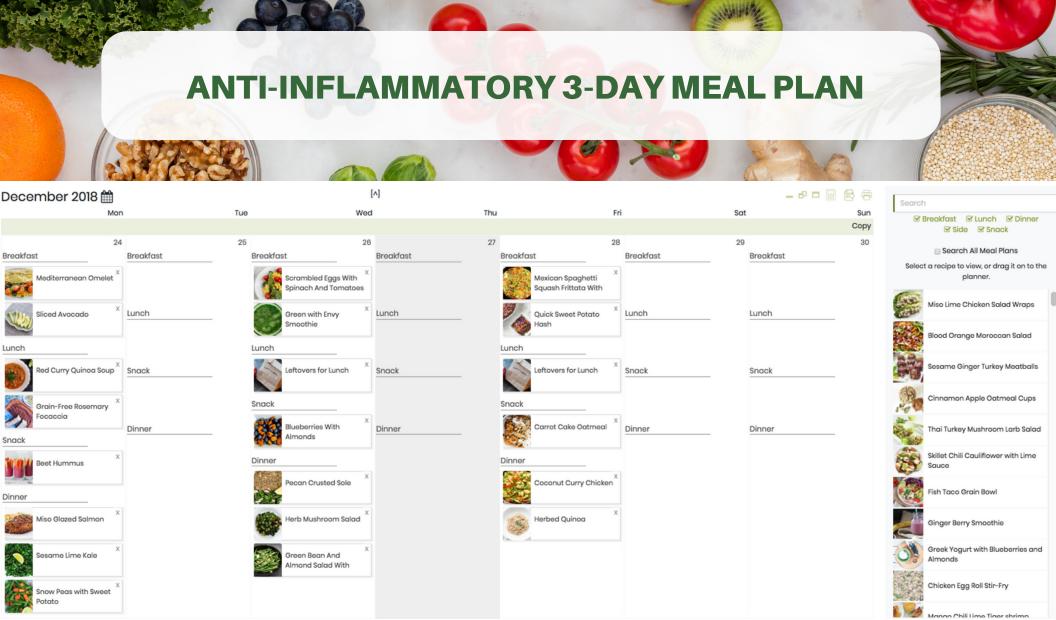
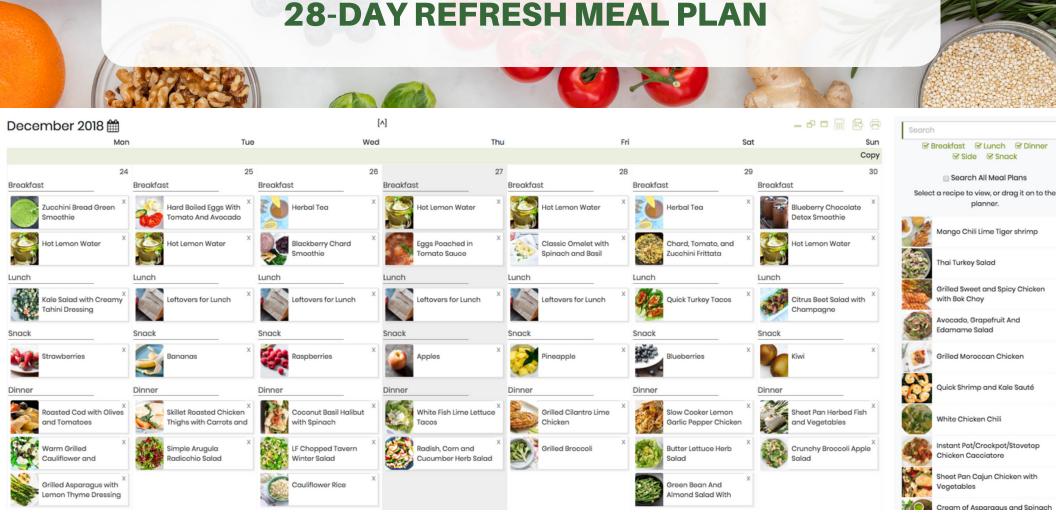


