

Your Starting Path: Vegan

This is one of four Starting Paths for beginning the Ancestral Regeneration Protocol, offered for anyone whose current health will not allow them to begin with the standard Week One foods. Whichever path fits you, keep following the protocol week by week — or slower, if that is what your body needs — for the morning routine, mindset work, detox, and lifestyle pieces. Skip any food you cannot yet tolerate, and bring it back in once you have seen some healing.

*For the lows and the highs of this journey, it also helps to read *Addiction and Compulsion: A Nervous System Perspective and Rhythm Over Perfectionism*. They will help you meet setbacks with curiosity and calm, and celebrate your progress along the way.*

We do not recommend a vegan diet long term. This meal plan is not recommended for more than three weeks. Our hope is that this meal plan brings some healing so you can move to the Vegetarian Starting Path, and then to the meal plan for the intensive gut-healing portion of ARP in Week 19.

Please follow all aspects of the protocol using this meal plan until you are ready to transition to the Vegetarian Starting Path.

Morning Meal Example

3 cups of soup or stew with 1 cup olive oil added before consuming

1 piece of flatbread

1 cup of coconut yoghurt with a sprinkle of freshly ground cinnamon

Afternoon Meal Example

3 cups of soup or stew with 1 cup of coconut oil and lentil dry bread crumbles

1 cup of coconut yoghurt with a squeeze of lime and stevia, topped with coconut cream

Please add 1 teaspoon of cold-pressed coconut oil or cold-pressed California olive oil to soups just prior to consumption the first week. Increase to two teaspoons the next week, and continue in this manner until you are at two cups of fat per day. Do not cook with oils or expose them to high heat.

Vegetable Stock

8 quarts of water

2 tablespoons mineral salt

1/2 head green or purple cabbage

6 carrots

2 onions

1 head garlic

1 tablespoon white peppercorns

Bring to a boil, then lower the heat and simmer for 1 hour. Pour the stock into quart jars and store in the fridge to eat daily.

Carrot and Thyme Soup with Ginger

Simmer 1 quart of stock with 3 sliced carrots, a bundle of fresh thyme, and 1 teaspoon of grated ginger for 45 minutes. Remove the thyme before serving.

Broccoli and Lemon Soup

Simmer broccoli in stock until soft. Blend and pour into bowls, squeezing a slice of lemon into each serving.

Cauliflower and Oregano Soup

Simmer cauliflower and a bunch of oregano in stock until soft. Remove the oregano, blend, and serve with ground white pepper.

Red Lentil Dahl

Sprout the lentils by putting them in a jar with cheesecloth over the top. Rinse with filtered or spring water every day, straining the water out, until you see little sprouts.

Cook the sprouted lentils with one or two onions, one head of garlic, mineral salt, and white pepper overnight in water that covers the lentils, in the oven on the lowest temperature with the lid on, or in a slow cooker.

Coconut Thai Soup

Simmer 1 tablespoon of grated ginger, carrots, garlic, onions, mushrooms, and Thai basil in stock for 30 minutes. Remove the basil bunch, then stir in 1 cup of coconut oil (less if you have not built up to that amount) and 1/2 cup of coconut cream.

Roasted Turnip and Onion Stew

Dry-roast whole turnips and onions in the oven until browned. Remove, chop, and simmer in stock for 20 minutes.

Creamed Mushroom and Roasted Garlic Soup

Dry-roast a head or more of garlic in the oven until browned. Simmer mushrooms in stock for 30 minutes, then blend the mushrooms, garlic, and stock together. Serve with a sprinkle of white pepper on top.

Rutabaga Stew

Boil sliced rutabaga until very soft. Simmer the rutabaga with grated purple carrot, onion, garlic, a bunch of herbes de Provence, and mushrooms for 30 minutes. Remove the herbs before serving.

Radish and Cabbage Stew

Boil cabbage, mushrooms, and radishes in water for 30 minutes. Simmer in stock for 5 minutes and serve.

Coconut Flatbread

Pressure-cook one large, peeled and de-seeded orange winter squash (not pumpkin) with 1/2 inch of water and baking soda (0.5% of the weight of the squash) for 1 hour. Freeze any leftover squash for bread recipes only.

Once cooked, combine 1 cup of squash with 3/4 cup of coconut flour, mixed well. The dough should be thinner than playdough but thicker than pancake batter — adjust as needed for the coconut flour you have.

Line a baking sheet with parchment paper, spread the dough, and bake at 350°F until firm. Cool and cut into squares.

Eat with soups, or dip in garlic olive oil for a savory meal. For dessert, top with coconut cream whipped with pure stevia or monk fruit extract made with alcohol only.

Lentil Dry Bread

Sprout the lentils as above. Cook until very soft, then strain. Purée 1 cup of the strained lentils with 1 cup of squash. Bake at 170°F until no moisture remains — overnight may be easiest. Crumble and add to soups.

Coconut Yoghurt

Use one pint of coconut milk. Add two probiotic capsules (such as Supersmart H. pylori). Shake, lid, and place in the oven with the light on only for 24 hours, or until thick. You can alternatively use a yoghurt maker.

Fermented Kohlrabi

Cut kohlrabi into your preferred size and fill a quart jar. Add 1 tablespoon of mineral salt and fill to the shoulders of the jar with filtered or spring water. Lid and set on the counter, out of direct sunlight, to ferment for 7 days. If you have known histamine issues, ferment for 6 months instead. You may ferment other vegetables using this same recipe.

Use no microwaves.

You can eat all of the vegetables above at any time except the winter squash, which is only for the flatbread.

If you would like a vegetable that is not listed, make sure it is low-lectin, low-oxalate, cooked for 20 or more minutes in stock (or boiled or steamed for 20 or more minutes) and covered in one of the fats, and fermented. Please make sure it is not on the Off the Menu list. <https://vanderharsthomestead.com/post/foods-off-the-menu/>

All loose herbal teas are approved.

All fresh herbs are approved — tie in a bunch, cook with the food, and remove before eating.

Please do not use powdered spices or herbs. If you grind a spice yourself, you may use it sparingly and occasionally.

Sprouted lentils are the only legume for this meal plan — no others — and please remove them once you move on.

Coconut cream and coconut water are approved with no added ingredients. Real coconut, coconut butter, and avocado are approved.

Please move to the Vegetarian Starting Path as soon as you are able.

When you move to the intense gut-healing meal plan, continue in the protocol at the week you are in — do not begin again with Week One foods.