



7 Day (Almost) No-Cook Functional Nutrition Meal Plan

Changing up your nutrition can be a challenge, but we're here at VIVA to make it a breeze. Our goal is to meet you where you are and provide the support you need for your gut and skin health—(almost) no cooking required. This 7-day meal plan follows the recommendations we give to our functional medicine clients, minus most of the cooking hassle.

Perfect for busy moms, those who aren't big fans of cooking, or anyone who just wants a tasty, quick, and easy way to eat. This plan won't eat up much of your time, but it's big on flavor and convenience. We've made it simple by using healthy store-bought items and a Daily Harvest subscription.

Each day, you'll get at least 100 G of protein and 25-35 G of fiber. Our general recommendation to all of our gut and skin health functional medicine clients is to SLOWLY work up to 35 G of fiber daily. So if 35 G seems like a lot for you right now, you can ease into it to avoid digestive issues. Feel free to cut back on beans, nuts, or other high-fiber items if you need to. It's all about making it work for you!

For further information on our functional medicine nutrition recommendations please refer to our FAQ hand out.

***Promo code to SAVE \$65 on your first order
DHVIVA-WELLNESS***

V I V A W E L L N E S S W I . C O M



Helpful Tips:

- * **Extra Bonus!** If you sign up for a Daily Harvest Subscription using our referral code: DHVIVA-WELLNESS, you will get up to \$65 off your first box!
- * **Note** – for each food item, prepare per package instructions.
- * **Note** – Unless otherwise noted, each meal serves 1 so shop accordingly!
- * **Pro-tip** – to heat up Harvest Bowls or soup at work or on the go, try using a personal crock pot food warmer! Plug it in when you get to work by lunch time you'll have a perfectly warmed lunch.

DAY 1



BREAKFAST: Mint + Cacao Protein Smoothie

SERVINGS: 1

14G FIBER 22G PROTEIN

PREP TIME: 5 MINS

Ingredients

- Daily Harvest Mint + Cacao Smoothie
- 1 Scoop PaleoMeal Chocolate or Vanilla Protein (Fullscript)

Directions

Prepare smoothie per package directions, adding in protein powder before blending.



SNACK: Hummus & Gluten Free Pretzels

SERVINGS: 1

4G FIBER 4G PROTEIN

PREP TIME: 5 MINS

Ingredients

- 1/4 cup Hummus
- GF Pretzels



LUNCH:

Amy's Brand Lentil Vegetable soup w/ 4oz Rotisserie Chicken

DIRECTIONS

Prepare soup per package directions
stirring in shredded rotisserie chicken



SERVINGS: 1

8G FIBER 47G PROTEIN

PREP TIME: 5 MINS



DINNER:

Kevin's Mongolian Style Beef

Ingredients

- Kevin's Mongolian Style Beef - WF
- 2 c 365 Brand frozen brown rice - WF
- 2 c frozen broccoli

Directions

Prepare Mongolian Beef and rice per
package instructions. Heat broccoli.

SERVINGS: 2

6G FIBER 42G PROTEIN PER SERVING

PREP TIME: 20 MINS



DAY 2



BREAKFAST: Acai Cherry Protein Smoothie

SERVINGS: 1

11G FIBER 20G PROTEIN

PREP TIME: 5 MINS

Ingredients

- Daily Harvest Acai Cherry Smoothie
- 1 Scoop PaleoMeal Chocolate or Vanilla Protein (Fullscript)

Directions

Prepare smoothie per package directions, adding in protein powder before blending.



SNACK: Personal Charcuterie Board

SERVINGS: 1

5G FIBER 21G PROTEIN

PREP TIME: 5 MINS

Ingredients

- 2oz Applegate Salami - WF
- 1/4 c roasted almonds
- 1/4 c dried cranberries





LUNCH

Salmon Salad

INGREDIENTS

- 4-6oz premade grilled salmon - WF
- 1/4c sliced cucumber
- 1/4 c sliced grape tomatoes
- 1/2 c rinsed and drained cannellini beans
- 1-2 c salad mix
- primal Kitchen salad dressing of choice - WF

SERVINGS: 1

6G FIBER 31G PROTEIN

PREP TIME: 5 MINS

DINNER:

Daily Harvest Portobello + Pesto Flatbread w/ 4oz Rotisserie Chicken

DIRECTIONS

Prepare flatbread per package directions topping with shredded rotisserie chicken



SERVINGS: 1

7G FIBER 29G PROTEIN

PREP TIME: 5 MINS

OPTIONAL DESSERT:

