

Getting Regular
Meal Plan &
Recipes



The Digestive Center for
Wellness

GETTING REGULAR

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Your Getting Regular

7-DAY MEAL PLAN

	<i>breakfast</i>	<i>lunch</i>	<i>snacks</i>	<i>dinner</i>
DAY 1	Sweet Potato & Kale Hash served with 1 fried egg OR 2 T pumpkin seeds	Collards Wraps	Cauliflower Hummus + raw veggies + Mary's Gone Crackers	Vegetable Stir-Fry
DAY 2	Sweet Potato & Kale Hash served with 1 fried egg OR 2 T pumpkin seeds	Vegetable Stir-Fry	Cauliflower Hummus + raw veggies + Mary's Gone Crackers	White Bean Vegetarian Chili + Kale & Brussels Salad
DAY 3	Steel Cut Oats with Berries & Flax Seed	White Bean Vegetarian Chili + Kale & Brussels Salad	Green Blend	Curried Cauliflower and Chickpea Stew
DAY 4	Steel Cut Oats with Berries & Flax Seed	Curried Cauliflower and Chickpea Stew	Cauliflower Hummus + raw veggies + Mary's Gone Crackers	Large Green Salad with Tahini Dressing + Lean Protein
DAY 5	Vegetable Frittata	Large Green Salad with Tahini Dressing + Lean Protein	Green Blend	Zucchini Pasta with Pesto & Cherry Tomatoes + Shrimp (if desired)
DAY 6	Vegetable Frittata	Zucchini Pasta with Pesto & Cherry Tomatoes + Shrimp (optional)	Green Blend	Split Pea Soup + Side salad
DAY 7	Baked Avocado with Egg	Split Pea Soup + Side salad	Cauliflower Hummus + raw veggies + Mary's Gone Crackers	Flank Steak + Roasted Asparagus

GREEN BLENDS



Green Blends Three Ways

NUMBER OF SERVINGS PER RECIPE: 2

Simple Green

Blend until smooth.

- 3 to 4 cups coconut water
- 3 to 4 hearty handfuls leafy greens
- Juice from 1/2 lemon
- 1/2 cup fruit
- 1 stalk celery with leaves
- 1 handful ice



Ultimate Green

Blend until smooth.

- 2 to 3 cups coconut water
- 1/2 cup nectarine/mango
- 1/2 square inch ginger
- 1 cup spinach + 1 cup kale + 1/2 cup parsley
- juice from 1/2 lemon
- 2 sprigs fresh mint
- 1 cup ice

Green Lemonade

Blend until smooth.

- 4 cups water
- 1/2 head of romaine lettuce
- 1 large lemon, peeled
- 2 kale leaves
- 1 handful of spinach 1 stalk celery
- 1 cucumber, peeled
- 1 pear (or green apple)



BREAKFAST



VEGETABLE FRITTATA

Servings: 6



ingredients:

- 1 tablespoon olive or coconut oil
- ½ small yellow onion, diced
- 1 cup broccoli florets, cut into small pieces
- ½ zucchini, chopped
- ½ cup red bell pepper, chopped
- 2 cups spinach, loosely packed
- 8 large eggs
- Sea salt and freshly ground black pepper to taste

instructions:

1. Preheat oven to 350°F. In a cast-iron skillet, add the olive oil and onion. Cook over medium heat for 2 to 3 minutes, until it begins to brown.
2. Add broccoli, zucchini, and bell pepper. Sauté for a few minutes, until soft and moist. Add in the spinach and cook for 1 to 2 minutes more, until slightly wilted. Remove pan from the heat and allow mixture to rest.
3. In a medium bowl, beat eggs and season with salt and pepper. Add eggs to vegetable mixture; place sauté pan directly into preheated oven (or transfer to 9-inch pie plate before placing in the oven).
4. Bake for 20 minutes, or until the eggs are well set and slightly browned. Slice into wedges and serve immediately.

BAKED AVOCADO WITH EGG

Servings: 2



ingredients:

- 1 avocado
- 2 large eggs
- Sea salt to taste
- Red pepper flakes to taste
- Chives, thinly sliced

instructions:

1. Preheat the oven to 425°F. Slice the avocado in half and scoop out enough flesh from the avocado to make room for the eggs.
2. Place the avocado halves in a small baking dish. Slowly crack the eggs into the avocado halves, ensuring that there is no overflow.
3. Bake for 15 to 20 minutes, or until the whites are cooked through. Remove from the oven and season with salt, red pepper flakes, and chives.

