



Vegan

GUT HEALTH PLAN

Kelsey Gooden Coaching



WELCOME!

I'M SO HAPPY YOU'RE HERE!

I wanted to create an easy go-to VEGAN gut health guide for long now. I wanted to give you something simple, something you could print out and keep with you to refer back to over and over again.

So let me introduce you to the Vegan Gut Health Plan.
Let's dive right in!

VEGAN GUT HEALTH PLAN | 2018

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A GUTSY VEGAN PLAN

1. Make sure you are keeping a food journal from Day 1, so we can see what foods cause reactions and what foods give you energy.
2. Make sure you are following the plan to the best of your ability. Remember: Easy does it is key. When we stress, we inflame our intestinal lining.
3. Remember to keep a journal, a binder, or an Excel spreadsheet to keep track of when we are adding in supplements.
4. Remember to reduce supplements if you experience too much “die off”. This means you may feel tired; have headaches, loose stool, or constipation, or experience poor sleep or moodiness.
5. You can always reduce or cut back on a supplement as this is a marathon and not a sprint.
6. We start working on the foundation first by supporting your body, doing the detox tools daily, and getting clear on which foods are working for you.

FOODS THAT SUPPORT THE GUT

1. **Coconut Oil** - Cook with coconut oil and consume coconut oil, if tolerated. (3 tablespoons by mouth per day to kill pathogens naturally).
2. **Pumpkin Seeds** - Pumpkin seeds kill parasites. It is best to consume 1/4 cup daily as a late afternoon snack or make pumpkin seed milk in a Vitamix with water, 1/4 cup pumpkin seeds, cinnamon and stevia (if needed).
3. **Cloves and Cinnamon** - By cooking with each of these spices or adding them to a smoothie or drink you are naturally killing microbes that are wreaking havoc on your system.
4. **Turmeric** - By adding 1 tablespoons of turmeric to your foods, you are using one of the most powerful antimicrobial and anti-inflammatory spices.
5. **Maine Coast Sea Vegetables** - I like to buy the sprinkles (you can find them online at Amazon.com or at your local Whole Foods). Add kelp, dulse, or any of the combinations for supporting your thyroid and adrenal health - http://www.seaveg.com/shop/index.php?main_page=index&cPath=18

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6. **Chlorophyll** – Add 1 tablespoon to water and consume twice a day or add to a juice. You can buy this at Amazon.com, too, and this will help with energy.

SUPPLEMENTS

[Probiotics](#)

Liver Support

Adrenal Support

[Anti fungal with digestive enzymes](#)

FOOD COMBINING

- **FRUIT:** Fruit digests itself, passing through the digestive system within 20 minutes. By eating fruit alone, you avoid fermentation occurring in the belly. Fermentation can lead to gas, rob you of energy and slow down your digestion.
- **EAT STARCHES AND VEGETABLES:** Foods such as baked potatoes, sweet potatoes or sweet corn should be eaten alone, with a vegetable or with a small amount of fat. It is advised to eat starches (carbohydrates), such as quinoa, buckwheat, brown rice, millet or amaranth only with vegetables as starches require different digestive enzymes than proteins.
- **PROTEIN AND VEGETABLES:** Unlike starches, proteins require an acidic environment for ideal digestion, so it is best to eat protein with vegetables and a healthy fat. When you add a starch, you force your body's natural enzymes to compete to digest your food.

SOAKING NUTS, GRAINS, AND SEEDS

Please SOAK YOUR GRAINS AND SEEDS TO REDUCE THE PHYTIC ACID.

How to soak grains, beans, seeds, and nuts:

1. Add the grains, beans, seeds, or nuts* to a bowl of warm or room temperature water.

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2. Add 1-2 tablespoons of lemon juice or Bragg's raw apple cider vinegar.
3. Soak the grains, beans, seeds, or nuts* for 12-24 hours.
4. Leave the bowl sitting on your countertop.
5. Empty the grains, beans, seeds, or nuts into a colander, and rinse at least 6 times to remove any remaining phytic acid.
6. Cook the grains, seeds, or beans as usual, or store the seeds or nuts* in your fridge for 1-2 days.

