



Gut-Friendly Recipe Bundle

ENJOY WHOLESOME, GUT-
FRIENDLY MEALS DESIGNED TO
SUPPORT DIGESTION.

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Gut-Friendly Breakfast

KICKSTART YOUR DAY

Homemade Chicken Sausage, Sauerkraut, Potatoes, and Red Peppers



SERVINGS: 2

PREP TIME: 30 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- **16 oz** [454.4 g] Ground Chicken
- **1 tsp** [2 g] Fennel Seed
- **1 tsp** [2.1 g] Paprika
- **1 dash** [0.4 g] Salt
- **1 large** [369 g] Russet Potatoes (*Chopped*)
- **1.5 tbsp** [21 g] Avocado Oil
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*Chopped*)
- **2 tbsp** [60 g] Organic Sauerkraut

DIRECTIONS

1. In a bowl, mix the ground chicken with fennel seed, paprika, and salt. Cover and refrigerate for at least 30 minutes, or overnight for best flavor.
2. Toss the chopped potatoes and red bell pepper with half of the avocado oil.
3. Heat the remaining avocado oil in a large skillet over medium-low heat.
4. Add the potato and pepper mixture to the skillet and cook for 20 minutes, stirring every 5 minutes until beginning to soften.
5. While the vegetables cook, form the seasoned ground chicken into patties.
6. Increase heat to medium-high and continue cooking the vegetables for an additional 10 minutes, or until golden and tender.
7. Push the vegetables to the side of the skillet and add the chicken patties in the cleared space.
8. Cook the patties for 12–15 minutes, flipping halfway through, until the internal temperature reaches 165°F (73°C).
9. Plate the chicken patties and vegetables alongside the sauerkraut. Serve warm.

NUTRITION INFO

Energy : 570 kcal

Fat : 27.1 g

Carbs : 39 g

Protein : 44.9 g

Fiber : 6.7 g

Sugar : 3.8 g

Mint Chocolate Overnight Quinoa



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **0.75 cup** [127.5 g] Quinoa (uncooked)
- **0.5 cup** [118.5 g] Water
- **1 tbsp** [6 g] Cocoa Powder
- **1 tbsp** [20 g] Maple Syrup
- **2 leaves** [0.1 g] Peppermint (Mint)
(Ground)
- **0.5 cup** [120 ml] Organic Unsweetened Almond Milk

DIRECTIONS

1. Cook quinoa according to package instructions.
2. Add cocoa powder, maple syrup, and mint leaves to the warm quinoa.
3. Slowly add in almond milk and stir well.
4. Place in container and refrigerate overnight.

NOTES

1. **Storage** : Can be stored in refrigerator for up to 3 days.

NUTRITION INFO

Energy : 574 kcal

Fat : 9.4 g

Carbs : 105.3 g

Protein : 19.2 g

Fiber : 9.5 g

Sugar : 12 g

Eggs, Avocado and Red Cabbage



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- **1 large** [50 g] Egg
- **4 large** [132 g] Egg White
- **1 tbsp** [14.8 g] Water
- **1 medium** [150 g] Avocado (*Sliced*)
- **1 cup, chopped** [89 g] Red Cabbage (*Shredded*)
- **0.5 tablespoon** [6.75 g] Olive Oil
- **0.25 cup** [60 ml] Apple Cider Vinegar
- **1 dash** [0.63 ml] Kosher Salt
- **1 tsp** [4.6 g] Everything Bagel Seasoning

DIRECTIONS

1. Add red cabbage to a bowl with olive oil, salt and apple cider vinegar. Mix together well. Cover and store overnight.
2. Scramble eggs in a bowl with water and microwave on high for 3 minutes, stopping half way through to mix.
3. Slice avocado and sprinkle everything bagel seasoning on top.
4. Add red cabbage to plate and serve.

NOTES

1. **Red Cabbage** : The longer the cabbage sits to ferment the more benefits it will have for your gut health. Make the cabbage ahead in bulk.

NUTRITION INFO

Energy : 475 kcal Fat : 33.6 g Carbs : 20.7 g Protein : 24.9 g Fiber : 11.9 g Sugar : 5.8 g

Cocoa Oatmeal



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **1 cup** [90 g] Rolled Oats Gluten Free
- **1 cup** [237 g] Water
- **0.5 cup** [122.5 g] Almond Milk
- **1.5 tbsp** [9 g] Cocoa Powder
- **1 tsp** [4 g] Monk Fruit Sweetener
- **1 tbsp** [7.5 g] Slivered Almonds
- **1 tbsp** [10.82 g] Dark Chocolate Chips

DIRECTIONS

1. Add the oats, water, almond milk, cocoa powder, and monk fruit to a saucepan. Cook over medium-low heat until the oatmeal thickens. Stir constantly to prevent it from burning.
2. Once the oatmeal has reached your desired consistency, remove it from the heat and fold in the slivered almonds. Top with dark chocolate chips before eating.