SWEET POTATO & KALE HASH

Servings: 2



ingredients:

- 1 T coconut oil
- 1 lg sweet potato, peeled & cut into 1/4-inch cubes
- 1/2 small red onion, chopped
- 1 small green apple, peeled and cut into 1/2-inch cubes
- 1 clove garlic, finely chopped
- 1/4 teaspoon red pepper flakes
- 1 bunch dinosaur kale, stalks removed, sliced thin
- 1 to 2 tsp olive oil
- Sea salt to taste
- 1 T fresh rosemary, chopped

instructions:

1. Place the coconut oil in a medium skillet and melt over medium heat. Add the sweet potato and onion and sauté for 10 to 12 minutes, until softened.
2. Add the apple, garlic, and red pepper flakes and sauté for 2 to 3 minutes more.
3. Toss the kale and olive oil into the mix and sauté for about 3 minutes, until the kale is gently wilted.
4. Season with salt to taste. Sprinkle with rosemary before removing from the pan.
5. Optional: Top with 1 to 2 fried eggs or pumpkin seeds.

SNACKS



CAULIFLOWER HUMMUS

Servings: 4-6



ingredients:

- 1 medium head of cauliflower
- 1 tablespoon olive oil (for roasting the cauliflower)
- 1 large garlic clove, roughly chopped
- 2 tablespoons lemon juice
- ¼ cup tahini
- 2 tablespoons olive oil
- ½ teaspoon cumin
- 1 teaspoon lemon zest
- ½ teaspoon sea salt
- 2-4 teaspoons water
- Garnish: cilantro, paprika, sumac, and olive oil

instructions:

1. Preheat oven to 400. Chop cauliflower into florets. Add pieces to a bowl and mix with olive oil and a touch of sea salt. Place florets on parchment lined baking sheet. Roast 18-20 minutes or until golden.
2. Remove from oven; let cool. Place cooled cauliflower, garlic, lemon juice, tahini, and olive oil in food processor. Process until well-combined. Add cumin, lemon zest, & salt. Process again.
3. Slowly drizzle in water. Process until desired consistency is reached. Process until completely smooth and creamy, scraping down the sides as necessary. Season with sea salt to taste. Place the hummus into a serving bowl and top with paprika or sumac, a drizzle of olive oil, and cilantro.

LUNCH/DINNER



COLLARD WRAPS

Servings: 1



ingredients:

- 3 sliced or shredded colorful vegetables: cabbage, carrots, beets, jicama, red bell peppers, yellow bell peppers, broccoli sprouts, pea shoots, cucumber, avocado, zucchini, summer squash, etc.
- Fresh collard green leaves
- Spread: hummus, mashed avocado, or Ginger Tahini Dressing (or all 3!)
- Precooked quinoa (optional)

instructions:

1. Slice or shred the vegetables into thin strips using either a mandolin or a slicer, or by cutting them by hand.
2. Wash and dry the collard leaves. Shave down the thick stalk and then flip the collard leaves over.
3. Place the moist ingredients in the middle of each leaf and spread (use avocado, hummus), then fill the leaves with the sliced vegetables. Add in quinoa for a more filling wrap.
4. Fold the sides in first and then roll up like a burrito. Eat whole or slice in half.

SPLIT PEA SOUP

Servings: 8



ingredients:

- 1 pound yellow split peas, rinsed & drained
- 8 to 12 cups low-sodium broth, depending on desired consistency
- 4 large cloves garlic, minced
- 1 medium yellow onion, minced
- 2 cups coconut milk (optional)
- 3 scallions, chopped
- 1 jalapeño pepper, seeded & diced 1 sprig of fresh thyme
- ½ teaspoon ground cumin
- Freshly ground black pepper to taste

instructions:

1. Add split peas & 8 cups broth to large stockpot, along with garlic & onion. Bring to a boil.
2. Reduce heat to medium-high; cook until peas are soft, about 1 hour. Add additional broth as needed to keep the mixture liquid. Add coconut milk if using & boil for 10 minutes.
3. Add scallions, jalapeño, and thyme; cook for 10 minutes more.
4. Remove pot from heat and blend soup with an immersion blender or puree in a food processor. Return mixture to medium heat & cook for 30 min more.
5. Season with cumin & pepper to taste.

