SYSTEMIC FORMULAS INC | ALIMENTUM LABS

The Holobiome Roadmap

A Strategic Framework for Biological Restoration









Patient Workbook

TABLE OF CONTENTS

The Holobiome Roadmap & Understanding the Holobiome 4
Keystone Species & Microbiome Restoration & What to Expect 5
Lifestyle Foundations 6
How the Holobiome Roadmap Works 7
Program Success Guidelines 8
Holobiome Protocols 9
- Step 1: Prepare 10
- Step 2: Purify 12
- Step 3: Promote 14
- Step 4: Protect 16
- Step 5: Preserve 18

Additional Support Products 20
When to Contact Your Practitioner 21
- Nutrition for Step 1: Prepare 22
- Nutrition for Step 2: Purify
- Nutrition for Step 3: Promote 23
- Nutrition for Step 4: Protect
- Nutrition for Step 5: Preserve 24

Building Your Plate on the Holobiome Roadmap 25
Pantry Staples & Snacking Guide 26
How Snacks Evolve Through the Holobiome Roadmap 27
Nutrition Guide: Prepare 28
Prepare Recipes 32
- Collagen Protein Smoothie
- Collagen Yogurt Bowl
- Egg Bowl
- Healing Chicken Bowl
- Herb Chicken Plate
- Salmon Vegetable Bowl
- Simple Chicken Soup
- Simple Protein Plate
- Simple White Fish & Greens
- Turkey Power Bowl
- Turkey Vegetable Soup
- Warm Collagen Broth + Eggs

Nutrition Guide: Purify 35
Purify Recipes 40
- Detox Collagen Berry Smoothie
- Detox Egg & Sweet Potato Bowl
- Detox Ginger Chicken Bowl
- Detox Herb Chicken Plate
- Detox Mineral Broth, Eggs & Berries
- Detox Salmon Greens Bowl
- Detox Turkey Bowl
- Detox Turmeric Chicken Soup
- Detox Turmeric Turkey Soup
- Detox White Fish & Bok Choy Plate
- Fresh Berries
- Turkey Slices & Cucumber
- Warm Detox Collagen Broth

Nutrition Guide: Promote 43
Promote Recipies 46
- Berry Chia Collagen Bowl
- Berry Recovery Smoothie
- Chickpea Harvest Salad
- Cinnamon Oat & Flax Bowl
- Ecosystem Garden Salad
- Garden Vegetable Scramble
- Garlic Herb Fish with Roasted Vegetables
- Herb Beef with Roasted Vegetables
- Lentil Herb Soup
- Lentil Vegetable Bake
- Mediterranean Salmon Salad
- Mediterranean Turkey Skillet
- Microbiome Nourish Bowl
- Quinoa Harvest Bowl
- Rainbow Turkey Stir-Fry
- Resistant Starch Breakfast Bowl
- Roasted Vegetable Chicken Plate
- Salmon Resilience Bowl
- Salmon with Asparagus & Quinoa
- Sweet Potato Protein Bowl
- Sweet Potato Veggie Hash

Nutrition Guide: Protect 51
Protect Recipes 54
- Apple Cinnamon Protein Oats
- Berry Kefir Power Bowl
- Brain Boost Overnight Oats
- Cinnamon Walnut Oats
- Family Style Salmon Bake
- Gut-Brain Smoothie
- Harvest Grain & Lentil Bowl
- Lemon Herb Chicken & Brussels Sprouts
- Mediterranean Beef Patties Plate
- Mediterranean Chicken Bowl
- Mediterranean Mezze Plate
- Roasted Turkey Meatballs & Vegetables
- Salmon Resilience Bowl
- Savory Breakfast Hash
- Shrimp & Vegetable Stir-Fry
- Stuffed Sweet Potato Bowl
- Turkey Taco Power Salad
- Veggie Frittata Plate

Nutrition Guide: Preserve & What To Do If Symptoms Return 58
APPENDIX
- Understanding Holobiome Terms
- My Personalized Holobiome Roadmap Plan
- Food Reactions & Symptom Tracker
- Phase Transition Checkpoint
- Low Histamine Food Exchange Guide
- Low FODMAP Food Exchange Guide
- *Candida* & Yeast Support Food Exchange Guide
- Traveling & Eating Out While on the Holobiome Roadmap
- Frequently Asked Questions

THE HOLOBIOME ROADMAP

A Personalized Path Toward Greater Resilience

Welcome.

If you are here, chances are you have already explored a variety of approaches in search of better health.

Maybe you have focused on digestion, energy, inflammation, detoxification, hormones, food sensitivities, or symptom management, yet still feel like something is missing. That is because true wellness is rarely about chasing isolated symptoms alone.

The Holobiome Roadmap was designed to take a more strategic, whole-system approach. Rather than focusing on a single symptom or organ, this program helps support the interconnected systems that influence digestion, metabolism, immune balance, neurological function, recovery, and overall wellness.

Because healing is not one-size-tits-all, the roadmap follows a phased progression designed to support the body in the proper sequence. Each phase builds upon the one before it to help create a stronger foundation for long-term health.

Your practitioner has selected this roadmap intentionally based on your unique needs and goals. Stay consistent. Trust the process and remember progress happens through strategic steps, not perfection.

UNDERSTANDING THE HOLOBIOME

Your Genetics and Microbiome Work Together

The holobiome is the combination of your unique genetics and microbiome working together as one interconnected system.

Your genes help determine how your body responds to food, stress, toxins, inflammation, hormones, and environmental exposures. Small genetic variations may influence important functions such as detoxification, immune balance, energy production, metabolism, and tissue repair.

At the same time, trillions of microorganisms—including bacteria, fungi, and other microbes live throughout the digestive tract, skin, mouth, lungs, and other tissues. Together, these organisms form the microbiome, which plays a major role in digestion, immunity, metabolism, neurological signaling, inflammatory balance, and communication between organ systems.

The microbiome communicates with many areas of the body through what are known as the gut-organ axes, including the gut-brain, gut-skin, gut-immune, and gut-liver axes. Because of this constant communication, imbalances within the microbiome may influence health far beyond digestion alone.

Lifestyle factors such as stress, poor diet, medications, environmental toxins, infections, and chronic inflammation may disrupt the microbiome over time. This imbalance, often called dysbiosis, can contribute to fatigue, digestive discomfort, inflammatory activity, immune imbalance, skin irritation, mood changes, and reduced resilience.

The Holobiome Roadmap is designed to support healthier communication between your genetics, microbiome, immune system, metabolism, and organ systems through a structured, phased approach to wellness.

KEYSTONE SPECIES & MICROBIOME RESTORATION

Rebuilding the Foundation of the Microbial Ecosystem

Not all bacteria within the microbiome serve the same role. Certain organisms, known as keystone species, help regulate the balance and function of the broader microbial ecosystem.

These important microbes influence:

- Immune regulation
- Inflammatory balance
- Digestive function
- Barrier integrity
- Metabolism and energy production
- Neurotransmitter signaling
- Communication throughout the gut-organ axes

Modern lifestyle factors—including processed foods, environmental toxins, chronic stress, reduced environmental microbial exposure, infections, and medications may contribute to the loss of many beneficial organisms that historically supported human health and resilience.

The Holobiome Roadmap utilizes advanced human-derived keystone probiotic species designed to help restore important microbial functions and strengthen microbiome diversity and stability.

Rather than simply adding temporary bacteria, the goal is to help rebuild a healthier microbial foundation and support long-term balance, adaptability, and whole-body wellness.

By restoring key microbial species and supporting the body in the proper sequence, the roadmap helps create an environment where healthier digestion, immune signaling, metabolism, neurological function, and recovery can thrive.

WHAT TO EXPECT

Healing is a process and is rarely perfectly linear.

As your body moves through the Holobiome Roadmap, it is normal to experience changes along the way. Some individuals notice gradual steady progress, while others experience more noticeable shifts as the body adapts.

You may notice:

- Digestive changes
- Changes in bowel habits
- Temporary symptom fluctuations
- Energy shifts
- Food tolerance changes
- Detox-related responses
- Improved resilience over time

Everyone progresses differently.

Your practitioner will help guide your timing, transitions, and adjustments based on your individual response.

The goal is progress, not perfection.

LIFESTYLE FOUNDATIONS

The Holobiome Roadmap focuses on nutrition, supplements, and targeted interventions, but these strategies work best when supported by healthy daily habits. The following lifestyle practices can help support your progress throughout every phase of the roadmap.

Sleep

The Holobiome Roadmap focuses on nutrition, supplements, and targeted interventions, but these strategies work best when supported by healthy daily habits. The following lifestyle practices can help support your progress throughout every phase of the roadmap.

Simple Sleep Tips

- Aim for 7–9 hours of sleep each night when possible.
- Maintain a consistent bedtime and wake time and a relaxing evening routine.
- Limit screen exposure before bed and keep your bedroom cool, dark, and quiet.

Movement

Regular movement supports circulation, digestion, metabolic health, mobility, stress resilience, and overall wellness. Movement does not need to be intense to be beneficial. Consistency is often more important than intensity.

Simple Movement Tips

- Walk daily when possible or take short walks after meals.
- Include stretching or mobility exercises.
- Participate in activities you enjoy and build activity based on your current fitness level.

Stress & Recovery

Stress is a normal part of life, but chronic stress can affect many aspects of health, including digestion, sleep, energy, mood, and overall resilience. Creating opportunities for recovery can help support the body's ability to adapt and thrive.

Simple Recovery Tips

- Spend time outdoors.
- Practice deep breathing, meditation, prayer, or mindfulness.
- Connect with friends, family, & community.
- Make time for rest and relaxation and prioritize activities you enjoy.

Environment

Your daily environment can influence sleep quality, stress levels, activity patterns, and overall health. Small changes can help create conditions that support long-term wellness.

Consider

- Air and water quality
- Natural light exposure and time spent outdoors
- Household and personal care products

HOW THE HOLOBIOME ROADMAP WORKS

Just as a tree grows through stages, healing happens through a process. The Holobiome Roadmap follows a strategic progression designed to support your body one step at a time. Rather than trying to address everything at once, each phase builds upon the last to create stronger foundations, greater resilience, and lasting wellness.

Each phase includes a targeted supplement kit designed to support the primary goals of that stage, along with meal plans and lifestyle recommendations that work alongside the protocol.

Prepare: Build the Foundation with Good Soil

Before a tree can thrive, the soil must be healthy. The Prepare phase focuses on creating the conditions necessary for progress by supporting digestion, elimination, detoxification pathways, cellular energy production, and overall readiness. Your Prepare kit provides foundational support to help the body process, absorb, and respond more effectively to the work that follows.

Purify: Reduce Internal Burden and Support the Roots

Once the soil is prepared, attention turns to the roots. The Purify phase focuses on reducing internal burdens that may interfere with optimal function, including microbial imbalances, inflammatory stressors, and accumulated metabolic waste. Your Purify kit is designed to support microbial balance, detoxitication pathways, and a healthier internal environment where the microbiome can begin to function more effectively.

Promote: Restore and Rebuild Capacity and Strengthen the Trunk

As the roots become healthier, the body's communication and repair systems can operate more efficiently. The Promote phase focuses on restoration, repair, resilience, and rebuilding capacity throughout the gastrointestinal and immune systems. Your Promote kit is designed to support microbiome restoration, immune function, gut barrier integrity, and the body's ability to repair and regenerate.

Protect: Diversify and Increase Resilience by Expanding the Canopy

A healthy tree develops stronger branches and greater diversity. The Protect phase focuses on strengthening the connection between the gut, immune system, and brain while expanding microbial diversity and adaptability. Your Protect kit is designed to support gut-brain communication, neurological resilience, microbial stability, and the body's ability to adapt to everyday stressors.

Preserve: Maintain Long-Term Wellness and Help the Tree Thrive

The tinal phase focuses on maintaining progress through sustainable habits that support ongoing balance and resilience. Your Preserve kit provides continued support for long-term microbiome health, digestive function, immune balance, and overall wellness so the gains achieved throughout the roadmap can be sustained over time.

PROGRAM SUCCESS GUIDELINES

Protecting Your Progress

For the best experience and outcomes, consistency matters. The Holobiome Roadmap was intentionally designed as a phased system, with each step supporting the next. Following the plan as recommended helps create clearer progress and more predictable outcomes.

Stay Consistent	Consistency creates better results than frequently changing your plan. Even small daily actions create momentum over time.
Follow Your Recommended Protocol	Avoid adding outside supplements, cleanses, detox products, probiotics, antimicrobial products, or other self-directed wellness programs unless approved by your practitioner. Unexpected variables can interfere with progress, create unnecessary stress, or make it more difficult to understand what is helping.
Support Hydration & Elimination	Healthy hydration, bowel regularity, movement, and foundational self-care are important throughout the roadmap. These simple habits help support the body's natural processes.
Progress Strategically	Moving faster is not always better. Each phase serves a purpose. Trust the sequence.
Ask Questions	If something feels unclear, reach out to your practitioner. You do not need to navigate this process alone.

Protecting Your Progress

Avoid making major changes to your protocol without practitioner guidance. Consistency supports better outcomes.

HOLOBIOME PROTOCOLS

A Phased Approach to Wellness

Why It Matters

Optimal health emerges from the coordinated function of the microbiome, genetics, detox pathways, immune system, and neurological networks. Imbalances in gut microbes (dysbiosis) can contribute to chronic inflammation, poor nutrient absorption, oxidative stress, and metabolic dysfunction, highlighting the importance of restoring microbial balance as a foundation for wellness.

The Science

The microbiome communicates with multiple organ systems through gut-organ axes, including gut-brain, gut-liver, and gut-skin pathways. Genetic and epigenetic factors influence how individuals respond to diet, lifestyle, and environmental exposures, providing actionable insights for personalized health strategies.

A Phased Approach

Built on this foundation, the Holobiome Roadmap guides practitioners through a phased, structured approach to restore balance across the body's interconnected systems. Each phase prepares, purities, and promotes system function, ensuring interventions are effective, sustainable, and well-tolerated.



STEP 1: PREPARE

Drainage & Energy

The Prepare phase focuses on creating the conditions necessary for progress by supporting digestion, elimination, detoxification pathways, cellular energy production, and overall readiness. Your Prepare kit provides foundational support to help the body process, absorb, and respond more effectively to the work that follows.







Morning Packets Include:

EnerGenic - Mitochondrial function and energy metabolism

MethylGenic - Methylation processes and phase II liver detoxification

ImmuneGenic - Gut-immune axis support

**Recommend on an empty stomach for improved absorption. May be taken with food for those who are sensitive.*

Evening Packets Include:

LymphGenic - Lymphatic drainage

MucosaGenic - Strengthens the intestinal lining

**Recommend on an empty stomach for improved absorption. May be taken with food for those who are sensitive.*

Daily Success Checklist

- ☐ Morning supplements taken
- ☐ Hydration goal met
- ☐ Bowel movement / elimination supported
- ☐ Meals followed according to plan
- ☐ Evening supplements taken

What to Expect in Step 1: Prepare

- Improved energy
- Less sluggishness
- Better elimination
- Improved tolerance

Others may not notice dramatic immediate changes. That is completely normal. Foundational healing often happens quietly.

Helpful Reminders

- Follow timing instructions carefully
- Stay well hydrated
- Consistency matters more than perfection
- Contact your practitioner with concerns

Note: The Prepare phase is designed to establish a strong foundation before deeper microbiome and detoxification support begins. As nutrition, hydration, digestion, and daily habits improve, some individuals may notice temporary changes in energy, cravings, digestion, or bowel patterns. Not everyone feels significantly better right away, but this phase helps build the stability and resilience needed for the phases that follow.