NOTES

1. **Sweetness option:** Add an additional teaspoon of monk fruit sweetener for every cup of oats for sweeter oatmeal.
2. **Consistency option :** Add an additional half cup of water per every cup of oats for a looser, thinner oatmeal.

NUTRITION INFO

Energy : 460 kcal Fat : 14.4 g Carbs : 71.8 g Protein : 18.7 g Fiber : 17.9 g Sugar : 7.6 g

Whipped Lemon Strawberry Parfait



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 cup** [244 g] Unsweetened Coconut Milk Yogurt (*Gluten free*)
- **1 medium** Lemon (*Zested*)
- **2 tbsp** [15 g] Slivered Almonds
- **0.5 cup, halves** [76 g] Strawberries (*Cut into quarters*)
- **3 tbsp** [30 g] Hemp Hearts

DIRECTIONS

1. Add the lemon zest and yogurt to a food processor and whip until the yogurt is light and fluffy.
2. Add a third of the whipped yogurt to a bowl and top with a third of the strawberries, a third of the hemp hearts, and a third of the almonds. Repeat this step to create layers until all the ingredients have been used.
3. Refrigerate until ready to eat.

NOTES

1. **Berry option:** Strawberries can be substituted with whole blueberries.

NUTRITION INFO

Energy : 519 kcal

Fat : 40.4 g

Carbs : 45.2 g

Protein : 16.5 g

Fiber : 9.3 g

Sugar : 7.4 g

Mint Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [245 g] Almond Milk
- **0.5 cup** [61 g] Unsweetened Coconut Milk Yogurt
- **0.5 medium** [75 g] Avocado
- **1 cup** [156 g] Spinach (Chopped or Leaf, Frozen)
- **5 leaves** [0.25 g] Peppermint (Mint)
- **1 tsp** [4 g] Monk Fruit Sweetener
- **2 large** [100 g] Egg (*Hard boiled*)

DIRECTIONS

1. Add almond milk, yogurt, avocado, spinach, fresh mint, peppermint, and monk fruit sweetener to a blender. Blend until smooth. Optional: strain the smoothie into a large glass before drinking.
2. Serve the smoothie with hard-boiled eggs on the side.

NOTES

1. **Consistency option** : Add an extra half cup of soy milk for a more liquid, smoother consistency.

NUTRITION INFO

Energy : 413 kcal

Fat : 29.9 g

Carbs : 26.3 g

Protein : 22.3 g

Fiber : 11.6 g

Sugar : 3.5 g

Chia Pudding



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 tbsp** [56 g] Chia Seeds
- **1 cup** [240 ml] Organic Unsweetened Almond Milk
- **1 tbsp** [16 g] Almond Butter
- **0.5 tbsp** [10 g] Maple Syrup
- **0.5 tsp** [2.1 g] Vanilla Extract
- **1 Dash** [1 g] Himalayan Pink Salt
- **0.25 cup** [36.25 g] Blueberries
- **0.25 cup** [30.75 g] Raspberries
- **0.25 cup** [38 g] Strawberries

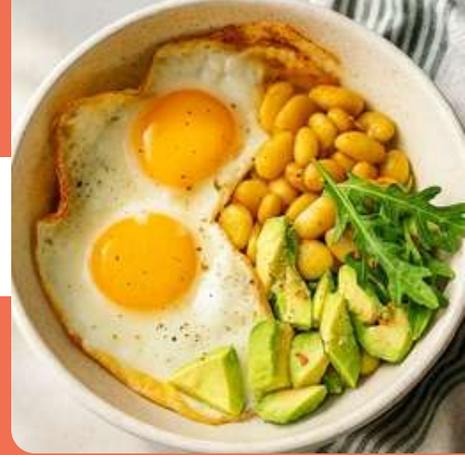
DIRECTIONS

1. In a small bowl or jar, add the chia seeds, almond milk, maple syrup, vanilla extract and sea salt. Mix well.
2. Refrigerate for at least four hours or overnight.
3. Top with additional almond butter and berries.

NUTRITION INFO

Energy : 467 kcal Fat : 32.9 g Carbs : 44.2 g Protein : 12.3 g Fiber : 24.2 g Sugar : 13.7 g

High Fiber Eggs and Beans



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- **0.5 tbsp** [7 g] Olive Oil
- **0.5 cup** [131 g] Navy Beans (Canned)
(Drained and rinsed)
- **0.25 tsp** [0.55 g] Turmeric (Ground)
- **1 dash** [0.63 ml] Kosher Salt *(To taste)*
- **0.25 tsp** [0.53 g] Black Pepper
- **2 large** [100 g] Egg
- **0.5 medium** [75 g] Avocado *(Chopped)*
- **0.25 cup** [5 g] Arugula Lettuce *(Optional, for serving)*

DIRECTIONS

1. Heat the olive oil in a medium skillet over medium heat.
2. Add the drained navy beans, turmeric, salt, and black pepper. Cook for 1–2 minutes, stirring occasionally.
3. Push the beans to one side of the skillet. Crack the eggs into the empty side and fry until the whites are fully set and the yolks reach your desired doneness.
4. Transfer the eggs and beans to a bowl. Top with chopped avocado and arugula. Stir the mixture and enjoy!

