

A woman with long, wavy blonde hair is smiling at the camera. She is wearing a white lace top and denim shorts. The background is a bright, modern kitchen with a window, a hanging plant, and a lamp.

The Aligned Method

Gut Healing Meal Plan

The logo consists of a stylized 'A' made of two overlapping shapes, with the word 'ANGELICA' in a sans-serif font below it.

ANGELICA

Gut Detox Juices

MORNING ROUTINES

- 2oz of Aloe Vera Juice
- Room temperature water with Lemon, Ginger, Turmeric

OR

- Juice from 1/2 an apple, celery, ginger, turmeric, cilantro, and lime

GUT HEALTH JUICE

SERVINGS: 4- 8OZ SERVINGS

INGREDIENTS

- 1 Apple- small (half, if big)
- 3 Carrots- medium
- ½ Beet
- 1 Lemon- small
- 1 Cucumber-medium
- 4 Celery sticks
- ½ cup Parsley
- Fresh Ginger- as much as you like
- 2 tsp Apple Cider Vinegar- Organic, Raw w/ the Mother (optional)

INSTRUCTIONS

- Insert all the Ingredients except the Apple Cider Vinegar into your juice extractor
- and juice away!
- Stir in some ACV at the end
- Drink up and enjoy!

ANTI-INFLAMMATORY GREEN JUICE

INGREDIENTS

- 1 cup spinach
- 1 cup arugula
- 1 cup kale
- ½ cup pineapple, chopped
- 2 tablespoons ginger, sliced
- ½ teaspoon turmeric
- Pinch of black pepper

INSTRUCTIONS

- Add all ingredients to the juicer and let it do its thing!



DETOX JUICE

INGREDIENTS

- 1 cucumber
- 1 head of celery (about 6 stalks)
- 1 small handful of Italian parsley
- 1 apple
- 1 small lemon (or half of a large one; no need to peel it)
- 1 inch knob of fresh ginger (no need to peel)

INSTRUCTIONS

- If your juicer has two speeds, start on low. Run the cucumber through the juicer, followed by the celery and parsley together to help prevent the parsley from flying around in the chute. (This is only an issue when using a centrifugal juicer.) Switch the speed to high, then
- juice the apple, ginger, and lemon. I like to sandwich the ginger between the apple and lemon, so that it won't fly around in the chute or go into the pulp basket before it hits the blade of the juicer. Stir the juice well, and then drink it right away. If using a centrifugal
- juicer, you can store the juice for up to 24 hours in the fridge in an airtight container. If using a masticating juicer, you can store the juice in an airtight container in the fridge for up to 72 hours. Either way, make sure you fill the container all the way to the top, so that no air is left inside to help slow down the oxidation



EASY ANTI-INFLAMMATORY JUICE

INGREDIENTS

- 1 cup filtered water
- 4 medium oranges, peeled
- 2 cups peeled and chopped carrots (2 medium)
- 1 teaspoon minced fresh ginger
- 1/4 teaspoon ground turmeric
- Pinch of freshly ground black pepper

INSTRUCTIONS

- Blast on high for 60 seconds until smooth.



Breakfast

THE ULTIMATE AVOCADO TOAST

5 MINUTES | 1 TOAST

INGREDIENTS

- 1 slice Sourdough Bread (or gluten-free bread of choice)
- 1 tsp Extra Virgin Olive Oil
- 1 Egg & 3 Egg Whites
- 1 tsp Fourth & Heart Ghee (Optional)
- ½ Avocado (Large)
- 1 cup Baby Spinach (Chopped)
- ½ Jalapeno Pepper (Thinly Sliced)
- 1 tbsp Cilantro
- 1 tbsp Hemp Seeds
- 1 tbsp of Sauerkraut
- 1 tbsp Trader Joe's Everything But The Bagel Seasoning

INSTRUCTIONS

- Toast bread.
- Add olive oil to the skillet and heat on medium-heat. Add eggs and fry as desired - break yolk for over hard, don't break yolk for over easy.
- Spread ghee + mash avocado on toast.
- Layer spinach, jalapeño, and eggs on top of avocado.
- Top with sauerkraut, hemp seeds, Everything But the Bagel seasoning, and cilantro.