3 Coconut Lemon Daily Harvest Bites

SERVINGS: 1
6G FIBER 3G PROTEIN
PREP TIME: 1 MIN



DAY 3



BREAKFAST: Sausage and Waffles

SERVINGS: 1

10G FIBER 18G PROTEIN

PREP TIME: 10 MINS

Ingredients

- 4 Applegate Pork Sausage links
- 2 Birch Bender Grain Free Toaster Waffles topped with almond butter and a drizzle of maple syrup
- 1 small container Culina Brand yogurt of your choice



SNACK: Hummus & Gluten Free Pretzels

SERVINGS: 1

4G FIBER 4G PROTEIN

PREP TIME: 5 MINS

Ingredients

- 1/4 cup Hummus
- GF Pretzels



LUNCH:

Tomato & Zucchini Minestrone w/ 4oz Rotisserie Chicken

DIRECTIONS

Prepare Daily Harvest soup per package directions stirring in shredded rotisserie chicken



SERVINGS: 1

8G FIBER 30G PROTEIN

PREP TIME: 5 MINS

DINNER:

Applegate Chicken Burger Bowls

Ingredients

- 1 - 2 Chicken burgers
- Salad mix
- Sliced Onion
- Tomatoes
- Pickles
- Ketchup & Mustard to taste

Directions

Prepare burgers per package directions. Add ingredients to bowl and top with chicken burgers

TIP:

Primal Kitchen Condiments are always a hit!



SERVINGS: 1

5G FIBER 20-40G PROTEIN

PREP TIME: 10 MINS

DAY 4



BREAKFAST: Mint + Cacao Protein Smoothie

SERVINGS: 1

14G FIBER 22G PROTEIN

PREP TIME: 5 MINS

Ingredients

- Daily Harvest Mint + Cacao Smoothie
- 1 Scoop PaleoMeal Chocolate or Vanilla Protein (Fullscript)

Directions

Prepare smoothie per package directions, adding in protein powder before blending.



SNACK: Personal Charcuterie Board

SERVINGS: 1

5G FIBER 21G PROTEIN

PREP TIME: 5 MINS

Ingredients

- 2oz Applegate Salami - WF
- 1/4 c roasted almonds
- 1/4 c dried cranberries



LUNCH:

Daily Harvest Spinach & Shiitake Grits Bowl w/ Chicken and Sausage



Ingredients

- Daily Harvest Spinach & Shiitake Grits
- 2 Applegate Chicken Patties
- 2 Applegate Breakfast Sausage

Directions

Prepare all ingredients per package directions, dice chicken and sausage, place on top of bowl

SERVINGS: 1

6G FIBER 29G PROTEIN

PREP TIME: 10 MINS



DINNER:

Kevin's Mongolian Beef

Ingredients

- Kevin's Mongolian Style Beef - WF
- 2 c 365 Brand frozen brown rice - WF
- 2 c frozen broccoli

Directions

Prepare Mongolian Beef and rice per package instructions. Heat broccoli.

SERVINGS: 2

6G FIBER 42G PROTEIN PER SERVING

PREP TIME: 20 MINS

OPTIONAL DESSERT:

3 Coconut Lemon Daily Harvest Bites

SERVINGS: 1
6G FIBER 3G PROTEIN
PREP TIME: 1 MIN



DAY 5



BREAKFAST: Sausage and Waffles

SERVINGS: 1

10G FIBER 18G PROTEIN

PREP TIME: 10 MINS

Ingredients

- 4 Applegate Pork Sausage links
- 2 Birch Bender Grain Free Toaster Waffles topped with almond butter and a drizzle of maple syrup
- 1 small container Culina Brand yogurt of your choice



SNACK: Apple w/ Almond Butter & Beef

SERVINGS: 1

10G FIBER 16G PROTEIN

PREP TIME: 5 MINS

Ingredients

- 1 Apple, Sliced
- 4 T Almond Butter
- 1 Chomps Beef Stick



LUNCH:

Brussel Sprouts & Tahini Bowl w/ 4 oz Rotisserie Chicken

Directions

Prepare Daily Harvest bowl per package directions stirring in shredded rotisserie chicken



SERVINGS: 1

9G FIBER 47G PROTEIN

PREP TIME: 5 MINS



DINNER:

Cobb Salad w/ Crispy Chicken

Ingredients

- 1-2 C Romain Salad Mix
- 1/2 C Cannellini Beans, drained & rinsed
- 1-2 365 Brand Hard Boiled Eggs, Sliced
- 1/2 Avocado, sliced
- 1/2 C Grape Tomatoes
- 3-4 Applegate brand Chicken Tenders

Directions

Top romaine salad mix with cannellini beans, Hard Boiled eggs, avocado and grape tomatoes. Bake and slice chicken tenders and place on top of salad. Drizzle with a Primal Kitchen dressing of your choosing.

