Oat Smoothie



LUNCH

Turkey Pineapple Quinoa Bowl



DINNER

2 Butter Chicken & Cauliflower Rice

MON

FAT 23% **CARBS 36%** **PROTEIN 41%**

Calories 1508 Fiber 29g
Fat 40g Sugar 42g
Carbs 137g Protein 157g

TUE

FAT 46% **CARBS 28%** **PROTEIN 26%**

Calories 1206 Fiber 29g
Fat 64g Sugar 25g
Carbs 89g Protein 82g

WED

FAT 33% **CARBS 32%** **PROTEIN 35%**

Calories 1448 Fiber 27g
Fat 53g Sugar 16g
Carbs 115g Protein 129g

THU

FAT 56% **CARBS 21%** **PROTEIN 23%**

Calories 1492 Fiber 26g
Fat 96g Sugar 25g
Carbs 83g Protein 89g

FRI

FAT 50% **CARBS 26%** **PROTEIN 24%**

Calories 1462 Fiber 30g
Fat 86g Sugar 40g
Carbs 101g Protein 90g

SAT

FAT 50% **CARBS 25%** **PROTEIN 25%**

Calories 1489 Fiber 27g
Fat 85g Sugar 17g
Carbs 95g Protein 94g

SUN

FAT 46% **CARBS 31%** **PROTEIN 23%**

Calories 1443 Fiber 27g
Fat 77g Sugar 44g
Carbs 118g Protein 88g



FRUITS

- 1 3/4 Avocado
- 2 Banana
- 2/3 Lemon
- 1/2 Lime
- 4 1/2 cups Pineapple

BREAKFAST

- 1/4 cup All Natural Peanut Butter

SEEDS, NUTS & SPICES

- 2/3 cup Almonds
- 1 tsp Black Pepper
- 3/4 tsp Cayenne Pepper
- 2 tbsps Chili Powder
- 3/4 tsp Cumin
- 1 1/2 tbsps Curry Powder
- 1/2 tsp Dried Thyme
- 2 tps Garam Masala
- 1 1/3 tbsps Ground Flax Seed
- 1 1/3 tbsps Hemp Seeds
- 1/2 tsp Italian Seasoning
- 1/2 tsp Onion Powder
- 1 1/4 tbsps Paprika
- 1/4 cup Pumpkin Seeds
- 1 tbsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tps Turmeric

FROZEN

- 1 1/3 cups Frozen Strawberries

VEGETABLES

- 1 1/2 cups Baby Spinach
- 4 1/2 cups Brussels Sprouts
- 1/2 Carrot
- 1 head Cauliflower
- 1 stalk Celery
- 3 3/4 Garlic
- 1/4 cup Ginger
- 8 cups Kale Leaves
- 1/4 cup Radishes
- 2 leaves Romaine
- 3 Sweet Potato
- 6 cups Swiss Chard
- 1/4 Tomato
- 1 White Onion
- 2 Yellow Onion
- 1/2 Zucchini

BOXED & CANNED

- 1/3 cup Brown Rice
- 1 1/2 cups Lentils
- 1 cup Organic Coconut Milk
- 1/4 cup Quinoa
- 1/4 cup Tomato Paste
- 1 can Tuna

BAKING

- 1/2 cup Oats
- 2 tps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 12 ozs Chicken Breast
- 8 ozs Extra Lean Ground Chicken
- 1 1/2 lbs Extra Lean Ground Turkey
- 4 slices Organic Bread
- 2 slices Whole Grain Bread
- 2 lbs Whole Roasting Chicken

CONDIMENTS & OILS

- 2 1/4 tps Apple Cider Vinegar
- 1 3/4 tbsps Coconut Oil
- 2 1/2 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/2 tsp Tabasco Sauce
- 1 1/2 tps Tamari

COLD

- 4 Egg
- 5 cups Unsweetened Almond Milk

OTHER

- 1 cup Vanilla Protein Powder
- 4 cups Water



Pineapple Turmeric Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Unsweetened Almond Milk
4 cups Pineapple (diced into chunks)
2 tbsps Ginger (peeled and grated)
1 cup Vanilla Protein Powder
2 tsps Turmeric (powder)

NUTRITION

AMOUNT PER SERVING

Calories	204	Fiber	4g
Fat	3g	Sugar	16g
Carbs	26g	Protein	21g

DIRECTIONS

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

NOTES

STORAGE

Refrigerate in a sealed jar overnight. Shake before drinking.

NO PINEAPPLE

Use mango, peaches or banana instead.



Avocado Egg Salad Sandwich

2 SERVINGS 15 MINUTES



INGREDIENTS

3 Egg
1/2 Avocado
1/2 cup Baby Spinach (chopped)
1 1/2 tsps Dijon Mustard
1/8 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
4 slices Organic Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	348	Fiber	6g
Fat	19g	Sugar	6g
Carbs	30g	Protein	14g

DIRECTIONS

- 01 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 02 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 03 Spread onto toast and enjoy!