SMOOTHIES

If you have a high speed blender, add all of the ingredients in the order they are listed (WITHOUT the ice). Blend until smooth. If you want your smoothie to be colder, add ice cubes, then blend.

If you DO NOT have a high speed blender, add the almond milk, banana, apples, and dates to the blender. Blend until smooth. Feel free to add a few more tablespoons of almond milk to get the mixture going, if needed. Then add pumpkin seeds, hemp protein, and spices to the mixture and blend well. If you would like your smoothie to be colder, add ice cubes and blend well.

For each smoothie, simply blend all of the ingredients in a high-speed blender or normal stand-up blender. Feel free to add water to reach your desired thickness. Use organic produce whenever possible. Each smoothie recipe serves two people or may be used as a substitute for one large meal.

Protein is important in the morning. You can add extra protein to any smoothie by including a scoop of your favorite protein powder. Try hemp protein by Nutiva, Rockin' Wellness, Sunwarrior or pea protein. You can also use 3 tablespoons of hemp seeds. Make your smoothie colder by adding 3 to 5 ice cubes.

Looking for a few ideas to add to your smoothie? Add in a teaspoon of any one of the following:

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- hemp seeds
- flax seeds
- chia seeds
- spirulina
- bee pollen
- unsweetened shredded coconut
- raw cacao powder
- raw honey
- stevia
- superfoods (maca, lucuma, wheatgrass powder)
- matcha powder
- detox greens: dandelion, parsley, cilantro, radish
- sprouts of any kind
- camu camu for vitamin C
- protein powder
- goji berries, currants, dates (limit if weight loss is desired)

Feel free to add fruit to any vegetable smoothie to add sweetness. Try 1/2 cup berries, 1/2 apple, or 1/2 banana.

CULTURED GUT HEALING

CULTURED FOODS AND DRINKS

COCONUT YOGURT KEFIR

(Adapted from nomnompaleo.com)

Serves 2

1 15-ounce can coconut milk (BPA-free can)

1 probiotic capsule (at least 50 billion)

REFRIGERATE YOUR CANNED COCONUT MILK. Refrigerate the coconut milk for about an hour while it is still in the can to create a thicker yogurt.

STORE YOUR COCONUT MILK. Remove the coconut milk from the can, and place it in a sterilized jar. Add the contents of the probiotic capsule. Mix the contents well, and tightly close the jar.

INCUBATE YOUR YOGURT. Place your jar of coconut milk in the oven with the light on and tightly close the door. Do not turn the oven on. A closed oven with the light on generates heat of about 105 to 110° Fahrenheit. Incubate your yogurt for up to 24 hours.

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HOMEMADE COCONUT WATER KEFIR

Serves 2-4

4-cup glass jar with wide opening and strong screw cap or swing-away lid
 1/2 cup water kefir grains (available at <http://www.culturesforhealth.com/water-kefir-grains.html>)
 2 to 4 cups fresh young coconut water

FILL JAR WITH YOUNG COCONUT WATER, and add your water kefir grains. Stir with a non-metal spatula as the metal will damage the grains.

Make sure the jar is airtight, and let it stand for 24 to 48 hours (the longer the brew, the more healthy bacteria you have cultured).

STRAIN THROUGH A PLASTIC SIEVE and fill bottles with the cultured coconut water. Make sure the bottles are airtight.

Refrigerate for 1-2 days, and serve chilled.

Variations:

To make lemon or lime coconut water kefir, add 1/4 cup lemon or lime juice to 1 quart of coconut water kefir.

To make cherry coconut water kefir, add 1/2 cup cherry concentrate to 1 quart of coconut water kefir.