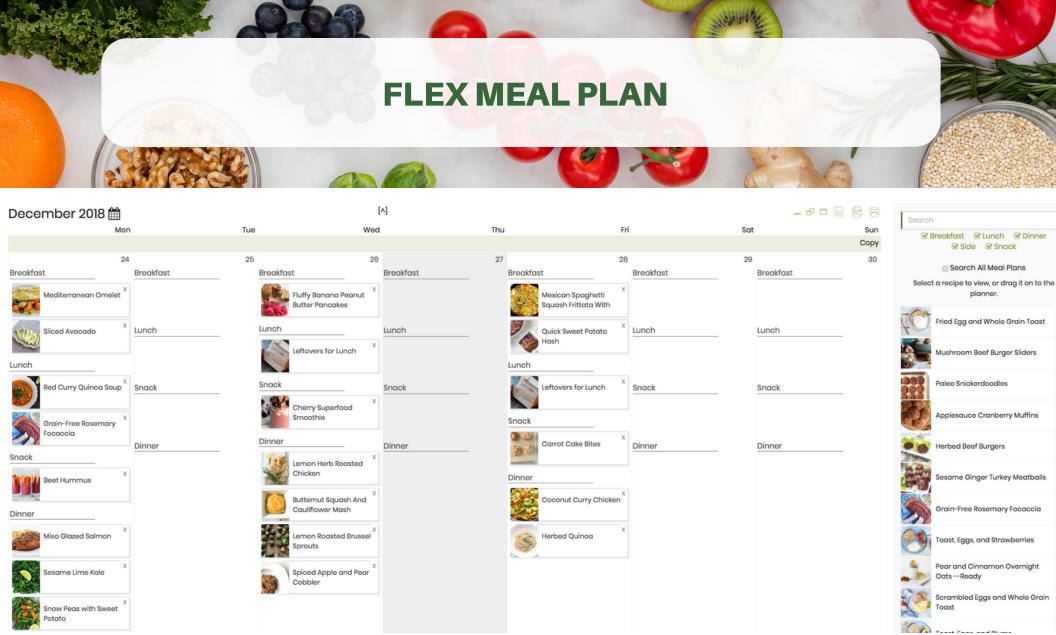
This anti-inflammatory plan contains low-glycemic recipes aimed at stabilizing blood sugar, maintaining a healthy weight, normalizing hormones, promoting healthy digestion, and reducing inflammation associated with many chronic diseases. NOTE: This plan is gluten-free.



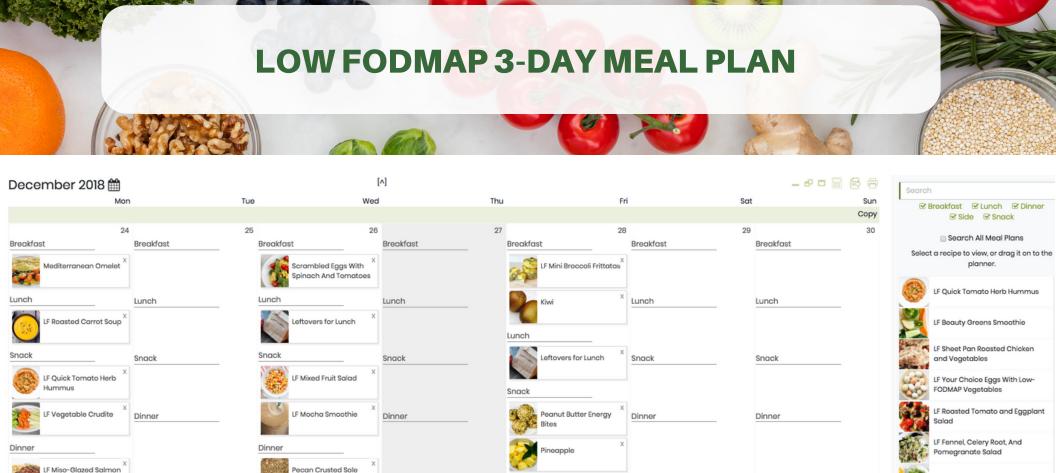
This anti-inflammatory plan contains low-glycemic recipes aimed at stabilizing blood sugar, maintaining a healthy weight, normalizing hormones, promoting healthy digestion, and reducing inflammation associated with many chronic diseases. NOTE: This plan is gluten-free.