STEP 2: PURIFY

Detox & Gut Health

The Purify phase focuses on reducing internal burdens that may interfere with optimal function, including microbial imbalances, inflammatory stressors, and accumulated metabolic waste. Your Purify kit is designed to support microbial balance, detoxification pathways, and a healthier internal environment where the microbiome can begin to function more effectively.





Terra Superfood - Feeds healthy microbes & restores terrain

**Best to consume in the morning to observe GI tolerance. Can be consumed at lunch or dinner if desired.*







Morning Packets Include:

Clear 1 µBiomic &
Clear 2 µBiomic - Antimicrobials for bacteria, fungi, parasites

**Best to take on an empty stomach unless GI side effects or other detox symptoms occur. In this case, may be taken with food.*

Evening Packets Include:

Terra µBiomic - Promotes beneficial microbial diversity

DetoxiGenic - Supports detoxification pathways

**Best to take on an empty stomach for improved absorption but can be taken with food for sensitive patients.*

Bedtime Packets Include:

BindGenic - Sequesters and eliminates toxins

**Best to take on an empty stomach for improved absorption but can be taken with food for sensitive patients.*

Daily Success Checklist

- ☐ Morning protocol completed
- ☐ Midday hydration
- ☐ Protocol spacing followed
- ☐ Evening protocol completed
- ☐ Symptoms monitored

What to Expect in Step 2: Purify

- Digestion changes
- Bowel habit changes
- Temporary fatigue
- Bloating fluctuations
- Feeling “different”
- Headaches

Experiences vary. The goal is steady progress not discomfort. Please contact your practitioner if you experience significant persistent discomfort.

Helpful Reminders

- Spacing matters for certain products
- Hydration becomes especially important
- Do not self-adjust dosing unless directed
- Support regular elimination

Note: Some individuals may experience temporary changes such as fatigue, headaches, digestive changes, brain fog, or shifts in energy during the Purify phase. These responses may occur as microbial burden is reduced and the body adapts to detoxification and elimination support. Most reactions are temporary and should improve as the body adjusts.

STEP 3: PROMOTE

Immunity & Microbiome

The Promote phase focuses on restoration, repair, resilience, and rebuilding capacity throughout the gastrointestinal and immune systems. Your Promote kit is designed to support microbiome restoration, immune function, gut barrier integrity, and the body's ability to repair and regenerate.





Immune Superfood - Prebiotic and immunomodulatory support

**Best to consume in the morning to observe GI tolerance but can be taken in the evening if desired.*





Morning Packets Include:

Immune µBiomic - Supports a healthy immune response and the gut-immune axis

ImmuneGenic - Regulation of immune system-related gene expression

**Recommend on an empty stomach for improved absorption. May be taken with food for those who are sensitive.*

Evening Packets Include:

MucosaGenic - Reinforces intestinal barrier

CellGenic - Supports cellular repair and regeneration

**Recommend on an empty stomach for improved absorption. May be taken with food for those who are sensitive.*

Daily Success Checklist

- ☐ Morning supplements completed
- ☐ Nutrition plan followed
- ☐ Hydration goal met
- ☐ Food tolerance monitored
- ☐ Evening protocol completed

What to Expect in Step 3: Promote

- Improved digestion
- More stable bowel habits
- Reduced bloating
- Better food tolerance
- Steadier energy
- Improved digestive resilience

Helpful Reminders

- Rebuilding takes consistency
- Avoid aggressively self-reintroducing foods
- Follow your practitioner's timeline
- Communicate changes in tolerance

Note: While most see improvements, as dietary diversity and microbiome-supportive foods increase, some individuals may notice mild bloating, increased gas, changes in bowel habits, or fluctuations in energy. These responses often reflect the ecosystem adapting to new fibers, resistant starches, and beneficial nutrients that support microbial diversity and gut-brain communication. Most changes are temporary and improve as tolerance and resilience continue to develop. Consider additional digestive support if symptoms persist.

STEP 4: PROTECT

Neurological Health

The Protect phase focuses on strengthening the connection between the gut, immune system, and brain while expanding microbial diversity and adaptability. Your Protect kit is designed to support gut-brain communication, neurological resilience, microbial stability, and the body's ability to adapt to everyday stressors.





Neuro Superfood – Supports neurotransmitter synthesis, neuroplasticity, and acetylcholine metabolism

**Best to consume in the morning to observe GI tolerance but can be taken in the evening if desired.*





Morning Packets Include:

Neuro µBiomic - Supports microbes that influence cognitive function

NeuroGenic - For mood, focus, cognitive enhancement

**Best to take on an empty stomach for improved absorption but can be taken with food for sensitive patients.*

Evening Packets Include:

CalmGenic - Modulates HPA axis to reduce stress response

EpiGenic - Influences epigenetic regulation of brain and metabolic pathways

**Best to take on an empty stomach for improved absorption but can be taken with food for sensitive patients.*

Daily Success Checklist

- ☐ Morning protocol completed
- ☐ Hydration maintained
- ☐ Sleep routine supported
- ☐ Stress support practices completed
- ☐ Evening protocol completed

What to Expect in Step 4: Protect

- Improved focus
- Clearer thinking
- Better resilience
- Improved stress tolerance
- Mood balance
- Improved overall well-being

Helpful Reminders

- Consistency matters
- Nervous system support takes time
- Prioritize sleep
- Minimize major routine disruptions when possible

Note: Some individuals may experience temporary headaches as they adjust to new supplements, dietary changes, or gut-brain-supportive interventions. These symptoms are typically mild, short-lived, and should improve within several days to a couple of weeks. If headaches are severe, worsening, or persistent, consult your practitioner for individualized guidance.

STEP 5: PRESERVE

Maintenance

The final phase focuses on maintaining progress through sustainable habits that support ongoing balance and resilience. Your Preserve kit provides continued support for long-term microbiome health, digestive function, immune balance, and overall wellness so the gains achieved throughout the roadmap can be sustained over time.





Terra Superfood - Prebiotic to maintain microbiome diversity

**Best to consume in the morning to observe GI tolerance but can be taken in the evening if desired.*





Morning Packets Include:

Terra µBiomic - To maintain balanced gut microbiome, enhance digestion & support immune health

**Best to take on an empty stomach for improved absorption but can be taken with food for sensitive patients.*

Evening Packets Include:

VitaGenic - Full-spectrum vitamins and mineral product for optimal cellular support

CellGenic - To maintain cellular integrity and longevity

OrganGenic - Essential nutrients that support healthy gene expression and proper enzyme function, ensuring optimal cellular processes

**Best to take on an empty stomach for improved absorption but can be taken with food for sensitive patients.*

Daily Success Checklist

- ☐ Morning protocol completed
- ☐ Hydration goal met
- ☐ Nutrition plan followed
- ☐ Movement / activity supported
- ☐ Evening protocol completed

What to Expect in Step 5: Preserve

By this phase, many individuals feel more stable, resilient, and confident in their routines.

Helpful Reminders

- Maintenance is still active support
- Consistency creates sustainability
- Wellness routines matter long-term
- Communicate changes with your practitioner

Note: By the time you reach Preserve, many individuals notice improvements in resilience, digestive stability, energy, and overall well-being. This phase focuses on maintaining those gains while supporting long-term ecosystem health. Some individuals may also choose to work with their practitioner on more targeted goals such as hormone balance, metabolic health, or healthy weight management.

ADDITIONAL SUPPORT PRODUCTS

While on the Holobiome Roadmap Consider Adding the Following Additional Support Products



Collagen MB

Supports the gastrointestinal mucosal barrier and healthy connective tissue repair. Consider when additional support is needed for gut lining integrity, tissue recovery, and digestive resilience.



Collagen ECM

Provides key structural nutrients that support connective tissue, extracellular matrix health, and tissue repair. Consider during phases focused on restoration, recovery, and long-term structural support.



Metabo-Shake

A nutrient-dense meal replacement designed to support metabolic stability, blood sugar balance, and convenient nutrition. Consider when appetite is poor, meal preparation is challenging, or for additional nutritional support.



ElectroGenic

Provides electrolytes and trace minerals to support hydration, cellular function, and energy production. Consider during detoxification phases, increased sweating, exercise, or when signs of dehydration are present.



D – Digest

Supports healthy digestive function, stomach comfort, and gastrointestinal balance. Consider when digestive symptoms, microbial challenges, or upper gastrointestinal discomfort are present.



EnzyGenic

Provides broad-spectrum digestive enzyme support to assist with the breakdown of proteins, fats, and carbohydrates. Consider when digestive capacity is reduced, meals feel heavy, or progress is limited by poor digestion.



DREM

Supports healthy sleep quality, relaxation, and nervous system balance. Consider when sleep disturbances, difficulty falling asleep, or poor recovery are limiting progress.



C – Colon

Supports healthy bowel motility, elimination, and detoxification pathways. Consider when constipation, sluggish bowel function, or impaired elimination is present.



ROX

Supports healthy oxygen utilization, circulation, and cellular energy production. Consider when fatigue, low vitality, or reduced stamina are limiting recovery and resilience.



Lb – Liver/Gallbladder

Supports healthy bile flow, fat digestion, liver function, and detoxification capacity. Consider when signs of sluggish digestion, poor fat tolerance, or impaired drainage pathways are present.

WHEN TO CONTACT YOUR PRACTITIONER

Some changes during a healing program can be expected. Others deserve additional guidance.

Please contact your practitioner if you experience:

- Significant or persistent digestive distress
- Difficulty tolerating supplements
- Severe or concerning symptom changes
- Uncertainty about dosing or timing instructions
- Questions about adding other supplements
- Questions about prescription medications
- Symptoms that feel overwhelming
- Uncertainty about transitioning between phases

**Herxheimer or Temporary Reactions vs. Poor Tolerance*

As your body adapts to dietary changes, supplements, and shifts in the microbiome, you may occasionally experience temporary symptoms such as headaches, fatigue, digestive changes, or fluctuations in energy. These responses are often mild and improve as the body adjusts.

If symptoms are severe, continue to worsen, or occur consistently after taking a specific supplement, you may not be tolerating that product well. If this occurs, contact your practitioner for guidance.

NUTRITION DESIGNED TO MATCH YOUR CAPACITY

The Goal of Nutrition Progression Within the Holobiome Roadmap

The nutrition component of the Holobiome Roadmap is designed to work alongside your protocol and support the body through each phase of the restoration process. Rather than using a one-size-tits-all diet approach, the Holobiome Roadmap utilizes strategic nutrition progression based on digestive function, microbiome capacity, detoxification tolerance, metabolic stability, and overall resilience.

As the body changes, nutrition changes with it. The right foods at the wrong time may not create the right outcome.

Some individuals begin the Holobiome Roadmap with significant digestive stress, microbial imbalance, inflammatory burden, food sensitivities, low energy, or limited tolerance capacity. Because of this, the Holobiome Roadmap does not immediately introduce highly restrictive diets, excessive fiber, aggressive detoxification foods, or broad food diversity. Instead, nutrition progresses intentionally through phases designed to support the body in the proper sequence. Each phase has a distinct purpose and is designed to align with the body's current capacity.

We also recognize that individual needs vary. While each step includes a foundational nutrition plan based on microbiome capacity, some individuals may require additional dietary modifications such as low-histamine, low-FODMAP, grain-free, or other therapeutic approaches. For this reason, supplemental food lists have been provided to help you identify appropriate substitutions within your approved food list while remaining aligned with the goals of your current phase.

The goal is not long-term restriction, but to progressively expand dietary flexibility as function, tolerance, and resilience improve. For additional food lists and guidance related to specific dietary considerations, sensitivities, and therapeutic protocols, please refer to the Appendix.

NUTRITION FOR STEP 1: PREPARE

Prepare (Day 1-30)

The Prepare step focuses on building the foundation, reducing major inflammatory burden while helping the body transition away from highly processed foods and unstable eating patterns.

During this phase, meals are intentionally simple, repetitive, and easier to digest. The goal is improving consistency, hydration, blood sugar balance, digestive stability, and foundational resilience before deeper microbiome and detoxification support begins.

This phase is not about perfection or aggressive restriction. The focus is creating a stronger foundation.

Primary Goals

- Improve meal consistency
- Increase protein intake
- Reduce ultra-processed foods
- Improve hydration and electrolyte balance
- Support digestive tolerance
- Reduce overwhelming dietary complexity








NUTRITION FOR STEP 2: PURIFY

Purify (Day 31-60)

The Purify phase is designed to reduce internal burden and works alongside active detoxification and microbial balancing support.

During this phase, nutrition becomes more intentional in order to help reduce dietary inputs that may contribute to microbial imbalance, inflammatory stress, excessive fermentation, and metabolic instability. Some individuals may temporarily tolerate less fiber, fewer fermentable foods, or lower overall food diversity during this phase depending on microbiome capacity and digestive resilience.

The goal is not deprivation or fear around food. The focus is creating a less supportive environment for unwanted overgrowth, while continuing to nourish the body and support detoxification pathways.

Primary Goals

- Support detoxification pathways
- Reduce microbial fuel sources
- Improve microbial balance
- Reduce inflammatory burden
- Support regular elimination & improve digestive resilience








NUTRITION FOR STEP 3: PROMOTE

Promote (Day 61-90)

As microbial balance and detoxification capacity improve, nutrition begins expanding to support restoration, resilience, and microbiome rebuilding. This phase often introduces broader nutrient diversity, increased microbiome supportive foods, and more strategic support for metabolic flexibility, immune balance, and tissue repair.

The focus shifts from reduction toward rebuilding and restoration.

Primary Goals

- Support microbiome restoration
- Increase nutrient diversity
- Improve metabolic flexibility
- Support immune balance
- Restore digestive and absorptive capacity
- Improve resilience and recovery








NUTRITION FOR STEP 4: PROTECT

Protect (Day 91-120)

During Protect, the focus becomes maintaining progress while improving long-term adaptability, stability and resilience.

Food diversity often increases further while continuing to support microbiome stability, inflammatory balance, neurological function, and sustainable lifestyle integration.

This phase helps patients transition from structured restoration into more sustainable long-term patterns.

Primary Goals

- Improve long-term resilience
- Expand healthy food diversity
- Support neurological and immune stability
- Maintain microbiome balance
- Improve sustainability and flexibility








NUTRITION FOR STEP 5: PRESERVE

Preserve (Maintenance)

The Preserve phase focuses on maintaining the progress and resilience built throughout the Holobiome Roadmap.

Nutrition becomes more individualized and sustainable while continuing to support the microbiome, metabolism, immune system, and overall ecosystem health long term.

This phase is about building a realistic lifestyle that supports lasting wellness, not temporary restriction. For many individuals, this may include an "80/20" approach, where the majority of food choices continue to support health goals while allowing occasional flexibility for special events, travel, celebrations, and life's everyday moments.

The goal is not perfection. The goal is creating sustainable habits that help you maintain balance, resilience, and long-term wellness.