HOMEMADE CULTURED VEGETABLES

NATURALLY CULTURED BEETS

Adapted from www.culturesforhealth.com

Makes approximately 1 quart

10 medium or 3 large beets, cooked, skins removed, chopped or shredded

3/4 cup water

1 tablespoon sea salt

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Dissolve the sea salt in water then place the beets in the jar and pour the liquid over the beets. Ideally the beets should be submerged under the liquid. Ferment for 3 to 10 days at room temperature.

Once the fermentation period is complete, the beets can be removed to a storage container if desired. Store cultured beets in the refrigerator or root cellar.

YOUR PLAN OPTIONS

UPON RISING

Drink one cup of warm water with lemon and take probiotics. {Please note that if you add ACV to your water you will want to take your probiotic 45 minutes after.}

BREAKFAST OPTIONS

1. Smoothie {Please keep this simple and stick to simple ingredients and no more than 1 fruit and 1 vegetable as this hampers digestion.}
2. Chia pudding
3. Green juice
4. Coconut Quinoa Breakfast Bowl: $\frac{1}{2}$ cup cooked quinoa warmed with (canned, unsweetened) coconut milk, add cinnamon & stevia to taste, top with $\frac{1}{8}$ cup of toasted pumpkin seeds or almond slivers
5. Almond Flour Pancakes with coconut milk and cinnamon
6. $\frac{1}{2}$ Avocado & Cultured Vegetables
7. Miso Soup with Kelp & Dulse Sprinkles
8. Coconut milk Kefir Smoothie
9. Miso Soup with a bed of greens

LUNCH AND DINNER OPTIONS

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Add 1/8 cup cultured vegetables to each meal

1. Sprouts, Avocado & Kim Chi rolled in lettuce or nori sheets. Add sprouts, ½ avocado and cultured veggies to a collar or lettuce leaf and then roll.
2. 1 cup brown rice or quinoa with ½ avocado, hemp seeds and dulse flakes.
3. Raw Avocado Soup with cup cultured vegetables topped with hemp seeds.
4. Kelp Noodles with Tahini: **Combine in a bowl kelp noodles, add 1/8 cup tahini, chopped carrots, cucumbers and cultured vegetables on a bed of mixed greens. Top with avocado for an extra boost of energy.**
5. Brown Rice Tortilla with ½ avocado, sprouts, cultured vegetables, lettuce and tomato.
6. Simple Salad: steamed string beans, nutritional yeast, avocado and sprouts on top of 2 cups of mixed greens. For dressing whisk together olive oil, Bragg's raw apple cider vinegar, chopped basil, garlic, and sea salt.
7. Carrot & Avocado Wraps with Nutritional Yeast: Add the 1/2 avocado with shredded carrot to a nori or collard, add 2 tablespoons of hummus with 1 teaspoon of nutritional yeast.
8. Quinoa with Green Beans: Steam green beans & add them to sautéed onions & garlic, combine with 1/2 cup of cooked quinoa, and sprinkle 1/8 cup of toasted pumpkin seeds or almond slivers.
9. Raw Sprouts & Salad: 2 cups of mixed greens with sprouts, avocado, chopped fennel, grape tomatoes and tahini drizzled.
10. Grilled Vegetables with Dulse: Grilled Asparagus, Onions, Fennel, Beets and hemp seeds with cultured vegetables
11. Warm Soup: ideal for assimilation of nutrients. Add your favorite protein to the soup such as sprouts, hemp seeds or protein powder.

