

G.R.A.N.D.

GUT REPAIR & ALKALIZING NUTRITION FOR DIGESTION



MENU GUIDELINES



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Beginning of the Week Time-Saving Prep Steps

If one of your obstacles is the feeling that you “don’t have time,” here are ideas that will help save you time and make your meal preparations efficient.

- Juice a dozen lemons and/or limes at the beginning of the week. Date the mix, so you’ll know how fresh it is. Many of the blood sugar balancing and hormone stabilizing recipes use lemon or lime, and it can be time consuming to juice them fresh before each meal. If you’re concerned about nutrient loss from squeezing them in advance, you can juice them and store in ice cube trays. You can also use these lemon/lime ice cubes to flavor your drinks. Measure as you fill the trays and it becomes really easy to add specific quantities of lemon juice to a recipe.
- If you have inflammation and like ginger, juice a bunch of ginger at the beginning of the week. If you don’t have a juicer, ginger can be blended and strained to remove the stringy pulp. Ginger is an awesome anti-inflammatory. It can be added to juices, smoothies, water, and chia beverages to enhance the flavor and the therapeutic effect. Store the ginger juice in a jar in your refrigerator or fill ice cube trays to keep it fresh longer.
- Make *Chia Gel* ahead of time. Soak 1 cup chia in 5 cups water. Or use a 32 ounce mason jar and add 3/4 cup chia and fill to the brim. Shake well and place in the refrigerator.
- Soak any nuts or seeds needed for recipes every three days. Make enough cheeses, dips, and spreads for three days.
- Cut a variety of vegetables into sticks suitable for dipping. Just about all firm vegetables can be pre-cut and can last 3 or more days in the refrigerator. Avoid pre-cutting cucumber as they can get slimy. Store in Ziplock bags for ready access.
- If you have a dehydrator, choose a few dehydrated breads and crackers to make and have on hand.
- Stock your refrigerator with lots of produce. Choose things you like. Keep on hand the veggies that make good sandwiches and wraps. These include collard greens, romaine lettuce, cucumbers, jicama, red and orange bell peppers, cabbage, tomatoes and nori sheets. See *Grab ‘n Go Time Saving Meal Planning Ideas* for details about how to make sandwiches and wraps.



Grab and Go Time Saving Meal Planning Ideas

Making nutritious meals doesn't have to consume all your time and energy. Many recipes are quick and easy to make and can be put together in 5 - 10 minutes.

What follows is a set of time saving tips I've learned over the years that will allow you to make a meal in as little as 5 minutes.

All it takes is a little advanced planning and making a few items every 3 - 4 days.

Grab and Go Preparation

1. **Make 1 or 2 dips and/or "cheese" recipes – they last several days.** Be sure to make more dip before you run out. Preparation takes no more than 5 minutes per dip, on average. Dips are very versatile and, in addition to making a terrific meal in and of themselves, can be eaten with a variety of raw vegetable sticks or dehydrated crackers. Dips or "cheese" can be used in wraps, on sandwiches, on salads, and as a sauce for steamed or raw vegetables. They are also good drizzled on top of a soup.
2. **Make 1 or 2 spreads.** They will last for 4 days, sometimes longer. Spreads, sometimes called paté, are made with vegetables and nuts or seeds and are similar in texture to sandwich spreads like those made from tuna and salmon.
3. **Make a couple of salad dressings and/or sauces.** By having these already made, you can quickly make a delicious meal by tossing with your favorite greens and vegetables, some of which can be purchased pre-washed and cut to save you time.
4. **Make 1 or 2 soups.** Soups can be made up to 2 or 3 days ahead of time, especially if you include lemon. Each soup recipe can make 2 meals if desired. Some are so good that it's hard to resist eating the entire batch. Make enough for leftovers to save time.
5. **Make 1 or 2 entrées or vegetable dishes.** Some vegetable dishes can be made in advance so you can just grab and go. Most of the recipes make multiple servings. If you're preparing for only one person, cut the recipe in half and make enough for 2 meals. Leftovers can be eaten for lunch or dinner the next day.



