

Dr. Junger's 5 day Gut Flush

For the Bloated Center Body Type

Basic Structure

- **Length:** 5 days
- **Meals**
 - Breakfast: Liquid meal shake
 - Lunch: Solid Meal
 - Dinner: Liquid meal shake or soup
 - Snacks: veggies, 1 cup of almonds, 1 cup of berries

Key Rules

- **No Grains:** Avoid wheat, rice, oats, barley, quinoa, and all other grains.
- **No Processed Sugar:** Avoid white sugar, brown sugar, Splenda®, Equal®, and agave.
- **Avoid Alcohol:** Avoid all types of alcohol
- **Focus on Probiotics:** Take a multi-spectrum probiotic (50 billion count) once a day.

Eat These Foods

- whole vegetables
- greens & fresh vegetable juices
- sweet potatoes and yams
- wild fish, grass-fed meats & eggs
- fermented foods
- nuts, seeds and nut butters
- avocado & coconut
- fresh & frozen berries
- whole fruits
- small amounts of caffeine in the form of green tea

Recipe Inspiration and Meal Plan

Day 1

Breakfast

GRASSHOPPER SHAKE

Ingredients

1 cup full fat coconut milk

1/2 cup water

1/2 medium to large avocado (peeled and pitted) or 1 whole if it's small

2 teaspoons mint flavored chlorophyll

1-2 tablespoons carob or unsweetened cocoa powder

optional dash of stevia

Blend until creamy. Low glycemic and high in good saturated fat.

Lunch

LAMB TACOS (Serves 4)

Can substitute turkey for lamb

Ingredients:

4 ounces ground lamb (flatten into 1 patty, 1/2 inch thick)
2 tablespoons extra virgin coconut oil
1 medium summer (yellow) squash
or zucchini
1/4 cup minced onions
1 clove garlic, minced
1 tablespoon taco/fajita seasoning
Sea salt to taste
Romaine lettuce (to use as taco shells)
1/4 cup minced red onions
Freshly chopped cilantro (a few tablespoons)
Freshly made guacamole

Handful of sprouts, for garnish

1. Heat a large sauté pan over high heat.
2. Melt the coconut oil and continue to heat until the oil is lightly smoking.
3. Add the lamb patty and allow one side to brown for 3 minutes and then flip. Once the lamb is flipped, add the squash, onion, garlic, and taco seasoning. Stir well to incorporate all the ingredients.
4. Continue to cook until the lamb is cooked through and the vegetables are soft.
5. Taste, season with sea salt.
6. Arrange a few romaine leaves on a plate.
7. Cover with the lamb and vegetables. Top with red onions and fresh cilantro.
8. Add guacamole and garnish with fresh sprouts (optional).

Soup or warm shake for dinner

CUCUMBER DILL BISQUE WITH HARD BOILED EGGS

Serves 2 (for a meal) or 4 as a side or starter

Ingredients:

4 eggs (hard-boiled)
2 small cucumbers
3 tablespoons olive oil
1 cup chicken broth (or vegetable)
1 tablespoon fresh dill or 2 teaspoons dried, chopped
1/2 cup coconut milk (the heavier kind in a can)

Directions:

Hard boil the eggs. Peel and set aside.
Peel and roughly chop the cucumbers.

Heat olive oil in a medium saucepan and let the cucumber cook for a few minutes until the pieces start to soften just a bit.

Add the broth and let simmer for 12 minutes.

Add dill and stir in the coconut milk. Let the coconut milk warm up and then add salt and pepper to taste.

Slice each hard boiled egg in half and put two halves each in the bottom of four bowls.

Ladle the soup over each one and garnish with extra dill and fresh cracked pepper.

You can also serve this chilled in warmer months.

Day 2

Breakfast

GREEN COCO SHAKE (Serves 1)

Ingredients:

2 cups coconut water (see below)

1 ripe avocado, halved and pitted

1 giant handful baby spinach

3 tablespoons whole cashews

Pinch of stevia

Directions:

Blend until smooth and creamy.

Lunch

AMAZING GREEN SALAD WITH BLACK OLIVES, AVOCADO AND ALMONDS (Serves 2)

Ingredients:

4 handfuls baby greens mix

a small handful of fresh cilantro leaves, roughly chopped

a few sprigs of fresh parsley leaves, roughly chopped

a small handful of chives, roughly chopped

5 basil leaves, minced

a few sprigs of fresh dill

1 small cucumber, peeled and thinly sliced

1 red radish, thinly sliced

1 avocado, peeled, cut in cubes or sliced lengthwise

a handful of sunflower /radish or alfalfa sprouts or baby/micro greens

6 pitted black olives sliced

¼ cup almonds, dry roasted, unsalted and roughly chopped

1. Layer ingredients. Start with the base of greens, mix in all herbs, then add cucumbers, radishes, avocado and sprouts.

2. Sprinkle with olives and mix together, seasoning with sea salt, black pepper, miso or anything else you like.

Feel free to add grilled chicken or salmon to this for extra protein

Dinner

THAI COCONUT CHICKEN SOUP (serves 2-4)

Ingredients:

a few spoonfuls of coconut oil
2 garlic cloves, peeled and minced
½ red onion, peeled and chopped
1 jalapeno, seeded and minced. (use less if you are sensitive to spice)
2 cans coconut milk
4 cups vegetable or chicken broth
2 inch chunk of ginger, peeled and grated
zest and juice of 1 lime
2 stalks lemongrass, cut into chunks and bruised with the back of a knife to bring out flavors
3-4 tablespoons fish sauce (Red Boat brand is great), start with less and add to taste
1 pound chicken, sliced thinly
1 cup of mushrooms chopped
dash of stevia
8 cherry tomatoes, halved
fresh cilantro chopped for garnish
Wheat-free tamari to taste

Directions:

Melt coconut oil in a soup pot. Add jalapeno, onions and garlic and saute until fragrant (a couple of minutes). Pour in coconut milk, broth, ginger, lemongrass, lime zest, fish sauce and chicken in to the soup pot. Simmer for 15 minutes. Add the mushrooms, lime juice, dash of stevia and tomatoes to the pot. Simmer for an additional 5 minutes. Garnish with cilantro. Splash of wheat-free tamari if additional salt is desired.

