



## The Ultimate Three Day Digestive Reset to Healing Your Gut

Created by Kat Vernelli Nutrition





# The Ultimate Three Day Digestive Reset to Healing Your Gut

Kat Vernelli Nutrition

Hi There!

My name is Kat and I'm a Holistic Nutritionist here to help you reset your digestion and decrease symptoms like bloating, PMS, brain fog and fatigue. How do you do that? Focus on eating nutrient dense foods that leave *YOU* feeling energized and happy. I created this 3-day digestive reset to show you that eating nutrient dense foods doesn't have to be difficult or time consuming, AND that you aren't stuck feeling bloated, tired and headachy...or deprived ;).

Instead of eating from a diet mentality of what you can and cannot eat, eat based on what nourishes your body and mind. In other words, foods that keep you thriving and energized long after you've enjoyed them. The best way to do that is through a digestive reset.

I wasn't always a health guru, having battled an eating disorder for several years. It wasn't until I began my own journey to healing that I realized just how important real, whole foods are and the vital role they play in creating my well-being physically and mentally. I changed my eating habits by adding, not deleting, and I learned which foods supported my digestion and left me feeling energized and nourished. I also learned to let go of letting a number on a scale dictate my own feelings, and instead listened to my body. How freeing that was!

Of course there were times when this journey was not easy, but surrounding yourself with people who lift you up is just as important as the food we put in our mouth.

Below are some examples from clients I have worked with who have generously shared their own journey on resetting their digestive system and decreasing their symptoms:

<https://www.katvernellinutrition.com/testimonials>

[https://www.google.com/maps/contrib/104382262364995267901/place/ChIJmRU9drAjoFMR\\_ptei3yIBHw/@53.5448938,-113.5312423,17z/data=!3m1!4b1](https://www.google.com/maps/contrib/104382262364995267901/place/ChIJmRU9drAjoFMR_ptei3yIBHw/@53.5448938,-113.5312423,17z/data=!3m1!4b1)

I hope you find that in just a short 3 days you can also start to feel better and begin your own journey to resetting your digestive system and saying goodbye to bloating, fatigue, headaches and even PMS!

Wishing you a happy reset!

Kat Vernelli; C.H.N



# The Ultimate Three Day Digestive Reset to Healing Your Gut

3 days

	Mon	Tue	Wed
<b>Breakfast</b>	Scrambled Eggs with Peppers and Kale	Bacon, Eggs, Avocado & Sauerkraut	Overnight Paleo N'Oats
	Avocado		
<b>Snack 1</b>	Celery with Almond Butter copy	Celery with Almond Butter copy	Hummus & Veggies Snack Box
<b>Lunch</b>	Creamy Chicken Stew	Creamy Chicken Stew	Creamy Chicken Stew
<b>Snack 2</b>	Paleo Granola	Paleo Granola	Cashews & Clementines
<b>Dinner</b>	Almond Crusted Trout & Kale	Almond Crusted Trout & Kale	One Pan Roasted Veggies & Chicken copy
	Sweet Potato Fries	Sweet Potato Fries	
<b>Snack 3</b>	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth



# The Ultimate Three Day Digestive Reset to Healing Your Gut

56 items

## Fruits

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- 1 Avocado
- 1/3 cup Blueberries
- 2 Clementines
- 1 tbsp Lemon Juice
- 1 tbsp Pomegranate Seeds

## Breakfast

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- 1/3 cup Almond Butter

## Seeds, Nuts & Spices

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- 1/3 cup Almonds
- 0 tsp Black Pepper
- 1/4 cup Cashews
- 2 tsps Chia Seeds
- 1 1/16 tsps Cinnamon
- 1/2 tsp Dried Thyme
- 1/4 cup Ground Flax Seed
- 1/2 tsp Ground Sage
- 1 tbsp Italian Seasoning
- 1 tsp Paprika
- 2/3 cup Pumpkin Seeds
- 2 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Slivered Almonds
- 1 cup Sunflower Seeds

## Vegetables

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- 4 Carrot
- 11 stalks Celery
- 8 Garlic
- 1 cup Green Beans
- 5 cups Kale Leaves
- 1 cup Parsley
- 2 Red Bell Pepper
- 1 Sweet Potato
- 2 Yellow Onion
- 1 Yellow Potato
- 1 Zucchini

## Boxed & Canned

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- 2 cups Chicken Stock
- 1/2 cup Organic Coconut Milk

## Baking

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- 2 tsps Almond Flour
- 1 tbsp Cacao Nibs
- 1 cup Dried Unsweetened Cranberries
- 1/4 cup Raw Honey
- 2 1/4 tsps Tapioca Flour
- 1 cup Unsweetened Coconut Flakes