Primary Goals

- Maintain long-term wellness
- Support sustainable nutrition habits
- Preserve microbiome diversity
- Maintain metabolic and immune resilience
- Support long-term ecosystem stability



HEALTHY FATS, GOOD CARBS, PROTEIN

80% THIS

TREATS

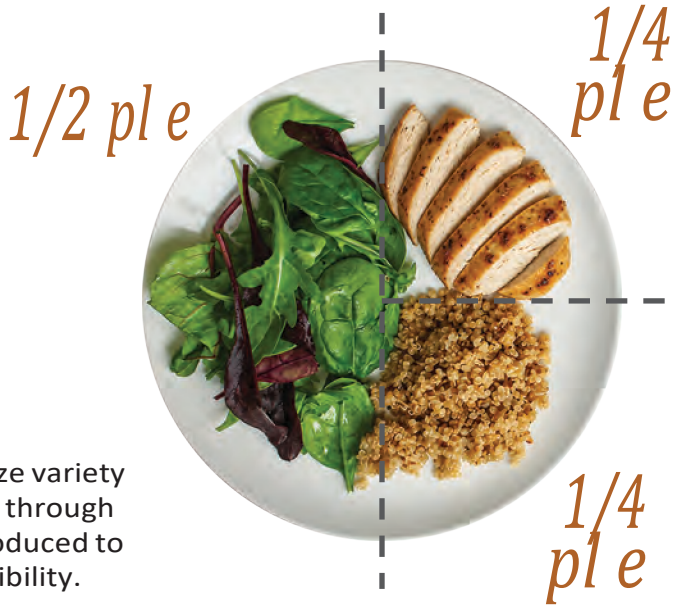
20% THIS

BUILDING YOUR PLATE ON THE HOLOBIOME ROADMAP

The Holobiome Roadmap is designed to meet your body where it is today while gradually expanding food diversity as digestive function, microbiome capacity, and overall resilience improve. Rather than focusing on calorie counting or rigid meal plans, each meal should be built around the foods approved for your current phase.

A simple way to build your plate is:

- **½ plate:** Non-starchy vegetables from your approved food list
- **¼ plate:** High-quality protein
- **¼ plate:** Approved carbohydrates, starches, or fruits appropriate for your current phase
- **Add healthy fats** as tolerated to support satiety, hormone balance, and nutrient absorption



Focus on whole, minimally processed foods and prioritize variety within your approved food selections. As you progress through the Holobiome Roadmap, additional foods may be introduced to support greater microbial diversity and nutritional flexibility.

Remember that nutrition within the Holobiome Roadmap is not intended to be permanently restrictive. Each phase is designed to support the body's current capacity while preparing for the next stage of restoration. Follow the food lists provided for your phase and make adjustments based on individual tolerance and practitioner recommendations.

FLAVORING YOUR FOOD

The recipes throughout the Holobiome Roadmap are intentionally simple and designed to serve as a foundation. Feel free to adjust flavors using fresh herbs, spices, citrus, and other whole-food seasonings that align with your current phase and individual tolerance.

Whenever possible, choose fresh or minimally processed seasonings such as garlic, ginger, turmeric, basil, oregano, rosemary, thyme, parsley, cilantro, lemon, and lime. These ingredients can add flavor and variety while also providing beneficial plant compounds.

Many recipes include sea salt and pepper as a starting point, but they are not intended to be the only seasonings used. We encourage you to experiment with herbs and spices that tit your preferences and approved food plan.

As you transition away from a Standard American Diet, whole foods may initially seem less flavorful than highly processed foods. This is a normal part of the adjustment process. Over time, taste buds often become more sensitive, allowing you to better appreciate the natural flavors of real foods.

Limit reliance on highly processed seasoning blends, flavor enhancers, and products that may contain MSG, artificial flavors, preservatives, excessive sugar, or other unnecessary additives. Simple, recognizable ingredients are often the best choice for supporting long-term health and ecosystem resilience.

The goal is to create meals that are both nourishing and enjoyable, not bland.

PANTRY STAPLES & SNACKING GUIDE

The Holobiome Roadmap emphasizes simple, whole-food nutrition that evolves as your digestive capacity, microbiome resilience, and metabolic flexibility improve.

The pantry staples below can be used throughout all phases of the Holobiome Roadmap, while food variety and flexibility gradually expand from phase to phase.

CATEGORY	PANTRY STAPLES
Condiments	Mayo, mustard, coconut aminos or “no soy” sauce, salsa, apple cider vinegar
Cooking Fats	Olive oil, avocado oil, coconut oil, grass-fed butter or ghee (dairy in later phases)
Seasonings & Herbs	Sea salt, pepper, garlic powder, fresh garlic, cinnamon, turmeric, paprika, basil, oregano, rosemary, thyme, cumin
Supportive Nutrition	Bone broth, approved protein powder, collagen peptides, unsweetened nut milks, herbal tea
Grocery Essentials	Lemons, avocados, eggs, seasonal fruit

Snacking Principles

- Focus on protein and healthy fats tirst.
- Use snacks to support energy and blood sugar stability.
- Minimize ultra-processed snack foods.
- Avoid constant grazing throughout the day.
- Choose whole-food options whenever possible.
- Consistency is more important than perfection.

Ask yourself:

Am I actually hungry or am I tired, stressed, dehydrated, or under-fueled?

If hungry, choose a protein-forward option tirst.



HOW SNACKS EVOLVE THROUGH THE HOLOBIOME ROADMAP

PHASE	PRIMARY FOCUS	EXAMPLE SNACKS
Prepare	Stability & Simplicity	Bone broth, hard-boiled eggs, turkey slices, collagen shake, avocado
Purify	Detox Support & Reduced Burden	Bone broth, turkey slices, collagen shake, cucumber with guacamole, simple protein options
Promote	Diversity & Microbiome Support	Nuts, seeds, berries, chia pudding, chickpeas, collagen smoothies
Protect	Resilience & Flexibility	Trail mix, yogurt bowls, fruit with nuts, protein smoothies, leftovers
Preserve	Sustainability & Real-Life Application	Flexible whole-food snacks based on tolerance, schedule, and goals

UNIVERSAL SNACK OPTIONS

Choose the options most appropriate for your current phase and tolerance level.

PROTEIN-FOCUSED	HEALTHY FAT & PRODUCE	CONVENIENCE OPTIONS
Hard-boiled eggs	Apple with almond butter	EPIC® Beef Stick
Turkey slices	Berries with walnuts	Clean meat sticks
Leftover chicken	Pear with almonds	Protein smoothie
Leftover salmon	Avocado with sea salt	Collagen shake
Bone broth	Carrots with guacamole	Bone broth protein
Collagen protein drink	Cucumber with avocado	Approved protein shake
Coconut yogurt (later phases)	Mixed nuts and seeds	Leftover meal portions
Chickpeas / legumes (later phases)	Plantain chips w/ guacamole	Travel-friendly snack pack

NUTRITION GUIDE: PREPARE

CATEGORY	FOODS TO AVOID/LIMIT	WHY
Ultra-processed foods	Fast food, packaged snack foods, heavily processed frozen meals	Often contain inflammatory oils, additives, preservatives, and poor-quality ingredients that may burden digestion, metabolism, and overall health.
Refined sugars & excess sweets	Soda, candy, pastries, sugary cereals, frequent desserts	May contribute to unstable energy, cravings, inflammation, and microbial imbalance.
Artificial sweeteners	Diet sodas, sugar-free products, excessive sugar alcohols	May negatively influence digestive function and microbiome stability in sensitive individuals.
Alcohol	Beer, wine, liquor, mixed drinks	Can increase inflammatory burden and interfere with recovery, sleep quality, hydration, and overall wellness.
Fried foods & highly processed oils	Deep-fried foods, fast food oils, excessive processed vegetable oils	May contribute to oxidative stress and inflammatory signaling.
Highly processed convenience foods	Protein bars with additives, packaged meal replacements, processed deli foods (nitrate-free options may be used in moderation)	Often contain gums, tillers, preservatives, and artificial ingredients that may increase digestive burden.
Excessive processed carbohydrates	Chips, white bread, pastries, highly processed snack foods	May contribute to blood sugar instability, cravings, energy fluctuations, and reduced satiety.
Dairy products	Milk, ice cream, processed cheeses, sweetened yogurts, and other dairy products	Dairy may contribute to digestive symptoms, immune reactivity, mucus production, or reduced tolerance in sensitive individuals.
Gluten-containing grains	Wheat, barley, rye, and foods made from these grains	Gluten-containing foods may contribute to digestive irritation and are commonly reduced during foundational gut-support protocols.
Excessive fiber & fermentable foods	Large salads, excessive raw vegetables, fiber supplements, large amounts of legumes, and other highly fermentable foods, cabbage, Brussels sprouts, onions, mushrooms, broccoli	During Prepare, digestive function and microbiome capacity may still be limited. Excessive fiber or fermentable foods may contribute to bloating, gas, and digestive discomfort in some individuals.
Foods that clearly trigger symptoms	Individual foods identified by the patient or practitioner	Reducing obvious triggers may help lower overall digestive and inflammatory burden while improving tolerance and resilience.

PREPARE APPROVED FOOD EXCHANGE LIST

The meal plan for this step can be followed as written or customized using foods from the approved list below. Choose foods that feel realistic, simple, and supportive.

CATEGORY	APPROVED OPTIONS	NOTES
PROTEINS	Chicken, turkey, wild-caught fish, grass-fed beef, eggs, bone broth, collagen peptides	Prioritize clean, minimally processed protein sources.
NON-STARCHY VEGETABLES	Zucchini, squash, spinach, romaine, butter lettuce, green beans, carrots cucumbers, asparagus, bok choy, bell peppers	Cooked vegetables are often better tolerated early. Consider eating without skin to reduce digestive stress.
FRUITS	Berries, apples, pears, oranges, lemons	Focus on whole fruit rather than juices or dried fruit.
SMART STARCHES	Sweet potatoes, squash, pumpkin, rice	Moderate portions help support energy and transition away from processed foods.
HEALTHY FATS	Olive oil, avocado oil, coconut oil, avocados, grass-fed butter or ghee, nuts and seeds (in moderation)	Supports satiety, metabolism, and meal stability.
CONDIMENTS & FLAVOR SUPPORT	Sea salt, herbs and spices, mustard, salsa, coconut aminos, apple cider vinegar, garlic, ginger, turmeric	Keep ingredients simple and minimize artificial additives.
BEVERAGES	Filtered water, mineral water, herbal teas, unsweetened nut milks, electrolytes	Hydration is a major focus during Step 1.
CONVENIENCE OPTIONS	Pre-cooked proteins, frozen vegetables, bone broth cartons, simple protein shakes, collagen packets	Focus on consistency and simplicity over perfection.

PREPARE SAMPLE MEAL PLAN

DAY	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Egg Bowl	Healing Chicken Bowl	Bone Broth + Turkey Slices	Salmon, Roasted Squash & Spinach
TUESDAY	Protein Smoothie	Turkey Vegetable Soup + Side Sweet Potato	Apple + Almond Butter	Herb Chicken Plate with Green Beans & Squash
WEDNESDAY	Eggs, Spinach & Sweet Potato Hash	Salmon Vegetable Bowl with Rice	Collagen Coconut Yogurt Bowl	Turkey Power Bowl
THURSDAY	Protein Plate	Chicken Soup + Roasted Squash	Bone Broth	White Fish, Green Beans & Sweet Potato
FRIDAY	Egg Bowl	Turkey Harvest Bowl	Turkey Slices + Cucumber	Herb Chicken Plate
SATURDAY	Warm Collagen Broth + Eggs + Sweet Potato	Salmon Plate with Greens & Rice	Coconut Yogurt Bowl	Turkey Vegetable Soup
SUNDAY	Soft Scramble, Avocado & Berries	Healing Chicken Bowl	Herbal Tea + Pumpkin Seeds	Simple Salmon Dinner with Squash & Greens

SAMPLE MEAL PLAN GROCERY LIST

This grocery list is designed to support the recipes and sample meal plan included in the Prepare phase. The recipes are intended for approximately 1-2 people. Before purchasing the entire list, review the recipes and meals you plan to prepare, as you may not need every item listed.

PROTEIN

- ☐ Chicken breast — 2 lbs
- ☐ Ground turkey — 2 lbs
- ☐ Turkey slices — 1 package
- ☐ Wild salmon fillets - 4 fillets
- ☐ White fish (cod or halibut) – 2 fillets
- ☐ Pasture-raised eggs — dozen Bone broth — 2 cartons (32 oz)
- ☐ Collagen peptides (Collagen MB or Collagen ECM)
- ☐ Protein powder (optional)

BEVERAGES & HYDRATION

- ☐ Herbal tea assortment
- ☐ Electrolytes (ElectroGenic)
- ☐ Unsweetened nut milk (optional)

HEALTHY FATS

- ☐ Extra virgin olive oil — 1 bottle
- ☐ Avocado oil — 1 bottle
- ☐ Coconut oil — 1 jar
- ☐ Avocados — 2 (if tolerated)
- ☐ Unsweetened coconut yogurt
- ☐ Almond Butter

NON-STARCHY VEGETABLES

- ☐ Zucchini – 4 medium
- ☐ Yellow squash — 2 medium
- ☐ Carrots — 1 bag
- ☐ Spinach —1 large container
- ☐ Green beans — 1 bag
- ☐ Cucumbers -2-3 (without skin if sensitive)
- ☐ Butter lettuce or romaine - 1 head
- ☐ Butternut squash - 1 medium (or pre-cut equivalent)
- ☐ Fresh parsley — 1 bunch
- ☐ Fresh ginger root — 1 root
- ☐ Lemons - 2-3

HERBS & FLAVOR SUPPORT

- ☐ Sea salt / Pepper
- ☐ Cinnamon
- ☐ Oregano
- ☐ Rosemary
- ☐ Thyme
- ☐ Turmeric
- ☐ Dried parsley
- ☐ Cumin
- ☐ Paprika

CARBOHYDRATES

- ☐ Sweet potatoes - 2-3 medium
- ☐ Rice
- ☐ Berries
- ☐ Apples or pears - 2-4

CONVENIENCE OPTIONS (OPTIONAL)

- ☐ Rotisserie chicken (clean ingredients)
- ☐ Frozen turkey patties
- ☐ EPIC® Beef Sticks or clean meat sticks
- ☐ Frozen vegetable blends
- ☐ Pre-cut squash
- ☐ Prepared soup vegetables
- ☐ Simple compliant frozen meals for busy days

PREPARE RECIPES

These recipes are designed to be simple, supportive, and easier to tolerate during the Prepare phase. Emphasis is placed on nutrient-dense whole foods, balanced protein intake, healthy fats, easy-to-digest vegetables, and moderate amounts of strategic carbohydrates to help support digestion, energy production, and overall wellness. Meals are intentionally lower in complexity and fermentable burden while reducing reliance on highly processed foods, helping create a strong foundation before progressing to later phases of the Holobiome Roadmap.

COLLAGEN PROTEIN SMOOTHIE

Prep Time: 5 minutes
Servings: 1

Ingredients
- 1 serving collagen peptides
- 1 cup unsweetened almond milk
- ½ cup blueberries
- ¼ avocado
- 1 tbsp almond butter
- 1 handful spinach
- Cinnamon

Instructions
1. Add all ingredients to a blender.
2. Blend until smooth.
3. Serve immediately.

COLLAGEN YOGURT BOWL

Prep Time: 5 minutes
Servings: 1

Ingredients
- 1 serving collagen peptides
- ¾ cup unsweetened coconut yogurt (if tolerated)
- ¼ cup blueberries
- Cinnamon

Instructions
1. Add coconut yogurt to a bowl.
2. Stir in collagen peptides until smooth.
3. Top with blueberries and cinnamon.
4. Serve immediately.

