

Ancestral Regeneration Protocol Vegetarian Meal Plan

We do not recommend a vegetarian diet long term. Our hopes are that you will follow this meal plan, see some healing and move on to the intensive gut healing portion of ARP found in Week 19. Please use this meal plan but follow along week by week in the protocol.

Please add 1 tsp of A2 butter, ghee, cold pressed coconut oil or California, cold pressed olive oil to stock 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 olive or coconut oils or expose to high heat.

Morning Meal Example

Ketogenic Egg Nog

<https://vanderharsthomestead.com/post/ketogenic-egg-nog/>

1 white and 4 yolks cooked softly, topped with raw cheese and ghee

1 tsp fermented veggie

Afternoon Meal Example

½ cup of kefir or yoghurt or 1 cup of cultured cream

1 cup of stew with 1 cup olive oil and 2 egg yolks stirred in

Or slice of frittata topped with cup of ghee or A2 butter

½ cup custard

1 tsp fermented veggie

Vegetable Stock:

8 quarts of water

2 TBS of mineral salt

½ head of green or purple cabbage

6 carrots

2 onion

1 head garlic

1 TBS white peppercorns

Bring to a boil and then lower heat, simmer for 1 hour

Pour stock into quart jars and store in fridge to eat daily

You will only need about 1 cup of stock per day for this meal plan

Please freeze remainder in glass dishes or wide mouth jars with 1 inch head space.

If you must use plastic for a while, allow soup to completely cool before pouring in.

Frittata

Saute onions, mushrooms and garlic in ghee until they are soft and golden on the edges.

Pour beaten eggs ovetop and bake in oven until firm in the middle.

You can add cheese halfway through if you like.

Smoothie

½ cup kefir or yoghurt

½ cup coconut oil

1 avocado

3 egg yolks

Sweetener if desired

Coconut Bread (or cake)

Preheat oven to 400

Place 3 cups of coconut flour into a bowl

Mix in coconut milk or coconut cream for cake, cultured cream, kefir or yoghurt for bread until the liquid is incorporated and dough would hold it's form

Add 2 cups of dough, 4 eggs and 1 stick of room temp butter or 1 cup of ghee

Add stevia or monkfruit extract now if for cake, omit if a more savory flavour is desired

Mix well and pour into pan coated with ghee

Bake until middle is firm

Allow to cool

Top with whipped cultured cream or whipped butter or ghee with sweetener for cake

Top with butter or ghee for bread option

Custard

Separate 12 egg yolks into a bowl

Add juice on one lime or lemon

Add pure stevia or monkfruit extract made with alcohol only

Whip until frothy

Serve

Carrot and Thyme Soup with Ginger

Simmer for 45 minutes

1 quart of stock with 3 sliced carrots, a bundle of fresh thyme and 1 tsp grated ginger

Add 1 cup coconut oil (less if you have not gotten to this amount)

½ cup coconut cream

Roasted Turnip and Onion Stew

Dry roast whole turnips and onions in oven until browned

Remove and chop

Simmer in stock for 20 minutes

Creamed Mushroom and Roasted Garlic Soup

Dry roast a head or more of garlic in oven until browned

Simmer mushrooms in stock for 30 minutes

Blend mushrooms and garlic and stock

Serve with a sprinkle of white pepper on top

Rutabaga Stew

Boil slices of rutabaga until very soft

Simmer rutabaga, grated purple carrot, onion, garlic, a bunch of herbs de provence and mushrooms for 30 minutes

Remove herbs

Radish and Cabbage Stew

Boil cabbage, mushrooms and radishes in water for 30 minutes

Simmer in stock for 5 minutes and serve

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 oregano bunch until soft

Remove oregano

Blend and serve with ground white pepper

Coconut Thai Soup

Simmer 1 TBS grated ginger, carrots, garlic, onions, mushrooms and Thai basil in stock for 30 minutes

Remove basil bunch

Add 1 cup coconut oil (less if you have not gotten to this amount)

½ cup coconut cream

Roasted Turnip and Onion Stew

Dry roast whole turnips and onions in oven until browned

Remove and chop

Simmer in stock for 20 minutes

Creamed Mushroom and Roasted Garlic Soup

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Remove herbs

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Simmer in stock for 5 minutes and serve

Fermented Kohlrabi

Cut kohlrabi into preferred sizes

Fill a quart jar with cut kohlrabi

Add 1 TBS mineral salt

Fill to shoulders of jar with filtered or spring water

Lid and place on the counter (or anywhere in the home) out of direct sunlight and allow to ferment for 7 days

If you have known histamine issues, allow to ferment for 6 months

You may ferment other vegetables using this same recipe

Use no microwaves

If you choose to have a vegetable not listed, please make sure it is 1) low lectin 2) low oxalate 3) cooked for 20 or more minutes in stock or boiled or steamed for 20 or more minutes and covered in one of the fats 4) 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, by tying in a bunch, cooking with the food and remove before consuming

Please do not use powdered spices or herbs

If you grind a spice yourself, you may use it sparingly and occasionally

Coconut cream and water are approved with no added ingredients

Real coconut is approved

Coconut butter is approved

Avocado is approved

Please move to the Intense Gut Healing Meal Plan as soon as possible while going through the protocol week by week, do not begin with Week 1 foods