NUTRITION INFO

Energy : 480 kcal

Fat : 28.1 g

Carbs : 34.8 g

Protein : 24.1 g

Fiber : 12.1 g

Sugar : 1.7 g

Smoked Salmon Lettuce Wraps



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 leaf, medium** [30 g] Butterhead Lettuce (Includes Boston and Bibb Types)
- **0.5 medium** [75 g] Avocado (*Chopped*)
- **0.5 cup** [85 g] Edamame (Shelled) (*Cooked*)
- **0.25 medium** [50.25 g] Cucumber (*Thinly sliced*)
- **4 oz, boneless** [113.4 g] Smoked Salmon (Wild Caught)
- **1 tbsp** [9 g] Sesame Seeds
- **2 tsp** [10 g] Sriracha Sauce

DIRECTIONS

1. Wash and dry the lettuce leaves.
2. Top the lettuce leaves with all other ingredients, dividing evenly.
3. Enjoy!

NUTRITION INFO

Energy : 421 kcal Fat : 21.5 g Carbs : 20.2 g Protein : 41.6 g Fiber : 10.9 g Sugar : 5.5 g

Pumpkin Breakfast Muffins



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **1 cup** [90 g] Rolled Oats Gluten Free
- **0.25 cup** [28 g] Almond Flour
- **6 tsp** [24 g] Monk Fruit Sweetener
- **0.5 tbsp** [7 g] Chia Seeds
- **0.25 tsp** [0.57 g] Cinnamon
- **0.25 tsp** [0.45 g] Ginger (Ground)
- **2 tbsp** [14 g] Pumpkin Seeds
- **0.5 cup** [125 g] Pumpkin Puree
- **1 tsp** [4.2 g] Vanilla Extract
- **2 large** [100 g] Egg

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl, mix the rolled oats, almond flour, monk fruit sweetener, chia seeds, cinnamon, ground ginger, and pumpkin seeds.
3. Mix in the remaining ingredients until well combined.
4. On a baking sheet create 3-4 round cookies per serving. Bake for 15-17 minutes.

NUTRITION INFO

Energy : 409 kcal

Fat : 19.9 g

Carbs : 49.6 g

Protein : 20.4 g

Fiber : 9.4 g

Sugar : 4.3 g



Gut-Friendly Lunch

RE-FUEL AND RE-ENERGIZE

Dill Chicken, Broccoli Slaw and Roasted Potatoes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **10 oz** [283.5 g] Shredded Chicken
- **2 tbsp** [28 g] Avocado Oil
- **1 tbsp** [3.1 g] Dill (Dried)
- **10 potatoes** [490 g] Fingerling Potatoes
- **1 dash** [0.63 ml] Kosher Salt
- **2 cup** [170 g] Broccoli Slaw
- **4 tbsp** [60 g] Apple Cider Vinegar

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Add 1 tbsp of avocado oil to potatoes and roast for 25–30 minutes or until tender.
3. Add avocado oil to a pan, and warm on medium heat.
4. Season shredded chicken breast with dill and salt.
5. Cook for about 5–7 minutes until chicken becomes slightly crispy.
6. Mix apple cider vinegar with broccoli slaw.
7. Serve warm.

NUTRITION INFO

Energy : 513 kcal

Fat : 17 g

Carbs : 51 g

Protein : 36.3 g

Fiber : 3.9 g

Sugar : 4.3 g

Carrot Ginger Soup with Tempeh



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **2 tbsp** [28 g] Olive Oil
- **1 tsp** [11 g] Ginger (*Minced*)
- **4 cup** [596 g] Baby Carrots
- **4 cup** [960 ml] Vegetable Broth
- **1 dash** [0.63 ml] Kosher Salt
- **2 cup** [332 g] Tempeh (*Sliced*)
- **1 tsp** [2.1 g] Paprika

DIRECTIONS

1. Heat the olive oil in a large pot over medium-low heat.
2. Add the minced ginger and sauté until fragrant, about 3 minutes.
3. Add the baby carrots and cook for another 3 minutes, stirring occasionally.
4. Add the vegetable broth and salt. Increase heat to high and bring to a boil.
5. Once boiling, reduce the heat to low. Cover with a lid and simmer for 30–45 minutes.
6. Preheat the oven to 375°F (190°C).
7. Slice the tempeh if not already cut. Season with paprika and arrange on a baking sheet. Bake for 15–20 minutes, flipping halfway through, until golden and crisp on the edges.
8. Use a hand blender or food processor to blend the soup until smooth and creamy.
9. Serve warm, topped with baked tempeh.