NOTES

LESS BREAD

Make it an open-face sandwich.

ADD A KICK

Add red chili flakes or hot sauce.

VEGAN

Use mashed chickpeas or white kidney beans instead of eggs.



Strawberry Milkshake

2 SERVINGS 15 MINUTES



INGREDIENTS

2/3 cup Almonds
2 2/3 cups Water
2 tsps Raw Honey
1 1/3 tsps Hemp Seeds
1 1/3 tsps Ground Flax Seed
1 1/3 cups Frozen Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	408	Fiber	10g
Fat	29g	Sugar	14g
Carbs	31g	Protein	14g

DIRECTIONS

- 01 Start by making your own almond milk. Place almonds in a high powered blender with water. Add raw honey. Blend on high for at least 60 seconds. Pour milk through a strainer or mesh sack to strain out the pulp. Discard the pulp
- 02 Add your filtered almond milk back to the blender with hemp seeds, flax seed and frozen strawberries. Blend for another 60 seconds or until smooth.
- 03 Pour into glasses and enjoy!

NOTES

SHORT ON TIME

Use store-bought almond milk.

MAKE IT GREEN

Add spinach.



Fried Egg Breakfast Sandwich

1 SERVING 5 MINUTES



INGREDIENTS

1/2 tsp Extra Virgin Olive Oil
1 Egg
Sea Salt & Black Pepper
2 leaves Romaine
1/4 Tomato (sliced)
1/4 Avocado (sliced)
2 slices Whole Grain Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	405	Fiber	11g
Fat	18g	Sugar	6g
Carbs	43g	Protein	19g

DIRECTIONS

- 01 Heat a small pan over medium heat. Warm the olive oil and crack the egg in the pan. Season with salt and pepper. Cook until the whites are set and the yolk is cooked to your liking.
- 02 To assemble the sandwich, layer the romaine leaves, tomato and avocado slices on one piece of toast. Add the egg and the remaining piece of toast on top to complete the sandwich. Serve immediately and enjoy.

NOTES

GLUTEN-FREE

Use gluten-free bread instead of whole wheat bread.

MORE FLAVOR

Butter the toast before assembling the sandwich.

ADDITIONAL TOPPINGS

Add mayo, mustard, hot sauce or cheese to the sandwich.



Peanut Butter Banana Oat Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Oats (quick or traditional)
1/4 cup All Natural Peanut Butter
2 Banana
1 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	389	Fiber	7g
Fat	20g	Sugar	18g
Carbs	48g	Protein	12g

DIRECTIONS

- 01 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or a few soaked dates.

NO PEANUT BUTTER

Use any nut or seed butter.

STORAGE

Store in a mason jar with lid in the fridge up to 48 hours.

MORE PROTEIN

Add hemp seeds or a scoop of protein powder.

MORE FIBRE

Add ground flax seed.



Swiss Chard, Lentil & Rice Bowl

3 SERVINGS 1 HOUR



INGREDIENTS

1/3 cup Brown Rice (uncooked)
1/2 cup Water
2 1/4 tps Coconut Oil
6 cups Swiss Chard (washed, stems removed and chopped)
3/4 tsp Cumin
3/4 tsp Paprika
1 1/2 tbsps Extra Virgin Olive Oil
3/4 Garlic (clove, minced)
2 1/4 tps Apple Cider Vinegar
1 1/2 cups Lentils (cooked, drained and rinsed)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	309	Fiber	10g
Fat	12g	Sugar	3g
Carbs	41g	Protein	12g

DIRECTIONS

- 01 Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
- 02 Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately 1 1/4 cups.

SPEED IT UP

Use quinoa or brown rice pasta instead of brown rice.

NO SWISS CHARD

Use kale, spinach or collard greens instead.



Tuna Salad Stuffed Avocado with Hot Sauce

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Avocado
1 can Tuna (drained and flaked)
1 stalk Celery (finely diced)
1/2 cup Baby Spinach (finely chopped)
1/2 Garlic (clove, minced)
1 tbsp Dijon Mustard
3/4 tsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
1/2 tsp Tabasco Sauce

NUTRITION

AMOUNT PER SERVING

Calories	261	Fiber	7g
Fat	17g	Sugar	1g
Carbs	10g	Protein	18g

DIRECTIONS

- 01 Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
- 02 Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
- 03 Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

NOTES

MORE PROTEIN & CRUNCH

Add 1/4 cup sunflower seeds.

DON'T LIKE AVOCADOS

Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

DON'T EAT FISH

Use a can of white beans instead.



