



Week of 3.28.22 | 4 Week Gut Protocol Meal Plan Grocery List

Breakfast: [Sheet Pan Breakfast with Sweet Potato, Brussels Sprouts, and Bacon](#) (sub butternut squash) + turkey bacon or 1 egg | [Steel Cut Oats](#) w/ bacon or eggs on Friday

Monday: [Instant Pot Chicken Wild Rice Soup](#)

Tuesday: [5 Ingredient Instant Pot Chili](#) (with some ingredient mods)

Wednesday: [Simple Stir Fry with Chicken and Veggies](#) with [Brown Rice](#)

Thursday: [New York Strip Steak](#) with [Sautéed Zucchini](#) and [Brown Rice](#)

Friday: [Lemon Grilled Salmon](#) with [Greek Pasta Salad](#) (no feta)

Produce

- Small red onion
- 4 cups cubed butternut squash (can sub frozen)
- 4 cups of Brussels sprouts
- 4 onions
- 1 1/2 cups of carrots
- 1 1/2 cups of celery
- 16 cloves of garlic
- 8 oz sliced mushrooms
- 4 bell peppers
- 1-2 avocados
- 4 cups of stir fry veggies of your choice (broccoli, carrots, and snap peas are great)
- 4 lemons
- Fresh ginger
- 4-5 large zucchini and/or yellow squash
- (Optional garnish) fresh herbs
- 2 cups cucumber (about 1 large)
- 2 cups broccoli florets
- Fresh oregano (can sub dried)
- Fresh basil
- 1 1/2 cups grape tomatoes
- 6 cups greens (kale, spinach, etc.)
- 3 cups of your fave fruit
- 2 eggplants
- 2 baked sweet potatoes
- 2 large bananas
- 1 small bag baby carrots (or sub large carrots and slice long and skinny)
- 3 cups berries

Meat | Fish

- 8 slices of all natural nitrate-free turkey bacon + (optional 12 slices - can sub eggs instead)
- 2 1/2 lb chicken tenderloins or chicken breasts, divided use
- 1 lb ground chicken
- 2 Strip Steaks (about 8 oz each, 1.5 inches thick) - can also use Ribeye or Filet Mignon
- 1 1/4 pounds of wild Alaskan Salmon

Canned | Jarred

- 1 can/container coconut cream or coconut milk
- 3 cups of canned beans – whatever you have on hand
- 3 (14 oz) cans of tomatoes – whatever you have on hand (diced, crushed, sauce, etc.)
- 20 olives (I used kalamata)
- 2 cans (3 cups) chick peas
- 4 (15oz) cans of stewed Italian tomatoes with basil

Pantry

- Olive oil
- 1 bag wild rice
- 2 cartons low sodium chicken broth
- Coconut aminos (or sub low sodium soy sauce)
- Coconut oil
- Cooking oil spray
- Brown rice
- 1 box whole wheat or GF pasta
- Red wine vinegar
- Steel cut oats
- 5 scoops Vegan protein shake
- Nut butter of choice
- 1 container/bag Sunflower or pumpkin seeds
- Decaf tea - marshmallow root tea, licorice root tea, and pu-erh tea recommended for 4WGP
- 1 small container/bag of pistachios or almonds
- (Optional) Flax seeds
- Maple syrup

Refrigerated | Frozen

- (Optional) 6 eggs - can sub extra turkey bacon
- Butter (sub oil or ghee for 4WGP)
- (Optional garnish) Parmesan cheese
- 1 cup of feta cheese crumbles (omit for 4WGP)
- 1 cup cultured coconut yogurt

Spices

- Himalayan or sea salt
- Poultry seasoning
- Dried thyme
- Chili powder
- Cumin
- Paprika
- Onion powder
- Garlic powder
- Cayenne
- Dried oregano
- Coarse Kosher or sea salt
- Coarse ground black pepper