SNACKS AND DRINKS

1. Green apple, berries or low glycemic fruits
2. 1/4 cup pumpkin seeds or sunflower seeds
3. 20 almonds, pecans, or walnuts, soaked is ideal for optimal digestion and assimilation
4. Gluten-free rice cake with 1 tablespoon almond butter and cinnamon
5. Celery and hummus
6. Carrot sticks and hummus
7. Smoothie
8. 1/2 cup of cultured vegetables with 1/4 avocado and 1 teaspoon kelp sprinkles

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9. Cup of soup - miso soup with kelp sprinkles
10. Coconut milk kefir with vanilla extract and cinnamon
11. Quinoa with 1 teaspoon coconut oil and cinnamon

PREPPING SIDES IN ADVANCE

1. Have brown rice cooked or quinoa
2. Have veggies chopped in the fridge
3. Roast vegetables to make it easy
4. Mung beans, lentils, and low glycemic beans are easy to digest
5. Simple dips that are low glycemic and easy to digest, such as hummus, guacamole, and cilantro pesto

DAILY DETOX

Dry Skin Brushing

This can be done before a shower or bath, or before bed, to release toxicity. Skin brushing improves the circulation and supports the liver.

Use a loofah, hot towel, or skin brush on dry skin. Work on one section of the body at a time, making very light circular strokes, working your way up towards your heart.

Sweat and Exercise

Commit to at least 15 minutes a day to exercise, sweat, get the blood moving, and purge toxins from your body. Try brisk walking, rebounding, jogging, cycling, or swimming. You can also sweat in a sauna, steam room, or a hot bath. Sweating releases toxins from the body, and regular exercise is essential for a healthy metabolism.

Tongue Scraping

This supports liver detoxification by removing unwanted bacteria from the mouth, thereby supporting digestion.

Epsom Salt Baths

Try an Epsom salt bath. Add 1/2 cup of Epsom salt, 1/2 cup baking soda, and a few drops of lavender oil to a warm bath, and soak for 30 minutes. Epsom salt relaxes the body, detoxifies the liver, and provides your body with the essential mineral magnesium, which is necessary for optimal relaxation, digestion, detox, and health.

NIGHT PLAN

1. At least 3 times a week, journal or take an Epsom salt bath at night
2. Remember: You do not need to RUSH
3. Drink a cup of nettle tea with stevia or Manuka honey
4. Drink 8 ounces of water with lemon and a dash of sea salt before bed to enhance liver function

MORNING PLAN

1. Wake up 30 minutes earlier
2. Say this: "I do not have to rush"
3. Prep your snacks for the day
4. Mid-day, break for one minute to breathe deeply

VEGAN THREE DAY PLAN

DAY ONE

BREAKFAST

GUT HEALTH SMOOTHIE

- $\frac{1}{2}$ cup dairy free milk
- $\frac{1}{2}$ cup dairy free kefir or dairy free yogurt (unsweetened)
- 1 cup spinach or any leafy green
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 ounce aloe vera juice

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LUNCH

MISO SOUP WITH SEA VEGETABLES

Serves 2

- 5 cups water
- ½ inch ginger, diced
- 1/2 cup sliced radish
- 1 cup chopped chard, kale or other greens
- 5 teaspoons miso of your choice
- 2 scallions, thinly sliced

MAKE THE VEGETABLES: In a large pot add water, ginger and sliced radishes and bring to a boil. Once boiling lower to a simmer and let cook another 5 minutes.

MIX IN THE MISO: Add a few tablespoons of the water broth from the pot to a small bowl. Add miso to the bowl and mix in the miso to form a puree. Place the miso puree in the soup pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Finally, add the greens and simmer for 2 more minutes and then remove from heat.

Top the soup with sliced scallions and serve.

DINNER

KALE SAUTÉ WITH LEMON AND SEA SALT

Serves 2

- 1 bunch kale, stems removed and leaves sliced into strips
- 1 garlic clove, thinly sliced
- 2 tablespoons olive oil
- 1 tablespoon lemon zest
- 1 lemon, juiced
- 1 teaspoon fresh ginger, minced

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Salt and pepper

Heat the olive oil in a large pan over medium heat. Add the thinly sliced garlic; sauté for 1 minute. Add the kale to the pan along with 2 tablespoons of water. Cook, stirring often for 2-3 minutes. Season with fresh ginger, lemon zest, sea salt, and pepper, to taste. Stir in the lemon juice and toss to coat evenly before spooning the kale into a serving dish.