6. **If you have a dehydrator and some favorite recipes, choose a selection of recipes to make ahead of time.** These can be used as wraps and crusts in assembling a variety of meals.
7. **Make desserts for sweet cravings and “Snack Attacks.”** When temptation arises, it’s a lot easier to resist when you have something handy to eat that’s healthy and will keep you in balance. Keep these in your freezer and carry those that withstand warm temperatures.

Grab and Go in Action

When you have a stocked refrigerator and pantry, it’s easy to make quick and delicious healthy meals on the run.

Here’s how:

Open the refrigerator at lunch time and take a look around. Which vegetable appeals most as the outer wrapping? Bell pepper? Jicama? Collard?

I must admit, I usually choose those requiring the least amount of work like red bell pepper and collard greens. Those are wash and go. Jicama takes a little longer to peel and slice, but it can be prepared as part of your **Beginning of the Week Time-Saving Prep Steps.**



Grab and Go Step-by-Step

Quick and Portable Meal: Sandwich and Wrap Alternatives

1. Choose a vegetable or a dehydrated crust, bread, or cracker to use as your base.
2. Choose a spread.
3. Choose vegetables and sprouts to add green nutrition.
4. Choose a dip to add to the top.
5. Wash and cut vegetables if necessary.
 - Red bell peppers are cut lengthwise down the middle.
 - Jicama is peeled and cut into 1/8 – 1/4 inch thick rounds.
 - Romaine lettuce and collard leaves are simply rinsed.
6. Lay vegetable on a plate.
7. Start with a layer of greens - either baby greens or large leaf greens that have been cut into bite-sized pieces and wilted with a salt massage are recommended.
8. Add a layer of spread (optional).
9. Spoon on sauerkraut if desired.
10. Add sauce or dip.
11. Top with sprouts and any other chopped or grated vegetables.
12. Wrap if need be.
13. Eat and enjoy. It's like eating a salad in a wrap.

I've actually made salad then realized I'd rather eat with my hands and took the entire salad and wrapped it in a nori sheet or collard green leaf. In this way, you can take a salad wrapped in a leaf to a ball game, meeting, or to your desk to eat (although this is not ideal, sometimes it's necessary).

This entire process takes about 5 minutes, including clean up. There's very little clean up, save for the spoons and knives used in preparation. The meal is filling, delicious, and very nutritious.



Grab and Go Dip Meals

1. Select a variety of vegetable sticks and stiff romaine hearts alone or with some dehydrated chips.
2. Grab a pre-made dip or two. Spreads can also be used as dips.
3. Eat and enjoy.

Soup and Salad on the Go

1. Pour pre-made soup into bowl. You may heat it briefly on the stove first if desired.
2. Put a few handfuls of pre-washed salad mix, baby spinach, and baby arugula in a bowl with a handful of each of a few types of sprouts. Add a few sunflower seeds, pumpkin seeds, or hemp seeds, and top with pre-made dressing. Add other veggies as time allows.

Main Meal in a Hurry

1. If you've pre-made your main dish, or if you have leftovers from a previous meal, simply place on a plate and eat.
2. If the dish requires heat, put it on the stove inside a steamer basket for a few minutes to take the chill off, or put it in dehydrator for a few minute on high.

Using the *Grab and Go* method you can make meals as simple or as elaborate as you'd like.

There's a lot of variety possible and a lot of possible usage for leftover. Leftover sauces from one meal can turn into a topping for a "sandwich." Veggies and dips make great portable lunches, as do sandwiches.

You can bring along the components in small containers and assemble at work or even in your car if you're travelling as a passenger. Salads can be pre-made and stored in the refrigerator or carried to work by keeping dressing separate to add right before eating.



Breakfast Planning Guidelines

The typical American/continental breakfast of juice, coffee, and toast with or without cereal is a blood sugar disaster. Even switching to fresh squeezed fruit juice, gluten-free toast, and multigrain cereal will create surges of insulin and disrupt hormones for the rest of the day.

Many gut healing menu plans recommend a high protein breakfast, which generally means bacon and eggs, steak and yogurt, or cottage cheese. This type of can be a disaster for both the immune system and cardiovascular system, and it's extremely deficient in micro-nutrients and antioxidants.