SERVINGS: 1

12G FIBER 31G PROTEIN

PREP TIME: 25 MINS

OPTIONAL DESSERT:

Chocolate Pudding w/ Fresh Raspberries and Cream

- 1 container 365 Almond Milk Chocolate Pudding
- 1/2 C Fresh Strawberries
- 2 T So Delicious Dairy Free Cool Whip

SERVINGS: 1

4G FIBER 1G PROTEIN

PREP TIME: 1 MIN



DAY 6



BREAKFAST: Mango & Greens DH Smoothie

SERVINGS: 1

9G FIBER 19G PROTEIN

PREP TIME: 5 MINS

Ingredients

- Daily Harvest Mango & Greens Smoothie
- 1 Scoop PaleoMeal Vanilla Protein (Fullscript)

Directions

Prepare smoothie per package directions, adding in protein powder before blending.



SNACK: Apple w/ Almond Butter & Beef

SERVINGS: 1

10G FIBER 16G PROTEIN

PREP TIME: 5 MINS

Ingredients

- 1 Apple, Sliced
- 4 T Almond Butter
- 1 Chomps Beef Stick



LUNCH:

Carrot + Coconut Curry w/ 4oz Rotisserie Chicken

Directions

Prepare soup per package directions stirring in shredded rotisserie chicken



SERVINGS: 1

5G FIBER 47G PROTEIN

PREP TIME: 5 MINS



DINNER:

Tomato Basil Portobello Bolognese Pasta w/ Grilled Salmon

Ingredients

- Daily Harvest Tomato Basil Portobello Bolognese Pasta
- 4-6 oz Premade Grilled Salmon

Directions

Prepare Pasta according to directions & serve along side Salmon

SERVINGS: 2

5G FIBER 31G PROTEIN PER SERVING

PREP TIME: 20 MINS

OPTIONAL DESSERT:

Chocolate Pudding w/ Fresh Raspberries and Cream

SERVINGS: 1

10G FIBER 16G PROTEIN

PREP TIME: 5 MINS

Ingredients

- 1 container 365 Almond Milk Chocolate Pudding
- 1/2 C Fresh Strawberries
- 2 T So Delicious Dairy Free Cool Whip



DAY 7



BREAKFAST: Berry Forager Bowl & Sausage

SERVINGS: 1

10G FIBER 21G PROTEIN

PREP TIME: 10 MINS

Ingredients

- Daily Harvest Strawberry and Goji Berry Forager Bowl
- 4 Applegate Sausage Links



SNACK: Hummus & Gluten Free Pretzels

SERVINGS: 1

4G FIBER 4G PROTEIN

PREP TIME: 5 MINS

Ingredients

- 1/4 cup Hummus
- GF Pretzels



LUNCH:

Tomato and Zucchini Minestrone w/ 4oz Rotisserie Chicken

Directions

Prepare soup per package directions stirring in shredded rotisserie chicken



SERVINGS: 1

8G FIBER 30G PROTEIN

PREP TIME: 5 MINS



DINNER:

Kevin's Chimichurri Beef

Ingredients

- Kevin's Chimichurri Beef - WF
- 2 c 365 Brand frozen brown rice - WF
- 2 c frozen 3-pepper blend

Directions

Prepare Mongolian Beef and rice per package instructions. Heat broccoli.

SERVINGS: 2

4G FIBER 37G PROTEIN PER SERVING

PREP TIME: 20 MINS

OPTIONAL DESSERT:

Chocolate Pudding w/ Fresh Raspberries and Cream

SERVINGS: 1

10G FIBER 16G PROTEIN

PREP TIME: 5 MINS

Ingredients

- 1 container 365 Almond Milk Chocolate Pudding
- 1/2 C Fresh Strawberries
- 2 T So Delicious Dairy Free Cool Whip



NUTRITION RESOURCES



Nutrition Tracking: We like clients to specifically monitor their fiber and protein intake to make sure they are getting the required 35 G fiber daily over time and around 100 G protein daily. It is very easy to undereat in these areas. We suggest using My Fitness Pal and paying for the premium version that includes fiber monitoring.

About 75% of what we cook on a regular basis comes from these three websites:

<https://paleomg.com/>
<https://fedandfit.com/>
<https://www.paleorunningmomma.com/>

Favorite Cookbooks that we've personally used and loved:
All of Daniel Walker's cookbooks including: Against All Grain, Celebrations, Healthy in a Hurry and Meals Made Simple
Nom Nom Paleo: Let's Go! By Michelle Tam and Henry Fong
Cook Once Eat All Week by Cassy Joy Garcia

Meal Delivery Services that we've used and loved
Origin Meals (<https://www.originmeals.com/>)
Trifecta Nutrition (<https://shop.trifectanutrition.com/>)
Balanced Bites (<https://balancedbites.com/>)

**** Remember that the fiber goal is 35 G per day, increased slowly over time. You will likely need to supplement fiber in meals with added veggies, beans, flax seed or chia seeds. ****

FAQ'S

WHY 35 GRAMS OF FIBER DAILY?