NUTRITION INFO

Energy : 559 kcal

Fat : 32 g

Carbs : 42.8 g

Protein : 33 g

Fiber : 10.1 g

Sugar : 9.8 g

Eggs Over Black Beans



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **2 large** [100 g] Egg
- **1 cup** [240 g] Black Beans (Canned)
- **1 cup** [237 g] Water
- **1 tsp** [1.2 g] Kosher Salt
- **0.5 tsp** [1.05 g] Black Pepper
- **1 tsp** [2.2 g] Turmeric (Ground)
- **0.5 tsp** [1.05 g] Cumin
- **2 tbsp** [2 g] Cilantro (Coriander)
(Chopped)

DIRECTIONS

1. Add black beans, water, salt, black pepper, cumin, turmeric, and cilantro to a saucepan and cook over medium heat until boiling. Once boiling, reduce the heat to low and let the beans simmer.
2. While the beans are simmering, cook the eggs in a non-stick skillet to your preferred doneness. Serve over black beans.

NUTRITION INFO

Energy : 391 kcal

Fat : 11.3 g

Carbs : 44.5 g

Protein : 28.4 g

Fiber : 18.7 g

Sugar : 1.2 g

Asian Chicken Lettuce Wraps



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **8 oz** [227.2 g] Ground Chicken
- **2 tsp** [3.6 g] Ginger (Ground)
- **2 tbsp** [10 g] Nutritional Yeast
- **0.75 tbsp** [10.5 g] Coconut Aminos
- **3 tbsp** [42 g] Rice Vinegar
- **2 tbsp** [28 g] Lemon Juice
- **1 tbsp** [20 g] Maple Syrup
- **1.5 cup** [169.5 g] Shredded Carrots
- **0.5 cup** [79 g] Water Chestnut (*Cut in fourths*)
- **3 tbsp** [25.5 g] Peanuts
- **10 leaf, medium** [20 g] Iceberg Lettuce

DIRECTIONS

1. Add the raw ground chicken, nutritional yeast, ground ginger, coconut aminos, rice vinegar, lemon juice, and maple syrup to a bowl and mix until combined.
2. Cook the ground chicken mixture in a skillet greased with olive oil over medium-high heat until fully cooked, stirring frequently to prevent burning.
3. Add the shredded carrots and water chestnuts to the skillet and mix until combined. Cook for 2-3 minutes over low heat until the water chestnuts are warmed.
4. Fill each iceberg lettuce leaf with the ground chicken mixture and top with peanuts. Enjoy!

NOTES

1. **Protein option:** Ground chicken can be substituted with ground turkey.

NUTRITION INFO

Energy : 343 kcal

Fat : 11.4 g

Carbs : 34.6 g

Protein : 26 g

Fiber : 5.9 g

Sugar : 21.3 g

Roasted Cauliflower, Chickpeas, and Olives



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **1 medium head (5–6" dia)** [575 g] Cauliflower (*Cut into florets*)
- **2 cup** [500 g] Chickpeas (canned and drained)
- **2 10 small** [58 g] Green Olives
- **3 tbsp** [15 g] Nutritional Yeast
- **1 tsp** [1.2 g] Kosher Salt
- **0.5 tsp** [1.05 g] Black Pepper
- **0.5 tbsp** [7 g] Olive Oil

DIRECTIONS

1. Preheat oven to 350 degrees F (176 degrees C).
2. Add the cauliflower, chickpeas, green olives, nutritional yeast, salt, black pepper, and olive oil to a bowl and mix until combined.
3. Add the mixture to a non-stick, oven-safe baking pan and bake for 20–25 minutes until the cauliflower is fork-tender. Mix halfway through the cooking time to ensure even cooking.

NUTRITION INFO

Energy : 461 kcal

Fat : 10.9 g

Carbs : 74 g

Protein : 22.4 g

Fiber : 20.5 g

Sugar : 7.1 g

Sauerkraut Tuna Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 can (6.5 oz), drained** [167 g] Tuna in Water (Canned)
- **2 tbsp** [60 g] Organic Sauerkraut (*Chopped*)
- **2 slice** [12 g] Pickles (*Chopped*)
- **1 tsp** [1.2 g] Kosher Salt
- **0.5 tsp** [1.05 g] Black Pepper
- **2 tbsp** [30 g] Mayonnaise (made with avocado oil)
- **2 cup** [40 g] Arugula (Rocket)

DIRECTIONS

1. Add the tuna, chopped sauerkraut, chopped pickles, salt, black pepper, and mayonnaise to a bowl and gently mix until combined. Refrigerate until the tuna salad is chilled.
2. Serve chilled tuna salad over a bed of arugula.

NOTES

1. **Optional:** Add a pickle on the side as a tangy treat!