These gut healing menus provide a breakfast that's both loaded with micro-nutrients and antioxidants plus they are low in carbohydrates and high enough in protein to leave you satiated and balanced all day. Use the following guidelines to help personalize the breakfast choices you'll find in the menus

Extras

These can be added as toppings or extras to add calories and to make your meals more filling:

- Soaked and/or sprouted nuts or seeds – nice when ground and sprinkled on chia porridge
- cashew yogurt or coconut yogurt
- low-glycemic granola
- Shredded coconut – nice on chia porridge

For special occasions and weekends when you may have more time for breakfast preparation, enjoy a more elaborate, low-glycemic breakfast.

Steamed or sautéed vegetables, or any lunch or dinner menu item can also be enjoyed at breakfast.

If you are suffering with inflammatory bowel disease, or are sensitive to specific carbohydrates, as in the GAPS diet or to FODMAPs, consult the *Modified Specific Carbohydrate Diet* food list for allowed and eliminated foods; adapt the recipes and menu plan accordingly. Those with inflammatory bowel diseases, like Crohn's and colitis, may need to strictly avoid raw foods or stick to blended or juiced vegetables for a period of 30 days or longer.



Lunch Planning Guidelines

Most people are used to having lunches that are comprised of a sandwich, salad, and a side of munchies. Here are some fantastic living food lunch options for you to choose from. Use the following guidelines to help personalize the lunch choices you'll find in the menus.

Choose as many of the first three options as needed to satisfy your hunger and appetite. If needed, add from the other ideas below. You can also use up any leftover dishes from previous days or meals.

Veggie Sandwich or Wrap

If you're used to quick lunches you can hold in your hand, sandwiches or wraps are great ways to use veggies to get your crunch and texture fixes.

Salad with Dressing

Make a tossed green salad with your choice of vegetables and a fresh or leftover dressing. Use a variety of greens such as spinach, lettuce (red, green, or romaine), kale (any variety), collard greens, chard, beet tops, bok choy or other Asian greens, endive, chicory, or other leafy greens of your choice. The more variety you include in your greens, the more you'll benefit from a range of helpful and healing minerals.

Raw or Steamed Vegetables with Dip or Spread

Feel free to use any leftover dishes that need to be used up.

Add as needed according to hunger:

Vegetable Dish (raw or cooked)

Choose ingredients with a variety of colors and add a fresh or leftover sauce.

Extras

These can be added as toppings or extras to add calories and to make your meals more filling:

- Raw vegan veggie/nut/seed paté
- Dehydrated carb replacement
- Nuts or seeds



Dinner Planning Guidelines

For dinner, you have the choice of a full dinner/supper including a soup, salad, and entrée or vegetable dish. Use the following guidelines to help personalize the dinner choices.

Choose as many of the first three options as needed to satisfy your hunger and appetite. If needed, add from the other ideas below. You can also use up any leftover dishes from previous days or meals.

Blended Soup or Vegetable Rich Soup

Use the suggested recipe in the menu plan or use up leftovers from a previous meal.

Salad with Dressing

Use the suggested recipe in the menu plan or use up leftovers from a previous meal.

Vegetable Dish/Entrée (raw or cooked)

Use the suggested recipe in the menu plan or use up leftovers from a previous meal.

Add as needed according to hunger:

Vegetable Dish (raw or cooked)

Choose ingredients with a variety of colors and add a fresh or leftover sauce.

Extras

These can be added as toppings or extras to add calories and to make your meals more filling:

- Raw vegan veggie/nut/seed paté
- Dehydrated carb replacement
- Nuts or seeds



Snack Attack Strategy

It's inevitable. It's bound to happen. You're humming along, getting used to the idea of spacing your meals. Yeah, the science makes sense and you're so ready. And then it hits, about midway through the interval between lunch and dinner and you feel it coming on.

You're thinking about food. You're imagining something you know you shouldn't eat, but the craving is strong. You don't want to give in to it, but you also remember what I said about letting your blood sugar go too low.

This is why I created the snack attack strategy that you're about to learn:

Step 1: Tune into the sensation.

Where is it coming from? Does it start in your stomach? Your throat? Your brain? Is it a physical sensation or emotional?

Step 2: Differentiate hunger from thirst.