EGG BOWL

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 4 pasture-raised eggs
- 1 medium sweet potato, diced
- 2 cups spinach
- 1 avocado, sliced
- 1 tbsp olive oil
- Sea salt and pepper to taste

Instructions
1. Heat olive oil in a skillet over medium heat.
2. Add sweet potato and cook until tender, about 8–10 minutes.
3. Add spinach and cook until wilted.
4. Whisk eggs and pour into skillet.
5. Stir gently until eggs are cooked through.
6. Divide into bowls and top with avocado.
7. Season to taste and serve.

HEALING CHICKEN BOWL

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients
- 2 cooked chicken breasts, sliced or shredded
- 1 medium sweet potato, diced
- 2 zucchinis, chopped
- 2 carrots, sliced
- 2 cups spinach
- 1 avocado, sliced
- 1 tbsp olive oil
- Sea salt and pepper to taste
- Dried thyme

Instructions
1. Heat olive oil in a skillet over medium heat.
2. Add sweet potato, carrots, and zucchini and cook until softened.
3. Stir in chicken and spinach.
4. Season with thyme, sea salt, and pepper.
5. Cook until heated through.
6. Top with avocado and serve warm.

HERB CHICKEN PLATE

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients
- 2 chicken breasts
- 2 cups green beans
- 1 cup butternut squash, cubed
- 1 avocado, sliced
- 2 tbsp olive oil
- Sea salt and pepper to taste
- Rosemary
- Thyme

Instructions
1. Preheat the oven to 400°F.
2. Toss squash with olive oil and seasonings.
3. Place chicken and squash on a baking sheet.
4. Roast for 20–25 minutes or until chicken is cooked through.
5. Steam green beans until tender.
6. Serve with avocado.

SALMON VEGETABLE BOWL

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients
- 2 wild salmon fillets
- 1 medium sweet potato, diced
- 2 cups spinach
- 1 zucchini, chopped
- 1 carrot, sliced
- 1 tbsp olive oil
- Sea salt and pepper to taste
- Dried parsley

Instructions
1. Bake salmon at 400°F for 12-15 minutes.
2. Roast sweet potato until tender.
3. Sauté zucchini, carrot, and spinach in olive oil.
4. Divide vegetables between bowls.
5. Top with salmon.
6. Season with parsley and serve.

SIMPLE CHICKEN SOUP

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 2

Ingredients
- 1 lb. boneless skinless chicken breast
- 6 cups organic bone broth
- 1 medium sweet potato, diced
- 2 zucchinis, chopped
- 3 carrots, sliced
- 2 cups spinach
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh grated ginger
- Sea salt and pepper to taste

Instructions
1. Bring broth to a gentle simmer.
2. Add chicken and cook until done.
3. Remove chicken, shred, and return to pot.
4. Add sweet potato, carrots, and zucchini.
5. Simmer until vegetables are tender.
6. Stir in spinach, olive oil, ginger, and seasonings.
7. Serve warm.

SIMPLE PROTEIN PLATE

Prep Time: 5 minutes
Servings: 1

Ingredients
- 2 hard-boiled eggs
- ½ avocado
- ½ cup blueberries
- 1 cup cucumber slices
- Sea salt to taste

Instructions
1. Arrange all ingredients on a plate.
2. Season lightly with sea salt if desired.
3. Serve immediately.

SIMPLE WHITE FISH & GREENS

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 2 white fish fillets (cod or halibut)
- 1 medium sweet potato, cubed
- 2 cups green beans
- 2 cups spinach
- 2 tbsp olive oil
- Sea salt
- Dried thyme
- Lemon wedge

Instructions
1. Preheat the oven to 400°F.
2. Toss sweet potato with 1 tbsp olive oil and roast until tender.
3. Season fish with thyme and sea salt.
4. Bake for 12-15 minutes.
5. Steam green beans until tender.
6. Sauté spinach in remaining olive oil.
7. Serve with lemon wedge.

TURKEY VEGETABLE SOUP

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 4

Ingredients
- 1 lb. ground turkey
- 6 cups bone broth
- 1 medium sweet potato, diced
- 2 carrots, sliced
- 2 zucchinis, chopped
- 2 cups spinach
- 1 tbsp olive oil
- 1 tsp oregano
- Sea salt and pepper

Instructions
1. Heat olive oil in a soup pot.
2. Brown turkey until fully cooked.
3. Add bone broth, sweet potato, carrots, and zucchini.
4. Simmer for 15 minutes until vegetables are tender.
5. Stir in spinach and seasonings.
6. Serve warm.

TURKEY POWER BOWL

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 1 lb. ground turkey
- 1 cup roasted butternut squash
- 2 cups spinach
- 1 avocado, sliced
- 1 tbsp avocado oil
- Sea salt
- Turmeric

Instructions
1. Heat avocado oil in a skillet.
2. Cook turkey until browned.
3. Add squash and spinach.
4. Season with sea salt and turmeric.
5. Cook until spinach wilts.
6. Top with avocado and serve.

WARM COLLAGEN BROTH + EGGS

Prep Time: 5 minutes
Cook Time: 5 minutes
Servings: 1

Ingredients
- 1 cup bone broth
- 1 serving collagen peptides
- 2 hard-boiled eggs
- Pinch turmeric
- Pinch ginger
- Sea salt

Instructions
1. Warm broth in a small saucepan.
2. Stir in collagen peptides and seasonings.
3. Whisk until smooth.
4. Serve alongside hard-boiled eggs.

NUTRITION GUIDE: PURIFY

Some individuals tolerate diverse foods during this phase, while others do better with simple, repetitive meals. Your practitioner may adjust your foods, timing, and protocol based on your response.

CATEGORY	FOODS TO AVOID	WHY
Ultra-processed foods	Fast food, packaged snacks, heavily processed frozen meals	Increase inflammatory burden and may impair microbiome balance and overall resilience.
Refined sugars & excess sweets	Soda, candy, pastries, excessive desserts	May promote microbial imbalance, increase cravings, and worsen inflammatory signaling.
Alcohol	Beer, wine, liquor, mixed drinks diet products, excessive sugar alcohols	Can impair detoxification pathways, gut barrier integrity, and microbial balance.
Artificial sweeteners	Diet products, excessive sugar alcohols	May negatively influence microbiome stability and digestive tolerance.
Fried foods & processed oils	Deep-fried foods, heavily processed oils	May contribute to oxidative stress and inflammatory burden.
Excessive processed carbohydrates	Chips, white bread, pastries, highly processed snack foods	May worsen blood sugar instability and microbial imbalance.
Dairy products	Milk, cheese, ice cream, yogurt, whey protein	May contribute to digestive stress, mucus production, immune reactivity, and reduced tolerance.
Gluten-containing grains	Wheat, barley, rye and foods made from these grains	May contribute to digestive irritation, immune activation, and increased gut barrier stress in susceptible individuals.
Beans & legumes	Black beans, kidney beans, lentils, chickpeas, split peas	Though nutrient-dense, these highly fermentable foods may overwhelm a microbiome undergoing active balancing.
Nuts & seeds	Almonds, cashews, peanuts, pistachios, sunflower seeds, pumpkin seeds and nut butters	Can be difficult to digest for some individuals and may increase digestive burden during this phase.
Red meat	Beef, pork, lamb, bison and processed red meats	Because red meat is harder to digest and yields more metabolic byproducts, simpler proteins-like poultry, fish, eggs, and collagen—are better tolerated during microbial balancing.
Excessive Additives & Preservatives	Artificial ingredients, gums, tillers, dyes, preservatives	May increase digestive and metabolic burden in sensitive individuals.
Individual trigger foods	Foods identified through practitioner guidance or personal experience	Helps reduce unnecessary immune, digestive, and inflammatory stress while supporting recovery and resilience.

DETOXIFICATION & DRAINAGE SUPPORTIVE FOODS

These foods may be incorporated regularly throughout the Purify phase, as tolerated, to support the body's natural detoxification and drainage pathways. Many contain sulfur compounds, bitters, antioxidants, and phytonutrients that help support healthy liver function, bile flow, lymphatic activity, and the elimination of metabolic waste.

Examples include:

- Broccoli sprouts
- Parsley
- Cilantro
- Lemon
- Bitter greens
- Ginger
- Turmeric
- Cruciferous vegetables

Remember, the goal is not to consume large amounts of these foods all at once, but to gradually incorporate them in a way that supports both detoxification and digestive tolerance.

CONDITIONAL ANTIMICROBIAL CULINARY SUPPORT

When well tolerated, select herbs and spices may be incorporated into meals to provide additional culinary support during antimicrobial-focused protocols. These ingredients contain naturally occurring compounds that have traditionally been valued for supporting microbial balance while adding flavor and variety to meals.

Because some culinary antimicrobials may also be stimulating or difficult for sensitive individuals, introduce them gradually and adjust based on tolerance and practitioner recommendations.

Examples include:

- Garlic
- Onions
- Oregano
- Thyme
- Rosemary
- Cinnamon
- Cloves



PURIFY APPROVED FOOD LIST

The meal plan for this step can be followed as written or customized using foods from the approved list below. Choose foods that feel realistic, simple, and supportive.

CATEGORY	APPROVED OPTIONS	NOTES
PROTEINS	Chicken, turkey, wild-caught fish, wild salmon, eggs, bone broth, collagen peptides	Prioritize clean protein sources and consistency throughout the day.
NON-STARCHY VEGETABLES	Zucchini, squash, spinach, romaine, arugula, green beans, broccoli* cauliflower*, carrots, cucumbers*, asparagus*, onions*, mushrooms*	Increase vegetable diversity gradually as tolerated.
FRUITS	Berries, lemons, grapefruit*	Focus on whole fruit and moderate portions.
SMART STARCHES	Sweet potatoes, squash, pumpkin, root vegetables, white rice (if approved)	Moderate portions depending on energy and digestive tolerance.
HEALTHY FATS	Olive oil, avocado oil, coconut oil, avocados	Supports satiety and inflammatory balance.
SUPPORTIVE FLAVORS	Garlic*, ginger, turmeric, rosemary oregano, parsley, cinnamon	Provides flavor while supporting digestion and inflammatory balance.
BEVERAGES	Filtered water, mineral water, herbal teas, electrolytes unsweetened nut milks	Hydration remains a major focus during this phase.

*May be more fermentable/difficult to digest for some individuals during this phase. While not prohibited, they may require temporary portion adjustments based on tolerance and practitioner recommendation.

IMPORTANT VEGETABLE TOLERANCE GUIDELINES

During the Purify phase, a reduced microbiome capacity can make highly fermentable foods—even healthy ones-hard to break down. In sensitive individuals, they may cause temporary bloating, gas, or digestive discomfort.

As microbial burden clears and gut resilience improves, your tolerance will increase. For now, limiting these foods temporarily allows for a more strategic reintroduction in later phases.

Foods that may require temporary limitation include:

- Broccoli
- Cauliflower
- Brussels sprouts
- Garlic
- Onions
- Mushrooms
- Large amounts of raw vegetables

Serving Guidance

Unless otherwise directed by your practitioner, consider limiting these foods to approximately: ½ cup/day.

Cooked vegetables are often better tolerated than raw vegetables during this phase and may be preferred when digestive symptoms are present. The goal is not to avoid these foods permanently. The goal is to temporarily reduce fermentable and digestive burden while supporting microbial balance, digestive function, detoxification pathways, and the gradual rebuilding of microbiome capacity.

PURIFY SAMPLE MEAL PLAN

DAY	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Detox Egg & Sweet Potato Bowl	Detox Ginger Chicken Bowl l	Warm Detox Collagen Broth	Detox Salmon Greens Bowl
TUESDAY	Collagen Berry Detox Smoothie	Detox Turmeric Chicken Soup	Turkey Slices & Cucumber	Detox Herb Chicken Plate
WEDNESDAY	Detox Mineral Broth + Eggs + Berries	Detox Turkey Bowl	Fresh Berries	Detox White Fish & Bok Choy Plate
THURSDAY	Detox Egg & Sweet Potato Bowl	Detox Salmon Greens Bowl l	Warm Collagen Broth	Turmeric Turkey Detox Soup
FRIDAY	Detox Collagen Berry Smoothie	Detox Herb Chicken Plate	Turkey Slices & Cucumber	Detox Ginger Chicken Bowl
SATURDAY	Detox Mineral Broth + Eggs + Berries	Detox White Fish & Bok Choy Plate	Fresh Berries	Detox Turkey Bowl
SUNDAY	Detox Egg & Sweet Potato Bowl	Detox Turmeric Chicken Soup	Warm Detox Collagen Broth	Detox Salmon Greens Bowl

PURIFY WEEK 1 GROCERY LIST

This grocery list is designed to support the recipes and sample meal plan included in the Purify phase. The recipes are intended for approximately 1-2 people. Before purchasing the entire list, review the recipes and meals you plan to prepare, as you may not need every item listed.

PROTEIN

- □ Chicken breast - 2-3 lbs.
- □ Ground turkey — 1-2 lbs.
- □ Wild salmon fillets - 3-4 fillets
- □ White fish fillets - 2 fillets
- □ Eggs — 1 dozen (if tolerated)
- □ Bone broth - 2 cartons
- □ Collagen peptides (Collagen MB or Collagen ECM)

VEGETABLES & PRODUCE

- □ Avocados — 6
- □ Zucchini – 4-5
- □ Spinach — 1 large container
- □ Mixed greens or romaine — 1 container/head)
- □ Green beans — 1 bag
- □ Bok choy – 1 bunch
- □ Cucumbers - 2-3
- □ Carrots — 1 bag
- □ Fresh parsley
- □ Fresh cilantro
- □ Fresh ginger
- □ Lemons — 1–2 (if tolerated)

CONDITIONAL / LOWER CAPACITY FOODS

***Limit to approx. ½ cup daily unless otherwise directed:**

- □ Broccoli
- □ Cauliflower
- □ Garlic
- □ Onion
- □ Mushrooms
- □ Cabbage (1 small head or bag shredded)

HEALTHY FATS

- □ Olive oil
- □ Avocado oil
- □ Coconut oil

HERBS / DETOX SUPPORT

- □ Sea salt
- □ Turmeric
- □ Rosemary
- □ Thyme
- □ Oregano

BEVERAGES / HYDRATION

- □ Filtered water
- □ Herbal tea
- □ Ginger tea
- □ Electrolytes (ElectroGenic)

OPTIONAL / CONDITIONAL

- □ Unsweetened coconut milk
- □ Cauliflower rice (small amounts if tolerated)

CONVENIENCE OPTIONS

- □ Turkey slices
- □ Rotisserie chicken (clean ingredients)

CARBOHYDRATES

- □ Sweet potatoes — 8 medium
- □ White rice — 1 bag
- □ Blueberries - 2 pints

PURIFY RECIPES

Recipes during the Purify phase are designed to support microbial balancing, detoxification pathways, and digestive resilience while remaining simple and sustainable. Emphasis is placed on nutrient-dense foods, strategic detox-supportive ingredients, and a lower fermentable burden to help reduce digestive stress, support healthy elimination, and create the conditions necessary for rebuilding microbiome capacity and long-term ecosystem resilience.

DETOX COLLAGEN BERRY SMOOTHIE

Prep Time: 5 minutes
Servings: 1

Ingredients
- 1 serving collagen peptides
- 1 cup unsweetened coconut milk
- ½ cup blueberries
- 1 handful spinach
- Cinnamon
- Ice

Instructions
1. Add all ingredients to a blender.
2. Blend until smooth.
3. Serve immediately.

DETOX EGG & SWEET POTATO BOWL

Prep Time: 10 minutes Cook Time: 15 minutes
Servings: 2

Ingredients
- 4 eggs
- 1 medium sweet potato, diced
- 2 cups spinach
- 1 avocado, sliced
- 1 tbsp olive oil
- Sea salt and pepper

Instructions
1. Heat olive oil in a skillet over medium heat.
2. Cook sweet potato until tender.
3. Add spinach and cook until wilted.
4. Add eggs and cook to desired consistency.
5. Divide into bowls and top with avocado.
6. Season and serve.