## Bread, Fish, Meat & Cheese

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- 2 lbs Chicken Drumsticks
- 2 cups Chicken Meat
- 1/4 cup Hummus
- 2 slices Organic Bacon
- 2 Rainbow Trout Fillet
- 1 Whole Chicken Carcass

## Condiments & Oils

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- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Avocado Oil
- 1/3 cup Coconut Oil
- 1 1/2 tsps Dijon Mustard
- 2 1/4 tsps Extra Virgin Olive Oil
- 1/4 cup Sauerkraut
- 1/2 cup Sunflower Seed Butter

## Cold

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- 5 Egg
- 2 1/2 cups Unsweetened Almond Milk

## Other

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- 6 cups Water

# Scrambled Eggs with Peppers and Kale

5 ingredients · 15 minutes · 1 serving



## Directions

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1. Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
2. While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
3. Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
4. Divide between plates and enjoy!

## Notes

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### More Carbs

Serve with toast, roasted potatoes, or sweet potatoes.

### Egg-Free

Use mashed tofu instead of eggs.

## Ingredients

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- 3/4 tsp Extra Virgin Olive Oil
- 1/2 Red Bell Pepper (sliced)
- 1 cup Kale Leaves (chopped)
- 3 Egg
- Sea Salt & Black Pepper (to taste)

# Avocado

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Cut avocado into slices or chunks. Enjoy!

## Notes

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### Serve it With

Salads, soups, chilli, on toast, or in a wrap with leftovers.

### Savoury Snack

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

### Sweet Snack

Top with maple syrup, honey, maple butter and/or cinnamon.

## Ingredients

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1/2 Avocado



# Bacon, Eggs, Avocado & Sauerkraut

4 ingredients · 15 minutes · 1 serving



## Directions

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1. In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
2. Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
3. Transfer cooked eggs to plate and add sauerkraut. Enjoy!

## Ingredients

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- 2 slices Organic Bacon
- 2 Egg
- 1/2 Avocado
- 1/4 cup Sauerkraut

# Overnight Paleo N'Oats

9 ingredients · 5 minutes · 1 serving



## Directions

1. Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
2. In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

## Notes

### Reheating

Reheat on the stovetop in a pot over low heat until warmed through.

### Leftovers

Store in an airtight jar in the fridge up to 5 days.

### More Toppings

Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

### Likes it Sweet

Drizzle with maple syrup or honey.

### No Almond Milk

Use any other type of milk instead.

## Ingredients

- 1/3 cup Almonds (raw)
- 2 2/3 tbsps Pumpkin Seeds (raw)
- 1 tsp Ground Flax Seed
- 2 tsps Chia Seeds
- 1/2 cup Unsweetened Almond Milk
- 1/16 tsp Cinnamon (ground)
- 1 tbsp Pomegranate Seeds
- 1 tbsp Cacao Nibs
- 1 tbsp Almond Butter



# Celery with Almond Butter copy

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Spread almond butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

## Notes

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### No Celery

Use cucumber instead

## Ingredients

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- 2 stalks** Celery (sliced into sticks)
- 2 tbsps** Almond Butter

# Hummus & Veggies Snack Box

4 ingredients · 5 minutes · 1 serving



## Directions

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1. Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

## Notes

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### Storage

Refrigerate in an airtight container up to 3 days.

### No Hummus

Use guacamole or a ready-made dip instead.

## Ingredients

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1/2 Red Bell Pepper (sliced)

2 stalks Celery (cut into small stalks)

1/3 cup Blueberries

1/4 cup Hummus

# Creamy Chicken Stew

11 ingredients · 20 minutes · 4 servings



## Directions

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1. Heat coconut oil in a soup pot over medium heat. Add onion, and cook stirring for about 5 minutes. Add chopped carrot, and stir for a few minutes before adding chopped celery. Add celery and cook for 5 more minutes.
2. Add minced garlic and stir in, allow to cook for 1 more minute. Add in stock, chopped chicken, sage, thyme and pepper. Since all the ingredients are already cooked, the soup is almost done.
3. Simply bring the soup to a hot temperature and stir. Add coconut milk, stir in well and serve.

## Notes

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### Creamier Soup

If you would like a creamier soup, add another 1/2 cup of coconut milk.

## Ingredients

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- 1 tbsp** Coconut Oil
- 1** Yellow Onion (chopped)
- 3** Carrot (chopped)
- 3 stalks** Celery (chopped)
- 4** Garlic (minced)
- 2 cups** Chicken Stock
- 2 cups** Chicken Meat (cooked, chopped)
- 1/2 cup** Organic Coconut Milk (from the can, full fat)
- 1/2 tsp** Ground Sage
- 1/2 tsp** Dried Thyme
- Black Pepper (to taste)



# Paleo Granola

12 ingredients · 40 minutes · 8 servings



## Directions

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1. Preheat the oven to 300°F (149°C). Line a large baking sheet with parchment paper.
2. Combine all ingredients except the dried cranberries and almond milk together in a large mixing bowl. Mix very well until all ingredients are evenly distributed. Using your hands works best! Spread the mixture evenly across the baking sheet.
3. Bake for 30 minutes, giving a stir at the 15 minute mark.
4. Remove from oven and let cool completely. Once cool, transfer into a mixing bowl and add dried cranberries. Toss well to evenly distribute.
5. Add to a bowl and serve with a bit of almond milk for breakfast or eat dry as a snack. Enjoy!

