

# *Healthy Digestion Food Plan*

**YOUR GUT IS THE KEY TO INNER HEALTH AND  
OUTER BEAUTY**



# LET'S STOCK YOUR KITCHEN:

I will teach you about all of these  
ingredients and more:

*Probiotics*

*Cauliflower*

*Ginger (Sheng Jiang)*

*Raw Apple Cider Vinegar*

*Orange Peels (Chen Pi)*

*Bell Peppers*

*Bone Broth*

*Collagen*

*Aloe Vera Juice*

*Green Peas*

*Pineapple*

*Fermented Vegetables*

*Chlorella*

*Blackberries*

*Eggplant*

*Almonds*

*Walnuts (Hu Tao Ren)*

*Chia Seeds*

*Black Sesame Seeds (Hei Zhi Ma)*

*Buckwheat*

*Lemons*

*Tapioca*

*Carrots*





# MORNING RITUAL

Every single day... yes, **every** morning, I want you to fill a BIG glass with **warm** water. I mean a **big** glass. I use a quart-size mason jar...

Then, I want you to squeeze a half of a lemon into that BIG glass of water.

Then, I want you to drink that BIG glass of water with lemon. This should be the first thing you do in the morning.

So, here' s how it's easily done: Rise. Pee. Meditate. Start to drink the lemon water. Shower. Drink more water. Dress. Drink more water. You get the picture.

When the water is gone, it's time for breakfast...

Trust me. Your digestive system will be doing the happy dance.

## BLACKBERRIES

The tannins in blackberries can help reduce intestinal inflammation... And, just as an aside, these delicious berries can also help raise your libido...

## BELL PEPPERS

Bell peppers help with indigestion. If you are feeling bloated and full from over-eating a lot, consuming bell peppers will help reduce this feeling. They are also good for blood circulation and research has shown that they provide amazing benefits for people with a low appetite or anorexia. It used to be common in China to use green pepper tea to soothe indigestion.





## *Dried Orange Peels*

Dried Orange/Tangerine Peels are a Chinese herb called *Chen Pi*.

Oranges are being widely touted for their ability to help heal colon cancer. I peel my oranges and lay the rinds in the sun to dry, and save them for tea or for cooking. I dry out the peels of oranges, tangerines, clementines... whatever I have. This easily accessible herb is especially good for digestive issues like abdominal discomfort, distention, fullness, bloating, belching, and nausea.



# WHO SAYS YOU HAVE TO EAT BORING FOODS TO HAVE GREAT DIGESTION?

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PINEAPPLE is great for youthful digestion... and we can add it to your diet in so many fun forms:

*smoothies*

*smoothie bowls*

*raw fruit & vegetable salads*

*parfaits*

*sweet & sour chicken*

*and the list goes on....*

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**IF WE FIX YOUR GUT... WE IMPROVE YOUR SKIN, YOUR  
HAIR, YOUR ENERGY...**



# *Pineapple Protein Smoothie Bowl*

Make this smoothie bowl at home:

<http://www.theresacookinmykitchen.com/pineapple-protein-smoothie-bowl/>

Or, go to your fav smoothie/juice bar and have them make one with a pineapple base for you! This is a regain-your-youth refreshing bowl of yum!



## *Raw Apple Cider Vinegar...*

...should be your new best friend. Really, smile at the bottle in the morning and be glad it's the last thing you gaze at before bed...

Dress your greens with this powerful elixir, and do what I do: take 1 Tbs morning and night... it doesn't taste as bad as you think...

The benefits are invaluable!





## *THE HEALING POWER OF EGGPLANT*

IN EASTERN MEDICINE, WE ADD EGGPLANT TO THE DIET TO RELIEVE PAIN AND REDUCE SWELLING. IT'S ESPECIALLY GOOD TO EAT EGGPLANT WHEN YOU ARE EXPERIENCING SOME NASTY DIGESTIVE ISSUES. IT RELIEVES STOMACH PAIN, HELPS WITH DYSENTERY, DIARRHEA, AND PAINFUL URINARY CONDITIONS. LET'S TALK ABOUT WHETHER YOU SHOULD BE EATING MORE EGGPLANT (LIKE THESE EGGPLANT MEATBALLS)...