Fiber feeds healthy gut bacteria and decreases inflammation. Therefore it promotes glowing skin and healthy digestion. The standard American diet is essentially void of fiber and most people get less than 15 grams daily. Therefore, track your fiber intake for 3 days (We like using the Fitness Pal app for this) to see what your baseline is.

TIP: Increase fiber SLOWLY – about 5 grams weekly until you reach the goal. This is not a race! We are developing eating habits that will stick with us long term. Go low and slow. Increasing fiber too quickly will lead to digestive distress especially if there is underlying dysbiosis. Our favorite sources of fiber include fruits,veggies, flax seed, chia seed and legumes.

WHY GRAIN AND DAIRY FREE?

Both food groups can be inflammatory and irritating to our gut and skin. Gluten and dairy especially are linked to digestive and skin disorders. We initially recommend removing all dairy and all grains, even gluten free ones, to allow our bodies to quickly decrease inflammation. It allows our systems to relax and enter into a state of healing. Eventually, many may wish to reintroduce gluten free grains but being gluten and dairy free may be what your body needs long term.

CAN I DRINK CAFFEINE?

Sure! Just in moderation. Some people notice that caffeine from any source leads to mid-day fatigue and gut/skin issues. But if you feel great drinking it, We recommend sticking to no more than 2 cups of caffeinated coffee or tea daily.





FAQ'S

CAN I FOLLOW THIS NUTRITION PLAN AND REMAIN VEGETARIAN/VEGAN?

We don't recommend it. Humanely-raised and wild caught animal protein is a powerhouse of gut and skin healing fatty acids, vitamins and amino acids – all in a perfect balance made for humans to consume! Many vegan protein sources are heavily processed, void of other nutrients and simply do not offer the right balance of amino acids our body needs. Ounce-for-ounce you cannot beat the nutritional benefits of animal protein in comparison with plant-based sources. At the very least, we recommend clients consume pastured eggs and wild caught fish if they feel compelled to avoid most other animal products. Depending on your body type, activity level, and life stage, aim for between 80 and 100 grams daily.

WHY SO MANY VEGETABLES? CAN'T I JUST TAKE A GREENS POWDER?

We recommend that half of most meals consist of veggies and/or low glycemic fruits like berries. The vitamins, phytonutrients and fiber found in a wide range of produce will help our bodies detox, fight infection, feed healthy gut bacteria and support healthy skin. Between fruits, vegetables and herbs (teas and spices count!) aim for 30 different plant foods a week. Each week try to eat the rainbow of produce. Green powders are great, but you'll get a lot more bang or your buck if you just eat the vegetables. Powders do not replace actual food.

DO I HAVE TO CUT OUT ALL SUGAR?

Nope! Honey, maple syrup and coconut sugar are fine in moderation. Yes, sugar can feed candida and worsen dysbiosis. But we do not find that a small amount of natural sugar in a recipe or in tea makes or breaks someone's healing.



FAQ'S

CAN'T I JUST TAKE THE SUPPLEMENTS IN MY PROTOCOL AND CONTINUE EATING HOW I DO NOW?

We truly wish that a diet of fries, pizza and diet coke were the keys for health. But that's just not reality. A well-fed body is a body that is able to enter into a state of healing. You cannot supplement your way out of illness. Period. Our job is to diagnose and treat your condition from a functional medicine standpoint using testing and evidence-based recommendations on supplements. Your job is to maintain a state of healing and eat in a way that promotes continued healing.

When we both do our job, that's where the deep transformation occurs. We know it's a lot of work to make these changes, but the deep healing that inspired you to seek a solution is only available when we commit to our respective roles.

DO I HAVE TO SKIP THE WINE?

Not necessarily. Alcohol is a toxin and there is absolutely nothing healthy about it no matter the type. It's the polyphenols in wine that give it its health benefits, not the alcohol, and you'll get PLENTY by eating an abundance of produce. So limit alcohol to two drinks a week, or less if you notice it makes your condition worsen. TIP: track the way you feel 1-3 days after drinking to see if you experience any change to your symptoms.

HOW MUCH WATER SHOULD I DRINK?

Aim for half your body weight in ounces daily. For example, if you are 140 lbs, drink 70 oz water daily. We strongly recommend supporting electrolyte balance using 1-3 packets of LMNT drink mix daily depending on your taste and activity level.



Scan me!

For more information, head to our website.

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