ZUCCHINI MUSHROOM EGG MUFFINS

35 MINUTES | 12 MUFFINS

INGREDIENTS

- 1 tsp Coconut Oil (Spray)
- 1 cup Mushrooms (Baby Bella or White Button, Chopped)
- 1 Zucchini (Chopped)
- 4 stalks Green Onion (Chopped)
- 6 Eggs
- 1 cup Egg Whites
- 1/4 cup Unsweetened Cashew Milk (Optional)
- 1 tsp each Sea Salt & Black Pepper
- 2 tsps Dried Basil
- 1 tsp Cayenne Pepper (Optional)

INSTRUCTIONS

- Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 12-cup muffin tin with coconut oil spray.
- In a medium bowl combine chopped mushrooms, zucchini, and green onions. Fill each muffin cup with veggie mixture (should be about 2/3 full).
- In a separate bowl whisk together eggs, egg whites, cashew milk, salt, pepper, basil, and cayenne. Evenly divide among the 12 muffin cups (about 1/3 cup each).
- Place in the oven and bake for 25-30 minutes until lightly browned on top.



ALMOND BUTTER BERRY OATS

10 MINUTES | 1 SERVING

INGREDIENTS

- 1/2 cup oats
- 1 scoop vanilla protein powder
- Filtered water

TOPPINGS

- Mixed Berries
- 1 Tbsp creamy peanut butter
- 1 Tbsp of Chia Seeds
- 1 Tbsp pumpkin seeds
- 1/4 cup of Coconut Kefir
- 1 Tbsp of Manuka Honey
- 1/2 Tbsp unsweetened coconut flakes

INSTRUCTIONS

- Cook in a small saucepan on medium heat until the oats are soft.
- Top with toppings.



SWEET POTATO HASH

15 MINUTES | 2-3 SERVINGS

INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Potato (Chopped) 1
- Red Bell Pepper (Chopped) 1
- Zucchini (Chopped) 1 cup
- Mushrooms (Chopped) 1 cup
- Kale Leaves (Chopped)
- 6 Eggs
- Sea Salt & Black Pepper (To Taste)
- 1 tsp Garlic Powder
- 1/2 Avocado (Large, Sliced)
- 1/4 cup Cilantro

INSTRUCTIONS

- Heat a cast iron (or other) skillet on medium-high heat and add olive oil. Add chopped sweet potato, red bell pepper, zucchini, mushrooms, salt, and pepper. Sauté until slightly soft, add garlic powder and kale. Sauté until kale wilts. Crack the eggs throughout the pan,
- reduce heat to medium-low, and cover with a lid until the egg whites are cooked through. Top with sliced avocado + cilantro.
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Lunch

CHICKEN CUCUMBER SALAD

INGREDIENTS

- 6oz Grilled Chicken Breast 1 large English (or continental) cucumber, halved lengthways and sliced into 1/4-inch thick slices 1/4 red onion thinly sliced 1 avocado peeled, pitted and diced 1/2 cup flat-leaf parsley chopped 1/4 cup chopped rainbow carrots 3 tablespoons olive oil 2-3 tablespoons lemon juice (or the juice of 2 limes) Salt and pepper to taste
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INSTRUCTIONS

- Mix together shredded chicken, cucumbers, tomatoes, onion, avocados, and chopped parsley in a large salad bowl.
- Drizzle with olive oil and lemon juice (or lime juice), and season with salt and pepper.
- Toss gently to mix all of the flavours through.



CHICKEN ZOODLE SOUP

INGREDIENTS

- 3 tablespoons ghee, divided
- bone-in, skin-on chicken breast (or 2 thighs)
- 6 cups chicken bone broth
- 1 onion, diced
- 1 medium-sized carrot, diced
- 1 celery stick, diced
- 1/2 leek, cleaned, and diced
- 2 garlic cloves, minced
- 1 bay leaf
- 1/2 teaspoon fresh thyme
- 3 cups zucchini noodles
- 1/2 cup fresh parsley, stems removed
- Salt and pepper, to taste



INSTRUCTIONS

- Heat a large, heavy-bottomed saucepan or Dutch oven over medium-high heat, and then add 2 tablespoons ghee. When fully melted, place chicken skin-side down. Sear for 7 minutes, flip, and sear for an additional 5 minutes.
- Add bone broth, cover pot, and cook for 10 minutes. Flip chicken, cover, and cook for an additional 10 minutes, or until the internal temperature of the meat reads 160 degrees (time depends on the size and thickness of the meat).
- Remove chicken from pot, reserving stock for soup. Once cool, shred into bite-size pieces, discarding bones and skin.
- Wipe out the pot and set over medium heat; add 1 tablespoon ghee, onion, carrot, celery, leek, garlic, bay leaf, and thyme. Stir occasionally, and cook until vegetables are soft and translucent, but not browned. Add reserved stock, and bring to a simmer.
- Add zoodles, and cook for 5-6 minutes, or until the noodles are al dente. Stir in shredded chicken. Season with salt and pepper, to taste. Stir in parsley leaves and allow to wilt before serving.

