



# 30 Day Kick-Start Digestion & Gut Health Recipes

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# Shopping List

This is a comprehensive list of everything you will need for the 30-Day program.

## **Proteins:**

- Eggs (whole)
- Chicken
- Fish (fatty and white fish)
- Red meat (beef, lamb, pork)

## **Fats:**

- Olive oil
- Ghee
- Animal fats (from meat stock)

## **Vegetables & Greens:**

- Leafy greens (spinach, kale, chard)
- Bitter greens (rocket, dandelion leaves, endive)
- Carrots
- Zucchini
- Cucumber
- Other seasonal vegetables for variety

## **Fermented Foods & Drinks:**

- Sauerkraut (or other fermented vegetables)
- Kefir (dairy or coconut if tolerated)
- Yogurt (full-fat, unsweetened)
- Beet kvass
- Beetroot in apple cider vinegar (homemade or store-bought)

## **Herbs & Teas:**

- Fresh ginger
- Peppermint leaves or tea
- Dandelion root tea

## **Other Essentials:**

- Sea salt / Himalayan salt (for stimulating stomach acid)
- Bicarbonate soda (for empty stomach use early in program)
- Castor oil (for packs)
- Water (filtered is best)

# Prep List

**These are the foundational items you will need to prepare regularly throughout the program. Recipes can be found in the recipe eBook:**

**Meat Stock:**

Make a batch weekly to use as a base for soups, stews, or as a warm drink. Use bones, meat, and connective tissue for maximum nutrients.

**Fermented Dairy:**

Yogurt or kefir to consume daily, helps support stomach enzymes and beneficial bacteria. It would be ideal if this was homemade, otherwise purchase as high quality as possible.

**Kraut / Fermented Vegetables:**

Make or buy fermented vegetables for daily meals to support gut flora and bile flow.

**Beetroot in ACV:**

Prepare beet kvass or beetroot slices in apple cider vinegar to aid liver detoxification and digestive motility.

**Herbal Teas:**

Ginger tea and dandelion root tea to use during the day for digestion support.

**Optional Castor Oil Packs:**

Prepare for Week 4 if constipation or sluggish elimination is an issue.

# Tips

## Tips for Overcoming Challenges

Even with the clearest plan, life happens. These practical solutions will help you stay on track without feeling stressed or overwhelmed:

### 1. Fatigue or Low Energy

- Break meals into smaller portions if digestion feels heavy.
- Include a little extra protein and healthy fats at each meal.
- Take short, gentle walks after meals to stimulate digestion and boost energy.
- Rest when needed—this is part of supporting your gut, not failing.

### 2. Social Events or Eating Out

- Focus on chewing thoroughly and keeping a relaxed posture—these help digestion even if the meal isn't perfect.
- Include fermented foods or a small protein + fat snack before heading out.
- Hydrate beforehand, and do a gentle walk after meals.
- Remember: one meal doesn't undo your progress.

### 3. Cravings

- Often, cravings are a sign of missed nutrients or blood sugar swings.
- Include protein + healthy fat at every meal and snack to stabilise blood sugar.
- Sip ginger or peppermint tea between meals to reduce unnecessary snacking.

### 4. Missing a Step or Day

- Don't stress—consistency over perfection is what matters.
- Pick up where you left off tomorrow. Your gut responds to ongoing habits, not a single missed day.

### 5. Digestive Discomfort

- Go back to the basics: hydrate before meals, chew thoroughly, relax while eating.
- Gentle movement after meals helps motility.
- For bloating or heaviness, reduce portion size or spread meals further apart.

# Tips

## 6. Trouble with Bowel Movements

- Answer the call immediately—holding it can slow motility.
- Elevate feet when using the toilet for complete evacuation.
- Use extra healthy fats for constipation, or high-protein fermented dairy for loose stools.
- Gentle abdominal massage or castor oil packs can support bowel movements.

## 7. Feeling Overwhelmed

- Focus on one or two key habits at a time—hydration, chewing, and protein/fat at meals are the foundation.
- Keep the workbook visible: check off daily habits for visual progress.
- Remind yourself this is a step-by-step reset, not an overnight fix.
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## 8. Social Pressure or Criticism

- Remember why you're doing this: to support your gut, energy, and overall health.
- Share what feels comfortable with friends/family, or keep it simple: "I'm trying a new plan for my digestion right now."