KITCHENOFYOUTH.COM

# Things To Avoid For Smooth Digestion:

DAIRY  
GLUTEN/GRAINS  
CAFFEINE  
ALCOHOL  
SUGAR  
ARTIFICIAL/PROCESSED FOODS

**I KNOW, IT SOUNDS SO HARD... BUT IT'S NOT--IF YOU KNOW HOW TO DO IT THE RIGHT WAY. I WILL HELP YOU! I JUST LOVE LOVE LOVE THE RESULTS... IT'S WORTH IT. AND, I WILL HELP YOU NOT FEEL DEPRIVED! IT'S NOT A DIET IT'S A YOUTH-FILLED PLAN!**

*Let's figure out which of the above YOU need to avoid to regain your youth! Don't be scared... YOU can do this... WE will do this...*





*If You Only Agree To Do One Thing To Help Your Digestion...*

**YOU PROBABLY WON'T LIKE THIS... BUT...**

**STOP EATING DAIRY! YUP, I SAID IT. I KNOW IT'S HARD, BUT WITH HELP, YOU CAN DO IT AND YOUR DIGESTIVE SYSTEM WILL THANK YOU. I CAN SHOW YOU HOW TO DO THIS PAINLESSLY AND DELICIOUSLY, AND SIMPLY... WE'VE GOT THIS!**

## BREAKFAST

I find that when trying to get your digestive system on track, the best thing to do is to have an intestinal-friendly smoothie for breakfast every morning during this plan.



## LUNCH

Often, cold or raw foods can be harsh on the digestive system at the beginning, so we are going to have warm/cooked foods for lunch during this plan.



## DINNER

Eating a light dinner, filled with stomach-friendly ingredients is key. Be sure to eat as early as you can. If your system has to gear up to digest, it can effect your sleep.



# *IMPORTANT REMINDER!*

**IT'S ONLY FOOD...  
HAVE FUN WITH IT!**

THE FOLLOWING RECIPES CAN BE CHANGED TO SUIT YOUR TASTES. REMEMBER TO FOLLOW THE "STOCK YOUR KITCHEN" LIST WHEN SEEKING TO REPLACE INGREDIENTS. ENJOY AND FEEL GOOD... YOU ARE REGAINING YOUR YOUTH!



# BUILD A DIGESTIVE BREAKFAST SMOOTHIE

CHOOSE A BASE:

coconut water or dairy-free milk

CHOOSE FROM THE FOLLOWING PROTEIN SUPPLEMENTS:

collagen or bone broth protein powder

CHOOSE AT LEAST ONE GREEN POWDER:

1 tsp chlorella or spirulina

ADD IN:

1 Tbs chia seeds and a big handful of fresh kale, spinach, chard, or collard leaves, a few ice cubes (not too many)

ADD ONE HEALTHY FAT:

2 tsp coconut oil, 1/2 an avocado, 5 walnut halves

OPTIONAL SWEETENERS:

2 pitted dates, 1 Tbs coconut sugar, 1 tsp lucuma powder

OPTIONAL :

1 Tbs raw cacao powder, 1/2 cup pineapple chunks,  
1 Tbs goji berries, 1 tsp beet powder, 1/2 tsp turmeric powder  
or a 1/2-in piece peeled turmeric root, 1/2 tsp cinnamon,  
orange peels, 1/2 inch piece peeled fresh ginger

go to: [www.kitchenofyouth.com](http://www.kitchenofyouth.com) for some specific recipes (the Hot Chocolate Smoothie Bowl is great...)





## BUILD A LUNCH BOWL

Lunch bowls are my favorite -- they can be customized any way you like. Pull out a pretty bowl, and arrange the food in distinct sections. Choose from the following digestive-friendly foods and switch it up each day (there should be more warm/cooked foods than cold/raw ones).