Day 3

Breakfast

VANILLA ALMOND SHAKE (SERVES 1)

Simple, delicious and packed with protein.

Ingredients:

2 cups almond milk
1 tablespoon vanilla powder or extract
1 heaping tablespoon almond butter
1 teaspoon cinnamon
½ teaspoon nutmeg
a dash of sea salt
optional: a dash of stevia to taste

Directions:

Blend until smooth.

Lunch

THAI CHICKEN SALAD (2-4)

Ingredients:

1 pound ground chicken
2 tablespoons coconut oil

1 shallot or ½ of a small yellow onion, minced
3 garlic cloves, minced
3 cups red or green cabbage, shredded
½ cup carrots, grated
juice of 2 limes
1-2 teaspoons red pepper flakes (optional)
2-3 tablespoons of fish sauce (Red Boat brand)
1" ginger piece, peeled and grated
stevia to taste
handful of basil, julienned
12 mint leaves, minced
½ cucumber, seeded and sliced into ½ moons
2 scallions (green onions), chopped
small handful of cilantro, chopped

In a medium skillet add coconut oil over medium-high heat. Add shallot and garlic. Saute until they are starting to caramelize - about 5 minutes. Add chicken and saute until brown. Set aside. Whisk limes, red pepper flakes, fish sauce, ginger and stevia. Toss chicken, veggies and herbs.

Dinner

CARROT PARSNIP SOUP

4 servings

Ingredients

1 medium rutabaga
2 large parsnips (or 3 medium and 4 if they're very small)
4 medium carrots (you can use any color, orange, yellow or purple or a mix)
1 large yellow onion (or 3 small ones)
1 large clove of garlic
2 teaspoons sea salt
¼ cup melted coconut oil (or olive oil)
2 cups coconut (or almond milk), unsweetened
1 cup vegetable or chicken broth
1 teaspoon paprika
1 teaspoon thyme
1 teaspoon sage
1" knob of fresh ginger, peeled and minced
sea salt and fresh ground black pepper, to taste

Directions

Preheat oven to 400.

Over low-heat, melt the coconut oil if you haven't already done so.

Chop rutabaga, parsnips, carrots, onion and garlic.

In a large roasting pan or on a large baking sheet, spread the chopped veggies and coat with the coconut oil (or olive oil) and the sea salt and paprika, mixing until well-coated.

Roast until tender, stirring occasionally, roughly 30-45 minutes.

When root vegetables are done (golden and very tender), add them to a large pot with the broth, thyme, sage and minced ginger. Blend with an immersion blender until desired texture. I like to keep some chunks in it, but you can blend until completely smooth if you wish. If you're

blending in a vita-mix or food processor, wait until the veggies are cooled and blend them (with the broth) in small batches as your equipment requires. You will add the non-dairy milk here while blending, or you can stir it into the soup pot when re-warming it back up.

When you're ready to serve, heat the soup over medium-low heat until warm.

Day 4

Breakfast

CHOCOLATE GINGER (SERVES 1)

Ingredients:

1 cup unsweetened chocolate almond milk
1 1" piece of ginger, peeled and minced finely (save any juice that comes from it)
or 1 tablespoon ginger powder
½ teaspoon cardamom
1 heaping tablespoon raw cacao or unsweetened cocoa powder (or carob)
1 heaping tablespoon almond or cashew butter
stevia to taste

Directions:

Blend until smooth and creamy.

Day 5

Breakfast

PURPLE SHAKE (1 serving)

Ingredients

1 cup almond milk, unsweetened
1/2 cup fresh or frozen organic blueberries
1 tablespoon green powder like spirulina or Clean Greens OR a handful of spinach
2 tablespoons almond butter
1 tablespoon tahini
1 teaspoon vanilla
a few drops of liquid stevia, to taste
Blend all ingredients together and drink up!

Lunch

LOCAL VEGETABLE FRITTATA

Serves 2

Ingredients

6 eggs, from pastured (happy) hens
½ cup coconut milk
1 medium sized onion, sliced thin
3-4 cups diced zucchini and/or summer squash
2 garlic cloves, sliced thin
sea salt, to taste

¼ cup chopped fresh herbs (chives, basil or parsley, whatever you prefer)

Directions:

Preheat the oven to 350F.

Chop vegetables.

Heat a 5-6 inch oven proof pan (preferably cast iron) over medium-high heat. Melt a few tablespoons of coconut oil, then add the onions and zucchini. Cook until soft.

Add the garlic, continue to cook until aromatic and the garlic is golden.

While the veggies are cooking, whisk the eggs, coconut milk, chopped herbs, and sea salt.

Pour the egg mixture into the vegetable pan then transfer into the oven.

Bake for about 15-25 minutes (size of pan will determine how long it takes in the oven).

Once the center of the frittata is “set” (you can use a toothpick or fork to check), remove from the oven and serve with or over mixed salad greens.

Dinner

EURO NUT SHAKE

Serves 1

Ingredients:

1 tablespoon vanilla extract

2 tablespoons raw cacao

2-4 tablespoons hazelnut butter (a handful of raw hazelnuts would work also)

1 cup unsweetened coconut milk

stevia to taste

optional: 1 heaping tablespoon protein powder

optional: 1 tablespoon ground flax seed

Directions:

Blend until creamy.