## 9. Stubborn Symptoms

- Some digestive issues take time to improve.
- Track patterns in your symptom log—this helps you see even small wins.
- If needed, check in with a practitioner for additional guidance.

## 10. Staying Motivated

- Reflect on improvements daily, even small ones: more energy, less bloating, better sleep.
- Celebrate small wins—each positive habit reinforces your gut reset.
- Use affirmations: "I am giving my body the nutrients and care it needs to thrive."

# Basic Meat Stock Recipe

## Ingredients

- Cuts of meat on the bone with joints (eg. chicken carcass/drumsticks/wings/whole chicken/lamb shanks/lamb necks/oxtail/osso bucco/fish frames)
- 1 tablespoon of celtic salt
- Filtered Water
- 1 tablespoon of Apple Cider Vinegar (ACV) – optional
- Onion and Garlic – optional

## Method

- Place the raw meat (with bone-in) into a large stock pot (meat can be frozen or thawed). Fill your pot to about 3/4 full with raw, meaty bones.
- Add salt and acv, onion & garlic (if adding)
- Add filtered water until the meat bones are just covered by no more than 1-2 inches of water.
- Bring to the boil and then turn down to a simmer.
- Cook chicken 2hrs; lamb 3-4hrs; beef 4-6 hours or until the meat is cooked through and will come away from the bone easily. (If histamines are an issue keep the cooking times as low as possible – just cook until the meat is cooked).
- Remove the bones and meat and you are left with a yummy (plus healing and nourishing) meat stock.
- Strip off all the soft tissues, meat and marrow from the bones and reserve for soups. The soft tissue and marrow is fantastic for the gut lining and immune system, so ensure you consume some with every meal.
- To extract the bone marrow out of any tubular bones bang the bones on a chopping board whilst they are warm.
- Use your meat stock immediately to create a nourishing soup, to sip on or transfer to a glass jar for storage/freezing.

## Hints and Tips

Stock will keep in your freezer for up to 3 months, and in the fridge for up to a week. If histamines are an issue freeze your stock or soup straight away.

If you need small amounts of stock for adding to things like smoothies, then you can freeze the stock in ice cube trays. Silicone or stainless steel are your best options.

# Asian Chicken Soup

## Ingredients

- 1-2 Chicken carcasses (optional- feet/necks)
- 1.5-2L Filtered water
- 1 brown onion diced
- 1 clove garlic
- 1 small knob of ginger (grated or sliced)
- 1 small knob of turmeric (grated or sliced)
- Lemongrass
- 1 bunch of bok choy
- 2 large zucchini - chopped or noodled
- Mushrooms to taste
- Fresh Parsley and coriander

## Stovetop Method:

- Place carcass in a stock pot and cover with water an inch above the carcass, add salt, onion, garlic, lemongrass, ginger and turmeric.
- Bring to the boil, then let simmer for 2 hours.
- Remove the carcass, add zucchini, bok choy and mushrooms, simmer for 20 minutes or until vegetables are soft
- Add parsley and coriander, remove ginger and serve

# Ox Tail Stew

## Ingredients

- 1 kg Ox tail
- 1 onion
- 4 garlic cloves
- 1 tbsp salt
- 2 tsp turmeric
- 1 tsp paprika
- 3 tsp cumin
- 2 tsp thyme
- 4 carrots
- Silver beet

## Stovetop Method:

- Place Ox tail in a stock pot and cover with water an inch above the meat.
- Add salt, onion, garlic cloves, turmeric, paprika, cumin and thyme
- Bring to the boil, then let simmer for 4 hours.
- Remove the bones leaving the meat, connective tissue and bone marrow. Add cubed carrots and simmer till soft.
- Add silverbeet and continue cooking for a final 2 minutes. Season with salt and pepper to taste



# Lamb Shank Soup

## Ingredients

- 5 lamb shanks
- 1 tablespoon of salt
- 1 brown onion diced
- 1 leek, finely sliced
- 400g diced pumpkin
- Baby spinach
- Fresh ginger sliced – to taste

## Stovetop Method:

- Place shanks in a stock pot and cover with water an inch above the meat.
- Add salt, onion, garlic and ginger
- Bring to the boil, then let simmer for 4 hours.
- Remove the bones leaving the meat, connective tissue and bone marrow from the shanks Add cubed pumpkin and simmer till soft.
- Add baby spinach and continue cooking for a final 2 minutes. Remove ginger prior to serving.