NUTRITION INFO

Energy : 417 kcal Fat : 25.7 g Carbs : 4.6 g Protein : 43.8 g Fiber : 3.3 g Sugar : 1.2 g

Mediterranean Chicken with Olives & Sauerkraut



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **4 oz** [113 g] Boneless Skinless Chicken Thighs (raw)
- **1 dash** [0.63 ml] Kosher Salt (*To Taste*)
- **1 dash** [0.1 g] Black Pepper (*To Taste*)
- **1 clove** [3 g] Garlic
- **4 wedge or slice (1/8 of one 2-1/8" dia lemon)** [28 g] Lemon
- **1 tbsp** [14 g] Olive Oil
- **0.25 cup** [60 ml] Organic Chicken Bone Broth
- **1 tsp** [1.8 g] Italian Seasoning
- **1 10 small** [29 g] Green Olives
- **0.25 cup** [42.5 g] Quinoa (uncooked)
- **4 tbsp** [120 g] Organic Sauerkraut
- **4 leaf** [80 g] Romaine Lettuce

DIRECTIONS

1. Pat the chicken thighs dry and season with salt and pepper.
2. Mince a garlic clove and slice the lemon. Set aside.
3. Heat a skillet to medium high heat and add the olive oil. Sear the chicken thighs and cook for 6-7 minutes per side or until chicken is almost fully cooked.
4. Once the chicken is almost cooked add the bone broth, Italian seasoning, lemon slices, garlic and olives. Cover and cook for 5-10 more minutes. Make sure the chicken is thoroughly cooked.
5. Rinse and strain the quinoa and cook according to package directions. Once cooked, add a drizzle of oil and a dash of salt. Fluff and set aside until the chicken is cooked.
6. Once the chicken and quinoa are ready, enjoy with the sauerkraut and fresh romaine lettuce.

NOTES

1. **note for the chicken:** Optional the chicken pan will have liquid from the bone broth, enjoy the liquid on the quinoa!

NUTRITION INFO

Energy : 507 kcal

Fat : 25 g

Carbs : 39 g

Protein : 31.6 g

Fiber : 8.9 g

Sugar : 0.9 g

Chicken, Sweet Potato and Black Bean Salad



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **2 medium** [228 g] Sweet Potato
- **0.25 cup** [60 g] Black Beans (Canned)
- **0.5 medium** [75 g] Avocado
- **6 oz** [168 g] Skinless Chicken Breast
- **1 tbsp** [1 g] Cilantro
- **1 tbsp** [14 g] Olive Oil
- **1 lime** [38 g] Fresh Lime Juice
- **0.5 cup** [62.5 g] Brown Rice (*Cooked according to the package.*)

DIRECTIONS

1. Preheat the oven to 400°F (200°C) and grease a baking sheet.
2. Toss sweet potato cubes with half of the olive oil, salt, and pepper. Add to one side of the prepared baking sheet.
3. Dice the chicken breast and toss with the remaining half of olive oil, salt and pepper. Add to the other side of the prepared baking sheet.
4. Roast the sweet potatoes and chicken for 20-25 minutes.
5. In a bowl, add the cooked chicken, sweet potatoes, black beans, avocado and cilantro. Drizzle with lime juice and stir.
6. Serve over the brown rice.

NUTRITION INFO

Energy : 518 kcal

Fat : 15 g

Carbs : 68.5 g

Protein : 27.9 g

Fiber : 10.3 g

Sugar : 7.8 g

Salmon and Kimchi Bowl



SERVINGS: 1

PREP TIME: 8 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **2 tbsp** [22 g] Quinoa (uncooked)
- **1 tsp** [4.8 g] Olive Oil
- **1 dash** [0.63 ml] Kosher Salt
- **1 tbsp** [13.6 g] Sesame Oil
- **4 oz, boneless, raw** [113.4 g] Salmon
- **2 tbsp** [28 g] Kimchi
- **0.5 medium** [75 g] Avocado (*Sliced*)
- **1 tbsp** [14 g] Coconut Aminos
- **0.25 tbsp** [2.25 g] Sesame Seeds

DIRECTIONS

1. Cook quinoa according to package directions. Once cooked, drizzle with oil and a dash of salt. Fluff with a fork and set aside.
2. While the quinoa cooks, heat sesame oil in a skillet over medium heat. Season the salmon fillet with salt and pepper. Cook for 4–5 minutes per side, or until cooked through and flakes easily.
3. In a bowl, layer the quinoa, kimchi, sliced avocado, and salmon.
4. Drizzle with coconut aminos and sprinkle with sesame seeds. Serve warm.

NUTRITION INFO

Energy : 577 kcal

Fat : 38.5 g

Carbs : 37.9 g

Protein : 31.4 g

Fiber : 8.3 g

Sugar : 7.5 g

Miso Ginger Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [56.7 g] Shredded Green Cabbage
- **1 cup** [56.7 g] Shredded Red Cabbage
- **0.5 cup** [56.5 g] Shredded Carrots
- **1 tbsp** [7.5 g] Slivered Almonds
- **0.5 medium** [83 g] Pear (*Cored and chopped*)
- **4 oz** [112 g] Skinless Chicken Breast (*Baked or grilled and sliced*)
- **0.5 tbsp** [7.5 g] White Miso
- **1 tsp** [11 g] Ginger (*Grated*)
- **1 clove** [3 g] Garlic (*Pressed or minced*)
- **1 tbsp** [14 g] Coconut Aminos
- **1 tbsp** [14 g] Rice Vinegar
- **1 tbsp** [14 g] Olive Oil

DIRECTIONS

1. In a salad bowl, combine the cabbage, carrots, slivered almonds, pear, and chicken breast.
2. In a small bowl, whisk together the miso, ginger, garlic, coconut aminos, rice vinegar, and oil.
3. Toss the dressing with the salad and enjoy!