WHITE BEAN VEGETARIAN CHILI

Servings: 8



ingredients:

- 2T olive oil
- 1 onion, minced
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 T chili powder
- ½ tsp cinnamon
- 1 jalapeño pepper
- 2 or 3 cloves garlic
- 2 zucchini, chopped
- 1 red pepper, diced
- 1 medium sweet potato
- 2 cups diced tomatoes with juice
- 1 cup water
- 1 cup vegetable stock (plus more as needed)
- 7 oz tomato paste
- 1 tsp sea salt
- 4 cups cooked white beans
- 1 avocado, diced, for garnish
- 1 bunch cilantro, chopped, for garnish
- Dash of hot sauce (optional)

instructions:

1. In large stock pot, heat 1T oil over medium-high heat. Add onion and sauté. Once onion begins to sweat, add oregano, cumin, chili powder, cinnamon, jalapeño, and garlic. Cook for 1 to 2 minutes, until softened.
2. Add remaining 1 T oil, zucchini, bell pepper, sweet potato, tomatoes, water, stock, tomato paste, salt, and cooked beans. Bring mixture to a boil. Reduce heat to a simmer. Cover and cook for 35 to 40 minutes, or until all of vegetables are soft.
3. Serve hot and top each bowl with avocado and cilantro. For a little heat, add a dash of hot sauce.

VEGETABLE STIR FRY

Servings: 2-4



ingredients:

- 1 T coconut oil
 - 1 small red onion, sliced
 - 1 head broccoli, chopped
 - 1 cup sliced mushrooms
 - 1 sweet pepper, sliced
 - ½ cup snow peas, ends removed
 - 2 carrots, sliced into thin rounds
 - 2 cloves garlic, minced
 - 1/2 pound medium shrimp, peeled and deveined (OPTIONAL)
- MARINADE:
- ½-inch piece of fresh ginger, grated
 - 1 tablespoon tamari
 - 1 tablespoon water
 - ½ teaspoon mirin
 - 1 teaspoon maple syrup
 - 1 teaspoon red pepper flakes
 - 1 tablespoon freshly squeezed orange juice

VEGETABLE STIR FRY (continued)

Servings: 2-4



instructions:

1. Heat a saute pan over medium heat. Add coconut oil and onion. Sauté onion for 2 minutes. Add broccoli, mushrooms, bell pepper, snow peas, carrot, and garlic. Cook for 3 minutes.
2. To make the marinade, mix the ginger, tamari, water, mirin, maple syrup, red pepper flakes, and orange juice in a small bowl. Whisk together. Allow marinade to condense for 2 to 3 minutes.
3. Pour the marinade over the vegetables. Serve with brown rice or on its own.
4. OPTIONAL: Add ½ pound of peeled and deveined shrimp at the same time that the marinade is added. Cook for 3 to 4 minutes, or until the shrimp curl and turn light pink.

BROILED MISO SALMON

Servings: 2



ingredients:

- 1 tablespoon white miso
- 1 tablespoon freshly squeezed orange juice
- 1 teaspoon minced fresh ginger
- 1 teaspoon maple syrup or raw honey
- 1 to 2 teaspoons tamari
- ½ teaspoon toasted sesame oil
- ½ teaspoon red pepper flakes
- Two 6-ounce salmon fillets

instructions:

1. Preheat the broiler to 500°F. In a small bowl, make the marinade: mix the miso, orange juice, ginger, maple syrup, tamari, sesame oil, and red pepper flakes together.
2. Place the salmon fillet skin- side down in a baking dish. Cover with the marinade. Set aside for at least 30 minutes.
3. Place the marinated salmon in the oven (at least 6 inches from the top) and cook for 6 to 8 minutes for medium-rare doneness. Serve over mixed greens, quinoa, or brown rice.
4. NOTE: The salmon can also be made on the grill.

QUINOA TABBOULEH SALAD

Servings: 6-8



ingredients:

- 1 cup uncooked quinoa
- 2 cups water
- 1 cup peeled and chopped cucumbers
- ½ cup chopped scallions
- 1 cup chopped fresh parsley
- ¼ cup chopped fresh mint
- 1 cup quartered grape tomatoes
- Sea salt and freshly ground black pepper to taste
- ¼ cup olive oil
- ¼ cup fresh lemon juice
- 1 tsp minced garlic

instructions:

1. In a small pot, combine the quinoa and water (or use half vegetable broth for a boost of flavor). Bring to a boil, cover, and reduce the heat to low. Simmer until done, about 15 minutes. Chill thoroughly, at least 30 minutes.
2. Add the cucumbers, scallions, parsley, mint, and tomatoes to the quinoa. Season with salt and pepper to taste.
3. In a separate small bowl, whisk the olive oil, lemon juice, and garlic until blended.
4. Add to the quinoa and veggies and mix until thoroughly combined. Chill before serving.