# 24 Hour Yoghurt

## Ingredients

- 2 litres non-homogenised milk
- Yoghurt starter

## Method

- Before starting, wash all your bowls, spoons, jars, spatula – whatever tools you'll be using – in very hot water to make sure they are very clean. Allow them to air dry – don't towel dry.
- Pour milk into a heavy-based saucepan and heat gently over low to medium heat stirring often so that the milk doesn't stick to bottom of pan.
- Use a thermometer to make sure milk reaches 90C. (If you don't have a thermometer, look for small bubbles to appear on edges of pan.)
- Cool milk to under 37C. If you put the culture into milk that is too hot, you will kill it – it needs to be room temp.
- Add the starter and stir in with a sterilized spoon until well mixed.
- Pour into sterilised jars and set in dehydrator or pour into a yoghurt maker for **24 hours at 37C.**
- Once yoghurt is ready, remove 150g to a clean jar to use for the next batch.
- Store all the yoghurt in the fridge.

The yoghurt will sometimes separate a bit – that's ok, just stir gently together, then refrigerate. It will also sometimes be runnier than other times – it really depends on the culture, and the temperature it was at during the 24 hours. It will solidify more in the fridge. Store yoghurt for up to 2 weeks in the fridge. If using the yoghurt to make another batch, use within 1 week.

# 24 Hour Sour Cream

## Ingredients

- 1L Cream
- Sour cream starter

## Method

- Let your cream warm up to room temperature (24c) on its own, or if you want to speed up the process, gently heat it up to room temperature.
- Add the starter from the pack to the cream and stir until it dissolves
- Note: Do not whisk. Whisking introduces air bubbles into the cream and that slows down incubation.
- Cover the jar with a lid or a towel to keep the milk clean from dust and airborne particles. A towel is better because it allows air to still go in, which speeds up activation a bit.
- Let the cream sit for about 24 hours and then check if it has set (firmed up).
- If set, transfer to the fridge to cool and firm up further. ENJOY

Note: Sour Cream has set if it separates somewhat cleanly from the sides of the jar when you tilt the jar. It should be firm at the top, while still being somewhat watery further. If it hasn't set in 24 hours, then keep it going and check every 2-4 hours until it sets. Some mesophilic cultures may take up to 72 hours to set depending on the temperature in your environment. If you live in a particularly cool environment (or it is winter!) you might like to ferment your jar of milk in an "esky" (or similar) to maintain a consistent, warmer temperature. In cooler environments, you might also like to increase the amount of starter used.

# 24 Hour Milk Kefir – Grains

## Ingredients

- Kefir grains: 1–2 tablespoons (active and healthy)
- Milk: 2 cups (full-fat cow's, goat, or sheep milk – avoid ultra-pasteurised)

## Equipment

- Glass jar (at least 500 mL)
- Non-metal spoon (wooden or plastic)
- Breathable lid (paper towel, coffee filter, or cloth)
- Rubber band
- Fine plastic strainer

## Instructions

### Step 1: Add the grains

Place the kefir grains in your clean glass jar.

### Step 2: Add the milk

Pour in 2 cups of milk. Stir gently with a non-metal spoon to combine.

### Step 3: Cover and ferment

Cover the jar with a breathable lid (paper towel or cloth) and secure with a rubber band.

- Leave at room temperature (20–25°C) for 24 hours.
- Fermentation time can vary depending on room temperature and desired tartness. Shorter time = milder, longer time = more sour.

### Step 4: Strain the grains

After 24 hours, stir the kefir gently and pour it through a plastic strainer to separate the grains from the liquid.

- The liquid is your milk kefir.
- Grains can be reused immediately for the next batch.

### Step 5: Store the kefir

- Place the strained kefir in a clean jar, cover, and refrigerate.
- Drink within 3–5 days for best flavour and probiotic content.

### Step 6: Repeat

- Add the strained kefir grains to fresh milk and repeat the process for a continuous supply.

## Tips for Success

- Do not use metal utensils or containers for the grains — it can damage them.
- Milk type affects flavour: Full-fat gives creamier kefir, while skim milk produces thinner kefir.
- Adjust fermentation time for taste and thickness.
- If kefir becomes too sour: Reduce fermentation time or add a little fresh milk to dilute.
- Optional second ferment: Add fruit or herbs to the strained kefir and leave 12–24 hours at room temp for mild carbonation and flavour.

