

# 5 DAY INTRO PREP MENU (SAMPLE)

## *Day 1: Stage One*

### **Breakfast:**

Filtered water + squeeze of lemon

Ginger root & turmeric root tea + coconut oil + tsp honey

Chicken soup (omit parsley) + 1 tsp sauerkraut juice

Broccoli simmered in broth

### **Lunch:**

Chicken soup (omit parsley) + sip of beet kvass

Veggie of choice, simmered in broth

### **Dinner:**

Lamb + garlic meatballs

Mashed cauliflower + garlic

Mug of Broth with garlic + sea salt + tsp sauerkraut juice

**Detox Bath:** 1 cup Apple Cider Vinegar

## *Day 2: Stage Two*

### **Breakfast:**

Filtered water + squeeze of lemon

Ginger tea

Carrot ginger halibut soup + tsp sauerkraut juice

### **Lunch:**

Egg yolk drop soup

Veggie of choice, simmered in broth

### **Dinner:**

Chicken thighs simmered with leeks + mushrooms (Heal Your Gut cookbook)

Mashed cauliflower + garlic

Mug of Broth with garlic + sea salt + tsp sauerkraut juice

**Detox Bath:** 1 cup Epsom salts + lavender essential oil

## *Day 3: Stage Two*

### **Breakfast:**

Filtered water + squeeze of lemon  
Hamburgers w/ Intro gravy  
Veggie of choice, simmered in broth + ghee  
Mug of broth w/ garlic + sea salt

### **Lunch:**

Fish soup + tsp sauerkraut juice

### **Dinner:**

Tomato soup + tsp sauerkraut juice (Heal Your Gut cookbook)  
Simmered hamburgers + garlic/sea salt  
Russian custards (2 egg yolks whipped w/ tsp honey per person)

**Detox Bath:** 1 cup baking soda

## *Day 4: Stage Three*

### **Breakfast:**

Filtered water + squeeze of lemon  
Virgin cod liver oil + pickle juice in shot glass  
Probiotic  
Butternut squash leek soup (Heal Your Gut cookbook)  
Scrambled egg w/ slow-cooked onion in ghee

### **Lunch:**

Butternut squash leek soup (Heal Your Gut cookbook)  
Baked chicken legs  
Lacto-fermented pickles

### **Dinner:**

Crockpot cilantro chicken (w/ mashed avocado)  
Onion soup (Heal Your Gut cookbook)  
Mug of Broth w/ garlic + sea salt

**Detox Bath:** 1 cup seaweed powder

## *Day 5: Stage Three*

### **Breakfast:**

Filtered water + squeeze of lemon

Virgin cod liver oil + pickle juice in shot glass

Probiotic

Nutbutter squash pancakes with ghee/honey mixture

Scrambled eggs

Mug of broth w/ garlic + sea salt

### **Lunch:**

Lamb + garlic meatballs

Tomato soup (Heal Your Gut cookbook)

Lacto-fermented pickles

### **Dinner:**

Beef & vegetable stew

Broccoli simmered in broth (with broth served on the side)

Shot glass of beet kvass

Russian custards

**Detox Bath:** 1 cup sea salt + lavender essential oil