DETOX GINGER CHICKEN BOWL

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 2 chicken breasts, sliced
- 1 cup cooked white rice
- 2 zucchinis, chopped
- 2 cups spinach
- 1 avocado, sliced
- 1 tbsp olive oil
- 1 tsp grated ginger
- Fresh parsley
- Sea salt

Instructions
1. Heat olive oil in a skillet.
2. Cook chicken until fully cooked.
3. Add zucchini and cook until softened.
4. Stir in spinach, ginger, parsley, and sea salt.
5. Divide rice between bowls.
6. Top with chicken mixture and avocado.

DETOX HERB CHICKEN PLATE

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients
- 2 chicken breasts
- 1 medium sweet potato, cubed
- 2 cups green beans
- 1 avocado, sliced
- 1 tbsp olive oil
- Rosemary
- Thyme
- Sea salt

Instructions
1. Preheat oven to 400°F.
2. Roast sweet potato until tender.
3. Season chicken with herbs and sea salt.
4. Cook chicken until fully done.
5. Steam green beans until tender.
6. Serve with avocado.

DETOX MINERAL BROTH, EGGS & BERRIES

Prep Time: 5 minutes
Servings: 1

Ingredients
- 1 cup bone broth
- 2 eggs
- ½ cup blueberries
- Fresh parsley
- Sea salt

Instructions
1. Warm bone broth.
2. Soft boil eggs to desired consistency.
3. Serve with berries.

DETOX SALMON GREENS BOWL

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 2 salmon fillets
- 1 cup cooked white rice
- 2 cups spinach
- 1 zucchini, chopped
- 1 avocado, sliced
- 1 tbsp olive oil
- Fresh parsley
- Sea salt

Instructions
1. Bake salmon at 400°F for 12–15 minutes.
2. Sauté vegetables in olive oil.
3. Divide rice between bowls.
4. Top with vegetables, salmon, and avocado.
5. Garnish with parsley.

DETOX TURKEY BOWL

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 1 lb. ground turkey
- 1 cup cooked white rice
- 2 zucchinis, chopped
- 2 cups spinach
- 1 tbsp olive oil
- Fresh parsley
- Fresh cilantro
- 1 avocado, sliced
- ½ tsp turmeric
- Sea salt

Instructions
1. Heat olive oil in a skillet.
2. Brown turkey until fully cooked.
3. Add zucchini and cook until softened.
4. Stir in spinach, parsley, cilantro, turmeric, and sea salt.
5. Divide rice between bowls.
6. Top with turkey mixture and avocado.

DETOX TURMERIC CHICKEN SOUP

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 4

Ingredients
- 1 lb. chicken breast
- 6 cups bone broth
- 1 medium sweet potato, diced
- 2 zucchinis, chopped
- 2 carrots, sliced
- 2 cups spinach
- 2 tbsp olive oil
- 1 tsp turmeric
- 1 tsp grated ginger
- Sea salt

Instructions
1. Bring broth to a simmer.
2. Add chicken and cook until fully cooked.
3. Remove and shred chicken.
4. Add vegetables and simmer until tender.
5. Return chicken to pot.
6. Stir in olive oil, turmeric, ginger, and sea salt.
7. Serve warm.

DETOX TURMERIC TURKEY SOUP

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: 4

Ingredients
- 1 lb. ground turkey
- 6 cups bone broth
- 1 medium sweet potato, diced
- 2 zucchinis, chopped
- 2 carrots, sliced
- 2 cups spinach
- 2 tbsp olive oil
- 1 tsp turmeric
- Sea salt

Instructions
1. Brown turkey in a soup pot.
2. Add broth and vegetables.
3. Simmer until vegetables are tender.
4. Stir in spinach, olive oil, turmeric, and sea salt.
5. Serve warm.

FRESH BERRIES

Prep Time: 1 minute
Servings: 1

Ingredients
- ½–1 cup blueberries

Instructions
1. Rinse berries.
2. Serve immediately.

WARM DETOX COLLAGEN BROTH

Prep Time: 5 minutes
Servings: 1

Ingredients
- 1 cup bone broth
- 1 serving collagen peptides
- Pinch turmeric
- Pinch ginger
- Sea salt

Instructions
1. Warm broth gently.
2. Stir in collagen peptides and seasonings.
3. Sip warm.

DETOX WHITE FISH & BOK CHOY PLATE

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 2 white fish fillets
- 1 medium sweet potato, cubed
- 2 cups bok choy
- 1 avocado, sliced
- 1 tbsp olive oil
- Sea salt
- Thyme

Instructions
1. Roast sweet potato until tender.
2. Bake fish at 400°F for 12-15 minutes.
3. Sauté bok choy in olive oil.
4. Serve with avocado.

TURKEY SLICES & CUCUMBER

Prep Time: 2 minutes
Servings: 1

Ingredients
- 3–4 oz nitrate-free turkey slices
- 1 cup cucumber slices

Instructions
1. Arrange turkey and cucumber on a plate.
2. Serve immediately.

NUTRITION GUIDE: PROMOTE

Recipes during the Promote phase focus on expanding food diversity, rebuilding microbiome resilience, and supporting healthy immune function. As digestive capacity improves, a wider variety of fibers, polyphenols, resistant starches, and microbiome-supportive foods are gradually introduced to help nourish beneficial bacteria and strengthen the gut-immune axis. Because a significant portion of the immune system resides within and communicates closely with the gut, supporting microbiome diversity helps promote immune balance, resilience, and overall ecosystem health.

PROMOTE APPROVED FOOD EXCHANGE LIST

The meal plan for this step can be followed as written or customized using foods from the approved list below. Choose foods that feel realistic, simple, and supportive.

CATEGORY	APPROVED OPTIONS	NOTES
PROTEINS	Chicken, turkey, wild-caught fish, wild salmon, sardines, grass-fed beef, eggs, bone broth, collagen peptides	Prioritize clean protein sources and consistency throughout the day.
NON-STARCHY VEGETABLES	Zucchini, squash, spinach, romaine, arugula, mixed greens, green beans, broccoli, cauliflower, brussels sprouts, asparagus, cabbage, bok choy, beets, radishes	Continue increasing vegetable diversity and color variety as tolerated.
MICROBIOME-SUPPORTIVE FOODS	Garlic, onions, leeks, artichokes, asparagus, green bananas, plantains	Introduce gradually to support microbiome diversity and resilience.
FRUITS	Blueberries, raspberries, strawberries, blackberries, apples, pears, kiwi, pomegranate, citrus fruits	Focus on whole fruit, color diversity, and polyphenols.
SMART STARCHES	Sweet potatoes, squash, pumpkin, white rice, quinoa, oats (if tolerated), root vegetables, cooked and cooled potatoes, cooked and cooled rice	Supports metabolic flexibility and microbiome restoration. Introduce gradually based on tolerance.
LEGUMES	Lentils, chickpeas, black beans	Introduce slowly, as tolerated.
HEALTHY FATS	Olive oil, avocado oil, coconut oil, avocados, olives, nuts, seeds, nut butters	Supports satiety, hormones, and inflammatory balance.
FERMENTED FOODS	Sauerkraut (if tolerated), kimchi (if tolerated), fermented vegetables, coconut yogurt	Practitioner-guided introduction based on digestive tolerance.
SUPPORTIVE FLAVORS	Garlic, ginger, turmeric, rosemary, oregano, parsley, cilantro, cinnamon	Provides flavor while supporting digestive and microbiome health.
BEVERAGES	Filtered water, mineral water, herbal teas, electrolytes, unsweetened nut milks	Hydration remains a major focus during this phase.

FOODS TO CONTINUE AVOIDING

CATEGORY	FOODS TO LIMIT	NOTES
ULTRA-PROCESSED FOODS	Fast food, packaged snack foods, highly processed convenience foods	Continue emphasizing whole-food nutrition.
REFINED SUGARS	Candy, soda, desserts, sweetened beverages	Helps support microbiome balance and metabolic flexibility.
ARTIFICIAL SWEETENERS	Diet beverages, artificial sweetener packets	May negatively influence microbiome diversity in some individuals.
INFLAMMATORY FATS	Deep-fried foods, highly processed vegetable oils	May contribute to inflammatory burden.
ALCOHOL	Excessive alcohol consumption	May impair microbiome stability and metabolic resilience.

PROMOTE SAMPLE MEAL PLAN

DAY	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Berry Chia Collagen Bowl	Rainbow Salmon Bowl	Apple + Walnut Pieces	Mediterranean Turkey Skillet
TUESDAY	Sweet Potato Veggie Hash	Lentil Herb Soup	Pumpkin Seeds + Berries	Roasted Vegetable Chicken Plate
WEDNESDAY	Cinnamon Oat & Flax Bowl	Microbiome Power Bowl	Pear + Almond Butter	Salmon with Asparagus & Quinoa
THURSDAY	Garden Vegetable Scramble	Chickpea Harvest Salad	Mixed Nuts	Root Vegetable Beef Skillet
FRIDAY	Berry Recovery Smoothie	Quinoa Rainbow Bowl	Apple + Pumpkin Seeds	Herb Fish with Roasted Vegetables
SATURDAY	Resistant Starch Breakfast Bowl	Mediterranean Salmon Salad	Berries + Almonds	Lentil Vegetable Bake
SUNDAY	Sweet Potato Protein Bowl	Ecosystem Power Salad	Pear + Walnut Pieces	Rainbow Turkey Stir-Fry

PROMOTE WEEK 1 GROCERY LIST

This grocery list is designed to support the recipes and sample meal plan included in the Promote phase. The recipes are intended for approximately 1–2 people. Before purchasing the entire list, review the recipes and meals you plan to prepare, as you may not need every item listed.

PROTEINS

- ☐ Chicken breast (2 lbs.)
- ☐ Ground turkey (1–1.5 lbs.)
- ☐ Wild salmon fillets (4 fillets)
- ☐ White fish fillets (2 fillets)
- ☐ Grass-fed ground beef (1 lb.)
- ☐ Eggs (1 dozen)
- ☐ Collagen peptides (Collagen MB or Collagen ECM)

LEGUMES, GRAINS & RESISTANT STARCHES

- ☐ Lentils (1 bag)
- ☐ Chickpeas (2 cans or 1 bag dried)
- ☐ Quinoa (1 package)
- ☐ Rolled oats (1 container)

HEALTHY FATS

- ☐ Walnuts (1 bag)
- ☐ Almonds (1 bag)
- ☐ Pumpkin seeds (1 bag)
- ☐ Chia seeds (1 bag)
- ☐ Ground flax seeds (1 bag)
- ☐ Almond butter (1 jar)
- ☐ Extra virgin olive oil
- ☐ Avocado oil

VEGETABLES & PRODUCE

- ☐ Spinach (1 lg container)
- ☐ Mixed greens (1 lg container)
- ☐ Arugula (1 container)
- ☐ Sweet potatoes (4 medium)
- ☐ Bell peppers (3)
- ☐ Zucchini (3–4)
- ☐ Broccoli (1 head)
- ☐ Cauliflower (1 head)
- ☐ Asparagus (1 bunch)
- ☐ Carrots (1 lb. bag)
- ☐ Cucumbers (2)
- ☐ Beets (2–3)
- ☐ Radishes (1 bunch)
- ☐ Red onion (1)
- ☐ Garlic (1 bulb)
- ☐ Fresh parsley (1 bunch)
- ☐ Fresh cilantro (1 bunch)
- ☐ Lemons (2)
- ☐ Avocados (2)

FRUIT

- ☐ Blueberries
- ☐ Strawberries
- ☐ Apples (3-4)
- ☐ Pears (2-3)
- ☐ Lemon

BEVERAGES

- ☐ Herbal tea
- ☐ Electrolytes (ElectroGenic)
- ☐ Unsweetened nut milk

HERBS / FLAVOR SUPPORT

- ☐ Sea salt
- ☐ Cinnamon
- ☐ Garlic
- ☐ Rosemary
- ☐ Oregano
- ☐ Turmeric

OPTIONAL / PRACTITIONER GUIDED

- ☐ Sauerkraut
- ☐ Coconut yogurt
- ☐ Green bananas
- ☐ Plantains

PROMOTE RECIPIES

BERRY CHIA COLLAGEN BOWL

Prep Time: 5 minutes
Servings: 1

Ingredients
- 1 serving collagen peptides
- ¾ cup unsweetened coconut yogurt
- 1 tbsp chia seeds
- ½ cup mixed berries
- 1 tsp ground flaxseed
- Cinnamon

Instructions
1. Add yogurt to a bowl.
2. Stir in collagen peptides.
3. Top with berries, chia seeds, flaxseed, and cinnamon.
4. Serve immediately.

BERRY RECOVERY SMOOTHIE

Prep Time: 5 minutes
Servings: 1

Ingredients
- 1 serving collagen peptides
- 1 cup unsweetened almond milk
- ½ cup blueberries
- ½ cup strawberries
- 1 tbsp chia seeds
- Ice

Instructions
1. Add all ingredients to the blender.
2. Blend until smooth.
3. Serve immediately.

CHICKPEA HARVEST SALAD

Prep Time: 10 minutes
Servings: 2

Ingredients
- 1 can chickpeas, drained
- 2 cups mixed greens
- ½ cucumber, diced
- 1 carrot, shredded
- ¼ avocado
- Olive oil
- Lemon juice

Instructions
1. Combine all ingredients in a bowl.
2. Toss with olive oil and lemon juice.
3. Serve immediately.

CINNAMON OAT & FLAX BOWL

Prep Time: 5 minutes
Cook Time: 5 minutes
Servings: 1

Ingredients
- ½ cup rolled oats
- 1 cup almond milk
- 1 tbsp ground flaxseed
- ¼ cup blueberries
- Cinnamon

Instructions
1. Cook oats according to package directions.
2. Stir in flaxseed and cinnamon.
3. Top with blueberries.
4. Serve warm.

ECOSYSTEM GARDEN SALAD

Prep Time: 10 minutes
Servings: 2

Ingredients
- 2 cups mixed greens
- 1 cup arugula
- ½ cup shredded carrots
- ¼ cup sliced radishes
- ¼ avocado
- 2 tbsp pumpkin seeds
- Olive oil
- Lemon juice

Instructions
1. Combine vegetables in a large bowl.
2. Add avocado and pumpkin seeds.
3. Drizzle with olive oil and lemon juice.
4. Toss and serve.

GARDEN VEGETABLE SCRAMBLE

Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 1

Ingredients
- 2 eggs
- ¼ cup diced bell pepper
- ¼ cup spinach
- 2 tbsp diced onion
- 1 tsp olive oil
- Sea salt

Instructions
1. Heat olive oil in a skillet.
2. Sauté vegetables until tender.
3. Add eggs and cook until desired texture.
4. Serve warm.

GARLIC HERB FISH WITH ROASTED VEGETABLES

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients
- 2 white fish fillets
- 1 zucchini, sliced
- 1 cup broccoli florets
- 1 tbsp olive oil
- 1 garlic clove, minced
- Rosemary
- Sea salt

Instructions
1. Preheat the oven to 400°F.
2. Arrange fish and vegetables on a sheet pan.
3. Drizzle with olive oil and seasonings.
4. Bake for 15–20 minutes.