CABBAGE CRUNCH SALAD

Servings: 6-8



ingredients:

DRESSING

- 3 T olive oil
- 2 tsp toasted sesame oil
- ¼ cup freshly squeezed lime juice
- Zest of 1 lime
- 1 T mirin
- 1 T raw honey
- Sea salt to taste

SALAD

- ½ medium red cabbage, finely shredded
- 1 large green cabbage, finely shredded
- 2 carrots, peeled and shredded
- 3 green onions, thinly sliced
- 1/3 cup chopped fresh cilantro
- 2 tablespoons toasted sesame seeds
- ½ cup crushed cashews

instructions:

1. Whisk all of the dressing ingredients in a separate small bowl. Let stand.
2. Combine the red cabbage, green cabbage, carrots, green onions, and cilantro in a large bowl.
3. Pour the dressing over mixture, then add in toasted sesame seeds. Toss again. Allow to marinate for 30 minutes.
4. Add the crushed cashews to salad before serving. Store unused salad and dressing separately in the refrigerator. Mix before serving.

VEGETABLE LENTIL SOUP

Servings: 12



ingredients:

- 2 T olive oil
- 3 celery stalks, chopped ½-in cubes
- 2 lg carrots, chopped
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 1½ tsp chopped fresh rosemary
- 1½ tsp dried oregano
- 8 cups low-sodium organic broth
- 28-ounce can diced tomatoes with juice
- 2 cups green lentils, rinsed
- 1/3 cup chopped fresh Italian parsley
- Freshly ground black pepper

instructions:

1. Heat the olive oil in a large, heavy pot over medium-high heat. Add the celery, carrots, onions, garlic, rosemary, and oregano. Sauté until the onions are translucent, about 8 minutes.
2. Add the vegetable or chicken broth and tomatoes with their juice. Bring the soup to a boil. Reduce the heat to medium-low, cover and simmer until the vegetables are just tender, stirring occasionally, about 30 minutes.
3. Add the lentils. Cover and continue simmering until the lentils are softened, about 1 hour.
4. Stir in the parsley. Season the soup to taste with freshly ground black pepper. Ladle into bowls and serve.

VEGGIE BURGER

Servings: 10 patties



ingredients:

- 1 tablespoon olive oil
- ½ medium head cauliflower, chopped (3 C)
- ½ medium yellow onion, chopped (¾ C)
- 1 stalk celery, peeled and chopped
- 1 large carrot, peeled and chopped
- 1 medium sweet potato, peeled & shredded (about 1½ cups shredded)
- 2 cloves garlic, peeled and chopped
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup sunflower seeds
- ¼ cup sesame seeds
- 2 tablespoons ground flaxseeds
- 1 flax egg (1 tablespoon ground flaxseed soaked in 2 tablespoons warm water—let sit for 10 minutes)

VEGGIE BURGER (continued)

Servings: 10 patties



instructions:

1. Heat oil in large skillet over medium heat. Add next 4 ingredients. Cook 5 to 7 minutes.
2. Add sweet potato and garlic to the pan. Mix veggies thoroughly. Add cumin, oregano, salt, and pepper. Mix well; allow veggies to cook for 5 minutes, until tender. Remove pan from heat.
3. While veggies are cooling, grind sunflower seeds and sesame seeds in the bowl of a food processor; don't overprocess. Pour seed mixture into separate bowl and mix in ground flaxseeds. Set aside.
4. Place veggie mixture in food processor and pulse until larger chunks are gone. Add in seed/flax mixture and pulse a few more times. Add the flax egg and pulse until mixture is well combined. Don't overprocess.
5. Preheat the oven to 400°F. Line two rimmed baking sheets with parchment paper. Scoop 1/3 cup of the mixture in your wet hands and form a ball. Place the ball on the parchment paper and form into a 1/2-inch-thick round patty. Repeat with the rest of the mixture. (If too moist, place mixture in the freezer for 5 min.)

FLANK STEAK

Servings: 6



ingredients:

- 2 cloves garlic, minced
- 1 T grated fresh ginger
- 2 green onions, sliced
- ½ cup tamari
- 2 T olive oil
- 1 T sesame oil
- 2 T raw honey
- 1 flank steak (about 1½ pounds)

instructions:

1. To make the marinade, whisk the garlic, ginger, green onions, tamari, olive oil, sesame oil, and honey together in a small bowl.
2. Place the steak in a shallow non-aluminum dish. Pour the marinade over the steak. Turn to coat and marinate the steak for at least 4 hours but preferably overnight.
3. Cook the steak on a grill until medium. Let it rest for a few minutes to seal in the flavors.
4. Cut the steak into thin diagonal slices against the grain of the meat serving.