NUTRITION INFO

Energy : 464 kcal Fat : 18.8 g Carbs : 44.2 g Protein : 30.3 g Fiber : 11.1 g Sugar : 29.6 g



Gut-Friendly Dinner

FINISH STRONG

Meatballs, Eggplant, and Zoodles



SERVINGS: 2

PREP TIME: 30 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **12 ounce** [336 g] Ground Beef (95% Lean / 5% Fat)
- **1 tbsp** [5.5 g] Italian Seasoning
- **1 tsp** [1.8 g] Red Pepper Flakes
- **1 eggplant, unpeeled (approx 1-1/4 lb)** [548 g] Eggplant (*Sliced and patted dry.*)
- **2 tablespoon** [27 g] Olive Oil (*Divided*)
- **2 cup** [122 g] Crushed Tomatoes
- **3 cup** [255 g] Zucchini Noodles

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Mix Italian seasoning and red pepper flakes together with ground beef.
3. Roll ground beef mixture into balls (makes about 10) and place on a baking sheet.
4. Add eggplant slices to the same baking sheet, and add half of the olive oil and salt.
5. Cook for about 20–25 minutes or until the internal temperature of the meat reaches 145 degrees F (62 degrees C) and the eggplant starts to wilt.
6. Warm crushed tomatoes in a sauce pan.
7. Add the remaining olive oil to a pan and warm on medium heat.
8. Sauté zoodles in pan for about 10 minutes or until tender.
9. Top zoodles and eggplant with crushed tomatoes and serve warm with the meatballs.

NUTRITION INFO

Energy : 503 kcal Fat : 22.9 g Carbs : 37.6 g Protein : 44.7 g Fiber : 15.8 g Sugar : 17.4 g

Miso Turkey Meatballs with Bok Choy and Mushroom Rice



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- **16 oz** [448 g] Ground Turkey
- **1 tbsp** [15 g] White Miso
- **1 tsp** [11 g] Ginger (*Fresh ground*)
- **1 tbsp** [9 g] Sesame Seeds
- **4 head** [340 g] Baby Bok Choy
- **1 tbsp** [14 g] Avocado Oil
- **1 cup, chopped** [70 g] Mushrooms (*Shiitake*)
- **0.5 cup** [62.5 g] Brown Rice
- **2 tbsp** [28 g] Kimchi

DIRECTIONS

1. Cook rice according to package instructions.
2. Preheat oven to 375 degrees F (190 degrees C).
3. Mix miso and ginger into the ground turkey. Form into balls (8-10) and place on a baking sheet. Top with sesame seeds.
4. Add avocado oil to bok choy and mushrooms, and then add them to the same pan as the meatballs.
5. Cook for 25-30 minutes until internal temperature of the meatballs is 165 degrees F (73 degrees C).
6. Serve meatballs on a bed of kimchi. Top rice with mushrooms and serve warm.

NUTRITION INFO

Energy : 658 kcal

Fat : 26.7 g

Carbs : 47.6 g

Protein : 53.7 g

Fiber : 7.6 g

Sugar : 5.4 g

Roasted Chicken Thigh with Broccoli and Brown Rice



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 100 MINUTES

INGREDIENTS

- **16 oz, with bone, raw (yield after cooking, bone removed)** [224 g] Chicken Leg
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.1 g] Black Pepper
- **1 tbsp** [3.3 g] Rosemary (Dried)
- **1 tsp, ground** [1.4 g] Thyme (Dried)
- **1 medium** Lemon (*Juiced*)
- **1 cup** [125 g] Brown Rice (*Uncooked/Dry*)
- **3 cup, florets** [213 g] Broccoli (*Florets, Steamed*)
- **1 cup** [240 ml] Chicken Broth

DIRECTIONS

1. Preheat oven to 300°F (148°C).
2. Add salt, pepper, rosemary, thyme, and lemon juice to chicken in a Dutch oven or pot.
3. Bake for 45 minutes with the lid on.
4. Increase temperature to 400°F (204°C).
5. Rinse the brown rice under cold water until the water runs clear. Then add the rinsed rice, broccoli, and chicken broth to the Dutch oven or pot. Cover with lid.
6. Cook for an additional 30 minutes.
7. Remove the lid and continue cooking for an additional 10 minutes, or until the rice is fully cooked. (If the rice is not fully cooked, return the lid and check every 10 minutes until done.)
8. Serve warm and enjoy the minimal clean up!

