



# CABRAL SENSITIVE GUT GUIDE

www.StephenCabral.com

## PROTEIN

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

### Paleo Protein

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

### Plant Protein (*Test for bloating*)

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

### Protein Powders/Nut Milks

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

(All proteins pastured or organic)

## FRUIT

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

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

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

(Choose Organic & Non-GMO)

## VEGETABLES

(2+ Cups at Lunch & Dinner)

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

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

(Choose Organic & Non-GMO)

## FAT

(1-2 TBSP at Lunch & Dinner)

### Acceptable Fats for first 21 Days

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

### After 4 Weeks May Re-Introduce:

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

### Acceptable Salad Dressing:

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

(GF) Gluten-Free Foods

## STARCHES

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

### Acceptable Gluten Free Starches:

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

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

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

\*Food Reintroductions

## BAKING & CONDIMENTS

(On Occasion)

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

### Sweeteners

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

(Choose Organic, Wild, & Non-GMO)

For additional details go to: [StephenCabral.com/cbo-faq](http://StephenCabral.com/cbo-faq)

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