SHRIMP BURRITO BOWL

INGREDIENTS

- 100g shrimp 7ml olive oil (1/2 tbsp) 1/4 cup of
- jasmine rice 10g low sodium taco seasoning 25g red
- onion 200g broccoli & asparagus sauteed with onion &
- garlic Bed of lettuce
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INSTRUCTIONS

- Cook Rice. In a pan, place olive oil and onions and brown, add shrimp, taco seasoning, until cooked.
- Place rice and lettuce in a bowl, and add shrimp mixture after cooking. (option add tomatoes as a topping).



ROASTED RED PEPPER RED LENTIL PASTA

15 MINUTES | 6 SERVINGS

INGREDIENTS

- 12 ozs Red Lentil Pasta
- 1/4 cup Pumpkin Seeds
- 1/2 cup Cashews
- 1 Red Bell Pepper (Roasted, Jar)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (To Taste)

INSTRUCTIONS

- Cook red lentil pasta according to package instructions.
- In a blender add roasted red pepper, pumpkin seeds, cashews, olive oil, salt, and pepper. Blend to form a sauce. Add sauce to pasta.



SIMPLE COLLARD WRAP

10 MINUTES | 1 WRAP

INGREDIENTS

- 1 large collard leaf (cut the stem off)
- Trader Joe's olive tapenade
- Trader Joe's smoked salmon
- Trader Joe's Green Goddess Salad Dressing
- 1 Persian cucumber, sliced
- Heart of palm, sliced
- Hemp seeds

INSTRUCTIONS

- Lay collard green flat + trim off the stem. Fill with fillings.
- Wrap up like a burrito: fold in the left + right edges, fold the bottom toward the top tucking in under the filling, roll up, then cut in half (with 'seam' on the bottom).



Dinner

CHICKEN FAJITA SALAD

INGREDIENTS

- 1.5 – 2 pounds boneless, skinless chicken thighs, trimmed and sliced (see note)
- 1 large onion, sliced
- 2 large bell peppers (or 3 small/med ones), sliced
- 3–4 tablespoons olive oil (or other oil of your choice) I prefer our Lime Olive Oil
- 2 teaspoons kosher or sea salt
- 1/2 teaspoon black pepper
- 1 teaspoon smoked paprika
- 1 1/2 teaspoons chili powder
- 1 1/2 teaspoons cumin
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 2–3 teaspoons True Lime, optional
- handful of cilantro
- 1 lime

INSTRUCTIONS

- Preheat oven to 425 degrees.
- Place sliced chicken, onions, and peppers in an extra-large mixing bowl. Drizzle on oil and all seasonings.
- Toss to coat.
- Spread chicken and pepper mixture out evenly on baking sheet and place in oven.
- Bake for 20-30 minutes until chicken is cooked through and vegetables are tender.
- Remove from oven and if desired, sprinkle cilantro over everything and give it a big squeeze of fresh lime juice



HONEY GARLIC CHICKEN STIR FRY

INGREDIENTS

- 100g chicken breast
- 100g mushrooms
- 100g asparagus
- 2 garlic cloves
- 1tblsp honey
- 1 tblsp liquid aminos or coconut aminos
- 1/2tblsp olive oil
- 1/2cup jasmine rice



TURKEY BURGERS

INGREDIENTS

- 1 pound Ground Turkey (organic when possible)
- 2 Egg Yolks
- ½ cup Mushrooms (chopped)
- 2 tbsp Cilantro (stems removed and chopped)
- 2 tbsp Parsley (stems removed and chopped)
- 1 tbsp Chives (chopped)
- ½ teaspoon Turmeric
- ½ teaspoon Cumin
- 1 tbsp Basil

INSTRUCTIONS

- Mix all ingredients together in a mixing bowl.
- Form into patties of whatever thickness you enjoy.
- Grill outside or in a pan on the stove
- Wrap in lettuce or enjoy on a salad.



QUINOA VEGGIE STUFFED PEPPERS

40 MINUTES | 4 SERVINGS

INGREDIENTS

- Coconut Oil (Spray)
- 4 Red Bell Pepper
- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (Tbsp Minced)
- 539 grams Tofu (1 Package Crumbled)
- 4 stalks Green Onion (Chopped)
- Sea Salt & Black Pepper (To Taste)
- 2 cups Quinoa (Cooked)
- 1/4 cup vegan cheese of your choice
- 2 cups Baby Spinach (Chopped)
- 1/2 cup Parsley (Chopped)
- 1 tsp Smoked Paprika*
- 1 tsp Cayenne Pepper*
(omit if you have severe gut issues)
- 1 tsp Turmeric