ROASTED ASPARAGUS

Servings: 4



ingredients:

- 1 bunch asparagus
- ½ to 1 tsp minced fresh garlic
- Salt and freshly ground black pepper to taste
- 2 T olive oil
- ½ lemon

instructions:

1. Preheat the oven to 400°F. Place the asparagus, garlic, salt, and pepper in a bowl. Toss to coat.
2. Spread the asparagus on a rimmed baking sheet in a single layer.
3. Roast for 12 to 16 minutes, or until tender but still crisp. Turn only once during the cooking time.
4. Lightly squeeze the lemon over the spears just before serving.

ZUCCHINI PASTA

Servings: 4-6



ingredients:

- 4 zucchini
- 2 cups fresh basil leaves, tightly packed
- ½ cup walnuts or pine nuts
- 1 clove garlic, coarsely chopped
- ¼ to ½ cup olive oil, added until desired consistency is reached
- ½ tsp sea salt
- Freshly ground black pepper to taste
- 1 cup cherry tomatoes, chopped

instructions:

1. For the "pasta", use a julienne peeler or knife to make long thin slices of zucchini. If you own a spiralizer, that's a less labor intensive way to make the noodles.
2. Combine the basil, nuts, and garlic in the bowl of a food processor and blend until coarsely ground. Slowly drizzle in the olive oil and process. Add enough olive oil to keep it moist.
3. Add salt and the pepper to taste. Cover the zucchini with the pesto and top with the chopped tomatoes.
4. Note: Store the remaining pesto in a tightly sealed container in the refrigerator for up to 4 days.

TAHINI DRESSING



ingredients:

- 1 ¼ cup tahini
- 2 T rice vinegar
- 2 tsp sesame oil
- ¼ cup water
- ¼ cup gluten-free tamari
- 1 T maple syrup
- 1 T freshly grated ginger
- ½ tsp red pepper flakes

instructions:

Whisk the tahini, rice vinegar, sesame oil, water, tamari, maple syrup, ginger, and red pepper flakes together until smooth and well combined. Adjust with liquids or seasonings if necessary.

KALE & BRUSSELS SALAD

Servings: 6



ingredients:

- 4 cups lacinato kale, loosely packed
- 4 cups Brussels sprouts, loosely packed
- ½ cup sliced almonds, toasted

DRESSING

- ¼ cup freshly squeezed lemon juice
- 1 tablespoon Dijon mustard
- 1 T chopped shallots
- 1 tablespoon lemon zest
- 1 T raw honey
- ¼ cup olive oil
- Sea salt and freshly ground black pepper to taste
- 1 T freshly squeezed orange juice

VARIATION

- Garbanzo beans, pomegranate seeds

KALE & BRUSSELS SALAD (continued)

Servings: 6



instructions:

1. Remove and discard the stalks from the kale. Roll the leaves, and then slice into thin strips.
2. Halve the Brussels sprouts, discard the ends. Place them in a food processor and pulse a couple times to chop into shreds; do not overprocess. Mix the kale and Brussels sprouts in a large bowl.
3. For the dressing, mix together the lemon juice, mustard, shallots, lemon zest, and raw honey. Whisk until well combined. Slowly add in olive oil and mix. Season with salt and pepper.
4. Drizzle the dressing over the kale and Brussels sprouts. Toss to coat. Add sliced almonds and mix.
5. VARIATION: Add pomegranate seeds and chopped garbanzo beans for a twist on this simple salad.

CURRIED CAULIFLOWER CHICKPEA STEW



ingredients:

- 1 head cauliflower
- 1 yellow onion, thinly sliced
- 2 cloves garlic, minced
- 1-inch fresh ginger, sliced
- 1 T coconut oil
- 2 carrots, sliced thin
- 1 T curry powder
- 2 cups low-sodium organic vegetable stock
- 1½ cups chopped tomatoes with their juices
- 1½ cups cooked chickpeas
- Freshly ground black pepper
- Chopped fresh basil

instructions:

1. Wash the cauliflower and remove the outer leaves and inner stems. Cut the florets into bite-size pieces and set aside.
2. In a Dutch oven over medium- high heat, sauté the onions, garlic, and ginger in the coconut oil until lightly browned. Add the carrots and cook for an additional 2 minutes.
3. Add the curry powder, vegetable stock, tomatoes, and chickpeas. Bring the soup to a boil, then reduce the heat to medium-low and bring the soup to a simmer before folding in the cauliflower.
4. Cover and cook until the cauliflower is soft, about 7 minutes. Season with freshly ground black pepper to taste. Garnish with chopped basil and serve.



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