1/2 cup cooked greens (kale, spinach, chard), 2 small cooked beets, zucchini, 3 eggplant balls, 1/2 cup cauliflower mash, 1 cup roasted sweet potatoes, 1 cooked egg, 4 oz cooked fish, 4 or 5 raw bell pepper slices, 6 walnut halves or almonds, 1/4 cup fresh green peas, 1 carrot, cut up, 1/2 cup cooked buckwheat (this mimics a grain), 1/4 cup blackberries (Visit [www.kitchenofyouth.com](http://www.kitchenofyouth.com) for recipes.)

Dress with one or more: raw apple cider vinegar, fresh lemon juice, extra-virgin olive oil, coconut oil, avocado oil, walnut oil, sea salt



## *Day 1 Dinner: Sprouted Grain Chicken Cutlets*

(serves 4)

8 organic boneless chicken thighs

sea salt and black pepper to season chicken

½ cup extra-virgin olive oil

2 cups Ezekiel cereal (make sure it's the plain one, NOT the one with the raisins) (you can buy it here)

½ tsp sea salt

2 tsp garlic powder

2 Tbs dried minced onion

3 Tbs chia seeds (I like these)

¼ cup hemp seeds (I like these)

1 Tbs flax seeds (here are some organic ones)

2 Tbs sesame seeds (black or white) (if you want some black ones for a treat, here they are)

### **Instructions:**

Preheat your oven to 400° F convection setting, or 425°F regular bake setting.

Line a baking sheet with parchment paper.

Pour the oil into a shallow pie plate or bowl.

In a second shallow pie plate or bowl, combine the cereal, seasonings, and seeds. Stir until combined well.

Roll each piece of chicken in the oil and then in the seed mixture, making sure each piece is well-coated. Place the chicken onto the tray, making sure that they are not touching each other.

Bake in oven for 20 minutes, or until cooked through.

Enjoy! (Serve with steamed veggies and 1/2 roasted sweet





## *Day 2 Dinner: Roasted Turmeric Cod*

2 Tbs grass-fed butter or ghee, melted  
juice and zest of one large lemon  
¼ cup flour of your choice (I have used tapioca flour, rice flour, and oat flour -- all worked well, but the tapioca flour didn't crisp up as much)  
sea salt and black pepper, to taste  
¼ tsp paprika  
1 tsp turmeric  
fresh parsley, chopped (for garnish)  
1-1/2 lb cod fillets, cut into 4 to 6 pieces

### **Instructions:**

Preheat oven to 450°F.

Line a baking tray with parchment paper.

Combine melted butter or ghee with lemon juice in a shallow pie plate or bowl.

In a separate pie plate or bowl, combine the flour and spices. Coat the fish in the lemon juice mixture, then roll it gently in the flour mixture, shaking off any excess.

Place the coated fish on the baking tray.

Roast in the oven for about 15 minutes (if the fish is thick, it may take a bit longer), or until it's cooked how you like it.

Remove from oven and sprinkle on lemon zest and parsley. (Serve with cauliflower rice and steamed spinach or kale.)

Enjoy!

## Day 3 Dinner: Slow Cooker Minestrone Soup

(serves 8)

- 5 scallions, thickly sliced
- 3 carrots, sliced
- 3 ribs celery, sliced
- 2 lge garlic cloves, chopped
- 1 28-oz can diced tomatoes
- 4-1/2 cups vegetable broth
- 3 thyme sprigs
- 2 15-oz cans chickpeas, rinsed and drained
- 3 pieces raw Shan Yao (an optional Chinese herb)
- 1 cup raw buckwheat groats, rinsed and drained
- sea salt and black pepper to taste
- ¼ tsp dried oregano
- 10 oz fresh or frozen green peas
- 1 bunch asparagus, sliced on the diagonal into 1-inch pieces

### Instructions:

- Add all ingredients except asparagus to slow cooker except the green peas and the asparagus.
- Cook on low heat for 4-1/2 hours.
- Add asparagus and peas.
- Cook for an additional 30 minutes.
- Ladle into bowls. Enjoy!

