

CABRAL SENSITIVE GUT GUIDE

www.StephenCabral.com

PROTEIN

(1/2-1 Cup at Lunch & Dinner)

Paleo Protein

All Fish/Seafood
Chicken/Turkey/Duck
Wild Game or Organs Meats
Eggs (*Remove for first 21 days, then test*)

Plant Protein (*Test for bloating*)

Tempeh (1/2-1c)
Tofu, sprouted & organic (1/2-1c)
Beans (1/4-1/2c)
Hemp Hearts
Chick Peas
Lentils

Protein Powders/Nut Milks

Hemp
Rice
Pea (1/3c)
Unsweetened nut/oat milks (4-8 oz)

(All proteins pastured or organic)

FRUIT

(1/2-1 Cup at Breakfast & Snack)

Banana	Lemon
Blueberries	Lime
Boysenberry	Mandarin
Cantaloupe	Mangosteen
Clementine	Melon
Cranberry	Orange
Cumquat	Papaya
Star fruit	Passionfruit
Dragon fruit	Pineapple
Durian	Plantain
Grapes	Raspberry
Grapefruit (1/2)	Rhubarb
Guava, ripe	Starfruit
Honeydew	Strawberry
Kiwi	Tamarind

**If no bloating, begin reintroducing new fruit after 6 weeks*

(Choose Organic & Non-GMO)

VEGETABLES

(2+ Cups at Lunch & Dinner)

Asparagus (3 spears)	Greens (mustard, beet, turnip)
Alfalfa sprouts	Jicama
Arugula	Kale (cooked)
Bamboo shoots	Kohlrabi
Bean sprouts	Lettuce (all)
Beets (2 slices)	Okra
Bok choy	Olives
Broccoli (1/2 c)	Parsnip
Cabbage (Not savoy, 1/2 c)	Pea (1/3c)
Carrot	Raddish
Celery (1/4 stalk)	Red bell pepper
Choy sum	Silverbeet
Corn (1/2 cob)	Spinach Swiss chard
Collards	Tomatoes (all)
Cucumber	Watercress
Endive	Water chestnuts
Green beans	Zucchini

**If no bloating, begin reintroducing new veggies after 8 weeks*

(Choose Organic & Non-GMO)

FAT

(1-2 TBSP at Lunch & Dinner)

Acceptable Fats for first 21 Days

Extra virgin olive oil
Coconut (milk, water, oil)
Avocado
(*Choose Organic, Cold-pressed, First Pressed in Dark Bottle*)

After 4 Weeks May Re-Introduce:

Butter (Grass-fed)
Ghee (Grass-fed)
Nuts (No pistachios*, cashews*, & peanuts* for 12 weeks)
Seeds (chia, flax, pumpkin, etc)

Acceptable Salad Dressing:

Squeezed Lemon
1-2 tbsp Olive Oil
Sea Salt (Redmond's, Himalayan, Celtic)
Optional herbs (oregano, thyme, rosemary, dill, parley, cilantro, basil, etc)

(GF) Gluten-Free Foods

STARCHES

(1/2-1+ Cup at Lunch & Dinner)

Acceptable Gluten Free

Starches: Sweet Potato/Yams (1/2c)
Potato (test without skin first)
Taro
Squash/Pumpkin (1/4c)
Turnips & Rutabaga
Yucca
Cassava/Cassava flour

Remove the grains below for first 21 days and then test if desired:

Buckwheat
Millet
Fruit-free muesli (GF)
Oats (GF)
Polenta
Pasta (GF)
Quinoa
Rice (*test white rice first*)
Rice Noodles
Rice Vermicelli

*Food Reintroductions

BAKING & CONDIMENTS

(On Occasion)

Jam/Jelly (from fruit list above)	GF Flour
Ketchup	Rice flour
Tomato sauce	Arrowroot
Marmalade	Oat flour
Mustard	Guar Gum
Relish	Vinegar
Soy sauce	Tamari
Sweet chili	Vanilla Extract

Sweeteners

Maple Syrup	Molasses
Rice Syrup	Dark Chocolate
Stevia	(1-2x week if desired & non-reactive)

(Choose Organic, Wild, & Non-GMO)

For additional details go to: EquilibriumNutrition.com/pages/cbo-faq

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