HERB BEEF WITH ROASTED VEGETABLES

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients
- 1 lb. grass-fed beef
- 1 cup carrots
- 1 cup broccoli
- Olive oil
- Rosemary
- Sea salt

Instructions
1. Roast vegetables until tender.
2. Cook beef separately.
3. Serve together.

LENTIL HERB SOUP

Prep Time: 10 minutes
Cook Time: 30 minutes
Servings: 4

Ingredients
- 1 cup lentils
- 5 cups broth
- 2 carrots, diced
- 1 zucchini, diced
- 2 tbsp parsley
- 1 tsp oregano
- Sea salt

Instructions
1. Add all ingredients to a pot.
2. Simmer for 25–30 minutes.
3. Stir in parsley before serving.

LENTIL VEGETABLE BAKE

Prep Time: 15 minutes
Cook Time: 30 minutes
Servings: 4

Ingredients
- 2 cups cooked lentils
- 1 zucchini, diced
- 1 carrot, diced
- 1 bell pepper, diced
- Olive oil
- Oregano
- Sea salt

Instructions
1. Combine ingredients in a baking dish.
2. Bake at 375°F for 25–30 minutes.
3. Serve warm.

MEDITERRANEAN SALMON SALAD

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 2 salmon fillets
- 2 cups mixed greens
- ½ cucumber
- ¼ red onion
- ¼ avocado
- Olive oil
- Lemon juice

Instructions
1. Bake salmon until cooked.
2. Assemble salad ingredients.
3. Top with salmon and dressing.

MEDITERRANEAN TURKEY SKILLET

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 1 lb. ground turkey
- 1 zucchini, diced
- ½ bell pepper
- ¼ red onion
- Olive oil
- Oregano
- Sea salt

Instructions
1. Brown turkey in skillet.
2. Add vegetables and seasonings.
3. Cook until vegetables soften.

MICROBIOME NOURISH BOWL

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 1 cup cooked quinoa
- 1 cup roasted broccoli
- 1 cup spinach
- ½ avocado
- 2 tbsp pumpkin seeds
- Olive oil

Instructions
1. Divide quinoa between bowls.
2. Top with vegetables and avocado.
3. Add pumpkin seeds and olive oil.

QUINOA HARVEST BOWL

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 1 cup cooked quinoa
- ½ bell pepper
- ½ cucumber
- ½ cup shredded carrots
- ¼ avocado
- Fresh parsley
- Olive oil

Instructions
1. Place quinoa in bowls.
2. Add vegetables and avocado.
3. Top with parsley and olive oil.

RAINBOW TURKEY STIR-FRY

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 1 lb. ground turkey
- 1 bell pepper
- 1 zucchini
- 1 carrot
- Olive oil
- Garlic
- Sea salt

Instructions
1. Brown turkey.
2. Add vegetables and cook until tender.
3. Season and serve.

RESISTANT STARCH BREAKFAST BOWL

Prep Time: 10 minutes
Servings: 1

Ingredients
- ½ cooked and cooled sweet potato, diced
- 2 eggs
- ¼ avocado
- Sea salt
- Fresh parsley

Instructions
1. Warm sweet potatoes gently.
2. Cook eggs.
3. Assemble bowl and serve.

ROASTED VEGETABLE CHICKEN PLATE

Prep Time: 10 minutes Cook Time: 25 minutes
Servings: 2

Ingredients
- 2 chicken breasts
- 1 cup broccoli
- 1 cup carrots
- Olive oil
- Rosemary
- Sea salt

Instructions
1. Place chicken and vegetables on a sheet pan.
2. Drizzle with olive oil and seasonings.
3. Bake until chicken is cooked through.

SALMON RESILIENCE BOWL

Prep Time: 10 minutes Cook Time: 15 minutes
Servings: 2

Ingredients
- 2 salmon fillets
- 1 cup cooked quinoa
- 1 cup spinach
- ½ bell pepper
- ½ avocado
- Olive oil

Instructions
1. Bake salmon.
2. Build bowls with quinoa and vegetables.
3. Top with salmon and avocado.

SALMON WITH ASPARAGUS & QUINOA

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 2 salmon fillets
- 1 bunch asparagus
- 1 cup cooked quinoa
- Olive oil
- Sea salt

Instructions
1. Bake salmon and asparagus.
2. Warm quinoa.
3. Plate and serve.

SWEET POTATO PROTEIN BOWL

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 1

Ingredients
- 1 small sweet potato
- 2 eggs
- 1 cup spinach
- Olive oil
- Sea salt

Instructions
1. Roast sweet potato.
2. Sauté spinach.
3. Cook eggs.
4. Assemble bowl.

SWEET POTATO VEGGIE HASH

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 2 sweet potatoes, diced
- 1 bell pepper, diced
- ½ zucchini, diced
- Olive oil
- Sea salt
- Fresh parsley

Instructions
1. Cook sweet potatoes until tender.
2. Add vegetables.
3. Cook until softened.
4. Garnish with parsley and serve.

NUTRITION GUIDE: PROTECT

During the Protect phase, the focus shifts toward strengthening resilience and maintaining the progress established during earlier phases. As digestive capacity, microbiome diversity, and metabolic flexibility improve, food choices become broader and more adaptable. This phase also places greater emphasis on supporting the gut-brain axis through nutrient-dense foods rich in healthy fats, polyphenols, fiber, and key nutrients that help support cognitive function, mood, neurological health, and overall resilience. The goal is to support a resilient ecosystem capable of responding to everyday stressors while maintaining long-term wellness.

PROTECT APPROVED FOOD EXCHANGE LIST

CATEGORY	APPROVED OPTIONS	NOTES
PROTEINS	Chicken, turkey, wild-caught fish, wild salmon, sardines, grass-fed beef, eggs, bone broth, collagen peptides	Continue prioritizing protein consistency throughout the day.
NON-STARCHY VEGETABLES	Spinach, romaine, arugula, mixed greens, broccoli, cauliflower, Brussel sprouts, asparagus, zucchini, cabbage, bok choy, beets, radishes, bell peppers, cucumbers	Continue expanding plant diversity and color variety.
FRUITS	Berries, apples, pears, kiwi, citrus fruits, bananas, cherries, pineapple, mango (moderate)	Focus on variety, not large portions of one fruit.
SMART STARCHES	Sweet potatoes, potatoes, squash, pumpkin, white rice, brown rice, wild rice, quinoa, oats, root vegetables	Supports metabolic flexibility and dietary adaptability.
LEGUMES	Lentils, chickpeas, black beans	Can be consumed regularly as tolerated.
HEALTHY FATS	Olive oil, avocado oil, coconut oil, avocados, olives, nuts, seeds, nut butters	Supports satiety, hormone balance, and recovery.
FERMENTED FOODS	Sauerkraut, kimchi, fermented, vegetables, coconut yogurt, other fermented foods as tolerated	Supports microbial diversity and ecosystem resilience.
SUPPORTIVE FLAVORS	Garlic, onions, ginger, turmeric, rosemary, oregano, parsley, parsley, cilantro, cinnamon	Encourages culinary diversity and broad phytonutrient exposure.
BEVERAGES	Filtered water, mineral water, herbal teas, electrolytes, unsweetened nut milks	Hydration remains foundational to long-term wellness.

FOODS TO CONTINUE LIMITING / AVOIDING

CATEGORY	FOODS TO LIMIT / AVOID	NOTES
ULTRA-PROCESSED FOODS	Fast food, packaged snack foods, highly processed convenience foods	Minimize routine consumption.
REFINED SUGARS	Candy, soda, sweetened beverages, excess desserts	Occasional intake may be tolerated, but should not become habitual.
ARTIFICIAL SWEETENERS	Diet beverages, artificial sweetener packets	May negatively influence appetite regulation and microbiome balance in some individuals.
INFLAMMATORY FATS	Deep-fried foods, highly processed vegetable oils	Continue prioritizing healthier fat sources.
ALCOHOL	Excessive alcohol consumption	Occasional use may be appropriate depending on individual goals and tolerance.

PROTECT SAMPLE MEAL PLAN

DAY	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	Brain Boost Overnight Oats	Mediterranean Chicken Bowl	Apple + Almond Butter	Family Style Salmon Bake
TUESDAY	Berry Kefir Power Bowl	Turkey Taco Power Salad	Cottage Cheese & Berries	Mediterranean Beef Patties Plate
WEDNESDAY	Veggie Frittata Plate	Harvest Grain & Lentil Bowl	Orange + Pistachios	Lemon Herb Chicken & Brussels Sprouts
THURSDAY	Cinnamon Walnut Oats	Stuffed Sweet Potato Bowl	Fermented Vegetable Cup	Shrimp & Vegetable Stir-Fry
FRIDAY	Gut-Brain Smoothie	Salmon Resilience Bowl	Pear + Pumpkin Seeds	Roasted Turkey Meatballs & Vegetables
SATURDAY	Savory Breakfast Hash	Mediterranean Mezze Plate	Trail Mix	Mediterranean Chicken Bowl
SUNDAY	Apple Cinnamon Protein Oats	Leftover Protein Plate	Berry Kefir Cup	Family Style Salmon Bake

PROTECT WEEK 1 GROCERY LIST

This grocery list is designed to support the recipes and sample meal plan included in the Protect phase. The recipes are intended for approximately 1–2 people. Before purchasing the entire list, review the recipes and meals you plan to prepare, as you may not need every item listed.

PROTEINS

- ☐ Chicken breast (2 lbs.)
- ☐ Ground turkey (1.5 lbs.)
- ☐ Wild salmon fillets (4 fillets)
- ☐ Lean ground beef (1 lb.)
- ☐ Shrimp (1 lb.)
- ☐ Eggs (1 dozen)
- ☐ Collagen peptides (Collagen MB or Collagen ECM)
- ☐ Coconut yogurt or Greek yogurt (if tolerated)

DAIRY / FERMENTS

- ☐ Plain kefir - 1 bottle
- ☐ Cottage cheese — 1 container
- ☐ Sauerkraut or fermented vegetables — 1 jar

HEALTHY FATS

- ☐ Olive oil
- ☐ Avocado oil
- ☐ Chia seeds
- ☐ Walnuts
- ☐ Almonds
- ☐ Pistachios
- ☐ Pumpkin seeds
- ☐ Almond butter

VEGETABLES

- ☐ Sweet potatoes (4)
- ☐ Brussels sprouts (1 bag)
- ☐ Bell peppers (3)
- ☐ Broccoli 1 head
- ☐ Cauliflower rice
- ☐ Zucchini (2)
- ☐ Mixed greens (1 container)
- ☐ Romaine lettuce (1 head)
- ☐ Cucumbers (2)
- ☐ Cherry tomatoes (1 container)
- ☐ Red onion (1)
- ☐ Avocados (2)
- ☐ Green beans (1 lb.)
- ☐ Cauliflower rice (1 package)
- ☐ Fresh parsley

BEVERAGES

- ☐ Herbal tea
- ☐ Electrolytes (ElectroGenic)
- ☐ Unsweetened almond milk

FRUIT

- ☐ Apples (4)
- ☐ Bananas (3)
- ☐ Pears (2)
- ☐ Blueberries (1 container)
- ☐ Oranges (2)
- ☐ Lemons (2)

SMART STARCHES

- ☐ Rolled oats
- ☐ Brown rice OR quinoa
- ☐ Chickpeas (1 can)
- ☐ Lentils — 1 package (or 1 can prepared)

FLAVOR SUPPORT

- ☐ Sea salt
- ☐ Cinnamon
- ☐ Garlic
- ☐ Oregano
- ☐ Rosemary
- ☐ Paprika
- ☐ Cumin

PROTECT RECIPES

APPLE CINNAMON PROTEIN OATS

Prep Time: 5 minutes
Cook Time: 5 minutes
Servings: 1

Ingredients
- ½ cup rolled oats
- 1 serving collagen peptides
- ½ apple, diced
- 2 tbsp walnuts
- Cinnamon
- 1 cup milk of choice

Instructions
1. Cook oats according to package directions.
2. Stir in collagen and cinnamon.
3. Top with apples and walnuts.

BERRY KEFIR POWER BOWL

Prep Time: 5 minutes
Servings: 1

Ingredients
- ¾ cup plain kefir
- ½ cup blueberries
- 1 tbsp walnuts
- 1 tbsp pumpkin seeds
- Cinnamon

Instructions
1. Add kefir to a bowl.
2. Top with berries, walnuts, pumpkin seeds, and cinnamon.
3. Serve immediately.

BRAIN BOOST OVERNIGHT OATS

Prep Time: 5 minutes (+ overnight refrigeration)
Servings: 1

Ingredients
- ½ cup rolled oats
- 1 serving collagen peptides
- ¾ cup kefir
- 1 tbsp chia seeds
- ¼ cup blueberries
- 1 tbsp chopped walnuts

Instructions
1. Combine all ingredients in a container.
2. Refrigerate overnight.
3. Serve chilled.

CINNAMON WALNUT OATS

Prep Time: 5 minutes
Cook Time: 5 minutes
Servings: 1

Ingredients
- ½ cup rolled oats
- 1 serving collagen peptides
- 1 cup milk of choice
- ½ apple, diced
- 2 tbsp walnuts
- Cinnamon

Instructions
1. Cook oats according to package directions.
2. Stir in collagen and cinnamon.
3. Top with apple and walnuts.

FAMILY STYLE SALMON BAKE

Servings: 4

Ingredients
- 4 salmon fillets
- 1 lb. green beans
- 1 sweet potato, cubed
- 1 lemon
- 1 tbsp olive oil
- Rosemary

Instructions
1. Arrange ingredients on a baking sheet.
2. Drizzle with olive oil.
3. Top with lemon and rosemary.
4. Bake at 400°F for 18–20 minutes.

GUT-BRAIN SMOOTHIE

Prep Time: 5 minutes
Servings: 1

Ingredients
- 1 serving collagen peptides
- 1 cup kefir
- ½ banana
- ½ cup blueberries
- ¼ avocado
- Cinnamon
- Ice

Instructions
1. Blend all ingredients until smooth.
2. Serve immediately.

HARVEST GRAIN & LENTIL BOWL

Servings: 2

Ingredients
- 1 cup cooked lentils
- 1 cup cooked brown rice
- 1 cup roasted sweet potato
- 2 cups spinach
- 1 avocado
- Olive oil

Instructions
1. Divide ingredients between bowls.
2. Drizzle with olive oil and serve.

LEMON HERB CHICKEN & BRUSSELS SPROUTS

Servings: 2

Ingredients
- 2 chicken breasts
- 2 cups Brussels sprouts
- 1 medium sweet potato
- 1 tbsp olive oil
- Lemon
- Rosemary

Instructions
1. Roast chicken, Brussels sprouts, and sweet potato.
2. Finish with lemon and rosemary.

MEDITERRANEAN BEEF PATTIES PLATE

Servings: 2

Ingredients
- 1 lb. ground beef
- 2 cups mixed greens
- 1 cucumber
- 1 avocado
- 1 cup roasted sweet potato
- Oregano

Instructions
1. Form beef into patties and cook.
2. Serve with vegetables, avocado, and sweet potato.

MEDITERRANEAN CHICKEN BOWL

Servings: 2

Ingredients
- 2 cooked chicken breasts
- 2 cups mixed greens
- 1 cucumber
- 1 cup cherry tomatoes
- ¼ red onion
- 1 avocado
- 1 cup cooked brown rice or quinoa
- Olive oil

Instructions
1. Divide greens between bowls.
2. Add vegetables, rice, and chicken.
3. Top with avocado and olive oil.

