

PESCATARIAN RESET PLAN

FRESH GROCERIES

- ◆ 1 large (32-ounce) container unsweetened plain yogurt of choice (goat's, sheep's, organic cow's or plain coconut)
- ◆ 1 jar raw fermented sauerkraut
- ◆ Healing broth of choice (4 cups at least) - bone broth, fish, vegetable, seaweed or miso all work!
- ◆ 4 eggs
- ◆ Smoked salmon
- ◆ 1 head green-leaf lettuce
- ◆ 1 pound carrots
- ◆ 1 avocado
- ◆ 1 bunch collard greens
- ◆ 2 bunches other leafy greens of choice (for soup—spinach, watercress, kale, mustards, and/or more collards)
- ◆ Medium to large piece of fresh ginger
- ◆ 1 head garlic
- ◆ 1 yellow onion
- ◆ 1 bunch scallions
- ◆ Raw Power Veggies of choice: fennel, jicama, celery, and radishes (you can get one of each, or several of one)
- ◆ 1 head cauliflower
- ◆ 1 package stir-fry veggies (fresh or frozen)
- ◆ 2 or 3 small containers fresh berries (or 2 or 3 small apples)
- ◆ 2 or 3 lemons
- ◆ 2 bottles of kombucha (or homemade Fermented Fruit Soda)
- ◆ Unfiltered quality apple juice (aim for fresh and unpasteurized)
- ◆ Organic miso paste

PANTRY STAPLES

You may already have these on hand.

- ◆ Protein powder of choice
- ◆ [Chia seeds](#)
- ◆ [Psyllium husk](#)
- ◆ [Canned wild salmon](#) or [sardines](#)
- ◆ Nori sheets
- ◆ Plain, old-fashioned rolled oats
- ◆ Sea salt and black pepper
- ◆ Za'atar spice (or [curry powder](#))
- ◆ [Cayenne pepper](#)
- ◆ Dijon mustard
- ◆ [Tamari](#) or [coconut aminos](#)
- ◆ [Coconut oil](#) or [ghee](#)
- ◆ [Pumpkin seed oil](#) (optional)
- ◆ Sesame oil (optional)
- ◆ Teas (my favorite reset teas include [nettle](#), [dandelion](#) and [ginger](#))

THE 3 DAY MEAL PLAN

DAY 1

AM: 4 to 6 ounces hot water with lemon and 24 to 32 ounces regular water with pinch of sea salt

Breakfast: Reset Variation of Power Parfait, tea or coffee with 1 teaspoon coconut oil or ghee mixed in

Optional Probiotic Pick Me Up: 4 to 6 ounces Kombucha or Fermented Fruit Soda

Lunch: A Good Gut Rule of Five Plate: Green-leaf lettuce (as much as you'd like), about 1 cup roasted carrots, small can of wild salmon or sardines, ¼ avocado, and sauerkraut. Dress up your plate with juice from the sauerkraut, a light drizzle of olive oil, and a squeeze of lemon juice, and season with salt and pepper. I also like to add a dollop of Dijon mustard for salmon and roasted veggie dipping fun.

Snack: 1 cup broth and about 1 cup roasted cauliflower

Dinner: Healing Greens Soup with an egg (cooked however you'd like) and drizzle of sesame oil

After-Dinner Treat: Good Gut Gellie and herbal tea

DAY 2

AM: 4 to 6 ounces hot water with lemon and 24 to 32 ounces regular water with pinch of sea salt

Breakfast: Reset Variation of Power Parfait, tea or coffee with 1 teaspoon coconut oil or ghee mixed in

Optional Probiotic Pick Me Up: 4 to 6 ounces Kombucha or Fermented Fruit Soda

Lunch: Collard Salad Wraps with smoked salmon and avocado

Snack: Mug of Healing Greens Soup, sliced Raw Power Veggies (as much as you'd like)

Dinner: A *Good Gut* Rule of Five Plate: Pile of steamed greens (as much as you'd like), two hard-boiled eggs, about 1 cup roasted carrots, sauerkraut, drizzle of pumpkin seed oil

After-Dinner Treat: Good Gut Gellie and herbal tea

DAY 3

AM: 4 to 6 ounces hot water with lemon and 24 to 32 ounces regular water with pinch of sea salt

Breakfast: Reset Variation of Power Parfait, tea or coffee with 1 teaspoon coconut oil or ghee mixed in

Optional Probiotic Pick Me Up: 4 to 6 ounces Kombucha or Fermented Fruit Soda

Lunch: Green-leaf lettuce or baby spinach (as much as you'd like), tinned sardines or smoked oysters, about 1 cup roasted cauliflower, sauerkraut, squeeze of lemon juice, drizzle of extra-virgin olive oil, sprinkle of cumin, salt and pepper

Snack: ½ avocado and Raw Power Veggies (as much as you'd like)

Dinner: Bowl of broth with 1 cup or more of stir-fry veggies and an egg cooked in, drizzle of tamari or coconut aminos, sesame or coconut oil, and cayenne (optional)

After Dinner Treat: Good Gut Gellie and herbal tea