INSTRUCTIONS

- Preheat the oven to 375 degrees F. Lightly grease a baking dish with coconut oil spray. Cut the top off each bell pepper and scoop out the seeds. Set aside. In a large skillet, heat 1/2 Tbsp olive oil over medium-heat and add minced garlic, tofu, and green onions. Add salt and pepper to taste. Saute until tofu is lightly browned. Transfer to a large mixing bowl. To the tofu mixture add quinoa, remaining olive oil, goat cheese (or vegan cheese), baby spinach, parsley, smoked paprika, and cayenne pepper. Stuff each pepper with mixture (press down) and sprinkle with turmeric. Transfer peppers to a lightly greased baking dish and bake for 25-30 minutes until lightly browned on top. Store extra filling / leftover peppers in an airtight container in the fridge for 3-4 days.
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GARLICKY SALMON TRAY MEAL

35 MINUTES | 3-4 SERVINGS

INGREDIENTS

- 2 wild sockeye salmon filets
- 2 sweet potatoes (sliced into coins)
- 2 red potatoes (chopped)
- brussels sprouts
- 1 head broccolini
- Salt
- Pepper
- Garlic powder
- 1-2 Tbsp olive oil

TANGY PUMPKIN SEED SAUCE

- 2 Tbsp grainy mustard
- ¼ cup pumpkin seeds
- ¼ almonds
- 2 Tbsp capers
- 1 Tbsp minced garlic
- Salt to taste

INSTRUCTIONS

- Preheat the oven to 425 degrees F. Line or grease a baking sheet.
- Coat veggies with salt, pepper, garlic powder, & olive oil.
- For Tangy Pumpkin Seed Sauce: add all ingredients to blender or food processor and pulse until combined; add to salmon.
- Bake for 25-30 minutes.



Smoothies and Goodies

PEANUT BUTTER BANANA BARS

INGREDIENTS

- 3 medium banana
- 2 cup oats, dry
- 6 tablespoon peanut butter, all-natural



INSTRUCTIONS

- Preheat oven to 350°F and line the bottom of an 8 x 8 inch glass dish with parchment paper. (We also used our fingers to grease the sides of the dish with coconut oil.)
- Mash the bananas and mix together with oats and peanut butter
- Spread the dough evenly in the prepared dish, then sprinkle with walnuts and chocolate chips. Lightly press the nuts and chocolate into the bars.
- Bake for 18-20 minutes or until an inserted toothpick comes out clean. Cool for 20 minutes in the pan, then slide a spatula under the parchment paper and carefully transfer the whole uncut bar onto a rack for further cooling. (You can cut the bars at this point, and eat them warm! The more time you give them to cool, the easier it will be to cut them.)

PROTEIN COOKIE DOUGH

INGREDIENTS

- 1.5 scoops protein powder
- 2 tbsp PB Fit
- 2 tbsp unsweetened almond milk
- 1 tbsp stevia chocolate chips

INSTRUCTIONS

- Mix Ingredients
- Refrigerate for 10-20minutes or until thick



WATERMELON MINT SMOOTHIE

INGREDIENTS

- 1 serving vanilla protein powder
- 1-2 tablespoons MCT oil
- 1-2 tablespoons chia seeds
- 1/4 cup cubed watermelon
- Fresh mint leaves
- 2 cups unsweetened nut milk



SPA DAY SMOOTHIE

INGREDIENTS

- 1 Serving Vanilla Protein Powder
- 1/4 Avocado
- 1-2 tbsp Chia Seed Squeeze juice of Lemon Handful Spinach 1 small Persian Cucumber 1/4 cup
- Mint Leaves
- 1.5 cups unsweetened nut milk

INSTRUCTIONS

- Blend and enjoy



GUT LOVING STRAWBERRY SMOOTHIE

INGREDIENTS

- 1/2 cup Almond Milk
- 1/2 Banana
- 5 Frozen Strawberries
- 1/2 cup Ice Cubes
- 1tsp Chia Seeds
- 1tsp Vanilla Extract
- 4oz or a half cup Plain Kefir
- 1 scoop Vanilla Vegan Protein Powder (optional)

INSTRUCTIONS

- Blend and enjoy



GUT HEALING SMOOTHIE

INGREDIENTS

- 1 frozen Banana
- 1 cup frozen Kale
- 1 scoop Collagen Powder
- 2tbsp Chia Seeds
- 1 cup Almond/Coconut Milk
- 5 Ice Cubes
- 1 Celery Stalk
- 1 tsp Ginger
- 1 scoop Vegan Protein Powder (optional)
- 1tbsp Manuka Honey (optional)

INSTRUCTIONS

- Blend and enjoy

