



Now we are moving.

As we enter into our second week of The Healthy Six, remember to choose foods that will heal the gut. You have the hang of this by now:

1. Warm Lemon Water (with ½ lemon squeezed, or a slice of lemon, or plain) and a probiotic in the morning.
2. Break your 12-hour fast with a smoothie, eggs with veggies or steel cut or gluten-free oats with protein (such as nuts or seeds, quinoa flakes, protein powder. Always have some protein to begin the day.
3. If you are hungry, have a snack (listed in snacks) – veggies and bean dips, apples and almond butter, roasted chickpeas. Never get to the point of hangry.

4. Make lunch the larger meal: a soup and salad, protein and salad/veggies or salad and carb (quinoa, brown rice).
5. Go light at dinner – salmon/veggies, chicken/veggies, or some of the delicious vegetarian recipes included.

Just like our [7-day first week meal plan](#), the Second Week Meal Plan is a guide. You can follow it, or experiment with other anti-inflammatory recipes. At this stage, you should be getting the hang of it – you are all following the rule of no sugar, gluten, dairy, red meat, alcohol or processed food.

If weight loss is your goal, I recommend adopting the rule of no food combining in week two. Only mix protein (i.e., chicken or fish,) with non-starchy vegetables (e.g., broccoli, green leafs) and never with grains. For example, you would have a large salad with roasted mushrooms and brown rice. We wouldn't add salmon to this. We would have salmon with greens.

A daily fast is central to The Healthy Six – finish eating by 8pm, and then refrain from eating until 8am (or 10 am). Fasting allows our digestive system to rest and process the food we have eaten that day. Fasting also encourages weight loss and helps you balance your hormones.

Hydration is another important principle in the Healthy Six. Aim for half your body weight in ounces of water. Water can be incredibly helpful for weight loss. It helps you burn more calories, and has been known to suppress your appetite, and will be amazing for that skin glow!!

Introduce the healers: The Healthy Six not only takes things *out* of the diet, but it also *adds things in*. If you haven't started taking a probiotic yet, please begin, as there is [overwhelming research](#) that a probiotic will change your gut. Your gut is your second brain, and the goal of The Healthy Six is to make it happier!

The **HEALERS for the gut** are:

- Fresh ginger – think about adding it to your smoothies – I love having it with mango, pineapple and I even throw it into blueberry smoothies
- BONE BROTH – I can't say enough good things about bone broth. If you aren't vegetarian please feel free to have a cup of bone broth daily this week – I like to chop up whatever veggies are on hand, toss them in a saucepan, cover them with bone broth and let that simmer for 15 minutes.
- Turmeric – start taking a turmeric capsule, and also consider having a Golden Milk Latte
- Parsley – throw it into soups and smoothies. One of my favorite things to do is to use my food processor and blitz ½ cup fresh parsley with ½ head purple cabbage, two carrots, 1 lemon, salt and pepper. It's great on top of salads.
- Sauerkraut or Kimchi – these are great for healing your gut. Have a couple of tablespoons
- Dark leafy greens

Healthy Six Nutritional Guidelines:

Eat a largely plant-based diet with nutrient-dense foods, dark leafy greens, antioxidant rich fruits (blueberries, blackberries, cherries) and

veggies, plus plenty of water.



Choose lean proteins – this week features a roast chicken (use the whole thing – although we favour chicken breast for leanness, making a soup and a stock with the chicken is a good idea and a filling way to fit more veggies in. This week’s Taco Tuesday is fish tacos, but feel free to substitute black or kidney beans or a veggie chili or go back to Pulled Chicken~ In our house, we usually have “wacky Wednesday” which is breakfast for supper. This week we will have a veggie frittata.

A note: eggs can be inflammatory in some people. If you find that you are bloated after having eggs, take them out this week. That said, few people are truly inflamed by eggs and they are an excellent source of protein. For your smoothies, buy a vegan protein powder or collagen powder. Legumes are encouraged – pulses are very high in fibre and protein. If you have trouble digesting them, take them out. Tofu or tempeh can be added into your diet for meatless meals. Tempeh is rich in probiotics.

Avoid dairy: Make dips and dressings with coconut yogurt soaked cashews and legumes. Store-bought hummus is fine, or you can make your own. The [best hummus recipe I have ever tried is from Cookie and Kate](#). Also, you have to try my [Beet Hummus Recipe](#).