MEDITERRANEAN MEZZE PLATE

Servings: 2

Ingredients
- 1 cup chickpeas
- 2 cups mixed greens
- 1 cucumber
- 1 cup cherry tomatoes
- ½ avocado
- Olive oil

Instructions
1. Arrange ingredients on plates.
2. Drizzle with olive oil and serve.

ROASTED TURKEY MEATBALLS & VEGETABLES

Servings: 4

Ingredients
- 1 lb. ground turkey
- 1 zucchini
- 1 bell pepper
- 1 sweet potato
- 1 tbsp olive oil
- Oregano

Instructions
1. Form turkey into meatballs.
2. Arrange vegetables around meatballs.
3. Drizzle with olive oil.
4. Bake at 400°F for 20 minutes.

SALMON RESILIENCE BOWL

Servings: 2

Ingredients
- 2 salmon fillets
- 1 cup cooked quinoa or rice
- 2 cups spinach
- ½ avocado
- Olive oil

Instructions
1. Bake salmon until cooked through.
2. Assemble bowls and drizzle with olive oil.

SAVORY BREAKFAST HASH

Prep Time: 10 minutes
Cook Time: 15 minutes
Servings: 2

Ingredients
- 1 sweet potato, diced
- 1 bell pepper, diced
- 4 eggs
- 1 avocado
- 1 tbsp olive oil
- Sea salt

Instructions
1. Cook sweet potato in olive oil until tender.
2. Add bell pepper and cook until softened.
3. Cook eggs separately.
4. Serve topped with avocado.

SHRIMP & VEGETABLE STIR-FRY

Servings: 2

Ingredients
- 1 lb. shrimp
- 1 zucchini
- 1 bell pepper
- 1 cup broccoli
- 1 cup cooked rice
- 1 tbsp avocado oil

Instructions
1. Cook shrimp in oil.
2. Add vegetables and cook until tender.
3. Serve over rice.

STUFFED SWEET POTATO BOWL

Servings: 2

Ingredients
- 2 sweet potatoes
- 1 cup cooked ground turkey
- ½ avocado
- ¼ cup sauerkraut
- 1 cup spinach

Instructions
1. Bake sweet potatoes until tender.
2. Fill with turkey, spinach, avocado, and sauerkraut.

TURKEY TACO POWER SALAD

Servings: 2

Ingredients
- 1 lb. ground turkey
- 2 cups romaine
- 1 avocado
- 1 cup cherry tomatoes
- ½ cup cooked brown rice
- Cumin
- Paprika

Instructions
1. Cook turkey with cumin and paprika.
2. Assemble salad ingredients.
3. Top with turkey and avocado.

VEGGIE FRITTATA PLATE

Prep Time: 10 minutes
Cook Time: 20 minutes
Servings: 2

Ingredients
- 6 eggs
- 1 cup spinach
- ½ bell pepper, diced
- 1 tbsp olive oil
- 1 avocado, sliced
- 1 cup blueberries
- Sea salt

Instructions
1. Preheat oven to 350°F.
2. Mix eggs, vegetables, and sea salt.
3. Pour into a greased baking dish or muffin tin.
4. Bake 18–20 minutes.
5. Serve with avocado and berries.

NUTRITION GUIDE: PRESERVE

Ecosystem Stewardship for Long-Term Health

Throughout the Holobiome Roadmap, you have worked to stabilize digestion, reduce burden, support microbial balance, rebuild diversity, and strengthen resilience.

The Preserve phase is different.

This phase is not about following another protocol. It is about maintaining the habits, awareness, and nutritional foundations that help support a healthy and resilient ecosystem over time. A resilient ecosystem is built through everyday choices repeated over time, not occasional perfect days.

As your resilience improves, flexibility naturally increases. Foods that once created challenges may become better tolerated. Social events, travel, holidays, and life's inevitable disruptions become easier to navigate because the ecosystem is stronger and more adaptable.

Trust the process. Continue prioritizing diversity, hydration, movement, sleep, stress management, and whole-food nutrition. The objective is no longer simply restoring health. The objective is preserving it.

CONTINUE TO PRIORITIZE	CONTINUE TO LIMIT
Diverse whole foods	Ultra-processed foods
Protein consistency	Excessive refined sugar
Colorful plant intake	Frequent fast food
Hydration	Excessive alcohol
Sleep and recovery	Chronic overconsumption
Stress resilience	All-or-nothing thinking
Movement	Extreme restriction

WHAT TO DO IF SYMPTOMS RETURN

- Do not panic.
- Review recent stressors.
- Prioritize hydration.
- Simplify meals temporarily.
- Improve sleep consistency.
- Reduce ultra-processed foods.
- Return to the phase that best matches your current capacity.
- Contact your practitioner if needed.

The Holobiome Roadmap was never intended to be a temporary diet. It was designed to help you better understand and support the ecosystem that influences digestion, immunity, metabolism, resilience, and overall well-being.

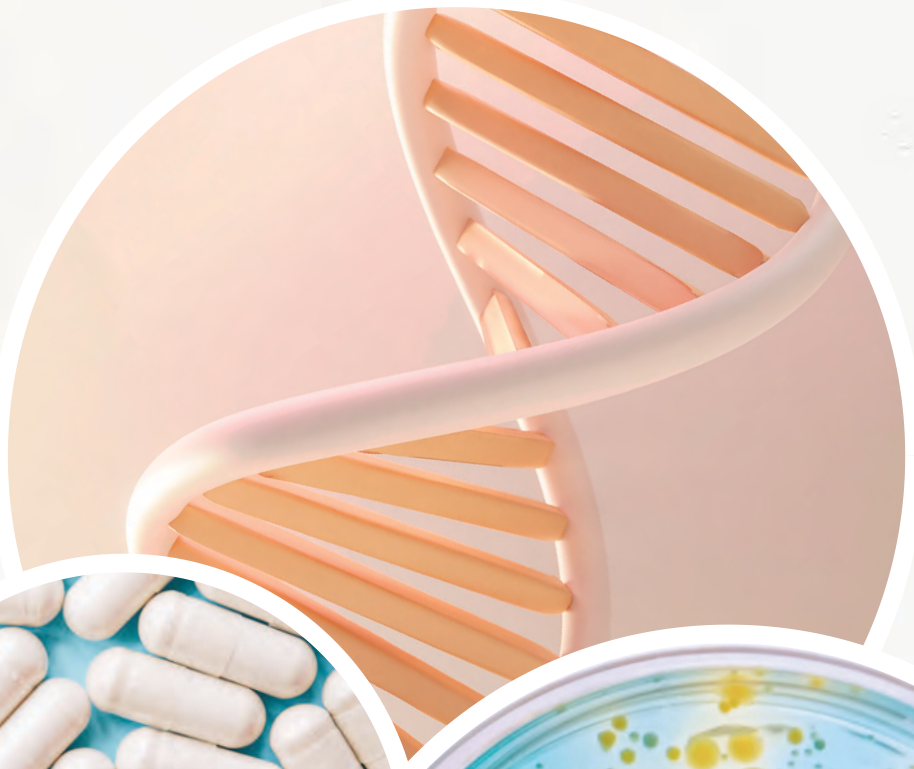
Health is not created through perfection. It is built through consistent choices that support the body's ability to adapt, recover, and thrive. Continue investing in your ecosystem. The benefits often extend far beyond the gut.

Congratulations on completing the Holobiome Roadmap!

The Holobiome Roadmap Patient Workbook

APPENDIX









UNDERSTANDING HOLOBIOME TERMS

You may see some unfamiliar terms in this Holobiome Roadmap Patient Workbook. No need to memorize them—this section is a quick reference to help you understand the core concepts.

Biological Resilience

Biological resilience is your body's ability to adapt to stress, recover from challenges, and maintain health over time. The goal of the Holobiome Roadmap is to help build resilience so your body can better handle life's physical, emotional, and environmental demands.

Detoxification

Detoxification is the body's natural process of breaking down and removing waste, toxins, and unwanted substances. Your liver, kidneys, digestive tract, skin, and lymphatic system all work together to support detoxification.

Dysbiosis

Dysbiosis is an imbalance in the gut microbiome. This can happen when beneficial bacteria decrease, unwanted microbes increase, or overall microbial diversity becomes reduced. Dysbiosis may contribute to symptoms such as bloating, gas, food sensitivities, fatigue, and digestive discomfort.

Fermentable Foods

Fermentable foods contain special fibers and carbohydrates that feed beneficial gut bacteria. When these foods are broken down by microbes, they produce compounds that support gut health, immune function, and overall wellness. Examples include onions, garlic, oats, legumes, apples, and cooked-and-cooled potatoes.

Fermentation

Fermentation is the process by which beneficial gut bacteria break down fibers and certain carbohydrates that your body cannot fully digest on its own. This process produces helpful compounds that support digestive and overall health.

Gut Barrier

The gut barrier is the protective lining of your digestive tract. It acts like a tilter, allowing nutrients to enter the body while helping keep harmful substances out.

Gut-Brain Axis

The gut-brain axis is the communication network between your digestive system and your brain. Signals travel back and forth through nerves, hormones, immune messengers, and microbial compounds. This connection helps explain why gut health can influence mood, focus, sleep, stress, and emotional well-being.

Herxheimer Reaction (Die-Off Reaction)

A temporary worsening of symptoms that can occur during detoxification or antimicrobial support when toxins, microbial byproducts, or inflammatory compounds are released faster than the body can comfortably eliminate them. Symptoms may include fatigue, headaches, brain fog, muscle aches, digestive upset, or flu-like feelings.

Histamine

Histamine is a natural compound involved in immune function and communication throughout the body. Some people have difficulty breaking down histamine, which may contribute to symptoms such as headaches, congestion, skin flushing, itching, digestive discomfort, or food sensitivities.

Holobiome Roadmap

The Holobiome Roadmap is a step-by-step program designed to support digestion, gut health, immune function, gut-brain communication, and long-term wellness. Each phase builds upon the previous one to help create lasting improvements in health and resilience.

Inflammation

Inflammation is the body's natural response to injury, infection, or stress. While short-term inflammation helps the body heal, long-term inflammation can interfere with digestion, energy, immune function, and overall health.

Leaky Gut	Leaky gut is a term commonly used to describe increased intestinal permeability. This occurs when the gut barrier becomes irritated or damaged, allowing substances to pass through more easily than intended.
Metabolites	Metabolites are compounds produced during normal body processes. Many of the benefits of a healthy microbiome come not from the bacteria themselves, but from the metabolites they produce as they break down food.
Microbial Diversity	Microbial diversity refers to the variety of different microorganisms living in your gut. In general, greater diversity is associated with a more resilient and adaptable microbiome.
Microbiome	The microbiome is the collection of bacteria, fungi, viruses, and other microorganisms that live in and on the body. Most discussions focus on the gut microbiome, where trillions of microbes help influence digestion, immunity, metabolism, and many other aspects of health.
Microbiome Capacity	Microbiome capacity refers to your gut's ability to process foods, produce beneficial compounds, regulate inflammation, and support overall health. Throughout the Holobiome Roadmap, the goal is to improve microbiome capacity so your body can tolerate and benefit from a wider variety of healthy foods.
Nutrient Density	Nutrient density refers to the amount of vitamins, minerals, protein, healthy fats, and other beneficial nutrients a food provides. Nutrient-dense foods deliver more nutritional value with every bite.
Polyphenols	Polyphenols are natural compounds found in colorful plant foods. They help support beneficial bacteria, protect against oxidative stress, and promote a healthy microbiome. Common sources include berries, olive oil, green tea, herbs, and dark chocolate.
Postbiotics	Postbiotics are beneficial compounds produced when gut bacteria break down food. These compounds help support the gut lining, immune system, metabolism, and communication throughout the body.
Prebiotics	Prebiotics are specialized fibers and plant compounds that feed beneficial gut bacteria. They help support the growth and activity of healthy microbes. Common sources include garlic, onions, asparagus, leeks, and many fruits and vegetables.
Probiotics	Probiotics are live beneficial microorganisms that help support a healthy microbiome. They can be found in certain foods and supplements and may help maintain microbial balance in the gut.
Resistant Starch	Resistant starch is a type of carbohydrate that resists digestion and reaches the colon, where it becomes food for beneficial gut bacteria. Common sources include green bananas, legumes, and cooked-and-cooled potatoes or rice.
Short-Chain Fatty Acids (SCFAs)	SCFAs are beneficial compounds produced when gut bacteria ferment certain fibers and resistant starches. They help support the gut lining, immune function, inflammation balance, and overall digestive health.
Toxin Burden	Toxin burden refers to the total amount of chemicals, pollutants, waste products, and other unwanted substances the body is trying to process and eliminate. Supporting healthy detoxification pathways may help the body manage this burden more effectively.

MY PERSONALIZED HOLOBIOME ROADMAP PLAN

My Healing Journey at a Glance

Patient Name: _____

Start Date: _____

Practitioner Name: _____

My Primary Health Goals

- ☐ Better digestion
- ☐ Improved energy
- ☐ Reduced bloating
- ☐ Other
- ☐ Better food tolerance
- ☐ Less inflammation
- ☐ Improved bowel regularity
- ☐ Better focus / brain clarity
- ☐ Improved stress resilience
- ☐ Immune support

My Current Challenges

_____

_____

BI-WEEKLY CHECK-IN

How Am I Feeling?

Rate each from 1-10

Energy: _____

Digestion: _____

Bloating: _____

Food tolerance: _____

Stress resilience: _____

Sleep quality: _____

Mood / mental quality: _____

Bowel regularity: _____

Inflammation / discomfort: _____

Overall progress: _____

What Improved This Week?

_____

_____

What Felt Challenging?

_____

_____

Questions For My Practitioner

_____

_____

FOOD REACTIONS & SYMPTOM TRACKER

Experiencing symptoms with certain foods does not automatically mean those foods are “bad.” Sometimes symptoms are simply feedback.