This 28-Day Refresh is a great way to get your metabolism humming and jump-start your health. It contains selected low-glycemic recipes aimed at stabilizing blood sugar, maintaining a healthy weight, normalizing hormones, promoting healthy digestion, and reducing inflammation associated with many chronic diseases. At the end of this 4-week plan, you will automatically begin receiving the Anti-Inflammatory Plan to support you in maintaining healthy habits. NOTE: This plan is gluten-free.



This flexible plan is completely customizable and contains simple recipes the whole family can enjoy. Each week, you will receive three days of suggested recipes with the ability to search hundreds more to add to your plan. All of our delicious recipes are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.



LF Orange and Arugula Salad

LF White Fish Lime Lettuce Tacos

LF Cream Of Broccoli, Kale, And

Spinach Soup

These low-FODMAP plans contain ingredients considered to be low in Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols. These molecules are poorly absorbed by some people and avoiding them may provide relief for certain digestive conditions, such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD.) It is important to seek a diagnosis and recommendation from your healthcare professional before following a low-FODMAP diet. NOTE: This plan is gluten-free.

reen Bean And

Almond Salad With

Crispy Carrot Curls

same Lime Kale

Brown Rice

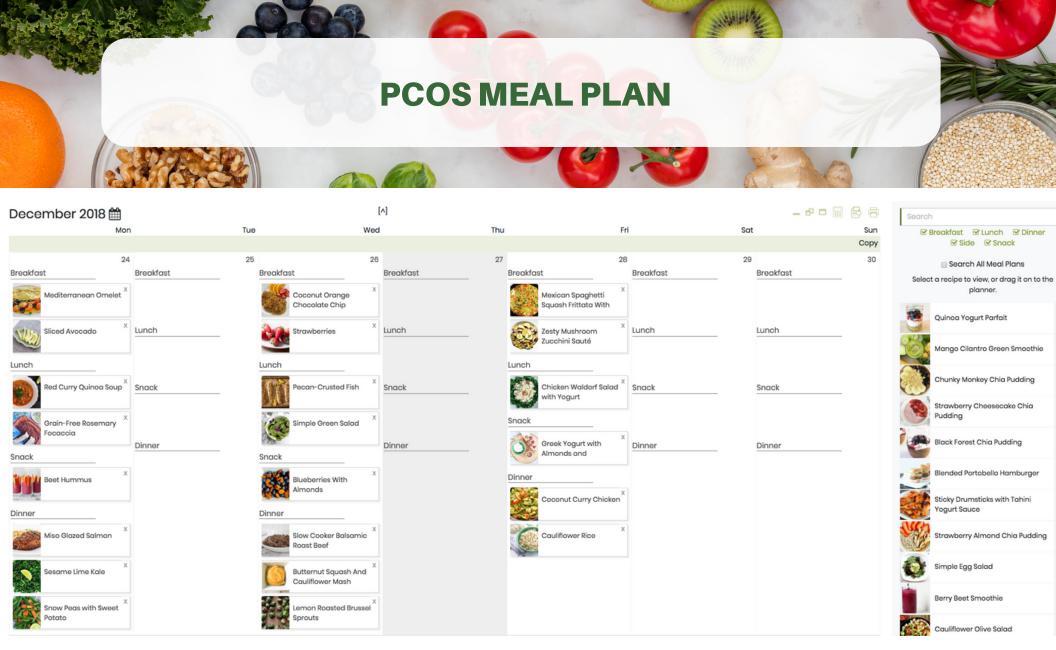
Sheet Pan Chicken

egetable Stir Fry

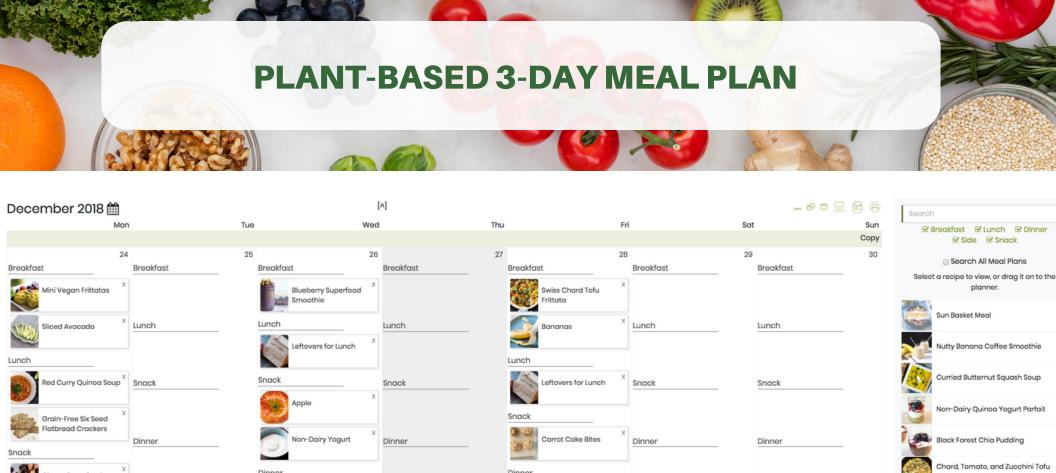
LF Herbed Quinoa



These low-FODMAP plans contain ingredients considered to be low in Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols. These molecules are poorly absorbed by some people and avoiding them may provide relief for certain digestive conditions, such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD.) It is important to seek a diagnosis and recommendation from your healthcare professional before following a low-FODMAP diet. NOTE: This plan is gluten-free.



This meal plan was designed for women with Polycystic Ovary Syndrome [PCOS.] It contains low-glycemic recipes aimed at stabilizing blood sugar, lowering insulin levels, maintaining a healthy weight, normalizing hormones, and reducing inflammation often associated with this condition. Research has shown that diet can play an important role in managing PCOS. NOTE: This plan is glutenfree.



These plans contain 100% plant-based recipes that are rich in antioxidants and phytonutrients known to be anti-inflammatory. Recipes are full of fiber, vitamins, minerals, and plant proteins making them nutritious as well as delicious. NOTE: This plan is gluten-free.

