



GUT HEALTH SESSION



Gut Health Session

Hi, Welcome to the Gut Health Session. In this session we are going to be working closely to get to your goal.

Program:

- Complimentary session with Dietitian
- GI map comprehensive test

We are excited to have you participate in this program and here to support you in every step of the way.

Cost: \$500

BOOK NOW

Gut Health Teas

Tea for Digestion

Helps to digest food and break down the carbohydrate, fat and protein in food so body can better absorb the nutrients!!!

- 1/8 tsp. of fennel seed
- 1 tsp. of cardamom
- 1 piece of ginger
- 1 piece of cinnamon

Bring to boil, pour in a teapot and enjoy with honey.

Tea for Boosting Immune System

The zinc and Vitamin C & A in these herbs help to build up the immune system and prevent the body from getting sick during Winter!!!

- 1 piece of ginger
- Small amount of mint

Small amount of parsley

Bring to boil, pour in a teapot and enjoy with honey.

Tea for Maintaining Blood Sugar

Helps to maintain blood sugar by regulating the insulin level in the body!!!

- 1/2 stick of cinnamon 1/8 tsp. of fennel seed
- 1 small piece of Ginger

Bring to boil, pour in a teapot and enjoy.



Gut Healing Broth

- Take bones from poultry, fish, beef, lamb, shellfish or whole chicken
- Cover with water
- Add 1-2 tsp of salt and ½ tsp of pepper
- Carrots, onions, celery, parsley, sage, rosemary, thyme and bay
- Cook for 6-8 hours in a slow cooker on low and remove bones and skim off fat



Nutrition Information

Serving size - 1 organic drumstick

Calories- 81
Cholesterol-34mg
Protein- 10.18g
Potassium- 86mg
Sodium- 157 mg
Total Fat- 4.2 g
Iron- 3%

Serving size - 1 tsp. of sage

Vitamin A – 2%
Vitamin C- 1%
Iron- 3 %
Calcium-3%
Protein- .21g
Potassium- 21mg
Fiber- .8g

Serving size - 1 tsp. of ginger

Potassium- 8 mg
Protein- .04 g
Calories- 2 Kcal

Serving size - 1 tbsp. of Parsley

Sodium- 2 mg
Potassium- 21mg
Protein- .11g
Vitamin A- 6%
Vitamin C- 8%
Iron- 1%
Calories- 1

Serving size - 1 med. Celery stalk

Calories- 6 Kcal
Sodium- 32mg
Potassium-104 mg
Fiber- .6g
Vitamin A- 4%
Vitamin C- 2%
Calcium- 2%

Serving size - 1 Bay leaf

Calories-2 Kcal
Potassium- 3mg
Vitamin A & Iron- 1%

Serving size - 1 tsp. of thyme

Vitamin A- 1%
Vitamin C- 2%
Iron- 1 %
Protein- .04g

Serving size - 1 tsp. of salt

Sodium- 2325 mg

Serving size - 1 medium onion

Calories- 20 Kcal
Protein- 1 g
Vitamin C- 10%
Calcium- 2%
Fiber- 2g

Serving size - 1 tbsp. of Rosemary

Calories- 2
Vitamin A& C- 1%
Potassium- 11mg

Gut Health Recipes

Purple Smoothie

Serves 1 | Prep Time: 5 mins

Ingredients:

- 1/2 banana
- 1 tablespoon peanut butter
- 1/2 cup frozen blueberries
- 6 fluid ozs almond milk
- 4 ice cube



Directions:

1. In blender, puree all ingredients until smooth.

Nutrition Information

Protein 5.6g
Total Fat 11g
Carbs 27g
Calories 214kcal

Fiber 4.4g
Sodium 198mg
Saturated Fat 1.76g

Fruits 2.04 servings
Vegetables 0 serving
Added Sugar 0g

Sweet Potato Egg Nests

Serves 1 | Prep Time: 10 mins

Ingredients:

- 1 sweet potato, peeled
- 3 eggs
- 2 teaspoons avocado oil



Directions:

1. Attach the sweet potato to a vegetable spiralizer and begin spiralizing to make sweet potato noodles. Can also cut into thin, fine strips if no spiralizer available. Divide the noodles into four piles.
2. Heat oil in a skillet over medium-high heat.
3. Add the noodles to the skillet, making sure to keep them in four separate piles. Gently hollow out a circle in the middle of the pile for the egg to settle. Let the noodles cook for 3-5 minutes, until it holds the form and turns golden brown on the bottom.
4. Gently flip the noodles over and continue to cook for 3-5 minutes or until golden brown and crispy (like hash browns).
5. Crack eggs into middle of hollowed area of noodle and cook 2-3 minutes, or until desired consistency. If you don't like a runny yolk, you may want to flip the "egg nest" over to allow the yolk to cook. Serve immediately.

Nutrition Information

Protein 20g
Total Fat 23g
Carbs 20g
Calories 375kcal

Fiber 2.81g
Sodium 237mg
Saturated Fat 5.7g

Fruits 0 servings
Vegetables 0 servings
Added Sugar 0g