Roasted Brussels Sprouts Caesar Salad

2 SERVINGS 1 HOUR



INGREDIENTS

8 ozs Extra Lean Ground Chicken
(cooked)
2 1/2 cups Brussels Sprouts (halved)
1/4 cup Radishes (sliced)
1/4 cup Pumpkin Seeds
2 1/2 tbsps Extra Virgin Olive Oil
1/2 Garlic (whole head)
1/4 Lemon (juiced)
1 tbsp Dijon Mustard
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	446	Fiber	6g
Fat	33g	Sugar	3g
Carbs	14g	Protein	27g

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 02 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 03 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 04 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

NOTES

LEFTOVERS

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

SAVE TIME

Cook the ground chicken and make the roasted garlic dressing in advance.

NO EXTRA LEAN GROUND CHICKEN

Use any other type of ground meat instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.



Turkey Pineapple Quinoa Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Quinoa
1/2 cup Water
1 1/2 tsps Extra Virgin Olive Oil
8 ozs Extra Lean Ground Turkey
1 1/2 tsps Curry Powder
1/16 tsp Cayenne Pepper
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Ginger (peeled and grated)
1/2 cup Pineapple (cored and sliced into chunks)
1/2 Carrot (grated)
1/2 Zucchini (grated)
1 1/2 tsps Tamari
1/2 cup Baby Spinach

DIRECTIONS

- 01 Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
- 02 In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
- 03 When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
- 04 Spoon into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	324	Fiber	4g
Fat	15g	Sugar	6g
Carbs	24g	Protein	26g



Slow Cooker Rotisserie Chicken

2 SERVINGS 4 HOURS



INGREDIENTS

2 lbs Whole Roasting Chicken
1 1/2 tsps Sea Salt
1 tsp Paprika
1/2 tsp Onion Powder
1/2 tsp Dried Thyme
1/2 tsp Italian Seasoning
1/4 tsp Cayenne Pepper
1/2 tsp Black Pepper
1 Sweet Potato (diced into 1 inch cubes)
2 cups Brussels Sprouts (halved and trimmed)
1 1/2 tsps Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	636	Fiber	6g
Fat	16g	Sugar	5g
Carbs	23g	Protein	97g

DIRECTIONS

- 01 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 02 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 03 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 04 Place chicken (breast side up) in the slow cooker on top of the foil. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). If you have a meat thermometer, the chicken will be perfect when it has an internal temperature of 165 degrees celsius. Otherwise, you can check that it is cooked through just by making a slit in it and make sure it is no longer pink at the bone.
- 05 One hour before you are ready to eat, preheat oven to 415. Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 06 Remove vegetables from oven and increase heat to 450. Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 07 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!



NOTES

SAVE THE CARCASS

Make our Immunity Boosting Bone Broth.

AIP-FRIENDLY

Omit the black pepper and cayenne.



Spicy Sweet Potato, Turkey & Kale Bowl

4 SERVINGS 25 MINUTES



INGREDIENTS

2 Sweet Potato (medium)
1 tbsp Extra Virgin Olive Oil
1 tbsp Chili Powder
1/2 tsp Cayenne Pepper (optional)
1 tbsp Coconut Oil
1 White Onion (diced)
1 lb Extra Lean Ground Turkey
1/2 tsp Sea Salt
1/2 tsp Black Pepper (optional)
8 cups Kale Leaves (finely diced)

NUTRITION

AMOUNT PER SERVING

Calories	319	Fiber	5g
Fat	17g	Sugar	4g
Carbs	19g	Protein	24g

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 02 Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
- 03 Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
- 04 Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

NOTES

SAVE TIME

Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

VEGAN & VEGETARIAN

Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.



Butter Chicken & Cauliflower Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

12 ozs Chicken Breast
2 tbsps Extra Virgin Olive Oil
2 Yellow Onion (diced)
2 Garlic (cloves, minced)
2 tbsps Ginger (grated)
1/4 cup Tomato Paste
2 tsps Paprika
1 tbsp Curry Powder
2 tsps Garam Masala
1 tsp Sea Salt
1 tbsp Chili Powder
1/4 cup Water
1 cup Organic Coconut Milk (full fat)
1 head Cauliflower
1/2 Lime (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	365	Fiber	8g
Fat	21g	Sugar	10g
Carbs	23g	Protein	25g

DIRECTIONS

- 01 Dice your chicken into cubes and set aside.
- 02 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
- 03 Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
- 04 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 05 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 06 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 07 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

NOTES

VEGAN OR BUDGET-FRIENDLY

Skip the chicken breast and replace with chickpeas, lentils or beans.

NO COCONUT MILK

Use Greek yogurt instead.

NO CAULIFLOWER RICE

Serve over brown rice or quinoa instead.

MORE VEGGIES

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

STORAGE

Refrigerate in an air-tight container for up to 2 - 3 days.