Spicy Thai Tofu With Red

LF Roasted Sesame

Bell Peppers

Green Beans

Berry Beet Smoothie

Creamy Mediterranean Tempeh

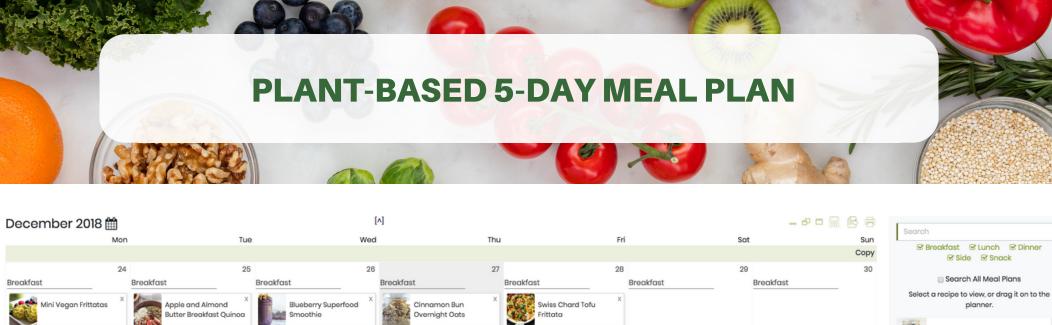
Quinoa Lentil Tabouli

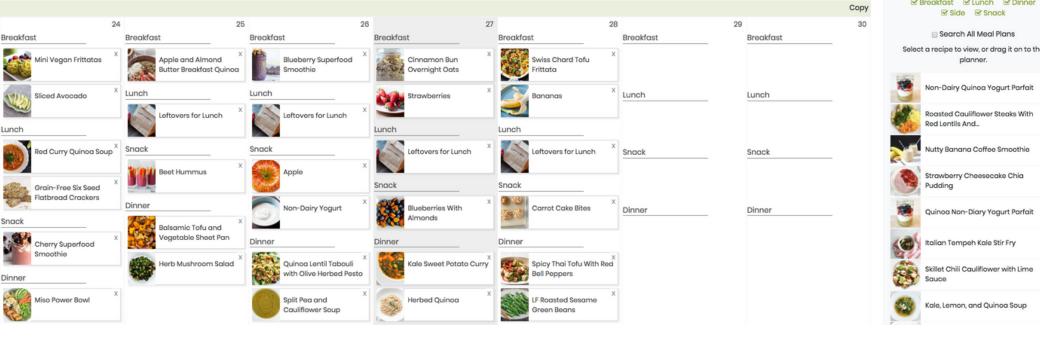
Split Pea and

Cauliflower Soup

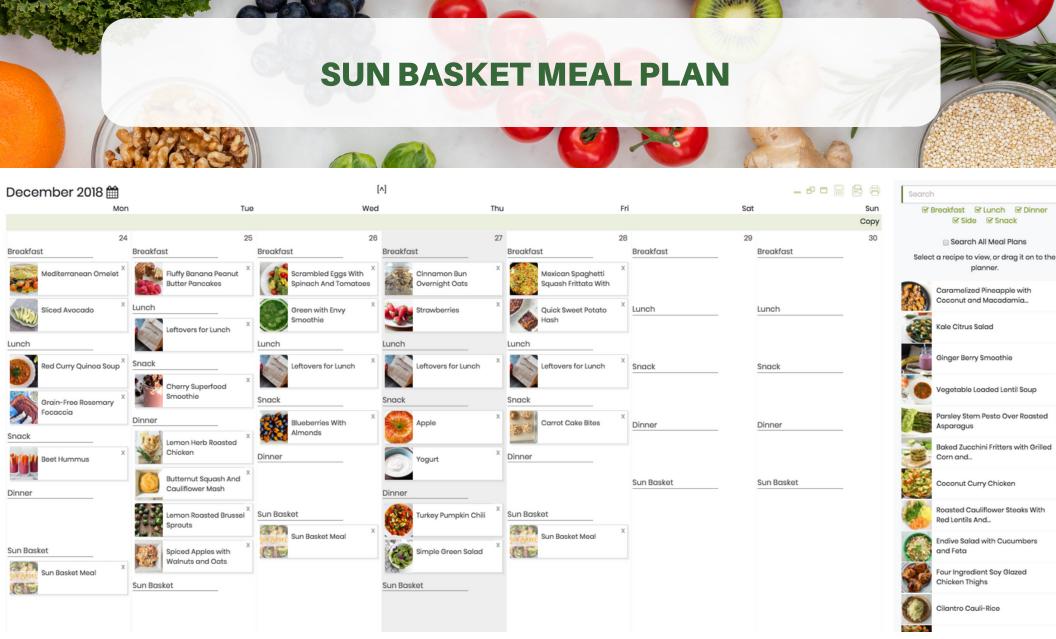
Miso Power Bowl