NUTRITION INFO

Energy : 646 kcal

Fat : 18.3 g

Carbs : 80.9 g

Protein : 40.5 g

Fiber : 7.2 g

Sugar : 1.5 g

Arugula Salad with Chicken



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **4 tbsp** [56 g] Olive Oil
- **1 tbsp** [14 g] Lemon Juice
- **0.5 tbsp** [10 g] Maple Syrup
- **1 tbsp** [15 g] Apple Cider Vinegar
- **1 tsp** [5.5 g] Dijon Mustard
- **1 tsp** [2.2 g] Turmeric (Ground)
- **1 tsp** [1.2 g] Kosher Salt (*Divided*)
- **1 dash** [0.63 ml] Black Pepper
- **8 oz** [224 g] Skinless Chicken Breast
- **4 cup** [80 g] Arugula (Rocket)

DIRECTIONS

1. In a small bowl, whisk together the olive oil, lemon juice, maple syrup, apple cider vinegar, Dijon mustard, turmeric, and half of the salt to make the dressing. Set aside.
2. Season both sides of the chicken breast with a dash of black pepper and the remaining salt.
3. Heat a skillet over medium heat. Add a bit of oil if needed, then cook the chicken breast until fully cooked through, flipping halfway to ensure even browning.
4. Add the arugula to a large bowl, pour in the dressing, and toss until evenly coated.
5. Slice the chicken and serve it over the dressed arugula salad.

NUTRITION INFO

Energy : 391 kcal

Fat : 29.1 g

Carbs : 6.3 g

Protein : 27.3 g

Fiber : 1.2 g

Sugar : 3.9 g

Spiced Chickpeas and Sweet Potatoes with Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **2 cup, cubes** [266 g] Sweet Potato
- **1 cup** [250 g] Chickpeas (canned and drained)
- **2 tsp** [2.4 g] Kosher Salt
- **1 tsp** [2.1 g] Paprika
- **1 tsp** [2.3 g] Cinnamon
- **1 tsp** [1.9 g] Allspice Ground
- **1 tsp** [1.8 g] Ginger (Ground)
- **1 tbsp** [14 g] Olive Oil (*Divided*)
- **8 oz** [224 g] Skinless Chicken Breast
- **1 tsp** [2.1 g] Black Pepper

DIRECTIONS

1. Preheat oven to 350 degrees F (176 degrees C).
2. Add the sweet potatoes, chickpeas, half of the salt, paprika, cinnamon, allspice, ginger, and half the olive oil to a bowl. Mix until combined.
3. Add the sweet potato and chickpea mixture to a non-stick, oven-safe baking pan and bake for 20-25 minutes until the sweet potatoes are fork-tender. Mix halfway through the cooking time to ensure even cooking.
4. Season the chicken breasts on both sides with the black pepper and remaining salt.
5. Cook the chicken in a skillet greased with the remaining olive oil over medium-high heat until fully cooked, flipping halfway through to ensure even cooking.

NUTRITION INFO

Energy : 455 kcal Fat : 10.1 g Carbs : 57.4 g Protein : 34.5 g Fiber : 10.9 g Sugar : 5.7 g

Kimchi Fried Rice



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **8 oz** [227.2 g] Ground Chicken
- **1 package (10 oz)** [284 g] Mixed Vegetables (Frozen)
- **4 oz** [112 g] Kimchi (*0.5 cups, minced*)
- **0.5 cup** [62.5 g] Brown Rice (*Uncooked and chilled*)
- **0.5 tbsp** [2.7 g] Ginger (Ground)
- **2 tbsp** [36 g] Soy Sauce (Tamari) (*Gluten free*)
- **1 tbsp** [14 g] Olive Oil

DIRECTIONS

1. In a small bowl, mix ground ginger and gluten-free soy sauce until the ginger is fully dissolved. Set aside.
2. Cook the ground chicken in a skillet with olive oil over medium-high heat until fully cooked, stirring frequently to prevent burning.
3. Add the kimchi and mixed vegetables to the skillet and cook for 3-5 minutes until the vegetables soften.
4. Once the vegetables soften, add the chilled brown rice and soy ginger sauce to the skillet. Mix until the rice is warm and all ingredients are evenly distributed throughout the rice.

NOTES

1. **Rice substitutions** : Brown rice can be substituted for chilled white rice.
2. **Protein substitutions** : Ground chicken can be substituted for ground turkey.
3. **Cooking tip**: Using leftover rice or rice cooked a day prior, chilled in the refrigerator overnight, works best for this recipe. If using freshly cooked rice, allow it to cool to room temperature before using.

NUTRITION INFO

Energy : 519 kcal

Fat : 16.9 g

Carbs : 62.6 g

Protein : 32.5 g

Fiber : 9.6 g

Sugar : 2.8 g

Turkey Egg Roll Bowl With Kimchi



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.25 cup** [31.25 g] Brown Rice
- **1 tsp** [4.67 g] Avocado Oil
- **4 oz** [112 g] Ground Turkey
- **1 dash** [0.63 ml] Kosher Salt (*To Taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 cup** [100 g] Riced Cauliflower
- **1 cup** [113 g] Shredded Carrots
- **1 tsp** [11 g] Ginger (*Grated*)
- **1 tbsp** [14 g] Coconut Aminos
- **1 tbsp** [13.6 g] Sesame Oil
- **4 tbsp** [56 g] Kimchi
- **1 medium** [15 g] Scallions or Spring Onions (*Chopped*)

DIRECTIONS

1. Prepare rice according to package directions. Once cooked, drizzle with oil and add a dash of salt. Fluff and set aside.
2. Heat a pan over medium-high heat and add the avocado oil. Add the ground turkey and season with salt and pepper to taste. Cook for about 8 minutes, stirring occasionally, until fully cooked.
3. Add the riced cauliflower, shredded carrots, and grated ginger. Cook for 3 minutes, stirring occasionally.
4. Stir in the coconut aminos and sesame oil.
5. Once the brown rice is cooked, add it to the pan with the turkey mixture. Stir to combine.
6. Remove from heat. Top with kimchi and chopped scallions. Enjoy!