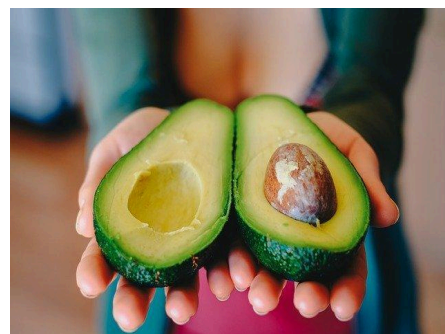
If you love high protein Greek yogurt and you know that it doesn't cause bloating, add it to the list! The bacteria in yogurt is good for the gut. But if it gives you bloating or gas after you eat it, keep it off the plate. Goat's cheese for flavor is ok!

No sugar: you will see maple syrup or honey in dressings and dates in the energy balls. No refined sugar.

Coffee: 1-2 per day allowed with non-dairy milk or black; replace additional coffee with Matcha tea, green tea or herbal teas, or lemon water. Avoid coffee 12 hours before bedtime.

Along with the six foods out of the diet, we introduce more healing foods. They include:

- Ginger, turmeric and cinnamon – all proven healers. Have ginger fresh as well as powdered, and turmeric capsules
- Omega 3s (salmon, walnuts, chia seeds, dark leafy greens)
- Dark, leafy greens: kale, spinach, arugula, romaine
- Antioxidant rich food – red cabbage, blueberries, green tea
- Vitamins and Minerals from a rainbow of veggies and fruit
- Healthy fat (avocado, olive oil, almond butter)



Every Day:

AM: Start each morning with lemon water. Lemon water is a detoxifier that stimulates your digestive system, and helps contribute to a healthy gut. It is also great for your skin. Squeeze one half a lemon into a mug, top with

boiling water then add cooled purified water.
Have your probiotic on an empty stomach.

Breakfast

Each day starts with a smoothie, eggs or high-protein overnight oats. Don't be afraid of throwing different veggies into your smoothies: branch out from spinach and kale – cauliflower is excellent in smoothies, and try this: 1 cup pumpkin puree, 1 cup oat milk, 1 cup water, 2 tsp cinnamon, 1 tsp nutmeg, ½ tsp vanilla, 1 scoop vanilla protein powder. DIVINE!



If you can't do a daily smoothie, then substitute in [Overnight Oats](#), scrambled eggs with spinach/veggies, or chia puddings. Get creative with the recipes & meal plans shared on WhatsApp and in the [community](#).

Lunch

Soup or salad with protein or grain; leftovers from previous dinner. We really love soup on The Healthy Six, and I will be sharing even more ideas in the [Fit Fam Community](#).

Dinner

You will have a healthy dinner of either a protein with steamed, sautéed and slow cooked veggies or salad, or grains with veggies.

Monday: Meatless Monday Chickpea patties (or parsley-chicken burgers) or Spiral Zucchini with Turkey or Chicken herb meatballs.

Tuesday: Taco Tuesday – Fish Tacos or Black Bean Chili lettuce wraps

Wednesday: Wacky Wednesday – Spinach, Leek and Mushroom with Thyme Frittata

Thursday: [Lemon Garlic Chicken](#)

Friday: [Miso Maple Salmon](#)

OPTION 1 – Stay the course. Have BBQs with grilled chicken, planked salmon, shrimp skewers.

OPTION 2 – DEEP DIVE

If you decide to commit to option 2 (Deep Dive), you have a soup on Friday night, finish eating by 6pm and then spend the weekend drinking [Green Juice](#), or followed by green detoxer (spinach, celery, lime, parsley, ginger, turmeric, black pepper, water and honey) veggie soups and salads for 24-36 hours. The key to the Deep Dive is to REST and eat every 2 hours – staying hydrated and eating as many raw or steamed veggies as you can.

Note: This is a form of a 48-hour cleanse. It is not for everyone. But, the benefits of this can be increased weight loss and more mental clarity.

OPTION 3 – 80/20

Friday or Saturday go out for a meal or order in from your favorite spot – if it is pizza, opt for a gluten free crust! It is ok to balance healthy eating with treat-eating.

Saturday/Sunday:

Asian turkey burgers or pulled chicken, miso maple salmon, other ideas!

Weekend Brunch: [Coconut Flour pancakes](#) with raspberry chia syrup

Feel free to explore the sites below, using the keyword “anti-inflammatory”.

erinphelan.com

eatingwell.com

epicurious.com

ohsheglows.com

ambitiouskitchen.com

minimalistbaker.com

cookieandkate.com

consciouscleanse.com

plantyou.com *

*new for FALL 2022 and full of AMAZING recipes

Sunday Meal Prep:

[Ginger Roast Chicken](#)

Herb Chicken Burger

Energy Balls

Roasted Chickpeas

Lemon-Mustard Salmon

Day 1:

AM: lemon water, probiotic

Breakfast

[Gutsy green smoothie](#)

OR

[Pumpkin pie smoothie bowl](#)

Snack

1 finely chopped apple with cinnamon

Lunch

Giant salad with blueberry balsamic dressing or [anti-inflammatory dressing](#) and 1 cup cooked quinoa or brown rice

OR

[French lentil soup](#)

Snack

Veggies with coconut yogurt dip or [Bust It out Black Bean Dip](#)

Dinner

[Turmeric chickpea cakes](#)

OR

Lemon mustard salmon (to be prepped)

Day 2:

AM: lemon water, probiotic

Breakfast

[Cherry vanilla smoothie](#) or

[Anti-inflammatory blueberry smoothie](#) or

Poached egg with gluten free bread and slice of avocado.