# 24 Hour Milk Kefir – Powder

## Ingredients

- Milk kefir powder: 1 packet or as per instructions on the packet
- Milk: 2 cups (full-fat cow's, goat, or sheep milk – avoid ultra-pasteurised)

## Equipment

- Glass jar (at least 500 mL)
- Non-metal spoon (wooden or plastic)
- Breathable lid (paper towel, coffee filter, or cloth)

## Instructions

### Step 1: Prepare the milk

Pour 2 cups of milk into a clean glass jar.

### Step 2: Add the starter powder

Sprinkle the milk kefir powder over the milk. Stir gently with a non-metal spoon to dissolve the powder evenly.

### Step 3: Cover and ferment

Cover the jar with a breathable lid (paper towel, cloth, or coffee filter) and secure with a rubber band.

- Leave at room temperature (20–25°C) for 12–24 hours.
- The exact fermentation time depends on the desired tartness: shorter = milder, longer = tangier.

### Step 4: Stir and taste

After 12–24 hours, gently stir and taste. The milk should be thickened, slightly tangy, and creamy.

### Step 5: Store the kefir

- Transfer to a clean jar, cover, and refrigerate.
- Drink within 3–5 days for optimal taste and probiotic content.

### Step 6: Repeat

- Some powdered starters can be reused up to 7–10 cycles. Check your product instructions.
- Always start a new batch with fresh milk and follow the same steps.

## Tips for Success

- Milk matters: Full-fat milk gives creamier kefir.
- Temperature: Room temperature fermentation is ideal. Too cold slows the process; too warm can make it overly sour.
- Avoid metal: Use only plastic, glass, or wooden utensils.
- Consistency: If too thin, extend fermentation slightly; if too sour, reduce time or dilute with fresh milk.
- Optional flavours: After fermentation, you can add fruit, herbs, or spices and leave for 12–24 hours for a mild second ferment.

# Kraut Juice

Kraut juice is the easiest and cheapest probiotic you can make at home! Kraut juice is gentle on the stomach, will ease constipation and help repopulate your good gut flora. Sauerkraut and Kraut juice has 200 times more bioavailable Vitamin C because of the fermenting process. Vitamin C is a fantastic detoxer so be sure to enjoy Kraut Juice.

## Ingredients

- 1 large organic cabbage
- 6 tablespoons of salt
- Filtered water
- 3 – 4 large glass jars

## Method

- Chop the cabbage as finely as possible and add salt. You may use a food processor or a mandolin to finely chop the cabbage.
- Transfer to a large bowl and knead the cabbage with your hands or allow to sit for 20 minutes or so, whilst the salt does its work.
- Add about a third of the cabbage mix to each jar.
- Fill the rest of the jar with filtered water and seal with the lid. Make sure that your lids are sealed tightly to avoid mould sneaking in.
- Leave in a dark, cool area for a 9–12 days. The amount of time to leave kraut juice out on the counter-top to brew depends on the temperature where you live.

NB: The finer the chop, the easier it will be for the cabbage's cell walls to open up and release their nutrients. Chop as finely as you can.

# Sauerkraut

Sauerkraut can be made with any combination of vegetables, herbs and spices. The recipe below is an adaption of the "Digestive Hope – Sauerkraut by Talisha Kendall"

## Ingredients

- 1 cabbage (preferably organic), with the outer leaves removed and kept
- 1-3 Tbsp Celtic sea salt /Murray River salt flakes / Himalayan pink salt
- Optional: filtered water
- Optional: 1 Tbsp caraway seeds or fennel seeds
- Optional: 1 Tbsp mustard seeds
- Optional: 3 Tbsp lemon/ lime juice
- Optional: 3 Tbsp grated beetroot or carrot