If you've determined that what you're experiencing is a physical sensation, it's time to differentiate hunger from thirst. The best way to do that is to take one or two 16 ounce glasses of water and drink them. You can add essential oils, flavor extracts or lemon juice to flavor your water. Drink a big glass of water and wait 30 minutes.

Step 3: Satisfy your hunger.

If you're still feeling hungry and the sensation is now stronger, you're really hungry and here are the steps you can take to satisfy your body's need for fuel without stressing your blood sugar handling mechanisms and adding inches to your waistline.

Below is a list of foods you can eat to hold you off until your next meal. They are listed **in order from most to least favorable**.

Often the hunger stems from low nutrition, so the top three items on the list are extremely nutrient dense (16 - 32 ounces is a good serving size).



Snack Attack Approved Foods, in order of preference:

- *Green Water* (see recipe under **Juices and Energy Drinks** section)
- Fresh green juice without any fruit (the allowed exceptions are lemon or lime).
- Water with 1 tablespoon green powder (plain or flavored with any combination of your choice of herbs, spices, flavor extracts, essential oils, and stevia)
- Water with 1 tablespoon green powder and 1 serving protein powder
- *Chia Drink*
- Vegetable sticks by themselves or with a raw food dip (dairy-free, gluten-free, whole food)
- An ounce of raw nuts or seeds
- Snacks that are blood sugar friendly - i.e. raw crackers made from vegetables along with nuts and seeds
- Sample Program Schedules

The key to success is personalizing meals to **suit your needs**. Some people prefer a rigid menu guideline; others prefer to pick and choose their meals and approach. Your results and your sense of ease with the approach will suggest what the best choice is for you.

If you are very new to the suggested recipes and/or if your body is experiencing a great deal of detoxification, you may find the optimal schedule is too rigorous.

That's okay!



Taste Balancing Tips

You always have the options of adapting or creating your own recipes based on the guidelines you'll find in this program. To assist you with your creations, follow the taste balancing tips below.

The 5 Primary Tastes:

There are 5 primary tastes that our tongues perceive:

- Sweet
- Salty
- Sour
- Bitter
- Pungent

Although there are thousands of different tastes that we perceive in fresh, whole foods, when we balance the five major ones, the food is so delicious that everyone says, "Wow!"

If a food contains a balance of all 5 tastes, it is pleasing to the tongue. If it does not, the food is generally perceived as "okay", good, or pleasant, but not as *amazing* as when the tastes are balanced. I have been using this strategy in creating and modifying recipes with great success. When you learn to balance the five tastes, you will make delicious food.

A Balance of Tastes and Emotions:

While you are learning to balance the five tastes, you can refer to a list of foods for each of the five taste groups. The *Taste Balancing Flavor Chart* that follows lists some of the major foods in each category. When we take into consideration the Chinese medicine associations of each flavor with emotions, we realize that balancing the tastes in a food brings us pleasure not only from a pure sensory perspective, but also from an emotional one as well.

When we feed our physical, emotional, and spiritual bodies with comforting food, we achieve balance that transcends the taste buds alone.



Example of Taste Balancing:

The best way to demonstrate how to use the taste balancing principles is to present a real life example. My example is based on an experience I had one afternoon when I decided to make myself a green smoothie. The example uses fruits that we are currently excluding for this program, but you'll get the idea.

I had read that mango and kale made a good smoothie, so I put two mangoes and a whole bunch of kale in the blender and turned it on. The thick green concoction wasn't bad, but it tasted to me to be too bitter and too sweet at the same time.

It was definitely palatable, and I could have easily consumed it, but I decided instead to experiment with the 5 tastes. I added half a bag of frozen strawberries to tone down the sweetness of the mangoes. It was better, but not quite there.

I then added the rest of the bag, and a 1/4 cup of fresh squeezed lime juice for a bit of sour. It was starting to taste even better. Now I had sweet from the mangoes and strawberries, bitter from the kale, sour from the lime, and a little bit more sour from the strawberries.

Next, I needed to balance for saltiness. I added two stalks of celery to the blender and tasted again. It was getting there, but needed a bit more salt. I added another stalk of celery, making three stalks in all.

The last taste to balance was pungent, also known as spicy. I sliced a 1 1/2 inch diameter piece of ginger about 1/8 inch thick and added it, along with about 1 teaspoon of dried mint.