Snack

[Endurance crackers](#) with almond butter or hummus

Cup of chicken bone broth

Lunch

[Carrot-lentil soup](#)

Snack

Fresh fruit



Dinner

“Taco Tuesday”

Cod or tilapia, lightly pan-fried with sea salt and cumin – squeezing a lime and hot sauce after cooking 3-4 minutes on each side. Serve with guacamole, on mixed greens or in lettuce wraps with guacamole/salsa

Vegetarian: [Spicy black beans](#) and brown rice

Day 3:

AM: lemon water, probiotic

Breakfast

[Pineapple-kale smoothie](#)

Snack

Yogurt and granola or fresh fruit

Lunch

Great big giant salad with leftover cod or quinoa and [amazing guacamole](#)

Snack

Coconut yogurt or Greek Yogourt with [chia-seed jam](#) OR

Cup of chicken bone broth

Dinner

Baked lentils

OR

Baked chicken with salad

OR

[Asian turkey burgers](#) (no bun, in lettuce wrap or on its one with sesame broccoli



Day 4:

AM: lemon water, probiotic

Breakfast

[Blueberry triple almond smoothie](#)

Snack

Energy balls

Lunch

[Dijon tuna on mixed greens](#)

OR

[Brown rice salad with Indian spices](#)

Snack

Crackers with hummus

Dinner

[Shrimp with bok choy](#)

OR

[Lentils and spinach](#)



Day 5:

AM: lemon water, probiotic

Breakfast

[Chocolate cherry smoothie](#)

Snack

Yogurt with granola or berries

Lunch

[Dijon tuna on mixed greens](#)

OR

Mixed greens with warmed quinoa and chopped almonds

Snack

Roasted chickpeas

Dinner

Maple miso salmon

OR

Stir fry chicken



Weekend (Days 6 & 7)

There are three options for the weekend:

WEEKEND OPTION 1: Deep Dive

If you choose to “Deep Dive” you will wake up Saturday and have a green smoothie followed by either soups or salads until Sunday dinner at 6pm. You may then have salmon or chicken, or a vegetarian meal with legumes.

WEEKEND OPTION 2: “80/20”

If you choose to approach The Healthy Six more as a “80/20” way of life for the three weeks, you might have a “treat meal” on the weekend – pizza or pasta or a glass of wine – this is fine as well. Listen to your own body.

WEEKEND OPTION 3: Stay the Course (Day 6/7 meals below)

Simply follow the Six Pillars over the weekends of The Healthy Six.

Day 6:

AM: lemon water, probiotic

Breakfast

[Pear-cherry smoothie](#)

Snack

Energy balls

Lunch

[Green goddess anti-inflammatory soup](#)

Snack

Tropical fruit salad

Dinner

Why not try [Moroccan chicken](#)?

Day 7

AM: lemon water, probiotic

Breakfast

[Blueberry coconut pancakes](#)

Snack

Beet hummus and crackers

Lunch

Anti-inflammatory [chicken ginger soup](#)

Snack

Chia pudding

Dinner

TBD – with meal prep

Healthy Six Snacks:

- [Roasted chickpeas](#)
- [Endurance crackers](#) and sliced avocado
- [Energy balls](#) – we will make these this week!
- Fresh veggies and hummus or black bean dip
- Fresh berries with lime and mint
- Tropical fruit salad (chopped mango, pineapple, fresh lime)
- Overnight oats (GF oats in almond milk with chia seeds)
- Chia pudding ([this recipe](#) is DELICIOUS – but you can make chia seed pudding [simply using any recipe](#))
- Roasted sweet potatoes, parsnips, carrots
- [Beet hummus](#) and crackers /veggies (MAKE THIS!!!)



NEW SOUP IDEAS:

As I am sure you have all figured out – I am not a food blogger. I am a writer, I am a communications expert, I am definitely a health coach and trainer – but my recipes sometimes miss a few steps. What I *am* insanely good at doing is finding recipes for us to cook!

This is a FANTASTIC paleo and Healthy Six-friendly list of soups:

[Fabulous soup recipes](#)

SMOOTHIE IDEAS

[Wonderful smoothie recipes](#)

Stay the course!