with Olive Herbed Pesto



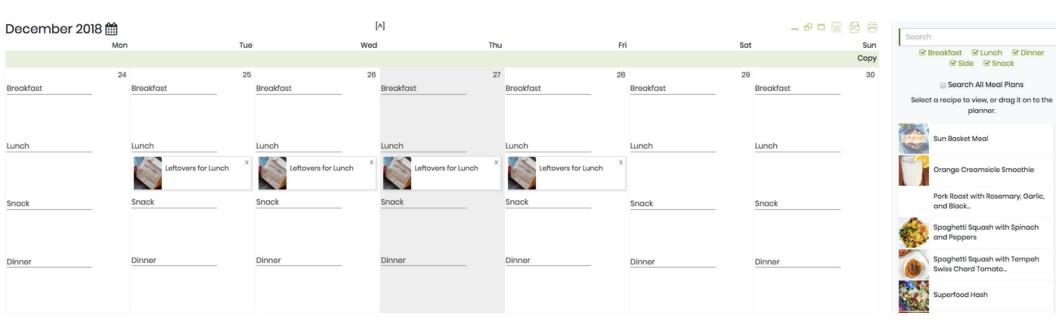


These plans contain 100% plant-based recipes that are rich in antioxidants and phytonutrients known to be anti-inflammatory. Recipes are full of fiber, vitamins, minerals, and plant proteins making them nutritious as well as delicious. NOTE: This plan is gluten-free.