## Method

- Remove outer leaves and impurities from cabbage. Reserve the outer leaves for later.
- Cut cabbage in half and remove core. Reserve core for later use, then cut the cabbage again so it's in quarters.
- Slice cabbage. The width can be anywhere from 5mm to 20mm wide – the wider the slices, the crunchier the kraut will be.
- Place sliced cabbage into a large bowl a handful at a time, sprinkling a little salt in throughout layers, to taste.
- Massage cabbage with your hands by opening and closing your fist while the cabbage is inside the palm of your hand. This, with the salt, pops the walls of the cells in the cabbage, releasing water. When the cabbage is moist it is ready to be jarred. Mix in any additional flavours you would like, or leave it as is.
- In a large glass jar or a number of smaller glass jars, place a small handful of the cabbage mix, pushing it down so that it is very firm and compact. You will need to use quite a bit of pressure. Continue in this fashion until the last of your cabbage mix is firmly pressed into the jar. There should be around about a 1 inch gap between the top of the cabbage and the lid of the jar. By this stage salty water should have risen to the top of the cabbage mix. If it has not, use the filtered water and additional salt to create a brine. For every 100mls of water you add, you should add a teaspoon of salt. Most likely though you will only be topping the mixture up slightly so a pinch of salt would be enough.
- Fold the outer cabbage leaves into the shape of the lid of the jar. Push this down on top of the kraut mix like a plug, ensuring all parts of the leaves are submerged under liquid. This is so the mixture does not come into contact with air.
- If there is still a fair amount of room between the top of your cabbage and the lid of the jar you can use a large piece of the cabbage core, or a large piece of carrot to push down the cabbage mix further and place the lid on. When the beneficial bacteria begin to multiply they give off gas and bubbles and the mixture pushes up with the pressure. You want to ensure the cabbage mixture is fully submerged all of the time, which is why you need to push it down firmly.

# Fermented Vegetable Medley

## Ingredients

- 1 Organic cabbage roughly chopped (keep the outer leaves)
- 2 beetroots (medium size) grated or finely sliced
- fresh dill or 1 teaspoon of dill
- a handful of peeled garlic cloves
- 1-3 Tbsp Celtic sea salt /Murray River salt flakes /
- Himalayan pink salt
- 1 cup of Kefir whey
- Filtered water

## Method

- Remove outer leaves and impurities from cabbage.
- Reserve the outer leaves for later.
- Cut cabbage in half and remove core. Reserve core for later use, then cut the cabbage again so it's in quarters.
- Slice cabbage. The width can be anywhere from 5mm to 20mm wide.
- The wider the slices, the crunchier the kraut will be.
- Slice or grate the beetroot.
- Pack a large glass jar with your shredded vegetables, dill and garlic.
- Add the salt and whey and then top up with filtered water.
- There should be around about a 1-2 inch gap between the top of the cabbage and the lid of the jar.
- Fold the outer cabbage leaves into the shape of the lid of the jar. Push this down on top of the kraut mix like a plug, ensuring all parts of the leaves are submerged under liquid. This is so the mixture does not come into contact with air.
- If there is still a fair amount of room between the top of your cabbage and the lid of the jar you can use a large piece of the cabbage core, or a large piece of carrot to push down the cabbage mix further and place the lid on. When the beneficial bacteria begin to multiply they give off gas and bubbles and the mixture pushes up with the pressure. You want to ensure the cabbage mixture is fully submerged all of the time, which is why you need to push it down firmly.
- Place a plate under the jar and keep it in a cupboard. Juices are likely to seep out of the top and onto the plate. Check the kraut regularly and push it down as needed so it is always under the brine.



# Beet Kvass

## Ingredients

- 3 Organic Beetroots
- 1 tablespoon of good quality salt
- 1L Glass jar
- Optional: 1/4 cup Sauerkraut juice

## Method

- Chop the beetroots into approximately 4cm x 4cm cubes
- Place beetroot in bottom of jar (should fill the jar 1/3 of the way)
- Add salt and kraut juice if using
- Top up with filtered water, leaving an inch gap from the lid
- Put on lid and give the jar a shake to dissolve the salt
- Cover with a tea towel and leave out of direct sunlight at room temperature for 10-30 days (longer in cold weather). You should start to see some bubbling.
- If there is a lot of bubbling, move to the fridge and leave to ferment longer there.
- Once fermented store in the fridge
- Consume as desired- for digestion, consume 1/4 cup before each meal
- When the jar has around 100ml left, you can top up with filtered water again and leave out to ferment. Each lot of beetroot will usually be good for at least two ferments.

Note: When introducing probiotic foods, always start slowly as they may cause die-off.

# Beets in ACV

## Ingredients

- Organic Beetroots
- Apple Cider Vinegar

## Method

- Boil beetroots in filtered water until tender.
- Drain and allow the beets to cool a little.
- Peel – they easily peel with your fingers once cooked
- Slice the beetroot – around 3-4mm thick or however you would like
- Pop into a glass container and pour ACV over until just covered. If you don't want it too strong, you can dilute the ACV with water 50/50
- Store in the fridge