DAY TWO

BREAKFAST

THE CLEANSER SMOOTHIE

1 ½ cups dairy free milk
 1 cup mixed greens
 ½ cup berries, fresh or frozen
 ½ cup cilantro
 ¼ teaspoon turmeric
 Dash cinnamon
 Juice from one lemon

LUNCH

SUPERFOODS GREENS

Serves 2

2 cups mixed greens
 ½ cup cabbage, chopped
 ½ avocado, chopped
 1/3 cup celery, chopped
 1/3 cup jicama, chopped
 1/3 cup parsley and cilantro (combined), chopped
 Juice of 1 lemon

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- 2 tablespoons raw apple cider vinegar
- 1 teaspoon nutritional yeast
- 3 tablespoons hemp seeds
- 3 tablespoons dulse flakes (optional)

In a large bowl add mixed greens, cabbage, avocado, celery, jicama and fresh herbs. Top with lemon juice, vinegar, nutritional yeast, hemp seeds and dulse flakes, if using. Toss salad well to combine, and serve.

DINNER

CREAMY ROASTED VEGETABLE SOUP

Serves 2

- 1 zucchini, chopped
- 1 squash, chopped
- 2 carrots, chopped
- ½ yellow onion, chopped
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- 1 cup dairy-free milk

ROAST THE VEGETABLES. Preheat oven to 400 degrees. Place vegetables on a baking sheet and drizzle with olive oil and sea salt. Roast vegetables for 20 minutes.

PREPARE THE SOUP. Place roasted vegetables into a blender and blend, slowly add in the milk to get a creamy consistency. Once you have your desired consistency, serve.

DAY THREE

BREAKFAST

OATLESS PORRIDGE

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- $\frac{1}{2}$ cup dairy free milk
- 2 tablespoons shredded coconut
- 2 tablespoons chia seeds or flax meal
- $\frac{1}{2}$ banana, mashed
- $\frac{1}{4}$ cup berries of choice
- Dash cinnamon

Take out a bowl and mash $\frac{1}{2}$ banana, top with dairy free milk, shredded coconut, chia seeds or flax meal, top with berries and a dash of cinnamon and serve.

Warm version: Add mashed banana and dairy free milk to a pot on the stove and warm for 2-3 minutes. Place in bowl and top with remaining ingredients.

LUNCH

CARROT & GINGER SOUP

Serves 2

- 2 Tablespoons olive oil
- $\frac{1}{2}$ yellow onion, chopped
- 2 inches ginger root, minced
- 1 garlic cloves, minced
- 3 cups vegetable or bone broth
- 1 apple, cubed
- $\frac{1}{2}$ pounds carrots, peeled and chopped
- Sea Salt & ground pepper

In a large pot over medium heat add olive oil and sauté onion until translucent, about 3 minutes. Add garlic and ginger and sauté another minute until fragrant.

Add vegetable stock or broth, carrots and apple and cook for 20-30 minutes. Place soup into a high speed blender and blend until smooth or keep as a chunky soup.

DINNER

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VEGETABLE SAUTÉ WITH COCONUT OIL

Serves 2

2 carrots, thinly sliced
1 cup snow peas, trimmed
1 yellow onion, chopped
1 zucchini, thinly sliced
1 yellow squash, thinly sliced
1 tablespoon coconut oil
Sea Salt and pepper to taste

Place a large pan over medium-high heat. Add coconut oil, then add onions and sauté 2 minutes. Add carrots, snow peas and squash and sauté 8-10 minutes until vegetables soften. Season with sea salt and pepper and serve.

***If you'd like to repeat the Three Day Gut Rebuilding Plan, you may, save any leftovers, and extend your plan to 6-7 days.

Use hashtag #KelseyGoodenCoaching on social media and share your experience!