We have partnered with Sun Basket to provide you with a sustainable, healthy eating solution. Each week, your meal plan offerings will feature three Sun Basket dinner recipes; simply follow the link on your dinner card for that day. These Registered Dietitian-approved recipes will arrive straight to your door as a meal kit, featuring fresh, pre-measured ingredients including organic produce and nourishing whole foods, with easy-to-follow recipes—no grocery shopping required.





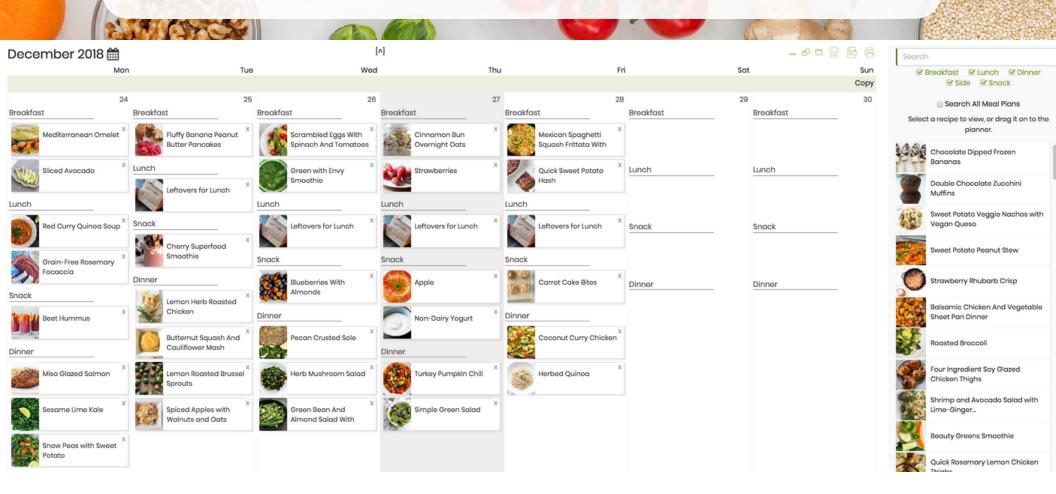
Our team of credentialed nutrition and culinary professionals provide us with healthy recipes that will support us in creating highly-personalized plans to help you meet your health goals. All of the delicious recipes are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

Each week, you will receive a blank meal planner that we can populate together by searching those foods that consider your preferences and goals. Recipes are added to your planner with our easy click-and-drag tool and a smart grocery list is generated to making shopping a cinch.



FUNCTIONAL MEAL PLAN

This plan is only available to Integrative and Functional Nutrition Certified Practitioners. Learn more at https://www.ifnacademy.com/



The Functional Meal Plan is brought to you in partnership with the Integrative and Functional Nutrition AcademyTM [IFNA]! We have partnered with IFNA to provide you with a meal plan that is grounded in the principles of integrative and functional nutrition. Functional nutrition emphasizes the importance of high-quality foods and phytonutrient diversity to address clinical imbalances and move individuals toward the highest expression of health. NOTE: This plan is gluten-free.



This plan is only available to Certified LEAP Therapists. Learn more at http://certifiedleaptherapist.com/

December 2018 ∰ [A]						_ & = =	e a	
_		_		-				Search
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	24 Breakfast	25 Breakfast	Breakfast	27 Breakfast	28 Breakfast	Breakfast	30	Select a recipe to view, or drag it on to the planner.
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		Warm Kamut Risotto with Spinach Pesto Spring Pea, Asparagus & Mint Salad
Snack	Snack	Snack	Snack	Snack	Snack	Snack		Roasted Sweet Potato
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		Swiss Chard Stuffed with Turkey Lamb Burgers With Avocado Tzatzkiki
								Roasted Eggplant Salad With Tahini Dressing

Using results from your MRT test, we will work as a team to create meal plans that include those foods to which you have the lowest degree of reaction. The least reactive MRT tested foods have the highest probability of being well-tolerated. And if they are foods you like to eat, then these are the foods that will form the basis for your multi-phased LEAP eating plan. This feature of MRT eliminates the guesswork and makes building a healthy diet much easier.