It was delicious! I named the final recipe ***Green Mango Delight***.



The Taste Balancing Guide:

I recommend that you experiment in your own kitchen with these principles. Whenever you are trying to perfect a dish, ask yourself the following questions:

1. Is it sweet enough?
2. Is it salty enough?
3. Is it sour enough?
4. Is it bitter enough?
5. Is it spicy (flavorful, pungent) enough?

For each question that evokes a negative response, reflect upon what ingredient can be added that is consistent with the theme of the recipe that can provide the missing flavor. Consult the chart below. With practice, you will be making foods that cause everyone who tries it to exclaim, "Wow"!

Taste Balancing Flavor Chart

Sweet	Salty	Sour	Bitter	Pungent
Fresh, frozen, or dried fruit	Celtic sea salt	Lemon	Green leafy vegetables	Ginger
Red bell pepper	Olives	Lime	Green herbs	Mint
Carrots	Miso	Grapefruit	Cacao	All hot spices: cayenne, etc.
Tomatoes	Sea veggies, especially dulse	Apple cider vinegar		Indian spices: cumin, turmeric, coriander
Concentrated sweeteners: agave, yacon, stevia	Celery	Orange		Fresh or dried herbs
Beets	Sauerkraut			Jalapeno peppers
Sweet spices: cinnamon, cardamom				
Coconut water				



Gut Healing and Soothing Meal Plans

Daily Menu Template

Breakfast	<p>Start your day with: AM Gut Rejuvenator - Drink 8 - 32 ounces.</p> <p>Followed by, ideally within an hour of getting up, one or more of the following: Green Protein Shake Use between 15 and 25 grams of raw organic protein powder plus 1 - 2 servings green powder. Fresh Green Juice Do not use fruit (lemons/limes are okay). <i>Optional</i> - Add protein powder as above. If you have a tendency towards hypoglycemia or have had elevated glucose readings, the protein could be very helpful. Smoothie or Blended Green Drink without Fruit</p> <p>Then, choose as many as desired (or use leftovers from previous meals): Chia porridge Steamed vegetables Lunch or dinner left-overs</p>
Lunch	<p>Choose as many as desired (or use leftovers from previous meals): Sandwich, Wrap, or Roll Salad or tossed greens with Dressing Raw veggies with Dip, Spread, Sauce, or Cheese</p> <p>Extras if needed to fill (any fresh/leftover recipes of your choice): Vegetable dish (raw or cooked) with a variety of colors and a sauce Lean, organically raised animal protein (no more than 3 oz) Dessert</p>
Dinner	<p>Choose as many as desired (or use leftovers from previous meals): Soup Salad Lunch and Dinner Entrée/Vegetable</p> <p>Extras if needed to fill (any fresh/leftover recipes of your choice): Lean, organically raised animal protein (no more than 3 oz) Dessert</p>



Personalized Gut Healing and Soothing Menu

Date _____ Day _____

Breakfast	<p>Start your day with:</p> <p><i>AM Gut Rejuvenator</i> - Drink 8 - 32 ounces.</p> <p>Followed by, ideally within an hour of getting up, one or more of the following:</p> <p>Green Protein Shake / Green Juice / Smoothie / Blended Green Drink (NF):</p>
Lunch	
Dinner	



About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie Loscalzo, the founder of the Institute of Nutritional Endocrinology, is fiercely committed to transforming exhausted high achievers all over the globe into high energy people who love their lives and live to their full potential.

As a Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine and HeartMath®, she's also a certified living foods chef, instructor and coach, and has trained and certified hundreds of others in the art of living foods.

A bestselling author, speaker, and internationally recognized nutrition and hormone health authority, Dr. Ritamarie combines the ancient healing wisdom of whole fresh foods and herbs with modern scientific research to inspire people everywhere to recharge their energy and reclaim their lives.

Dr. Ritamarie offers online courses, long distance coaching and counseling, as well as in-person classes and hands-on healing methodology.

To learn more and get started on **7 Simple Strategies to Jumpstart Your Energy Practically Overnight**, visit www.JumpstartYourEnergy.com or access Dr. Ritamarie's extensive collection of vibrant living health resources at www.DrRitamarie.com.