NUTRITION INFO

Energy : 614 kcal

Fat : 26 g

Carbs : 62 g

Protein : 31.2 g

Fiber : 10.2 g

Sugar : 14.9 g

Crab Scampi With Coconut Milk & Spinach



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **4 oz** [113.6 g] Lump Crab Meat
- **2 oz, dry** [56 g] Red Lentil Pasta
- **0.5 cup** [113 g] Coconut Milk
- **1 cup** [30 g] Baby Spinach
- **1 tbsp** [14 g] Lemon Juice
- **5 sprigs** [5 g] Parsley
- **1 tsp** [1.8 g] Red Pepper Flakes
- **1 clove** [3 g] Garlic
- **1 tsp** [4.5 g] Olive Oil
- **1 dash** [0.63 ml] Kosher Salt (*To Taste*)
- **1 dash** [0.1 g] Black Pepper (*To Taste*)

DIRECTIONS

1. Bring a pot of water to a boil and cook the red lentil spaghetti according to package instructions.
2. Mince the garlic clove and finely chop the parsley. Set aside.
3. In a skillet heated to medium heat, add the olive oil and cook the minced garlic and red pepper flakes for 30 seconds.
4. Add the coconut milk and baby spinach to the skillet. Cook for 5 minutes.
5. Strain the lump crab meat and add to the mixture, cook for 2 minutes and remove from heat.
6. Lastly add the chopped parsley and fresh lemon juice and enjoy with the spaghetti!

NUTRITION INFO

Energy : 569 kcal

Fat : 30.1 g

Carbs : 40 g

Protein : 37.5 g

Fiber : 8.5 g

Sugar : 3 g

Coconut & Lime Shrimp Skewers



SERVINGS: 2

PREP TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **16 oz** [454.4 g] Shrimp
- **0.25 cup** [56.5 g] Coconut Milk
- **1 fruit** [67 g] Lime (*Zested and juiced*)
- **1 tbsp** [14 g] Olive Oil
- **1 tbsp, minced** [8.5 g] Garlic
- **1 cup** [170 g] Quinoa (uncooked)
- **1 tbsp** [1 g] Cilantro
- **1 cup** [110 g] Green String Beans
- **1 dash** [0.63 ml] Kosher Salt

DIRECTIONS

1. In a bowl, combine coconut milk, lime zest, lime juice, olive oil, garlic, salt, and pepper.
2. Add the shrimp to the bowl and marinate for 20–30 minutes.
3. While shrimp is marinating, cook green beans and quinoa according to package instructions.
4. Preheat a pan to medium heat. Thread shrimp onto skewers.
5. Grill for 2–3 minutes per side, until shrimp are cooked throughout.
6. Garnish with fresh cilantro and serve with quinoa and green beans. Season with salt according to your preferences.

NUTRITION INFO

Energy : 669 kcal Fat : 21.5 g Carbs : 73.8 g Protein : 45.4 g Fiber : 10.2 g Sugar : 2.8 g

Grilled Salmon & Miso Soup



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **5 oz, boneless, raw** [141.75 g] Salmon
- **1 tbsp** [14 g] Olive Oil
- **1 dash** [0.63 ml] Kosher Salt (*To taste*)
- **1 dash** [0.63 ml] Black Pepper (*To taste*)
- **4 cup** [960 ml] Vegetable Broth
- **1 tbsp** [15 g] White Miso
- **1 cup** [30 g] Baby Spinach
- **0.25 cup, chopped** [17.5 g] Mushrooms
- **0.5 cup** [88 g] Rice Noodles (Cooked)
- **1 stalk** [15 g] Green Onions (*Chopped*)
- **0.5 tbsp** [6.8 g] Sesame Oil

DIRECTIONS

1. Season the salmon with olive oil, salt, and pepper to taste. Cook over medium heat for 4–5 minutes per side, or until the salmon is cooked through.
2. In a pot, bring the vegetable broth to a boil. Reduce heat to a simmer and stir in the miso paste until fully dissolved.
3. Add the spinach, chopped mushrooms, and cooked rice noodles to the pot. Simmer for 3–4 minutes.
4. Chop the grilled salmon and gently stir it into the soup.
5. Drizzle with sesame oil, garnish with chopped green onions, and serve hot.

NUTRITION INFO

Energy : 544 kcal

Fat : 29 g

Carbs : 33.1 g

Protein : 32.9 g

Fiber : 3.3 g

Sugar : 4.9 g