## Notes

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### Nut Allergy

Use sesame seeds instead of slivered almonds.

### Storage

Store in a mason jar or airtight container in the fridge for up to 1 week.

### No Dried Cranberries

Use raisins.

## Ingredients

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- 1 cup Slivered Almonds
- 1 cup Sunflower Seeds
- 1/2 cup Pumpkin Seeds
- 1 cup Unsweetened Coconut Flakes
- 1/4 cup Ground Flax Seed
- 1/4 cup Coconut Oil (melted)
- 1/2 cup Sunflower Seed Butter
- 1/4 cup Raw Honey
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1 cup Dried Unsweetened Cranberries
- 2 cups Unsweetened Almond Milk

# Cashews & Clementines

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Divide into bowls and enjoy!

## Ingredients

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- 1/4 cup Cashews
- 2 Clementines

# Almond Crusted Trout & Kale

8 ingredients · 15 minutes · 2 servings



## Directions

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1. Brush the flesh side of the trout fillet with mustard, and then dip the flesh side into the almond flour.
2. Heat a pan over medium heat and add the avocado oil. Once it is heated, place the trout flesh side down and cook for 3 minutes, then flip and cook for 3 to 4 minutes until cooked through. Remove and set aside.
3. In the same pan, add the kale leaves and garlic and cook until just wilted. Season with lemon juice. Serve alongside the trout and season with sea salt. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Fillet Size

One fillet is equal to 159g or 5.6oz.

### Nut-Free

Use a gluten-free flour blend, coconut flour or cassava flour instead of almond flour.

### More Flavor

Add additional spices or herbs, such as chives, parsley, dill, nutritional yeast or chili flakes.

### More Fiber

Serve with your favorite roasted vegetables.

### No Avocado Oil

Use extra virgin olive oil or coconut oil.

### No Kale

Use swiss chard instead.

## Ingredients

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- 2 Rainbow Trout Fillet
- 1 1/2 tsps Dijon Mustard
- 2 tbsps Almond Flour
- 1/2 tsp Avocado Oil
- 4 cups Kale Leaves (stem removed, thinly sliced)
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1/8 tsp Sea Salt



# Sweet Potato Fries

3 ingredients · 35 minutes · 2 servings



## Directions

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1. Preheat oven to 425°F (218°C) and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
2. Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
3. Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
4. Season with salt if desired, and let cool slightly before serving. Enjoy!

## Notes

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### No Tapioca Flour

Use arrowroot powder, brown rice starch or cornstarch instead.

### Spice it Up

Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

### Crispy Fries

For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

### Serve Them With

Our Magical Mayo, 15 Minute Grilled Steak, Corn & Chickpea Guacamole Salad, or any of our burger recipes (like the Apple Turkey Burgers with Caramelized Onions & Brie).

### Leftovers

Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.

## Ingredients

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- 1 1/2 tbsps Coconut Oil (melted)
- 1 Sweet Potato (large, sliced into 1/4 inch strips)
- 2 1/4 tps Tapioca Flour

# One Pan Roasted Veggies & Chicken copy

9 ingredients · 35 minutes · 2 servings



## Directions

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1. Preheat the oven to 400F and line a baking sheet with parchment paper.
2. Place the chicken in the center of the baking sheet and arrange the chopped vegetables in a single layer around the chicken. Drizzle oil over chicken and veggies then add the Italian seasoning, paprika and sea salt. Using your hands, toss or rub the spices evenly all over the veggies and the chicken.
3. Bake for 25 minutes or until the chicken is cooked through and the veggies are tender. Divide equally between plates and serve.

## Notes

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### Vegetable Prep

To ensure your vegetables cook evenly, be sure to slice them into roughly the same sized pieces.

### Leftovers

Store in an airtight container in the fridge up to 3 days.

## Ingredients

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- 2 lbs Chicken Drumsticks
- 1 Yellow Potato (medium, chopped)
- 1 Zucchini (medium, chopped)
- 1 Red Bell Pepper (chopped)
- 1 cup Green Beans
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 1 tsp Paprika
- 1/2 tsp Sea Salt

# Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



## Directions

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1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

## Notes

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### Low FODMAP

Omit garlic and onions.

## Ingredients

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- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 **tbsp** Apple Cider Vinegar
- 1 **tsp** Sea Salt
- 1 **cup** Parsley (chopped)
- 6 **cups** Water