Examples:

Bloating after fiber: May suggest digestion or tolerance needs more support

Gas after prebiotic foods: May suggest slower progression is needed

Fatigue after meals: May suggest metabolic or digestive stress

Food reactivity: May suggest inflammation or gut barrier stress

Listening to Feedback

FOOD / MEAL	SYMPTOMS	TIMING	NOTES

Watch For Patterns

Examples:

- Bloating, cramping, bowel changes
- Fatigue, changes in sleep
- Food reactivity, skin rash
- Brain fog, headaches

PHASE TRANSITION CHECKPOINT

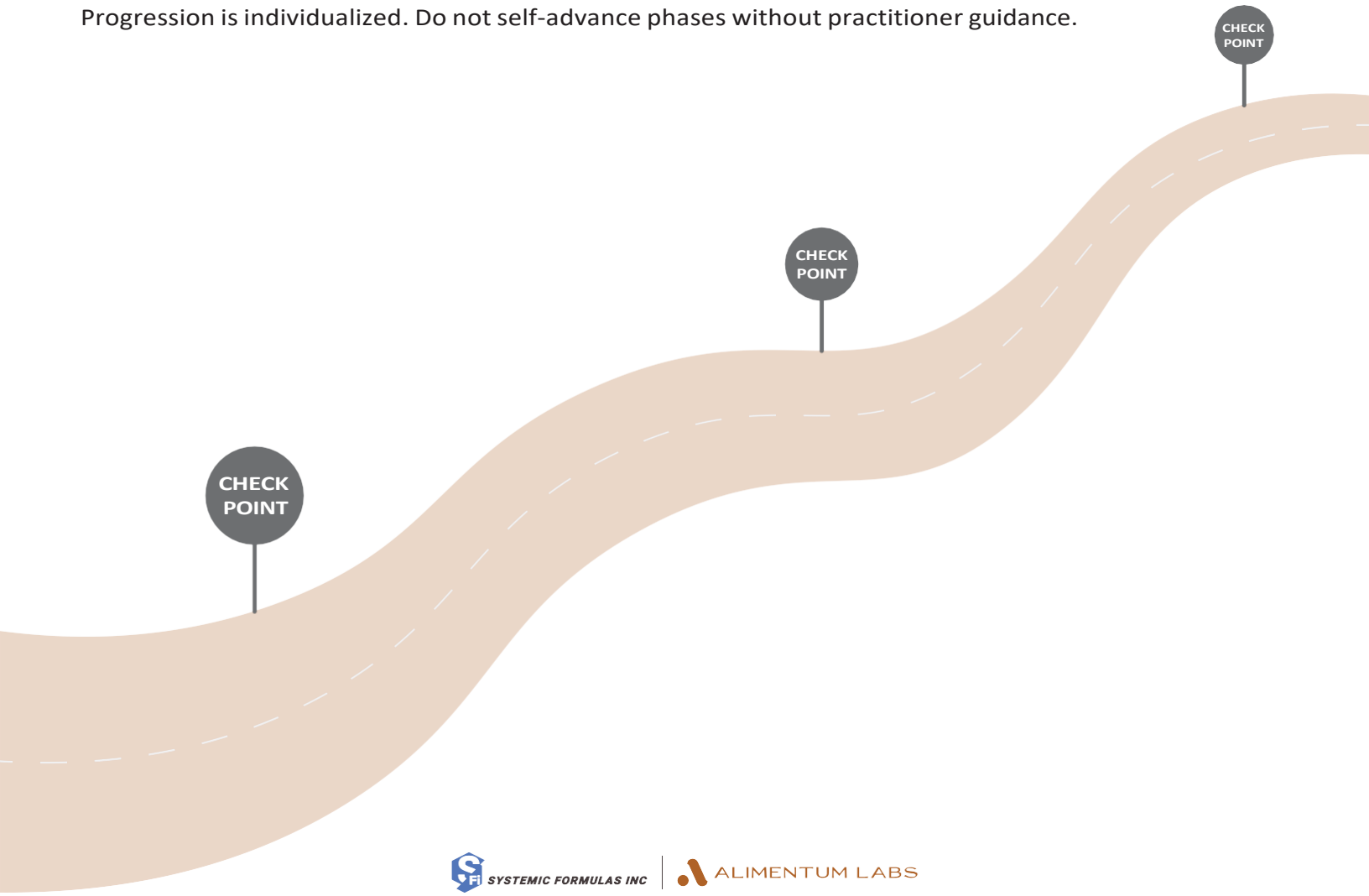
Signs You May Be Ready To Progress

Potential indicators may include:

- □ Reduced bloating
- □ Improved digestion
- □ More stable bowel habits
- □ Improved energy
- □ Better food tolerance
- □ Less reactivity
- □ Improved resilience

Important Reminder

Progression is individualized. Do not self-advance phases without practitioner guidance.



LOW HISTAMINE FOOD EXCHANGE GUIDE

A lower histamine approach may be appropriate for individuals experiencing histamine intolerance, mast cell activation, unexplained food reactions, flushing, headaches, itching, congestion, or other symptoms associated with impaired histamine metabolism. This approach is typically temporary and should be individualized based on practitioner recommendations.

CATEGORY	PREFERRED OPTIONS	OFTEN LIMITED
Proteins	Freshly cooked chicken, turkey, fresh fish, lamb, eggs (if tolerated)	Processed meats, cured meats, smoked meats, canned fish, leftovers, meal-prepped meats stored for several days
Vegetables	Zucchini, carrots, cucumbers, lettuce, cabbage, green beans, cauliflower, bok choy, asparagus, peppers, turnips, garlic, greens, celery	Tomatoes, spinach, eggplant, avocado, mushrooms, peas, pumpkin, squash
Fruits	Apples, pears, blueberries, mango, melons, grapes, cherries	Strawberries, citrus fruits, dried fruit, banana, figs, dates
Dairy Alternatives	Coconut milk, almond milk	Most dairy, Aged cheeses, fermented dairy products
Fats	Olive oil, avocado oil, coconut oil	Cashews, walnuts, flax, sesame, sunflower seed/oils
Condiments / Seasonings	Sea salt, leafy herbs, olive oil	Vinegar, apple cider vinegar, fermented sauces, soy sauce, cinnamon, cloves, nutmeg, paprika, curry powder
Beverages	Water, herbal tea	Alcohol, kombucha, fermented beverages
Other Considerations	Freshly prepared meals	Bone broth, fermented foods, leftovers, aged foods, collagen, ALL gluten/grains

Practitioner Note

Histamine tolerance varies considerably between individuals. Freshness often matters as much as food selection, as histamine levels can increase in foods as they age or are stored. The goal is not lifelong restriction but identifying triggers while supporting improved tolerance and resilience over time.

LOW FODMAP FOOD EXCHANGE GUIDE

A low FODMAP approach may be helpful for individuals experiencing bloating, gas, abdominal discomfort, IBS-like symptoms, or excessive fermentation. This approach is typically temporary and should be used strategically while addressing digestive dysfunction.

CATEGORY	PREFERRED OPTIONS	OFTEN LIMITED
Proteins	Chicken, turkey, fish, eggs, beef, pork, lamb, duck, tuna, shellfish	Most proteins are well tolerated avoid proteins with added ingredients
Vegetables	Zucchini, carrots, cucumbers, spinach, green beans, bell peppers, radishes, spinach, green beans, tomatoes, summer squash, greens, lettuce, spaghetti squash	Onions, garlic, cauliflower, mushrooms, asparagus, brusse s sprouts, cabbage, mushrooms, corn, celery
Fruits Limit to 1 cup daily	Strawberries, blueberries, kiwi, grapes, grapefruit, papaya, oranges, pineapple, raspberries, cantaloupe	Apples, pears, mango, watermelon, banana, peaches, plums, cherries, blackberries, fruit juices
Fats / Oils / Condiments	Dried spices and herbs, mustard, vinegar, mayonnaise, Worcestershire sauce, Ghee, olive oil, coconut oil, avocado oil	Cashews, pistachios, jam/jelly, ketchup, hummus, tahini
Starches	Rice, potatoes, quinoa, corn	Wheat, oat, barley, rye, granola
Legumes / Nuts / Seeds	Almonds, brazil nuts, cashews, peanuts, sesame / pumpkin / sunflower / chia seeds	Beans, lentils, chickpeas, soy, tofu, split peas
Dairy Alternatives	Unsweetened almond milk, coconut milk, aged cheeses in moderation, coconut yogurt	All dairy containing lactose, soy milk, buttermilk, kefir
Beverages & Sweeteners Keep sweeteners at 1 tbsp	Water, herbal tea, coffee, maple syrup, stevia, cacao powder	Sugar and alcohol-containing beverages, coconut water, honey, molasses, agave syrup

Practitioner Note

A low FODMAP diet is intended to reduce digestive symptoms while digestive capacity improves. Long-term restriction of fermentable fibers is generally not recommended unless clinically necessary.

CANDIDA & YEAST SUPPORT FOOD EXCHANGE GUIDE

A *Candida*-supportive dietary approach may be appropriate for individuals working with their practitioner to address yeast overgrowth, microbial imbalance, excessive sugar cravings, recurrent fungal concerns, or symptoms that appear to improve with temporary reductions in dietary sugars and refined carbohydrates. The primary goal is to reduce dietary factors that may support excessive yeast growth while maintaining adequate nutrition and supporting overall microbiome balance.

CATEGORY	PREFERRED OPTIONS	OFTEN LIMITED
Proteins	Chicken, turkey, fish, eggs, beef, bone broth	Breaded or highly processed meats or cold cuts
Vegetables	Leafy greens, zucchini, cucumbers, broccoli, cauliflower, cabbage, asparagus, green beans, peppers	Fried vegetables, heavily processed vegetable products, mushrooms
Fruits	Lemons, limes, green apples, berries (moderate amounts)	Fruit juice, dried fruit, bananas, grapes, mango, pineapple, papaya, all dried fruits
Dairy / Dairy Alternatives	Cheeses, non-aged (cottage cheese,* fresh goat cheese, mozzarella, ricotta), Milks: unsweetened almond, coconut, hemp, rice, soy, unsweetened yogurt	All dairy except as listed under Foods to Include, aged cheeses, milk substitutes that contain any type of sweetener except stevia
Starches	Moderate sweet potatoes, squash, pumpkin, cauliflower rice, quinoa, rice	White flour products, pastries, chips, refined grains
Healthy Fats	Olive oil, avocado oil, coconut oil, avocados, nuts, seeds	Hydrogenated fats and processed oils, peanuts, pistachios, mayonnaise
Sweeteners	None preferred during active support phase	Sugar, honey, maple syrup, agave, corn syrup, candy, desserts
Fermented Foods & Condiments	Fresh herbs, lemon, lime, olive oil	Vinegar, apple cider vinegar, kombucha, alcoholic beverages, fermented condiments, sauerkraut, pickles
Beverages	Water, herbal tea, mineral water, electrolytes	Soda, fruit juice, sweetened beverages, alcohol
Herbs & Spices	Salt, pepper, all herbs and spices	Avoid blends that contain sugar, MSG, or other additives

TRAVELING & EATING OUT WHILE ON THE HOLOBIOME ROADMAP

Staying Consistent While Away

Travel, social events, and dining out do not mean your progress has to stop. The goal is not perfection, it's maintaining the foundational habits that support your current phase of the Holobiome Roadmap. A little planning can help you stay on track while still enjoying life's experiences.

Travel & Dining Success Tips

✓ Pre-pack supplements, approved foods/snacks and support products before your trip
✓ Bring a simple daily checklist to stay consistent with your protocol
✓ Prioritize hydration, especially when flying, exercising, or spending time outdoors
✓ Build meals around approved proteins, vegetables, healthy fats, and carbohydrates appropriate for your current phase (refer to plate method)
✓ When dining out, choose simple preparations such as grilled, baked, roasted, or steamed foods whenever possible
✓ Request sauces, dressings, and condiments on the side to better control ingredients
✓ Focus on making the best available choice rather than finding the perfect meal
✓ Return to your normal meal timing and routine as closely as possible

If Travel Disrupts Your Routine

Temporary disruptions happen. One meal, one day, or even one weekend will not undo your progress. Simply return to your normal protocol, nutrition plan, and daily habits as soon as possible.

Remember, long-term success is built through consistency over time, not perfection.



FREQUENTLY ASKED QUESTIONS

What happens if I miss a dose?

Missing an occasional dose does not mean you have failed or need to start over. Progress is built through consistency over time, not perfection every single day. If you miss a dose, resume your normal schedule with the next planned dose. Do not double up unless your practitioner specifically instructs you to. If you find yourself missing doses often try pairing supplements with routine habits, use reminders or alarms, keep supplements visible in your routine space, or use a pill organizer or travel pack.

Can I take other supplements while on the Holobiome Roadmap?

The Holobiome Roadmap was designed as a strategic, phased system intended to support healing in a specific sequence. While some additional supplements may be appropriate, adding products, other detox programs, probiotics, cleanses, or self-directed protocols outside of your practitioner's recommendations can introduce variables that may interfere with your progress, make it more difficult to determine what is helping, create unnecessary digestive or detoxification stress, and alter your overall response to the program. Because the Holobiome Roadmap is intentionally structured, more is not always better. Following your recommended plan as closely as possible helps create clearer progress, more predictable outcomes, and a better understanding of how your body is responding throughout each phase of restoration.

What if I take prescription medications?

The Holobiome Roadmap is designed to work alongside your existing medical care. If you are taking prescription medications, continue them as directed by your prescribing healthcare provider unless otherwise instructed. If you begin a new medication, discontinue a medication, or experience any medication changes while on the program, be sure to communicate this with your practitioner so your protocol and recommendations can be appropriately monitored and supported.

Can I skip phases?

The Holobiome Roadmap is designed to support restoration through a strategic sequence of phases, with each phase building upon the progress of the previous one. Skipping phases may reduce the effectiveness of the program, create gaps in foundational support, or make later phases more difficult to tolerate. Following the recommended progression helps promote a smoother and more sustainable healing process.

Can I move faster?

Healing timelines are highly individualized and depend on factors such as microbiome capacity, detoxification tolerance, metabolic resilience, and overall health status. Moving through phases too quickly is not always beneficial and may place unnecessary stress on the body. Your practitioner will help determine the most appropriate pace based on your progress and response.

What if I feel better early?

Feeling better early in the process is encouraging and often indicates that positive changes are occurring. However, symptom improvement does not always mean the underlying restoration process is complete. Foundational repair, rebuilding, and long-term resilience remain important components of the Holobiome Roadmap, even when noticeable improvements occur early.

What if progress feels slower than expected?

Healing is rarely a straight line. Progress may occur gradually and can include periods of improvement, plateaus, or temporary fluctuations. Consistency with your protocol, nutrition plan, and lifestyle recommendations is often more important than the speed at which changes occur.

What does my gut have to do with my brain?

The gut and brain are in constant communication through a network often referred to as the gut-brain axis. Microbial activity, immune signaling, inflammation, nutrient absorption, and neurotransmitter production can all influence mood, cognition, stress response, sleep quality, and overall neurological function. Supporting gut health is often an important component of supporting brain health.

Why aren't we starting with detox or cleansing?

The body often responds more effectively to detoxification efforts when foundational systems are supported first. Digestion, elimination, nutrient status, microbiome balance, and drainage pathways all play important roles in the body's ability to process and eliminate waste. Establishing these foundations first may improve tolerance and overall outcomes.

Why do symptoms sometimes change?

As the body adapts, restores balance, and progresses through different phases of the Holobiome Roadmap, symptom patterns may shift. Changes in symptoms do not automatically indicate that something is wrong. They may simply reflect changing physiological priorities, improved awareness, or the body's ongoing adaptation to the restoration process.

Why do I need multiple phases?

Restoration often involves more than a single system or intervention. Each phase of the Holobiome Roadmap is designed to address different aspects of the healing process, including preparation, burden reduction, microbiome support, rebuilding, protection, and long-term maintenance. This phased approach helps create a more comprehensive and sustainable outcome.

Why do I need this if I already take probiotics?

Not all microbiome support works the same way. Many conventional probiotics focus on introducing a limited number of commonly used bacterial strains. The Holobiome Roadmap takes a broader ecosystem-based approach by supporting microbiome restoration through strategic phases designed to improve digestive function, microbial diversity, resilience, and overall microbiome capacity. Depending on your protocol, this may include targeted support for keystone organisms and microbial communities that play important roles in helping maintain a healthy and balanced microbiome. As a result, the Holobiome Roadmap often provides a more comprehensive approach than simply taking a probiotic alone.

Can I take probiotics I already own?

Because the Holobiome Roadmap follows a strategic sequence and may utilize specific microbiome-supportive products designed to complement each phase, adding outside probiotics is not always recommended. Different strains can have different effects on microbial balance and may not align with the goals of your current phase. Before adding any probiotic or microbiome-focused product, discuss it with your practitioner to ensure it supports rather than interferes with your individualized Holobiome Roadmap plan.

Will my plan look exactly like someone else's?

No. While the Holobiome Roadmap follows a consistent framework, your specific protocol, nutrition recommendations, product selections, and pace of progression should reflect your unique health history, symptoms, goals, and practitioner recommendations. Personalization is an important part of achieving the best possible outcome.